

Walnut Hills Newsletter

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



Holiday Lighting Contest

Andrea Suhaka, Walnut Hills Civic Assoc. Chair,
303-770-0058, standy@ecentral.com

The judging of the Holiday Lighting Contest will take place the week of Dec. 20. That's a week later than originally planned, in the hopes of more folks having their holiday lights on. The Civic Assoc. has sponsored this contest for many, many years and the judges love how beautiful our neighborhood looks at this time of year. Three Board judges will circulate through the whole neighborhood looking at the sites and picking possible winners.

They take pictures extensively and then retreat to someone's home to go over them and choose the winners. (Don't worry if you see someone taking pictures of your house at night in that time period.) The contest has cash prizes, but you must be a Civic Assoc. paid member to win money. * First place - \$100 * Second place - \$75 * Third place - \$50 We spread the money around, so if you've won first place in the past 4 years, we won't award you again for another year.

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 ¹

CLASSIC VISA

- ♦ Low Fixed Rate
- ♦ No Annual Fee ²
- ♦ Easy to maintain and access

Metrum Community Credit Union

303-770-4468
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. ¹ See Extra Awards program for more details.

² Classic card rate tier at 16.99% may be assessed \$15 annual fee. With approved credit. See metrumcu.org for additional card details.



CU SERVICE CENTERS.
The Member-Friendly Financial Network



Walnut Hills 9-Hole Disc Golf Course

The Walnut Hills Civic Association will be working with South Suburban Park & Recreation District (SSPRD) and the City of Centennial Open Space Advisory Board to potentially install a nine-hole disc golf course within the open space along Little Dry Creek this summer. Initial indication from SSPRD is that they would be supportive of the Civic Association applying for a matching grant this spring as long as the baskets are kept away from backyards. We also plan on approaching the City of Centennial Open Space Advisory Board to see if they would be willing to chip in for the project, we have volunteers lined up to install the baskets, and we have a potential donor for the concrete.

As DiscGolf.com puts it, "Disc golf is one of the best lifetime fitness sports. It is easy to learn, a healthy activity and accessible to people of all ages and fitness levels. If you can throw a Frisbee® and you like to have fun, you can play disc golf." For those that have not heard of disc golf, it is basically like regular golf, but instead of hitting a ball to a hole, players throw a Frisbee® or "disc" towards a basket hanging from a metal pole. The object of the game is to complete each hole in the fewest number of throws. The player with the lowest total cumulative score wins.

If you have noticed some wooden markers with pink flagging tape attached, these are the potential disc golf baskets. The wooden stakes say "potential disc golf basket." We are looking at four potential baskets between Quebec Street & Spruce Street, two potential baskets between Spruce Street & Walnut Hills Elementary School, and three potential baskets near Walnut Hills Park. This would give us a fairly spread out 9-hole course. The intent is for this to be an informal disc golf course like what was constructed in Willow Creek. The course would not have tee-boxes, but would instead encourage groups to take turns picking the spot to throw from.

If you have any comments or questions about the potential project, please feel free to contact Brian Bern at BrianBern@gmail.com. Brian Bern - Neighborhood 12 Representative



Walnut Hills Soccer Standout Commits to CU-Boulder



Walnut Hills resident and native, Caitlin McPherson, committed this fall to play soccer for the University of Colorado at Boulder.

She currently plays for Colorado Storm U16 and is part of the Elite Clubs National League, a program that allows the nation's top female soccer teams to compete around the United States.

McPherson regularly attends U.S. Soccer Federation and Olympic Development Program invitation-only trainings and has been named the top goal keeper in the 15-state region and is

considered one of the top goal keepers in the United States.

In 2013, her team played in the national tournament in Richmond, Virginia. And in 2014, her team played the national champions from Southern California twice, tying 1 to 1 both times.

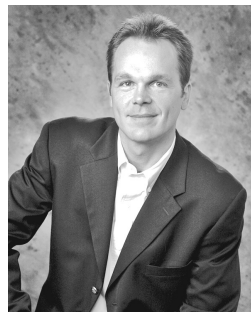
In 2011, her team was named Colorado State Cup champions and a finalist in 2012. She was team captain both years.

McPherson, a six-foot-tall sophomore at Cherry Creek High School, holds a 3.8 grade point average.

CU-Boulder's women's soccer team is among the top programs in the country. Last year the team reached the Sweet 16 in the NCAA tournament.



***Congratulations to Original Owners**
Dorothy & Jim Weber of S. Tamarac St.
who celebrated their 65th wedding anniversary on
November 19th*



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!

★★★
VIEWHOUSE

— EATERY, BAR & ROOFTOP —

Buffet Brunch

EVERY SUNDAY 10AM - 2PM

★★★

ENJOY ALL OF YOUR VIEWHOUSE BRUNCH FAVORITES
IN A BEAUTIFUL SUNDAY SPREAD.
SEAFOOD TOWERS, MADE-TO-ORDER OMELETTES, WAFFLE BAR, SUSHI
STATION, MEAT CARVING STATIONS & COLD PRESSED JUICES ARE JUST A
FEW OF OUR FAVORITE SUNDAY ADDITIONS.

