

Walnut Hills Newsletter

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

Winter Coyote: The Season of Love

Gina Farr - ProjectCoyote.org

Is it snowing outside your window? Is it raining? Or perhaps the sun is shining. No matter where you are in North America, winter is courting season for your coyote neighbors. In the winter you may see or hear them more often; the evening arias of lovelorn bachelors or the scampering of a mated pair on a night outing.

Are you keeping your cats inside and your dogs on a leash? This is good advice any time of year, but especially during this active season. Let's take a moment to review what you may encounter during winter and what to do if you ever feel uncomfortable near a coyote.

Question: A coyote looked at my dog and stood it's ground -- should I be worried? What should I do?

Answer: It is possible that during winter months a coyote may take more interest in your canine companion, as this is their mating season. Mating between coyotes and dogs is possible but very uncommon. Dogs coming into a coyote's territory may also be seen as a threat. Walk your dog on a leash and give the coyote a wide berth.

A coyote is also a curious animal, so just because he stares at you or your dog is no cause for alarm. Chances are excellent, that after curiosity is satisfied, the coyote will continue about his business of performing free pest control in your community. After such (magical) encounters, I always imagine the coyote saying, "Ok! Have a nice day!"

Question: A coyote is in my neighborhood in broad daylight and returns regularly. Why? What should I do?



Love is their bond. Coyotes often mate for life and "never divorce" --according to the largest urban coyote study in America (Cooke County, IL) and long-term field research.

Answer: A coyote that regularly appears in the neighborhood is finding easy food, water, or shelter. Chances are that one of your neighbors is leaving pet food outside, or providing another easy meal. Who could resist a flurry of fat rodents attracted to birdseed on the ground, smell-licious fallen fruit, or yummy accessible garbage? The idea is not to roll out the red carpet for hungry coyotes but to remove attractants and scare the coyote away so that you can coexist peacefully.

Question: If I encounter a coyote while walking in open space, what do I do?

Answer: That answer depends on where you are and if you are feeling uncomfortable. For example, if you are in open space and see one or more coyotes a comfortable distance away, you could enjoy the moment or leave the area. Coyotes are a natural part of our ecosystems. Coyotes do us an ecological

service if left alone and allowed to remain wild.

However, if a coyote is uncomfortably close and does not move away, you can do yourself and the coyote a favor by teaching it to fear people. Yell at it, charge it waving your arms, throw rocks toward (not at) the coyote, blow a whistle or pop open an umbrella. Do this "aversive conditioning" until the coyote retreats. Some coyotes have become comfortable around people, and this is not good for the coyote! Mutual respect between neighbors is an important part of living comfortably together.

Perhaps next time you hear that lonely aria echoing over open grasslands, softened by snow or sharpened by winter's cold air, you may better appreciate its meaning: "Helloooooo???? How are you? Is it me you're looking for...?" And you may nod your head with understanding, and teach others to do the same.

www.projectcoyote.org

Willow Street DUI

By: Randy Lutton - WHCA Board



At the end of November, we had a little fun at our corner of the neighborhood at about 2:15 Sunday morning... We were awakened by the sound of a crash and whimpers. We sprung out of bed and at first all I noticed was the neighbor's mini-van alarm going off three doors down. Then Jana said "There's a car in our driveway!" We looked closer and saw it was upside down!

Jana ran to grab a phone and called 911 while I ran to grab a flashlight. When we got to the car, we could hear a young woman crying for help. I was able to get the back door open and she soon crawled out.

I then opened the front door as far as I could and saw a young man who seemed to be knocked out. I called out to see if he was okay and he finally responded. He slowly crawled out, staggered to his feet, looked me in the eyes, turned and started running! So of course I ran after him! We only ran a couple of houses down Briarwood before the police showed up and took over pursuit. They did catch him and drug him back to the scene. They later took him away on a stretcher.

Seems the young woman driving thought she was on Dry Creek (where she must have also thought the speed limit was 80)! She first hit the mini-van, tearing the front wheel off, headed across our next door neighbor's yard and right into our 40 year old pinion pine which flipped them end-over onto the end of our driveway. It was 160 feet from the mini-van to our tree.

