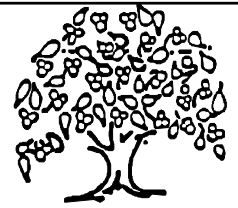


# The Cherry Pickins

April 2009



## CP touches Haiti, Haiti touches CP

Nestled in the heart of the Caribbean, lands know for fabled blue waters, silken beaches and generous portions of surf and sun lays the Haitian nation. Haiti stands as an absolute anomaly to all that surrounds it.

Haiti is the poorest country in the Western Hemisphere, with 80% of the population living under the poverty line and 54% in abject poverty. Two-thirds of all Haitians depend on the agricultural sector, mainly small-scale subsistence farming, and remain vulnerable to damage from frequent natural disasters, exacerbated by the country's widespread deforestation.

Recently, a Cherry Park resident traveled to the Haitian island to as a part of a food and medical relief effort. More than \$30,000 dollars was raised with half being used to purchase rice and beans and the balance being used for medical relief and capital projects at schools and orphanages. This equated to 80 sacks of rice (80 x 100 = 8,000 lbs) and 43 sacks of beans (43 x 110 = 4,730 lbs) for a total of 12,730 lbs, or 6-1/3 tons.



"It broke my heart to realize that there was more food on the hallway floors of the Ft. Lauderdale Marriott than the community where I visited," said the Cherry Park resident.



CP resident pointed out that, "I have never seen so many people with so little be so joyous. I was struck by the number of times in the US I was unhappy with traffic or a waiting line at the grocery store or restaurant.

"I think every American should be required to spend one week some where like Haiti to better appreciate what they have, can do and should do," the Cherry Park resident said.

## CP Kids Spotlight St. Baldrick's

By Annemarie LeFebre

Many Cherry Park residents remember the "Go Preston" family fun day held at Cherry Park last summer. It was a fundraiser for the Kilzer Family (of Heritage Place), whose 5-year old son, Preston, was diagnosed with Hodgkins Lymphoma last year. People donated blood at a Blood Mobile, toys were donated to Children's Hospital for young cancer patients, and tickets were purchased for games and goodies to financially help young Preston.



The outpouring of volunteerism by the combined neighborhoods of Cherry Park and Heritage Place was amazing, the attendance was wonderful, and the day itself was remarkable.

By year's end, Preston was declared cancer-free after undergoing chemotherapy treatments for the majority of the year. While we all give thanks for this great news, we as a community can't let go of



our heightened awareness of the devastation that cancer causes, especially when it strikes children.

It is not surprising, then, that a team of children from Cherry Park and Heritage

Place joined together to raise funds for "St. Baldrick's," a foundation that raises money specifically for childhood cancer research. The following kids had their heads shaved completely bald and/or

**Continued on page 3...**

### Easter Bunny is coming to Cherry Park.

Cherry Park Easter Egg Hunt - Saturday April 11<sup>th</sup>, - 11 a.m. At Cherry Park. Come and see how many Easter eggs the Easter Bunny has hidden around the park! Come meet the Easter Bunny and have photo taken with him!! (Event Coordinator: Shannon Kasperbauer)



### From the Cherry Park Owners' Association:

The Cherry Park Owners' Association would like to improve the landscaping at both entrances (off of Arapahoe Rd. and off of Holly St.) with some additional plants and flowers. The Association thought that it would be wonderful if we could get some help from residents who have a green thumb. Please contact the CPOA at [cherrypark-info@juno.com](mailto:cherrypark-info@juno.com) if you would like to participate in the landscaping process. Please contact us by May 9<sup>th</sup>, 2009 as we would like to start planting soon.

The CPOA requests that residents please remember to pick up after your dog when walking your dog in the open space or the park. Many residents have complained that the dog waste has gotten really bad around the open space trails especially near the trail heads and near the tennis courts. This is making it unpleasant for residents to enjoy the open space. The Cherry Park Owners' Association is working with South Suburban Parks and Recreation to ensure that the dog waste bag boxes are kept full but we could use your help. If you have extra grocery store bags or the plastic bags that your newspaper comes in, please deposit them in the dog waste bag boxes located at the trail openings in the open space.