ADULTS | \$28.95 KIDS 6-12 | \$9.95
6 & UNDER | FREE



★★★ 7101 S. CLINTON STREET | VIEWHOUSE.COM ★★★

Letter to the Editor:

My husband and I have been residents of Walnut Hills for 38 years on South Tamarac Court. Yesterday being Veterans Day, my husband hung our American Flag to honor our Veterans. My husband is also a Veteran and the flag he uses is the flag that he got when he left the Navy; it was from the last ship he served on. I guess one of the plastic clips broke and the flag was blown to the ground. We thought it was lost for a day, but someone had picked it up and put it in our mailbox! We would like to thank whoever did that, as it was a very kind thing to do. Barbara Koenke

2015 Scholarship Announcement

WH Scholarship Board Approves \$10,000 for 2015 Walnut Hills Graduates

At a recent meeting of the Walnut Hills Scholarship Committee it was decided that four \$2,500.00 College Scholarships would again be awarded for 2015 Walnut Hill's graduates planning to attend college in 2015. These scholarships are good at any accredited college in the United States.

However, this year an additional (fifth scholarship) of \$2,500.00 will be offered if the current level of support and the number and quality of applicants continue to increase, as it has in the past several years.

It is through the efforts and contributions of Walnut Hills residents that these scholarships are available. Last year residents contributed over \$6,600 and the Walnut Hills Civic Association and the Walnut Hills Newsletter contributed an additional \$3,500. Since this exceeded the \$10,000.00 given out last year, we are able to add the possibility of an additional \$2,500.00 scholarship this year. Contributions can be made with the Walnut Hills Civic Assn. dues in March or can be made directly to: The W. H. Scholarship Fund at 7219 S. Tamarac Ct. Centennial, CO 80112. Scholarship Applications will be available in the Post Grad Center at Cherry Creek High School or may be picked up from John Fuller 7219 S. Tamarac Ct. 303-771-2838 after January 1, 2015. The deadline for submitting applications is Wednesday, March 4, 2015.

The Walnut Hills Scholarship Committee welcomes any comments or suggestions. They can be directed to the Walnut Hills Scholarship Fund at 7219 S. Tamarac Ct. Centennial 80112, or to any of the members of the scholarship committee: John Fuller, Diane Graham, Joan Rowe, and Eric Schultz.

South Suburban Parks and Recreation

Holiday Pass Sale, November 21-December 31, at Douglas H. Buck Community Recreation Center, 2004 W. Powers Ave. Littleton, Goodson Recreation Center, 6315 S. University Blvd., Centennial and Lone Tree Recreation Center, 10249 Ridgeway Circle, Lone Tree. 10% off admission passes and punch cards, personal training (includes Pilates reformer) by certified experienced trainers, massages at Goodson and facials at Buck. Passes provide access to drop-in fitness classes, weight room, state-of-the-art cardiovascular equipment, running track, indoor cycling, & leisure pool and gym. For more information, call 303-347-5999.

FREE Holiday Ice Shows at 2 locations Bring a canned or packaged food item for our annual food drive benefitting Food Bank of the Rockies. For more information, call 303-798-7881.

- South Suburban Ice Arena, 6580 S Vine St., Centennial on Fri., Dec. 12, 6 pm & Sat., Dec. 13, 3:15 pm. For more information, call 303-798-7881.
- Family Sports Center, 6901 S Peoria St., Centennial on Sun., Dec. 14, 3:15 pm. For more information, call 303-708-9500.

Skate with Santa at 2 locations

- South Suburban Ice Arena, 6580 S Vine St., Centennial on Fri., Dec. 12, 7-7:45 pm & Sat., Dec. 13, 2:15-3 pm. For more information, call 303-798-7881.
- Family Sports Center, 6901 S Peoria St., Centennial on Sat., Dec. 13, 1-1:45 pm, Sun, Dec. 14, 2:15-3 pm. For more information, call 303-303-708-9500. Public Skating fees apply.

Parents Night Out, Fri., Dec. 19, 6-9 pm, Goodson Recreation Center Gymnastics facility, 6315 S. University, Centennial. Kids 5-12 years enjoy a night out in a safe environment and are entertained in our state-of-the-art gymnastics facility. For more information, contact AshleighK@sspr.org. Please feed children before arriving at the gymnastics facility or send a snack. No food or beverages supplied. For more information, contact AshleighK@sspr.org.

New Year's Eve Extravaganza for Youth, Wed., Dec. 31, 8-11 pm, Family Sports Center, 6901 S Peoria St, Centennial. Ages 8-13 celebrate the start of 2015 by enjoying laser tag, eXerGame Zone, inflatables, bumper cards, ice skating, toasting sparkling cider while watching the ball drop in New York's Time Square at 10 pm Mountain Time. Light snacks provided. Fee: \$15 online, \$20, class #4890012. For more information, contact Christina at 303-754-1052 or christina@sspr.org.

Pancake Breakfast with Santa, Sat., Dec. 6, Seating at 8:30 and 9:30 am, Douglas H. Buck Community Recreation Center, 2004 W. Powers Ave., Littleton. Bring the whole family to this event, ages 3 months-Senior. Pancake breakfast and photos with Santa. Seating is limited, registration required. For more information, call 303-347-5999.