This young couple was lucky to survive their little DUI adventure. We're still dealing with the mess and the insurance (which luckily they have).

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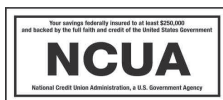
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Original Owners

By Frank Haskett

Carmen Grillo and his wife Kathleen now live about two houses into Hunters Hill, next to Walnut Hills. A Korean War vet, Carmen attended CU, but graduated from Colorado A&M (now CSU) with a degree in engineering. His first job was with the Martin Company, and later for Honeywell. Kathleen attended Carleton (MN) College and graduated from the University of Wisconsin with a degree in elementary education. She taught several places, including Walnut Hills Elementary School.

The Grillos bought their home from Dream House Builders on Briarwood Blvd next to Margaret Troisi, another of our subjects. The street was called Noble for a few weeks and then changed to Briarwood. When they looked at the lot, the rear of it sloped down gently towards a little creek. By the time the house was built, someone had scooped out the earth in the gully and they were on a hill looking down to the creek as it is today. This was done for flood control. Also, Public Service Company put in power poles at the rear of the property. They scraped more earth away and made it almost a drop off from the back yard down into the gully. If you want to see what it looked like before, walk between Briarwood Blvd. and Davies Ave on Xanthia. Turn east on the greenbelt and walk towards Yosemite. The creek appears undisturbed and the yards slope gently down to it.

The Walnut Hills Women's Club preceded the Walnut Hills Civic Association and generated social events. Living out in the country in a small subdivision with no amenities nearby drew people closer together. They had a neighborhood Christmas Party. There was a bridge club. On July 4th, a barbeque picnic down in the gully. For \$1.50, you got ribs, baked beans, etc. The ribs were marinated in a bathtub, cooked on a metal door over the fire, and the sauce was slathered on the meat with mops!

Carmen was commissioner of a little league that sported six teams, two for each age group. The league obtained sponsorship from Phillips 66, Conoco, Standard, and Mobil service stations, plus a few other merchants. This paid for caps and shirts. The field was north and west of what would become the Walnut Hills School, towards the creek. It had no grass, but was otherwise laid out correctly with baselines, bases and home plate. The games drew crowds--any entertainment was appreciated. One time a kid hit the ball hard, but stopped at first base. The crowd was yelling for him to go home, so he started crying and walked away towards his house. South Suburban took it over after a couple of years.

Carmen and Kathleen were part of a no name gourmet club consisting of seven couples. They even published a cook book. Although no one still lives in Walnut Hills, the club still exists today. They recall a Safeway on Hampden Ave., a Miller's Sooper at Orchard and University and a Red Owl supermarket in the area of what is now the Streets of Southglenn.



When the Civic Association was formed it applied to Castlewood Volunteer Fire Dept. to provide fire protection. Homeowner's insurance rates were sky high until CFD came on board. It is now South Metro Fire Department. They also had to apply to the Board of County Commissioners to get patrol protection from the sheriff's deputies. A petition was circulated to form a LED (Law Enforcement District). A small mill levy paid for the legal fees, attorney, etc. Carmen was one of the first presidents of the WHCA. When South Suburban Recreation District was formed, the Walnut Hills Civic Association worked to get us into the district. (It didn't hurt that Dave Lorenz, a resident of Walnut Hills, was the first president of South Suburban.)

Our first water came from Southgate Water District. The pump building is still located at the southeast corner of Quebec and Easter Place. (Look for a one story square brick building.) Water pressure was always a problem--Carmen recalls watering his lawn one day when a neighbor up the hill asked him to quit because he couldn't flush the toilet! Walnut Hills switched to Denver Water shortly after that and we still enjoy it.

Walnut Hills was certainly lucky to have Mr. Grillo around. It seems that he was a big part in making it a better place to live. Thanks Carmen!

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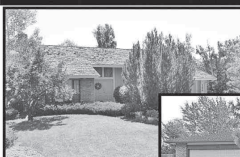
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(__ prefer to remain anonymous)

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** I want to help:*

_____ *Easter Egg Hunt*

_____ *Walnut Hills Block Party (August)*

_____ *Snow Shoveling Volunteers*

_____ *Join the Board*

_____ *Community Garden Project*

** I need some help shoveling snow: _____*

Thank you for joining!

