

A young man and woman are sitting on a white picket fence in front of a house. The woman is wearing a blue dress and brown shoes, and the man is wearing a white t-shirt and brown shoes. They are both smiling. The house behind them has a white porch with columns and hanging plants. The background is filled with green foliage.

# MAPLETON HILL

October 2021

# Living

A Social Publication Exclusively For The Residents of Mapleton Hill

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# Fall is in the air

**publisher's note**

Mapleton Hill Residents,

Fall is officially here and it's time to dust off the Halloween decorations, order pumpkin lattes, and pick our fantasy football teams. Although, I will be honest, I don't know the first thing about fantasy football, but I do enjoy watching college ball from time to time.

The Mapleton Hill Rummage Sale and PorchFest were welcomed back this year and hopefully there will be many more opportunities to enjoy each other's company. We've enjoyed sharing your graduation and back to school photos, so as you are attending Halloween parties (big and small) please remember to snap a photo or two and share them with us so we can include them in future issues of *Mapleton Hill Living*.

I would also love to feature more homes in "Mapleton Hill Then & Now" as well as share your travel stories/summer vacations in "Travel Tales." Please email me directly if you would like to share photos or stories. It's your stories that make *Mapleton Hill Living* such a pleasure to publish each month. Thank you!

For those of you who reached out regarding last month's Financial Fitness article, please accept our apologies. A portion

of the article was unintentionally cut off during the editing process. If you would like to read the article in its entirety, please email me and I will gladly send you the complete version.

As you know, we take great pride in choosing the right businesses to partner with our community magazine. We have personally met with the business owners you see in *Mapleton Hill Living* to determine if they are the right fit and someone we would be excited to introduce to you. With that said, I would like to personally thank our valued sponsors who partner with us to make this magazine free each month to Mapleton Hill residents. I have heard from many of you personally that you are enjoying the magazine and feel is doing great things for the neighborhood. It is my hope, that as you flip through your neighborhood magazine, you take a moment to notice all the local businesses and consider giving them a chance to earn your business.

We wish you a wonderful, healthy and safe fall!



All the best!

*Stephane Hanscom*

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Mapleton Hill Living Would Like To Thank Our Entire Staff And Our Contributors For Their Valuable Contributions To The Magazine.



If you would like to contribute an article or photos to the magazine, please email [stephne.hanscom@n2pub.com](mailto:stephne.hanscom@n2pub.com). We are always looking to share more resident stories.



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# Meet Tracy and Kurt Roeser

By Tracy Roeser  
Photos by Ashlee Burke Photography



## meet your neighbors

### Tell us about your family.

We are Tracy and Kurt Roeser. I am from Merrick, NY, and Kurt is from Naples, FL. I attended Savannah College of Art & Design where I ran Cross Country & Track. Kurt attended the University of Florida where he also ran Cross Country & Track.

### How long have you lived in the neighborhood?

I have lived here for four years, and Kurt has lived here for two and a half years.

### Is there anything your neighbors might know you for?

They might recognize us from our morning and evening runs around the neighborhood and they may also be familiar with Tracy's custom house portraits.

### How long have you been with your spouse? How did you meet?

We met in Boulder, CO, in March of 2017. Our mutual friend Matt invited me to his local track meet. I watched the men's 3k, took photos during the race, and noticed a tall, blond handsome man wearing a royal blue singlet and Saucony spikes. The handsome man, Kurt, won the race with a time of 8:39. Kurt later messaged me on Facebook and asked me to meet him at the West End Tavern where we ate burgers and drank IPAs on the rooftop till the sunset. You could say our love of running brought us together. In August of 2018, Kurt proposed to me at the top of Mount Audubon complete with sandwiches, champagne, and a beautiful ring! We were married on July 14, 2019, at Shupe Homestead in Hygiene, CO.