Further, it has been requested that owners of aggressive dogs please keep their dogs on their leashes when in the park or open space. There have been reports that aggressive dogs have been allowed to run around the park and open space making it uncomfortable and possibly unsafe for resi-

dents enjoying the areas.

The Cherry Park Owners' Association would like to ensure that it's email distribution list is complete. This distribution list would be used solely by the CPOA to inform the Cherry Park residents of upcoming events, HOA meeting topics or guests, or for issues that we think that the residents should know about immediately. If you would like to be included on the distribution list, please email [cherrypark-info@juno.com](mailto:cherrypark-info@juno.com).

Thank you to all residents that have paid their annual dues assessment so far. Your support for the community is greatly appreciated. If you haven't paid and still would like to, please send your payment, made payable to: CPOA, to Claire Geiger, 5855 E. Weaver Circle, Centennial, CO.

### Look someone is moving in next door!!!

Has someone recently moved into your neighborhood? The Cherry Park Owners' Association has put together a welcome packet for new residents to introduce them to our community. Please contact [cherrypark-info@juno.com](mailto:cherrypark-info@juno.com) with the street address so we can drop off a packet. Thank you.

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\*\*\*Coupon must be presented at time of rental (CPOA)

\*\*\*



## Dumpster Day May 16






The dumpster will arrive at 8 a.m. at the Holly Park Pool parking lot.

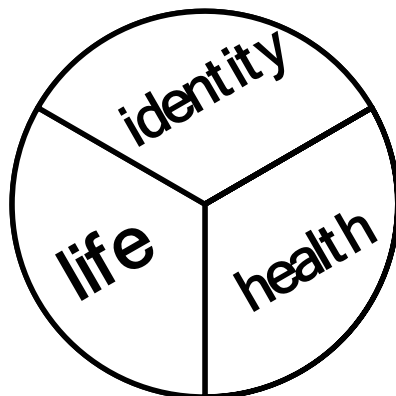
Dotson Skaggs has once again sponsored this event for CPOA! That makes 15 years!

[www.cherrypark.org](http://www.cherrypark.org)

Remember to visit [www.cherrypark.org](http://www.cherrypark.org) for  
Application for Architectural Change  
upcoming Cherry Park community activities  
Association news  
Covenants  
Association's Articles of Incorporation,  
Bylaws

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Bill Diones - 303.803.0440 - [bill@diones.com](mailto:bill@diones.com)

### St. Baldrick's cont from page 1...

donated long hair to "Locks of Love" at the Denver St. Baldrick's event on March 13<sup>th</sup>: [From Cherry Park: Chad (age 11), Matt (age 10) and Will LeFebre (age 7); Nathan (age 7) and Drew Holmes (age 5)] [From Heritage Place: Amelia (age 10) and Reese (age 6) Conti, Killian Bol (age 11), and Kayli Kilzer (age 5)] – all in honor of Kayli's older brother Preston. The team was spearheaded by Ted Conti, who also "went bald" for the cause.

Many thanks to the Cherry Park residents who "donated on the heads" of some of these kids. The act of getting their heads shaved was one of solidarity with fellow children who have no choice of losing their hair when undergoing chemotherapy. It was also a brave act to bring about change for kids with cancer... perhaps a new and better method of treatment, and hopefully even a cure.

Preston planned to have his own head shaved now that his hair has grown back, but unfortunately his immune system is still weak post-chemo, and he was too sick to participate. He was there in spirit, and together with his team (titled "Heritage Eagles Soaring with Preston"), they raised over \$4,700! This were the only team comprised mostly of children, and the volunteer barbers at the event commented on how touched they were to see so many children step up to their barber chairs all at the same time. It indeed was a heart-warming moment.

For more information on this foundation, see [www.stbaldricks.org](http://www.stbaldricks.org); feel free to look up this particular team to see their "before" and "after" pictures! Event photos are also posted on: <http://stbaldricksdenverevent2009.shutterfly.com/>; see photo number #411 and beyond. Also, donations can still be made for the next five months.

