

Louisville Times

Since 1913, the newspaper devoted to Louisville, Colorado

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Coal Creek News

Check Out Your Heart Health:

Did you know that heart disease is the number one killer of women as well as men? In fact, more than 506,000 women will die of heart disease this year — more than 50 percent of the deaths caused by heart disease. This month, the American Heart Association will sponsor free screenings to help both women and men find out if they're at risk. The screenings will include a risk assessment survey, blood pressure check and cholesterol screening. The cholesterol tests are provided through a grant from Parke-Davis, and Centura is providing nurses who will conduct the tests.

The local free screening will be on Feb. 16 at Avista Hospital from 5 p.m. to 9 p.m.

Victim Advocates Needed

The Sheriff's Department is currently recruiting volunteer victim advocates from Boulder County for its Victim Assistance Program. The advocates assist victims of trauma, crime, sudden death, and accidents to provide emotional support, information, referral to community resources, and help with the criminal justice system.

Volunteer advocates are needed for both on-call and outreach positions. The 40 hours of training provide a broad scope of information and skills, such as listening skills, crisis intervention, post-traumatic stress, and grief and loss. A one year commitment is required. Call Sarah Jussen, 303-441-3656, by March 17 for an application or more information.

Genealogy Society meeting

The public is invited to attend the Feb. 10 meeting of the Lafayette and Louisville Genealogy Society. Meeting time is 7 p.m. at the Louisville Public Library, 950 Spruce St., Louisville.

Philip Panum from Denver Public Library, Western History/Genealogy Dept. will be our guest speaker.

Quote of the Day:

"If a man aspires to the highest place, it is no dishonor to him to halt at the second, or even at the third."

—Marcus Tullius Cicero



ST. LOUIS THEATER CLUB members rehearse an American Girl Theatre Group play after school. From the left front, Elle Metzger, 9; Rachel Jirkovsky, 9; and Francesca Tenney, 10; back from the left, Maggie Hill, 8; Alisa Benedetti, 9; and Danica Smith, 9.

Superior joins airport clamor

By SHIRLEY SCOVILLE
Times/News/Review correspondent

Superior Mayor Susan Spence didn't mince words in a Jan. 28 letter to the Jefferson County Board of Commissioners about looming commercial flights from JeffCo Airport.

"We do not agree that lifting the moratorium was the only solution available," Spence said. "The Board of Trustees of the Town of Superior is asking the Jefferson County Board of Commissioners to deny applications for commercial passenger service."

Her two-page letter to the Commissioners came in response to their lifting a moratorium on scheduled commercial passenger service at the Jefferson County Airport.

Spence said she understood the financial concerns of keeping the moratorium in place but also asked that the "additional noise, traffic and related pollution" be considered. An additional 15 to 20 commercial flights a day could mean "the tip of the iceberg in terms of commercial use," she added.

On Monday, Janice Fredicksen, a secretary to the Jefferson

County Commissioners told the *Louisville Times* that the Commissioners' office received two to three hundreds calls since the end of December regarding commercial flights out of Jeffco. Most of the calls were in opposition to resuming commercial flights.

In her letter, Spence reminded the Commissioners of the strong opposition against scheduled commercial flights at Jeffco two years ago when a moratorium was put in place.

And she reminded them that the opposition hasn't changed, although most nearby residents didn't receive a meeting notice. Superior joined Louisville in taking a firm stand against scheduled commercial passenger flights at Jeffco. On the other hand, Broomfield and Lafayette have not.

"We have a continual concern about the noise at the airport," said Kirk Oglesby, director of community and governmental affairs for the City of Broomfield.

But he added Broomfield continues to work with the airport staff and individual pilots. Sometimes it works, he said. Sometimes it doesn't.

■ Please see page 5

Pain means no gain for grapplers

By JASON DORMITZER
Times/News/Review staff writer

Dieting is something men and women do. But cutting weight is limited to athletes, particularly wrestlers.

Cutting weight is a ritual of sorts for wrestlers striving to reach a weight class that fits their bodies and their ability to make the team.

