

Walnut Hills Newsletter

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

Tennis Anyone? Let's Keep a Good Thing Going!

by Chris Saiz

If you didn't know, one of the great assets in our Walnut Hills community is our community tennis court. We have two courts located adjacent to Walnut Hills Elementary school and families can be seen playing together on any given day. Although our tennis courts are in a bit of disrepair (more on that in a moment), tennis is a great way to stay fit and enjoy time with family and friends.

Tennis is a game that can be played by virtually anyone. We're all certainly inspired by tennis greats like Roger Federer, Rafael Nadal, Serena Williams, and Sloan Stephens, but tennis is a game that can be played by anyone at any level. Players rank themselves at levels from 1.5 (learning to keep the ball in play) to 7.0 (where players earn their living from tournament money, nice!) Most of us recreational players simply enjoy keeping the ball in play, getting some exercise and hanging out with friends. Rankings aren't necessary to play, they're just a way of helping people to find players of similar skill. I've been playing tennis for about 3 years now. I remember frequently hitting balls over the fence when my son Andy and I started playing together. At this point, we use a ball hopper with lots of balls and we enjoy longer rallies as we play. (We still hit balls over the fence!) If you'd like to read more about National Tennis Rating Program rankings, try this link: http://www.usta.com/Adult-Tennis/USTA-League/Information/1655_General_Characteristics_of_Various_NTTP_Playing_Levels

Tennis doesn't take much equipment, but good equipment certainly makes it more enjoyable and leads to better play. To get started, all you'll need is a racquet and a few balls. I initially started playing with a racquet

from Wal-Mart, but I eventually invested in a good racquet (from the Game-Set-Match store by Safeway), a ball hopper, plenty of balls, and some tennis shoes. I think a ball hopper is great for beginners as you get to hit lots of balls without stopping to pick them up. For young children, they make smaller racquets and lighter balls that are easy to hit. Lessons always help, but you'd be surprised what you can learn from YouTube.

I think one of the best things about tennis is that it's a game you can play for life. I routinely see people in their 60s and 70s out on the court playing with others at their level. All you need is a friend and an hour or so to play.

Now back to our Walnut Hills tennis courts. If you've visited the courts lately, you'll notice they are badly cracked and it's doubtful that the asphalt foundation can be repaired. One side of the court is considerably higher than the other side, which renders play somewhat unfair. There are also a number of issues such as the gates not working well, cracks around the net posts, torn nets, the lack of a ball scorer and no bench to sit on. If

you compare the Walnut Hills courts to those in other neighborhoods (Rusty Sun, Otero, Arapahoe Park, etc.), you'll immediately note that our courts are inferior and badly in need of renovation.

Last March, I visited the South Suburban Parks and Recreation District to make a formal request that our courts be renovated. A renovation would improve the look of the courts in our neighborhood, promote family fitness, improve our home values, and provide continuing opportunities for recreation and fitness. Neighborhood input and support are essential to advancing this request. Please help by attending one of the budget meetings at South Suburban being held in August, September and November.

The great thing about tennis in Colorado is that you can play virtually all year long. If you see me out there, I'm happy to play with you if asked or to offer a tennis tip from one rec player to another. I hope to see you out on the court!



Archie marching at the Walnut Hills 4th of July Parade

From South Suburban Parks and Recreation

Walnut Hills Tennis Court Replacement is on the District's 2014 Citizens Budget Request list. As with all projects requested by citizens of the District, it will be evaluated by the management team and Board of Directors and prioritized with the other needs and project requests throughout the District. This project was also presented to the Centennial Open Space Advisory Board last night for their consideration of funding 50% of the project for their 2014 capital open space projects, so we are actively trying to secure funding for this project. It is up to the South Suburban Board and Centennial City Council to approve all projects.

The Board is holding public input meetings on the 2014 budget for citizen input. The schedule is shown below.

- Wednesday, August 14th 7:00 pm
- Wednesday, September 11th 7:00 pm
- Wednesday, November 13th 7:00pm

The meetings are held in the Board room at the Goodson Recreation Center 6315 S. University Blvd. Centennial.

Walnut Hills Civic Association Calendar of Events 2013

- **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

The Walnut Hills Civic Association regular monthly meetings are held the 2nd Thursday of each month at Metrum Community Credit Union, 6980 S. Holly Circle at 7 pm. Board meetings are open to all Walnut Hills residents.

www.walnuthillscolorado.org



Look who's 50!

