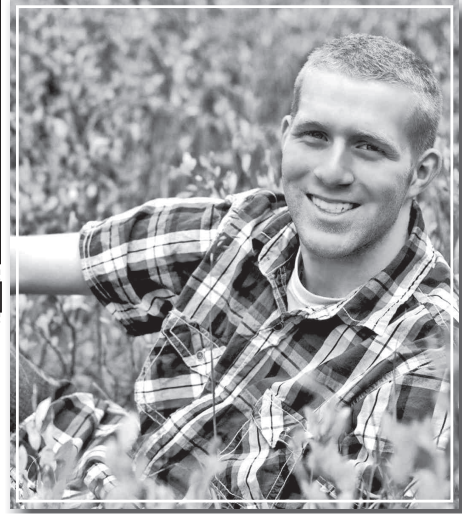


# Walnut Hills Newsletter

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

## 2013 Walnut Hills' Scholarship Winners



It is with a great deal of pleasure that we announce the four winners of the 2013 Walnut Hills' Scholarships. They are very active and dedicated group of students. They certainly speak well for the Walnut Hills' community and those who live in it.

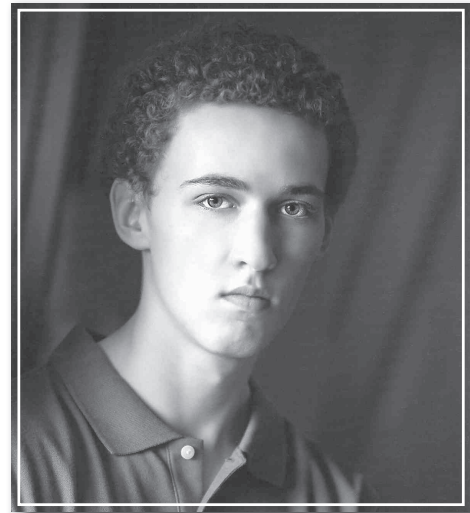
Due to the continued support of the residents of Walnut Hills, the Walnut Hills Civic Association, the Walnut Hills Newsletter, and some private donations, the Scholarship Committee decided last fall to offer four \$2,500 scholarships. The decision to offer four scholarships instead of the three normally offered was partially due to the large number of Walnut Hills seniors in this years graduating class. The \$10,000 amount equals the largest amount ever offered. The winners of the 2013 Walnut Hills' Scholarships, in alphabetical order, are:

**Alexander W. Hamilton**, son of Barbara Calder of Walnut Hills, Centennial. Academic perseverance and extracurricular dedication are two areas that best describe Alexander. Academically, he has taken seven Advanced Placement Courses with all A's and 10 additional Honors courses earning him a 4.6 G.P.A., and ranking him in the top 3% of his class. He has served as Vice President or Co-President of the Chinese Honor Society, Key Club and Awareness Club, is a member of National Honor Society and was selected as one of the Peer Mentors from his class. One of his challenges that he has mastered is the speaking of Mandarin Chinese, a course that has special meaning for him. Alexander also has a love for the sciences, where he has completed four years of "Honor" science courses. His teachers comments that, "He is always the diligent, conscientious student that reaches out to other students who are struggling, tutors them, and shares his drive and passion." Alexander plans to attend Brown University in Providence, Rhode Island with majors in Biology and Chinese, as well as Psychology.

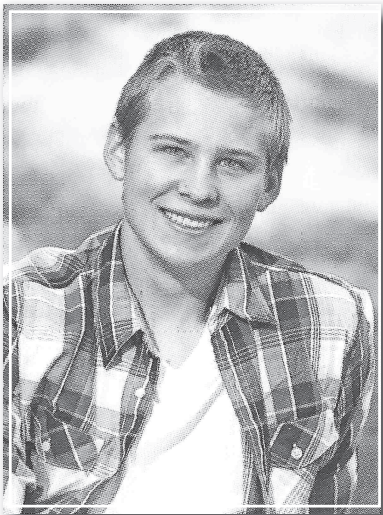
**Yueh Yueh (Joyce) Ling**, daughter of Koh Sing and Chien Ho Ling of Walnut Hills, Centennial. The desire to learn about herself and the world around her heads the list of Joyce's goals. She is an accomplished

student who thrives on caring about others. Her counselor comments that, "She has shown that learning about other cultures and demonstrating respect for all people is her priority." Joyce has an outstanding academic record consisting of seven Advanced Placement Courses, five of which were completed in her Junior year with a 4.1 G.P.A. Along with having an outstanding academic record, Joyce is a member of the select Girls 21 choir. She also serves as President of both the Awareness Club and the Korean Club and is a member of Big Sisters and the Chinese Honor Society. In addition to all her school activities, she is the leader of her Church Youth Group and has a part time job as a private tutor in English. Joyce plans to attend the University of Colorado - Boulder with an undecided major.

**Austin M. Strain**, son of Jayne Bauer and James Strain of Walnut Hills, Centennial. "Balance" is the word that best describes Austin. Balance, between academics, athletics, activities and part time job. His well roundedness is exemplified by a strong academic record. He has taken seven Advanced Placement courses and scored high enough to be named a National Advanced Placement Scholar. He has received Honor Academic Awards all four years. He has been an active participant in Soccer, where he was named team captain for two years. Austin also enjoys outdoor sports with his friends and family. He served as a Mentor for the Freshman Class. In addition to his strong academic record, sports and activities, he has held a part-time job during the school year and during the summer. His counselor comments that, "Learning is more important to him than earning an A in Class, in spite of this he has earned mostly A's. His active involvement in his Advanced Placement Government Classes has led to his desire to study Political Science at the University of Colorado-Boulder with a desire to go on to Law School



**Brian A. Zuber**, son of Carol and Al Zuber of Walnut Hills, Centennial. Character and moral commitment are the two words that best describe Brian. Brian's active and dedicated involvement in two primary activities, Scouting and Church have been very influential in molding his character. In scouting, he earned his Eagle Scout and gained leadership role as an Assistant Troop Leader where he planned and directed many scouting activities. His Church has been an influential focal point of Brian's life. He has been on three work trips connected with his church, two to New Mexico and one to Peru helping to repair churches and homes, which have had a great influence as to his compassion for others. Brian was hired by his church as an intern in their youth ministry where he has many leadership roles in planning events as well as helping with finances and budgets. He has become a very strong student enrolled in several Advanced Placement and Honors courses. He was named as a National Merit Scholar due to his outstanding college test scores. Brian plans to attend San Diego State University and major in Chemistry with a goal to attend Medical School and become a General Practitioner.



