

Walnut Hills Newsletter

"A Beautiful Community of Families, Friends and Neighbors for 50 years."



What's Next for Walnut Hills?

South Suburban Parks and Recreation has agreed to give the Walnut Hills Civic Association an encroachment waiver to use the open field behind the school for a community garden. They are also willing to put in water pipes for us to use. This is a wonderful opportunity to improve the quality of life for our community. Plus, we would be the very *first* community garden in the Cherry Creek School District!

If you would like to participate in this community improvement project for Walnut Hills, you can "Friend" the Distribution Manager, Kenan Gregg on Facebook and join the Walnut Hills Newsletter Group and start sharing ideas. The next Civic Association meeting will be April 12th at 7:00 p.m. at Metrum Credit Union. Bring your wish lists and sign up to volunteer! Together we can create a unique and beautiful space for all of us to enjoy.

Letter to the Editor:

Dear Neighbors in Walnut Hills and Willow Creek 1, 2 and 3: If it were not for stop lights at the perimeter of our residential islands, we would spend an even larger amount of our time trying to access the river of traffic.

All of our perimeter roads have been widened since our residential areas were first developed. During my thirty years, I have no recollection of any phase that included components that enhanced the safety of our homes.

The decisions affecting our safety and air quality are made by our elected officials who, you can be sure, hear from the State Public Works Department, commercial property owners, the Chamber of Commerce, Public Works engineers, builders and suppliers -- but not us.

Recently a zoning change involving an auto repair shop was withdrawn due to the community concerns voiced by a large turnout at the Centennial City Hall.

It is my opinion that our respective boards should consider joining efforts to constantly monitor traffic issues and public works projects to be certain the budgets include scope and funds for enhancing our homes.

One of the issues that I would suggest is the building of safety walls similar to Lone Tree and Greenwood Village. It is a fact that homes bordering our rivers of traffic have lower values than interior homes.

Please let this paper know your thoughts on this important matter affecting all of us and how we should proceed.

"If we stand alone, we cast a shadow -- if we stand together, the room goes dark."

Arapahoe County Seniors Resources Homemaker and Chore Service Programs

The Homemaker and Chore Services Programs help seniors to remain independent and self-sufficient in their own homes by providing free, light housekeeping and assistance with heavier chores.

Services provided by Homemakers include general routine light cleaning on a biweekly basis for 1.5 hours, such as changing bed linens, doing laundry, dusting furniture, vacuuming and mopping floors, washing inside windows, wiping down counters and refrigerators, cleaning ovens and general cleaning of kitchens and bathrooms.

Services provided by Chore Services include fall or spring yard work, washing outdoor first-floor windows, major household cleaning or organizing projects, and other services. These programs are not able to provide pet, personal or health care.

For eligibility information, please call 303-738-8080

Dear Graduates, This year the Walnut Hills Newsletter would like to have great pictures for the Graduation Edition in June. In the past, a yearbook was cut up to get the pictures for the newsletter. As you can imagine, it was hard to make those pictures look good.

This year, please send us original pictures scanned at 300 dpi or digital pictures.

We are also accepting other pictures of our graduates, including prom pictures, after prom, graduation commencement, senior breakfast, or any other pictures you want to share about your life as a senior and graduate. The deadline for pictures is May 25th.

Please include your first and last name, the school you are graduating from and your plans for the future. walnut hillsnewsletter@gmail.com

See a ball of Honey Bees hanging from a tree?

It is April, which means honeybees will be swarming. While a swarm is an impressive feat of nature, they are not a threat to people. In fact, they are extremely fragile and can only stand to be exposed to the elements for a few hours before they have to find shelter. If you see a swarm, don't wait and call me right away. I will come and get them, or send a beekeeper who can. Thanks for your help in saving the honeybees! Ilsa Gregg - 720-514-9755

Reading by Nature:

By the Path to the Community Garden



Give a book, return a book. That's the motto of what are known as "Little Free Libraries." These self-started community libraries are all over the world and each are unique in appearance and books. They build excitement and community spirit. One library was started when the members of an urban gardening club wanted to share their favorite books and

horticulture tips. They got together and "seeded" their Little Library with gardening catalogs, but also their favorite poetry about vegetables and flowers. Then they decide to share any and all books with the word garden in the title.

