

# Walnut Hills Newsletter

A Beautiful Community of Families, Friends and Neighbors for 54 years



## Walnut Hills Movie Night January 28, 2017

Andrea Suhaka, Chair, WHCA, 303-770-0058, [standy@ccentral.com](mailto:standy@ccentral.com)

The Walnut Hills Civic Assoc. will again be sponsoring Walnut Hills Movie Night. The film will be "Finding Dory" and it will be held in the Walnut Hills School gym. This is at no charge to the neighborhood. This event will be 3:30-5pm. All Walnut Hills residents are welcome, parents and/or grandparents must accompany children. Enter through the front door of the school. Barring a blizzard, this event will happen rain or snow. Please, bring a blanket for your child(ren) to sit on the floor. We will have chairs for adults. Questions? Contact Robert Ferrin (303) 704-1376



## Please Turn Your Holiday Lights on the Week of December 19th

Andrea Suhaka, Chair, WHCA, Walnut Hills Civic Association is sponsoring its' annual Holiday Lighting contest. A judging team of WHCA Board members will survey the neighborhood during the week of 19 December. Please, turn on your displays that week to be included in the judging. Winners must be members of the Civic Association. Annual Dues \$25, renewed in April. Please join the Civic Association and keep Walnut Hills a great place to live!  
[walnuthillscolorado.org](http://walnuthillscolorado.org)

## \$10,000 in Scholarships Available to Walnut Hills Graduating Seniors

The Walnut Hills Scholarship Fund is pleased to announce its annual college scholarship competition, benefiting Walnut Hills high school seniors who will graduate in 2017. The Scholarship Board has decided to offer four \$2,500 scholarships this year. A fifth may also be awarded, if resident contributions to the scholarship fund allow for it. All high school seniors who live in the Walnut Hills neighborhood, and who are planning to enter college in fall 2017, are eligible to apply. The scholarships are good at any accredited college in the United States. Applications for the scholarships will be available beginning January 2, 2017. For a copy of the application form, please email Bill Philpott at [wphilpo@gmail.com](mailto:wphilpo@gmail.com) or Scott Bess at [scott.w.bess@gmail.com](mailto:scott.w.bess@gmail.com). Application forms will also be available in the Post Grad Center at Cherry Creek High School. The application requirements include a short essay and letters of recommendation.

### The deadline for submitting your application is Friday, March 3, 2017.

It is extraordinarily rare for a neighborhood to offer scholarships to its high school seniors, and it is thanks to the efforts and contributions of Walnut Hills residents that our community is able to do so. Last year, residents contributed over \$8000 to the Scholarship Fund, and the Walnut Hills Civic Association and Walnut Hills Newsletter also made generous donations. This enabled the board to award five \$2,500 scholarships in 2016. If you would like to contribute to the fund, you may do so at the time you pay your Civic Association dues in March, or you may send a donation directly to the Walnut Hills Scholarship Fund, 7158 S. Quince St., Centennial, CO 80112. The Scholarship Board also welcomes any comments or suggestions. You can write to the WH Scholarship Board at the mailing address above, or email Bill Philpott or Scott Bess at the email addresses above. Or you may talk directly to any of the members of the board: Scott Bess, Peggy Castle, Diane Graham, Laura Klee, or Bill Philpott. We sincerely appreciate your involvement and your support!

## Update: Willow Bend Rezoning and Site Plan

The Willow Bend site plan has been processed by the City of Centennial and as of Wednesday, November 16th the Planning and Zoning Commission unanimously voted to approve the site plan changes for the new parking lot. Following this decision, the plan will move to City Council for final approval. The City Council hearing will be open to the public for comment. When the date is known, information will be posted on the Walnut Hills Civic Association website, NextDoor and will be email blasted to WH residents that have provided an email address. For additional information, including Planning and Zoning Commission packets visit the City of Centennials website, and click on Planning and Zoning and then choose minutes and/or meetings.



## New Event Planned for 2017 Andrea Suhaka, Chair, WHCA, 303-770-0058, [standy@ccentral.com](mailto:standy@ccentral.com)

Providing all planning goes smoothly, the WHCA will be bringing you a disc golf tournament on September 9th. We will switch out the Lawn & Landscaping Contest. There are lots of plans to make, but we plan on using our own disc golf goals at the Walnut Hills Park and add three new goals. Brian Bern will be the Board member in charge. Board of Directors' 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. Join Us!