Walnut Hills Civic Association Calendar of Events 2013

Annual Meeting - March 14th 7 p.m. Metrum Credit Union

Easter Egg Hunt - March 23rd Walnut Hills School Park (rain/snow Date March 30)

Spring Dumpster Days - May 11th and 18th 8 am to 11 am Walnut Hills School

Community Garage Sales - June 7th and 8th (whole neighborhood)

Lawn/Landscaping Contest - Week of June 23rd

4th of July Parade - Staging at Dry Creek Elementary School 9:30 am, step-off 10 am

Ice Cream Social & Scholarship Awards - July 4th beginning at 10:30 am.

National Night Out - August 6th 7 p.m. Walnut Hills School

Fall Dumpster Days - October 12th Walnut Hills School

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

Thank You Walnut Hills Volunteers!

The Walnut Hills Newsletter is a special publication. It provides affordable advertisements to members of our community that, in turn, supports the printing costs and the Walnut Hills Scholarship Fund. Published continuously since 1964, it has been hand delivered by volunteers to their neighbors for 49 years. Many volunteers deliver more than one route and some volunteers keep their routes for life. It is a good way to walk the neighborhood, spend quality time with your children, keep an eye on things on your street, and do a good deed for the community. There have been hundreds of volunteers over these 49 years supporting this tradition of community.

Welcome aboard to our new Distribution Manager, Will Senn. Thanks also to Donna Senn who works hard to sell advertisements for the newsletter that keep us self-supporting. Thanks also to our amazing long time Area Distributors: Betty Foley, Diane Fournier, Kathleen Martin, and James Gual. Volunteers are the only reason for the success of the Walnut Hills Newsletter over the past 49 years.

There are two open routes if you would like to volunteer to deliver newsletters 6 times a year. One route is on Davies Place and one on S. Ulster Circle. Let us know if you can help. walnut hillsnewsletter@gmail.com

These are our current volunteers, to whom we are very grateful for keeping our community safe and close.

Betty Foley
Monica Danfelter
Randy Lutton
Jana Lutton
Diane Emily
Mary Wood
Marge Ruoff
Aileen China
Diana Miller
Karen D'Amboise
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Judy Welch
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Sarah Gray
Brenda Satar
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Sarah Hebert
Sharon Tufts
Carolyn Nowels
Nancy McCarty
Delores Schmeling

\$11,000 in Scholarships Available for Walnut Hills Students in 2013

Due to the increase in size of the class of 2013 living in Walnut Hills, the Scholarship Committee recently decided to increase the number of Walnut Hills Scholarships to four scholarships with a value of \$2,500 each, along with one Career Grant of \$1,000 this year. In addition, adults living in Walnut Hills may also apply for the Career Grant.

The scholarships will be awarded to high school graduates who live in Walnut Hills, graduate in 2013 and plan to attend college in 2013. The Graham Career Grant is available to those who will graduate in 2013 or have graduated or received a GED since 2009, or adults that live in Walnut Hills and plan to attend a local community college in 2013.

Applications for the Walnut Hills Scholarship or the Graham Career Grant for high school students, or recent graduates will be available in the Post Grad Center at Cherry Creek High School or from John Fuller at 7219 S. Tamarac Ct. 303-771-2838 after January 1, 2013. Adults planning to apply for the Graham Career Grant

may pick up applications from John Fuller at the above address after January 1, 2013.

It is through the efforts and contributions of Walnut Hills residents that these scholarships and the grant are available. Last year residents contributed \$5,636.83 and the Newsletter and Civic Association added another \$2,500. To meet this year's goal of \$11,000, we ask that all residents consider contributing a little extra with their WHCA Dues.

Since the founding of the Walnut Hills Scholarship program by Diane Graham in 1972, over \$142,000 has been awarded to 119 Walnut Hills students in scholarships.

The deadline for all applications is Wednesday, March 20, 2013.

If anyone would like to make additional contributions, has 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.

