

Walnut Hills Newsletter

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



Fall Dumpster Days Saturday, October 12th 8am to 11am

The Fall Dumpster Days is the last chance to clean up before winter. If you are not a member of the Walnut Hills Civic Association, don't worry, you can join while you are waiting in line. \$20 for your membership allows for one pick-up truck full of trash. If you need more than one; that will cost you \$10 extra. The lineup starts in front of Walnut Hills Elementary and "dumping" will start as soon as the trucks get to the parking lot. "The Garbage Man" trucks and workers will pull off your trash, so you don't have to touch it! And as always Brookie "the metals man" with his son Dawd will claim our old treasures to be recycled. 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.

Dumpster Days Chair Donna Senn 303-741-2065

Volunteer needed to deliver 20 papers, only six times a year on East Davies Place. Good for kid's community service projects. If you can help, call

Donna Senn
720-741-2065

Holiday Lighting Contest

Cash Prizes for 1st, 2nd and 3rd
Week of December 15th

10 X \$0=Mortgage SAVINGS

10 = 10 year term \$0 = NO closing costs

Do you owe \$100,000 or less on your mortgage?

Save thousands of dollars and years of payments by refinancing at a great low rate and pay **NO closing costs!**

- Rates as low as 3.75% APR*
- Loan amounts \$20,000-\$100,000
- Cash out allowed
- No prepayment penalties
- MCCU pays **ALL** closing costs
 - ⇒ Origination, Title Insurance, Flood Insurance, Deed Filing Fees, Appraisal, Credit Report = **BIG SAVINGS!**

Call a Loan Officer for details at 303-770-4468

Metrum Community Credit Union

303-770-4468

www.metrumcu.org

6980 South Holly Circle
Centennial, CO 80112

*3.75% is floor annual percentage rate and is subject to change without notice. \$20,000 minimum and \$100,000 maximum loan amount. 60% maximum loan to value. Escrow funds may be collected at closing. With approved credit. Existing MCCU mortgages do not qualify. Sample monthly payment: \$100,000 at 3.75% for 120 months=\$1,000.79.



CU SERVICE CENTERS.
The Member-Friendly Financial Network



Walnut Hills Teen Makes Nation's Top Tennis Tournament

Connor McPherson, 16, of Centennial, Colo. and Walnut Hills resident, made it to the nation's top tennis tournament held in Kalamazoo, Mich., during the first week of August. He was one of only four other Coloradans and about 200 kids in the country to make the cut.

The tournament, the United States Tennis Association Boys 18s & 16s National Championships, has a who's who list of past winners including: Rod Laver, Arthur Ashe, Jimmy Connors, John McEnroe, Andre Agassi, Pete Sampras, Andy Roddick and Bob and Mike Bryan.

"It was amazing to get to go, I've never experienced anything like it," McPherson says. "This was definitely the pinnacle of my tennis career."

McPherson had to play the number 70 ranked player in the country and lost a close match, 7-6, 2-6, 6-0.

McPherson is ranked 170 in the country and 7 in the Intermountain section of the United States Tennis Association. This fall he'll play singles for Cherry Creek High School where he'll attempt to win his fourth straight state championship.

He learned to play tennis on the courts behind Walnut Hills Elementary School and he often practices there still.

McPherson says he hopes to play tennis in college but hasn't decided where he'll attend.

"I'm still looking and hoping to find the right fit," McPherson says.




Buenos Aires Pizzeria
Pizza, Empanadas, Gelato, and more...

We are proud residents of Walnut Hills since 1990, and happy to bring a taste of our native Argentina to Denver!

1319/1307 22nd St, Denver CO 80205
303.296.6710
 BAPizza.com

Located in the Ballpark neighborhood, just 1-1/2 blocks from Coors Field (North Entrance) Between Market and Larimer

Bring this ad and

Save \$5
On a Large Pizza

Offer valid through 10/30/2013



Itty Bitty Kitty Sitting
 Love and care when your kitty kneads it the most!

Vikki Strong
 Kitty Specialist

Servicing South East Denver, DTC, University Hills and Surrounding Areas

720-220-0173
 ittybittykittycatsitting@gmail.com
 www.ittybittykittysitting.com

Itty Bitty Kitty Sitting
 Here are some of the services I offer:

Feed, fresh water, playtime, and giving your house that lived in look (mail, paper, lights, plants, etc.) I also send real time texts and/or emails with pictures so you can rest assured your kitties are well taken care of!



JUMP START YOUR HOLIDAY CLEANING TODAY!!

We Clean Windows Inside & Out!
 Call Now & Have Clean Windows for:

- Graduations • Receptions
- Parties • Everyday Enjoyment!

303-922-4655
 CRYSTAL WINDOW & BLIND CLEANING



Mauzie's
fine jewelry, gifts and art

7200 E. Dry Creek Rd. Suite B204 • Englewood, CO 80112 • www.mauzies.com

Martha A. Mays Owner/Artist 303-779-9300



November 16th Open House 10 am to 8 pm
Buy One Get One Half Off

Beautiful gifts for all occasions starting at \$15
Come see Mauzie's New Art Design Jewelry

A Note from Centennial Neighbors regarding upcoming Centennial Council Elections – Several of our members met with city council candidate for District 3, Mark Gotto. We were impressed by Mr. Gotto. Mark is a down to earth guy and he has looked to our existing City Council members for guidance and direction. Mark wants to work for the neighborhoods and constituents in his district. We feel he will carry on where our outgoing council person Rebecca McClellan has left off. Mark is also on CenCon and also has a feel for some of the recent political issues.

Mark feels that transparency is an important issue for government today. As he is a father with two small children, traffic and safety issues are very important to him. Mark has been made aware that we have concerns with the traffic and development issues along Arapahoe Road and other boundary streets. Mark was impressed with the strong voice we had in issues impacting our local community.

Mark told us that he has a passion for serving. Centennial Neighbors believes that Mark Gotto is the candidate that we need to represent our neighborhoods. Centennial Neighbors is an organization made up of neighbors from Walnut Hills, Hunter's Hills and Willow Creek. Centennial Neighbors follows issues affecting the neighborhoods and works with neighborhood organizations regarding those issues. Attempts were made to meet with all candidates running for District 3. We encourage all our neighbors to vote in these upcoming elections.

