



Photo taken by: Damien Harr

---

## THE WASH PARK

# KID TIMES 3.0

WRITTEN AND EDITED BY TRISTAN CHAMPION REGINI



# INTRODUCTION

WELCOME to the third edition of The Wash Park Kid Times! In this edition, you will read fun facts, kid written articles, and parent written articles that are about camping, table tennis, and more! Each edition has a theme and next months theme is school time! This edition also includes the a-MAZE-ing space and Kids Korner! We will have one more edition in September and then take a break until the December edition.

Tristan Champion Regini

## NEW: I have a website!



Visit [www.tristansworkshop.com](http://www.tristansworkshop.com)

for information on my latest endeavors!

There are links to the ONLINE version of my newspaper, including previous and current editions. You can also learn about my ongoing project raising money for Children's Hospital in honor of my friend Cade who was made better by the Doctor's there. I am raising money to help the brain cancer unit. Interview with August edition of Urban Life Wash Park. You can also read about me in an interview with the "Urban Life Wash Park" magazine!

Website designed by Steve Regini

<p>Salon Misha at one Broadway STYLIST. EDUCATOR. ARTIST.</p>	<p>One Broadway Suite 110A Denver, CO 80203 USA</p> <p>Studio: 303.722.5400 Mobile: 393-521-6202 E-mail: <a href="mailto:misha@salonmisha.com">misha@salonmisha.com</a></p>
---	---

# Local News – Oh Snap!



## WELL... DELIVERING NEWSPAPERS WAS NEVER SO HARD!

When I was out in the neighborhood delivering the second edition of my newspaper, a terrible accident happened! I was across the street from my friend Harrison. Me and my mom heard a loud crunch and turned around to see two tree limbs fall on to Harrison's Mom's car! To be exact, It sounded more like: CccrrruuunchhhhhhsnapcrackBOOOSHbam The branch was SO HEAVY three fully grown men could not even lift the branch one millimeter in the air! The only thing we could do was saw it up in to small pieces and put it on the sidewalk! It was a sad day, and this is what Harrison had to say:



Photo taken by: Aubrey Thacker

### The Big Boom

Oh no, a tree fell on our car!

The wind was blowing really hard.

on 7/15/2017

**By: Harrison Thacker, Age 7**

Taking out this "ad" is really my way of supporting my friend, Tristan Regini. I am incredibly proud to know him and to be able to add commentary to his newspaper.

One of society's most important components is a free press. Freedom of the press inform us. Freedom of the press defines us and sets us apart from autocracies and countries that are run with an iron fist.

Freedom of the press is important because it gives us the ability to make up our own minds based on the facts presented. I applaud Tristan for being the intrepid entrepreneur that he is and for recognizing that this paper fosters conversation and learning.

Thank you, T, for enriching all of your readers with your very good instincts.

**Betsy Billard**  
New York City



# Brainard Lake

By Hannah Harr, Age 10

Brainard Lake is a half hour away from Nederland. In addition to Brainard there is also Long Lake. To get to Long Lake you can go on a roughly 3 mi. hike. The scenery is breathtaking and it feels so lush. Rain is common and some showers last for hours. A kind of willow tree grows abundantly there so you can bet on moose sightings. Other animals such as bears, mountain lions and deer are worth looking for. Brainard Lake is kept filled by a stream running in and a river running out. The camp sites are quite close to the lake with only a few minutes' walk from the best sites. Also, the bathrooms are in very convenient places. All in all, Brainard Lake is perfect for outdoor-loving families and individuals.



Photo taken by: Damien Harr

## Back to School Hygiene

I don't know about you, but I hate being sick! With school starting up again, you are going to be around a lot of other kids. This will mean that sometimes those little buggers called germs, will be around the school and get into your body through your eyes, nose, and mouth. Yuck!

From my own experience as an emergency doctor and a dad with three kids just like you, here are ways you can keep away the little buggers who keep you away from your fun.