Neighbors from S. Spruce Drive East Adopt-A-Family for Christmas



For the second year, neighbors from South Spruce Drive East adopted a family for Christmas through the Arapahoe County Adopt a Family Program. Residents from over half the street purchased gifts for our adopted family who would have otherwise had to go without Christmas gifts this year. After the presents were rounded up, volunteers got together for a gift wrapping party and had a chance to revel at our pile of gifts before dropping them off at the Arapahoe County offices for delivery by Santa.

This act of kindness is just one example that proves Walnut Hills is an amazing community as are the people that make up our blocks and neighborhoods. We love our neighbors on South Spruce Drive East and would encourage everyone in Walnut Hills to get to know their neighbors. It can start with a hello and perhaps progress to front yard conversations on a sunny day, block parties, and adopting families like our friends on South Spruce Drive East.

Brian Bern -
Neighborhood 12 Board Representative

Looking Forward

Our 50th Anniversary has come and gone. We had the opportunity to see what the neighborhood was like in the beginning. As a community we need to look forward to the next 50 years. This is an amazing community of individuals who have come together to create a village. I have had the opportunity to meet and work with some of these individuals on the civic association board, at events and other projects.

We have some projects coming to our area in the future:

The Arapahoe Road and I-25 Interchange has completed the Environmental Assessment process. We are waiting on final results. This process was and will be well attended by Walnut Hills Residents.

The restructuring of the lanes on Yosemite should take place in 2013. The plans include five hundred feet of sound wall along Yosemite starting just south of Arapahoe Road. This is funded with DRCOG and local monies and will move forward more quickly than other projects.

The I-25 Corridor plan is moving forward with community input and planning. Currently, the only property planned for development in the next 10 years is the Jones Property just North of IKEA. There will be many more meetings about this development. Next community meeting is February 20, 2013.

SEMSWA will be completing two projects this year:

The first project will be replacing the large drainage pipe between our park entrance on Easter and Hunters Hill to the South. This is to alleviate high water and flood issues that created high water on Easter Ave. a number of years ago.

The second project is the replacement of the storm water drain under Yosemite. This

will include some rework of the creek area through our green belt. SEMSWA had identified a number of our homes that would have to be included in a flood plain if this work was not completed. With the changes with SEMSWA, I am working with our GID fund to identify the exact area of our community garden to avoid being in the flood plain. We plan to move forward with this project.

Lastly, we are a community of volunteers. The individuals that are the Board of Directors for the Civic Association are all volunteers who generously give their time to bring you all of the events we have come to love. These events are attended by members and non-members of the Civic Association. The Easter Egg Hunt, 4th of July Parade and Ice Cream Social, Dumpster Days and everyone's new favorite National Night Out. We also have many volunteers to remove snow for our residents that are unable to do it themselves.

The membership per year is \$20.00 and with this you get 1 free dump load at each of the dumpster days. This is less than most of us spend on coffee or tea in a week. This money is also used to make a board donation to the scholarship fund.

I would like to thank all the volunteers past and present that have made Walnut Hills what it is today. I am extending an invitation to all to attend Civic Association meetings (2nd Monday of each month), the Annual Meeting will be at the Metrum Credit Union March 10, 2013 at 7:00 pm. Please attend and be the volunteers that take Walnut Hills into the next 50 Years.

Lonnie Gregg - WHCA Chair
lonniegregg@yahoo.com



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Walnut Hills Civic Association Holiday Lighting Contest

Andrea Suhaka - Secretary, Walnut Hills Civic Association

The Walnut Hills neighborhood was in fine, colorful form this past holiday season. It was the most beautiful I've seen it in several years. Three Civic Association Board members lit out (pun intended) on their holiday light viewing tour on Friday evening, 14 December. We did pass several houses that didn't have their lights on!

After driving over hill and dale, into every nook and cranny of Walnut Hills, the judges met to go over the homes they had chosen. They had picked 10



1st place (\$100 prize), Dave & Barbara Henigsmen, 7597 E. Fremont Ave.

addresses that were particularly beautiful. Sadly, about six of those home were not members of the WHCA and, therefore, disqualified. Hinsdale Court, off of S. Quebec St., must have a mention for the beautiful display that all of the houses make. However, the best house on the block was not a WHCA member!

