

# Walnut Hills Newsletter

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



On August 14, 1992, the Board of County Commissioners of Arapahoe County received petitions for the formation of the Walnut Hills General Improvement District. This is an excerpt from the original document.

\*A general description of the improvements which the District will be authorized to construct, install, acquire, repair, replace and maintain in connection with its purposes includes fencing, sprinkler systems, trees, shrubs, grass, decorative stones, entrance markers and lighting, sidewalks, retaining walls, trails, benches, and general landscaping items to be placed along the common border and internal areas of the District and such recreational facilities as may be constructed within the greenbelt or greenbelt park areas as may be established at some future date. The primary purposes of the District are to provide for perimeter fencing improvements and repairs and maintenance thereof, together with landscaping, general beautification and maintenance of the common border and internal areas of the district, as well as to establish and maintain landscaped open greenbelt areas or greenbelt/open space areas within the District or land to be incorporated into the District. The District shall also be authorized to acquire real property or interests in real property, as may be necessary to the provision of authorized improvements and maintenance thereof.

\*There has been some concern among citizens that use the sidewalk on Uinta regularly that while the sidewalks in front of the school have been widened, the sidewalk to the library is too narrow to safely walk against traffic on Uinta.

The G.I.D. fund currently has \$400,000.00. The original general improvement district document clearly states the money may be used for a variety of purposes to improve the quality of life for the residents of Walnut Hills. Monthly meetings are held at the Metrum Credit Union on the second Thursday of the month at 7 p.m. if you would like to have a voice in General Improvement District Projects that help the residents of Walnut Hills.



# 2013 Walnut Hills Roadway Improvements and Potential Sidewalk Widening on Uinta Street

With summer and sunnier weather right around the corner, the City of Centennial has recently published the 2013 list of street repairs to happen throughout the city, and a number of streets in Walnut Hills made the list. As a community, we would love to see more of the roads fixed in Walnut Hills, but we must keep in mind that we as a City inherited many miles of aging roadways when the City of Centennial was formed, and Walnut Hills isn't the only neighborhood with old streets.

In order to balance the need for replacing failing roadways with prolonging the life of streets with minor problems, the City has at its disposal three distinct paving options: slurry seal, mill and overlay, and reconstruction. Slurry seal is the least expensive of the options and when used properly, it seals the asphalt cracks and extends the life of the pavement five to seven years. Mill and overlay is more expensive than the slurry seal and involved removing the top surface of the road and new asphalt placed on top of the existing base. A process called Full Depth Reclamation is the most expensive option and is used on street segments that are in such poor condition that the other treatments are not adequate.

This year over three miles of roadways in Walnut Hills will be improved. We can expect to see everything from slurry seals to full reconstruction as shown on the City's website under Community then Construction Projects. The roads that will see slurry seals this year include all streets north of Briarwood Blvd and east of Uinta St. The roads that will receive a mill and overlay include parts of Quincy St and Spruce St in the southwest portion of the neighborhood along with the cul-de-sacs off of Quincy St, Easter Ln, Easter Way, and Easter Dr. Recognizing what we as a neighborhood have been saying for years, Uinta Street from Arapahoe Road to Walnut Hills Elementary will receive a full reconstruction! Street repairs are scheduled to begin in May and residents should start looking for the construction signs.

Recognizing that the complete reconstruction of Uinta Street could provide a rare opportunity for our neighborhood to widen the narrow sidewalks on this high traffic volume street, the Walnut Hills Civic Association contacted Public Works to see if this project was plausible. After walking Uinta Street from Arapahoe to the school and taking into consideration potential impacts to on-street parking, bus routes, and the location of the school, Public Works suggested that we go with 5 foot sidewalks on both sides of Uinta Street from Arapahoe Road to Briarwood Boulevard. These wider sidewalks would be accommodated by narrowing the street section 4 feet so that no property acquisition would be required. The City is estimating the cost of installing the 5 ft sidewalks on both sides of Uinta Street from Arapahoe Road to Briarwood Blvd to be approximately \$121,000.