The Walnut Hills Newsletter has reached a milestone issue, Volume 50! Thanks to all of the editors over the past 50 years for an amazing relay that has kept Walnut Hills a great community!

BLOCK PARTY

WALNUT HILLS

MUSIC

FOOD

GAMES

PRIZES

AUGUST 6TH

7 TO 9 PM

WALNUT HILLS SCHOOL PARK

Sponsored by the Walnut Hills Civic Association

Walnut Hills Neighbors

by Frank Haskett

My next subject was more challenging. I couldn't speak to him! Let me explain. He is Chinese and lived most of his life there. He speaks little English and I speak no Chinese. He's also hard of hearing. But thanks to his son-in-law (Bo Mai; he and the family own the Yaun Palace Mongolian Barbeque restaurant on Arapahoe Road just west of the 1st National Bank) I was able to interview him. Mr. Mai once taught English in China. It was a very interesting couple of hours, and I saw lots of photos of the old days in China in the 1930's, 40's and 50's.

Tonghuan Wu was born in Macau in 1927. At the time it was a Portuguese possession and is located in Hong Kong Harbor. He was raised there, but had to move after the second world war began for China in 1937. They moved first to Hong Kong, but Japan occupied it in 1942 (it was still a British possession) so they moved 90 miles to Canton. A bit later the Japanese took Canton and they fled to the countryside where they stayed for the remainder of the war. His older brother was a fighter pilot in the famous "Flying Tigers" commanded by American General Claire Chenault. American flyers fought as volunteers alongside Chinese pilots against the Japanese before the United States got into the war. He related to me that Chenault was the most famous American in China. You may be able to find an old movie titled "Flying Tigers."

In spite of all of this upheaval he managed to attend school. The government



Hong Kong and Canton and is navigable for 1300 miles. His son-in-law tells me that his job was something like our Corps of Engineers.

He retired in 1985. He collected porcelain figures, and has many pictures of them; unfortunately, they remain in China. He also likes to listen to music-Bach, Beethoven were mentioned. He plays the guitar-Hawaiian style, and sings. He also has a well used book containing words and music. "My old Kentucky Home" was one he liked and he pointed out "America the Beautiful" as well. He may have been born in China, but he's a patriot now!

He came to visit his daughter and son-in-law here in Denver in 2001. In 2006 he moved here permanently with his wife.

He wanted you to know that he thanks the people of Walnut Hills for their kindness to him. He thinks this is the friendliest place he has ever lived. Two of his grandchildren have received Walnut Hills' scholarships and one of them was valedictorian of the class at Cherry Creek High School. One is still in college while, another is a doctor in New York and third is a software engineer in San Diego. He is very glad that his two daughters live in the USA. You may see him sometime on the bike path. He will smile and bow to greet you and you can do the same for this nice man who was born under warlords, survived the communists of Chairman Mao

and lived to see a much more open society in China than anyone would have expected.



provided teaching behind the lines of battle. Also his mother was a teacher. All students were taught English along with Chinese.

When the war ended they moved back to Canton (the Chinese name is Guangzhou; the Brits couldn't quite get the hang of it, so they called it Canton, and the name "stuck"). He enrolled in maritime college and graduated in 1950. He recalled that his school books were all in English. Since he was in navigation he learned how to use a sextant (used to "shoot" the stars at night to establish your location), He still remembered words like "compass, longitude" and "latitude," all of which relate to finding your location at sea during the day.

Upon graduation he was made second officer on a freighter that plied the South China Sea and the Pacific Ocean. He told me that the best time of his life was when he was at sea on that freighter, which was based out of Hang Fu.

After a few years he became the guy in charge of maintaining some 2000 lighthouses along the China coast. He kept them in good order for most of the rest of his 40 year career. But towards the end of his career he had one more job change.

He became channel engineer for the river Xijiang in Guangxi Province, which is to say that he saw to it that the channel was kept open for ship traffic. It runs north from

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National Night Out/Walnut Hills Block Party Returns on August 6

The Walnut Hills Civic Association is again sponsoring our annual National Night Out event on Tuesday, 6 August, 7 - 9 pm. We'll be at Walnut Hills School with lots of fun and interesting things. We have a number of displays signed up and just know you're going to have a wonderful time.

Come see booths by: South Suburban Park & Recreation District, Southeast Metro Stormwater Authority, South Metro Fire Rescue Authority, Arapahoe County Sheriff's Office, City of Centennial, Metrum Credit Union, the Bubble Tower & Stilt Walking, some of our Walnut Hills residents' home-based businesses and much more. Metrum Credit Union has donated \$125 toward the purchase of the food.

