

# Walnut Hills Newsletter



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

## Speed Bumps - Frank Haskett

At the March annual meeting two residents expressed a wish for speed bumps or dips on E Davies Ave. One of our two reps from city council (Mark Gotto) suggested we get some input from others along the street). He told me that I should talk to a few neighbors and he would take it up with the city. He mentioned that the city engineering team would come out and look it over. I decided to call on my neighbors. So during two Sundays in May I walked the several blocks from Yosemite to Uinta, including the cul de sac at Verbena. On May 23rd I wrote Councilman Mark Gotto with the results. I told each resident that the topic at the annual meeting was excessive "cut through" traffic and speeding traffic." I mentioned that speed bumps or dips were discussed at the meeting and asked if they were for or against them. I attempted to ask 60 residents/homes. There were two "no's" and one of them preferred a stop sign. The remainder weren't home or didn't answer the door. But 50 people said yes. Mr. Gotto responded on the 29th that he was working with city staff "on getting you through the process." He went on to say that "I have it from here. I will let you know what if anything else I need."

I got a June 3rd email from Leslie Smith, "traffic citizen responder." She wanted me to fill out some sort of forms, and stated that we MIGHT get on the city calendar in early 2015. She also suggested an electronic speed sign be placed on our street for from 2 to 4 weeks - not at all what we wanted, since it would not solve the problem.

Since Councilman Gotto was taking care of it, I didn't respond.

I next left a message for Mayor Noon saying that it was urgent. I pointed out that while the street was torn up for construction it would be a good time to put in a speed dip when they repaved. She had her secretary call me and tell me to follow procedures, and why don't you fill out a form and submit it? The street was temporarily paved shortly thereafter and completed Sept. 25th with no speed bump or dip.

I called Mr. Gotto and he called back to tell me that "it's a city process-nothing that the city council gets into." He also told me that "it really made no sense to do anything while the road people were there." Once again he said that he would get back to me (this was in June). He also said that the whole of Walnut Hills would have to be given a chance to vote on allowing speed bumps/dips on our street. I left word for him on July 15th, but heard nothing. On September 15th I wrote Mr. Gotto an email and asked for an update. I also pointed out that I had observed speed dips all over the Denver metropolitan area and gave him specifics as to where. I also asked if our request had reached city council or public works. As of Sept. 28th I've had no answer. I will continue to call him until we either get speed bumps dips or are told to go away. I will keep you apprised. If you would like to express your opinion to Mr. Gotto his email is mgotto@centennial.gov and his phone number 303-754-3407 mobile 303-995-8789

## Walnut Hills Cougars Off and Running

Walnut Hill Community Elementary School has been an integral part of the Walnut Hills area for more than forty-five years. More than 4,000 students have passed through our doors and we have been fortunate to watch them grow into lifelong learners.

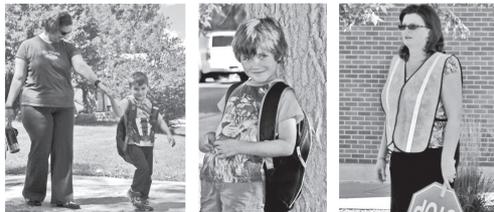
As many of you know, Walnut Hills Community Elementary School is a focus school committed to academic excellence through arts integration! We have many arts based activities planned throughout the year including our grade level shows, choir and hand-chimes programs, art show and our unique Plus Time program in the fall and spring. Our Choirs will be taking some exciting field trips this year including one trip to the Colorado Symphony Orchestra and the other to sing for seniors at a local retirement community. The primary grades will all go together this spring to see a play at the Arvada Center and our intermediate grades will see a drums performance at the Aurora Fox Theater. We are so excited for these amazing learning experiences for the children at our school.

Walnut Hills encourages our students to think beyond the classroom with events like our Veterans Day Celebration coming up on November 11. Veterans are asked to come at 9:30 a.m. for breakfast and stay for the assembly at 10:00 a.m. Please R.S.V.P. to 720-554-3800 if you would like to attend. Another occasion for celebration at Walnut Hills is our Turkey Trot and Grandparents Day. The students invite their grandparents or special friends to come in for a treat, attend their class, and watch the race on the afternoon of November 25, starting at 1:30 p.m. If you see a turkey running around Walnut Hills this day, don't be alarmed!

The 5th grade students have a unique opportunity at the close of their years at Walnut Hills to attend Camp Cheley for three days and two nights. The hiking, fishing, rock climbing, and stories around the campfire make up an outdoor education experience the children will remember for a lifetime.

Walnut Hills Community Elementary is a vital piece of the Walnut Hills community and we look forward to working with you to support our mission to inspire every student To Think, To Learn, To Achieve and To Care.

## Back to School



## Dry Creek Dolphins Off to a Great Start

We are off and running at Dry Creek and students are beginning to settle into their daily routines quite nicely. We have many, many new students across the grade levels and it appears that each of them has already found several good friends. Our staff and students have a lot of work ahead of them to continue to ensure that Dry Creek remains one of the top schools in Colorado!

We have already had a lot going on and have many exciting events coming up at Dry Creek. Our Book Fair last week (September 8 - 12) was the most successful in our history and ended with a very well-attended Donuts with Dads event on Friday, even with the surprise cold and snow! Also in the month of September, our 4th graders are going to the Plains Conservation Center and 5th graders to the Georgetown Loop Railroad and Mine. In October, we have trips to the Pumpkin Patch at Chatfield and Mile High Farms.

Our PTCO is busy making plans for the Fall Festival on October 18. "A Little Bit Country, A Little Bit Rock and Roll" will feature a variety of activities including a dance, several small booths, face painting and concessions. Students may wear costumes if they choose.

We are proud to announce that Dry Creek was #1 in growth in the school district! Thank you to our families for supporting the learning environment at home. We could never achieve these scores without your commitment to education. Based on last year's TCAP scores: Dry Creek's performance ranked in the top 5% of all Colorado schools in reading, Dry Creek's performance ranked in the top 10% of all Colorado schools in mathematics. Dry Creek's performance ranked in the top 5% of all Colorado schools in writing. At this time we have not received our science results from last year.

Lastly, and most importantly, every year we look forward to celebrating our nation's veterans. This year's event is taking place on November 10 from 9:00 - 11:00. It will include a reception for the veterans and an assembly honoring their service. We would love for any veterans and current military service members in the Walnut Hills community to attend. Please RSVP to 720-554-3300.