So, after thoroughly vetting the choices, the winners are:

1st place (\$100 prize), Dave & Barbara Henigsmen, 7597 E. Fremont Ave.

2nd place (\$75 prize), Rose Wolf, 7821 E. Easter Pl.

3rd place (\$50 prize), Mark & Erin Trenka, 8791 E. Briarwood Blvd.

All have been notified and invited to attend the 14 February WHCA Board meeting to receive their prizes. They helped make our neighborhood a truly magical place to drive through during this holiday season.



2nd place (\$75 prize), Rose Wolf, 7821 E. Easter Pl.



3rd place (\$50 prize), Mark & Erin Trenka, 8791 E. Briarwood Blvd.



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Edward J. Golesh, O.D.
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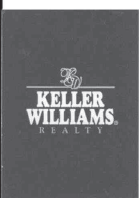
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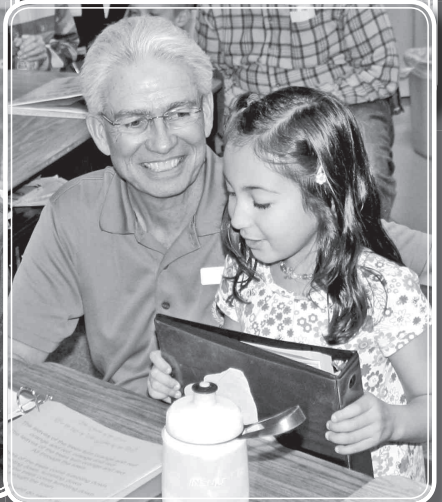
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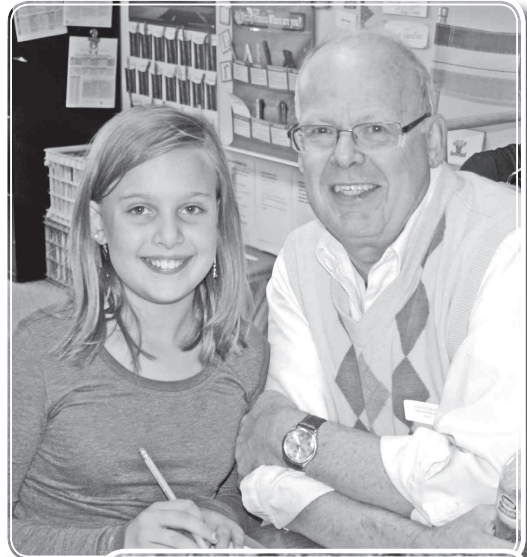


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Walnut Hills Elementary celebrated a long standing tradition of GrandParent and Grand Friend day. This event has been a traditional for more than 15 years and brings more than 250 family relatives and friend to school for a special day. This year we began with a welcome to all our visitors and then our Student Council helped them find their way to their special students' classroom. Once there, they worked on group projects, talked about their favorite elementary school memory or read stories together. The afternoon culminates in our annual Turkey trot with a special staff member who gets the honor of dressing up as our favorite turkey! Our students, staff and visitors run, walk and cheer on the school as we make our way around the greenbelt around the school grounds. Finally, we head into the gym where turkeys and pies are awarded to special students, staff and visitors. It's a great day and tradition for all our Walnut Hills kids!





Backyard Beekeeping

by Ilsa Gregg

Now is the time of year when beekeepers are looking in on their hives and sadly, finding dead bees. This begins the task of trying to figure out what went wrong and trying to find a place to order new bees that might be more likely to survive, usually at great expense.

Backyard Beekeeping is legal in the City of Centennial thanks to the help of the High Land Beekeeping Club and a forward thinking Centennial City Council.

Walnut Hills is home to many beekeepers. Our neighborhood also produces many natural swarms of bees each spring and is home to feral colonies of honey bees in our 50 year old Cottonwood trees.

In recent years, honey bees have struggled to survive. Hot, dry summers, viruses, mites, and pesticide use combined has caused severe losses and Walnut Hills beekeepers are having a hard time keeping their bees alive.

"If the bee disappeared off the face of the earth, man would only have four years left to live."