We're still hoping we'll have a band for entertainment in the amphitheater and we'll be serving hot dogs and chips (free food!).

Come out and meet your neighbors and join the fun. This event has grown every year and we hope this year will be better than ever!

Andrea Suhaka,
WHCA Chair, 303-770-0058, standy@ccentral.com

Sunflowers and Gold Finches

by Bruce Ferguson

One summer a few volunteer sunflowers grew in a neglected corner of my yard. With almost no water and very little care they seemed to flourish. That fall I took the seed heads and crumbled them along the back fence. This is the hottest and the driest part of my yard. Much to my delight the following summer hundreds of sunflowers bloomed along the fence. Around the middle of July as the first flowers were going to seed I started to notice the Goldfinches.



By the end of that summer I had learned the almost melancholic plaint of the Goldfinches very well. They came every day and brought more of their kind as the flowers matured. I soon learned to recognize the green back and the striped tail feather of the females and the immature males. A little research suggested these were what are referred to as the lesser Goldfinch "*Carduelis psaltria*".

Where the yard is dry the sunflowers often are not more than a foot tall but where the sprinklers reach the plants can grow up to seven feet tall with leaves on some that are a good 10 inches wide. By the third year I had sunflowers growing everywhere. Taking the garbage out was like walking through a forest of giant stalks all along the path by the gate.

The color variations of the Goldfinches seems to range from green to almost black. The males of course have more of the yellow gold coloration. I find the so called cap to be a bit of a variation with some males having a very clearly defined cap and some having more black on their necks and backs. I have even seen males that looked distinctly like the eastern goldfinch "*Carduelis tristis*" with much more of a pronounced yellow coloration and a distinct black cap.

I don't seem to have much of a sunflower crop this year but I have noticed the stands of sunflowers around the neighborhood continue to pop up here and there. If you are lucky like me some stray seeds will find their way into your yard and before long you too will have a happy flock of goldfinches visiting every day.



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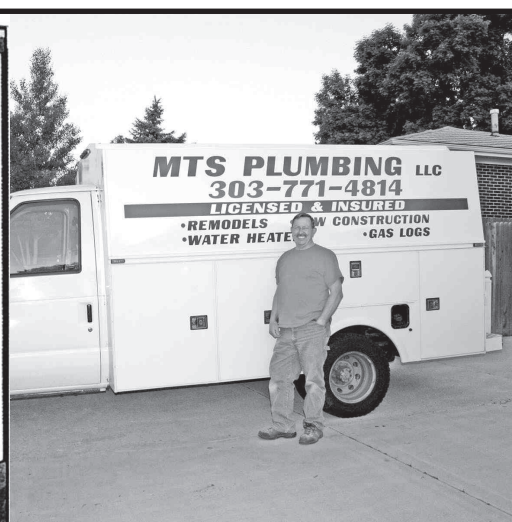
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Julie Gamec
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Meet the Advertisers

Buenos Aires Pizzeria is owned and managed by two generations of the Carrera family, originally from the metropolitan area of Buenos Aires, the capital of Argentina. Our family moved to Denver in 1990, and settled in Walnut Hills from the start. We have called this wonderful neighborhood our home ever since.



Ten years ago, we embarked in the joyful venture of bringing a taste of Buenos Aires to Denver by way of its food, its music, and a bit of its culture - and so Buenos Aires Pizzeria, Denver's first Argentine restaurant, opened in October of 2003.

Argentina is famous for its world renowned beef, grass-fed in the vast Pampas of South America. So why, then, an Argentine Pizzeria, you ask? Well, the port city of Buenos Aires has always been the gateway to Argentina (much like NYC in the U.S.), welcoming a huge influx of European immigrants in the late 1800's as well as between and after World Wars I and II. A large number of those were Italians, who brought their love for pizza and pasta to Argentine culture and cuisine. The result is a city where Pizzerias and Gelaterias are as abundant as in any Italian city, and its people are as passionate about their pizza as any New Yorker or Chicago native. And what is Argentine-style pizza like? The key is not so much in the crust, as there are all kinds and styles - it's about less sauce with more cheese, and the different combinations of toppings.