One can hardly read about the involvement and dedication of these fine students without taking great pride in them and their accomplishments. The other applicants, while not selected, were outstanding candidates. The scholarship committee is proud of the manner in which these students represent their families, our community, and their school. (All four of the recipients are seniors at Cherry Creek High School) Congratulations! Submitted by the Walnut Hills Scholarship Committee



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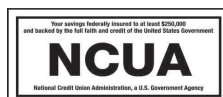
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# Walnut Hills Neighbors

by Frank Haskett



When you start talking to Sally Clark, you quickly notice a strong presence about her. She's a little weak now because of an injury, but her strength is apparent.

Sally Hankinson was born in Chuquicama, Chile, altitude 14,000 feet, and lived there until she was 13 years old. In addition to the height, it's also the driest place on earth--the Atacame Desert. She saw not one raindrop or snowflake until she moved to Staten Island, NY. Her dad was an accountant for the Anaconda Company, and they left Chile because her mother could no longer take the altitude. Sally is bilingual, growing up speaking Spanish and English. After a brief time in NY they moved to Butte, MT, where Anaconda had another mine. Then it was onto Grant, NM, but she went to high school in NJ while living with an aunt and uncle.

Sally had a scholarship and chose C.U. because they had the nursing program that she wanted. She would get an RN in any case, but wished to finish with a Bachelor of Science. While there she sang in the college choir. She graduated in 1961 and married fellow student Bob Clark. Bob had an accounting degree and took a job with a cattle company in--you guessed it--Montana. The Clarks lived in Sims, MT for three years and then moved to Great Falls where Bob took a job with Anaconda. They lived briefly in Butte and then Tucson before moving to Denver 34 years ago.

Bob worked in downtown Denver, so the house needed to be near a bus line (one car). Sally was still in Tucson, so he shopped houses and answered

her questions about them over the telephone. She had researched school systems and decided on Cherry Creek Schools. Price was important too, and they could afford about \$65,000. After all of this, Walnut Hills was the choice, and in 1975 they moved here. They've been here ever since.

Sally didn't work outside the home until her family of four children were raised, but she cared for foster children--abused babies. Her nursing education helped in this endeavor. Not moving every few years took some getting used to, but that soon was overcome and she went to work as a teacher's assistant at Willow Creek Elementary. After a year there, and another year at a middle school, she moved on to Eaglecrest High School where she spent the rest of her career. She started as a secretary, but quickly moved into post graduate testing and counseling. Not everyone wants to or can go to college, but they can use the test results later in life. Some join the military; others go to technical school, etc. Sally retired in 2008.

An inveterate reader, she has some 3000 books in the house. She usually has a book with her wherever she goes, although she is now using a "kindle" away from the home. Reading led her to start writing short stories which have been published in U S A Today, Out On A Limb and RMFW Anthology. She also received an award for poetry from the Northwoods Journal. That led to her first novel "Old Miguel" (out March 2013), and contracts for three more. Her topics are varied: child abuse, spiritual, murder mystery, time travel, religious inspirational, etc. It took her a year to write the novel, a year to edit/rewrite, and 4 years to get the first novel published! Publishers get so many submissions that you pretty much have to get an agent to have any chance. And they too get a lot of manuscripts--300 a day. But she got lucky. While at a writers conference, she stuck-up a friendship with a fellow writer who told Sally to call an editor at Tate Publishing in Oklahoma City. He read her story, liked it and it became her first published book.

Sally loves talking about her family (and why not). She knits sweaters and afghans for family, friends and babies. Her family has been posted around the globe so she has traveled to South America, Europe, Asia, and closer to home, Canada and Mexico. In addition to speaking Spanish, she understands Portuguese and German. She is fun to talk to and with all of the problems life has thrown her way, she is solid and perseveres. She told me that there are many people worse off (her husband has been very ill for some time). Her sense of humor probably has something to do with that outlook. On the way out she told me a joke!

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### Pedestrian Improvement Coming to Uinta Street

On April 11th, the Walnut Hills Civic Association voted to improve the west sidewalk on Uinta Street from Briarwood Blvd to Arapahoe Road. This work will be done in conjunction with the City of Centennial's reconstruction of Uinta Street this summer. After much debate by the Civic Association, there was a 6 to 5 vote in favor of doing something to improve the sidewalk (versus doing nothing at all). Both sides compromised by a 6 to 4 vote to improve only the sidewalk on the west side of Uinta Street, which would be widened from its existing width of 30 to 36 inches to a more appropriate 48 inches. The west side was chosen as the higher priority side as both the Walnut Hills Elementary School and the Castlewood Library are on the west side of Uinta Street. It was decided that improving only the west sidewalk was the way to balance the desire to improve the walkability of the street while allowing cars to still pass each other with ample clearance.