Soon, they had so many books that they endowed a vegetable garden library, a rose garden branch and a specially designed children's library for the elementary school garden. <http://www.littlefreelibrary.org/>

Deadline for June/July issue

May 15th

walnut hillsnewsletter@gmail.com

2012 Calendar of Events

Easter Egg Hunt - March 31 - 11 am - Walnut Hills School Park

Spring Dumpster Days - May 12 & 19 - 8-11 am

Community Garage Sales - June 8 & 9

Landscaping Contest 1st, 2nd and 3rd Place Winners - Week of June 25

(cash prizes, must be a WHCA member to win).

Fourth of July Parade - Stage at Dry Creek Elementary School 9:30 a.m. Step off at 10 am

Ice Cream Social & Scholarship Awards - July 4th at 10:30 a.m. Walnut Hills Park

Walnut Hills Block Party - August 7th at 7 p.m. Walnut Hills School Park

Fall Dumpster Days - October 13th - 8-11 am Walnut Hills Elementary Parking Lot

Holiday Lighting Contest - Dec. 20 (cash prizes, must be a WHCA member to win).

Walnut Hills Civic Association Board meets the 2nd Thursday of each month at Metrum Credit Union 6980 S. Holly Circle at 7 p.m. - All Walnut Hills Residents Are Welcome!

Original Owners - Jean Carmichael

By: Frank Haskett



Like a lot of us, Jean and Marvin "Bud" Carmichael had to swallow hard and take the plunge when they bought their Walnut Hills home. They had been renting for \$100.00 a month and the new payment would be \$164.00 on a house costing \$19,000.00. With both of them working (he a school teacher at South High in Denver who also had summer jobs) they were able to swing it. He had a GI Bill loan of 5.25 %. One reason that they picked this new development out in the country was that it was less expensive. Another was that I-25, (AKA the Valley Highway) had just opened up the street, so driving to work in Denver wasn't the traffic snarl that it later became. They had a VW Bug and a Microbus. It was dry and dusty with varmints about, but it was their first home and they loved it.

None of the homes in Walnut Hills were air-conditioned then, so if yours is, someone put it in later on. You got a one car garage, unless you wanted to pay more-some did, but many were added on later. You could pick the color of the house and the color of the interior, including some appliances in the kitchen. Their kitchen featured a pink stove.

Jean's son went to an elementary school in Greenwood Village until Walnut Hills elementary opened in 1970. The latter was very progressive with "pods" instead of traditional classrooms. There were no school desks in rows. Instead, each pod was wide open. The curriculum that she recalls was downright strange for children aged 6 thru 11. Would you believe, "Advanced TV production, Creative Writing, and Batteries and Bulbs?"

Before marriage, Jean spent 2 months in Norway with a college friend. They also enjoyed a ten day trip each way on an ocean liner. They attended a friend's wedding in Stockholm Sweden while in Scandinavia. Finally she lived and worked in Oakland, California for a year before moving back here and going to work for United Airlines.

Bud had graduated from Northwest Missouri State College and then came west to get a masters degree at Colorado State College of Education (now UNC) in Greeley. She also went there for a bit over a year, but they met later in Denver at a house party. They married on December 27, 1957. Since he was a school teacher, they married during Christmas vacation and honeymooned during summer vacation. Jean worked for 38 years at United Airlines near Stapleton Field. She had several jobs, but account controller was the one she liked the most. She kept track of time and revenue for foreign airlines that used United's facilities for training. Many foreign carriers, such as Nippon, did this. At a time when most women were confined to very few jobs, she had a higher position than most. Like the rest of us, they put up with the big jets flying low over Walnut Hills when the wind shifted around to the north. If you were out in the yard, you couldn't hear for a few seconds and inside your TV picture would flutter. You got used to it.