But pizza is not our only claim to fame. Buenos Aires Pizzeria is perhaps even better known for its Empanadas, a product of our Spanish heritage. Empanadas are popular all over Latin America and each country has its own version, with different types of fillings and dough. Ours are meat or vegetable fillings encased in thin, flaky pastry - and of course we Argentines argue that ours are the best!

And then there's the Gelato - made fresh in house daily with real fruit, nuts, chocolate, milk, and cream, and enjoyed by our customers for dessert at the restaurant or as a treat by itself at our take-out store, where you can taste as many as you'd like before making your choice from the display case.

In addition to pizza, empanadas, and gelato, the menu includes salads and award winning sandwiches. A list of exclusively Argentine fine wines featuring several selections of Malbec (the star of Argentine wines) and a good variety of domestic and imported beers are available to complement the food, all with Tango and other Argentine popular music playing in the background to complete the "Buenos Aires experience". We invite you to come see us next time you're in the Ballpark Neighborhood, and let your taste buds transport you! For more information, please visit BAPizza.com



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4th of July Parade and Ice Cream Social

Well, the neighborhood has had another very successful 4th of July! We had a great turnout for the Parade and Costume Contest and a great turnout in Walnut Hills Park for the Ice Cream Social. I would guess attendance around 200 people.

43 children, families, and cars registered for the Costume Contest. First place winners received \$5 and second place received \$2. Most patriotic costume: 1) Evelyn Jenkins, 2) Tristan Hanley; Most patriotic group: 1) Henry & Charlie Carter, 2) Madelyn Gross; Most patriotic bike or trike: only 1) Jaden Busnardo; Most patriotic wagon: 1) the Moore family, 2) Lila & Isabelle Armbruster; and, finally, Favorite classic/old car: 1) Jordan Rudel, 2) Randy Bond.

Deputy Jeff Short, from the Arapahoe County Sheriff's Office, led off the parade from Dry Creek School at 10 am and a second deputy brought up the rear. (Our South Metro Fire engine was called away on an emergency, again.) We had six classic/old cars interspersed with the marchers, and that's a record. Special thanks to the folks who brought out their treasures to show off to the neighborhood: Tyler DeWeese in his Corvette, Jody Christo in her VW Beetle, Randy Bond in his Mustang, Maura Heidi in her MG, Ken Barnes in his Trans Am, and Jordan Rudel in his Dodge Charger. What beautiful cars they were!

We ended the parade at Walnut Hills Park for the Ice Cream Social. We must give extra special thanks to Francis and Ana Carrera for providing their wonderful gelato and ices to the Civic Association at a great price. All "ice cream" was thoroughly enjoyed. (See their ad elsewhere in the Newsletter.)

John Fuller, Chair of the Walnut Hills Scholarship Fund, presented the scholarships to this year's four winners, with the help of some of our past winners. The neighborhood rejoiced in our youth going off to college with the help of donations from so many people in Walnut Hills. THANK YOU!!

I also want to extend deepest thanks to the WHCA Board members who helped with the Parade and the Social. We could never hold this event without the dedicated help of the WHCA Board.

And we were all wrapped up before noon. I sure do hope to see even more residents come out to enjoy a Walnut Hills 4th of July next year.

It's Coming Up on Election Season

We have one opening in each of Centennial's four Council Districts open this year. (Walnut Hills is in District 3.) The four Council members retiring are term limited, so four new Council members will be elected and the Mayor is running for re-election.

This is just a note on what Centennial's Sign Code allows. Campaign/yard signs may not be placed on public property, especially along our main thoroughfares, i.e., Arapahoe, Dry Creek, Quebec and Yosemite. But also, in the neighborhoods, campaign/yard signs must be 5 feet back from the sidewalk. You may have up to 30 square feet in total signage on your private property. Generally speaking, that 30 square feet is about six (campaign) signs of any kind.

One More Dumpster Day is Coming!

The Walnut Hills Civic Association has one more Dumpster Day scheduled for this year on 12 October, 8 - 11 am, at Walnut Hills School. Please, do not line up for it before 7:30 am!! You must be a paid Civic Association member to get your first dump at not extra cost.

Again, The Garbage Man will be providing our trash trucks for the event. Generally speaking, we take anything. We reset the membership lists for the October event, so we won't hold May against you ;) As before, no hazardous waste (cans/bottle/containers of chemicals or paint), no cement or rock, nothing your trash service won't normally take. You can always call to check, if you're not sure.

Donna Senn has been this event chair for many years and does an excellent job of keeping everything in order. She is a truly dedicated Walnut Hills Civic Association Board member and we owe her many thanks.