Photos by Jesse J. Alcorta

# The BETTER Student Loan

Use your home's equity &  
get a BETTER Student Loan

Use it to pay for all qualified education expenses including Tuition, Books, Room & Board and more. You can even use it to consolidate existing student loans.

Available for any education level including Private Elementary/High School, Trade School, College, etc.!

**The BETTER Student Loan** offers a lower rate and more flexible terms compared to other available student loans

- Make advances when you need it, for up to 5 years
- Interest only payments during the first 5 years
- Up to a 15-year payment term
- Interest rate based on the Prime Index Rate\*

# A Great Rate & NO Transfer Fee

Your choice of:  
**1.99% APR\*\* for 6 months OR  
3.99% APR for 12 months AND  
pay NO balance transfer fee**

## Two Card Programs to Chose From

### PREMIER REWARDS

- ♦ Low Variable Rates
- ♦ No Annual Fee
- ♦ Earn points to use toward gift cards and travel anywhere in the world <sup>1</sup>

### CLASSIC VISA

- ♦ Low Fixed Rate
- ♦ No Annual Fee <sup>2</sup>
- ♦ Easy to maintain and access

Metrum Community Credit Union

303-770-4468

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

6980 South Holly Circle  
Centennial, CO 80112

\*Rate is a variable rate and may adjust up to 2% annually following the Prime Index Rate. Maximum APR is 18%. Loan secured by dwelling. Interest payment is based on the actual balance you owe and term remaining on the line-of-credit. Share account required. Minimum closing costs are \$337 based on a \$5,000 limit. Proof of annual enrollment may be required. \*\*Annual Percentage Rate. Balance Transfer offer valid through 12/31/14. Contact the CU for more details. <sup>1</sup> See Extra Awards program for more details.

<sup>2</sup> Classic card rate tier at 16.99% may be assessed \$15 annual fee. With approved credit. See [metrumcu.org](http://metrumcu.org) for additional card details.



CU SERVICE CENTERS.  
*The Member-Friendly Financial Network*



# Walnut Hills Neighbors

Frank Haskett

One of the first things Jesse Alcorta told me was that he wasn't very interesting. But that depends on how you look at it. How many people do you know who have lived off and on for 20 years on the Antarctic continent? Let's start at the beginning.

Jesse was born and raised in Manitowoc, Wisconsin. After high school he went to and received an associate degree in Health Physics from Lake Shore Technical College. He explained that the study has to do with protecting us from radiation--not from the sun, but rather from spent nuclear fuels from nuclear power plants, nuclear medicine, radium sites, etc. Jesse graduated in January 1987 and moved to Denver to work for Ramp Industries, which handled radioactive waste, and quickly rose from Jr. Tech to Sr. Tech, and then manager of the lab. About 4 1/2 years later he moved on to Rocky Flats as Health and Safety Officer for a civilian contractor. There was some concern that Rocky Flats had been built on a "fault," but it was later shown that there had been no seismic activity for 60,000 years.

Things seemed to be looking up, so he got married, only to have the company run out of work and lay him off. While looking for a job, he saw an ad that said, "Come work at the South Pole." He answered it and was interviewed over the phone. Although they took their time, after several months he was told that if he passed the physical he would be hired. The physical involved a lot more than what you and I are used to. They are interested in preventative medicine, so he had to have two wisdom teeth pulled because they weren't straight. They don't want anyone to get sick while down there because getting them out can be very difficult and expensive. They also do a psychological evaluation for those who spend the long winter there. He got the job in Aug. 1992 and headed south in Oct. 1992.

Jesse was working for Antarctic Support Assoc. and later Raytheon. From Los Angeles he went to Auckland, and then Christchurch, both New Zealand, and then on to McMurdo Station. It was springtime; or what passes for it. The warmest he ever saw in summer was 38 degrees; the coldest about 42 below and 100 below wind chill. It's not really much colder in winter and they don't get a lot of snow--a big storm might produce 3 inches, but it drifts up into big piles. Sometimes the wind blows as much as 120 MPH sustained, and other times it's calm. He recalled working outside in a tee shirt during a calm period. It is really a dry climate! They had a form of email which went within the company and from there to Denver. In summer, they had mail flown in every week or two. They seemed to live for events such as a Halloween party, Thanksgiving, Christmas, and New Years. They ate Navy food, which he said was very good. Turkey Day was much like here, with all of the trimmings. Women are outnumbered three to one by men, so they had plenty of company. The last event was on New Year's day and is called "ceestock." (Think Woodstock in the snow.) Musical groups have had time to form and they have yet another party with a chili cook off that lasts for about 6 hours!

Overview of working there: They work 6 days a week, 9 hours a day or more. Why do they do it? Some couldn't find work here, others just want to see or experience it.

Some worked for minimum wages and washed dishes. In summer, the staff is 1200 and in winter it shrinks to 120, down to 50. In summer, they have 150-200 science projects and in winter it's only 15-20. Once the station closes for the winter there are no ships in or out and no flights, except for an extreme emergency. By 1993, they had email, but it was limited because of security and bandwidth. You could use a satellite connection (not a sat. phone) for 99 cents a minute. Regular mail was dropped by parachute once in mid-winter and came in by plane in summer. The mid-winter drop also included fresh fruit and vegetables and EGGS! Later on they had satellite phones, but again they were regulated for security reasons. He is a "ham radio" operator, so he used that.

His job was to deal with hazardous materials such as hydrochloric acid, chloroform, etc--very few were radioactive--mostly chemicals used in experiments. He maintained the stocks and checked them out and in to each person in order to keep a strict accounting of where they were. One of the tests was to see the effects of temperature below 150 degrees. The researchers did the studies and gathered data. They told him what they needed to do it and he procured, stored and maintained it. He also packed it up and shipped it back to the US for proper disposal.

Jesse came home each February and went back in October, and his job continued here the rest of the year where he planned for the next season. Over time, his job expanded to three stations: South Pole, McMurdo and Palmer Station. South Pole station is 900 miles from McMurdo and Palmer is about 1500-1800 east of McMurdo. He also managed the monitoring of the ozone "hole." Scientists did their job and Jesse was the administrator.