Dieting sounds dainty, while cutting weight seems harsh, gritty; a close cousin to the word starvation.

But, the two have one thing in common. Not being able to fill up on food can test the nerves.

"I get snappy and cranky," said Cleveland Holmes, a Centaurus wrestler that cut about 25 pounds since football season. "If anyone asks me two question in a row, I just can not stand it."

Centaurus wrestler Jason McClanahan at 125 pounds, chimes in with a similar comment.

"Yeah, it is like 20 questions with my dad after practice ... I have a tough time," McClanahan said.

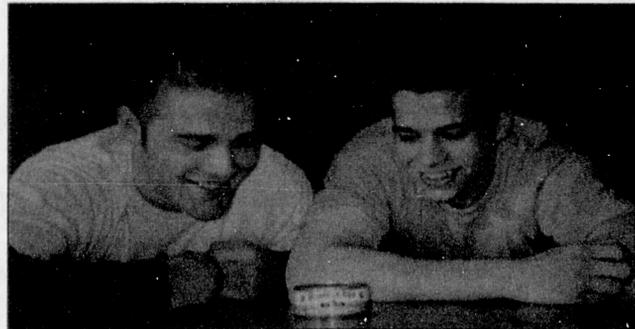
Cutting weight is something of a religion for sports such as wrestlers and gymnastics.

Even at the high school level, it can be as important to a wrestler's career as a good half Nelson. Losing five pounds may mean a spot on the varsity team, while not losing five pounds could mean playing second fiddle to someone better.

Even the more experienced wrestler has weight loss on his mind. The right weight could be the difference between a state title and even making it to the state tournament.

Nonetheless, coaches do not condone this action.

■ Please see page 5



MMM MMM Good! Centaurus wrestlers Cleveland Holmes, left, and Mario Maestas, right, eye their main course.

Floral delivery driver wins Lotto jackpot

By JEFF THOMAS

Times/News/Review staff writer

Face it, Karen Thompson is just lucky. The \$2 million, end-of-the-year, winning Colorado Lottery ticket? Just further proof.

"I didn't even check it until Jan. 19," said Thompson, the proud and continuing delivery driver for Louisville Florist.

The Lafayette resident said she routinely just leaves her Lottery tickets laying around the house until she has a chance to run into Safeway to have them checked. Normally, she doesn't keep track of winning numbers.

"The clerk was checking them, and she said, 'Hey, I've never seen this before.' Then her boss checked it out and said, 'I think you've got something there.'"

Finally, a manager checked it out and told Thompson there was a \$2 million winner, from Dec. 30, in her pack of tickets.

"That's when my knees started getting weak," she said.

Of course, Thompson is not new to winning Lottery tickets. Back in the days winning ticket holders spun the wheel to determine their prizes, she spun for \$1,000. She had another winning ticket she gave to her daughter — Kristi Pacheco of Fort Lupton — who spun for \$2,500.

Thompson has also had a \$1,000 winning scratch ticket, two \$500 winning scratch tickets, and two baseball winners (that's

when you turned in six of the non-winning scratch tickets) at \$500.

More importantly, however, she still somehow has the respect and support of her friends, despite certainly laying claim to the title of, Luckiest Woman in Southeastern Boulder County.

"She's very generous," confided Debbi Lombardi, a floral designer at the the shop. "She's taken care of everybody close to her."

Thompson said she doesn't really buy that many Lottery tickets, either.

"I spend about \$5, and then I turn in those that win something to get more tickets," she said. "But if I don't win anything, I might not spend another \$5 for a few weeks."

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HALF A MILLION DOLLARS hasn't hurt Karen Thompson's flowery disposition.

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Commercial flights bring comment

■ continued from page 1

Lafayette's Mayor Carolyn McIntosh, however, doesn't anticipate Lafayette making an official position. "Our residents won't be particularly affected by noise issues," McIntosh said. "And it has a potential of bringing an increase in commercial traffic closer up to our neighborhood and ultimately may even provide better transportation services."