## Snow Heroes in Walnut Hills

The Walnut Hills Civic Association would like to invite all residents to become Snow Heroes and keep our neighborhood safe by shoveling the sidewalks along the front and sides of your property. This will help prevent slips and falls on snow covered sidewalks. Jeryl heads up the community snow removal program for neighborhood members who cannot physically clear the snow from their drives or sidewalks. He is always looking for volunteers with snow removal skills to help out our Walnut Hills neighbors. Please contact Jeryl if you are able to help. If any residents are physically unable to participate in the Snow Hero Initiative, please contact Walnut Hills Civic Association Board Member Jeryl Tippetts at 303-946-7648.

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## Meet the Advertiser

**Studio Allure** will be opening in December at Phenix Salon Suites in Lone Tree - conveniently located near the Park Meadows Mall. Local favorites, Michelle Wiethorn and Tina Hargrove will be joining Jennifer Shinn in this adventure to open the salon. A variety of services will be offered, including but not limited to: haircuts, color, product referral, manicures, and pedicures.

Jennifer's decision to open a salon of her own was prompted by her supportive family, loving clientele, and endless passion for her occupation. Over the 23 years of experience Jennifer has gained, she always prides herself in the close-knit relationships she has accumulated. At Studio Allure you can expect a unique, personable experience. In addition, Jennifer is known for her accuracy, honesty, and philosophy. To ensure your satisfaction, Jennifer appreciates pictures, descriptions, and explanations. She will listen until she fully understands. From here, she will break down the process for you and illustrate the best options for you and your hair. Her philosophy is based on the ever-changing world of hairstyling. You can be confident in Jennifer's abilities as she is continuously expanding her knowledge and evolving her techniques by taking classes and conducting her own research. She is well known for her precision cuts, Balayage, Brazilian blowouts, color correction, and most importantly - client happiness.

A bit about Jennifer. Jennifer moved to Walnut Hills in 2011 and is overjoyed by the amount of clientele she has received from the neighborhood. Jennifer is also a mother to a senior at Cherry Creek High School and is a Colorado native. She enjoys trips to the mountains, walking her dogs, and games of badminton in the backyard. Jennifer has a vast amount of interests and sentiments that lead her devotion to this area in particular.

If you are looking for a local hair stylist or nail technician, Jennifer and her associates are here for you. With the holidays approaching, it is the perfect time to treat yourself or a loved one to a new haircut, color, pedicure, or manicure! Gift certificates are available. For inquiries and reviews, visit <http://www.jenshinnhair.com/> or on Yelp.



Jennifer Shinn

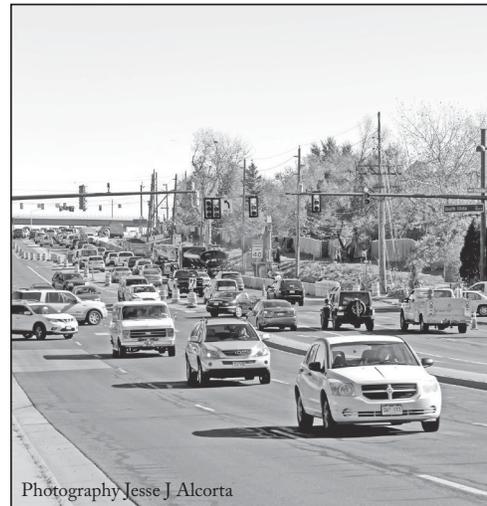
## Arapahoe I-25 Construction Update

### Accomplishments to Date

- Phase 1 and 2 of I-25 bridge completed five months ahead of schedule
- Complete removal of the old I-25 bridge, improving traffic flow on Arapahoe Road
- Realigned southbound I-25 to a temporary alignment over the new structure
- Completed multiple utility relocations, including Walnut Hills overhead electric undergrounding adjacent to Arapahoe Road and Yosemite Street
- Retaining wall work on the south side of Arapahoe Road
- Early benefit – opened an additional left turn lane from the southbound I-25 off-ramp to eastbound Arapahoe Road
- Improved access to businesses in northeast quadrant by opening the new South Alton Way