### What do you like to do together?

We love running together in the morning right from our front door. Sometimes I ride one of our bikes next to Kurt when he does his second run in the evening. After work, we enjoy drinking a nice cold beer or glass of wine on the porch swing. In the spring and summer, we enjoy hosting garden parties/BBQs under our string lights in the backyard.

### Tell us something interesting, unique, or unusual about you and Kurt.

We're morning people and start our day with a cup of coffee pre-run. We love running our neighborhood and local trails but also enjoy a long weekend camping and trail running/hiking outside of Boulder. So far, we have climbed six 14ers together. Additionally, I went up and down Mount Sanitas every morning for the month of February 2018. Kurt runs with the Boulder Harriers and he competed in the 2020 Olympic Trials Marathon in Atlanta, GA. Kurt is currently training to run in the Chicago Marathon on October 11, 2021. We don't own a TV!

### What are your professions?

I am the Brand Marketing Manager for ROLL Recovery. I am also the founder and designer of Tracy Ann Creative (TAC).

Kurt is a Board Certified Orthopedic Physical Therapist PT, DPT, OCS - Boulder Run Physio at Ability Physical Therapy

### What do you love about what you do?

I moved here 4.5 years ago from Boston to be ROLL Recovery Brand Marketing Manager. My co-workers have become my good friends. I enjoy creating print and digital marketing materials for the brand as well as coordinating, working with our multimedia specialist on our photo-shoots with elite athletes, networking, and designing booth displays for expos like Outdoor Retailer, The Running Event, etc.

At 2 years old I was drawing wallpaper designs; at 3, I began coloring in the lines; at 5, I was content building structures out of wood blocks for hours. From then on, I knew I was on an endless adventure of discovering my passion for art and design which lead me to found Tracy Ann Creative (TAC). My design services range from interior design, graphic design, visual branding, social media marketing, photography, etc. I truly love creating, designing, and helping my clients visually grow their brand(s). I love doing custom house portraits

Kurt has been working for Ability Physical Therapy in Lafayette for almost 10 years and they're in the process of opening another location in Niwot called Boulder Run Physio by Ability Physical Therapy.

He is a physical therapist working in orthopedics and sports medicine. He enjoys working with individuals from a variety of backgrounds with a wide range of injuries. He finds that helping people get back to their specific goals and activities is super rewarding. Because of his background and passion for running, he has grown to specialize in the treatment and management of running-related injuries.

Kurt feels that running is beautifully simple and complex at the same time and that helping people get back to their desired level of running is similarly basic yet challenging. There are the physical requirements - like strength, mobility, and control - but he knows the most important things are typically teaching people how to appropriately manage their training load and how factors like overall life stress, sleep, and diet affect pain levels, tissue healing, and general adaptability.

### What are your favorite things to do around town?

We enjoy runs from our front door, walks to Pearl Street, and cross-country skiing from our front door (Sanitas Valley Trail and/or North Boulder Park). We love West End Tavern for a burger and

an IPA on their rooftop. We rented out the rooftop for our wedding rehearsal dinner with family and friends. Our go-to dessert place is Piece, Love & Chocolate. Our wedding cake was from there. We enjoy walking to Sushi Zanmai for dinner or walking to Ideal Market for last-minute groceries to cook together.

### Why did you choose to live in this neighborhood?

I love historic neighborhoods because of the unique, architectural charm. It's what inspired me to start TAC Custom House Portraits. When I moved to Boulder, I looked at 30 places in three days because I wasn't sure where I wanted to live. The moment I saw this Mapleton Hill home I knew it was the one! We enjoy the unique neighborhood events like the Mapleton Hill Rummage Sale and Hill PorchFest.

### What are you most grateful for?

We are grateful to be living in a beautiful, unique, friendly neighborhood where we have so many great running routes right from our front door.



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Meghan represented the buyers at 421 Highland Ave., Spring 2021

The place we call home and the people who fill it... this is what provides the joy in life for the vast majority of us. That makes being a Realtor®, and in Boulder in particular, one of the best jobs out there.