They had the incinerator in the back which Bud turned into a waterfall with flowing water and a small pond below. It was the prairie, so they had the wind to contend with. One day a "dust devil" picked up the picnic table and hurled it into the patio door which shattered. They have had their roof replaced five times because of the hail. Everyone had to put in their own yard-they did so with seed. A neighbor to the west owned a nursery, so he went all out with landscaping. You can still see evidence of that when you observe the junipers on the corner of Briarwood Place and Uinta.

They joined the Paradise Valley Country Club, which was northwest of Belleview and I-25. Initiation was \$560 and the monthly dues were \$6. It had a swimming pool, tennis courts, bowling alley, restaurant, bar and, of course, a golf course. They had live bands for dances and a bus to Bronco games with a bar and a bathroom. Alas, it went bankrupt - twice.

Fred Wood told me that he and Bud Carmichael kept the sidewalks clear of snow for 40 years until Bud died and Fred couldn't do it by himself. After the snowstorm this past February someone else returned the favor for the Woods' and Mrs. Carmichael. Walnut Hills is a nice place to live.



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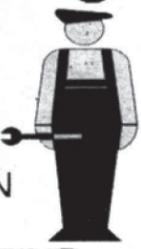
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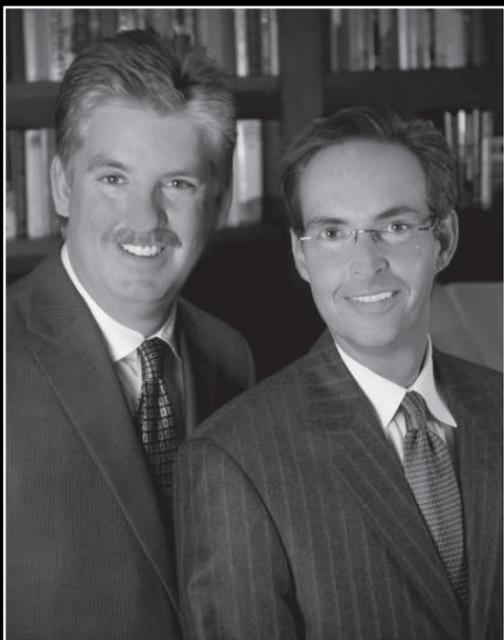
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The Egg&I

By: Lee Braun - Walnut Hills Resident

Every Sunday morning my car pulls out of the church parking lot and, as if by magic, turns toward 6818 South Yosemite Street and the Egg and I Restaurant. No words are spoken by my wife Judy and I, as we have been on this culinary adventure for well over a decade. We will be greeted by Donna and will be served with a rare mixture of friendliness and efficiency by wait staff like Jennifer, Joy and Lori, who have been dedicated to the Egg & I for up to 15 years for owner, Rich Yoke. After greeting regulars like Reverend Bill Hyatt, who always says it's a beautiful day, his family, and John and Nancy, we are geared up and ready for the main event. Like clockwork, the menus arrive with our bottomless supply of gourmet coffee. Looking at the menu and dreaming of manna from heaven, I invariably say to Judy, "Breakfast is my favorite meal" and she says in reply, "You say that every week!"

My eyes are searching and my stomach is growling over a delectable and imaginative variety of Pancakes, Waffles, French Toast, Benedicts, Skilletts and Scrambles, most of them served with toast or muffin plus ranch potatoes or fruit. Eggs Ole' presents standout Mexican dishes like Sunrise Chile Rellanos and Breakfast Burritos. There is a category called Smarter Choices for the diet conscious, but I'm not going to go there, although one of my favorites from the Scrambles category is the Athena Scramble, a nice mixture of eggs, feta cheese, asparagus, diced tomatoes and portabella mushrooms. Yum!