### Look-Ahead

- Here is what you can expect in the winter of 2016/2017:
- Construct the third phase of the new I-25 bridge structure requiring various overnight closures
- Noise wall construction along Arapahoe Road and Yosemite Street adjacent to Walnut Hills
- Temporary realignment of the westbound to northbound I-25 on-ramp
- Retaining wall work on the south side of Arapahoe
- Construction of the new eastbound lanes of Arapahoe Road
- Minor lane shift of both directions of Arapahoe Road between Boston Street and northbound I-25 on-ramp



Photography Jesse J. Alcorta



Randolph C. Fincher, O.D.  
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# In Loving Memory

Clifton "Cliff" D. Shumway passed away on Sunday, September 4, at age 60 while on an annual golf trip with his friends in Wisconsin. An avid golfer, those who love him, take comfort knowing he passed away doing what he loved. Cliff was



born in Thief River Falls, Minnesota on September 30, 1955. He was born a natural athlete and excelled in several sports. Cliff was a star in Cross Country, Baseball, and Wrestling at Lincoln Senior High School. He went on to St. Cloud State where he studied business and played baseball. His true passion after high school was golf.

He played in numerous golf tournaments in Myrtle Beach and Colorado over the years. Cliff moved from Minnesota to Colorado in his 20's to work in construction. In 1999 he started his own business "Construction Management and Consulting" in Colorado. He provided project management for Assisted Livings, Banks, Apartment Buildings, Shopping Centers, and Schools. Cliff was a fair, honest businessman who modeled a strong work ethic, delivering outstanding customer service and loyalty to his peers and business associates. Cliff was proud of his business success, but it was his family and friends he truly cherished. He is survived by his sisters, Debra Mike (husband Larry) and Susan Lindemoen (husband Mike); nieces, Kari Skjerven, Briana DeLeon, Meghan Cushing, Nikki Lee; nephew, Tyler Lindemoen; and the love of his life, Marcelle "Percy" Trujillo. He was preceded in death by his parents, Clyde Shumway and Ruby Frenzel. A Celebration of Cliff's Life was held on September 30th at Valley Country Club in Aurora, Colorado. In lieu of flowers: Memorials to "The First Tee of Denver", an organization that gives golf opportunities to children. 2500 York Street, Denver, CO 80205. [www.thefirstteeofdenver.com](http://www.thefirstteeofdenver.com)

Cliff was a resident of Walnut Hills for over 20 years and will be missed by his neighbors and friends here.

# WH Scholarship Fund Honors John & Jan Fuller

by Diane Graham



On Saturday October 8th, board members of the Walnut Hills Scholarship Fund met to honor John and Jan Fuller with a bench at WH School for their 31 years of service. Thirty-one years is a long time.

The WH Scholarships were founded in 1972 by the Walnut Hills Women's Club. In the late 1970's the Club went inactive and no more scholarships were given. In 1983 I took over as editor of the WH Newsletter and changed it from a mimeo sheet to a tabloid paper. By taking display ads I hoped to make the Newsletter break even, but we had a surplus at the end of the year – a non-profit what to do with this money?

Members of the Newsletter at that time – Karen Cleavenger, Sue Reiman, Andrea Suhaka and I decided to offer a scholarship as the Women's Club had done in the past. But we needed someone who knew how to handle all the details of running a scholarship program.

We were blessed to find that very person in our neighborhood – John Fuller, a guidance counselor at Cherry Creek High School. He took care of application forms, found readers for the applicant's essays, and took charge of the funds, wrote checks to colleges and various other details. He was assisted by his wife Jan.

In 1995, the WH Scholarship Fund was formed as a separate entity from the Walnut Hills Women's Club and the WH Newsletter. It also became a 501-c-3 non-profit. Over the years the WH Newsletter, the WH Civic Association and so many WH residents have contributed to the WH Scholarships.

The WHSF Board of 2016-17 hopes to carry on all the details of the WH Scholarships as well as John and Jan Fuller have done for the last 31 years. They deserve their retirement.