I started selling homes for my own family in 1999, and after living overseas for a bit and growing our family, I ultimately pursued my residential real estate license in 2005. I've had the luxury of working with and getting to know, so many wonderful people along the way.

My family and I relocated from sunny San Diego to sunny Boulder in 2012, and it has felt like home since day one. It's been named "The Happiest City in the U.S." for good reason, with its constant sunshine and beautiful seasons, the great outdoors, amazing people, great food, varied architecture, views at every glance, excellent schools, and even more incredible people. Word has clearly gotten out. '20 and '21, per U.S. News & World Report - "Boulder, CO, is the No. 1 best place to live," with Denver at No. 2. I love finding homes for folks moving to Boulder and Denver to live this ranking to its fullest.

Another "HAPPIEST CITY" point - Boulder shines in its GREEN, sustainable, responsible living and building and walks that walk every day. Boulder is working to achieve NetZero energy usage with the most stringent construction and energy codes,

employing the use of the most sustainable and healthy materials in rehabs, remodels, and new construction. I am honored to be a Board Member of the Colorado Green Build Guild (CGBG) and am here to support the research, education, and implementation of the most sustainable practices in our housing market.

Fun fact about Boulder's well-deserved reputation as a hub for green building and wise land use — When the population grew from 25,000 in the 1950s to 66,000 in 1970, community leaders began to look for ways to curb growth and preserve the natural landscape. In 1967, Boulder became the first U.S. city to adopt a sales tax to fund the acquisition and management of open space. Today, the open space program owns over 4,000 acres.

My path to Compass...March 2020 just as we were going on pandemic lockdown, I made the move to Compass in order to have the best reach and tools to work remotely nationwide. Shortly thereafter, I was joined by three incredibly experienced portfolio agents – Jenner Eiss, Chally Wiener, and JAK Kauffman – to form the Bolder Home Team. Two years in the Boulder real estate market, Compass has quickly become Boulder's #1 brokerage in Luxury sales (\$1.5M+) by total volume and market share. Bolder Home Team is one of the frontrunners in helping Compass reach this benchmark. We are the most client-centric, data-driven collection of moms, athletes, investors, homeowners, and let's-do-this real estate agents you'll find in one of the nation's

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One of the greatest pleasures and rewards in life is finding that perfect home or selling one's home to allow them the opportunity to move on to their next adventure. I'm here and always happy to help in any way if you have any questions about the market, your home, or a move within or outside of Boulder. Mapleton Hill is the epitome of Luxury Boulder. "Luxury — Boulder comes by it naturally." The richness of the community and the land around the city.



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- Estere M.

"Meghan is simply amazing. From the moment we connected, I knew she was the realtor we would work with to find our first home. She went above and beyond for us, every step of the way. She listened to us and found homes for us that aligned with our vision. She is without a doubt, one of the best. And, she radiates joy, positivity, authenticity, and light. We are forever grateful for Meghan."

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# 403 Mapleton Avenue



Beautiful Craftsman House Built in 1917

Historical data from Carnegie Library

mapleton hill  
then & now

The beautiful 403 Mapleton Avenue craftsman-style house designed by Swedish architect Gustar E. Lundborg (1865-1943) was built in 1917. Lundborg designed, constructed, or supervised many houses and buildings in Boulder, for example, the Seventh Day Adventist Church, the Shideler Apartments, and the W. B. Buildings. Mr. Lundborg was quoted in the 1908 Daily Herald, "You may have noticed that my plans are original and different from the ordinary. I have some of the best bungalow plans ever made and I don't care who knows it." You can find evidence of that along several streets in the Mapleton Hill area.

Current Photo of 403 Mapleton Ave.