Unfortunately for us, the City does not want to set the precedent of paying for sidewalk enhancements due to the concern that they would then become inundated with requests across the City. Luckily for us, our residents in the early nineties created a General Improvement District (GID) with the foresight of including sidewalk improvements as an allowable expense. In case you are unfamiliar with our GID, the Walnut Hills GID was created in the early nineties with the purpose of maintaining the subdivision fencing and landscaping along the periphery of Walnut Hills as well as paying for improvements to community areas within the boundaries of the neighborhood. The GID is funded through our property taxes at around 3 mills annually or 0.3% of our property's assessed value. At present, we have a little over \$400,000 in our GID account. As a reference, the perimeter fence along Quebec Street and along Dry Creek Road that was replaced in 2011 cost \$155,000 so if we decide to widen the sidewalks on Uinta Street, there would still be ample funds available for future fence improvements. The original GID document can be seen on the Walnut Hills Civic Association Website.

The City needs to know by our next Civic Association meeting on April 11th whether our neighborhood would like to move forward with the sidewalk improvements or not. Some board members are enthusiastically supportive in order to improve pedestrian safety and comfort in walking to the Library with young children, while some board members are concerned with narrowing the street section 4 feet despite Public Works' assurance that it is safe and that numerous studies have shown that a narrowed street section helps to reduce vehicle speeds. Up for vote at this meeting is whether we go with two 5' sidewalks and reduce the street section 4', perhaps go with a 5' sidewalk on the west side to connect the school to the Library and a 4' sidewalk on the east side narrowing the street section 3', go with two 4' sidewalks and reduce the street section 2', or do nothing at all.

If you are asking yourself why we need to widen the sidewalks at all, the primary benefit of having wider sidewalks is to improve pedestrian safety and comfort. The current 3 ft width of the sidewalk doesn't allow for parents to walk beside their kids without having one person either in the street. Passing on the sidewalk means someone has to step in the street or grass. Tandem and

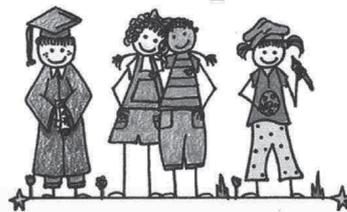
single strollers barely fit; but double-wide strollers are forced to walk in the streets, with the mom cringing at any car speeding by. The 3' sidewalk provides very little margin of error for small children on bicycles or scooters before they fall off of the curb. Handicap access is also compromised with wheelchairs and walkers having very little wiggle room.

Other benefits of having a wider sidewalk include improving pedestrian connectivity between Walnut Hills Elementary School, Little Dry Creek Trail, Castlewood Library, and the shopping district north of Arapahoe. It can encourage residents to utilize our outdoor resources around Walnut Hills. The new concrete would also improve the curb appeal of Uinta, one of the highest volume entrances to our neighborhood. A recent door to door survey of the residents on Uinta who would be directly impacted showed a large majority (all respondents save one household) approving of some kind of sidewalk improvement.

Narrowing of Uinta by the 2 to 4 feet required to widen the sidewalks has caused some residents to express concern for vehicle safety. Some also feel the narrower road may be more uncomfortable for drivers. Several engineering studies have shown that narrowing a roadway actually improves vehicle safety and can help reduce speeding on a residential street. Centennial's Department of Public Works demonstrated at the last Walnut Hills Civic Association meeting that even with a 4 foot reduction in the width of the street, it is still possible for two cars to pass each other if two other cars are parked on the street. Public works has also determined there is no added risk to vehicles by the narrowing of the streets and it will not impact emergency vehicle access or response time.

So what is next in our quest for wider sidewalks? Our Walnut Hills Civic Association will be voting at the next meeting to decide whether to fund the project with the GID monies. If it passes, the City Council will then approve the project and add it to the list of items to do during the Uinta reconstruction. Both of our City Council Members have expressed support for the project if it is approved by the Civic Association. If our Civic Association does not approve the GID funding, the project cannot move forward and we missed our best chance for improving pedestrian safety on one of our busiest neighborhood streets. Please contact your neighborhood representative and/or attend the next Walnut Hills Civic Association meeting on April 11 at 7pm at Metrum Credit Union to give your opinion! - Brian Bern - WHCA