I'm sure we'll see lots of you in October!

New Uinta Street Sidewalk

By the time you receive this Newsletter, the new Uinta Street sidewalk, and, indeed, the new Uinta Street should be in place. I think the sidewalk will make the walk to the library a bit easier for children and parents with children. We went from a 30-inch surface to 48 inches. Because this was done in conjunction with the Uinta Street reconstruction, we got a better price and opted to go forward with the project.

The Walnut Hills General Improvement District will be paying for the sidewalk. Our original estimate was in the vicinity of \$75,000 but as of about three weeks ago that had dropped to about \$47,000. The WHCA Board thinks it will be a good investment of the safety of our children as they walk along an increasingly busy Uinta Street.

Thank you for bearing with the project. I know those living on Uinta found it quite disrupting. The whole neighborhood will benefit from this improvement.

Andrea Suhaka, WHCA Chair, 303-770-0058, standy@ecentral.com

Walnut Hills Civic Association Landscaping Contest

I don't know about you, but taking care of the lawn is not my specialty. I under fertilize, over fertilize, last year I even ended up with stripes in the lawn for several weeks in the spring. Thankfully, many of the Walnut Hills residents have lawn and landscape care down to an exact science.

Even with the watering restrictions in place this year, many of the front yards in the neighborhood looked pristine. When the board members were done driving every street, boulevard, and way we had agreed on 13 addresses that should be considered! All



1st Place, \$100: Ryan and Rachel Evans, 8381 E. Briarwood Blvd



2nd Place, \$75: Daryl and Joyce Eberhart, 8378 E. Costilla Ave

All of the prize winners attended the July meeting of the Walnut Hills Civic Association and were presented checks by the board. I am very grateful to live in such a beautiful neighborhood, and without neighbors like you, it wouldn't be possible! Thank you for maintaining your yard and our neighborhood.

Interested in competing in the contest next year? It's easy!! Get on those gardening gloves and join the Walnut Hills Civic Association!

Julie Gamec
Neighborhood 6
303-263-6823

these homes looked good, were well kept in the front and visible side yards, the lawn was green, mowed and trimmed and the landscape added curb appeal. After considerable deliberation and a bit of research to see who current members were, the Lawn and Landscape Committee selected:

- 1st Prize: Ryan and Rachel Evans
8381 E. Briarwood Blvd.
- 2nd Prize: Daryl and Joyce Eberhart
8378 E. Costilla Ave.
- 3rd Prize: Rudy and Karen Smith
8463 E. Briarwood Pl.



3rd place, \$50: Rudy and Karen Smith, 8463 E. Briarwood Pl

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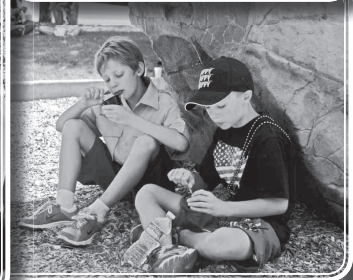


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Walnut Hills Celebrates 4th of July

Photography by Jesse J. Alcorta





Local Service Pioneers

Students from the Vive Youth Group at Grace Community Church would like to get involved within the community by extending a helping hand to Walnut Hills residents.

If you have any needs such as yard work, cleanup, basic household projects (painting, moving, etc.) or need extra help this year with winter shoveling, please feel free to contact one of their youth leaders--- Debra Weissman.

Vive students are primarily available on Wednesday evenings, including various weekends.