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## Cherry Park HOA Events For April And May!

**The Holly Dam Open Space Clean Up – Saturday April 25<sup>th</sup> – 8 a.m. – 10 a.m.** In recognition of Earth Day and Arbor Day, join us in the open space to clean up the trash that has accumulated over the past year. Bring your gardening gloves, your rubber boots and extra grocery bags. Boys Scout and Girl Scout troops are welcome to come and help. (Event Coordinator: Sheri Jeske)

**CPOA Association Meeting – April 29<sup>th</sup>, 7:30 p.m. – 9:00 p.m.** Meetings are held at the Koelbel Library, meeting room B, located at 5955 Holly Street, Greenwood Village, CO 80111. All Cherry Park residents are encouraged to attend.

**Cherry Park Yard of the Month Competition** Have you often thought that your neighbor's front yard always looks beautiful? If so, nominate them in the Cherry Park Yard of the Month competition. The Yard of the Month is a fun way to recognize and reward great looking yards in our neighborhood. The competition will run from May to September honoring one homeowner a month. There will be a total of five winners. The winner will get the Yard of the Month recognition sign placed in their front yard for the month and a gift certificate to The Highlands Garden Center and Nursery. Nominations can be

sent to [cherrypark-info@juno.com](mailto:cherrypark-info@juno.com).

**Second Annual Cherry Park and Heritage Place Garage Sale – May 8<sup>th</sup> and 9<sup>th</sup>, 8 a.m. to 4 p.m.** Rain or Shine. Turn your junk into someone else's treasure. There will be garage sales in both Cherry Park and Heritage Place. If you would like to register your home to appear on the map, please contact Claire Geiger at 303-470-5492.

**Dumpster Day – Holly Pool parking lot – May 16<sup>th</sup> – 8 a.m. – 10 a.m.** First come, first serve. Come quick, the dumpster fills up fast! Thank you Dotson Skaggs with The Kentwood Company for sponsoring this event.

We hope that you will enjoy all of the fun events that the Cherry Park Owners' Association has planned for this year. Thank you for supporting Cherry Park by paying your dues assessment. The success of these events are the direct result of the hard work, time and energy of the wonderful volunteers that we have in Cherry Park. These volunteers try to ensure that you and your family have a terrific time participating at the events. More volunteers are always needed. If you think you would like to volunteer for one of these events, please contact Claire Geiger at [cnkgeiger@msn.com](mailto:cnkgeiger@msn.com) or [cherrypark-info@juno.com](mailto:cherrypark-info@juno.com). Your name and contact information will be forwarded to the event coordinator responsible for the event that you are interested in. Thank you, The Cherry Park Owners' Association.



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## South Suburban News

### Hunt Up Some "Eggsellent" Fun & Food at South Suburban

Hop on down to two South Suburban recreation facilities on Saturday, April 11 for a basketful of fun. Bring your baskets to the *Great Egg Scramble* in deKoevend Park, off the Goodson Recreation Center parking lot at 6315 S. University Blvd. in Centennial, at 9:30 am or Sheridan Park, 3325 W. Oxford Ave. in Sheridan, at 1:30 am. Both of these FREE events are for children up to 10 years of age.

For the more elegant scrambled egg hunter, Lone Tree Golf Club and Hotel, 9808 Sunningdale Blvd., will host a lovely *Easter Brunch* on Sunday, April 12, 10 am – 2 pm. A giant seafood display with all-you-can-eat fresh oysters, shrimp and crab will complement imported cheeses, tropical fruits, carved prime rib as well as traditional breakfast menu items. And to top it all off there will be plenty of exotic desserts all for \$29.95 per adult and \$15.95 for children 4-10 years plus tax and 20% gratuity. For reservations call 303-790-0202. For other special family activities visit South Suburban online at [www.sspr.org](http://www.sspr.org).