## Walnut Hills Elementary School



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# Camp Cheley Memories

By Chris Atencio

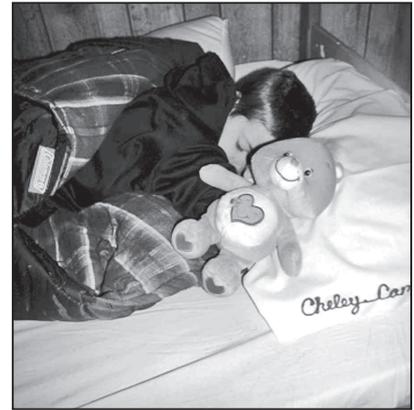
For over 35 years, Walnut Hills Elementary School has provided a rite of passage and life long memories for its fifth grade students the week before they leave the school for the last time. Outdoor Education, or more commonly referred to as "Camp Cheley" is the culminating activity of each student's Walnut Hills experience. Talk to any Walnut Hills Elementary graduate in middle school, high school, college or beyond, and each of them will have a story to tell of their three days in the mountains. Stories about seeing a bear, elk, or deer and fishing in the Cheley pond remind them of the animals so abundant at camp. Classes such as rocks and minerals, orienteering, theater, art, music, and mountain challenge all engage their multiple intelligences, keeping them busy, and reminds them that this is an academic day. In the evenings, singing camp songs, night games, camp theater, smores and an animal presentation by Perry Conway close out some very busy days.

It was always great to see our student's away from home and how they coped with family style meals and cleaning up the table when they were done. The "jumper" or food runner was responsible for bringing the food to the table and cleaning up the dirty plates at the end. Sometimes the jumper didn't sit much, due to having to go get seconds of all the food the hungry campers needed. At the end of the evening activities, most campers slept hard from their busy day. There were some long nights with students not used to sleep-overs who were afraid of bumps in the night. Usually a cuddly stuffed animal helped most students get to sleep.

The weather over the last few decades ranged from sunny and hot to cold and over two feet of snow. Most trips were a combination of sun early in the day and rain in the afternoon. Sometimes the weather affected the sunrise breakfast at Wood's Kitchen, which is where the students ate the best meal of the trip while sitting on rocks overlooking Estes Park. There were years when the hike up cathedral Peak needed to be navigated through snow drifts, while the "Bear Hunt" group was walking through the swamps towards the beaver dams.

The teachers who were lucky enough to go to Camp Cheley look on the three day experience as one of the highlights of their school year. For me, the experience might have been the highlight of my teaching career, as I looked forward to it each year and treasured the friendships that I made with students just as they left Walnut Hills. Of all my memories of my co-workers at Camp Cheley, I will never forget Mrs. Sjolander dressed up as a bear in a costume two sizes too small. Dedicated co-workers like that are a great reason for anyone to want to be a teacher.

For those in the neighborhood that have visited Camp Cheley, I hope that you have nothing but great memories. For those that are too young to attend, I hope that the experience will be waiting for you in fifth grade and that special times await you. For those who never got the chance, I encourage you to make your own special memories with families and friends on a camping trip of your own.



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## Walnut Hills Community Elementary School

Spring is a great time to be at Walnut Hills as we host many traditional events such as our school musicals, Sock Hop, and Field Day. On April 22 we'll honor Earth Day, when we will go outside for some spring cleaning!

If you have an in-coming Kindergartner, mark your calendar for April 25 for our Kindie Orientation. This is a great time to meet some of the new families and friends and schedule some play dates over the summer before the first day of school. We have two sessions available; please call the school at 720-554-3800 for more information.

As we move towards the end of the year I want to let you know that we accept a number of inter and out of district students each year where we have space. Most of these families come because of our location/proximity to the Tech Center, arts focus, Plus Time program and solid reputation as a small school that celebrates students as individuals.

Our best source of advertising is YOU so please let any co-workers, neighbors or friends know about Walnut Hills if they are looking for a school for their child(ren). We schedule tours and meet with parents to discuss any specific learning needs at their request.

Cyndi Burdick - Principal Walnut Hills Elementary

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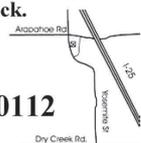
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My membership in the Colorado Clown Alley is how I got my start, with training and my first volunteer and first paid gigs. National variety arts and clown conventions have also been very beneficial. I also make a point of networking with other artists at showcases, and that has been very helpful, as well to form deep and abiding friendships with some of the best and most creative people around.

Our favorite place to play is outdoor events. We help build community by entertaining at fairs, festivals, parades, promotions, celebrations and special events of all kinds within 1000 miles of Denver, although last year we traveled as far as Alaska to entertain at the Anchorage Summer Solstice Festival.

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My Stilt Bike is more than a bike, it becomes part of my character. It mounts a Leprechaun chasing a pot of gold for the St Patrick's Parade. For western events, the stilt bike transforms into Stretch's trusty steed: Meals on Wheels, a long horned, long haired brown cow!

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**Interstate 25 Corridor Plan  
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6:30 PM to 8:00 PM.**

**Walnut Hills Elementary School  
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The meeting is a drop in open house, so feel free to stop in at any time after 6:30 PM. There will be no formal presentation.