Some other thoughts come to mind if you want to work there. You need to be very flexible. There is some routine, but only some. Although his job was one thing, he might shovel snow for awhile or keep a divers hole free of ice (if a seal takes a liking to it, you must leave it alone--wildlife is off limits except to view). Driving is done very slowly and carefully. The ice on top provides a nice hard surface on which to motor--there is no pavement. If you break thru it you will get stuck in the loose snow or mud below. The speed limit "in town" is 5-10 MPH and outside it goes up to 15-20. Everything takes longer there because of the clothing you must wear to survive: putting it on and removing takes time. You need to watch out for sun and wind burn (the sun reflects up from the snow under your glasses into your eyes and skin). When the snow melts in summer it creates rivers of water & mud that run 24 hours a day. The highest land mass elevation is about 4500 feet, but snow/ice mountains rise up to 9800 feet. The whole land mass is the 5th largest continent on the planet (unlike the North Pole which is on a sea, not a land mass).

At least 50 nations have some sort of an outpost there, from our large and several



installations, to merely a hut for some other country. There is a treaty signed by these nations that says that the continent belongs to no one and must be open to all. Each of the current nations that have a presence has signed the treaty. The possible bad news is that the treaty runs out in 10-15 years. Some nations have expressed interest in mining coal or drilling for oil. Jesse left in Feb. 2012. A third company took over the contract with the National Science Foundation and let most people go. When he took the job that was all it was to him. He had been unable to find work here so he reluctantly went south. But once there, he took to it and was all in. His degree was in technology, and science is a "cousin" to that, so it proved to be a natural for him. He liked the people and he liked the science. He left after 20 years, but he really didn't want to. Since leaving, he has gone back to school and is working on a degree in environmental science and he has his own consulting firm. Jesse belongs to the American Society of Mechanical Engineers, National Registry of Radiation Protection Technologists and the American Nuclear Society. He has presented a paper at a cryogenics association convention and published a book titled "Realities of Self Defense" (both he and his wife hold black belt designations in Tae Kwan Do). Finally, he is still a ham radio enthusiast with the designation of "extra class." And he thinks he's not very interesting!

## Babysitting Help is Here!

**CPR / Babysitting / First Aid Trained Babysitter!**  
Third generation Walnut Hills teen available to help with your babysitting needs

Years of experience  
babysitting three  
younger siblings  
Fun and games for the  
kids!  
Call AJ  
303-771-9812

## ESPREE

**Child Learning Center**

5811 Gleneagles Village Parkway  
Highlands Ranch CO 80130  
303-471-1110  
www.espreelc.com  
www.facebook.com/espreelc

*~ Now Enrolling For Fall ~*  
**Schedule a Tour Today!**  
Less Than 3 Miles From Walnut Hills!  
A 1.5 acre property with a pool, 2 playgrounds,  
a sandbox and plenty of shade!

**Preschool & Pre-Kindergarten Classes**  
Private Kindergarten - Full Day  
Summer Programs  
Full or Part-Time Schedules  
Exceptional Certified Teachers  
Private Pool-Swimming Lessons  
Ages 2 1/2 thru 13 years  
Dedicated Long-term Staff  
Serving Families for over 15 Years  
Family Owned And Operated

## AP Images

*Jesse Alcorta - Photographer*  
*Walnut Hills Newsletter*

*Portraits, Sports, Books and Documentation*  
alcortje@pcisys.net      720-207-3757



## Fall has arrived! Now what?

Julie Gamec

Fall is here and brings with it beautiful color and cooler temperatures! While most think the majority of work in the garden happens in the spring and summer, there are a lot of things that can be done to the garden in the fall for great benefits next year.

### Rake up Fall Leaves

- Don't leave leaves on your lawn over the winter. As leaves get wet and start to degrade, they form a dense mat that will smother your lawn resulting in bare spots next spring. It is easier to remove leaves when they are dry than when they have sat for a winter!!

### Clean up any Remaining Fruit

- Walnut Hills had a great year for fruit! Pick and remove any remaining fruit before a hard frost. Consider freezing, canning, or donating your left over fruit to one of Denver's great local charities and/or food banks. If you have a charity in mind, call first to be sure they will accept your donation. There are also many recipes available for using different kinds of fruit. I am including my favorite apple pie recipe below.
- As you may have noticed, some of the fruit (especially apples) will get bugs. If that fruit isn't removed, the bugs will migrate into the tree and infect the fruit for next year. Clean up all remaining fruit, especially those that have dropped to the ground.

### General Fall Clean Up

Now is the time to do your general fall clean up. Here are some tips for the different kinds of plant materials that you may have:

- **ANNUALS:** Remove all annuals from planting beds and pots. I prefer to store my pots in the garage over the winter, it keeps the pots looking new longer and prevents the pots from breaking due to freezing temperatures.
- **PERENNIALS:** Clean up perennials. Remove all dead foliage, spent blooms and bloom stalks. Iris leaves (or blades) can be cut back to about 6 inches above the soil with pruners or scissors.
- **SHRUBS:** Now is the time to thin or prune and size shrubs that don't bloom in the spring. Shrubs like Forsythia and Lilacs wait to prune until summer. To thin, pick 1/3 to 1/2 of the largest, oldest stalks and cut them to the ground. Remove any dead or broken branches. To size shrubs, remove excess growth slowly! Plan to take no more than 1/3 of the total height of the shrub per year.
- **TREES:** Remove dead or broken branches. Any heavy pruning should be done in the late winter/early spring. Never heavily prune young trees. Consult a certified arborist or use the many great resources available to you such as your local garden center or CSU Extension office. Wrap young trees with tree wrap - add wrap

around Halloween and remove at Easter. Tree wrap protects the bark from winter sun scald.

- **VEGETABLE GARDENS:** Remove all plants. Now is a great time to add compost. Also, this is the time to plant your winter crops - think garlic and onion. If you choose, plant cover crops (such as alfalfa, oats, buckwheat) on vegetable gardens.

### Mulch Delicate Plants

- Some plants, though perfectly acceptable for this climate, want to have warm feet during the winter. Heavily mulch delicate plants such as Butterfly Bush, Clematis, Roses, and Rose of Sharron (Althea). Consider this a very localized mulching. For more widespread mulching, I prefer to do it in the spring so that I am not raking up 'new' mulch when I do my spring cleaning.
- Consider using your fall leaves for mulch. These leaves can be crushed up (if you use or have access to a mulching leaf blower) and then spread around. It is also common to put leaves into a bag and set them on top of the plant. This method works best for things that die back such as the Clematis.