Annual Holiday/Customer Appreciation Sale, Thu., Dec. 11, 5 - 8 pm Lone Tree Golf Club & Hotel Clubhouse, 9808 Sunningdale Blvd., Lone Tree.

This is your opportunity to receive great prices on all your golfing needs and apparel.

There will be specials on food and drinks in the grill. Enjoy a Holiday evening with your friends and fellow golfers. For more information, please call 303-790-0202.

A Lone Tree New Year's Eve 2014, Wed., Dec. 31, 2014, 8:00 PM to 1:00 AM, Lone Tree Golf Club & Hotel, 9808 Sunningdale Blvd., Lone Tree. Dance the night away and ring in 2015, \$160 per couple, plus tax. Enjoy heavy hors d'oeuvres and an amazing dessert display, party favors, music and dancing, midnight champagne toast, two drink coupons per person and cash bar for \$160.00 per couple, plus tax and service. Reservations required. And stay overnight on New Year's Eve which includes a New Year's Day hot breakfast and late checkout:

- Standard Room - \$129.00 per room, plus tax, max. two (2) guests
- Lone Tree Suite - \$199.00 per room, plus tax, max. two (2) guests

For more information and advanced reservations, call 303-790-0202.



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



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



**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



State Farm™

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.

Troop 574 is enjoying Fall, having started off the month of November with its 3rd annual Punkin' Chunkin' event at Hunters Hill Park. Each year we continue to get more spectators and participants, as well as building better ballistas to launch the many pumpkins donated for the event. We sent a



lot of orange orbs into the afternoon sky off the top of the park's hill, and in one case, a resourceful scout turned a pumpkin into a flying piñata, stuffing Halloween candy inside before launch. Eager children waited below for their chance to add to their Halloween candy bounty, and hot cocoa, hot cider and dutch oven desserts helped end the day for all that attended.

For Veterans Day, we invited local residents to a special flag retirement ceremony that ended up being indoors due to the weather, and we had several veterans attend. The scouts honored our service men and women with a brief history of the national holiday, as well as showing the proper way to retire the several worn flags donated the past few months by local residents, including a Walnut Hills resident and veteran.

November is considered "Do a Good Turn" month in Scouting, and the troop also participated in "Scouting For Food" as part of the annual 9Cares Colorado Shares drive. We appreciate all residents that answered the call to the door hangers left during the week, and donated non-perishable food items - the troop was able to deliver 408 pounds of food on November 15th. Afterwards, a few scouts joined their Scoutmaster in a day of indoor bouldering and rock climbing. The weekend was supposed to be a bike ride to Chatfield Reservoir to camp overnight as the troop continues to work on the Cycling Merit Badge, but unexpected winter weather prevented this from happening.

December will start with another service project, volunteering at the Denver Santa Claus Shop for an evening as we have done for the past 10 years. We will sort donated toys and begin building the temporary "toy store" that has provided a holiday toy to an average of 16,000 children a year for the past 5 years, and is Metro Denver's largest annual toy drive for needy children during the Holiday Season. Before the holiday school break, the troop will go camping in mid-December, and have its annual holiday pool party. Here's to an adventurous 2015!

For more information on Boy Scout Troop 574, please visit our website at www.centennial574.mytroop.us. We are looking for young men ages 11-17 interested in the outdoors and learning about responsibility, teamwork and leadership.

*** * * * ***
SNOWBALL HOODIES
Tee Shirts Too!
&
Prom is just around the corner!
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.
Make a memory to wear!
Mention this ad and receive 10% off your order!

ICD **ICD Designs, Inc.**
303-383-1388
 Walnut Hills Family Owned and Operated Since 1988.
Phone: 303-383-1388 Fax: 303-383-1390
E-mail: icddesigns@pcisys.net

Troop 257 has been actively participating in the community and other events.

On October 25, Troop 257 scouts volunteered at the Kids Against Hunger food packing event. We helped pack over 30,000 meals for Denver food banks and shelters. Some of the key ingredients in the meal were soy, cheese, noodles and other nutrients. For 2 hours we ran back and forth delivering these ingredients to the 8 different packing tables. At the end we helped clean up and talked with the people who were running the event. We all had a great time and really helped out the community. Since we had such a good time we plan on volunteering at these events in the future.



The troop also helped out at the fall dumpster day on October 11. Every 6 months we sell First Aid Kits at these dumpster days for fundraising and promoting safety and preparedness in the car and at home. For almost three hours we sold doughnuts, coffee, and first aid kits. The troop always has fun at these events and plan to be there whenever we can.

Troop 257 meets every week at Walnut Hills Elementary from 7:00-8:00. If you are interested in joining come visit us or contact our scoutmaster andrewberke@earthlink.net.

AP Images
Jesse J Alcora - Photographer
Walnut Hills Newsletter
 Portraits, Sports, Books and Documentation
alcoraje@pcisys.net 720-207-3757

Party On Style

We have everything you need to make your party a complete success. Rent a Terrific Time!