Brian Bern - Neighborhood 12 Rep

### Walnut Hills Civic Association Calendar of Events 2013

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



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#### ABOUT MARK

- Colorado resident for 17 years and Centennial resident for 5 years
- Wife, Elizabeth is a native of the Centennial area and graduate of Arapahoe High School; two children, Hayden and Grace.
- Vice President of Customer and Technical Support of a Fortune 200 company
- Serve on the Centennial Open Space Commission and Centennial Council of Neighborhoods

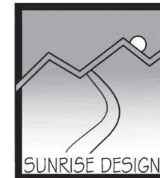
For details on Mark's plans, go to [MarkGotto.com](http://MarkGotto.com)

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### Walnut Hills 4th of July Parade and Ice Cream Social

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

This is the 5th or 6th year for this annual event. It's a good, old fashioned Fourth of July! The Walnut Hills Scholarship Committee will distribute the neighborhood scholarships around 11 am, during the Ice Cream Social. It will be held on Thurs., the 4th of July and, for those interested in walking in the parade from Dry Creek School to Walnut Hills Park, we'll begin staging at Dry Creek School at 9:30 am. You may just walk with us and wave to your neighbors, in costume or not, but if you choose to take part in the annual Costume Contest you will need to check in with Donna Senn, at her costume contest table around 9:30 am to get a pinney with a contest number on it. Awards will be given to 1st and 2nd places in (1) most patriotic costume, (2) most patriotic group costume, (3) most patriotic bike or trike, (4) most patriotic wagon and (5) and favorite old/classic car. We would love to see some of those old/classic cars that are hanging out in our neighborhood join us! Judging forms are distributed just prior to the parade to folks lining the route and should be turned in immediately after the parade at the shelter in the park. We will step off from Dry Creek at 10 am and end at Walnut Hills Park about 10:30 for the Ice Cream Social. (Route: west on Hinsdale at Dry Creek School to north on Quince to east on Fremont to east on Tamarac Ct. to north on Uinta to the park entrance on Uinta.) The Ice Cream Social will start as soon as the parade reaches the park.

### National Night Out, Walnut Hills Block Party

Andrea Suhaka, Chair, 303-770-0058, [standy@ecentral.com](mailto:standy@ecentral.com)  
 Tuesday, 6 August, 7 - 9 pm, at Walnut Hills School  
 Booths are available to Walnut Hills Civic Association members that have home businesses.

### Walnut Hills Sidewalk

Andrea Suhaka, Chair, 303-770-0058, [standy@ecentral.com](mailto:standy@ecentral.com)  
 The Walnut Hills Civic Assoc. Board voted on 11 April to construct a 4-foot sidewalk along the west side of S. Uinta St. from Arapahoe Rd. to Briarwood Blvd. Because of concerns about narrowing Uinta, we opted for widening on just one side. This should help make the walk to Castlewood Library a bit more comfortable for those not walking alone. The current sidewalk is 30-inches wide. This will be done in conjunction with the reconstruction of S. Uinta St. by the City, but the sidewalk will be funded by our General Improvement District. The sidewalk should cost between \$70-75,000. We have asked the City to, please, keep us apprised of other reconstruct projects in our neighborhood, so we can be on the watch for other sidewalks that might benefit from widening (main thoroughfares).

### Walnut Hills a Not-for Profit?

Andrea Suhaka, Chair, 303-770-0058, [standy@ecentral.com](mailto:standy@ecentral.com)  
 The Walnut Hills Civic Association believes it's time for us to become a not-for-profit organization. We are registered with the State as such but would like to complete the formal process to become a federal 501(c)3. We are hoping to find a lawyer in the neighborhood who would be willing to help us complete the necessary paperwork, pro bono, to get this done. Please, contact me at the byline above if you would be willing to help us take this important step.

### Walnut Hills Community Garden

Andrea Suhaka, Chair, 303-770-0058, [standy@ecentral.com](mailto:standy@ecentral.com)  
 The Walnut Hills Civic Association has decided to drop the project of a community garden. There is no one willing to lead that project at the current time. It seems the expense and time involved discouraged those interested from moving this project forward.



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## Cub Scout Pack 257: Come See What Scouting is All About!

Do you have a son entering 1st through 5th grades? Consider joining Cub Scouts--Scouting is great for boys! Our boys learn core values like citizenship, respect for self and others, and service to our community, all while having fun in an age-appropriate, safe environment. Our summer activities include day camp and overnight camp, our annual pool party, and Scout Movie Night Under the Stars. During the school year, we hold regular pack and den meetings, where we explore the arts, learn about the environment, taking care of ourselves, basic first aid and camping skills, and a host of other exciting adventures. There's never a dull moment in Scouting, whether it's gearing up for the Pinewood Derby, visiting a local fire station, or just playing an awesome game of tag!

Our service projects this year include maintenance and clean-up at Walnut Hills Elementary, a food bank garden at Walnut Hills Elementary, and our annual leaf rake in the Walnut Hills and Hunter's Hill neighborhoods. We'll also participate in Adopt-a-Family for the holidays, and we'll send pocket flags to our troops overseas.

Scouting is a great way for boys to interact with kids their age in a setting that's inclusive and encouraging. It allows kids to spread their wings and try all sorts of new things. Scouting provides an unlimited supply of opportunity for fun, adventure, and community, and we welcome all Scouts and their families! Come see what we're all about!

For more information on Cub Scouts, please contact Jennifer Loehr at [jennifer@loehrs.com](mailto:jennifer@loehrs.com) or 303.359.6452. You may also visit the Boy Scouts of America Denver Area Council website at [www.denverboyscouts.org](http://www.denverboyscouts.org) or the national website at [www.scouting.org](http://www.scouting.org).

## Boy Scout Troop 574

has been meeting regularly at Dry Creek Elementary this Spring, and is now taking advantage of the warmer weather to introduce its 14 newest members to the "outing" in Scouting. We had our Spring campout in April at Bear Creek Lake State Park where we did some orienteering and learned about all of our troop camping equipment again, followed by a May campout at Golden Gate Canyon State Park where we accomplished some rank requirements including building fires and using a compass and map to complete a 5-mile hike. Another



outside activity was celebrating Earth Day in late April by providing Spring clean-up and prep work for Dry Creek's Dolphin Club garden as a continuing service project for the children and staff at the school, plus doing a trash sweep of the entire school and park grounds. We also have been outside working on physical fitness requirements at each Tuesday meeting. We are glad the weekly Tuesday snowstorms of April finally ended. June will provide an adventure to Buena Vista for hiking and whitewater rafting before nine of the Boy Scouts and Venturers and 3 adults depart for the Bahamas for a week of learning to sail, deep sea fish, and live aboard a sailboat. July will have another group of four scouts heading to West Virginia for the National Jamboree, while eighteen stay local and attend week-long summer camp at Peaceful Valley Scout Ranch near Elbert.