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### MiMi on the Blvd...

I would like to offer musings from a YOUNG grandmother (MiMi is my "gramma" name) who lives in the neighborhood. I know now how little I knew when my kids were little. Each year in my life has brought more joys than sadness but as time goes on I know we can uplift ourselves in many ways; simple inexpensive ways. I still struggle, but it sometimes only takes a flower, a kind word, a joyous moment with someone, or a beautiful sunset and I can feel in that moment my joy to be alive.

My Affirmations calendar says for today: I am grateful for being alive today. It is a joy and pleasure to live another wonderful day. I have read it several times, which is the point of affirmations really, and found I really am not living in the joy of the day. I don't often live in the moment, either. If it's not thinking of the future and maybe worrying about obligations, then it's reminiscing or ruminating about the past.

What is in your present moment right now? Are you in a comfortable chair or maybe relaxing on the couch? Do you have coffee, maybe your favorite tea or some refreshment sitting within your reach? Is this enough pleasurable joy you can relax and just be in the moment with? Wouldn't a seat by the window or out on the deck, watching the birds and squirrels and perhaps hearing a dog barking off in the distance, be a simple pleasure? I enjoy it when I do it, but it's not often enough. How about for you? This is the perfect season to throw the windows open for a little fresh air, sit outside for that morning or evening coffee. Sort thru seed books if that's your pleasure or maybe browse the vacation brochures and think about where you'd love to go. Even a trip in your mind is a beautiful yet simple pleasure. Don't forget. Dreams never expire. Don't give up on your dreams. You may go to see the pyramids or visit your home country or maybe safari in Africa. You never know? If you don't ever think about 'it' or even plan in your mind some vacation, a beautiful garden, a week building homes like President Jimmy Carter, or even taking up the piano like you always wanted...Or, like me, right now...Sitting at my computer typing a column for my neighborhood paper (one of my dreams). If you don't think it or dream it -- you won't do it. You have the control. It begins with you. If you want something bad enough, if you think about it often enough, there will be windows of opportunity. Go for it. Take the first step. Sometimes it is only baby steps but even babies keep at it until they "get there." We can too.

The last thing I'd like to say to my wonderful neighbors is to BEWARE of the speed limit on Yosemite. From County Line to Dry Creek Blvd it is 40 MPH. It becomes 35 MPH as soon as you cross Dry Creek all the way to Arapahoe Road. I live by Yosemite and Briarwood Blvd and the Arapahoe County Sheriff gives sometimes 20 tickets or more a day. It's not really a speed trap because there are people going 50 miles an hour along Yosemite at any given time day or night. Beware! Don't let tailgaters make you speed. Let them get the ticket.

In Closing: I am grateful for being alive today. It is a joy and pleasure to live another wonderful day. I am grateful; I truly am, and to share it with you today.

I am originally from Minneapolis MN, have 5 children and 4 grandchildren. I have lived in Walnut Hills since August 2009.

## Graduating Class of 2013

Dear Class of 2013,

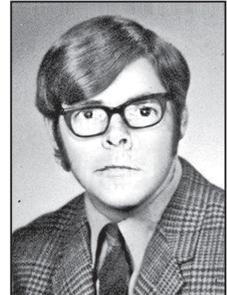
Congratulations on your pending graduation! I know your list of things to do is long....

The annual graduation issue is coming up next. The deadline is May 15th.

If you want to be remembered for looking amazing in the local paper, (you know that your mother is going to save this paper for all eternity because your picture is in it) please send me a high quality digital photograph. If you need to scan your picture, please scan at 600 DPI in TIFF format.

I can also get your senior picture from your Facebook page, if you post it.

Finally, if all of these options are truly unappealing or make you feel tired, I will scan your senior picture from a cut up yearbook....not going to look good, but I will do it.



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### Boy Scout Troop 574

(Dry Creek Elementary) has been busy helping local Webelos to cross over from Cub Scouts to Boy Scouts. As of March, we have 14 new Scouts and families joining our troop from Walnut Hills, Hunters Hill, Willow Creek, Homestead, and other area neighborhoods, and are very excited at that fact. This is the official start of our 15th year as a troop, and this will be our largest numbers and most variety of neighborhoods and schools ever represented. We also have a strong group of qualified and registered adult leaders joining, including two Eagle Scout fathers.