Dr. Hiram Green, his wife Adelia, a child and dog in front of their house at 403 Mapleton Ave. | Photo Credit: Carnegie Library for Local History Collection



The original owner of 403 Mapleton Avenue was Dr. Hiram Green and his wife, Adelia. Dr. Green was a well-known physician and medical superintendent at the Boulder-Colorado sanitarium from 1910-1939. Mrs. Green was a nurse. Dr. and Mrs. Green previously lived in Matabeleland, South Africa, where Dr. Green was in charge of the Seventh-Day Adventist hospital from 1898 to 1901. Dr. Green contracted jungle fever and had to return home. Hiram and Adelia Green did not have any children.

The current owners of 403 Mapleton Avenue are Kevin and Chika Lambert. They purchased their home in June 2011. Kevin grew up in Colorado Springs, and as his father is also from Colorado, he loves anything associated with local history. Though excited to buy a historic home, it was new territory for them. Their confidence in handling the challenges of an older home was helped by their experience building a log cabin.

Ten years from purchasing their historic 1917 home, Kevin and Chika are very happy with their decision. They did not have to make any structural changes, but the exterior needed a lot of love and a facelift. The interior required a major kitchen and bath remodel where they re-used materials discovered in the home as well as wood from culled trees from Mapleton Avenue. The sleeping porch upstairs (sleeping in the outside air was once considered a protection against tuberculosis) was converted to Kevin's home office. As the Craftsman style of architecture "rose up to prioritize quality over quantity," honoring that is important to them. Kevin loves the challenge to blend modern needs and design alongside the historic footprint. He also embraces the forced limitations from a size and proportion standpoint — along the lines of "live simply," to avoid clutter and unnecessary material items.

The Lamberts' experience and the history of 403 Mapleton are indicative of many in the Mapleton neighborhood. Where the intrinsic value of an old home is how its "soul" grows — done well in the past and present, it can live and live, building more character and memories.

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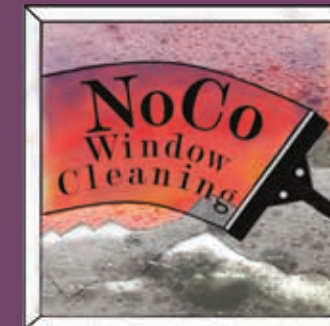
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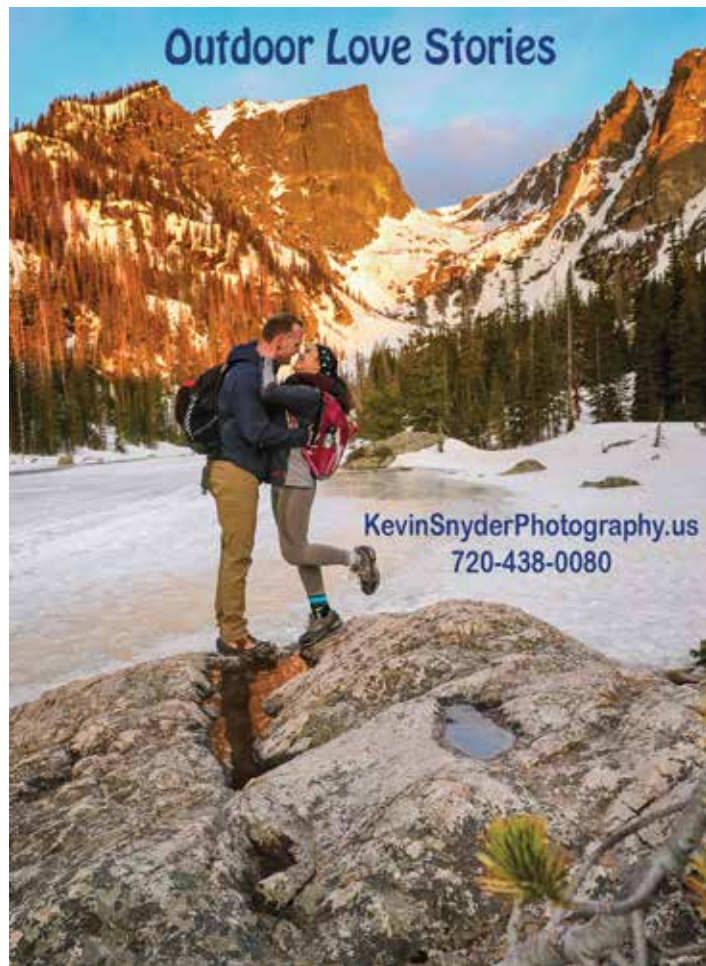