On April 23rd, we held our Spring Court of Honor, and 12 of our new scouts received their Scout badge earned since crossing over from Webelos. We also had several other older scouts receive rank advancement and merit badges they earned since January, and one Eagle Scout earned his Bronze Palm. We will look forward to a lot of rank advancement and merit badges and other special awards to give in October after all the scouts have a great summer of Scouting. We also want to invite you to join us for a special Flag Day flag retirement ceremony on June 15th starting at 6:30 p.m. at the Walnut Hills amphitheatre behind the school.

We look forward to meeting residents that would like to support our scouts and troop through our annual fresh Palisades peach sale fundraiser in July and early August. Please contact Eric Vitcenda/Scoutmaster at 720.379.5600 if you are interested in this fundraiser, or if you have a young man interested in learning more about our troop and Scouting.

Join Your Neighborhood Scouts for a Flag Day Celebration!

Flag Day is Friday, June 14th. Please join Cub Scout Pack 257 and Boy Scout Troop 574 for a Flag Day Celebration and Retirement Ceremony! When: June 14th, 6:30 pm Where: Walnut Hills Amphitheater (behind Walnut Hills Elementary)

Cub Scout Pack 257 and Boy Scout Troop 574 are teaming up for their 3rd Annual Flag Day Celebration. We welcome all of our neighbors to join us as we honor our flag, reflect on its meaning, and join together for an evening of community. If you have questions or would like more information, please contact Jennifer Loehr at 303.359.6452 or [jennifer@loehrs.com](mailto:jennifer@loehrs.com).

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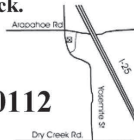
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Hello to Walnut Hills,

Happy Anniversary! What happy memories we have from our early years there. Our niece sent us the anniversary edition of your newspaper which we greatly enjoyed. We moved to Walnut Hills in the fall of 1962 and moved from there the summer of 1970. We owned the Maple model at 8362 E Briarwood blvd. It was a beautiful pink brick home with a huge back yard for our four sons and the dog to play in. At the time there was NOTHING beyond Briarwood Blvd or west of Uinta. Our oldest son was in the first 1st grade class when the new open pod school opened.

We well remember the herds of tumble weed that rolled up the hills and caught in the fence corners. I think I might be in the photo of the women cleaning up the entrance way. In 1963, we had an emergency and the police officer bounced across the fields from west to east to reach Arapahoe Rd in a hurry. The farmer and his family that purchased the home across the street still owned the land that became the Tech Center - we wondered if he could be right about some huge technology center being built there someday.

Since our days in Walnut Hills we lived in several mountain areas of CO and moved to Florida in 1989. The longer we are here the more we miss Colorado!

Thanks for the memories,  
 Sue & John Haberkorn  
 Lake Suzy (SW Florida) near Port Charlotte



**Women Wage War on Weeds**  
Denver Post Photo by Ira Gay Sealy  
 Better than a one-woman war on weeds is a war waged by a whole committee. Members of the Walnut Hills Women's Club go to work on the weeds at the entrance of subdivision at Arapahoe Road and Willow St. as part of their improvement project.

Dear Walnut Hills Residents,

Thank you for your continued support over the last year with your donation of aluminum cans. You have helped me raise a substantial amount of money for my National Boy Scout Jamboree Trip this summer. It is finally almost here and I will stop collecting cans at the end of June (June 28-29th will be the final collection weekend) before we set out the first week of July. If you want to help me this last month, please call me at (303)770-6099 or Email me at Monty.Christo.iii@gmail.com.

In return for your help, I hope that you will not hesitate to contact me if I can do a good turn for you!

Thank you again for your support,  
 Monty Christo III



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Dear Editor:

There has been a spate of articles recently published on the national honeybee crisis. Losses for the 2012-2013 winter are expected to be in the 40 to 50% range. Colorado citizens may think this is not a problem here--but it is. Colorado bees in general, and honeybees in particular, are in trouble, too.

The Colorado State Beekeepers Association would like to encourage every Colorado citizen to help the honey bees—and other important pollinators--by doing three 3 simple things.

1. Plant more flowers. Bees, and other pollinators, LOVE flowers! Flowers LOVE bees! Each is integral to the success of the other. Around here, most of the flowers that bees love are also drought tolerant, too. An added bonus! Not sure what to plant? Consult your local nursery or garden center for advice on seeds and plants.
2. Quit using pesticides. All pesticides—but especially insecticides and herbicides. Bees fly quite a long way from their hive and, as a result, are exposed to lots of these products. Too many, as it turns out, and it is a contributing factor in these staggering losses. Put away those pesticides and while you are at the nursery, talk to them about bee friendly practices and products for your lawn and garden.
3. Swarm season is right around the corner! Swarms are extremely important to Colorado's beekeeping community as they represent "survival stock"—the bees that have survived a Colorado winter. Swarms are quite gentle but can be quite disconcerting due to the sheer number of bees within them (on average, about 10,000). DO NOT HURT A SWARM! Go to [www.coloradobeekeepers.org](http://www.coloradobeekeepers.org) and click on "Swarm Hotline" to contact a beekeeper to pick up the swarm. For FREE!

Thank you for your help. Encourage your neighbors and friends to participate, too. Together, we can improve the health of bees and pollinators in our own communities.

Sincerely,

Beth Conrey  
 President - Colorado State Beekeepers Association (CSBA)

**Thinking of buying or selling a home?** As a Centennial native, I understand the unique beauty that is Walnut Hills, as well as Willow Creek, and Hunters Hill. I care about the people who are going to buy your house. There is a passion involved when you love the area in which you work. I will strive to keep the integrity of the neighborhood and the people that live in it. Give me a call **and let me be your expert neighborhood REALTOR**