The moment of truth arrives after surveying mouth watering dishes of all kinds moving about the restaurant to smiling customers. Will it be the special, the San Diego Scramble with tempting seafood throughout? The Athena Scramble? Please help me, I can't resist! It is an addiction, but a good one. I want; no I need the Spinach Bacon Mushroom Omelet, surrounded by Swiss cheese and topped with hollandaise sauce. Except for the Broncos game, my Sunday is complete!

There is a nice side room for meetings or parties and, like the entire restaurant; it has a cozy ambiance, a comfortable atmosphere that is hard to match anywhere. The high standards of quality are a credit to the unbelievable ownership, management and staff. Three cheers for the cooks! There is a reason the faces rarely change on the floor and at the tables.

Getting ready to leave, we can count on one more friendly, smiling face at the front counter, Makenzie, who will administer the senior citizen's discount (which I lovingly call the old fart's special). She will invariably ask what I am going to be doing for the rest of the day. So often I think it would be nice to say I am on a top secret mission for the US government, but the answer usually involves a Denver sports team. Next time I will tell her how I really feel and say, "Makenzie, breakfast at the Egg & I will probably be the highlight of my day. Tell Jennifer she did a great job and we'll see you next week."



Co-op Recipe Swap

This soup is easy and hearty, but it's mostly a family favorite because we can modify it to everyone's individual tastes! It is surprisingly creamy for a soup with no dairy. Served with a loaf of crusty bread and a salad, it makes a simple but delicious meal.

- 2 tablespoons olive oil
- 3 garlic cloves, minced
- 1 1/2 pounds potatoes, peeled and diced
- 6 cups chicken or vegetable stock
- Salt
- Toppings to taste

1. Place the oil and garlic in a 4 to 6 quart slow cooker, cover, and cook on High while you prep the potatoes, or long enough to slightly soften the garlic and smell its aroma. Once prepped, add the potatoes and stock and season with salt. Cover and cook on Low for 6 to 8 hours.
2. When the potatoes are soft, use an immersion blender to puree the soup right in the slow cooker. You can also puree the soup in batches in a blender or food processor, returning it to the cooker to keep warm. Add salt and taste to adjust seasonings.
3. Ladle into bowls and add in toppings to taste. In our house, the kids like to add in shredded cheddar, crumbled bacon, diced carrots, or oyster crackers. The adults like to add in pesto, green chili, broccoli florets, or scallions.

The Watch & Play Co-op is a great way for families with young children to meet their neighbors for play groups and childcare exchange. We are currently accepting new members. Please contact us at WHChildcareCo-op@hotmail.com or check out our bigtent site at <http://www.bigtent.com/groups/> - Come meet a few members at our "Swipe-a-Wipe" table at the upcoming Walnut Hills Easter Egg Hunt.



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Martha was a resident of Walnut Hills for over 6yrs. Even though she has moved out of the neighborhood, she remains close to many of the residents. Her son, Gabriel will graduate from Walnut Hills Elementary in June 2012.

Mauzie's is your locally owned Walnut Hills friendly jewelry store. Martha Mays, (Mauzie), established the store in January 2006, located in the Dry Creek Office Village, directly on the southwest corner of Dry Creek and Quebec. Martha earned her bachelors degree in fine arts (painting and metalsmithing) from Miami University in Ohio which gives her an edge in designing above other custom jewelers. She truly believes that each custom ring should be designed for the individual customer while adding the "Mauzie's" flare. Mauzie's is a full service jewelry store, able to take care of all your jewelry needs, often tackling jobs turned down previously by other jewelers. Sharing office space with Mauzie's is Nu Way Watch Repair. James Carrizales has been a watch maker for over 25 years. He is able to service most watches for a very reasonable price. Come visit Walnut Hills' hidden treasure and see why it won't be hidden much longer! Mauzie's hours are Tuesday through Friday 10-5, Saturday 10-4, closed Sunday and Monday. 303-779-9300.