### Think Spring

- Fall is the time to plant bulbs - tulips, hyacinth, daffodil, crocus and allium. Your local garden center should have a great selection at this time. For large orders (think 25+ of one variety or mix containing 25+ bulbs) I love [www.colorblends.com](http://www.colorblends.com).
- Fall sales for plants are typically going strong at this point - think ahead for next spring and save a few bucks!!! If you decide to make fall purchases, be sure to ask about the warranty policy. Different businesses look at warranties and sale pricing differently.

### The Lawn

- Use a winterizing fertilizer (a fertilizer with low nitrogen)
- Aerate the lawn

### The Water

- Winterize your sprinkler - be sure there is no water in the irrigation system that can freeze and break a pipe or you won't know the damage has been done until next spring! This is generally done by an irrigation company for a fee. Maintaining your system is going to be less expensive than repairing it.
- Disconnect hoses. Again, I prefer to store hoses in the garage over the winter.
- Don't forget to winter water your trees and shrubs! Winter during extended dry, warm periods. Typically the rule is water once a month on a day that is over 40 degrees and when there is no snow on the ground. Plan on giving trees 10 gallons of water for each inch in trunk diameter. Plan on giving shrubs 10 gallons of water each time.

Don't forget - enjoy the fall!!! It is a great time of year and winter will be here before we know it, but with a little bit of work, your garden will be a beautiful place this spring!

### Swedish Apple Pie "makes its own crust"

- 4 cups sliced, peeled apples
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/2 cup butter, softened
- Pinch salt
- 1 cup sugar
- 1 cup flour
- 1 egg
- 1/2 cup nuts (optional)

Fill an 8-inch pie pan with apples. Sprinkle with brown sugar and cinnamon. Mix butter, salt, sugar, flour, egg and nuts (optional) together; sprinkle on top of apples. Bake at 350 degrees for 1 hour. Serve with whipped cream or vanilla ice cream. 8 servings.



## Creations for You Alterations & Custom Sewing

Judy Chavez  
7425 South Quince Ct.  
Centennial, CO 80112  
303-741-2109

# HERITAGE

## WINE & LIQUOR

Visit us on Facebook, YouTube, and our website  
[heritagewineandliquor.com](http://heritagewineandliquor.com)  
for weekly eDeals, coupons and special events

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

### Free Basement Finish Workshop October 11

Learn the ins and outs of what it takes to finish a project. All Centennial residents are invited to a FREE workshop to learn what it takes to tackle a basement finish project. This workshop is scheduled for Saturday, October 11 from 9 a.m. to noon at the Centennial Civic Center located at 13133 E. Arapahoe Rd. Participants will learn about the permitting process, building code requirements and common pitfalls during the basement refinishing process. Please RSVP to 303-754-3321. Refreshments will be served at 8:30 a.m. This workshop is hosted by the City of Centennial's Building Division.



### 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](http://www.seanslateragency.com)  
[sean.slater.p2uq@statefarm.com](mailto:sean.slater.p2uq@statefarm.com)



The greatest compliment you can give is a referral.

## The Mantis in the Miscanthus

Bruce Ferguson

Rain has been saving me about a hundred dollars a month in water bills, and for that I am thankful. I kind of let things go to fend for themselves this summer and I have the weeds to prove it. The wrens took up residence in the chickadee's box after the fledgling took to wing and the family moved on. So we had a second wren family for a while. Around the middle of August, I heard the chickadees again and I saw them looking over the old homestead one day and then they were gone. I'll be cleaning out the box soon and hoping for more tenants next spring.

The other day I heard some noises in the miscanthus that grows near the back door. On investigating, I found a hawk moth frantically flapping its wings deep within the grass. I thought this was a bit odd and upon further investigation I realized that there was a Mantis holding the moth in its grip. I hadn't noticed the mantis at first because it looked just like the blades of the grass where it must have been awaiting its prey, seems like a great example of the cruelty of organic gardening or something like that.

Early in the morning around 5 am or so, driving down the street, it seems that there is at least one rabbit in every yard. I suppose then it should be no surprise that the other day I saw a coyote in the backyard. This was not a little animal. It was far larger than the majority of dogs I see being walked passed the house. The Coyote seemed to have a keen interest in a squirrel that was atop the fence on the hill, but was quick to run off when I banged on the glass.

My black-eyed-susans are all happily flowering this year. People always seem to group them into the xeric camp but I must say they survive with little water, but they thrive on lots of water. My grass revived itself after the brief hot and dry period we had this year. The garlic chives are spreading rapidly these days, perhaps too rapidly. The asters and perennial chrysanthemums are doing well. I manage to get a few Japanese anemones to flower every year, but I have begun to wonder if I shouldn't replace them. Change may be a constant, but it can always use a little help.

## Photos, Authors, and World Travel!

Calling All Photographers!

The 2014 Share the View Contest benefitting the Audubon Society of Greater Denver begins October 15. Don't wait until the last minute. Act now to capture some award-winning shots! Photos can be entered through December 1, 2014.

The theme for this international digital photography competition is nature and wildlife. All entries should accurately reflect the subject matter and scene as it actually appeared when captured with the camera. Images accepted in the Share the View contest can feature nature or wildlife subjects from anywhere in the world. Landscapes, flora, fauna, macro, aerial, behavior, portrait, underwater, urban wildlife, abstract, black & white, and atmospheric are among the subjects and styles that are acceptable. Domestic animals and plants, people, and the "hand of man" may be included, but wildlife, landscape or nature must be the featured element.

Ten cash prizes will be awarded including a \$1,000 Grand Prize, four first place prizes of \$250 and five second place prizes of \$100. Photographers can enter as many photos as they want. Each entry is \$10 per photo or six photos for \$50.

On February 11, 2015, Images by Colorado photographers who score among the top 250 and semi-finalists will be highlighted on the IMAX screen at The Wildlife Experience in south Denver.

Join Audubon for our Annual Meeting

Join Audubon on November 1st for the Annual Friends Gathering at Chinook Tavern in Greenwood Village from 4-6 p.m. Learn more about Denver Audubon's accomplishments and exciting future plans. Award-winning author Mary Taylor Young will share her insight of her recent book, Rocky Mountain Park: The First 100 Years. Books will be available for sale and signature. Visit [www.denveraudubon.org](http://www.denveraudubon.org) for more information.