● Please contact Debra Weissman with all inquires at: weissman.de@gmail.com
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● Grace Community Church
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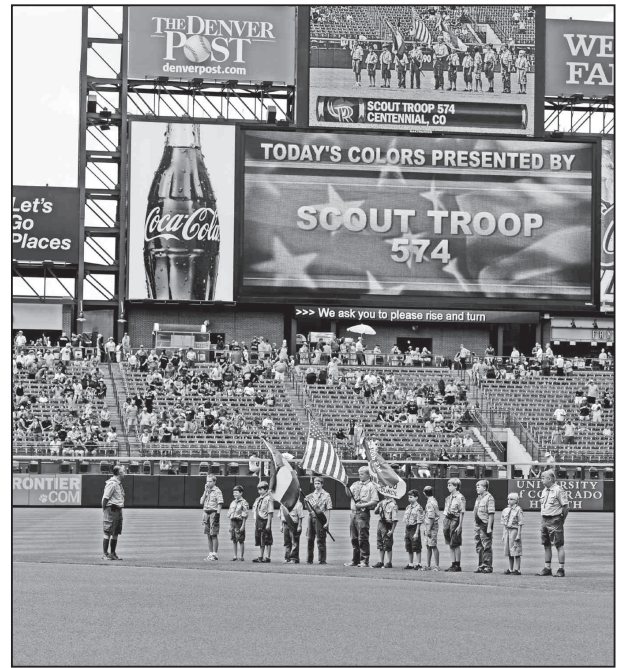
Celebrated Flag Day on June 14 hosting a flag retirement ceremony at Walnut Hills Elementary amphitheatre. Unfortunately, we received notification of a fire ban 2 hours before the ceremony, so besides providing some history about Flag Day, we spoke about different ways a U.S. flag can be repaired or retired including recycling, the symbolism of the 13 folds in a flag, and then asked everyone to help retire some flags through appropriate cutting of the flag into pieces. The following day, our troop had the privilege of serving as the honor guard for the Colorado Rockies game, presenting the opening flag ceremony from the middle of Coors Field.

Along with service to the community and our country, the scouts have also been busy outdoors. In June, the troop traveled to Buena Vista to camp, hike, and for some, to complete whitewater and kayaking merit badges. Then on June 21st, 9 scouts and 3 adults traveled to Marsh Harbour, Bahamas for a week-long sailing adventure, learning to sail, snorkel, and fish, while living aboard a 63 foot ketch. The scouts slept on deck, were required to plan and cook each meal, clean the galley, head and deck each day, and even take 2 hours each of night watch to ensure our safety when anchored. Staying awake at 2 a.m. for two hours is not so easy for a teenager, or an adult, after a long day in the sun and heat!

Four of our scouts left in early July as part of a Denver-area contingency attending the 10-day National Scout Jamboree, being held in its new permanent home at Summit Bechtel Family National Scout Reserve in West Virginia, located on more than 10,000 acres in the southern part of the state. They started their 3 week adventure with a tour of many historic cities and sites along the East Coast, before attending "Jambo" on July 15th along with more than 30,000 Scouts, leaders and others for the 18th event which first began in 1937 and is celebrated every four years.

For those unable to attend Jambo, 17 of our scouts and 7 adults attended week-long summer camp at Camp Cortlandt Dietler at Peaceful Valley Scout Ranch near Elbert, CO from July 14-20. Unfortunately, the monsoon season started early, and greeted our scouts with a torrential downpour their first night that flooded tents but not spirits. The great attitude and the Scout Motto "Be Prepared" helped them overcome this adversity and have a great week making new friends, learning new skills, and growing as young men. They were dirty and smelly by the end, but it was well worth it. Off to Sylvan Lake near Eagle for three days of family camping at the beginning of August before the school year starts up again and we begin weekly meetings at Dry Creek Elementary.

Please order those fresh Palisades peaches to help support your local Troop 574 scouts - sale ends August 17th, with delivery to Hunters Hill Park on August 24rd. The spring weather has pushed the delivery date out by two weeks, so we hope this helps in our fundraiser for future outings, and many residents wanting to order. See the attached order form for more information.






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At the Hunters Hill Pool parking lot (7235 S Xanthia St.)
(Orders not arranged for pick up by Noon will be sold on site)

The net proceeds of the sales will help each individual Scout in their fundraising efforts to attend future summer camps and other Boy Scout-related outdoor adventures.

Full Case (approx. 24 lbs) - \$42 Half Case - \$24

Please contact any of the following Walnut Hills or Hunters Hill Boy Scouts before Aug. 6 to place your order. They will provide your order form and obtain payment.

Alex M. (720.529.1337)	Oliver M. (720.529.1337)
Grant V. V. (303.789.1011)	Kyle V. V. (303.789.1011)
Douglas O. (303.358.5841)	Justin S. (303.488.9068)
Devin D. (720.262.7814)	Ethan V (720.379.5600)

Any questions re: this fundraiser or our Boy Scout Troop, please contact:
Eric Vitcenda, Scoutmaster Troop 574
720.379.5600

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Self-Reliance Corner

by Jo Haugland

(Re-print from August 2012)

Recently my mother had a couple stints in the hospital. Afterward she needed to go to re-hab facilities to "get back on her feet" before coming home.