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## meet **Star** Our Beautiful Tabby Cat

precious pets

By **Sandy Briggs**, Mapleton Hill Resident

**Family Member Names:** Sandy Briggs & Barry Miller  
**Pet's Name:** Star

**Type of Animal/Breed:**

Domestic Short Hair Tabby Cat

**Male or Female:** Female

**Pet's Age:** 11

**Where/why did you get your pet?**

When we lost my previous cat, Jaz, to cancer in the late 2000's, we realized our family wasn't complete without a furry friend. A workmate of Barry's informed him of a pending litter at his house, and we knew we wanted to adopt one.

Our Star was born on May 31, 2010, at a mobile home park in Longmont to a feral father and companion mother who had already birthed many litters. When we "rescued" her from what would likely have been a similar life of producing many kittens, we also convinced Barry's coworker to spay mom and all the other females multiplying at his home. He then went a step further to capture and have the male neutered!

**Is there a story behind its name?**

When she was a kitten, the patterns across her sides and back met

distinctively on the back of her neck in between her shoulders, resembling a fireworks star.

Also, well, she's just a STAR!

**Anything special or unusual about them (talents/quirks)?**

Her way of letting me know it's time to get up and feed her is to pester me mercilessly, sometimes starting as early as 4:30 or 5 am, then climb up on my chest to lick and nip my fingers one at a time, in order, until I get annoyed or get up.

Her favorite toys are the plastic rings from jugs and jars, which she fetches like a dog.

She and Barry also play a daily game after dinner, "up the stairs, down the stairs" with a laser pointer. I don't know what's funnier, her stampeding up and down or Barry urging her on in his baby voice to go "uuuuup the stairs! Downwwn the stairs!"

**What do you like best about your pet?**

Everything, even when she's a brat. She is silly, loving, playful and demanding, and provides sheer unconditional love and companionship.

Physically, we love her beautiful and striking green, inquisitive eyes.

She's also quite conversational which makes for endless "discussions" and family entertainment.

**Any funny stories?**

She has a sock monkey toy that we often see flying around when she gets feisty and sometimes ends up in bed with us. Along with any number of plastic rings and a green mouse.

**How spoiled is your pet?**

Immensely spoiled rotten. Mostly due to being a daddy's girl.

**What else should we know about your pet and/or how your pet has enriched your home/family?**

I have always had a cat or two in my life, and when Barry and I met in 2003 I shared my love of feline companionship with him. We brought Star home in 2010 not too long after Jaz passed. Barry was unemployed at the time, and she became his constant companion. She then became our glue over the next several years that brought some life and health challenges, even before the pandemic. Then, into Barry's retirement and later COVID, she became an even more important focus for our attentions and soothing to our sanity while sharing our small condo 24-7 as I worked from home.



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## financial fitness

By Brad Sparks, MS of Wealth Strategies

# GENERATIONAL WEALTH

*To recap the last article:* We covered your financial plan fitting within your lifestyle so that you can grow to enjoy your finances as opposed to them being a burden.

*In this article:* We discuss generational wealth, and how to create it should you desire to.

A family purchases land to farm on. The crops and livestock provide a living wage for the family and their kids grow up and tend the farm. Those kids grow and have their own families and sell

off some of the land. Because of the sale, their kids go to school and get careers that allow them to purchase their own properties. Those families have kids who are raised in a home with stable incomes and with some of the farmland from previous generations. They are able to use that stability and their properties to create a business that they have always dreamed of owning. That business succeeds and they sell it for 8 figures to retire on. This is generational wealth, and it is a really powerful tool for creating opportunities and a life filled with personal freedom and the ability to pursue dreams.