Travel with Audubon

Iceland

Often referred to as the "Land of Fire and Ice," Iceland's landscape is characterized by waterfalls, geysers, glaciers, volcanoes, beaches, thermal hot springs, and otherworldly steaming lava fields. In addition to stunning landscapes, Iceland is a birder's paradise. Its remote location at the junction of two oceans allows for a unique mix of migratory and vagrant species. Denver Audubon Director Karl Brummert will lead this unforgettable birding and natural history tour to Iceland in June 2015.

Texas Tropics: Rio Grande Valley Winter Break

This winter trip concentrates on the region from the Gulf Coast upriver to Falcon State Park. This trip will be based in McAllen for three to four nights, which is well-situated as a base for reaching most of the major regional birding sites. Then an additional two nights closer to the coast, will allow plenty of time to visit the prime birding habitats. This trip will be in late January 2015.

### Nicole Savoie

Broker Associate



#### Bancroft Properties

7851 South Elati Street, Suite 204  
Littleton, Colorado 80120

Cell: 720.323.4394

Office: 303.794.9191

savoie.realtyservices@gmail.com

[www.nicolesavoieemb.com](http://www.nicolesavoieemb.com)

Meeting your Property Management and Real Estate Needs



### 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

**MTS PLUMBING LLC**  
**303-771-4814**  
**LICENSED & INSURED**  
• REMODELS • NEW CONSTRUCTION  
• WATER HEATERS • GAS LOGS

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

## HOME COMING 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](mailto: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/>



### Peakview Chiropractic and Wellness Center

Dr. Chris Butler, PC

6500 S. Quebec Suite 100

Centennial, CO 80112

303-741-2444

Exclusive Offer -

Call to schedule your welcome visit and receive a FREE 30 minute massage with initial \$50 exam and adjustment (new patients only)

[www.butlersback.com](http://www.butlersback.com)

It's your future . . . . be there healthy!

**Holiday Lighting Contest**

Heads' up, folks. Our Holiday Lighting Contest is coming up in December. Sometime during the week of Dec. 20, our steadfast judges will be driving the whole neighborhood to check out the lights. We try to spread the prizes out over the years, so, for those of you who have won in the past few years, we agree, your holiday lights are still gorgeous and you'll be back eligible again soon.

May everyone have a wonderful Thanksgiving and your WHCA will be bringing fun and useful events in the new year.

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

**Fall Dumpster Days  
October 11, 2014 - 8AM to 11am**

The last dump of the year is here, and if you are not a member of the Walnut Hills Civic Association, you can join while you are waiting in line. \$20 for your membership gets you a truck full. If you need more than one; that will cost you \$10 extra per load. The line starts in front of Walnut Hills Elementary and "dumping" will start as soon as the trucks get to the parking lot. Metals will be recycled. Computers, TVs, Monitors, and all other electronics not accepted in regular trash, will be taken for a fee. First TV or Monitor is free, but all other pieces will be at a charge by the electronics recycling company, Blue Star. Blue Star only accepts CASH. Please remember no cans of paint, no poisons, no batteries, no brick or concrete, and no logs. See page 10 in this issue for more details and hazardous waste pick up days. Bring your mattress, sofa, lawn furniture, bicycles, tree branches, bushes, and all the "stuff" you been saving up and get ready for the holidays.

Donna Senn 303-741-2065

**Help Me Spot the Weeds**

One of the ongoing problems in Walnut Hills is traffic sight lines. You know, those places we exit our neighbor and need to look left. Some places are really easy to keep clear—Uinta and Costilla (since there is a light), and then there are the others. As the GID person, I try to have them kept cut back, but sometimes it just doesn't happen.

If you notice that where you exit needs some clearing out to be able to see oncoming traffic better, PLEASE CALL!!! Leave a message if I'm not here. We all thank you for helping!

Maggie Haskett 303-770-2541



**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.....**



**Your neighbor and realtor!**

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

Provided to you by: Juhi Johnson 303 257 1905  
RE/MAX Professionals  
Walnut Hills Home sales and New Homeowners  
July 17, 2014 thru September 17th, 2014

1. 7326 E Hinsdale Place: Sold \$341,000, New owners: Eugene and Inna Essayev
2. 7077 S Verbena Circle: Sold \$330,000, New owner: Allan Bowen and Pamela Miller
3. 7623 E Costilla Blvd: Sold \$306,650 New Owner: William and Paula Wilson
4. 6883 S Ulster Cir: Sold \$314,900 New owner: Brian and April Buxa
5. 7381 E Hinsdale Ct: Sold \$310,000 New Owner: Xia Lin
6. 7466 E Davies Ct: Sold \$308,000 New owner: Michelle Rieple
7. 7279 S Tamarac St: Sold \$304,500 New Owner: Bad Lab LLC
8. 7348 S Spruce St: Sold \$295,000 New Owner: David and Clare Anderson
9. 8339 E Davies Pl: Sold \$290,000 New Owner: Joshua and Rebecca Stein
10. 8464 E Briarwood Place: Sold \$289,000 New Owner: Jason and Becky Prouty
11. 6900 S Uinta St: Sold \$265,000 New Owner: Richard and Denise Caldwell
12. 7302 S Tamarac St: Sold \$256,000 New Owner: Fengzhi and Wenping Li

If you are planning to SELL, please call Juhi Johnson @ 303-257-1905, your neighborhood realtor to find out what your home is worth! Free Market Analysis!

**D & B AERATION**  
*Free Estimates*

**Dave Leikam**  
cell (303) 596-1032  
home (303) 771-5779  
dfdfl@msn.com

*\*make checks payable to Dave Leikam*

# National Night Out Walnut Hills Block Party

Much deep appreciation for the generosity of the local businesses that participated and all the WHCA Board members (current and previous) who helped make this a great event. Jeryl Tippetts and Debra Gania on the grill; Brian Bern, the water supplier; Myra Garcia and Donna Senn who helped set up and keep order. We also thank our two Centennial Councilmen, Ken Lucas and Mark Gotto, and staff from Centennial; Juhi Johnson, Remax Broker Associate, who gave away bottled water; the crew from Metrum Credit Union; the crew from the Southeast Metro Stormwater Authority and their equipment (the kids loved the robot); several deputies from the Arapahoe County Sheriff's Office and their truck and car; several firefighters from our local South Metro Fire Rescue station; Ranger Stu from South Suburban Park & Rec. District, Bill Coleman Entertainment with his bubble machine and stilts, and last, but not least, Bill O'Donnell and his Juice O' the Barley band. Somewhere between 150 and 200 people attended. We always evaluate and see ways we can improve for next year. Let me know if there are changes you'd want to see.