Now Open Sundays
11 am - 8 pm



Monday Night Spaghetti Special
All you can eat
Spaghetti with meat sauce
\$7.95 (includes dinner salad)

Tuesday Lasagna Special
\$14.95 (includes dinner salad)

Wednesday Canoli special
\$9.95 (includes dinner salad)

Thursday night Kids Night
Kids eat free from Kids menu
with adult entree purchase

Hours: Mon and Tues 3 - 9
Wed and Thurs 11 - 9
Fri and Sat 11 - 10
Sunday 11 - 8

Dry Creek Business Park
7200 E. Dry Creek Road
Building R
Centennial, CO 80112
303-862-3248



VOTE
Mark
Gotto ★
Centennial City Council
District 3

PLEASE VOTE FOR MARK GOTTO AS YOUR NEXT DISTRICT 3 CITY COUNCILMAN ON NOVEMBER 5TH (Mail-in ballots out October 15th)

ISSUES I'M PASSIONATE ABOUT:

- Property Values and Economic Prosperity
- Drive the "Living in Place" initiative for seniors
- Improve our neighborhood roads and snow removal process
- Open space projects that improve our city's quality of life

For more go to www.MarkGotto.com

Combines Executive Experience and City Service

- Former VP of a Fortune 200 company
- Managed over a \$10 million budget
- Serves the city on the Open Space Commission
- Represents his Homestead Farm II HOA at the Centennial Council of Neighborhoods

For details on Mark's plans, go to MarkGotto.com



Please call Walnut Hills resident Doug Barker for a free consultation
303-691-5070

101 University Boulevard,
Suite 230 Denver, CO 80206



HALBERT HARGROVE

"Investing to integrate your money and your life"

WITH OVER 80 YEARS OF EXPERIENCE AND KNOWLEDGE, WE WILL HELP CREATE A PERSONALIZED SOLUTION FOR YOUR INVESTMENT NEEDS.

Gejo's Restaurant and Lounge - A Neighborhood Institution
by Lee Braun

"When the moon hits your eyes, like a bigga pizza pie, that's amore! When great pasta's close to home, and you don't hafta roam, that's a Gejo's!!!" Gejo's has been a fixture in our neighborhood since 1979, except for a brief hiatus, and last year the original owner of Gejo's IV, Joe Galasso, and his son, Tony, brought back this tremendously popular franchise for the benefit of families that enjoyed the restaurant all those years. They can be seen daily meeting and greeting loyal neighbors who were served by them and their friend and succeeding owner, Bert Carlson, over the decades.

When you visit Gejo's Italian Restaurant and Lounge again, you will be impressed by the dedication of the Galasso family, nurtured over four generations, and by the delectable, mouth watering Italian delicacies perfected long ago by Nana Cappelucci in Northern Italy. You will be also enjoy the relaxed, friendly atmosphere as well as Gejo's dedicated and attentive staff. Then there is one of my favorite attributes that has not changed over these 30 years at Gejo's. That would be the ice cold beer...not cool...not cold...ice cold!!! As Tony stated on their website, www.gejosoriginal.com, "Family means everything to us and that includes our loyal customers. We thank you for giving our family the opportunity to serve your family."

Believe me, the pizza is great and the toppings are unbelievable, but I am also hooked on what they call the combo plate. Dig in and savor spaghetti, ravioli, sausage, and meatballs cooked to perfection. Joe and Tony welcome you to start your meal with an ice cold schooner of beer, one of their famous 18 ounce margaritas, a glass of wine or a mixed drink. Italian egg rolls and fresh cheese sticks are popular starters. Then it's time to move to a variety of pasta dishes with their "secret sauce" or the popular pizza entrees. Can you say "YUM"?

The lounge area is really popular for happy hour with nice, relaxing music and décor. The bartenders, Christine, Stephanie, Sinem and Mike are tops and the happy hour prices are terrific from 11 – 6 Wed.-Sun. and 3-6 Mon.-Tues. Newcomers become regulars in no time because everyone is treated as a friend and is welcomed. Bert sometimes stops by to see old friends and customers from years past, and Tony and Joe and their staff are always mingling with customers old and new. Try a We-jo appetizer pizza with three toppings and get a free drink. Come in on Monday for all you can eat spaghetti and see

some of the other great specials during the week. Check out the patio, which is still inviting and relaxing. Planning a birthday party or Christmas party? Tony and Joe will make it seamless and cost effective for you.

There it is: family, food, atmosphere, and friendliness for lunch, happy hour, or dinner at Gejo's. Generations of loyal customers will be welcomed with open arms and treated with the affection and service that they long for and deserve. See you there at 7200 E. Dry Creek Rd. Bldg. R. (across from the fire station).

Many Thanks to All Who Took Part in WHCA National Night Out

Despite a bit of a drizzly evening, the Walnut Hills Civic Assoc. National Night Out on 6 August went off without a hitch. Under the leadership of Myra Garcia, many WHCA Board members, helped to make this a great event.

I also want to thank the Southeast Metro Stormwater Authority (SEMSWA); South Suburban Park & Rec. District; the Arapahoe County Sheriff's Office, they brought their race car (!); Bill Coleman, "the Stilt Guy" from Crystal Window & Blind Cleaning (a Newsletter advertiser); the Southside Baptist Church (provider of the wonderful cookies); Nick McDaniel, the Boy Scout who put together and ran our food area; Target, national sponsors of National Night Out; the City of Centennial with land planning & pet licensing; Donna Senn with a Walnut Hills Newsletter booth; Juhi Johnson, Remax Professional, for providing bottled water; and Jack Defez with his Juice Plus home business. We need to get a lot more home businesses to be part of our event!

The hundred or so folks who came out looked like they had a great time. The Metrum Credit Union booth was giving away money (!! for answering questions correctly and was extremely popular until they ran out of money!