### South Suburban Hits a Hole-in-One with 50¢ Range Balls

On Friday April 17, 2009, South Suburban Parks and Recreation celebrates 50 years of service with 50¢ Friday at the all four South Suburban Golf Courses. Warm up your swing and get into your game with a bucket of balls for only 50¢ all day on Friday, April 17.

- Littleton Golf and Tennis Club, 5800 S. Federal Blvd., 303-794-5838
- Family Sports Golf, 6901 S. Peoria St., 303-649-1115
- Lone Tree Golf Club and Hotel, 9808 Sunningdale Blvd., 303-799-9940
- South Suburban Golf Course, 7900 S. Colorado Blvd., 303-770-5500

Visit [www.sspr.org](http://www.sspr.org) and check out the monthly 50¢ Fridays at your neighborhood recreation facilities and other exciting 50<sup>th</sup> anniversary celebration activities.

### South Suburban Recreation Centers Host Blood Screenings

South Suburban Parks and Recreation is hosting comprehensive blood screenings conducted by the University of Colorado Hospital from

7 to 9:30 am at the following recreation centers:

- Lone Tree, 10249 Ridgegate Cir., 303-708-3514, Tuesday, April 14
- Goodson, 6315 S. University Blvd., 303-483-7082, Wednesday, April 15
- Buck, 2004 W. Powers Ave., 303-730-4610, Thursday, April 16

This high-quality laboratory screening with rapid turnaround of results consists of 30 tests, including a lipid profile. Test results will be sent directly to your home. Supplemental tests can be requested for an additional cost. Participants must be at least 18 years old and 12 hours of fasting are recommended before blood is drawn. Fee is \$40 per person and no reservation is required. For more information call 303-730-4610 and for other South Suburban wellness activities visit [www.sspr.org](http://www.sspr.org).

### Swing into Spring at Holly Tennis Center Carnival

Grab your racquet and tennis balls and head to South Suburban Parks and Recreation's Holly Tennis Center, 6651 S. Krameria Way, Centennial, for a few spring swings. Individuals, ages 6-adult, and families can celebrate at Holly Tennis Center's FREE carnival on Saturday, May 2, from 10 am-12 pm. Try a mini-lesson, check your serve speed on a radar gun, use the ball machine, demo a racquet and enjoy other tennis games and contests. Please pre-register for class # 800141, at [www.sspr.org](http://www.sspr.org) or 303-347-5999. All ages and abilities welcome.

Starting May 1, the Pro Shop at Holly Tennis Center will be open Monday-Friday, 10 am-5 pm, for reservations, program/lesson assistance and merchandise sales. Visit the six-court, lighted tennis center and Pro Shop, and sign up for adult or junior classes, leagues or tournaments. Holly Tennis Courts are open dawn to dusk. Open play is available as long as courts are not previously reserved or programmed. For more information call 303-771-3654. South Suburban Parks and Recreation has several other convenient tennis facilities located throughout the community. Find out where at [www.sspr.org](http://www.sspr.org).

**BABYSITTERS:**

Ally Barwick – 13	303-771-1293
Elizabeth Erickson 11 ½	303-756-0999
Jordan Goodall – 15	720-488-0473
Melissa Jeske - 16	303-770-5473
Carolyn Mendes - 16	720-529-3589
Mark Ossip – 14	303-793-0073
Rachel Ossip – 12	303-793-0073
Schaal Reilly -13	303-221-3476
Katy Smith – 17	303-990-4423

(will nanny available 2 pm – anytime on weekdays)

**MOTHER'S HELPER:**

Desiree Caviness -13	303-224-0848
Elizabeth Erickson – 11 ½	303-756-0999
Schaal Reilly -13	303-221-3476
Shae Reilly – 11	303-221-3476
Katy Smith – 17	303-990-4423

**PET SITTERS:**

Desiree Caviness -13	303-224-0848
Jordan Goodall -15	720-488-0473
Melissa Jeske - 16	303-770-5473
Carolyn Mendes – 16	720-529-3589
Mark Ossip - 14	303-793-0073
Rachel Ossip – 12	303-793-0073
Schaal Reilly -13	303-221-3476
Shae Reilly – 11	303-221-3476