The 2016-17 WHSF Board donated the bench to the Fullers. No contributions from residents went toward the bench. The Board consists of Scott Bess, Peggy Castle, Diane Graham, Laura Klee and Bill Philpott. The Board would welcome another member or two. All WH residents should feel proud of offering scholarships to deserving graduating seniors in our neighborhood – long may they continue!

Photography Jesse J Alcorta

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## Walnut Hills Scholarships Exceed \$189,000

Since the inception of the Walnut Hills Scholarship Program in 1972, over \$189,000 has been awarded to 135 Walnut Hills graduating seniors.

We would like to publicly thank the Walnut Hills Civic Association and the Walnut Hills Newsletter for their generous financial support of the Walnut Hills Scholarship Fund. We would also like to thank the many residents who contribute to the fund year after year. Please know that every penny donated goes directly to the students, and we work hard to make the selection process fair and impartial. There are very few communities that are able to offer a scholarship program such as ours, and it could not be done without the support of our neighbors and neighborhood organizations.

As always, we would love to hear from any Walnut Hills resident who might be interested in serving on the scholarship board or the scholarship selection committee. Information about either of these opportunities can be obtained from Scott Bess (scott.w.bess@gmail.com) or Bill Philpott (wphilpo@gmail.com).

Thanks again, and good luck to our 2017 applicants!

Walnut Hills Scholarship Board

Scott Bess, Peggy Castle, Diane Graham, Laura Klee, and Bill Philpott

## South Suburban December Events

### A Hudson Christmas

Come visit the magical Holiday Lights at A Hudson Christmas! The holiday lights show is a one-mile outdoor path winding through The Hudson Gardens & Event Center.

Who: All ages  
When: 5 - 8 pm (Fri - Sun; Nov 25 - Dec 31)

Where: The Hudson Gardens & Event Center  
Price: \$7 Member, \$9 Nonmember

### Wed, Dec 7

#### Holiday Lunch: A Frosty Gathering

Join us for a free lunch and live music from the Harplanders and the Sheridan High School Choir during our annual holiday event for senior Sheridan residents.

Who: Age 55 and up  
When: 12 - 2 pm  
Where: Sheridan Recreation Center  
Price: Free

### Sat, Dec 3

#### Breakfast with Santa

Santa Claus is coming to town! Littleton Rotary sponsors the annual pancake breakfast and photos with Santa. Seating is limited, registration required.

Who: All ages welcome  
When: 8:30 - 10 am  
Where: Buck Recreation Center  
Price: \$4 Resident, \$5 Nonresident; \$2 for children 10 and younger

### Holiday Ice Shows

Celebrate the season with these shows featuring members of our Learn to Skate programs and skaters from the Competitive Figure Skating program. For more information, call 303.798.7881



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### Walnut Hills Home Sales

September 21st thru November 13th 2016

8898 E Easter Ave: SOLD \$452,000	7213 S Syracuse St : SOLD 375,000
8822 E Briarwood Blvd : SOLD \$430,000	7104 S Syracuse St: SOLD \$367,000
7079 S Tamarac Ct: SOLD \$417,500	7423 E Costilla Blvd : SOLD \$360,000
7133 S Tamarac St : SOLD \$407,000	7260 S Ulster St : SOLD \$358,000
8582 E Briarwood Blvd : SOLD \$395,000	

Based on information from REColorado®, Inc. for the period 09/21/16 through 11/13/16. Not all properties were listed and / or sold by Juhi Johnson, RE/Max Professionals. This representation is based in whole or in part on content supplied by REColorado®, Inc. REColorado®, Inc. does not guarantee nor is it in any way responsible for its accuracy. Content maintained by REColorado®, Inc. may not reflect all real estate activity in the market.

### Your neighbor and realtor!

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Who: All ages  
When: 6 pm (Fri; Dec 16)  
Where: South Suburban Ice Arena  
Price: Free; canned food donations for the Food Bank of the Rockies are encouraged  
Additional times: SSIA: 3:15 pm (Sat; Dec 17); Family Sports Ice Arena: 3:15 pm (Sun; Dec 18)

**Skate with Santa**  
Stop by during our public skate sessions for a chance to skate with the big man himself. Santa and a few of his helpers will be taking a break from the workshop to relax and enjoy some time on the ice at both of our arenas.