Recently, our troop has had a few winter excursions. The first was



to Camp Tahosa near Ward, CO in February, where we used its facilities as our base camp, getting some pioneering practice with lashings and knots, and some sledding fun. But the goal of the trip was to experience a day of cross country skiing and snowshoeing at Eldora Mountain Resort's Nordic center. Everyone definitely got a workout that day, but had a great time learning a new (and less expensive and healthier) way of experiencing the snow and Colorado mountains. This is a definite method – most of the Scouts were in bed by 7:30 p.m., right after they finished making and eating their dinners! In early March, we went to Leadville for the weekend to enjoy the fresh powder at Ski Cooper for downhill skiing and snowboarding fun. The Scouts also learned some of the history of the 10th Mountain Division, which used the slopes and area for their training during WWII, and practiced their cooking and cleaning skills at the youth center we stayed at. They also worked on strengthening first aid skills.

In April, we will have our official Spring campout, where all the new and older Boy Scouts will get (re)acquainted with the troop trailer and equipment, and learning the patrol method that helps build teamwork and leadership, and makes Scouting successful as a teaching device for everyday life.

We hope that if you have a son ages 11 to 17 that may have been in Scouting before, or is simply interested in our troop and some of the offerings we have, please contact Eric Vitcenda/Scoutmaster at 720.379.5600. You can set up a time to visit

us at Dry Creek Elementary on Tuesday nights, and he possibly can join us on one of our next adventures!



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## Spring Dumpster Days 2013 May 11th and 18th 8am to 11am

This year's Dumpster Days is scheduled 8 am to 11 am on May 11th and 18th no matter what the weather

For your \$20 membership fee, not only do you have great events like Easter Egg Hunt, Fourth of July Parade/ Ice Cream Social, and National Night Out; you have the Spring and Fall Dumpster Days. What a great deal!

This will be the "The Garbage Man" trucks and workers their 3rd year to show up and pull off your trash, so you don't have to touch it!

And as always Brookie "the metals man" with his son Dawd will claim our old treasures to be recycled. They have joined us for several years now and have supported out Dumpster Days.

If you are a senior that cannot make Dumpster Days because of limitations of health, or know a senior neighbor who needs help, just get the dump to the curb and call for our great volunteers to pick it up for you.

Please remember no cans of paint, no poisons, no batteries, no brick or concrete, but bring your mattress, sofas, lawn furniture, bicycles, TV, computers, tree branches, bushes, etc.

Donna Senn - Dumpster Days Chair  
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## Walnut Hills' Snow Heroes

You may have seen the article on Snow Heroes in this Newsletter or in my email blast. What I would like to suggest is that anyone who has one of the Walnut Hills volunteer snow shovellers, please, please, nominate your hero for the award. These are such good people who help those of us who can't shovel and I think they should receive this recognition.

There is an online nomination form at [www.centennialcolorado.com/snowhero](http://www.centennialcolorado.com/snowhero) If you don't use a computer, I'm sure you can call 303-325-8000 (the 24/7 Centennial customer service line) and I bet they'll help you. Or, you may contact me and I'll help you. This would be one small thing we can do for those who have been so helpful to others. My Snow Hero is Rob Robbins and he's been helping me for two years now. I've nominated him, now you nominate your Snow Hero.

Participants will be issued Centennial Snow Hero window decals for display and will be recognized on the City's website. Andrea Suhaka, [standy@central.com](mailto:standy@central.com), 303-770-0058

## New Construction and Planning

There are a number of projects moving forward in our neighborhood. It is time for us to be active and vocal either for or against new zoning or building. We as a neighborhood have found that we have a large voice in the City of Centennial.

We have gotten word the Environmental Assessment for Arapahoe Road/ I-25 has returned a finding of no significant impact. With this the NEPA process is complete and the project is eligible for funding and future construction.

The first portion of this project is funded. Yosemite Street south of Arapahoe will add an additional turn lane and a sound wall are planned for Yosemite Street.

This is an area where our neighbors are affected and we need to ensure the sound wall is addressed as part of the construction.

The City of Centennial I-25 Corridor plan does not really affect Walnut Hills directly. It appears at this time to have the most effect on our neighbors to the south in Willow Creek. Our major concerns should focus on traffic along Yosemite and Alton Way. The largest portion of land to be redeveloped is the Jones Property located just north and west of IKEA. They want to rezone this property as an Urban Center. Current plans can be found at [www.placentennial.com](http://www.placentennial.com)

The most recent addition to construction in the neighborhood is the rezoning of the Southeast corner of Arapahoe and Quebec. This is the location of the mortgage company directly on the corner. They initially were talking about zoning this as an urban center. I just received paperwork with the request to zone as an Activity Center. This will be a small 4 to 5 shop center, planning a non-drive through coffee store as the anchor. (The planned design is similar to the Cold Stone Creamery shop just south of County Line on Yosemite.) This is being moved forward by THK associates in Aurora CO.