There's a fairly short turnaround time between when the hospital releases a person and when a care facility must be chosen. My brother and I did quick leg work on the first facility and later we paid a steep price for our choice. Within 5 days, our mother had fallen and broken her hip. More distressing than the accident TO HER, was her main complaint – the food!

My mother is a stickler for fresh fruits and vegetables. Her favorite saying is "I eat 5 fresh fruits a day". At 92 years old, I guess that behavior has served her well. She was miserable with the diet she had been served in this location.

She recounted for us the type of foods she had been served during her 5 days in this facility. First evening for dinner: peanut butter and jelly sandwich, chips, and ice cream. In the following four days, she was served: a burrito, a hot dog, pizza, ice cream cake, mac and cheese, canned peaches, corn dog, and chorizo sausage over pasta.

Why is it OK for institutions to feed our elderly junk food when it is definitely not prescribed for our youth or anyone else?

Fortunately, the second re-hab facility was a wonderful improvement serving choices of entrees, fresh salads and fruits, and they even offered to support the individual's diet with foods to which they were accustomed.

Why the difference in foods and quality between facilities? My opinion

is that it comes down to money. Fresh fruits and vegetables cost more than canned and take up more storage space. They also take time to cook and prepare, and, there can be some government subsidizing of the canned products.

Our lesson here is, even if you only have a couple days to secure a facility, check out the menu, ask patients how they like the food, check the skill level of the caregivers, and view the accident record of the facility. We are also left begging the question why isn't there a way to make sure our seniors are receiving adequate nutrition, including whole foods in their diets?

As I drive through local neighborhoods, I see trees laden with apples, apricots, peaches, and plums. Most of this fruit will never be harvested. Why couldn't these fresh fruits be picked and delivered to a food bank or other facilities to supplement otherwise canned food diets?

Couldn't community gardens donate some of their fresh produce to their favorite facility? Couldn't some of these re-hab or senior facilities have their own fruit and vegetable gardens to augment diets? Maybe some of the seniors would even enjoy working in the gardens or at least sitting beside them enjoying the sights, sounds, and smells.

It seems to me that many elderly citizens are out of sight and out of mind whether in their own homes, hospitals, or other facilities. Caring and concerned families, individuals, and organizations should surely take notice of the physical care and the diet that these fragile, and often voiceless, individuals are being provided.



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



August 3 - Celebrate Centennial Under the Stars
6:00 p.m. - 10:00 p.m.
Centennial Center Park, 13050 E. Peakview Ave.

Live music, laser lights and family entertainment- the 8th Annual Celebrate Centennial Under the Stars event has a new twist this year! There will be a variety of entertainment for the entire family including: a children's planting station presented by Tagawa Gardens, interactive outdoor games and contests, face painting, balloon sculptors, bounce house, South Suburban Kid's Fitness Van, Food, beer and wine will be for sale throughout the event. The beer and wine pavilion is hosted by the Centennial Rotary, Live music provided by Rachel and The Kings and THE LONG RUN - Experience The Eagles cover band.

We would like to invite everyone, including their dogs, to attend the 1st Annual Dog Days which is scheduled for Saturday, September 14 from 10 a.m. to 2 p.m. at Centennial Center Park, 13133 E. Arapahoe Road, Centennial, CO 80112

This event will feature demonstrations from the Arapahoe County Sheriff's Office K-9 Unit and the 4H Dog Obedience Training Program for youth and agility course. Cast-A-Ways Show Comedy and Trick Show featuring dog, bird and hog will be performing as well as the Canine Stars which feature stunt dog performances highlighting the sports of freestyle flying disc, high jump, agility and fly ball racing.

There will be a photo booth available for pet owners and their pets. The City continues to secure vendors such as groomers, veterinarians, shelters, kennels, gourmet dog foods and treats and specialty dog toys and equipment. See you there!

Warm Regards,

Council Member Rebecca McClellan
RMcClellan@CentennialColorado.com
(303) 956-2845

Council Member Ken Lucas
KLucas@CentennialColorado.com
(303) 754-3367



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References upon request



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Timeless Dog Training Tips

By Lorraine May, M.A.

Alone Again

"Why is everyone in such a rush? What about my morning hike? Who wants to play ball? I would love some pets and a special treat. Hey, where did everyone go?" bemoans Augie, eyeing his beloved shark toy.

As the summer holiday comes to an end, family dogs are often negatively impacted by the long absences now necessary for their families to resume school and work. A summer of fun and togetherness ends all too soon for us. Imagine how abruptly it ends for this very social family member who has no idea why everything is changing.