Who: All ages  
When: 7 pm (Fri; Dec 16)  
Where: South Suburban Ice Arena  
Price: Free; no admission required. Note on Dec 17 & 18, Skate with Santa is free with admission (\$3.50 - \$4.75 Resident, \$5.25 - \$6.75 Nonresident)  
Additional Times: SSIA: 2:15 pm (Sat; Dec 17); Family Sports Ice Arena: 2:15 pm (Sat & Sun: Dec 17 - 18)

### Mon, Dec 26

#### Christmas Tree Mulching

As holidays come to a close, and Christmas trees drop their needles, recycle your tree and help beautify the community. Upcycle your Christmas tree into useful mulch!

Who: All South Suburban residents  
When: Dec 26 - Jan 16  
Where: Willow Spring Service Center and Cornerstone Park  
Price: Free

### Sat, Dec 31

#### New Year's Eve... Ring in the 80s

Dress to the max for this year's "I Love the 80s!" New Year's Eve Party. Enjoy 80s themed hors d'oeuvre buffet along with a midnight Champagne toast and cupcake display. Dance the night away to the music of Michael Jackson, Prince, David Bowie, Tina Turner, Madonna, Bon Jovi and more. Call to RSVP.

Who: Ages 21 and up  
When: 8 pm - 12:30 am  
Where: Lone Tree Golf Club & Hotel  
Price: \$70 per person, plus tax and service. Includes 2 drink tickets per person

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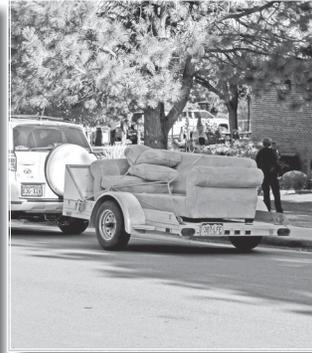
Qualifying Member



## A Super Dumpster Day Sponsored by the Walnut Hills Civic Association

Andrea Suhaka, Chair, WHCA, 303-770-0058, [standy@central.com](mailto:standy@central.com)

On 15 October, the WHCA held its third and final Dumpster Day of the year. This one included electronic recycling. We had the best Dumpster Day ever at this event. We had 120 cars through the line; some just to dump, some just to bring electronics, but lots of folks did both. We served everyone who was in line! In the process, we picked up 13 new members and one person ducked paying the dues. This event alone costs us \$4,000 to hold and we know that those in the neighborhood who take advantage of it really appreciate it. We filled everything up! Many, many thanks go to Donna Senn, who, year after year, dedicates herself to making this a wonderful, useful event for our neighborhood. And, thank you to all of the residents that made activity such a success.



Photography Jesse J Alcorta

# Halloween

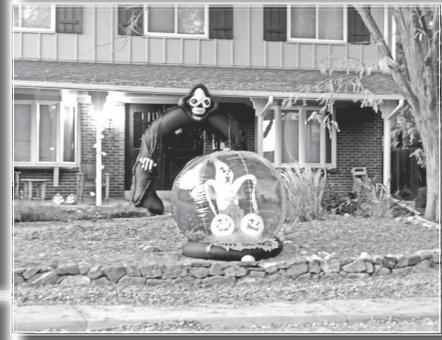
Jesse Alcorta

Halloween is one of my favorite times of the year. It signals a variety of things that remind me of times with family and friends. Hunting season gets into full swing and trudging across corn fields with my father was a rite of passage as a boy. Today, marching across fields to watch wildlife still calls to me. Halloween also signals parties with friends. At McMurdo Station, on Ross Island, some people mark the journey of time by the holidays that accrue during the summer research season. Halloween is the first holiday for the inhabitants to blow off steam after a busy 45 days opening the station. Thanksgiving, Christmas, New Year's each punctuate the season, but Halloween is unique for the bizarre costumes people produce to adorn themselves.

As a kid, I loved carving pumpkins. We would travel to a farmer's market and pick out pumpkins for each child. We would stop down the road and visit aunts and uncles. And somehow, I would get wrangled into doing chores around the farm. Pumpkins can still be found at a farmer's market or one of the local chain stores. Not quite the same as it was all those years ago. Today, carving pumpkins has taken on a more artistic bend and the ubiquitous pumpkin has become an orange canvas. Roasted pumpkin seeds are still a staple among us.