We really had a wonderful event that couldn't happen without the help of past and present WHCA Board members. Thank you so much to all who helped and, especially, Myra Garcia who was the organizer this year. What a fantastic Board of Directors our Walnut Hills neighborhood has! Many, many thanks to everyone! We're planning that next years event will run 6 - 8 pm, an hour earlier.

Thanks, Metrum!

The Board of Directors of the WHCA wants to sincerely thank Metrum Community Credit Union for donating \$400 to help Walnut Hills celebrate National Night Out on 6 August. They had a matching grants program of which we took advantage and we were thrilled to receive such a generous donation from them. That amount completely covered the cost of the Matthew Quiggley Band, who played at our event.

Did you know that if you're a member of the Civic Association, you can join Metrum Community Credit Union? They have made the Association one of their "groups" for membership in the credit union.

Holiday Lighting Contest

Another year has gone by and I want folks to be aware of the Annual Holiday Lighting Contest. For quite a few years now the folks who've lit up the Walnut Hills neighborhood with beautiful displays for friends, neighbors, and passers by have been part of our WHCA Holiday Lighting Contest with cash prizes.

A team of Board judges will drive the whole neighborhood the week of 15 December. To be eligible for a cash prize, the home must be a paid member of the Walnut Hills Civic Assoc. All homes will be checked, but only paid members can win prizes: first place, \$100; second place, \$75; third place \$50.

If you want to be very sure your home is viewed, you can contact me with your address by phone or email Andrea Suhaka, 303-770-0058, standy@central.com, Walnut Hills Civic Assoc. Chair (www.walnuthillscolorado.org)

photography by Jesse J. Alcorta





Heritage Home Care
Home care when you need it, where you need it!

Non-Medical Home Care – Where You Need It, When You Need It
We Help Folks Stay In Their Homes Longer
Adjust Your Care Plan To Fit Your Needs
heritagehomecare@denver.info
720-437-0189



Sean Slater ChFC®
Agent

7777 E Arapahoe Road, Suite 103
Centennial, CO 80112-1256
Bus 303 773 3366
Fax 303 773 1543
www.seanslateragency.com
sean.slater.p2uq@statefarm.com



The greatest compliment you can give is a referral.

Buying or Selling?

Call Juhi Johnson,
your neighborhood realtor
for a FREE, NO pressure consultation!

I work hard to help you achieve your real estate goals and make your transaction go smoothly! I have lived here for over 21 years and have seen this area change, develop- and our property values *increase*.

I know how important it is for you to make the right move!



Juhi Johnson
Realtor®

Direct: 303-257-1905
Email:
juhijohnson@remax.net
www.homesbyjuhi.com

Giving you:
Expertise in the area!
Service you deserve!
Extensive Marketing!
100% Commitment!
Excellent customer service!
And a lot more.....



Personal service you deserve!

Your neighbor and realtor!

Serving Walnut Hills, Willow Creek, Foxridge, Hunters Hill, Homestead, Acres Green, Lone Tree, Highlands Ranch and more.....

Birds and Water

By Bruce Ferguson

I have half an oak wine barrel that I keep on the patio. It has a small pump in it that keeps the water circulating. In the early spring when sun is often followed by snow it is especially crowded with small flocks of birds as they migrate. It is not uncommon during a lull in a March storm to find a half dozen robins taking turns at the trickling fountain. As the weather warms up a bit and the hellebores begin to sprout their flower stalks I put out some other pots of water for the birds to enjoy. I have a couple of ceramic pots that are about two feet wide and about 12 inches deep. The birds seem to prefer a spot that is open and yet easy to sneak up on. Hopping from say the maple tree to the fence to a small bench and then on to the edge of the pot seems to be a preferred approach. Often having a



friend or two to help keep an eye out isn't a bad idea. The robins especially like these pots and it is not uncommon to find them jumping right in for a quick bath. Keeping the water clean is important for a few reasons. The birds themselves won't keep coming back if they don't like the water quality but perhaps more importantly the mosquitoes will. The life span of a mosquito egg is about 10 days. Once they hatch out and become larva you can see them wiggling about in the water. They look like little worm and since they need to breathe air they hang out near the surface of the water. They seem almost to hang in that position. When they feel threatened they sink down in the water and hide but they can't stay down all that long since they need the air to breathe. In order to prevent these larvae from becoming adults all that is necessary is to empty the bowl once a week and refill it with clean water. Desiccation can be a real problem for plants around here but with mosquito larva it works great!

A pair of blue jays often drink from a pot in the center of my yard and I have to wonder if they just prefer the more open view they get from there. I was told once by someone that blue jays didn't used to be seen around these parts but I have always seen a few since I have lived here. I don't really know that history. I do know that they like currants. I see them all the time picking at these bushes. The bushes themselves seem to prefer some protection from the sun but don't seem to mind if they don't get a whole lot of water. The plants sucker quite a bit. I also find them growing in odd places where they could only have gotten to by seed. I am not especially fond of these bushes but they do flower and fruit and like I said the blue jays like them. Reason enough to keep a few at least.

Yesterday I noticed that some creature has decided that water hyacinths are a tasty treat. Then this morning I noticed another one

having lost all its leaves. I assume this is the squirrels, the same squirrels that have started eating my young pumpkins. Besides birds there are other creatures who like pots of water most notably the neighborhood cats and raccoons. I have tried keeping fish in these pots. It seems like such a simple solution to the mosquito problem. Raccoons apparently get instant text messages about any fish that comes within 50 miles of their territories. If you know of a fish that eats mosquitoes, squirrels and raccoons please let me know!!

Looking for a Great Local Chiropractor? Butler Family Health Center 303-221-3900



Dr. Christopher F. Butler, D.C.

7180 E. Orchard Rd. #100
Centennial, CO 80111

New Patients
We are Preferred Providers for:
Aetna, Blue Cross/Anthem, Cofinity, Humana,
Sloans Lake, United and many others.

15 Years Experience

www.dtcspine.com

Re-Elect Cathy Noon - Centennial's Leader When It Matters

Cathy NOON CENTENNIAL MAYOR



Visit CathyNoon.com

- A city that protects our property values
- A city we can be proud to call home
- A city that is accountable and financially responsible

M.T.S. Plumbing L.L.C.