David Rothberg – 15	303-771-9517
Jenny Wu - 16	303-741-1021
Adam Zeiger - 15	303-740-8987
David Zeiger - 15	303-740-8987
Luke Zeiger - 15	303-740-8987

**HOUSE WATCHERS MAIL/NEWSPAPER PICK-UP:**

Jordan Goodall -15	720-488-0473
Melissa Jeske - 16	303-770-5473
Carolyn Mendes – 16	720-529-3589
Mark Ossip - 14	303-793-0073
Rachel Ossip – 12	303-793-0073
Schaal Reilly -13	303-221-3476
Shae Reilly – 11	303-221-3476
Lindsey Ross – 22	303-721-7677
David Rothberg – 15	303-771-9517
Jenny Wu - 16	303-741-1021

**LAWN MOWING AND LANDSCAPING:**

Justin Ross - 15	303-721-7677
------------------	--------------

Starr painting

## Heritage Elementary Auction Breaks All Records

The Heritage Elementary Auction netted out more the \$28,000 which is \$6,000 more then 2008. More then 150 people turned out for an 80s themed evening that featured a live band, silent and live auction as well as a lot of fun.

Proceeds from the evening will help fund teacher's assistants as well as specialist in the classrooms.

Several Cherry Park residents that do not have children in Heritage donated items and joined that evening.

"A huge thanks is owed to all the Cherry Park residents for making the evening both fun and profitable," said Jeff Simpson, Heritage PTCO president and Cherry Park resident . A turnout like this shows a great vote of confidence and support for our school."

## Arapahoe Library District

### Stress-Free College Search

If you're headed to college soon, or know someone who is, join us for ***The College Search: From Stress to Success – (Sane) Steps to Follow in Finding the Right College for You!*** This program, presented by Dr. Steven Antonoff, PhD, will take place from 7-8:30 pm on Thursday, April 23 at Koelbel Public Library.

Dr. Antonoff is a nationally-recognized educational consultant and former Dean of Admissions at the University of Denver. Dr. Antonoff will discuss myths in college selection and admission, college admission resources, how to differentiate colleges, what colleges look for as they evaluate applicants and much more.

With more than 35 years of experience in the college admissions process, Dr. Antonoff is the author of *The College Finder: Choosing the School that's Right for You* and *College Match: A Blueprint for Choosing the Best School for You*.

This event is free and open to the public, however, registration is required. Call 303-LIBRARY (303-542-7279) or visit [www.arapahoelibraries.org](http://www.arapahoelibraries.org) and click on "Programs & Events."

### Exploring the Great Outdoors at Arapahoe Library District

Experiencing cabin fever? Many of the Library District's featured programs and events in April will be based on the theme "**The Great Outdoors.**"

These programs and events will give children, teens and adults the opportunity to explore the world around them, gain new skills and learn about all that the great outdoors of Colorado have to offer.

Children's programs include the **Canyon Critters Wolf Show**, where kids can learn about wolves and meet Harper, the Canyon Critters' mascot. Or, check out **Stories Around the Campfire**, with Arapahoe Library District storytellers. Craft program participants can create and take home a Birdfeeder or make a kite to fly on a windy spring day.

Teens will be introduced to specialty kites in the program **Go Fly a Kite**, including those used in combat and the Rokkaku kites from Japan. Or, learn stiltwalking during the **Stiltwalking Clinic** led by a professional stiltwalker.

Adults are invited to participate in a variety of programs, including a variety of gardening events, such as **Garden Design 101**, **Butterfly Gardening**, or **Tagawa Gardens Presents Luan Akin, Former Channel 4 Reporter, on Container Gardening**. During the Elderhour Program, author Eric Peterson, known for his humorous travelogues, will share about his travels around Colorado in the program **Ramble Colorado: The Wanderer's Guide to the Offbeat, Overlooked and Outrageous**.

For a full listing of "**The Great Outdoors**" events and programs for all ages, please visit our website at [www.arapahoelibraries.org](http://www.arapahoelibraries.org).