These are the three big projects moving in our area right now. Please keep yourself and neighbors aware of changes.

Lonnie Gregg - WHCA Chair

## Letter to the Editor

On March 15, 2013, I received a notice that the I-25 ARAPAHOE ROAD INTERCHANGE STUDY COMPLETE-FINDING OF NO SIGNIFICANT IMPACT APPROVED.

It further stated that, The EA identified a preferred alternate the Improved Cloverleaf Interchange which best met the project's purpose and the need of reducing congestion and improving traffic operation and safety for the traveling public within the I-25 and Arapahoe Road (SH88) Interchange Complex. Note that the "traveling public" are the one's in the 1-1/2 ton, crash tested boxes that are climate controlled, have orthopedically designed adjustable chairs and are either texting or talking.

It is interesting to note there is no reference to the enjoyment of the walking, biking, running or wheelchair bound...i.e. public...all of us.

Some years back when Dry Creek first opened as a four lane road I asked a State Police Officer at what speeds are cars ticketed and he said "50 miles per hour"....that means that cars can go 49 MPH on our streets adjacent to out sidewalks with speeds that are a bit less than the speeds allowed on super highways. It is interesting to note that many who travel out neighborhood streets are trying to avoid the congestion on I-25 and E-470

At what point in time do we say enough is enough and claim our neighborhood sidewalks back? Our roads surrounding our neighborhoods should be designed and managed similar to Greenwood Village's Belleview east of the DTC and Havana south of Arapahoe to Belleview.



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## Self-Reliance Corner

by Jo Haugland

### To Pesticide or Not to Pesticide, That is the Question

Spring is here and it's time for everyone to get out, do yard work, pull weeds, and get their yards ready for summer. Sadly, it's also the time when the pesticides, chemicals, and fertilizers come out and start killing. Not only do the sprays affect the so-called "weeds" in your yard but they also affect birds, plants that are not weeds, and beneficial insects, birds, and other pollinators.

There are a number of toxic preparations that will kill honey bees no questions asked. Some pesticides are similar in size and shape to pollen which bees use as protein. Honey bees pick up the poison grains, taken them back to their colony, store it in their cells with their food, eat it, and the entire colony dies.

Remember when DDT was the favored pesticide and later they found it made bird eggs so fragile that they were crushed when birds sat on them to hatch? The government banned that toxin here but there are many other poisons out there with hazards to you, your pets, and wildlife.

Many chemical companies that treat your lawns are also killing other plants that are native and/or wildflowers. Often chemicals sprayed on lawns are harmful to bees. Why should you care? Commercial beekeepers are losing 80 percent of their hives per year. Some experts say the loss is due to chemical toxins called neonicotinoids. Backyard beekeepers are losing 30 to 40 percent of their hives for any number of reasons.

As one third of the foods that we consume in the U.S. have pollination attributed to honeybees, it would behoove us to check to see what chemicals we are using and why, and what harm they might do to other living things.

At a minimum, please notify your neighbors when you are using chemicals or spraying so they can screen in their bees until lock up their animals and kids so they are not afoot on a sea of toxic bluegrass.

Better still; why not make this the year that you try some natural treatments for weeds or insects. My grandmother used to dump a pan of her cold soapy dishwater on her roses to kill aphids. Vinegar sprayed on thistles will kill them off quickly. If you just look around for alternatives or check on the internet, you can find hundreds of safer, easier methods of controlling your plant and insect problems.

Remember last year when I "somewhat jokingly" said "eat your weeds"? Well, that is the perfect solution to getting rid of weeds and lessening your grocery bill. Dandelions are one of the finest, most nutritional greens around and we still waste them or destroy them so other creatures can't use them.

There are a number of green products you can purchase at health foods stores for use on plants and for insect problems. There are also a number of great books that offer advice and natural formulas for your home and yard. Some natural formulas use mineral oil as a base and will cling to plants and provide protection for a long time. In addition, some of the pest deterring ingredients include things like garlic, onions, or hot pepper sauce. Most of us have these things at home - waaay cheaper than calling for delivered poison.