Local Lotto winner

■ continued from page 1

Thompson said she and her husband, Russell, brought her sister, Lucy Blake, out from St. Paul, Minn., and helped pay some of her bills. They also bought a new car for their son, Kevin, of Wisconsin.

Beyond that, however, Thompson said she and her husband don't have any big spending plans and neither will leave their job.

"He (Russell) only has a couple years until he retires, anyway," she said.

"They (the government) starts whittling away at it right away," she acknowledged. "I wished it was \$2 million, and then you'd have something to spend."

The cash option was worth \$800,000, and after the government's share, Thompson took home a check for \$544,000. The couple estimates they will have to put away another \$35,000 for end-of-the-year income taxes.

"It has made it easy for us to get a new house," she conceded. "I think we're going to get one of those patio homes in Blue Heron (Estates)."

Which is close enough to keep in touch with — and maybe delivering for — her friends at Louisville Florist.

"We just like to brush up against her every once in a while, hoping it will rub off," Lombardi said.

The Commissioners have said they lifted its moratorium on commercial service applications to save the Jeffco Airport from losing federal dollars.

John Andrews, a Texas businessman, filed a complaint with the Federal Aviation Administration against the Jeffco Airport. He said his airline company was being discriminated against by the airport prohibiting scheduled commercial passenger flights.

A similar complaint Andrews filed against Centennial Airport in Arapahoe County last year cost the airport \$1.8 million in lost federal funds.

Once the moratorium was lifted, attention focused on Jeffco's minimum standards for commercial operations required by the Federal Aviation Administration.

"The standards depend on how much risk you want to put the airport at," said Jeff Price, spokesperson for Jeffco. "Because they're too many times when an air carrier will start up and go bankrupt and the airport will be stuck with the bill."

Recently adopted requirements for commercial aircraft include limited hours of operation — 6 a.m. to 10 p.m. — and size — 30 people. Further, applicants must show proof of financial stability, pay a \$10,000 application fee and \$5,000 annual fee. Also applicants must carry \$300 million aircraft liability insurance and \$300 million general liability insurance.

Additionally, the standards require an applicant provide parking for customers and employees, qualified ground control personnel, de-icing equipment and chemicals, collection measures for those chemicals, and a five-year business plan describing how the service will be financed as well as projected profits and losses over that period of time.

Andrews has not applied to start scheduled passenger flights but is expected to shortly. However, Price said many residents may not notice the advent of commercial flights.

"(The aircraft) are the small, twin-engine type. Most people can associate it with a puddle jumper," he said. "We rarely have complaints with those types of aircraft both in terms of noise or flying too low."

In Louisville

Public Meeting

The City of Louisville will conduct a public meeting at Louisville City Hall (749 Main St.) in the Council Chambers (2nd floor) Thurs., Feb. 4, from 7-9 p.m. to discuss the proposed Cherry Street Improvements between Coal Creek Lane and Hoover Ave.

Namely, the improvements will include reconstruction of the street to reduce the sharp curve east of Coal Creek Lane, installation of a grade separated bicycle/pedestrian crossing adjacent to Dutch Creek Park, and sidewalk/trail improvements. The project plans have been nearly completed and it is anticipated this will be the final public meeting to address any questions you may have about the project.

Spring soccer

It's time to register for spring soccer for Boys K-3 and Girls K-5. Please sign up in person at the Louisville Recreation Center. Deadline for registration is Feb. 23. Coaches needed. Please contact Mandy Vindiola at 303-666-7400.

Adult Faith Formation at St. Louis Church

Presented by the Parent Education Ministry:

"Slowing Down to Celebrate Lent" — Learn ways to enhance the most spiritual Season of the Church and to celebrate Lent with your family. By Kathy Gill on Mon., Feb. 8, 6:30-7:45 p.m. in School Music Room.

"The Choice to Honor Me" — A discussion about choices, self-respect, and abstinence. Laurie Branch, M.A., L.P.C., CAC III speaks to parents and their teens on Feb. 22, at 6:30 p.m. in the Church.