- ◆ NEW CONSTRUCTION
- ◆ REMODELING
- ◆ GAS LOG INSTALLATION
- ◆ WATER HEATERS
- ◆ ALL PHASES OF PLUMBING

303-771-4814 / 303-378-0996

MALCOLM SPINKS
Walnut Hills Resident
Licensed, Insured, Bonded Master Plumber



Many Generous Contributions Add Up

A record number of contributors to the Walnut Hills Scholarship Fund for 2013 resulted in a record high amount of scholarships offered to the Walnut Hills High School Seniors. This year four seniors received a total of \$10,000 in scholarships. The largest amount of money available for scholarships comes from residents of Walnut Hills. This year, a total of 221 residents, listed below, and an additional 15 residents who preferred to remain anonymous, contributed a total of \$7,286.79 – a record amount. The remaining amounts came from a \$2,000 contribution from the Walnut Hills Civic Association and a \$900 contribution from the Walnut Hills Newsletter. A total of 122 Walnut Hills Seniors have now received a total of \$143,400 in scholarships through the generosity of the residents of Walnut Hills. A special thanks to the following list of 2013 contributors.

Abbe Chris & Kathy	Endsley Glenn & Diane	Kempton Ted & Corcki	Monahan Robert & Terri	Senn David & Donna
Alexander Nell	Engelken Greg & Kathi	Ketterman Donald	Moore Randy & Joan	Shastry Vic & Jaya
Aragon George & Debbie	Engler Herb & Vonnie	King Joseph	Mulholland Lois	Shumway Cliff
Arbour Wayne	Epperson David & Terri	Kirkpatrick Terry & Gail	Murray Jim Iii	Simonds Mark & Connie
Ast Scott	Erickson Rey & Bobbi	Kirshbaum Andrew & Jeanette	Natale Donald	Sitaula Ajay & Beth
Augustine Matt & Randi	Esquibel John	Klee Laura	Nowels David & Carolyn	Skoty Ron & Nancy
Bahr Matt & Heather	Euchler Richard & Anne	Koechley David & Michelle	O'Donnell Bill & Teresa	Smith Ed & Joann
Barnes Claude & Barbara	Eustace Bill & Jane	Koeneke Virgil & Barbara	Ochs Bruce & Christy	Smith Kirk
Barta Shannon & Jennifer	Evans Ryan & Rachel	Kraft Jean	Olson Darrell & Renatel	Smith Robert & Tomasita
Belova Luda & Ed Byrne	Eyl Curtis & Lisa	Kuehl Chuck & Ruth Ann	Orr Frank & Julie	Smith Rudy & Karen
Bennett Julie	Fast Steve & Karyn	Kuwitzky Kent & Barb	Pace Brad & Darcy	Snowden Jeff & Lori
Bernardis Pete & Peggy	Feist Ed & Ricki	Lammers Don & Sheila	Page Walter & Gale	Song Yan Hou & Kunhua
Berryman Brian & Louise	Ficco Pat & Marilyn	Lamphear Eric & Jennifer	Parisi Phyllis	Stewart Eric & Caroline
Berscheid Steve & Sue	Filler Kim Chau & Todd	Lane Michael & Suzanne	Penzenstadler Rick & Laurie	Strain Bob & Jayne Bauer
Best Carl & Jo Ann	Filler Sean & Amber	Lanpher John & Dianna	Peterson Chris & Dee	Suhaka Andrea
Blake Peter & Kendy	Ambrose	Laramie Dave & Connie	Philpott Bill & Shelby Balik	Swanson Ron & Janet
Blanshan Robert	Fischer Fred & Carol	Lee Charles & Patricia	Pipe John & Carol Willard	Tanny & Linnawatti
Bond Dale & Eddie	Foley John & Betty	Lee David & Pam	Porta Miguel & Annemie	Teall Kay & Sarah
Bosman Djimmer & Karin	Forman Neal	Lee Liz Peel & Dave	Vanlinden	Thompson Emily & Travis
Zimmerman	Fuller John & Jan	Leikam Dave & Natalie	Pozek Marty & Linda	Titleman Benn & Beverly
Bowen Allan & Pam Miller	Fundingsland Dale & Maureen	Leikam Elaine	Raddatz Ken & Nancy	Byer
Bowers Robert & Rose	Gania Debra	Lettas Janice	Ragnow Bob & Jan	Trenka Mark & Erin
Braun Leo & Judith	Gaw Gary & Mona	Li Zhou Jie & Faming	Rahbany Ed & Annelies	Troisi Margaret
Brinks Kevin & Kati	Gettinger Karen & Al Taylor	Lutjun Randy & Jana	Rahn Phil & Marcie	Tufts Sharon
Brookhart Jack & Irene	Gilley Elaine	Lyons Barbara	Reine Keith & Kristine	Tumaylle Carol & John
Brooks Lindley & Patricia	Gray Sarah	Mader Jeff & Marcia	Rice James & Joy	Valenti Chris
Burke Lois	Gross, Jr Hans	Madsen Cynthia	Riechert Diane	Vanwyke Troy & Debbie
Burlingame Tim & Katy	Guss Chris & Linda	Marsicek Rick & Julie	Rising Andrew & Susanne	Vaughn Eric & Leslie
Caillouet Chris & Ronda	Hanley Thurston & Mary	Masear April	Ross Joyce	Verkamp (Cileno) Susan St
Caldwell Dale & Michele	Renstrom	Mcbride Jim & Sharon	Rovner Alan & Carolyn	Vinson Mike & Terri Fead
Carrera Francis & Ana	Harfman Jeanine	McInnes Annie & Dave	Rowe Lynn & Joan 7	Wal Andrew & Margaret
Castle Dick & Peggy	Hebert Gerald & Sarah	Mckinlay Hannah	Rudel Jordan & Piper	Weimers Janice & Lisa Lash
Chatelain Ben & Holly	Heim Rich & Joy Diamond	Mcmahon Bob & Patti	Ruoff Herb & Marge	Welch Walter & Judy
China Myron & Aileen	Henigsmann David & Barbara	Mcpherson Douglas & Kimberly	Ryan Alma	Westcott Julie
Christian Dan & Laurie	Henry John & Barbara	Meaux Michael & Patricia	Saiz Chris & Denise	Weyer Ghent & Jennifer
Clark Bob & Sally	Hill David & Cheryl	Merrill La Vaun & Kay	Sanders Charlene	Wilson Bill & Paula
Collins Owen & Leslie	Hudiburgh Brian & Melissa	Minisini Michael & Peggy	Sanders Rebecca	Wu Bo Mai & Haili
Colwell Pauline	Hutcheson Therese	Moehle Dick & Phyllis	Sautel Jeff & Stacy	Zadeh Hamid (Ted) & Sahla
Conary Robert & Lori	Ingalls Doug & Regina	Mohacsia Maria	Schiel Adam	Zahner Matthew & Carol
Conway Mark	James Bruce & Joann		Schmeling Lyle & Delores	Zeh Phyllis
Cornejo John & Susan	Job Jim & Sherry		Schultz Eric & Sheila	Zuber Al & Carol
Dadkha Abraham & Zahra	Johnson Rod & Molly		Selch Scott & Konnie	
Danfelfer Scott & Monica	Johnston R. Van & Suzanne			
Daughterty Marty Lees	Jones Ev & Dee			
Davies David & Charline	Jose Shirley			
Deal Gerrad & Melissa	Katich Michael			
Defez Jack & Rena	Keller Bill & Marjorie			
Dermer Janet	Kelley Creigh & Ann			
Diver Lee & Marilynn	Kellison Chuck & Kathy			
Dubois Larry & Lori	Kelsh Jeffrey			
Edmondson Laura				
Eisenberg Steven				