Albert Einstein



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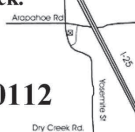
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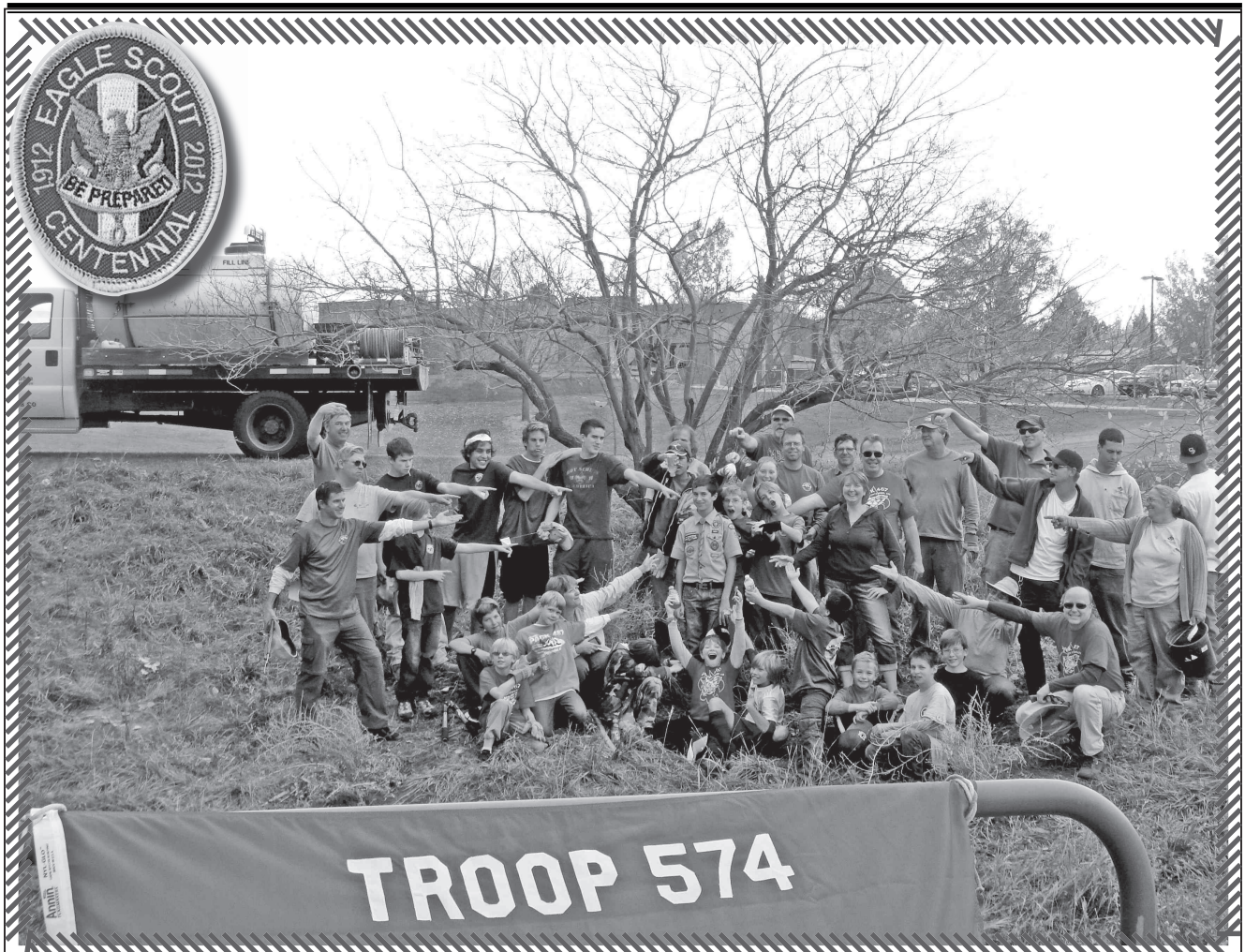
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Boy Scout Troop 574 has had an eventful past few months, from building a giant ballista with local Webelos on the hill of Hunters Hill Park for our first annual Punk'n Chunk'n event in late October, to backpacking in for a weekend campout at White Ranch Park open space above Golden in November. This was followed up by a visit to Cub Scout Pack 257 at Walnut Hills Elementary to provide a "campfire" show for the younger Cub Scouts and their families. In early December, we drove to La Junta and visited Bent's Old Fort and participated in their annual holiday celebration circa 1840's, followed by a special dance provided by the Koshare Indian Dancers at the Koshare Indian Museum Kiva. Later in the month we had our annual holiday pool party with some Webelos, and ended the holiday period by visiting a local dentist and being taught the requirements to complete the Dentistry merit badge. On January 15th the Scouts will receive their new ranks and merit badges earned over the past four months at our Winter Court of Honor at Dry Creek Elementary School. This will include the recognition of two Scouts that earned the rank of Eagle, and one Eagle Scout that earned his Silver Palm. We are very proud of all of our Boy Scouts and the efforts that they have made towards community service, rank advancement, and general knowledge.