This Halloween was unseasonably warm here in the metro area and there was no danger of snow to deter trick-or-treaters. However, the head count at our door was small, less than two dozen overall. We saw 50 kids and many parents at our door last year. There were many families that decorated yard and home. It seems that inflatables have become popular because of the ease of set up, display, and removal. Others took more time to not only decorate but entertain the denizens of Walnut Hills. I appreciate the efforts of everyone that decorates their home. Halloween is a "short" holiday and decorations are only seen for a short period compared to Christmas. I think that makes Halloween even more special.

Halloween signals the change from fall to the much cooler temperatures of the coming winter. Thanksgiving arrives and we spend more time thinking of friends and visiting family. In the blink of an eye, the turkey is gone and the lights go up as the snow starts to come down. Labor Day may usher in the change of the seasons and the beginning of some of our favorite holidays, but Halloween builds memories.



Photography Jesse J Alcorta

# Finally Snow!

Bruce Ferguson

We were harvesting tomatoes right up till the middle of November. It'd been seven months since the last freezing temperatures in April. This year just to be an exception to the rule it didn't snow on Halloween either. The tomatoes I might add were ripening on what were nearly desiccated vines due to the fact that it hasn't rained almost all fall. So the snow was a welcome addition of moisture even though the ploughs seemed to be waking me all night. When we lived in an unincorporated area no one ploughed the streets. I remember one year when my daughter was at CU we had to shovel a foot of snow for half a block so she could get back to school. All of the neighbors helped me. Two snow blowers and lots of pushing the car and she was gone. Up in the mountains all the evergreen branches point down toward the ground and down here all the evergreen branches point up to the sky such is the weight of snow.

I figured out the other day while cleaning the birdhouses that one of them had a small wasp nest in it which must be why it never had any birds this summer. A friend of mine gave me a bird feeder because she couldn't figure out how to prevent the squirrels from knocking it over. Speaking of squirrels, I went off to Maine in September and while I was gone the squirrels ate all the grapes off the grapevine. In my caste system squirrels are even below rabbits! I am never sure if bird feeders are for attracting birds or cats. Once I read that you shouldn't keep them because they attract foxes, but given the number of rabbits, I can't really see that as a concern. The black and white cat we call Sylvester has taken to crouching in the grass and watching for mice in the underbrush. As long as I pretend not to notice him, he pretends not to notice me. Still he won't let me near.

Last year I brought the agapanthus in the house early and this year it had no flowers. Somebody told me that was because it needs to freeze in order to reset the growing cycle so this year it is still outside. On the other hand last year I brought the geraniums (pelargoniums!) in and over wintered them in the house. This year I left them outside too long and now they are all wilted and frozen. I used to try and grow rosemary outside, but I rarely got it to over winter, now I bring it in but only when the temps might possibly be below about 20 degrees. The same seems to be true for the small bay tree. My plan right now is to bring the rosemary, the agapanthus, and the bay laurel in when it really starts to get cold in December and then put them back out around the end of February. I'll keep them by the back door and probably they will go in and out depending on the weather, sometime in April or so I will re-pot them. The rest of the potted plants either spend the winter buried in the compost pile or under the patio table which I wrap for the winter. February is only two months away and in between we get holidays that lighten up the darkness. Enjoy them.



**Jesse J Alcorta**  
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# Putting your flower beds to "bed" and why it is important

Julie Gamec

There are several types of gardens in the average yard, veggie gardens, annuals, weeds (I know, they are a nuisance, not a garden, but bear with me...), shrubs and trees, and perennials. There are different steps to take to put to bed each of these different types of gardens.

**For the Veggies:**  
 Remove old vines and plants. Insects that feed on the plants during the summer also lay eggs in the vegetation and will re-hatch in the spring. If you want, add a cover crop. Soil can be turned and compost or disease free organics can be added and turned into the soil 8"-12" deep. Areas where you have root crops, such as carrots and potatoes can be left intact.

**For the Annuals:**  
 Either remove the vegetation or dig it into the garden. Again, be careful to not dig insect or disease ridden plants.