China, Glassware, Tables, Chairs, Linens, Dance Floors, even **Santa, Mrs Claus and Elf Costumes.**

Liven the party with a **Karaoke Machine Songfest.** Delivery is available.

ALL SEASONS RENT-ALL

www.ASRentAll.com
6550 S. Yosemite St
303-770-2980

Fall Dumpster Days

Photography by Jesse J. Alcorta





Creations for You
Alterations &
Custom Sewing

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



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
8625 East Arapahoe Road



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



RE/MAX
Professionals



Senior Real Estate Specialist

Service you deserve!

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.....



Walnut Hills Home Sales and New Homeowners

September 18th, 2014 thru November 21st, 2014

- 7595 E. Davies Ct: Sold \$370,000, New owners: Joshua and Stacy Haiar
- 8490 E Briarwood Ave: Sold \$350,000, New owner: Sandirasegaraiyer and Sathia Vivekanandasarma
- 6953 S Trenton Dr: Sold \$345,000 New owner: Russell and Amanda Berends
- 7215 S Quebec Ct: Sold \$339,000 New owner: Moses and Rebecca Regidor
- 7360 E Easter Ave: Sold \$338,400 New owner: Narissa Webber and Warren Wu
- 7517 E Fremont Dr: Sold \$328,000 New owner: William and Sandra Stokesbury
- 7. 7120 S Tamarac Ct: Sold \$313,500 New Owner: Andrew Henry
- 7272 S Tamarac St: Sold \$305,000 New Owner: Parker and Elizabeth Boone
- 7323 S Tamarac St: Sold \$290,000 New Owner: Ralph and Victoria Eberhardt

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!

Juhi Johnson
Realtor

Service and Expertise you deserve!
RE/MAX Professionals
303 257 1905-Direct
Email: homesbyjuhi@gmail.com
www.homesbyjuhi.com



One of my favorite places

Jesse J. Alcorta

One of my favorite places is New Zealand, composed of two islands in the South Pacific, east of Australia. Separating Australia and New Zealand is the Tasman Sea. New Zealand, itself, is composed of two islands, the North Island and the South Island, separated by the Cook Strait. The capital is Wellington, located on the southern end of the North Island. The inter-island ferry runs on a daily basis serving both islands. I have spent a lot of time in Christchurch, New Zealand, over

the years and recently returned from a three-week business trip. I have also travelled in or through Lyttelton, Otago, Kaikoura, Hanmer Springs, Greymouth, and Westport. Polynesian islanders, the Maori, came to New Zealand around 800 A.D. while Abel Tasman, a Dutchman sighted the islands in 1642, although he did not land there. Captain James Cook landed on the islands in 1769 and Europeans made their way to the islands, settling it and making their homes there. In 1840, the Treaty of Waitangi was signed between the English government and the Maori, placing the country under British rule. Many of the Maori feel that despite the treaty giving the Maori "equal rights" it has led to the impoverishment of their people. The mix of English and Maori heritages can be seen across the country in the cross-adaptation of cultural influences. There are direct parallels within US history as Europeans and Native Americans came together.

Christchurch is the third largest city with a population of approximately 370,000 people. The *de facto* language is English, while Maori is the *de jure* language. The city retains much of its English colonial setting having been founded in 1856. The people across New Zealand are, in my opinion, some of the nicest and politest people one can hope to meet in travel.

Getting around the city is relatively easy. I have utilized taxis when I am in a hurry, city bus lines when I have time for myself and shuttle services, which can take forever but can haul luggage at a reasonable rate.

The bus lines can get you from the airport to anywhere in the city and to Lyttelton if you need to get to the shipping ports.

One of the first ventures I took outside the city was to Greymouth on the western shore of the South Island. Greymouth is just as the name implies, gray skies most of the time, and likely to be raining.

If you are looking for a simple day

trip, I recommend taking the TransAlpine train from Christchurch to Greymouth and returning later in the day. The rail trip takes you through Arthur's Pass National Park and through some great scenic countryside. If you like to drive and have time then rent a car. You can stay in Greymouth a little longer and see some of the coal and gold mining activity that built the area or drive the western shoreline, if it isn't raining.

Christchurch has many things to do and see. The earthquakes of 2010-12 destroyed a number of historic buildings and churches. The historic preservation of these buildings is paramount to many citizens because it represent a connection to their past. Sadly, some of these buildings, built in the late 1800's and early 1900's are now gone. The iconic Christchurch Cathedral was severely damaged in the February 2012 earthquake. Yet two years later, there is still considerable discussions on how to save the structure. Make your way to the original City Center Square and see the remnants of this cathedral before it is gone. Oh, and see the Millennial Sculpture, the "ice cream cone" before that goes away too.