Your Friends at Dry Creek Elementary

would like to invite you to be judges at this year's annual Science Fair. No prior experience necessary! If you have not been in an elementary school for a few years, this is the perfect opportunity to see some of the amazing work our students do on a daily basis. Our science fair will take place during the afternoon of May 3rd. We would love to have you joins us for what we hope will become a community tradition! Please call right away to reserve your spot as one of our distinguished judges. Darryl Sigman - Principal, Dry Creek Elementary - 720-554-3300



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Cub Scout Pack 257

is Gearing up for the Summer! Come to Our Ice Cream Social and Find Out More!

Scouting doesn't end when school ends! Pack 257 has several activities planned for the summer, including a flag retirement ceremony, camping at Magness Adventure Camp, and a pool party. During the summer, Scouts can begin working on their achievements for the next year.

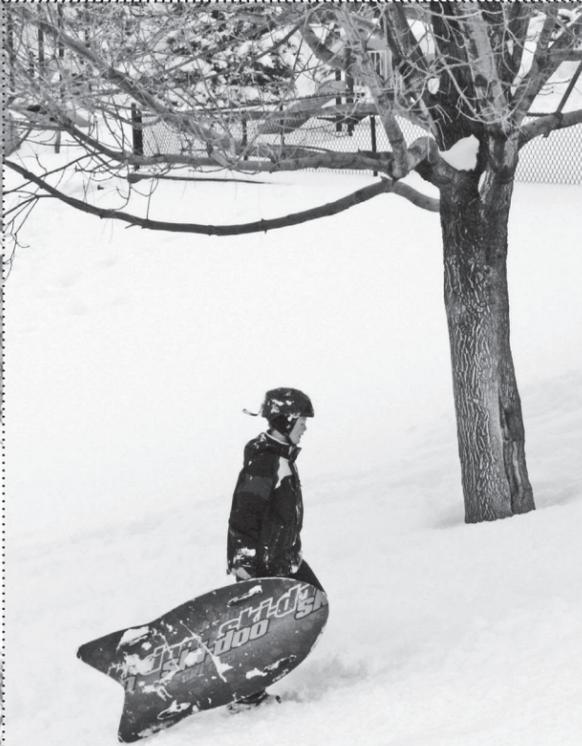
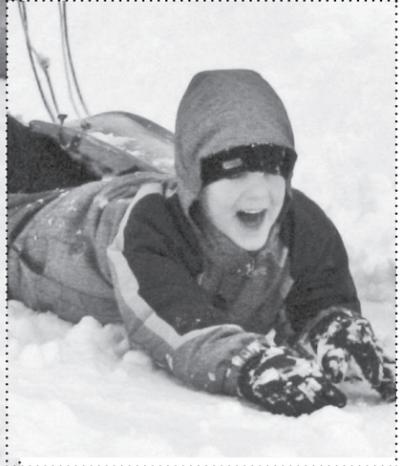
Cub Scouts is open to boys in 1st - 5th grades. Through Scouting, boys gain confidence, learn good citizenship and respect for others, grow spiritually, and learn the importance of being fit and healthy. Join us at our Ice Cream Social on May 12th, and find out all about Scouting and how

your son and family can benefit. For more information about the Ice Cream Social, or about joining Pack 257, please contact Jennifer Loehr at jennifer@loehrs.com or 303.359.6452. You can also visit the Denver Area Council website at www.denverboyscouts.org, or the national website, at www.scouting.org.

• Photo Caption: Supervised Scouts learn Archery skills at Magness Adventure Camp