**Tip#1:** Wash your hands. Do this for at least 10 seconds with soapy water, rinsing bacteria and viruses off you skin. Go crazy with this and be sure to get between the fingers and under the fingernails. Do this before and after eating, touching animals, or rubbing your nose, mouth, and eyes. Use hand sanitizers if you cannot wash your hands.



**Tip#2:** Stay home when you are sick. Yup, doctors orders. Plus, staying home gives your body a chance to get better with rest, fluids to drink, some medicine if needed. If you have a fever, vomiting, or diarrhea you should stay home for 24 hours after those things end. If you need antibiotics, you should stay home until on antibiotics for at least 24 hours AND you feel better with no fever.

**Tip#3:** Don't put your food down directly on top of the lunch table. The table top might have germs on it. Yuck again! Bring your washed fruits and vegetables and other food to school in a clean sanitized lunch bag/box.

**Tip#4:** Use tissues. Cover your mouth or nose with a tissue when you cough or sneeze and put your used tissue in the trash, not on your desk. If you don't have a tissue, sneeze or cough into your inner elbow or upper sleeve, not into your hands.

**Tip#5:** Get immunizations. Shots! YIKES! Its true, flu shots and other immunizations have been a proven way of not only avoiding getting sick yourself, but you help not spreading that disease to others.

**Tip#6:** Get good sleep, exercise, and eat healthy. All of these can affect how good we feel, even if we are not sick. Our bodies are rock stars to fight off the bad guys when we are well rested, move our bodies, and eat more fruit and vegetables.

**Dr. Jonathon Savage**  
**CEO Care on Location**  
**online medical care**



**Care on Location**  
on-line and at your side

**Convenient, Quality, Affordable**  
After-hours and Weekend Urgent Care Video Consults  
**WWW.CAREONLOCATION.COM**  
720-778-0005