There are a number of great places to eat, especially if you like Thai, Indian, and Chinese food. I highly recommend going to Strawberry Fare if you really like dessert. They have been in the city since at least 1992 and their menu changes on a regular basis but the desserts are why one goes there. Chocolate desserts and perhaps a nice pinot noir from one of the local vintners will cap the evening. If you feel out of place, try Drexel's Restaurant,

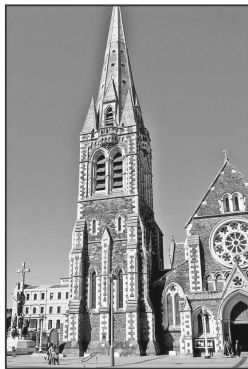
which serves a very "American style" breakfast and you might even run into a few ex-pats there. For dinner fare there are a number of great places and lamb is usually a good choice.

If you're only in Christchurch for a few days, you can go punting on the Avon, visit the Canterbury Museum, the Botanical Gardens, Orana Wildlife Park, Willowbank, The Court Theatre, or ride the Christchurch Gondola. The Court Theatre presents the Maori heritage in song and dance and is worth the effort to see. If you go to Willowbank, make sure your camera is good to go as there is the chance

to see the Kiwi, the national bird of New Zealand, sadly now an endangered species. There are five species of Kiwi, the total population numbers between 50,000 and 60,000 birds, down from over five million prior to the 1930's.

Christchurch is the gateway city to Antarctica so visit the International Antarctic Center. Many of the famous explorers of the heroic age, including Shackleton, Scott, Amundsen, and Hillary departed from Lyttelton and Christchurch to Antarctica. I had the pleasure of meeting Sir Edmund Hillary in the early 2000's before he passed away.

And if you have the chance...go see the wizard of Christchurch...Vacation season starts around the beginning of November and runs through late February. Pack sun screen.



Randolph E. Fincher, O.D.
Edward J. Golesh, 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





Happy Retirement! Or?

Jo Haugland

You've worked and planned and now the time is finally here. Retirement! Speaking from personal experience, retirement is great and is way less stressful than being in the work world. Now there's time to do everything you wanted but couldn't because you were working. Sleep

in, read a book, stay inside all day when it's cold, bake bread, work on your favorite hobby, take walks, attend classes, go to the museum. The possibilities are endless and I feel busier now than when I was at work. Some people have a lot more trouble adjusting to retirement than I did. These people were secure having a place to go and a job to do every day. They miss their co-workers or those they supervised. Their identities were tied to their jobs. They WERE their jobs. Fortunately for me, I never identified strongly with work so my transition was probably easier than for some.

Certain retirees are confused about who they are after they retire and then they are thrown into a different home life to boot. Some retirees have spouses that still work. Others find themselves at home all day with a previously retired spouse.

Here's where things get interesting. The folks with spouses that still work are often at a loss about what to do. They'd like their working spouse to travel with them or to do things during the day, but they can't get their activities scheduled as their "other half" is still working.

Then there are the retirees that find themselves home all day with their spouse. They were never at home all day together when they were both working. This is a new experience and continuous companionship can be unnerving at best. The stay-at-home relationship might be fine or maybe not. One or both retirees might opt go back to work.

Despite the lifestyle changes, or the variety of situations a person might encounter, retirement is the perfect time to reclaim your personal self and time. Re-learn who you were before you raised a family and worked. Even if you have to go it alone, it's worth it to travel, to get involved in activities you enjoy, to volunteer doing or teaching the things you love.

Encourage yourself to be independent and adventurous. Try that new activity, join that group, or introduce yourself to that neighbor that you've never met. Be your own cheerleader. Remember what once gave you joy and passion and retrieve it. Dig out your paintbrushes, your dancing shoes, your cello, your antique car. Find your bridge friends, your exercise buddies, your bike, and your crafts. Learn something new or go back to a favorite past-time.

Everyone will develop their own new "retirement routine". Sleep a little later, enjoy a peaceful cup of coffee, do daily chores, pursue hobbies, exercise, meet up with friends or social groups.

Retirement is the time to set goals to achieve in your free-time years. Write your bucket list, plan your exotic trip -- you have earned your retirement to fulfill your dreams.



Shop Amazon.com & Support Walnut Hills Community Elementary School Students

Ellen Weston Squires

It's easy to support our local elementary students when you shop on-line via the Amazon.com Smile program. Simply type smile.amazon.com and select WHE PTO as the charitable

organization. You only need to select WHE PTO once. Thereafter, make sure to type smile.amazon.com every time you want to shop on Amazon.com. Amazon.com will donate a portion of all eligible purchases to Walnut Hills Community Elementary at no cost to you! Thank you for your support -- every penny helps!

Ellen Weston Squires is the Recording Secretary for the Walnut Hills Community Elementary PTCO and a Walnut Hills resident.

Where We Hail From

Bruce Ferguson

The pounding of the hail on the roof was soon followed by the popping of nail guns. Between the election and the roofers the phone rang incessantly. The biting cold brought it all to halt, silencing the nail guns at least for a spell. I didn't see a single bird in that cold. Even dogs refused to go out. At least the election was over. Bitterness is a word that describes many things.

After killing two rosemary plants over the last two winters, I have given up bringing them indoors. I was going to try and keep some cuttings from the geranium in the pot by the front door in the house this winter but the cold got them before I could. I did move a few pots into the garage but even there the lemon grass succumbed to the cold. My little bay tree however has taken up its place by the back door where it has spent the last three winters.