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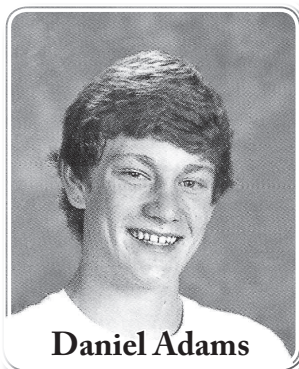
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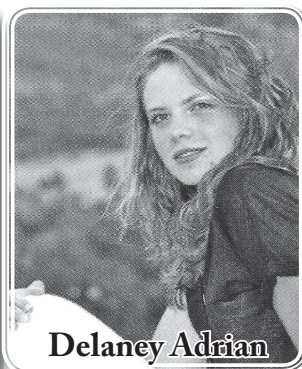
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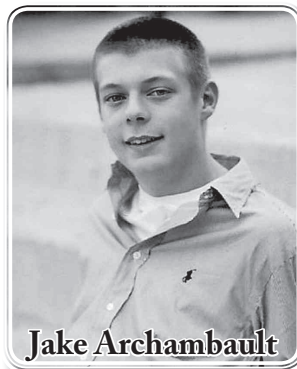
# Presenting the Graduates



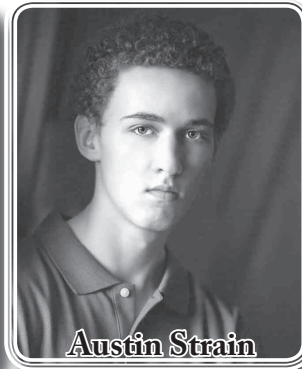
**Daniel Adams**



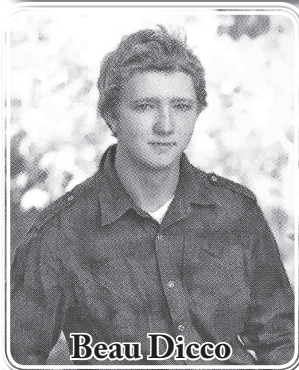
**Delaney Adrian**



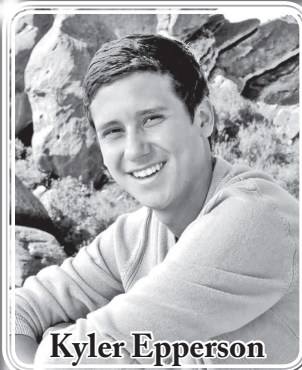
**Jake Archambault**



**Austin Strain**



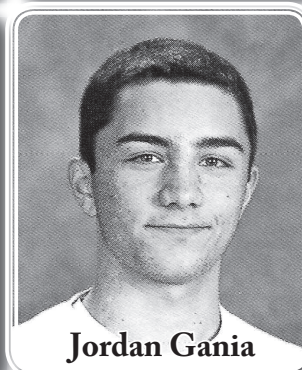
**Beau Dicco**



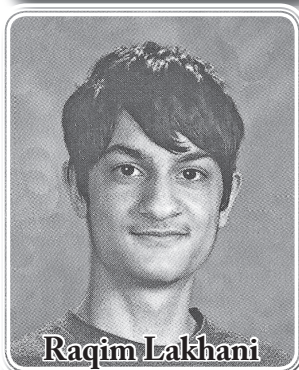
**Kyler Epperson**



**Kaitlyn Fast**



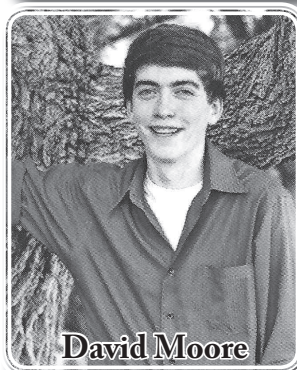
**Jordan Gania**



**Raqim Lakhani**



**Joyce Ling**



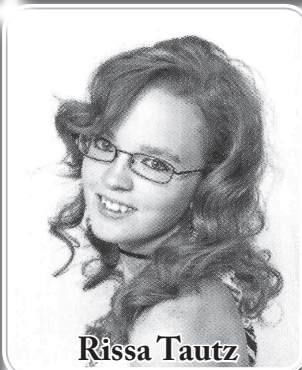
**David Moore**



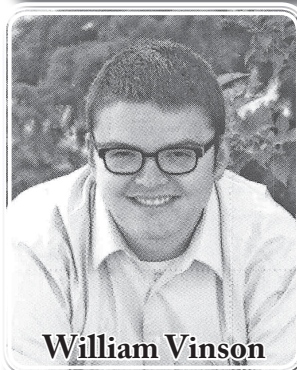
**Ian Newell**



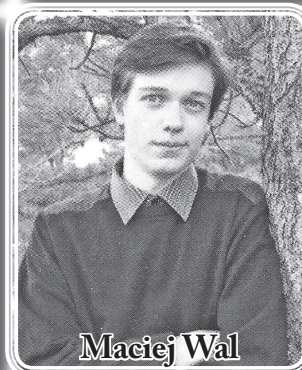
**Emily Selders**



**Rissa Tautz**



**William Vinson**

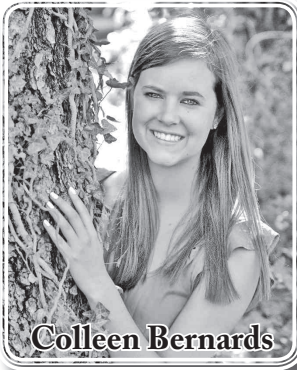


**Maciej Wal**

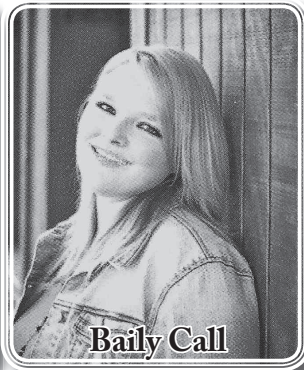




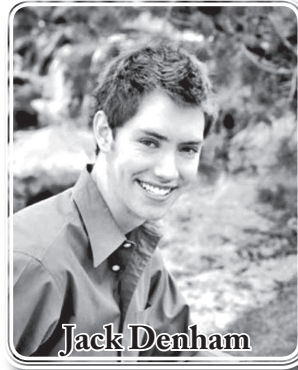
# Congratulations!