# Kids Korner

## Kids Komix

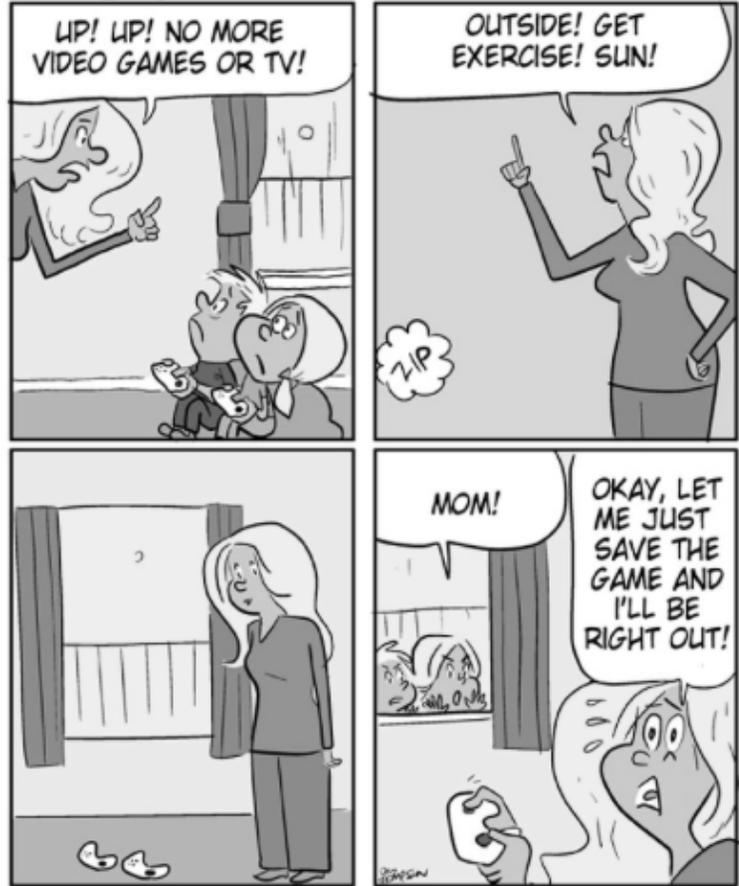
### Empty Calories

Diets in Review.com



f SUMMER FIND MUU COMICS

SUMMER&MUU  
summerandmuu.com





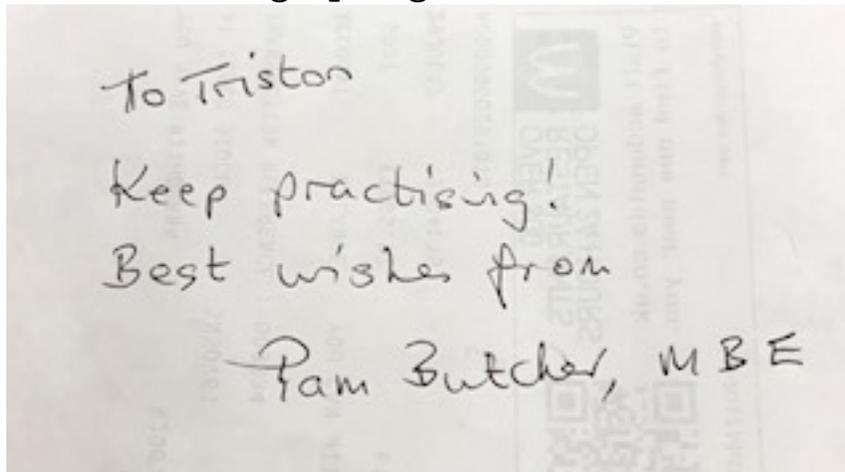
## Meeting a 2017 World Table Tennis Champion, MBE in England this summer.

My Nana in England is an avid Table Tennis player. She is really good! People from her club go to the veteran World Table Tennis Championships. I met a lady who is the Over 85 **WORLD Table Tennis Champion** for 2017, and she is an MBE (Member of the British Empire, which is pretty amazing. She is going to meet Queen Elizabeth II of England later this year to get her award!!).

HOWEVER, my nana's nickname at the Table Tennis Club is "THE THUG"!! Nana (on the right), accidentally knocked over Pam (on the left) and Pam broke her ribs! Although her ribs cracked, Pam is now up again and still playing like a pro! If you want to see her in action, watch her in the 2018 World Championships next year in Las Vegas!!



Here is an autograph I got from the famous World Champion and MBE!!



By: Jocasta Champion and Tristan Regini,



THE A-MAZE-ING SPACE

Maze By: Steve Regini

*BEST NAILS AND TOES IN TOWN!*

*Annie Brenman-West*

call 720-331-6707

*Blithe Salon*

*201 Steele St. Suite Denver CO 80206*



Going **Back to School** can be tough, but did you know you that If you did not go to school, you would not get a nice job and you would be sad because you wouldn't be able to make enough money for your family. If you don't like school you can pretend that your world is depending on your answer, and if you don't get it correct it is fine but keep trying your hardest. I hope everybody is excited for a brand new school year, and for some, a new school. We'll talk about different schools that kids go to who live in the Wash Park area in the next edition of the Wash Park Kid Times!

By Tristan Regini

It's **Back 2 School** with  
**Pearl Street** Chiropractic

WHAT YOU SEE:

WHAT WE SEE:



[WWW.PEARLSTREETCHIROPRACTIC.COM](http://WWW.PEARLSTREETCHIROPRACTIC.COM)

(303)777-0828

SPORTS PHYSICAL?  EYE EXAM?  SPINAL EXAM?

**Special!**

Individual New Patient: ~~\$125~~ **\$49!**

Entire Family: ~~\$199~~ **\$99!**

**THANK YOU FOR READING MY NEWSPAPER!**

# Thank You!

I would like to thank my sponsors this month:

**Annie Brenman-West, Best Nails in Town!**

**Anonymous Wash Park Residents**

**Betsy Billard, NYC**

**Bonnie Brae Ice Cream**

**Care on Location**

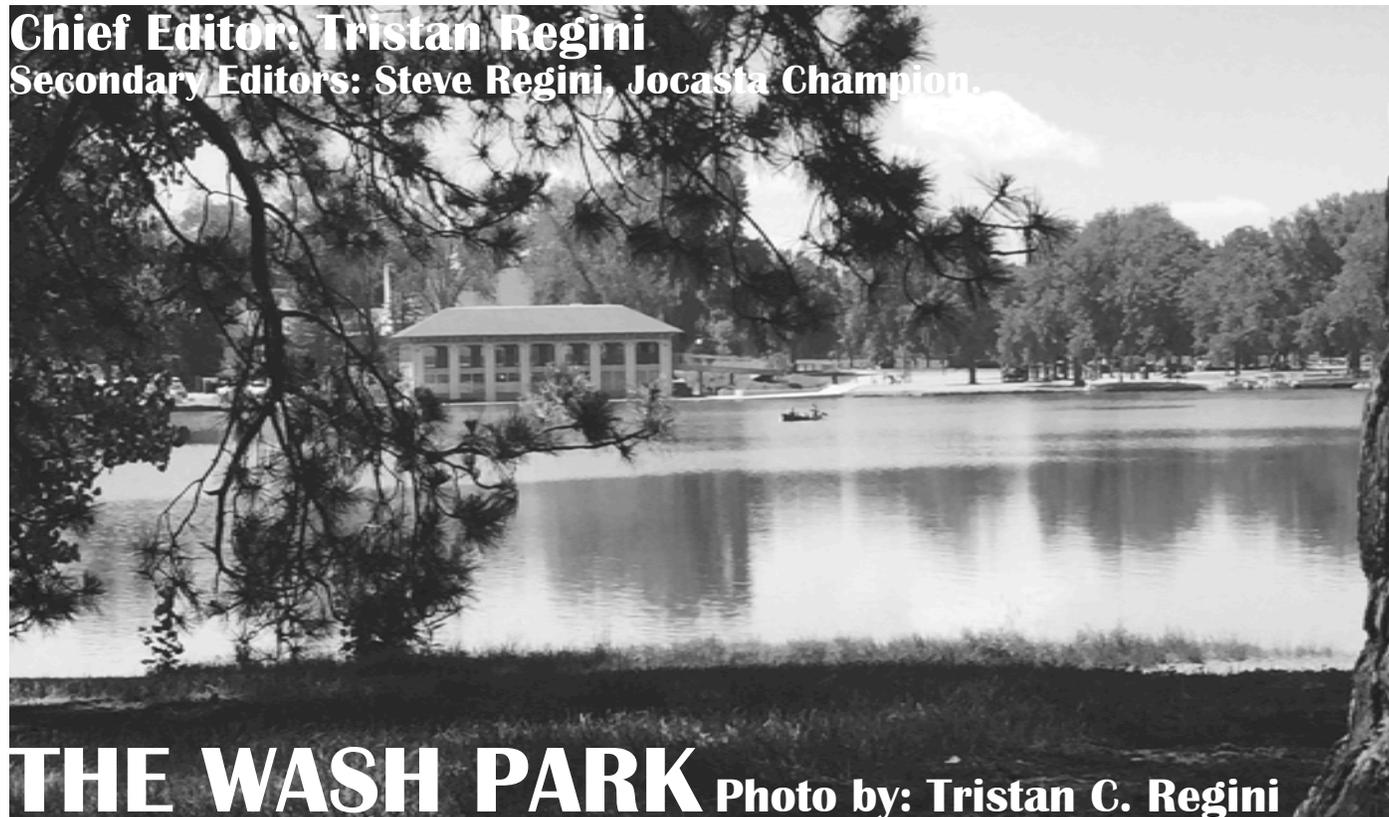
**Pearl Street Chiropractic**

**Salon Misha**

*Next month's edition is DPS School Time!* If you want to sponsor or have an article of yours to be in it, contact my mom, Jocasta Champion, at [jocastac@comcast.net](mailto:jocastac@comcast.net). The deadline for next month's edition for articles or ads is by September 15<sup>th</sup>, 2017. If you would like to subscribe and get an electronic copy, please contact the same email, or check out my website: [www.tristansworkshop.com](http://www.tristansworkshop.com)

**Chief Editor: Tristan Regini**

**Secondary Editors: Steve Regini, Jocasta Champion.**



**THE WASH PARK** Photo by: Tristan C. Regini

**KID TIMES**