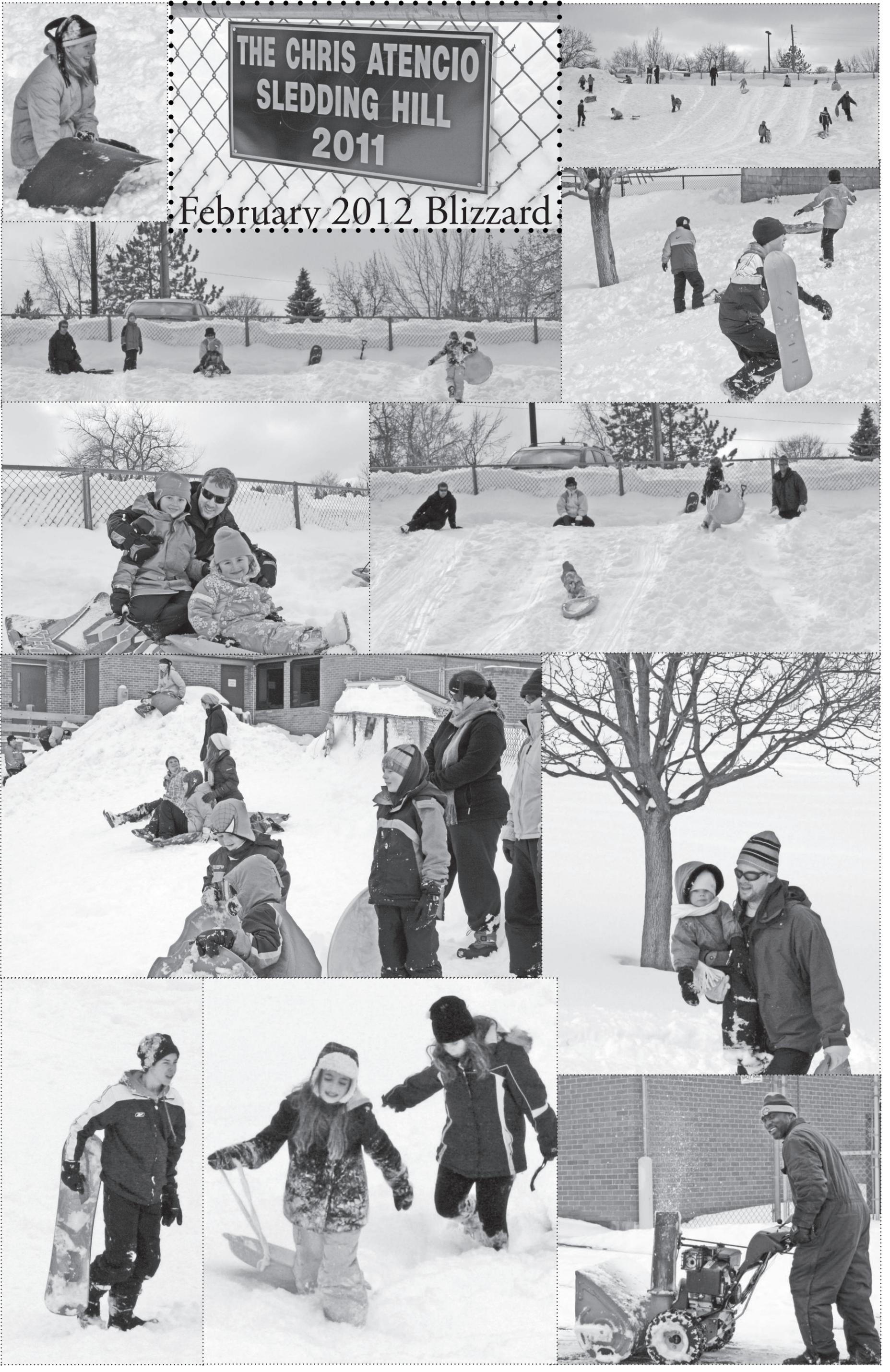


Snow Day!



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5 Things a Day

By: Dianne Bailey

You have 5 fingers. Use them to count as you do 5 healthy things for yourself each day. Here's a list to choose from:

1. Eat breakfast
2. Do 30 minutes of exercise before or after work.
3. Breathe deeply for 1 minute each hour during the work day.
4. Stretch for 20 minutes.
5. Walk your dog.
6. Walk your spouse.
7. Do other nice things with your spouse.
8. Eat vegetables with each meal.