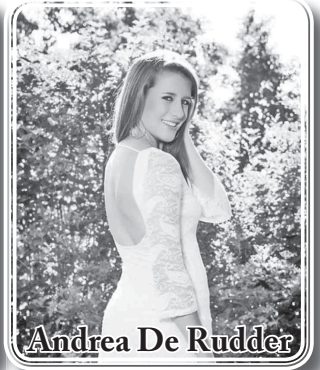
Colleen Bernards



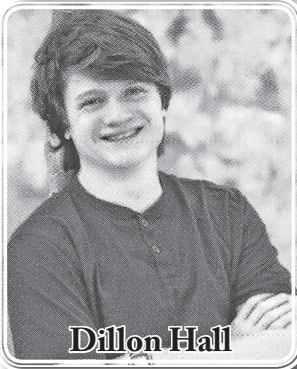
Baily Call



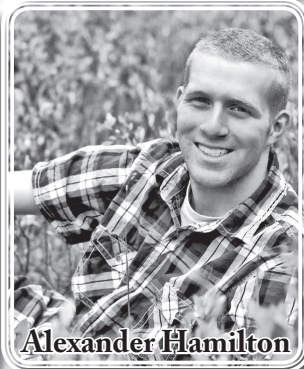
Jack Denham



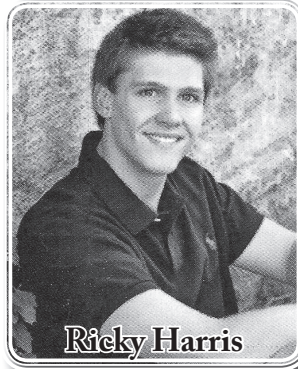
Andrea De Rudder



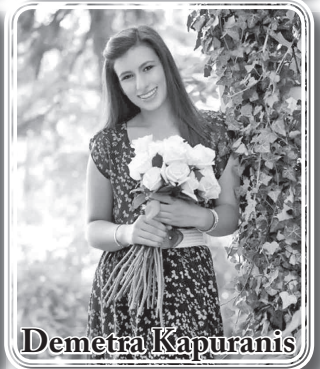
Dillon Hall



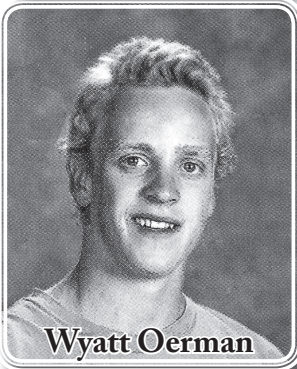
Alexander Hamilton



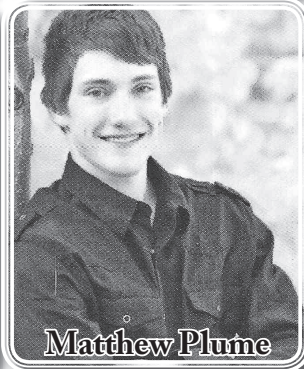
Ricky Harris



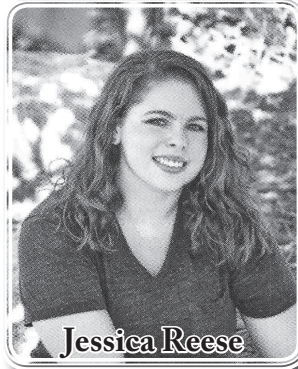
Demetra Kapuranis



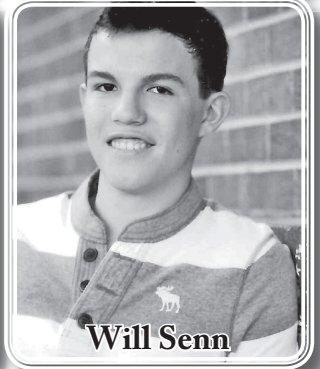
Wyatt Oerman



Matthew Plume



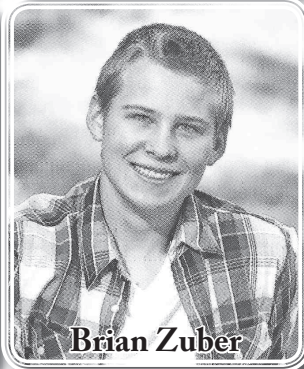
Jessica Reese



Will Senn



Jackson Xia



Brian Zuber

# 2013







## 2013 Walnut Hills Easter Egg Hunt

At 11 am on Saturday, March 30, 2013, the air horn sounded and the annual Easter Egg Hunt had begun! Kids of all ages raced down the slopes at Walnut Hills Elementary School to gather the candy and treats left by the Easter Bunny. The excitement was contagious, and everyone there smiled and laughed and enjoyed the beautiful, sunny morning. The hunt was followed by a cookie walk and craft table to top off kiddo's Easter baskets. The Easter Bunny made a special stop to welcome everyone and take some photos.

The Walnut Hills Civic Association wants to thank everyone of your generous support; your annual dues make this event possible!! Many, many thanks to our wonderful sponsors, TCBY Greenwood Village and The Bakers Way. Thanks also to the volunteers who spent the morning setting up, monitoring and cleaning up the event including: Melissa Deal and family, Julie Wescott, Pam Schwent, Jack DeFez, Katy Burlingame, Brian Olson, Andrea Suhaka, Liz Garmatz, Lindsey Herrman and Steve Petalis. Thanks to Walnut Hills Elementary School Principle, Cyndi Burdick, and PTCO members who advertised this great event on the marquis board. A very special thank you to Debra Gania who's direction and suggestions made coordinating the event seamless!

To support or become involved with this fun annual event, become a member of the Walnut Hills Civic Association or contact Julie Gamec at 303-263-6823.



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Laura L. Juba-Terrell, OD.  
Hayes A. Redmond, O.D.







## 2013 Dumpster Days

by Donna Senn

Wow what a great turnout out this year for Spring Dumpster Days!

The weather was bright and beautiful. It was a pleasure to meet old regulars and new neighbors just “cleaning up.” Members were lined up before 7:30am and as soon as the “The Garbage Man” trash trucks showed up, we starting dumping, and a big Thanks to the men who “handled” our trash. 37 new members joined in line with the 91 families waiting their turn. Both weekends totaled 128 dumps!