## Dear Friends and Family,



Thank you for your support and encouragement. It was a privilege to be able to participate in the 2014 Tour de Cure century ride. Through your support we raised \$700.00 for the American Diabetes Association and had an unforgettable experience.

Nick Kruse

## Snow Helpers

I would like to thank everyone that helps our Walnut Hills neighbors by keeping their sidewalks free of snow. I know you a huge help and relief to your neighbors who can't shovel. If you need help with your snow, please call me at 303-713-1822 and I will put you on the list.

Even more importantly, we would appreciate everyone reaching out and lending a hand to help one another. Last year we had too few who were willing to help clear the sidewalks, compared to those who had asked for help. Please call me if you want to help and I will help make the introductions.

Jeryl Tippetts 303-713-1822

## Need a Ride? Walnut Hills Neighbor to Neighbor Transportation Service

This new service links a transportation volunteer with a neighbor who requires a ride for an appointment (medical, dental, legal, social). The neighbor needing a ride must not be capable of driving themselves or not able to obtain other transportation like RTD, taxi, or a caregiver/relative.

We are still looking for more volunteers who are willing to contribute several hours to help a neighbor that needs transportation. You are a good volunteer candidate if you are retired or a stay at home parent while your child is in school. The volunteer driver must have a valid, clean driver's license, maximum insurance, a clean, comfortable, fully functional and dependable car in good condition.

We are currently soliciting requests from residents (seniors, persons with disabilities, or anyone who is unable to drive) that need a ride. Note, however, that volunteer drivers will not be able to handle wheelchairs. If you would like to volunteer as a driver or if you need a ride, please call.

Herb Engler - 303 770-3949 or 720 579-7148

*Thank you, residents, for making our event a success. The special districts have always commented about how worthwhile it is to meet you. We hope to see many more of you next year.*

*Andrea Subaka, Chair, WHCA*



**ADVANCED**  
EyeCare Centers, P.C.

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

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

**THERAPEUTIC MASSAGE**  
*Relax, Re-energize  
Rejuvenate*  
for Less!  
**\$49 for One Hour**  
at **Arbach's**  
6854 S. Yosemite St.  
Southgate Shopping Center  
**303-770-6100**

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

**Rocky Mountain Coin**  
*Professional Numismatists-Appraisers*  
RMC Since 1976  
We **BUY** and **SELL**  
Rare Coins  
Silver Coins  
Gold Coins  
Precious Metals  
**303-768-8042**  
NW corner Arapahoe & Dayton  
9625 East Arapahoe Road



## From your District 3 City Council Members Ken Lucas & Mark Gotto



Fall is upon us and Centennial is already planning some exciting things for our citizens. We would like to bring your attention to a wonderful program for those of you that have an interest in learning more about how your City works. Centennial 101, a free program. In just seven weeks participants will understand how Centennial is unique, learn about how our tax dollars are used, experience a mock court trial, and find opportunities to get more involved in our community. If you think you want to sign up please go to our web site at: [www.centennialco.gov/Town-Hall/centennial-101.aspx](http://www.centennialco.gov/Town-Hall/centennial-101.aspx)

Classes cover a range of topics related to the City of Centennial (see 2015 schedule below).

Applications available: Nov 17, 2014  
Application deadline: Dec 3, 2014  
Participant notification: mid-Dec 2014  
Class Information: Jan 29 – Mar 9, 2015  
5:30 – 9:00 PM, Thurs  
(Graduation on Monday) – dinner provided.

Attendance at all sessions is required  
Schedule:

- Session 1: Introduction/History Jan 29, 2015
- Session 2: Taxes/Budget Feb 5, 2015
- Session 3: Development/Planning Feb 12, 2015
- Session 4: Street Infrastructure Feb 19, 2015
- Session 5: Public Safety Feb 26, 2015
- Session 6: Courts/Open Space Mar 5, 2015
- Graduation: at City Council Mtg Mar 9, 2015

Two major publications just recently confirmed what we already know about the City we live in! The articles are included here.

The City of Centennial was ranked #26 among the 50 best places to live in a recent report published in USA Today. To determine America's best places to live, 24/7 Wall Street reviewed the data of 550 areas with a population of 65,000 or more as measured by the U.S. Census Bureau. Rankings were determined by a number of variables, including crime rates, educational attainment and housing affordability.

To make the list, cities also had to have positive employment growth and a low unemployment rate, as well as access to certain amenities. As one of the safest cities in Colorado, Centennial has something for everyone, offering open-space, distinctive recreational activities and advanced business opportunities. As cited by 24/7 Wall Street, Centennial received high marks for its schools, low property crime rate and award-winning parks and trail system. Centennial is among three Colorado cities to make the list of 50 best places to live, which include the City of Fort Collins (25) and the City of Longmont (31).

Money Magazine – Centennial 13th of the 50th Best Places to Live 2014  
Population: 105,628  
Census Region: West  
Median Family Income: \$104,048  
Median Home Price: \$280,000  
Average Property Taxes: \$2,407  
Projected Job Growth: 7.2%

Just inside Denver's beltway, Centennial feels removed from the city bustle, with rolling hills, open space, and a trail network that winds through town. Yet this relatively new city, incorporated in 2001, is just a 35-minute light-rail ride or 20-minute drive from downtown. The area is a mecca for high-tech companies, and many Centennial residents work in the nearby Denver Tech Center, where companies like IBM and Oracle have offices. While Centennial lacks a historic downtown, the five-year-old Streets at South Glenn, an open-air mixed-use development, is a destination for shopping and dining. The outdoor amphitheater at Centennial Center Park is also gaining traction as a small concert venue, and the park's playground and splash pad are routinely packed with families.

Thanks for your continued support.  
Ken and Mark

Ken Lucas - Council Member District 3 (303) 754-3367  
Mark Gotto - Council Member District 3 (303) 754-3407



## Volunteering Jo Haugland

Belong to any group, go to work, or be in a family, and there will always be someone asking for a volunteer to do something. No matter the task, today the volunteer request is looked upon as an inconvenience, extra work with no pay, an intrusion on personal time, or something a

person just doesn't want to do. There's even a play on words involving volunteering at work, it's called being "Volun-told".