9. Choose water instead of soda for lunch.
10. Go to bed early enough to get 7 or 8 hours of sleep.
11. Eat dinner together as a family.
12. Eat 5 or 6 small meals during the day.
13. Eat a lean protein, a starchy carb and a fibrous carb with each meal.
14. Avoid sugar all day.
15. Lift weights.
16. Take an exercise class.
17. Golf. Or play tennis. Or run. You get the idea.
18. Do an exercise video.
19. Walk to your coworker's

- cubicle and talk to him instead of calling or emailing him.
20. Take a relaxing bath.
21. Read a few chapters in your favorite book.
22. Get a massage.
23. Focus on your spirituality by praying or meditating.
24. Floss your teeth.
25. Cook dinner yourself instead of going out to eat at a restaurant.

Do 5 of these things each day for 30 days. Then send me an email and tell me how you are feeling. I bet you will be healthier and happier!



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Self-Reliance Corner

By: Jo Haugland

Just Consider the Weeds, Please

I'm thinking about getting a garden ready. What to plant first, where to start the plants or buy them, how to protect the garden, do I want flowers or vegetables or both? I thought back to the Walnut Hills anniversary issue and the picture of the first residents doing volunteer work in front of the development by weeding. This of course, brought my focus to weeds and how they have such a bad reputation when actually many weeds are very useful.

First, what is a weed? A weed is just a plant growing in the wrong place at the wrong time. Or, a weed is just a plant whose virtues have yet to be discovered; two famous sayings, both very accurate.

One of my favorite examples of a plant that has lost its status is Amaranth. Amaranth, or *amaranthus retroflexus*, now known as "pigweed" is thoughtlessly ripped from most gardens. Did you know the Amaranth plant was once a huge part of some Indian cultures? The plant was eaten, traded, and even worshiped. When invaders came into the picture, Amaranth was destroyed to ruin the economy.

Some of the plants we consider weedy could actually make your gardens more "pollinator friendly" and add some color and excitement to your diet and table. The following are some plants you may want to leave in your garden to get some free food or other benefits:

Amaranth - *Amaranthus retroflexus*. Leaves and young shoots can be eaten as salad greens or cooked and used as a "pot herb" or like spinach. The seeds are highly nutritious and can be toasted and added to cereals or ground and used as flour.

Dandelion - *Taraxacum officinale*. Total plant is useful. Roots can be roasted and used as a substitute for coffee (and they are delicious and decaf)! The leaves are edible and good in salad as are the buds. The buds can be pickled and used as a substitute for capers. Sunny yellow blossoms can be put in salads, muffins, breads, and pancakes. Seed fluffs can be used for insulation and the seeds themselves toasted and eaten in food emergencies. And, dandelion flowers are pretty!

Purslane - *Portulaca oleracea*. This low spreading plant with succulent leaves is edible raw or cooked and high in vitamins A and C; it is delicious in casseroles and as pickles

Goosefoot or lambs quarters - *Chenopodium spp.* The goosefoot family also includes more appreciated members such as spinach and beets. But, wild goosefoots are edible too. The leaves of goosefoot are shaped like a goose's foot which is where it got its name. The plant can be eaten raw, steamed and eaten as a pot herb, and the seeds can be toasted and substituted for poppy seeds.

There are far too many plants that could be named that are wonderful and useful in the yard or garden: milkweed, thistles, cactus, cattails, wild mustards, burdock, chicory, mallow, curly dock, pineapple weed, and more.

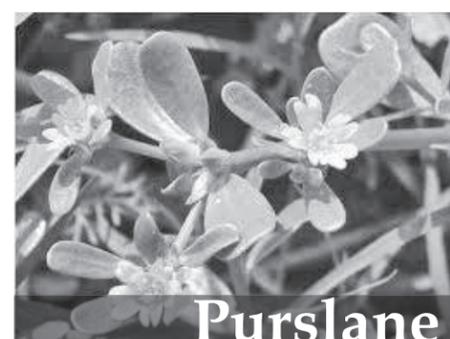
Next time you find an interesting "weed" in your yard, before you pull it up, do a little research. You might find a delicious food source, a pretty table plant, or something for the honeybees.



Amaranth



Dandelion



Purslane



Goosefoot

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