On October 20th, 46 people including local residents, members of Troop 574, and Pack's 257 and 467 gathered near the Walnut Hills tennis courts to help Ethan Vitcenda complete his proposed Eagle Scout project – to remove about 60 Russian Olive trees along Little Dry Creek behind the school that have invaded the creek area and are considered noxious weeds in Colorado and are supposed to be eradicated by residents. South Suburban Parks & Recreation helped by chipping the trees, and treating the stumps with herbicide to prevent additional growth. Through Ethan's fundraising efforts, he was able to purchase 20 drought-tolerant and native trees and bushes to plant on both sides of the footbridge to complete the project. He hopes that Walnut Hills Elementary, Walnut Hills residents and others that use that path will be happy to see the end results as time goes on. Special thanks to South Suburban, Lowe's, Tagawa Gardens, and Highlands Garden Center, for their help and contributions. On December 28th, both Ethan and his brother, Tyler Reinhardt, passed their Board of Reviews and achieved Scouting's highest rank of Eagle Scout. Tyler's project was in July, landscaping the east entrance to Bethany Lutheran Church in Cherry Hills Village, where he is a member. They joined their older brother, Jarred Vitcenda, in being one of less than 5% of all Scouts that ever accomplish this goal, and along with many other Eagles, celebrated the 100th anniversary of Eagle Scouts in 2012. Thank you to Jeff Jaacks for continuing to advise and assist another batch of young men in becoming Eagle Scouts.





Self-Reliance Corner

by Jo Haugland

Be Medically Prepared in 2013

2012 was a rough year for our family. Almost everyone made a trip to the hospital. As much as I dislike the hospital, doctors, tests, prescription drugs, and flu shots, I was glad they were there when we needed them. Even with modern technology, being sick or going to the hospital is rough.

I think back to when doctors were few and far between. Sometimes doctors would make house calls arriving on horseback or driving a carriage. If the doctor couldn't come, the injured person might have to endure a bone jarring ride in the back of a wagon to get to town.

When a doctor wasn't available, it was up to the family to take care of one another. Some people used horse hair to stitch up wounds. Others used mustard plasters to treat congestion. Almost every family has some gruesome story of what family members did for medical treatments in the early days of medicine.

In 2013 we are lucky to have walk in emergency centers and shots available at the drug store. In the New Year, it might be practical to take stock of first aid supplies and consider what could be done for medical support during an emergency.

We are all susceptible to power outages, blizzards, water main breaks, accidents, and severe weather conditions. Medical emergencies under harsh conditions could easily set us back 100 years in our approach to treatment.

If we do get snowed in for a couple days, have some extra aspirin, bandages, first aid and burn creams. For dental emergencies, keep Orajel and purchase some temporary filling products.

Super glue and dental floss can be used for sutures in an emergency. (I pray I never have to suture someone with dental floss.) Epsom salts are great for soaking irritated, swollen, or infected body parts.

Sore throats can be helped by gargling with warm salt water. Earaches can be treated with a drop or two of warmed olive oil. Crushed garlic will help prevent infection whether used in a gargle or compress. Fresh or bottled lemon juice in water can kill a majority of germs and make stale water taste better.

What about the flu or other contagions? Stock up on some flu preparations, decongestants, and stomach remedies. If a family member has known allergies, keep an Epi-Pen and Benadryl on hand.

A book of home remedies that discusses using common household products for medicine, makes interesting reading and might be helpful if you didn't get to the store in time.