So often, financial planning is inward-focused. This is not a bad thing, but it can lose sight of larger, and more significant, ideas. What would it look like if generations beyond you also had the financial freedom you experience? Using that freedom, what positive changes could later generations make? How could the world be a better place if all of us created more opportunity for the ones that follow in our footsteps?

### Inspiration:

Tanya is a second-generation U.S. Citizen. Her grandparents immigrated from the Philippines and were able to buy and operate a small general store. They did not have any formal secondary education but worked hard and Tanya's mother was able to go to college, the first in her family. Tanya's mother was able to build a lifestyle and career that afforded Tanya the ability to pursue her passions. Now, Tanya is a doctor, the first in her family to have a graduate-level education. She has found a career that she loves and also enables her to have her own cozy home and a small recreational property. In addition, she is able to give generously to the causes she supports. She has built the life of her dreams on the shoulders of generations preceding her and is having an impact that her grandparents would be proud of.

### Take Action:

- Reflect on the work of the generations proceeding you.
  - How has it afforded you the freedoms you have experienced?
- What can you do to pass that same freedom, or more, to generations beyond you:
  - Do you enjoy owning and operating businesses that have lasting value?
  - Do you have property aspirations that have lasting value beyond you?
  - If you do not enjoy the responsibility of being a business owner or property manager, but value generational wealth, do you have life insurance to ensure wealth is passed on?

*Bradley Sparks is a Registered Representative and Financial Advisor of Park Avenue Securities LLC (PAS). OSI: 6455 S. Yosemite Street Ste 425 Greenwood Village, CO 80111/303-770-9020. Securities products and advisory services are offered through PAS, member FINRA, SIPC. Financial Representative of The Guardian Life Insurance Company of America® (Guardian), New York NY. PAS is a wholly-owned subsidiary of Guardian. The Planners at Wealth Strategies is not an affiliate or subsidiary of PAS or Guardian.*

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# BACK TO SCHOOL

## out and about in mapleton hill



Finn Torvik, 7th Grader at Casey Middle



Naomi Schare and Adelia Schare 4th and 2nd Graders at Whittier Elementary



Sander Torvik and Ronin Collins, 4th Graders at Whittier Elementary



Skylar Shore, Kalina Lambert, Ava Shah, Elizabeth Rejouis 5th Graders at Whittier Elementary



Sander Torvik, 4th Grader at Whittier Elementary



Jack Christy, 4th Grader at Whittier Elementary  
Olivia Christy, 8th Grader at Casey Middle

join our team

## LOOKING FOR RESIDENT WRITERS

*Looking for Resident Writers!*

Do you love to write? Do you want to give back to your community? Does your home have an interesting history? Would you like to share tips on topics that you love, such as gardening, cooking, or traveling? Do you have a child with a special talent? I am looking for Mapleton Hill residents that would like to submit articles to be included in future issues of *Mapleton Hill Living*. If you are interested, please email me at [Stephne.hanscom@n2pub.com](mailto:Stephne.hanscom@n2pub.com).



new arrivals

MAPLETON HILL'S NEWEST RESIDENT

## Welcome NOAH POULDEN



Noah and his big brother Liam.

Noah Poulden

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# Have you ever heard of Borscht?

By Dr. Navit Zukerman,  
Mapleton Hill Resident

With chilly October nights ahead, warm your belly with a beautiful and delicious red bowl of borscht! As a kid, I grew up eating borscht, which is a mixed vegetable soup that gets its bright color from being loaded with delicious red beets. Borscht is very popular in Belarusian culture, which is where my family is from. Red beets are a great source of naturally occurring dietary nitrates, which can help dilate your blood vessels to improve blood flow, reduce your blood pressure, and increase your cognitive function.