Volunteerism has really changed since I was a kid. I realize almost everyone over 50 says that. But, when I was in school, it was an honor to be picked as a volunteer to go pick up the audio visual equipment, mimeograph worksheets, or run an errand to the principal's office. Every kid in class raised their hand when the teacher asked for a volunteer. We couldn't wait for the special assignment, to get out of class for a few minutes, or to be thanked by the teacher for doing a simple chore.

Today when people are caught as traffic violators or for other infractions they are often assigned "community service." Here volunteering is being used as punishment. Many schools are requiring students to have a number of "volunteer hours" in order to graduate. Often volunteering has become a mandatory activity rather than something a person chooses to do.

At work, there is always an opportunity to volunteer, but the tasks are more complex, they often cut into home and family time, and usually don't give us the amount of thanks we feel we deserve. At home, the requests for help are viewed as "honey do's," chores, and necessary evils. Outside of work, there are kids' sports, church, scouts, non-profit groups, the young, the elderly, the sick, the homeless, and the handicapped, all requesting volunteers. Everywhere you look people want someone to do something as a volunteer. Today, we don't just pitch in, we weigh if it is "worth it."

Why should someone even want to volunteer? The answer could be there's a cause or activity where the individual has a strong conviction or involvement. It might be something where the individual feels passion. Whatever the reason, some people find volunteering to be rewarding and satisfying. Society has such a great need for volunteers that somehow we must find a way of re-instilling the feeling of honor in volunteerism.

If we, as a society can't muster the desire to help others, we will certainly shoot ourselves in the foot by not stepping up. What if you lose your job and now your family needs help? What if it's your elderly parent that needs someone to drive them to the doctor? What if your favorite organization needs a president, treasurer, or secretary or it will fold? Who's going to volunteer to help you - especially if no one is willing to be a volunteer?

Volunteering is necessary and sometimes unavoidable for everyone. Wouldn't it be great if we could all find that kid inside who wanted to go to the cafeteria to pick up the classroom snacks? What will be your way of responding to volunteer opportunities in the future?

7200 E. Dry Creek Rd. Suite B204 \* Englewood, CO 80112 \* [www.mauzies.com](http://www.mauzies.com)

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

Open House  
Saturday  
November 15<sup>th</sup>  
10 am to 7 pm

Beautiful gifts, food and libations  
See all of Mauzie's new designs just in  
time for the holidays

higher prices, excited buyers  
multiple offers, and quick sales...

**IS IT TIME TO SELL YOUR HOUSE?**

DOWNTOWN URBAN NEIGHBORHOODS SUBURBS

**303.629.1000**  
TrenkaRealEstate.com  
Mark Trenka 303.880.3636

## MY Dog Would NEVER Bite!



Lorraine May, M.A.

Those of us who have dogs might like to think that our dog would never bite. We know him as lovable and loyal, or trained and well behaved, or perhaps of a family friendly breed. Because he is a 'good' dog, we cannot imagine that he would do such a 'bad' thing.

The truth is though that all dogs will bite under the right conditions. They could still be considered a 'good' dog and would probably even have felt justified in biting. Consider how many of us have never engaged in nor provoked a fight, but would certainly defend ourselves and our families. Dogs will likewise protect themselves when they feel threatened and without a viable alternative.

Fear is the predominant emotion underlying most canine aggression. The dog is perceiving a threat to himself or to something he needs to survive. Positive experiences, such as force-free training or enjoyable family time, help a dog relax and feel secure. He realizes that he is safe and feels confident that his people and his world are safe as well.

One way to prevent a biting incident is to immediately remove your dog from a situation that is causing him stress. He will learn that these early communications to you are sufficient to resolve his predicament. He won't need to lunge or vocalize or bite.

- Tongue flicking
- Yawning
- Shaking off
- Whale eye (white is showing)
- Ears forward and alert
- Hesitating or freezing
- Moving slowly or speeding up
- Body and /or tail stiffening
- Head turning away (often when being hugged)

The perfect way to prevent a bite is to actually avoid situations that are unfamiliar, over stimulating, chaotic or threatening. Make it a point to observe your dog and his response to his environment. You can then make informed decisions regarding his exposure to the world. Every dog has unique preferences and dislikes, from dog parks and the vet, to kids and crowds, to men in hats or visitors to your home. Your dog will trust you more, and thus feel safer in general, if you meet him where he is instead of prematurely requiring him to meet your expectations.

Your dog's response can also vary dependent upon his health, the temperature, or scheduling blips in his routine. Dogs, just like us, have a tolerance level, which can be exceeded by one event – a screaming running child – or multiple sequential triggers such as an overabundance of attention, strange noises or rambunctious dogs. Any of these can evoke out of character vocalizations or movements, signaling that it is time to go!

If your dog has ever exhibited more serious signs of discomfort such as growling, snapping, snarling or nipping, seek professional assistance to help you understand how to curtail any escalation. DO NOT PUNISH any of these serious signs as your dog has wisely inhibited his ability to harm, and has chosen to communicate his distress instead. Punishing him may not only extinguish these warning signs, but may trigger defensiveness and elicit aggression.

Once a dog bites, you must consult a professional who can help you set up a treatment plan which includes safe management as well as behavior modification. The plan must teach him how to attain the safe distance he needs with the minimum of effort. Ideally, in this program, the biter will build positive associations with what worries him, become less sensitive to triggers that alarm him, and receive reinforcement when he communicates with stress signals and expresses the desire to withdraw.

Misha May Foundation Dog Training and Rescue's 4 week Understanding Dogs class, described at [www.mishamayfoundation.org](http://www.mishamayfoundation.org), is an optimum environment in which to work with potential or actual biters, as well as many other canine issues, since one dog attends at a time. Contact [mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) for additional classes and services. We are also happy to email copies of our behavior handouts upon request.