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**



Danielle Ayon
Broker Associate

6235 S. Main Street, Suite 250
Aurora, CO 80016

Mobile (303) 478-2343
Office (303) 345-3000
E-Fax (720) 258-8179
dayon24@kw.com



Each Office is Independently Owned and Operated



ADVANCED
EyeCare Centers, P.C.

Serving all your family's eye care needs for over 20 years!!

- Comprehensive visual examinations
- Co-management for laser and cataract surgeries
- Diagnosis and treatment of ocular disease and injury
 - Complete contact lens and optical services
 - Glaucoma and eye infection care
 - Dry eye treatment

For more information, please call:

7447-6 E. Arapahoe Road, Centennial, CO 80112
303-770-8081 – Fax 303-770-1642

*Randolph E. Fincher, O.D.
Edward J. Golesh, O.D.
Laura L. Juba-Terrell, OD.
Hayes A. Redmond, O.D.*



Self-Reliance Corner by Jo Haugland

(Are you planning on cleaning up this year's garden and going for some Xeriscape in 2014? If you are, the self-sufficient planner in you should cry out to add some free edibles to your landscaping. There are some wonderful Xeriscape plants that are also edible, medicinal, and otherwise useful. Here are several to consider:

Yucca - (Yucca glauca) is a great choice for low water, low maintenance yards. Yucca blossoms are edible as are the pods and seeds. American Indians made soap from the roots and pounded the leaves for their sturdy fibers. The fibers were used to weave sandals, mats, aprons, and baskets.

Prickly Pear Cactus - (Opuntia spp.) There are over 300 species of cactus and several of them are prickly pear. The fruit of the prickly pear, also called Indian Figs and Tunas, are edible. They can be eaten raw after removing the little stickers and seeds. The fruits can also be used to make jelly, wine, and can be dried to use as sweetener. The pads of the prickly pear are edible and once skinned and de-spined can be used in soups, stews, and gravies as a thickening agent. They contain mucilage which is thick and slimy but like okra, great in combination with other ingredients.

Chokecherries - (Prunus virginiana) If you are looking for bushes to add to your landscaping, consider some native chokecherries. Chokecherries have lovely cascading blossoms, they don't require much water, (though they'll take if they can get it), and they produce lovely clusters of berries for the birds, wildlife, and you! The berries can be made into jelly and wine. The boiled and strained liquid from the bark, with some sweetener, was once used as a cough syrup.

Sunflowers - (Helianthus annuus) Who doesn't love the gorgeous yellow faces of sunflowers? They are easy to grow; in fact, they grow wild along the roadsides, in the gravel, with little moisture. Sunflowers make delicious seeds. When the seeds are ripe, they can be gathered, roasted, and salted. The yellow petals boiled with a mordant make a nice yellow dye. Indians used to boil the seeds and skim the oil that was produced off the water. They would then use that oil in other cooking.

Pinon Pine - (Pinus edulis) If you need some trees in your xeriscape design, consider pinon pines. There are male and female pinons and you need both to get the delicious pinon nuts that provide more protein pound for pound than meat. A refreshing tea can be made from the needles and the bark produces useful sap. Pine saps were used by American Indians for water proofing and as medicines for skin problems and coughing.

The above are just a few plants that can be easily incorporated into a xeriscape yard. They required little care and will provide you with free foods and other benefits with no extra work or expenditure. With a minimum of research, you'll find many other plants that offer similar benefits for yard and pantry.

Enjoy researching and planning your xeriscape yard for 2014!



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



Election Day is Tuesday, November 5, 2013. This is a mail-in ballot election. Ballots will begin to be mailed on Tuesday, October 15. Mail-in ballots must be returned to the County Clerk no later than 7:00 pm on Tuesday, November 5. You can mail in your ballot, which must be received by the 7:00 pm on Nov. 5, or you can drop it off at locations that will be posted at www.arapahoevotes.com

Centennial voters will be electing a Mayor and one new Council member for each of our four districts. You'll also have an opportunity to vote on Centennial Ballot Issue 2G, which would restore our city's right to use our fiber optic broadband network. You probably didn't even know we had one! You can see a map of our network's 42 miles of cable and conduit, by visiting www.centennialcolorado.com.

The City installed fiber optic cables in order to connect traffic signals and weather stations. This has resulted in improved traffic flow and better information to make decisions about snow plowing.