**For the Weeds:**  
 Weeding any and all areas prior to winter will save you heartache this coming spring and summer. Weeds that spread by seed can send out thousands of seed now, only to drive you crazy this next growing season. Many weed are more easily killed by spraying / removing in the fall than in the summer.

**For the Trees and Shrubs**  
 Clean up all fallen leaves. There is no need

to fertilize now, it promotes growth that is unneeded, and slows dormancy. Don't forget to **WINTER WATER!** I can't stress how important it is. Even though it doesn't look like things are doing much during the winter, they are living things that need moisture. A good cheat for knowing how much to water is approx. 2 five gallon buckets worth of water for each 2 inches of diameter, once a month during the winter season. Water on a day that is over 40 degrees and with no snowfall on the ground. Also remember to wrap the trunks of young trees. Young bark can be prone to sun-scald. This is the equivalent to a sun burn. Tree wrap is inexpensive, can be installed in 5 minutes and protects you tree from cracking and splitting. Generally tree wrap should be applied at Halloween and removed at Easter.

**For the Perennials**  
 Now that we have had a good freeze, remove all the foliage. This will just make a mess for the spring, and it creates a cozy home for insects and disease. Mulching is important and can help protect roots. Mulching helps keep roots cold, so that our fluctuating temperatures don't give the plants a signal that it is time to grow. Peonies and bearded iris do not need to be mulched. As always, your local nursery/garden center is a great resource for taking care of your garden. Happy Holidays!

# Composting: The Original Fertilizer Plus Recycling!

Julie Gamec

In the heat of the summer with all the cutting and clipping and mowing - what do you do with all the waste? In the summer time, City trash can increase by up to 50% with grass and other plant pruning debris. Composting takes this 'waste' and turns it into soil. The reality is, regardless of what you may think or have been told, composting is as easy as bagging all that waste and hauling it to the curb.

This summer, instead of bagging, take all that plant material to an area in the yard where it can be piled (or contained) and left to decompose. Composting is not complicated or difficult. Sometimes, it just takes longer or shorter, some will have better immediate results. Be patient. Composting will require some fine tuning. Things like temperature changes and wind effect the microorganisms required to break down the debris. Remember that rodents and raccoons may treat your compost pile like a fast food restaurant, so please don't add fruit or vegetable peels, egg shells, meat, bones, or cheese.

The Colorado State Extension office has a great step by step guide to composting explaining the ingredients, process, holding methods, etc. The presentation can be found here:  
<http://www.extension.colostate.edu/SEA/yard%20&%20garden/Composting%202012.pdf>

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## Puppy for Christmas

Lorraine May

Nothing is more exciting on Christmas morning than a new puppy. These are just a few tips to get started on the right foot training your puppy.

### What's My Name?

Only use your puppy's formal name to get his attention and in training. Say, 'Zeb'. When he looks at you, say YES! And give him a treat and/or attention so he will increase how often he checks in. Use his nicknames when conversing or cuddling, and you don't need a behavior response from him.

### Sleeping

Allowing a puppy to sleep in your bedroom sends the message that they are part of the family. Because they feel safe they will often sleep through the night. You can have your puppy sleep anywhere you want but think it through. A young pup may need to be in a crate because of incomplete house training. During the day when he is active, a puppy can usually hold it for one more hour than he is months old (3 month old pup holds it for 4 hours), but once asleep he may hold it through the night.

### Leadership

It is important that your puppy realizes that everything good in his life can be gotten from you. It is equally important that you provide it. A good leader is a good communicator and provider who maintains consistency, fairness and calm. A puppy will respond favorably to this. You do not have to show the puppy who is 'boss' through unnecessary harshness or punishment. Let the puppy see that you have the food, the car, the leash and all the good stuff. He will do what you want to get what he wants.

### Punishment

Punishment, when a dog's behavior makes bad things happen, instead of education and guidance, is inappropriate for all dogs, but especially for puppies. Dogs often associate the choke or shock collar or alpha roll with the owner, and it undermines the relationship of trust and safety. A sensitive dog may become anxious and distrustful. A more confident dog may react with resentment or defensiveness. Punishment does not teach the dog what you want him to do. What he does learn is that you are frightening and perhaps dangerous.

### Leash Walking

Walking on a leash is unnatural in dog world. Having a collar pulling on his neck is unnatural, too. Your puppy has to slowly get used to it without being pulled or choked or frightened.