Would you like to showcase a recipe in an upcoming issue of Mapleton Hill Living? Please email [stephne.hanscom@n2pub.com](mailto:stephne.hanscom@n2pub.com).

taste of mapleton hill

## Ingredients:

Makes 6-8 servings

- 3 medium potatoes
- 1 large carrot or 2 medium carrots
- 1 yellow onion
- garlic cloves to taste (5-6)
- 1 carton vegetable stock
- 4 cups of water
- 2 cups of chopped green cabbage
- 1 can of tomatoes or 2 fresh tomatoes
- 3-4 red beets
- fresh dill
- salt
- pepper
- lemon
- sour cream or coconut yogurt (optional)
- coconut oil or avocado oil (these have a higher smoke point)

## Directions:

- Peel and rinse three medium potatoes. I used purple potatoes because I love how they look but you can use whatever kind you like best. Cut them into smaller pieces and put them in a big soup pot.
- Add one carton of vegetable stock and begin to heat the mixture.
- Add 4 cups of water to the soup pot.
- While this is heating, chop up 2 cups of green cabbage and add to the pot, bring the entire mixture to a low boil and then simmer.

While mixture is heating:

- Chop and sauté onion until brown in coconut oil or avocado oil
- During the last few minutes of sautéing the onion add chopped garlic (as much as you like, I use 5-6 cloves) When the onions are slightly browned and the potatoes are mostly cooked through, add the onion and garlic mixture to the simmering soup pot.
- Peel and grate carrots. Pan fry grated carrots just a little until their rawness fades, and they soften and brown a little. Add carrots to soup pot.

At this point the soup liquid will be yellowish.

- Peel and grate raw beets. Pan fry grated beets a little bit until their rawness fades, and they soften and brown a little. Add beets to soup pot.

Watch the mixture of the soup turn a rich red color!

- Simmer the mixture for at least ten minutes to make sure all the flavors come together.
- Add salt, lots of pepper, lemon and fresh dill to taste. (You can do lemon and dill as a topping for each bowl if you want since you don't really want the lemon to cook and the dill is nice when its fresh, but it's up to you!)
- Pour into a bowl and add a dollop of sour cream or coconut yogurt if you'd like.

*Nah Zdarovya ("to health" in Russian) Enjoy!*

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# a zero waste pregnancy that's

# downright Easy

By Sarah Currie-Halpern,  
Co-Founder and Partner,  
Think Zero LLC



zero waste tip

Now in my 3rd trimester and expecting a baby boy in October 2021, I have been pleased to see it is possible to have a zero-waste pregnancy that supports the circular and sharing economies, is easy, and saves a few bucks. The name of the game is to think about repurposing what you have, borrowing

or asking for hand-me-downs from friends, renting some nicer pieces, and buying whatever else you need second-hand.

We are constantly barraged by marketers who want us to believe that we need an enormous variety of products during pregnancy ranging from special pillows and bolsters to bras and maternity dresses. I found that very little of this is true and with a little creative repurposing, our own belongings can go a long way to keep us comfortable during pregnancy without having to purchase a lot of items we will find we no longer need in nine months.

**Pregnancy Support Pillows-** Many women swear by these special candy cane-shaped or wedge support pillows that are marketed as essential during pregnancy. I have tried them from friends and have found that propping myself up at night on firm to soft pillows I have around the house is just as, if not more, comfortable than the special pregnancy pillows.

**Maternity Clothing-** I was able to continue wearing a lot of my own clothing all the way through pregnancy- especially leggings, larger t-shirts, flouncy tops and dresses, and stretchy workout clothes. I found that two of my one-piece bathing suits had enough stretch that they continue to fit me throughout- and two bathing suits were plenty this summer as my interest in donning a bathing suit and jumping in the pool waned except for the very hottest days! I asked around to friends and low and behold a number of friends had maternity wear they were no longer using and were very happy to pass onto me.