The bulk of the leaves from the ash trees were torn from their limbs by the hail while they were still green. I usually compost all the leaves, but these I just bagged and put in the trash, finding a place to keep them while they decompose gets a bit overwhelming at times.

The cheap plastic window well covers I installed over the basement windows disintegrated



Photography Jesse J. Alcorra

★ \$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



under the pelting of the hail. As I was cleaning out the debris, I found two garter snakes huddled in the corner of the well. The first I was able to just pick up and remove. The other was a bit more feisty hissing and displaying his red tongue. I ended up getting a pair of tongs out of the kitchen drawer and removed him with them. Last I saw them they were making for the neighbor's yard.

The word hail, that is the ice precipitation, derives from the greek word for a small round pebble. The word hail, that is the greeting, is derived from the old Germanic roots and is a reference to health as in good health to you. So that is where we hail from.



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

IS IT TIME TO SELL YOUR HOUSE?

TRENKA
REAL ESTATE

DOWNTOWN URBAN NEIGHBORHOODS SUBURBS

303.629.1000

TrenkaRealEstate.com

Mark Trenka 303.880.3636





Helping the Anxious Dog

by Lorraine May, M.A.
Executive Director and Head Trainer at Misha May
Foundation Dog Training and Rescue

Even if your dog is not typically an anxious one, the holidays can certainly affect him due to schedule disruptions, unfamiliar visitors and environmental changes such as decorations and large or loud gifts. An anxious dog

can even become worse.

The following ideas can be helpful with both generally anxious dogs and dogs with separation anxiety. If your dog has separation anxiety, however, very specific protocols need to be utilized to address his irrepressible desire to escape to reach you as well as his panicked behavior that begins shortly after you depart and continues until you return. Please email mishamayfoundation@gmail.com for free handouts on diagnosing and treating separation anxiety.

Read through the following suggestions and then choose options that seem reasonable and manageable to you. Most are readily available at your local pet supply or health food store, or on-line.

Realistic Expectations: Don't expect your dog to behave well around unfamiliar adults, children or gatherings if you have not practiced and prepared for these circumstances. Some dogs are natural welcoming greeters who socialize well. Many are not, often due to previous negative experiences, lack of proper socialization and training, or breed tendencies to guard or herd.

Containment: Allow your dog to retreat to a safe place when visitors are due. Some dogs require a closed door; some do well with a gate; others may prefer a secluded crate. Be thankful if you have a dog who knows how to manage his anxiety by retreating. Remove him gently if you see subtle stress signals such as lip licking, yawning or tucked tail. If he is barking, cowering or shaking, you have probably missed seeing the subtle signs, so he is trying harder to get your attention. Lure him with a treat or toy to a quiet spot where he can feel safe.

Music: Through A Dog's Ear is a highly acclaimed CD of soothing music especially arranged for the canine ear. Fortunately, it tends to relax us humans as well, thus providing a pleasing ambience for all.

Sound: Never underestimate the power of a radio or TV, a fan or a fountain, to act as a white noise blanket when a chaotic party or lively friends threaten your dog's peace of mind.

Flower Essences: Bach's Rescue Remedy is a blend which restores emotional balance. The easiest way to administer it is to place 4 drops in the water bowl each time you refill it. It has no ill effects on whichever pet chooses to drink from the bowl. In addition, you can place 4 drops on treats as needed for specific situations.

Thunder Shirt: This specially designed coat applies firm pressure creating a sense of security. It can be used for anxiety as well as during thunderstorms. Some people even see similar results using sweaters.

Calming Training Protocols: Please email mishamayfoundation@gmail.com to receive the handouts for Relaxation Protocol, Relax on a Mat and Calming Ovals. Practiced over time, these can result in a dog who can self-soothe as necessary, as well as develop the capacity to tolerate more of society's challenges, including holidays.

Essential Oils: Lavender is considered by many to be the safest calming oil. Do not apply directly to the dog due to potency, but place a few drops on his bed or on the humans' hands or clothing. Specific blends of oils are also available such as Peace and Calming through Young Living Oils or Merlin's Magic Calming Potion from Frogworks.

DAP: The Dog Appeasing Pheromone is now available as a collar, spray or room diffuser. This has been shown to have a calming effect on dogs of all ages.

Supplements: Your veterinarian may be able to recommend a nutritional supplement with calming properties. You may also seek the services or recommendations of an acupuncturist, massage therapist or chiropractor.

Animal Reiki Certification: You can easily learn Reiki in order to help your dog relax and not suffer the health problems related to anxiety and stress. Contact mishamayfoundation@gmail.com for more class information or to register.

Animal Reiki Certification

(3 days) – offered only once in 2015

Doggie Delights, 1432 S Broadway, Denver

Friday, January 23 from 11:15am-5:15pm

Saturday, January 24 from 11:00am-4:45pm

Sunday, January 25 from 11am-3:45pm

Cost of 3 day program / certification / course manual / hot tea and daily refreshments. Registration required.

Mention this article: cost is \$350.

After December 31: cost is \$375.

After January 15: cost is \$400.