When installing fiber, you don't really install a single strand of fiber. It makes more financial sense to install the fiber in bundles. And, thanks to improvements in technology, much more data can be sent over those fibers than was possible just a few years ago. Our city has excess capacity that could be put to good use, should voters approve.

Why is a vote needed? In 2005 the State Legislature passed Senate Bill 05-152, stripping

cities' legal rights to provide telecommunications and internet services to their citizens and businesses. But there is a clause in the bill to allow voters to restore their city's right to provide telecommunication and internet services.

Telecommunication firms may prefer to have limited competition, and Senate Bill 05-152 may have been written in their favor. But if Centennial 2G is approved by voters, we may be able to partner with the private sector to close gaps in services. It's possible that the city's fiber could make a difference and provide faster, more affordable service.

In fact, the ballot question specifically asks the voters to approve providing service "indirectly" through "competitive and non-exclusive partnerships with private businesses." Centennial is a model city for these public-private partnerships. 2G would allow our city to help partner with industry to close gaps in service and lower costs for the public.

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

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

District 3 Council Members Host Community Meeting

Centennial District 3 Council Members Ken Lucas and Rebecca McClellan are hosting a meeting Thursday, October 3 at 6:30 p.m. The meeting will take place at the Innovation Pavilion located at 9200 E. Mineral Ave.

The City's Finance Director and Economic Development Manager will provide an overview of the City's finances and economic development opportunities. In addition, following a request and questions posed by a citizen, City staff will be available to answer questions about ballot question 2G concerning the City's use of its Fiber Optic system to encourage competition and enhance telecommunications and Internet access for residents and businesses. All residents of District 3 are welcome

★ \$4 OFF Full Service w/ This Ad ★

FAST TRAXX®

FAST LUBE

★ 20 POINT SERVICE ★

- | | |
|---------------------------------|---------------------------------|
| Change Engine Oil (up to 5 Qts) | Test Radiator Fluid |
| Change Oil Filter | Check/Fill Power Steering Fluid |
| Lubricate Chassis | Check/Fill Battery |
| Check/Fill Transmission Fluid | Check/Fill Washer Fluid |
| Check/Fill Differential Fluid | Vacuum Interior |
| Check/Fill Transfer Case Fluid | Check/Set Tire Pressure |
| Check Air Filter | Check Belts |
| Check Breather Element | Check Hoses |
| Check PVC Valve | Check Lights |
| Check/Fill Radiator Fluid | Check Wiper Blades |

PLUS Complimentary Fountain Drink or Cup of Coffee

We service national fleet accounts and also offer local fleet accounts.

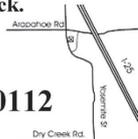
We are proud to offer the most ingenious, one of a kind, "Quick Lube" facility in Denver. If you currently use Grease Monkey or Jiffy Lube for your oil change and preventive maintenance services, then you've been missing out! Come see what we have done.

We're confident you'll never go back.
Jon Hart, Owner

303-220-7766

6770 S. Yosemite St., Centennial, CO 80112

Mon-Fri 8am-6pm Sat 8am-5pm



THERAPEUTIC MASSAGE

Relax, Re-energize
Rejuvenate

for Less!

\$49 for One Hour

at **Arbач's**

6854 S. Yosemite St.
Southgate Shopping Center

Gift Certificates Available



It Can Brighten Your Life

303-770-6100

Hot Stones - Hot Packs - Hand and Foot Wraps - Soothing Eye Pillow

HOMECOMING HOODIES

Tee Shirts Too!

Hoodies starting at \$25.00 - Tees as low as \$6.00



Bring us your ideas or let our full service art department help you create the perfect design for your group.



ICD Designs, Inc.

303-383-1388

Walnut Hills Family Owned and Operated Since 1988.

E-mail: icddesigns@pcisys.net

Mention this ad and receive 10% off your order!

"Like" us on Facebook for even more great deals!

<http://www.facebook.com/pages/ICD-Designs-Inc/>



Woof! Woof! WOOF! Too much barking?

By Lorraine May, M.A.

We all know that barking is a natural behavior for dogs. Dogs have important things to communicate like alerting us to potential danger by responding to sudden changes or exciting stimuli in the environment. This alarm system is one of the reasons humans and dogs have developed an interdependent relationship.

Unfortunately, we don't always know what to do about excessive barking. Changing any behavior usually requires not only stopping the behavior but replacing it with something more desirable to us that also meets the dog's needs. Teaching is the key because using punishment such as shock collars often causes aggression, neurosis, and undesirable replacement behaviors.

Some management techniques include disconnecting the doorbell, temporarily blocking the dog door, restricting access to any stimulating area such as a window, or asking for a behavior they know like a 'sit'. To help calm your dog, you can play the CD "Through a Dog's Ear", use a Dog Appeasing Pheromone (DAP) collar or Thundershirt, or add 4 drops of Rescue Remedy to the water each time you change it.

Then teach the behavior you prefer like chasing a ball, going to bed, or bringing you a toy. There isn't any one correct solution because yours should fit your dog and you. Learning occurs when the desired outcome becomes a fun game that you have practiced over and over.

One success story is the German Shepherd who learned to bark twice, acknowledge her person's "Thank you!" and then laid down on her bed to 'guard'. Another is the Border Collie mix who couldn't respond to the old cue 'sit' but was able to meet visitors politely when he heard the new cue, 'greet-sit'. My own dogs rush into the house if barking erupts because I will be waiting for them with treats and an original congratulatory song!



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 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 2 years in a row on Denver's A*List for 2013 and 2012!
www.mishamayfoundation.org
mishamayfoundation@gmail.com
 303-239-0382



Co-Op Recipe Swap

Who doesn't love a good pumpkin bread in the fall? The warm baking aroma alone is enough to tempt me to eat the whole loaf! Most recipes I've used/loved really belong in the "cake" section of the recipe box. I've tried healthier versions that call for bran cereal and other "healthy stuff" but they just don't measure up. So...here's a recipe that has some healthy variations, but still resembles what we really crave. The muffin size is also of benefit for portion control! Muffins freeze/reheat well so we can prolong the yumminess!