### Discontinuing Paper Overdue Notices

Beginning in April, Arapahoe Library District will no longer mail paper overdue notices. As part of an overall effort to conserve resources, the Library District will focus on obtaining and using patrons' email addresses or phone numbers as a way to offer a friendly reminder about overdue books and other library materials.

To receive overdue notices by email or phone, please contact the Library District at 303-LIBRARY (303-542-7279) to provide your phone number or email address. Or, simply go to [www.arapahoelibraries.org](http://www.arapahoelibraries.org) and log in to "My Account" and then click on "Update My Information."

### Morningstar Database

Databases have long been considered the hidden gems of the library by those who use them. A valuable financial tool, the *Morningstar Investment Research Center* is free to Arapahoe Library District patrons. Using your library card or library card number, you can access the database at the library or online. *Morningstar Investment Research Center* can be used to look up Mutual Funds and Stocks, set up portfolios and more. The site also offers articles of interest to the serious and casual investor alike, such as the recent article, *How to Invest During an Economic Slowdown*.

To access the database, go to [www.arapahoelibraries.org](http://www.arapahoelibraries.org), choose "Search This Site" and enter "Morningstar" into the search field.

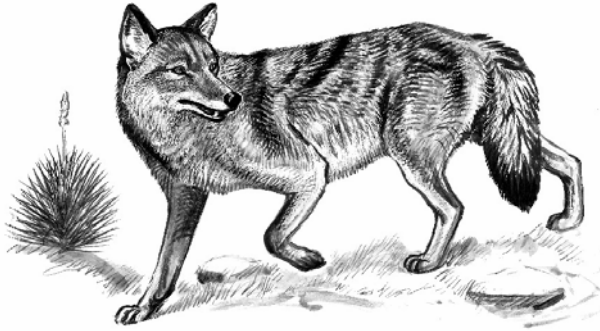
### Holiday Closing

All Arapahoe Library District locations will be closed on Sunday, April 12 in observance of the Easter holiday.

## Coyote Conflicts in Neighborhood

The Division of Wildlife wants to help you avoid conflicts with coyotes in your neighborhood. They suggest to:

- Never feed coyotes.
- Remove attractants from your yard including pet food, water sources, bird feeders and fallen fruit.
- Secure trash in a container with a locking lid or put trash out on the morning of pick up.
- Fully enclose gardens and compost piles as coyotes are after the mice, moles and voles that live in them.
- Trim up vegetation to reduce hiding places. Avoid going into areas with tall brush as coyotes may have built their den in areas that are protected by the brush.
- They also suggested that if you meet a coyote, make it feel unwelcome by yelling, throwing rocks and sticks, spraying it with a hose or a vinegar/water filled water gun, bang pots and pans or use an air horn to scare it. Coyotes have become comfortable around humans and are no longer frightened of us.
- Keep pets on a leash when walking.
- Pick up small pets if confronted by a coyote. Coyotes can work in teams to distract you in order to grab a small pet.
- Always supervise your pet when outside, especially at dawn or dusk. Coyotes can be seen throughout the day but are especially active at dawn and dusk. Try to avoid walking your dog, jogging or going into the open space during those hours.



- Never leave cats or dogs outside after dark.
- If you must leave your pet outside, secure it in a fully enclosed kennel.
- Coyotes are active year-round.
- Coyotes may perceive other animals, including pets, as a threat, competition or food.
- Coyotes keep watch near their dens to keep threats away from their young.
- Coyotes are curious and are known to stare at humans. They sometimes follow humans out of natural curiosity or to keep them away from their pups.
  - Coyote attacks on humans are very rare and can often be attributed to people feeding them. Adults should teach children to never approach any wildlife.

The City of Centennial has added a “Coyote Incident Report” button on their home page (see: [www.centennialcolorado.com](http://www.centennialcolorado.com)). This is a place to report aggressive incidents to the City of Centennial. They will compile the data in order to determine the number of coyotes in the area and for the appropriate action to be taken with dealing with them. Please report all incidents. Further, if anyone encounters an aggressive coyote, please call the Division of Wildlife at 303-291-7227 and they will respond to you as quickly as possible. If the encounter occurs after business hours, please call the Colorado State Patrol at 303-239-4501 and a wildlife officer will be dispatched. To learn more visit [www.wildlife.state.co.us](http://www.wildlife.state.co.us).