Dogs can have a difficult time with dramatic rescheduling, especially when left alone for longer periods than normal. Some dogs are more sensitive than others due to prior abandonment, genuine attachment to family or general anxiety when solo.

The resulting behavior changes can be stressful for the humans as they manage a more complicated day, and frustrating for dogs as they try unsuccessfully to garner the usual amount of attention. Due to anxiety, a dog can lose his appetite or become depressed. Out of boredom, dogs may chew and bark. Less exercise can result in hyperactive homecomings or houstraining regressions.

To avoid creating a dog with 'alone again' syndrome, consider a mid-day dog walker, a dog daycare, lunch at home, or a play date with a friend. Associate your absence with an interactive toy, a stuffed Kong or a durable Nylabone. Try putting four drops of Rescue Remedy in your dog's water each time you refill it and playing the soothing Through A Dog's Ear CD.



If you can ease your dog into autumn with planned gradual separations and a strategy to help him feel secure and loved, the transition can proceed more smoothly for all members of the household. Send your questions to 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. The foundation offers free puppy socialization. Obedience classes, behavior seminars and in-home training welcome all dogs and issues. Dog trainer and behavior consultant apprentice programs are designed for the working person, and teach our effective reward-based, anxiety-reducing techniques.

Misha May won 1st Place for Denver's Best Dog Training in 2012! Thanks for voting!

www.mishamayfoundation.org



Co-Op Recipe Swap

Walnut Hills Child-Care Co-Op seeking new leadership:

Many of the families who have been in this group for the last few years have children who are in school full time now, and our schedules are becoming so busy we are finding it challenging to keep up activities and planning for the group. If anyone is interested in taking over leadership of the group we would be happy to set you up with the coupons, guidelines, and processes that we set up for the exchange. We have also found that many of our members are more interested in the "play-date" aspect of the group, seeking to meet other families in this neighborhood. This group has been active in Walnut Hills for over 25 years, we'd love to see it continue after our kids have "graduated"! Please contact me, Julie Parker (julieparker720@gmail.com) or Jody Kircher (jkircher@q.com) if you are interested

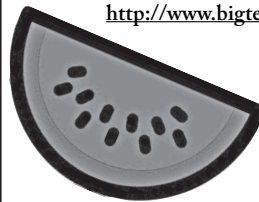
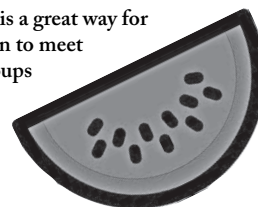
Watermelon Smoothies (editor's pick)

Sometimes the prospect of eating a whole watermelon is a little daunting, even with a family of fruit enthusiasts. Fruit smoothies are a great way not to waste one bite. You can also freeze watermelon slices for later.

- Fill a blender half full with watermelon slices. Fill the remainder with frozen fruit like raspberries, cherries, blueberries, or strawberries or a combination. Add 1/4 to 1/2 cup of sugar and one cup of water. Blend until smooth, add more water if needed. Serves 2-4. Delicious!

The Watch & Play Co-Op is a great way for families with young children to meet their neighbors for play groups and childcare exchange.

Please contact us at WHChildcareCo-op@hotmail.com or check out our biggest site at <http://www.bigtent.com/groups/>



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- _____ *Join the Board*
- _____ *Community Garden Project*

** I need some help shoveling snow: _____*

Thank you for joining!

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**Tips for Parents of
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High-school students bound for college will embark on many
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* Explain how credit works. A credit card is not free money; it's
instead a means of putting off paying for purchases until a later
date. Accompany your child to your local credit union for the
best rates on credit cards and consider urging him or her to use a
debit card instead.

* Create a spending plan. Write down all college expenses such
as tuition, books, room and board, toiletries, entertainment, and
so forth. Determine which expenses you'll be paying and those
for which your child will be paying.

* Come to a no-bail-out agreement. If your child ends up
charging more than he or she can afford, or runs out of money
before the end of the month, your first reaction may be to send
money and bail him or her out. Don't do it. If your child needs
to figure out a way to get out of debt, such as working or staying
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www.metrumcu.org, 303-770-4468 or at 6980 S Holly Circle,
Centennial, CO 80112.

Walnut Hills Newsletter walnutHillsnewsletter@gmail.com

Editor - Ilsa Gregg 720-514-9755	Advertising Manager Donna Senn 303-741-2065	Distribution Manager Will Senn 303-741-2065
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