This class will teach the students how to experience the world from the animal's perspective. Attendees will learn Reiki practices, as well as communication, handling strategies, physiology, psychology and more. Lorraine May is the creator

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
mishamayfoundation@gmail.com 303-239-0382

of the class and the instructor. Animal lovers, including rescue personnel, holistic practitioners and dog owners will find this class particularly useful. The course demonstrates a variety of specific techniques, with hands-on application. Each day includes hands-on practice. Special attention is paid to trauma reduction and calming protocols. The result is often the alleviation of symptoms such as pain, fear and anxiety, as well as positive changes in behavior.

Reiki does not replace other kinds of medicine but collaborates with them, to create a multi-level approach impacting not only the physical body, but the emotions and the mind.



Lucky is a young retriever whose life has not been lucky. Even so, he is a sweet friendly guy who could do well in most homes where there was a friendly dog and someone home to help him transition well. Change triggers Lucky's anxiety.



Sat, Dec 6 @ 12-4
Holiday Pet / Family
Photos & Open House

Doggie Delights, 1432 S Broadway, Denver

Refreshments, gift items, prizes, holiday photos. Dogs welcome.

Open House: RSVP preferred at mishamayfoundation@gmail.com. **No charge.**

Holiday Photos: Drop in or reserve an appointment at mishamayfoundation@gmail.com

Professional Photographer: Melissa Mullins (Melissamullinsmedia.com)

Your session will include two digital images that will be available for download after the event, which you can print up to an 8 by 10 size. You will also be sent a link to an online gallery for ordering prints, products, holiday cards, and even metal ornaments.

Suggested Donation of \$10-25 goes to Misha May.

Donations we always need –

You can purchase much of this at *Doggie Delights* when you arrive!

Paper Towels

Peep pads

Cat Food: canned only – Natural Balance, Wellness, Weruva

Dog Food: canned only – Natural Balance

Kitty Litter

Copy paper

Legal pads

Rescue Remedy

Young Living Essential Oils

Coconut Oil

Fish Oil

Made in the USA toys and treats

Animal Apothecary Yucca Root or Milk Thistle

Champ says,

"Happy Howldays!"



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



Free gift with purchases over \$250.00

- Mauzie's tote filled with: \$20.00 gift card to Gejo's
- \$5.00 coupon for battery replacement
- \$40-100.00 coupon for Mauzie's
- A polishing cloth

Next Deadline January 15th
walnuthillsnewsletter@gmail.com

Walnut Hills Newsletter

walnuthillsnewsletter@gmail.com

Editor - Ilsa Gregg
720-514-9755

Advertising Manager
Donna Senn
303-741-2065

Distribution Manager
Will Senn
303-741-2065

CLASSIFIED ADS

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.

Letter to the Editor:

Walnut Hills Scholarships Exceed \$164,000.

Since the inception of the Walnut Hills Scholarship Program, over \$164,000 has been awarded to 125 students living in Walnut Hills.

We would like to take this opportunity to express our thanks to the Walnut Hills Civic Association and the Walnut Hills Newsletter for their continued financial support of the Walnut Hills Scholarship Fund. A special thanks to the many residents that contribute year after year. We assure you that every effort is made to make the selection process fair and impartial and that every penny donated goes directly to students. There are few communities that have such a program, and it could not be done without the support of residents and organizations such as ours.

The scholarship committee is interested in hearing from any WH resident who might be interested in serving on the scholarship committee or the scholarship selection committee. Information about either of these opportunities can be obtained from John Fuller at 303-771-2838.

Thanks Again, Walnut Hills Scholarship Committee.
John Fuller, Diane Graham, Joan Rowe, and Eric Schultz

Walnut Hills Civic Association Dues increase to \$25 a Year

The Civic Association Dues will be increasing by \$5 starting 2015 and let me give you a few reasons why.

The WHCA dues have been twenty dollars for 8 years and in that time the price of events such as "Dumpster Days", "National Night Out/ WH Block Party" and the new Electronic Recycling have been added or increased in cost. Please remember all the events that your dues pay thru the year and that we are NOT an HOA but a volunteer Civic Association

- Easter Egg Hunt (Candy and Containers)
- Spring Dumpster Days (2 Saturdays in a row)
- Community Garage Sale (advertising in papers)
- Lawn/ Landscape Contest (Cash prizes for the top three winners)
- Fourth of July Parade (Ice Cream, cones, napkins, etc)
- Scholarship Fund (not only your generous donations, but also thru the Civic Association)
- National Night Out/ Block Party (band music and food for the event)
- Fall Dumpster Days/ Electronic Recycling
- Holiday Lighting Contest (cash prizes to the three top winners)

Yes, you have to be a member to participate in these events but others are open to all

Thank You for those who have joined to the past and we welcome all to join in the future and keep Walnut Hills a gathering community for all

Hail Storm

Frank Haskett

On September 29, 2014 at about 2:30 PM a hail storm moved through Walnut Hills. It destroyed roofs and autos, broke windows, damaged siding, lawn furniture and gardens. And no wonder as the hail stones were about the size of a golf ball. My garden had zucchini that looked as if they had been machine gunned. Within about two weeks we began to hear the sound of hammers pounding on roofs (and the sight seen in this photo) all over the area. If your roof wasn't examined for damage you will want to report it to your insurance company. Your rates shouldn't go up unless you make a claim, and probably not at all since this is not usually a chargeable occurrence. All of our rates may go up because Colorado has had so much hail damage, but it won't matter whether or not YOU make a claim-so turn it in. Ask your agent what you should do.