Pumpkin Muffins

- 1 1/4c whole wheat flour
- 3/4c sugar
- 1t baking soda
- 2t pumpkin pie spice
- 1t cinnamon
- 1/2t all spice
- 1/2t cloves
- 1/4t salt
- 2T vegetable oil
- 5T egg whites
- 1 1/2t vanilla
- 1 1/2c pumpkin puree

Preheat oven to 350.

Combine flour, sugar, baking soda, spices and salt in a bowl.

With an electric mixer, combine oil, egg, vanilla, and pumpkin puree. Slowly add in flour mixture and mix until combined. Do not over mix.

Divide evenly in muffin pan lined with paper baking cups.

Bake for 20-25 minutes.

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

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

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

HERITAGE WINE & LIQUOR

Visit us on Facebook, YouTube, and our website heritagewineandliquor.com for weekly eDeals, coupons and special events

7475 East Arapahoe Road Centennial, CO 80112 303-770-8212



Serving Denver Since 1996

TRENKA | COMPASS

Your Walnut Hills Realtor

www.CentennialHouseAndHomes.com

Ask about our Walnut Hills listing special

Homes, Townhomes, Lofts, Condos
 Full Service Real Estate and Consulting
 Search homes using MLS-IDX

303-629-1000 Office

303-880-3636 Mobile



15 Year Walnut Hills Resident



Troop 574

started its new Scouting year even before school started up again. On August 1st, we formally honored past Walnut Hills resident Tyler Reinhardt and his brother Ethan Vitcenda with an Eagle Scout Court of Honor at Bethany Lutheran Church in Cherry Hills Village. Tyler and Ethan achieved the rank of Eagle Scout on December 28th, 2012, just in time to receive it during the 100th year anniversary of Eagle Scouts. We were honored to recognize this by having as part of the special ceremony four Eagle Scouts from the troop that are now in college that helped, as well as four Eagle Scout adults and fathers, including Jeff Jaacks, past Scoutmaster for our troop and current Eagle Advisor – he has helped over 20 local young men in our troop achieve this highest rank in Scouting. This event was immediately followed by a very fun family campout at Sylvan Lake State Park near Eagle in early August, which included a caving excursion at nearby Fulford Cave. August ended with our annual Palisades peach sale fundraiser delivery of a new record of 243 cases sold, and we wish to thank any residents that helped support our scouts as they earn money for their own camping funds, as well as our troop for much-needed new equipment as we grow in size. From what we heard, they were much better peaches than available in stores and at better prices due to the limited quantities this year. We hope next year's sales will even be better.



On Sept. 20th-22nd, the troop returned to the location of their week-long summer camp experience in July for the Arapahoe District Camporee at Peaceful Valley Scout Ranch. The theme

this year was "Back to Basics", and the scouts participated in competitions with other local troops including orienteering, pioneering, archery, tomahawk throwing, Dutch oven cook-off, and crosscut/tree clearing relays. We were fortunate to have five Webelos from two separate local Cub Scout packs join us for the events and to get introduced to what Boy Scouts has to offer them in the future. In the end, not only did we have perfect weather for camping and competitions, but came home with a first place in tomahawk throwing and second place in the Dutch oven cook-off, with a Palisades Peach Special recipe the boys came up with, including the use of graham crackers instead of traditional cake or biscuit mix. On the service front, Dry Creek Elementary had their Fun Fair on September 28th, and now that our troop is officially chartered by the Dry Creek PTCO, we helped in providing service to their event by doing the clean-up. We also volunteered at Homestead Elementary's Fall Festival the night before manning some of the booths. We hoped to pick apples and other fruit from Walnut Hills resident's trees as we did last year to help local food banks, but unfortunately, the spring weather didn't cooperate for fruit tree production. Next up is a weekend backpacking trip in early October to the Guanella Pass area, followed by merit badge opportunities for the scouts throughout the month. In November, we will head up to Tahosa High Adventure Base for a weekend of late Fall camping, hiking and fishing. In addition, we hope residents will help in the annual "Scouting For Food" food drive in conjunction with 9Cares Colorado Shares annual drive in mid-November. Please start saving non-perishable food items, as well as toys for Christmas Santa shops, and let us know if we can come by to pick them up the week of November 10th. You can visit our troop website at www.centennial574.mytroop.us/ and use the "Contact Us" function for this event or any questions you may have regarding Scouting or our troop. Eric Vitcenda, Troop 574 Scoutmaster



More Than Just a Meal

Do you know a senior or homebound individual who would benefit from having a hot meal and a friendly word delivered to their home five days a week? For nearly 50 years TLC Meals on Wheels has been providing nutritious meals to seniors and others in the Littleton/Englewood/Centennial area. For many, the delivery of a hot lunch is much more than just a meal. A friendly visit from our volunteer drivers gives the recipient a sense of security to know someone is checking in and also helps break the isolation many homebound people feel. As a result they maintain independence in the comfort and familiarity of their home. There are no age or income criteria to qualify. Recipients pay based on their financial ability. So contact TLC Meals on Wheels if you or someone you know is in need of this kind of assistance. For details please call 303-798-7642, or go to www.TLCMealsOnWheels.org Volunteers and contributions are always welcome!



The Garbage Man

Walnut Hills Association Special Discount

Go Local!

Local Family Owned & Operated Business

Friday Pickup
Weekly Trash
Bi-weekly Recycling
\$144.00 per year

Save Big!

Cans Brought Back
Up The Driveway

Get Your Neighbors To Join & Save!

40% Join - \$132.00
70% Join - \$126.00

We accept all Garbage cans, Including our Competitors!

Call **720-842-4558**



Classified Ads

DO YOU HAVE: Electrical issues? Outlets & switches - old, dirty, cracked, defective? Low cost electrical work. SPRINKLER heads broken? Leaks? Dry spots? Fix them, without getting soaked! All types of home repairs. Willow Creek resident. Close = Low hourly rate. Craig 720-270-8368

PET AND HOUSE SITTING Walnut Hills Mother and Son team will care for all creatures and/or watch your house. No job too small. Have references. Call Senn Family @ 303-741-2065

HOME REPAIRS & REMODELING Small jobs welcome. Tile work, baths, kitchens, and general carpentry. WH resident Jim #303-880-8830.