It is always a pleasure to see Brookie “the metals man” with his son Dawd. They collected lots of metals and claimed our old treasures to be recycled. They have joined us for several years now and have supported out Dumpster Days no matter what the weather.

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.

For your 20 dollar 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!

Thanks to Andrea Suhaka, our membership coordinator, for being our gatekeeper and to Frank and Maggie Haskett for doing the “donut run” that keeps us happy and fueled.



Truck watching with Dad on Saturday morning!  
It doesn't get any better than this!

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## Self-Reliance Corner

by Jo Haugland

It's spring! Time to do some spring cleaning; not the house cleaning kind, but mental cleaning. Every year after the final snow has been proclaimed; many open up their houses, air them out and clean them up. I submit we should do the same for our minds and bodies. Shake off the winter clothes, tune up the bikes, get new running or walking shoes, ditch the winter coats, and go outside. This may be what some people call "spring fever."

Spring is my favorite time of year and I don't want to miss a minute of it. The hummingbirds have returned, all the new edible greens are up, the owls have had their babies over the "Dentist" sign in Roxborough, and the bike paths are finally clear.

Don't miss the opportunity to go outside, suspend thoughts of business, money worries, household and other pending projects. This is the time to brush away winter cobwebs and notice everything new around you. We've all been inside too long!

On my bike ride today, I noticed at least 20 different young and tender plants that could be monitored as food sources. Beautiful wild flowers decorated either side of the riding path. Chorus frogs sung in their ponds filled with cold spring runoff. Mothers, grandparents, babysitters, and children strolled paths, took off their shoes, waded, rode trikes, bikes, buggies, and strollers. Everyone enjoyed the beautiful sunny, gusty, spring day.

Spring is the annual event that spurs all creatures into activity after the long winter. The term "spring fever" certainly applies to graduating seniors. They can hardly sit still one more minute until they are out of school. Most humans seem more awake and alive in spring and in the anticipation of coming warmer weather and associated activities. The Los Angeles Times reports "Anthropologists have suggested that spring fever may have developed over the course of human evolution. They point out that early humans often spent winter in a state of near-hibernation. Then, when spring arrived, they would enter an active period of intense hunting, gathering, and procreating.

Attractive though that theory may be, it doesn't quite explain the state of the early American colonists come spring. Historians think the colonists coined the term spring fever to refer to the weakness, fatigue and irritability many felt after a long winter without fresh fruits or vegetables. (Technically, the colonists' symptoms were that of scurvy.) Such etymology suggests that the term spring fever is a remnant of times past that's been co-opted to mean something different today." For me, spring fever certain means a more active period, I don't have scurvy but I definitely feel like hunting, gathering, and CAMPING!!

Whatever spring or spring fever means to you, go out and enjoy it! It won't be long before 85-100 degree temperatures are the norm and we'll wish we had the cool evenings and early spring newness to savor.



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



Dear Walnut Hills Friends and Constituents,

Your Centennial City Council Members are very pleased to congratulate the graduates of the Class of 2013! As the economy continues to improve, it's exciting to think about where life will take each of you. You've worked hard to reach this achievement, and we're so pleased to celebrate your success.

Please join us this summer at our sponsored events:

July 27  
2nd Annual Reggae in the Park  
5:00 p.m. – 10:00 p.m.

Featuring the original Grammy nominated Wailers & Policulture. Two-time cancer survivor and Denver Nuggets Head Coach George Karl is leading the way to help raise money for holistic cancer care treatment to those in need. To purchase tickets or for more information, visit [www.reggaeintheparkdenver.org](http://www.reggaeintheparkdenver.org).

August 3  
Celebrate Centennial Under the Stars  
6:00 p.m. – 10:00 p.m.

This year has a new twist! Join us and be dazzled by a spectacular laser light show and live music. Enjoy entertainment, food, activities for the family and more! Stay tuned as more exciting details are unveiled!

September 14  
Centennial "Dog Days"  
10:00 a.m. – 2:00 p.m.

Pet owners will be treated to a variety of activities to pamper their pets. Event activities include: give-a-ways, local pet vendors and demonstrations.

October 4 – 5  
Fifth Annual German Day in Colorado  
October 4 from 5:00 p.m. to 11:00 p.m.  
October 5 from 11:00 a.m. to 11:00 p.m.

Celebrate the heritage and traditions of German-speaking people; observe the anniversary of German unification; and enjoy authentic German food, beer, wine, music, dancing, entertainment, educational exhibits and German business booths. Presented by the Edelweiss Preservation Foundation.

We'll be holding our next District 3 Meeting on July 11th, at the Centennial Civic Center, at 13133 E. Arapahoe Rd. from 6:30PM – 8:00PM

As always, your calls and e-mails are welcome. We can help with any policy matters, or anything you think we should be aware of. If you have a concern that might be handled better with a direct request to our City staff, you can always call (303) 325-8000. If you're interested in checking the City's calendar of events, listening to live or archived public meetings, or learning about City topics from permits to pot holes, you can explore [www.CentennialColorado.com](http://www.CentennialColorado.com).

Warm Regards,

Council Member Rebecca McClellan  
[RMcClellan@CentennialColorado.com](mailto:RMcClellan@CentennialColorado.com)  
(303) 956-2845

Council Member Ken Lucas  
[KLucas@CentennialColorado.com](mailto:KLucas@CentennialColorado.com)  
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## Timeless Dog Training Tips

Lorraine May, M.A.

### Canine Graduates Seek Meaning Too!

Many of us take our best pals to a variety of classes such as obedience, good manners or how to walk on a leash. Our dogs participate in activities including agility, rally and fly ball. They become service dogs, working dogs and audiences for young readers.

We teach our dogs to sit, weave and retrieve. We reward them for listening attentively and following directions. We enjoy their company and sometimes even depend upon them for our health or our very lives.

I recently enrolled in a Canine Freestyle Dog Dancing class with my 12 pound, 5 year old Rat Terrier. My intention is to spend time with him and have fun. I also like that his intense energy and quick mind are being channeled into an activity at which he seems to be naturally talented. My observation is that he is in complete harmony. Shadow is learning to circle, jump, wiggle and bow on cue. I am considering entering a competition if it suits us as a team.