Help him realize that these unnatural items are what make his walks possible. Use treats and a jolly voice to keep his attention, and make the walks fun.

### Mine

Possession is 100% of the law in dog world. You will see dogs negotiating to decide who gets what and who gets to take it away.

Our rules are different and we need to clearly communicate what they are. There is never any reason to confront or fight about it unless your dog's life is in danger - for example, if he had something toxic in his mouth.

To prepare for the day when your dog has something he doesn't want to give up, play this exchange game daily when the opportunity presents itself:

Your dog has a toy in his mouth. You approach with a delicious treat (more valuable to him than the toy). You offer the treat to him so he can smell it. When he drops the toy to accept the treat, you name what he is doing, saying 'drop', giving him the treat. Then you return the toy to him. He learns that giving you what you want can result in a treat and the return of the toy!

A variation would be if he had something you did not want to return to him. You would simply give him the treat and keep the item.

Want more help with your new puppy? Misha May offers FREE Puppy Socialization. Classes include puppy socialization, playtime, relationship building, developmentally appropriate activities, and training foundations. Socialization is when a puppy experiences his world as a safe, positive and fun place, thus enabling him to grow into a confident, happy adult. Puppy handbook included.

Puppies, between the ages of 9 weeks and 5-6 months, who have had at least one round of the Distemper / Parvo vaccine, may attend. YOU MUST BRING PROOF OF VACCINES RSVP at mishamayfoundation@gmail.com. to receive registration form, exact address and additional information.

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 animal 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. The Dog Trainer / Behavior Specialist Program is designed for the working person, and teaches our effective reward-based, anxiety-reducing techniques. Misha May was voted #1 Best Dog Trainer 3 years in a row on Denver's A\*List [www.mishamayfoundation.org](http://www.mishamayfoundation.org). [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) 303-239-0382



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Main Stage

This beloved American holiday classic comes to captivating life on the Arts Center stage as a live 1940s radio broadcast, complete with an applause sign, commercial jingles, and on-stage sound effects. With the help of an ensemble that brings a few dozen characters to the stage, the story of idealistic George Bailey unfolds as he considers ending his life one fateful Christmas Eve.

### A Kantorei Christmas

Tuesday, December 20, 2016  
Kantorei, or singers, formed in 1997 under the leadership of six friends who decided to form a choir capable of singing a broad range of a cappella choral music. Now in its 20th full season of performing, the group has expanded into an auditioned ensemble of volunteer singers under the direction of Artistic Director Joel M. Rinsema. Many of the singers come from schools with strong choral music programs, such as Augustana, Brigham Young, Concordia, Luther, St. Olaf, Wartburg, and the University of Northern Colorado.

Join Kantorei for this special performance of holiday favorites, including a singalong. The group will choose selections from audience submissions; send your favorite Christmas carol to [kantorei@kantorei.org](mailto:kantorei@kantorei.org) for consideration.

For more shows in December visit [lonetreeartscenter.org](http://lonetreeartscenter.org)

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 Walnut Hills Volunteer Opportunities**

There is one opening for a volunteer Board Member (neighborhood 7). Map available at [walnut\\_hills\\_colorado.org](http://walnut_hills_colorado.org) Please volunteer 2 hours a month to keep Walnut Hills a wonderful place to live. The Walnut Hills Civic Association (WHCA) Board of Directors' 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. Join Us!

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| Andrea Suhaka - Neighborhood 2    | Jeryl Tippets - Neighborhood 13  |
| Monica Danfeler - Neighborhood 14 | Randy Lutton - Neighborhood 1    |
| Myra Garcia - Neighborhood 4      | Joe Compton - Neighborhood 11    |
| Donna Senn - Neighborhood 5       | Julie Marsicek - Neighborhood 15 |
| Julie Gamec - Neighborhood 6      | Carol Fisher - Neighborhood 9    |
| Fazal Abbas - Neighborhood 8      | Norma Wagstaff - Neighborhood 3  |
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**Just an update:**  
 After the note appeared about the US flag being stolen on the 4th of July from the front of my house, a kind neighbor stopped by and gave me a flag that she was not using. That sort of kindness is what this country is about! Jim Rogers




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