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Sweat part of cutting weight for wrestlers

■ continued from page 1

"This is something the kids decide to do on their own," said Centaurus Head Coach Craig Walters. There are big questions that revolve around a wrestler's health.

Parents, who are not always a big fan of their children cutting weight, hear the stories of college wrestlers, who often cut weight with reckless abandon. Three collegiate wrestlers died last year of dehydration.

Walters said that was the first time he has ever heard of such a thing and is curious about the part the over-the-counter muscle builder, Creatine, played. The nutritional supplement helps muscles retain their water, making them bigger and stronger.

However, coaches throughout the state are confident that similar things will not happen in high school.

The Colorado High School Activities Association require doctors to specify a wrestler's lowest weight class. They also recently changed a rule that makes it more difficult for a wrestler to drop a weight after January 15.

At high schools, the good weight cutters follow a certain diet with an eye toward keeping comfortable.

Mario Maestas, another wrestler on the Centaurus squad who lost about 20 pounds since the fall, eats a can a tuna fish on Saltines for dinner. If he is doing well, the 135-pounder might also have a banana for dessert.

Holmes enjoys a similar menu for dinner. He will also put down a couple Power Bars a day when he is trying to make weight.

Once they make weight for match day, everything changes. It is back to normal food and better moods.

The worst part of cutting weight, according to wrestlers, is losing water weight through sweating.

After burning off the fat, all that is left is liquids. McClanahan wears four pairs of sweatshirts and pants to practice in an effort to sweat out the last of the pounds.

In a typical practice at Centaurus, Head Coach Craig Walters said a wrestler loses up to six pounds, even more in the heavier weights. Wrestlers also use saunas to aid in the sweating ritual.

With the water gone, most wrestlers can make weight. But, this also means keeping the water weight off, meaning some time without too many liquids.

"Being thirsty all the time is the worst part," Holmes said.

Wrestlers often drink about three to four quarts of liquid after weighing in for a tournament.

The worst horror stories about cutting weight happen at the college level, as explained by area coaches.

Monarch Head Coach Ron

Buffo, who does not worry about weight cutting yet at Monarch, worked all season in weight to shed 30 pounds and keep it off.

"The coach taught us to do it the right way, but I did the stupid thing," he said.

That included a diet of Hershey bars and Coca Cola, two items he said not only gave him energy, but also a digestive disorder.

He remembers going through a three-month bout of diarrhea after wrestling season and the Monarch coach has problems to this day.

"And there were other guys on the team that had more weight to lose than me," Buffo said.

Buffo also remembers his high school days when they

would drag a stationary bicycle under a hot shower and ride off the weight.

Walters said in his college days, he would gain and lose up to 25 pounds in a week.

After wrestling in a meet, Walters and his teammates would indulge in food that they lived without during the week.

When a meet came around again, Walters would again go through the starving tactics and sweat regimes to cut the weight.

The see-saw effect did not leave any scars that he talked about, but added that this experience was pretty stupid.

Fortunately, all the horror stories are avoidable. It is a matter of losing weight the right way and meeting the desired weight class, Walters said.

"It is a matter of common sense as well as checking with coaches and doctors," Walters said.

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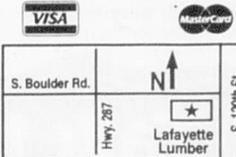
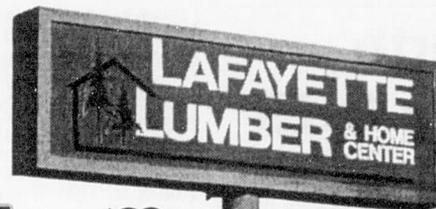


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1999

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Publication Dates:
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Louisville Times/Lafayette News

Monday, February 22
Coal Creek/Rock Creek Journal

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For more information and for space reservation please contact **Ilene DuBey, Kathy Tialdo or David Reese** at 303-666-6576. Ad Copy deadline is **Friday, February 5th at noon**. Ad proofs available upon request.

Louisville Times

LAFAYETTE NEWS

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