### Cherry Park Patrol Group

Towards the end of 2008 some residents suggested forming a “Park Patrol” group. This group would be comprised of residents that would canvas Cherry Park after hours to help deter unwanted activity in the park and if necessary, report it to the police.

Such a group would be especially helpful once the weather gets warmer and it stays light out later. If you would like to participate and/or organize a patrol group, email [cherrypark-info@juno.com](mailto:cherrypark-info@juno.com). We will put you in touch with others who would also like to be apart of the group.

## All Seasons Rent All Open 30 Years!

All Seasons Rent All, owned and operated by long-time Cherry Park residents, Judie and Roger Gershaw, recently celebrated their 30<sup>th</sup> anniversary. Their son Matt is the general manager. Their store is hard to miss. It's the one with Harry the Gorilla standing by the front door!

All Seasons Rent All is a full-line rental store. It has a complete party department which offers everything for any social occasion. They have an array of different colored table linens, china, platters, chafing dishes, chocolate fountains, tables and chairs to rent, anything you may need to help you make your party a fantastic one. Their services don't stop there. They can also provide yard and garden equipment, tools and audio visual equipment, rollaway beds, cribs and high chairs. Let's not forget their costume department! All Seasons has over 800 costumes to rent and over 1500 accessories and costumes to

buy for any holiday, all year long. Whether you need an Easter Bunny, Uncle Sam, Halloween or Santa costume, the Gershaws have one for you.

The Gershaws have seen the area change from farm land with a two lane street to an active and thriving community. Roger and Judie agree though, that after three decades, it is all about the people. "It is the most fun business to be in". All Seasons Rent All is known for its high quality, personal service.

The Gershaws are very grateful to all of their friends and customers for their continued support and loyalty over the years and invite Cherry Park residents to bring in a copy of the Cherry Pickins ad in order to receive a 20% discount off of their next rental.

## Nutrition, sugar and Hyperactivity:

### How Much Sugar Is O.K.?

As parents, we all want what's best for our children. We provide them with a safe home, give lots of love, and feed them a balanced diet. This includes a variety of foods with whole grains, vegetables, fruits, meats and beans, and dairy products.

Of course, every child has sugar now and then. A little sugar, especially if it's in a food that provides other nutrients, isn't going to make your child obese or send them to the dentist with a toothache. However some parents worry that any amount of sugar is too much. That sugar causes hyperactivity.

Hyperactivity means increased movement, impulsiveness, a short attention span, and getting easily distracted. One misunderstanding for many families is that sugar leads to hyperactivity in children. However, research shows that this is not true. The amount of sugar you or your child eats has nothing to do with hyperactivity.

While sugar has been proven to promote tooth decay, there is no need to limit sugar, artificial sweeteners, color, or flavors because of fears about hyperactivity.

Dr. Opalach with Colorado Kids Pediatrics tells us, "High-sugar foods tend to have little nutritional value

and are filling. This may cause children to substitute healthy snacks for high sugar snacks. Foods high in sugar may also have many unnecessary calories that can lead to obesity." She tells us the key to keeping your child's sugar consumption in check is to offer two healthy snacks before a high-sugar snack.

It may be beneficial to learn more about the food pyramid and what types of foods are best for your family. There is a great resource at <http://www.centennialmedicalplaza.com/kidshealth.asp>.

Type "food pyramid" in the search box. There are several links on the Web site that provide in-depth information on what the USDA-recommended food requirements are for your child by age.

If you are unsure about what types of food your child should eat or believe food is causing an adverse reaction in your child, you should consult with your child's doctor.

**These health tips are brought to you by Centennial Medical Plaza. Reach us at 303-699-3060 or visit our Web site at**

[www.centennialmedicalplaza.com](http://www.centennialmedicalplaza.com)