I had a few special events happening during my pregnancy including a friend's milestone birthday, my own small baby shower and date nights with my husband. Rather than go out and buy expensive maternity dresses, I turned to Rent the Runway which has a good selection of official maternity wear as well as a

lot of loose fitting (on trend!) dresses and tops that can be worn as maternity. There are also a number of specific maternity-wear rental services out there including Nuuly and Le Tote.

For the couple of pieces I still needed (a maternity T-shirt or two and maternity jeans) I shopped at Childish Things consignment boutique in Boulder which has a large variety of second hand maternity wear, baby clothes and gear, and kids clothes, toys and books. What's more, they buy back used maternity wear in great condition after you are done with it - a win-win!

**Gifts and Baby Showers-** When my friends offered to throw me a baby shower, I was reluctant because this is not my first child and because I don't want people sending us a lot of stuff that I know we won't need. I want to enjoy a party with friends to celebrate our coming bundle of joy but without all the stuff (and waste) that comes with it! I found it helpful to minimize on the guest list and write very clearly on the invitation- NO GIFTS. I put together a registry on SoKindRegistry.org which is an awesome sustainability-inspired registry for all life's events (weddings, showers, etc.) that emphasizes giving of time and services (time with friends and family, babysitting help, giving home cooked meals) over giving of things. Here I asked for what my family REALLY needs and wants which is NOT a bunch of baby crap, but is things like several hours of babysitting help so I can take a break after baby arrives, home cooked meals to tide us over when we are too busy bottle feeding to feed ourselves, donations to our favorite charities, money to help us pay for the cloth diaper service we will be using, and hand-me-down baby gear for just the essentials we know we need.

I am a big proponent of Zero Waste events, and baby showers are a great opportunity to celebrate without creating a ton of waste. We selected a local caterer who's willing to deliver food in large returnable/reusable containers. Having the party at my house means we will use zero disposables and instead opt for glasses, dishware and linens that we will wash after the party. Décor is being repurposed from party leftovers including colorful streamers and centerpieces made of twigs and natural found materials. Water pitchers will be filled with filtered water from the tap and cut fruit and served alongside a pre-made special cocktail and mocktail in a pitcher, as well as wine and beers in aluminum cans which are more recyclable than glass bottles. We will be asking guests to bring a container to bring home leftovers, and for the few materials that do need to be composted or recycled, we will have clearly labeled bins out at the party so that there is no confusion about where these items go.

With a little care, creativity and repurposing, it's not only possible but downright easy to reduce waste during your pregnancy and support the circular economy without a single online order (I promise!!)

I would love to hear your ideas for cultivating a low waste pregnancy, ping me at [sach@thinkzero.com](mailto:sach@thinkzero.com).

## MAPLETON HILL REAL ESTATE REPORT

MEDIAN SALES PRICE  
**\$3,425,000**

MEDIAN PRICE/SQFT  
**\$881/sqft**

MEDIAN DAYS TO OFFER  
**18**

### ACTIVE LISTINGS

ADDRESS	LIST PRICE	BED	BATH
522 Highland Ave.	\$4,750,000	4	5
2135 11 <sup>th</sup> St.	\$3,900,000	3	5
612 Spruce St.	\$2,625,000	2	1
2140 9 <sup>th</sup> St.	\$1,998,000	4	4
825 North St.	\$1,300,000	4	2

### RECENTLY SOLD

ADDRESS	SOLD PRICE	BED	BATH
502 Highland Ave.	\$4,242,000	5	4
2123 4 <sup>th</sup> St.	\$4,000,000	3	4
541 Spruce St.	\$3,383,998	4	3
435 Valley View Dr.	\$3,700,000	4	5
330 Dewey Ave.	\$3,425,000	3	4

Listings courtesy of various brokerages

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Fun Fact: Mapleton Hill features many Victorian and Queen Anne styles of architecture.



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