Lorraine May, M.A., is the Founder, Executive Director and Head Trainer of the Misha May Foundation, a 501(c)(3) non-profit dog rescue which offers a wide variety of educational classes to the community. The Misha May Foundation was voted #1 Best Dog Training on Denver's A\*List 3 years in a row! The 6 week Understanding Dogs Behavior class has a unique individualized approach. The Dog Trainer Apprentice Program is designed for the working person and teaches our effective reward-based, anxiety-reducing techniques. [www.mishamayfoundation.org](http://www.mishamayfoundation.org)  
[mishamayfoundation@gmail.com](mailto:mishamayfoundation@gmail.com) 303-239-0382

## Boy Scout Troop 257

Meets at Walnut Hills Elementary every Thursday from 7:00-8:00pm. We are very active in the community and enjoy what we do as a troop. Over the past two months we have participated in quite a few activities. On Labor Day weekend 7 scouts backpacked outside Idaho Springs. We hiked up the trail a ways, set up camp right over a small cliff and stayed for two days. We enjoyed hiking, fires and just hanging out. Everyone had a great time and got to spend a lot of time in the great outdoors. While we were up there, we found trash covering the ground in many of the campsites. As dutiful scouts, we cleaned up half a dozen campsites and carried the trash out. On 9/11 Troop 257 visited the Quebec and Dry Creek firehouse. All the scouts



wrote letters to the firefighters thanking them for their service. The troop got a tour of the station and had a great time learning about what a firefighter does in his/her free time. Some of the younger boys also worked on the Fire Safety merit badge.

Troop 257 had a Court of Honor in August recognizing the achievements of the boys in the troop over the last 6 months. We had seven scouts advance in rank and awarded more than 40 merit badges. Everyone had a great time. Food was cooked by the hosts and the troop planned for the future. All in all, the troop had a great summer and beginning of the fall.

## Boy Scout Troop 574

Has started the new school and Scouting year off with a bang! Besides continuing to work on the Communications Merit Badge and learning critical skills for the future, the troop also started working on the Cycling Merit Badge in September, with a visit to Performance Bicycle shop to learn more about proper setup and maintenance of their bikes before starting the actual ride requirements - two 10 mile rides, two 15 milers, two 25 milers, and finally a 50 mile ride in under 8 hours. Their Scoutmaster is hoping to take his personal experience from this year training for and completing the Ironman Canada triathlon in July, and helping motivate these young men to work hard to achieve some goals like the 50 miler and completing a few 14er climbs.

The troop also has started to camp, beginning with the annual Fall Camporee. This year, the theme was Zombie Apocalypse and emergency preparedness, so it was called the "Zomboree". The troop competed against 350 other scouts/troops and had it's best showing yet, finishing first in "Zombie Victim", a stretcher evacuation obstacle course, and first in the special dutch oven "Zombie Chopped" event, making a survival meal out of a box of secret ingredients. Let's just say that it was yummy, and the scouts learned that mayonnaise can be a substitute for eggs,



and bacon and chocolate always make things taste better! Finally, the troop also placed 4th in the lashings contest. We are very proud of their hard work and accomplishments.

Next up is the Air Force/Navy game and campout afterwards in early October, then our Fall Court of Honor and a visit to Pack 257 to provide a night of fun and teaching to the local Cub Scouts. For more information on our troop, visit us at [www.centennial574.mytroop.us](http://www.centennial574.mytroop.us)

★ \$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.

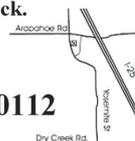
**We're confident you'll never go back.**  
 Jon Hart, Owner



**303-220-7766**

**6770 S. Yosemite St., Centennial, CO 80112**

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





# Coupons



**My Favorite Muffin**  
YOUR ALL DAY BAKERY CAFE

8719 E. Dry Creek Rd.  
Centennial  
(303) 290-1027  
www.MuffinCafe.com

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

**FREE Jumbo Muffin**  
With purchase of a Jumbo Muffin (Limit 4)



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. ©2014 B&B, Inc.

Locally owned & operated by Eric Abbott & Mark Rank

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 12/31/14. 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.

**All 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**



**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

**20% off first visit**  
Valid with Jennifer Shinn only

I have years of experience and education in hair design. I have recently moved to the area and look forward to building my clientele here!

Cherry Hills Day Spa  
8081 E. Orchard Rd Unit 298  
Greenwood Village, CO 80111  
jashinnhair@gmail.com

Jennifer Shinn - Hair Designer 303-720-2716

Your #1 Choice for all your home improvements!



We are licensed and fully insured. References available upon request.

- General Home Maintenance • Decks
- Porches • Fences • Kitchens • Bathrooms
- Electrical • Drywall • Painting
- Carpentry • Finished Basements
- And Much More!

Handyman Complete Services  
**303-325-6447**  
FREE ESTIMATES

[www.HandymanCompleteServices.com](http://www.HandymanCompleteServices.com)

**10% off Services with Coupon**



Peakview Chiropractic and Wellness Center  
Dr. Chris Butler, PC  
6500 S. Quebec Suite 100  
Centennial, CO 80112  
303-741-2444

Exclusive Offer -  
Call to schedule your welcome visit and receive a FREE 30 minute massage with initial \$50 exam and adjustment (new patients only)  
www.butlersback.com

It's your future . . . . be there healthy!

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

**50% off Registration with coupon**

©2009 Kumon North America, Inc. MATH. READING. SUCCESS.



Looking for a quality Hairstylist?

Diana Schneider at Salon du Soleil

(720)427-6997  
7475 E Arapahoe Rd  
Englewood, CO 80124

Specializing in: Foil Highlights, Color, Men's and Women's Haircuts, Styling

**CUTS AND COLOR**      **HIGHLIGHTS**

\$15.00 off Women's Haircuts (\$45.00 value)      \$10.00 off PARTIAL (\$70.00 value)  
\$10.00 off an all over color (\$50.00 value)      \$15.00 off FULL (\$90.00 value)

\*First time clients only\* 1 coupon per person\* not valid with any other offer\*

**ALL SEASONS COSTUMES RENT-ALL**



6550 S Yosemite St  
303-770-2980  
[www.ASRentall.com](http://www.ASRentall.com)

**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.

Why pay scary prices at seasonal Halloween stores?  
Amazing Selection of over 800 Adult Rental Costumes

Want to own? Over 1500 Costumes and Accessories for sale!

# 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 Angelia Dale for Mortgage Loans.

Angelia Dale #303-713-3072

Apply Online:  
[www.firstnationalbanks.web-loans.com](http://www.firstnationalbanks.web-loans.com)



7777 East Arapahoe Road  
Centennial, Colorado 80112  
**303.770.5100**