Parking Permit District

Andrea Suhaka, Walnut Hills Civic Assoc. Chair,
303-770-0058 standy@ecentral.com

The Walnut Hills CA Board is considering forming a parking permit district in the northeast quadrant of Walnut Hills to combat the parking problem that arises from Fiddler's Green parking in our neighborhood. The area being considered is east from S. Uinta St. (including Uinta) and north from E. Briarwood Blvd. (including Briarwood).

The City performed a parking survey in our neighborhood to verify that there really is a problem with parking from Fiddler's Green.

Folks will be surveying/petitioning the residents of that area to find out how much interest there might be in keeping the Fiddler's Green parking off of their streets. There must be 75% agreement in the area to form the district. Any street with less than 50% agreement will be left out of the district.

Residents would pay a one time \$25 fee to get 4 placards for their cars, and can at any time get free guest placards on a one date basis.

The Civic Assoc., using GID funds, would have to pay to have the Parking District signs made and the City would install them. We could limit the hours permit parking on the streets would be in effect and, hopefully, months. The Sheriff would tow cars without a placard on a call from a resident. Please, send your thoughts to me.

Walnut Hills Civic Association General Meeting

Andrea Suhaka, Walnut Hills Civic Assoc. Chair
303-770-0058 standy@ecentral.com

To all residents, our WHCA General Meeting will be coming up on 12 March 2015. We don't have an agenda, yet, but want folks to put it on their calendars. (If you have one for 2015, yet!)

We will have elections for our odd numbered Neighborhoods and for any Board member who was appointed during the year. Neighborhood Map and Board Member vacancies are listed at walnuthillscolorado.org. Terms are 2 years and if you have an interest in joining us and making Walnut Hills the best neighborhood there is, please, give me a call or email. If there is an item you want discussed or on which you want information, let me know.

I doubt there's an expensive homeowners association out there that has as many fun and useful activities for their residents.

As a heads up, we'll be having the electronic recycling again next Oct. The hazardous waste disposal wasn't quite as popular, but we're also going to give that one more chance. Hard to believe but, Dumpster Days have been happening since 1986!!

walnuthillscolorado.org

The Garbage Man

Walnut Hills Association Special Discount

Go Local!
Local Family Owned
& Operated Business

Friday Pickup
Weekly Trash
Bi-weekly Recycling
\$166 per year

Save Big!
Cans Brought Back
Up The Driveway

Wishing a Merry
Christmas from
our family to
yours

Get Your Neighbors To Join!

Call
720-842-4558



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.nicolesavoieimb.com

Meeting your Property Management and Real Estate Needs



Coupons

Snow Removal

Drive Way, Side walks
& Ice Melt (Green ice Melt)
\$20.00 for snow fall of 1 inch to 1 foot
\$30.00 for any snow fall over 1 foot or more.

Our family has provided snow
removal and yard work in Walnut
Hills for 30+ years

Call for Tim for details.

720-936-4988

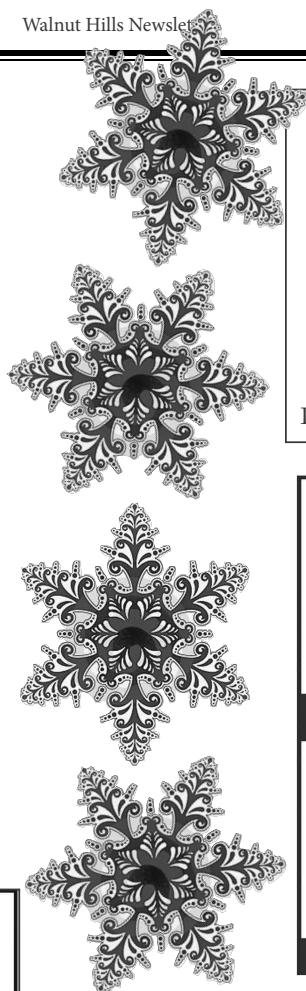
We accepted cash or check
payments

Advertise with the Walnut Hills Newsletter
Supporting the Walnut Hills Scholarship Fund

Start the New Year Right
Buy 6 full page ads, get one free
(new advertisers only)
Offer expires January 15, 2015

Happy New Year!

Donna Senn - Advertising Manager 303-741-2065




***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



My Favorite Muffin
YOUR ALL DAY BAKERY CAFE

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

f t i

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 EAB, Inc.

Locally owned & operated by Eric Abbott & Mark Rank

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

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

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!

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



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

HIGHLIGHTS
\$10.00 off PARTIAL (\$70.00 value)
\$15.00 off FULL (\$90.00 value)

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

50% off Registration with coupon

KUMON
MATH. READING. SUCCESS.

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



7777 East Arapahoe Road
Centennial, Colorado 80112
303.770.5100