We humans tend to focus on our own goals. We seek involvement in these endeavors for a variety of reasons including as a way to spend quality time with our dogs, to mentally stimulate them or to provide adequate exercise. At times the payoff also includes earning a medal, title or certificate. Having a sense of our dog's goals allows us to avoid the stress that can accompany our activities, particularly those which are evaluated.

Sometimes we lose sight of what has meaning for our dogs at 'graduation'. Mine have made me aware of the following:

- To learn how to learn so I can please my human.
- To communicate my needs.
- To learn to live well in the human world.
- To be allowed to follow my natural instincts as much as possible.
- To experience love, safety, joy and appreciation.

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

### NO OVEN Summer Dinners

In the middle of summer, who wants to heat up the house by turning on the oven? Here's a few "no cook" or "outdoor cooking" ideas our Walnut Hills moms turn to when Mother Nature turns up the heat!

#### "Hippie Dinner"

We like to fill Pita Bread pockets with hummus, feta, and whatever assorted fruits and veggies we have lying about. It's quick and easy and great in the summer because there's no cooking required.

#### "Rainbow salad"

We usually make this when we have leftover grilled chicken to chop up, but canned albacore works too. Throw the meat over a pile of lettuce and then put out bowls of chopped veggies and fruits for the children to choose from. The challenge to the kids is to get in as many colors as possible, like a rainbow.

We've used:

Red--tomatoes, pepper, strawberries, Craisins, or sun-dried tomatoes

Orange--carrots, orange peppers, orange slices, or shredded cheddar

Yellow--banana slices or yellow peppers

Green--usually point out to me that the lettuce is green so they reject any other green veggie...but the possibilities are endless!

Blue--blueberries or blackberries

Purple--This one is tough...chopped cabbage? what else is purple?

#### "Pizza's on the Grill"

We use a whole wheat tortillas, put down some marinara, ham, pineapple, a bit of Italian seasonings, and some shredded mozzarella (or whatever cheese we have around.) I think we grill them about 3 minutes on the grill, rotating them frequently so they don't burn. Just until the tortillas are crisp and the cheese is melted. Pick your own favorite toppings and try it!

#### "Grill It All!"

When we cook outdoors we don't want to heat up the stove too so we try to cook everything outdoors.

Corn on the cob -- soak the cobs with their husks on so they absorb water and then throw them on the top rack before you start your meats. Let them slow roast until you're ready to eat!

Mushrooms -- make a tinfoil pouch, add mushrooms, butter and a little garlic - seal it up and put it right on the grill!

Zucchini -- slice them lengthwise, brush with olive oil and season to taste - grill in a metal basket or on foil.

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

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## Heritage Wine & Liquor Owner Patti Robinson Hits ColoradoBiz Magazine's Top 100 Women Owned Companies List

CENTENNIAL, Colo. - Heritage Wine & Liquor announces that owner Patti Robinson made the prestigious 2013 ColoradoBiz Magazine's Top 100 Women Owned Companies List. The only liquor retailer to make the list, the company's sales and revenues for 2012 provided winning criteria. Heritage Wine & Liquor secured spot No. 31 on the list of celebrated women business leaders in Colorado, and Heritage Wine & Liquor and winning companies are featured in the May issue of ColoradoBiz Magazine.

Heritage Wine & Liquor is a family owned business that will celebrate its 40th anniversary in September. Robinson runs the business with an accomplished staff, including three certified sommeliers, and the business is also the first retail liquor store to obtain "Colorado Proud Certified" status.

"We owe our extraordinary clientele all the thanks possible for helping us achieve the Top 100 Women Owned Companies List," says Robinson. "Our customers have made us their destination wine and liquor provider for decades, and our accomplishments are in direct relation to the loyalty, the consistency, and the continued presence of our community -- most of all, our customers. We are thrilled and all of us feel deep gratitude to those who've partnered with us to make our success possible."

For nearly 40 years, Heritage Wine & Liquor has been a leading retailer serving the South Metro Denver area. The 14,000 sq. ft. store offers a vast selection of fine wines, micro brews and spirits from around the world, as well as from local distillers and breweries. Product orders can be placed ahead of time and picked up or scheduled for delivery (303-770-8212) and personalized attention is the cornerstone to the store's continued growth and success. Furthermore, the store and staff love a challenge; the hard-to-find from across the globe, the scotch discovered at the "ends of the earth" - are all items

Heritage Wine & Liquor looks to discover and provide customers.

"Retailing is in my blood," says Robinson. "Years ago, my grandmother owned a store on 16th Street in downtown Denver, and I absolutely love what I do. But the Top 100 Women Owned Companies honor was achieved as a direct result of our customers. We received this honor due to the clientele we have enjoyed for decades.

"Being in the liquor business is the best," she adds. "People love shopping here, they love the selection, they love the way they are treated and they love knowing they are getting a great value."

For further information about Heritage Wine & Liquor, visit [www.heritagewineandliquor.com](http://www.heritagewineandliquor.com), or call 303.770.8212. Patti Robinson can be reached directly at [pjr@heritagewineandliquor.com](mailto:pjr@heritagewineandliquor.com).

### About Heritage Wine & Liquor

Heritage Wine & Liquor is a second-generation owned family business that serves the South Denver area. For four decades, Heritage Wine & Liquor has served its community by offering over 14,000 sq. ft. of premium wines, spirits and beers, including imported, and world-renowned products, as well as local and micro-brewed fare. Built on the motto of over-delivering the best experience possible for each and every customer, Heritage Wine & Liquor achieved Colorado Proud Certification status and has grown continually for the past several decades. Currently three certified sommeliers are on staff, and pre-ordering, delivery and special requests are always available. Challenges are the company's cornerstone; finding the hard-to-find is the norm. Customers trust Heritage Wine & Liquor to offer them the best prices in town; no gimmicks, just great prices all the time. Contact Heritage Wine & Liquor directly at 303.770.8212 or visit [www.heritagewineandliquor.com](http://www.heritagewineandliquor.com) for further information.

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(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.

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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.

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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  
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