The Walnut Hills Civic Association is on Twitter! Follow us for neighborhood news and event reminders @WalnutHillsCO



Rocky Mountain Coin
Professional Numismatists-Appraisers

We BUY and SELL

Rare Coins
Silver Coins
Gold Coins
Precious Metals



303-768-8042
NW corner Arapahoe & Dayton
9625 East Arapahoe Road

Next Deadline November 15th
walnutHillsnewsletter@gmail.com

Walnut Hills Newsletter walnutHillsnewsletter@gmail.com
Editor - Ilsa Gregg Advertising Manager Distribution Manager
720-514-9755 Donna Senn Will Senn
303-741-2065 303-741-2065

Coupons



Charmaine's Bella & Colour Salon

7200 E. Dry Creek Rd. Ste. G-207
Centennial, CO 80112
(720) 529-0945 Salon
(303) 619-5145 Cell

www.hairbycharmaine.com



Specializing in weddings, makeup, special event updo's, latest styles, haircuts, hair color and curly hair. Customized facials and waxing for both women and men.

Haircut \$15 off (\$55 Value)
\$15 off a full highlight,
\$10 off a partial highlight or
\$10 off an all over color

\$15 men's haircut
Includes hot steam face
towel, shoulder and neck
massage.

\$10 off a facial, \$5 off any
waxing, or \$15 off diamond
microdermabrasion or peels.

Our salon has been
nationally published
in the Inspire Hair
Fashion Book.



First time clients only
Limit 1 coupon & not valid with other
offers.

*Firemen/Firewomen and
Military/Veterans always
receive a discounted price*
(Valid ID required).

Voted Top Stylist

***DRAIN PROBLEMS?
PLUMBING ISSUES?***

CALL YOUR NEIGHBOR!

SURE DRAIN
COMPLETE PLUMBING AND
DRAIN CLEANING SPECIALIST

720-366-3757

- SEWER & DRAIN SERVICE
- GARBAGE DISPOSERS
- WATER HEATER REPAIR/REPLACE
- LEAKY PIPES & FIXTURES
- COMPLETE PLUMBING
AND DRAIN SERVICE

\$10.00 OFF
ALL WALNUT HILLS RESIDENTS

buy one, get one FREE

(free item \$5 or less)

Greenwood Village TCBY®
8547 E. Arapahoe Road #F
Greenwood Village, CO 80112
(303) 220-TCBY (8229)

facebook.com/tcbygreenwoodvillage

twitter @TCBYGV

©2011 TCBY Systems, LLC. All Rights Reserved. Expires 12/31/13.
Valid only at listed TCBY®. Must present coupon at time of purchase.
Free item applies to yogurt of equal or lesser value. Limit one coupon per
customer per visit. Not valid with any other offer. Void where prohibited.



Butler Family Health Center

Centennial Colorado 80111
Call Today: 303-221-3900

Exclusive Offer

\$50 for your first Exam and Adjustment
Contact Us at 303-221-3900
Mention The Walnut Hills Newsletter
to take advantage of this offer

INSPECTORS CHOICE ELECTRIC INC

25 Year State Electrical Inspector, Retired

Specializing in Residential Wiring
Homeowner Assisted Wiring
Licensed and Insured

10% Discount for Senior Citizens

303-841-3216

Elec. Cont. Lic #6200 Joe Chiappone Master Elec Lic #2130

Looking for a quality Hairstylist?

25 years of experience

Diana Schneider at Salon du Soleil

720-427-6997
7475 E. Arapahoe Rd.
Englewood, CO 80112



**Purchase full highlight
and haircut receive
next haircut free (\$45 value)**

or

\$15 off any service over \$50

*First Time Clients only * 1 coupon per person * not valid with any other offer *

Imagine...
reaching heights no one
ever expected.

Great things are possible
when your child has the skills
to succeed on her own.

Kumon Math and Reading
uses a proven method to
nurture achievement and help
your child perform beyond
expectations.

Call to
schedule a
FREE
placement test
today!

KUMON CENTER OF
ENGLEWOOD
303-779-2605
7447 E. Arapahoe Rd., #7

KUMON
MATH. READING. SUCCESS.

**50% off
Registration**
with coupon

Ali American Housecleaning

Top to Bottom Housecleaning
Weekly, Bi-Weekly, Monthly, Move-Outs, Move-Ins
Insured and Bonded
Free Estimates 720-404-3188

\$20 Off First Housecleaning

ALL SEASONS COSTUMES

RENT-ALL

6550 S Yosemite St
303-770-2980

www.ASRentall.com

FOR RENT OR SALE

10% OFF

Any Single Halloween Purchase
With coupon only. Not valid with other offers.

20% OFF

Costume Rentals
With coupon only. Not valid with other offers.

OVER 800 ADULT RENTAL COSTUMES TO CHOOSE FROM



My Favorite Muffin

YOUR ALL DAY BAKERY CAFE

8719 E. Dry Creek Rd.
(Dry Creek & Yosemite)
303-290-1027
Fax 303-290-1028
www.muffincafe.com

Muffins • Bagels • Sandwiches • Espresso
Coffee • Catering • Salad • Gift Baskets

expires 9/30/13

Code Aug

FREE
Breakfast Sandwich
With purchase of a Breakfast Sandwich
(Equal or lesser value)

MyFavoriteMuffin.com
Only one coupon per visit. Coupon is not redeemable with any other coupon or special offer.
No reproduction allowed. Valid only at Dry Creek Rd. location. ©2013 BAB, Inc.



Locally owned & operated by Eric Abbott & Mark Rank



Purchasing a New Home? Refinancing? Kids Going to College? Want a Lower Payment?

WE CAN HELP!

Our Loan Officer can help with ALL your home financing needs.
Contact Michael Shoup for Mortgage Loans.

Michael Shoup #303-713-3072

Apply Online:
www.firstnationalbanks.web-loans.com



7777 East Arapahoe Road
Centennial, Colorado 80112
303.770.5100