Wouldn't you feel better about your children, pets, and bird and bee friends being exposed to some mineral oil, garlic and soapy water rather than some chemical nerve toxin that could be absorbed through their skin? I would.



## From your District 3 City Council Members Rebecca McClellan & Ken Lucas



We were both honored to attend the Walnut Hills Annual meeting on March 14, 2013. We would also like to thank Centennial's Public Works staff for their presentation on this summer's Public Works project in Walnut Hills. Unlike most cities, Centennial is fortunate to be running healthy increases in our revenue streams as well as having healthy fund balances. Much of these increases are due to our ability to attract and retain our businesses, make strategic annexations, as well as run a robust tax audit regime by the Finance Department.

As you may recall, City Council voted last year to put most of our revenue increases into the 2013 rehab budget by increasing the budget from just slightly over \$4 million dollars in 2012 to roughly \$6.6 million dollars this year. Staff and Council believe that at this level of funding the City can maintain its pavement condition index (CPI) at 78 on a 100 scale, which is considered a very healthy level compared to most cities.

As staff also explained at the meeting that because of its efforts in the competitive-bid pricing process, it has created an unexpected surplus, therefore it will enable them to add more street rehab projects this year. Walnut Hills will be the recipient of some of these as explained at the meeting.

At the beginning of the year it was anticipated that they were looking at a likely three (3) percent increase in pricing from the previous year. However, the bids came in five (5) percent lower than 2012, resulting in a total Street Rehabilitation budget surplus of \$997,200. With this surplus, staff has identified an additional 10 project locations though out the City, which will add 2.35 centerline miles to the mill and overlay program which will enable them to complete an additional \$190,500 in concrete work. The 2013 program will now rehabilitate or resurface a total of 33.69 centerline miles.

One last note and reminder, please put April 16th on your calendar, we are holding a District 3 meeting at City Civic Center in Council Chambers at 13133 East Arapahoe Road; the meeting starts at 6:30PM.

The agenda includes:

- City Attorney's Office (CAO) will present the basics of Amendment 64 (Recreational Marijuana) which includes information on the City Council's upcoming consideration of an ordinance invoking a moratorium on commercial uses. We will be soliciting feedback and recommendations from our constituents. The ordinance requested by the City Council will be scheduled for First Reading on April 1 and for Second Reading/Public Hearing one month later on May 6, 2013.

Thanks again for letting us serve you.  
Ken and Rebecca

For more information, contact Council Member Ken Lucas at 303-754-3367 or [klucas@centennialcolorado.com](mailto:klucas@centennialcolorado.com) or Council Member Rebecca McClellan at (303) 956-2845 or [rmccellan@centennialcolorado.com](mailto:rmccellan@centennialcolorado.com).

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## Timeless Dog Training Tips

Lorraine May, M.A.

### You and Your Best Friend in Springtime Colorado

Many dogs revel in the snow, but just as many eagerly anticipate springtime activities. So get out and enjoy your best friend in our amazing state! Planning ahead can be invaluable to the creation of a safe, sensational season.

#### Bugs and Blossoms

Talk to your veterinarian regarding seasonal health such as heartworm prevention. Licking paws is often a sign of an allergic reaction. Try wiping them with a damp cloth when returning from a walk to remove environmental triggers. As temperatures increase, planning is essential so that our dogs aren't waiting for us in cars which can become death traps within ten minutes.

#### Thunderstorms and Fireworks

Many dogs suffer during the stormy months. Those same dogs often suffer through fireworks displays. The Thundershirt can be an effective tool to calm the anxious dog. Playing the CD "Through A Dog's Ear" and offering Bach's Rescue Remedy on treats also can help.

#### Together and Separate

During vacations, our dogs grow accustomed to our continued presence. This can become problematic when we return to work. One way to avoid this is to be certain to have separate time every day. Accompany this time with a special treat or toy so your dog looks forward to your absence.

#### Walking and Hiking

In addition to a collar or harness, with current identification, a sturdy leash and waste bags, try taking yummy treats in a fanny pack. They come in handy for getting your dog's attention or for creating positive associations with unfamiliar dogs, people or situations. And thrown over the head of an approaching off-leash dog, treats can direct him away from your leashed and perhaps apprehensive dog.



Please request handouts for more detailed information at [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) or call 303-239-0382.

Lorraine May, M.A., is the Founder, Executive Director and Head Trainer of Misha May Foundation Dog Training and Rescue, a 501(c)(3) non-profit dog rescue which offers a wide variety of educational classes to the community. Misha May was voted #1 Best Dog Training on Denver's A\*List! The foundation offers free puppy socialization. Obedience classes, behavior seminars and in-home training welcome all dogs and issues. Dog trainer and behavior specialist programs are designed for the working person, and teach our effective reward-based, anxiety-reducing techniques.

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



## Co-Op Recipe Swap

### How Walnut Hills Moms Encourage Healthy Snacking

As the weather warms up moms begin to realize that summer break is just around the corner. One of the tough parts of summer parenting is making sure our kids continue to eat well when they are out of the school routine. Kids love to snack but many "snack foods" are not the most healthy options.

Here's a few ideas from our co-op moms on how they try to encourage healthy snacking:

- \* Make your own! - We like to make our own trail mix. That way you get to control the ingredients. You can add pretzels, Cheerios, Kixx, or other favorite cereals, raisins, or other dried fruit, nuts, and a few chocolate chips for a treat.
- \* Make it fun! - We add a little fun by calling veggies different names (like in our house if asparagus are "trees" - they'll eat it...but call it asparagus...no way) or by giving kids stuff to dip their veggies in (ranch, BBQ sauce, etc).
- \* Make it fancy! - We got one of those fancy water pitchers like they have in hotel lobbies. Our son knows how to work it himself and we keep cups next to it for easy access. We love to put frozen berries in it from a bag of mixed berries.
- \* Grow your own! I'm not much of a gardener but a friend gave me some cherry tomato plants last summer so we made a family activity out of it. We planted them in a large pot on the patio and my kids helped me water them. To my surprise, my kids were very excited to try their "baby tomatoes". It was also great having fresh tomatoes all summer. A friend suggested we try peas this year because they are fast growing from seed and get kids excited...besides, who doesn't love cute little peas in a pod!
- \* Freeze it! We make popsicles in paper cups. We like to put a slice of banana on a popsicle stick to weigh it down in the cup and then fill with juice or yogurt. Once it's frozen, the kids can peel the paper cup off like a wrapper. We use up leftover fruit slices by adding them in as well. We get into the science of freezing and thawing too...all around great fun!

Join us on the Bigtent website and get to know your Walnut Hills neighbors that have kids waiting for new play-mates! You can email us at: [WHChildcareCo-op@hotmail.com](mailto:WHChildcareCo-op@hotmail.com)

<http://www.bigtent.com/groups/whwp>



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- \_\_\_\_\_ *Snow Shoveling Volunteers*
- \_\_\_\_\_ *Join the Board*
- \_\_\_\_\_ *Community Garden Project*

*\* I need some help shoveling snow: \_\_\_\_\_*

***Thank you for joining!***

### Walnut Hills Civic Association Calendar of Events 2013

- Spring Dumpster Days** - May 11th and 18th 8 am to 11 am Walnut Hills School
- Community Garage Sales** - June 7th and 8th (whole neighborhood)
- Lawn/Landscaping Contest** - Week of June 23rd
- 4th of July Parade** - Staging at Dry Creek Elementary School 9:30 am, step-off 10 am
- Ice Cream Social & Scholarship Awards** - July 4th beginning at 10:30 am.
- National Night Out** - August 6th 7 p.m. Walnut Hills School
- Fall Dumpster Days** - October 12th Walnut Hills School
- Holiday Lighting Contest** - Cash Prizes for 1st, 2nd and 3rd Week of December 15th

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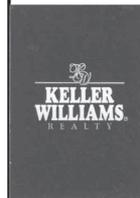
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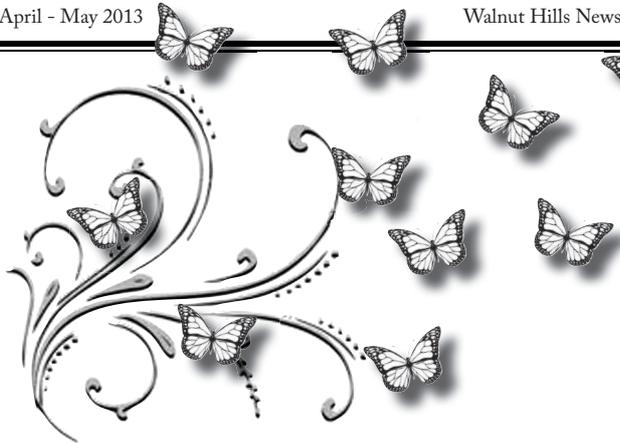
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