And last, don't forget prescription medicines. How would you do without one of your prescribed medicines for a week or more? If foul weather is coming, fill prescriptions well in advance and ask doctors if they might write your prescription for 3 months instead of one.

Be safe and well in the New Year and beef up your medical supplies to help your family and others – just in case.



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



Preserving Our Infrastructure

The City's Public Works Department recently gave Council their proposed 2013 Street Rehabilitation Program presentation. The City has budgeted \$6.6 million for fiscal year 2013, which is more than a 50% increase from 2012. Their report provided an overview of the criteria used to rank and select streets for treatment and the various construction techniques used to preserve street surfaces. In addition, the communication plan used to inform the public of the program and specific projects was described in detail.

The City's Street Rehabilitation Program seeks to maximize improvements to all City streets and preserve current pavement conditions. The program uses different treatments to address specific surface conditions, including rejuvenators, slurry seal, cape seal, mill and overlay, reconstruction, and concrete replacement.

Infrastructure Management Services Inc. (IMS) of Chandler, Arizona conducted a field investigation of all Centennial streets in March and submitted a report in June. The report discussed the benefits of pavement evaluation and treatment procedures and provided a summary of the pavement condition index (PCI) for every street in the City. This pavement data is an integral part of the selection criteria for the Street Rehabilitation Program.

The Public Works Department has developed a public outreach plan to improve communication with the general public and effected stakeholders. The reach stakeholders in advance communication will be in the form of a letter sent to all addresses on affected street segments. The letter will explain the upcoming work (repair, etc.), why the work is being performed phone number for a public works representative additional information.

The good news is that Walnut Hills is getting some much needed work , which includes a total rebuild of South Uinta Street up to Walnut Hills Community Elementary School.

Councilwoman Rebecca McClellan

RMcClellan@CentennialColorado.com

Councilman Ken Lucas

KLucas@CentennialColorado.com

City of Centennial I-25 Corridor Plan

**The next Open House is scheduled for Wednesday, February 20th from 6:30 pm to 8 pm.
The Open House will be held at the Centennial Civic Center located at 13133 E. Arapahoe Road.**

The Project:

To create a proactive vision for future growth and redevelopment, the City of Centennial is developing a sub area plan. The study area is a 580 acre portion of the City bisected by Interstate 25. Throughout the next 12 months, the

City will engage property owners, businesses and residents to gather input. The process to develop this plan seeks to accomplish the following:

Involve property owners and the community to identify issues, opportunities, and the appropriateness of future development

Understand future market demand within the City, its impacts, and the amount of growth the City is willing to accommodate

Solve access and connectivity issues within and through the area as well as to and from light rail stations

Develop and evaluate future development/redevelopment scenarios.

Long-term trends in the marketplace and demographic shifts in the community have impacts on growth and development within the City. Planning for these changes ensures the community grows in an orderly, managed and desirable way before development applications are submitted to the City.

The sub-area plan will identify things such as future land uses; locations of future roads, amenities, and parks; and will map out a strategy to implement the plan. The inclusion of the area along Arapahoe Road area is not meant to revisit land use recommendations formed with the Arapahoe Urban Center Area Plan (AUC).

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Timeless Dog Training Tips

Lorraine May, M.A.

- Ignore undesirable attention-seeking behaviors when possible – they will go away.
- Watch for and reward desirable behaviors consistently – they will increase.
- Do Socialize – provide experiences which build a positive association with your dog's environment.
- Do Not Traumatize – don't expect your dog to handle scary, unfamiliar or stressful situations.
- Set reasonable rules and stick to them. Your dog will relax knowing how to get what she wants.
- Teach your dog what she needs to know. Successful repetitions set her up for success.
- Behavioral changes take time. Plan how to manage the behavior while you change it. For example, block off the front window to stop barking until you teach your dog to run to you instead.
- Accept that most dogs have strong survival drives which may result in barking, digging, chasing or escaping. Suppressing or punishing these can result in neurosis, aggression and other undesirable behaviors. Help them satisfy their drives through exercise, games, bonding or designated digging areas.
- If you understand a foreign language, you probably needed help to learn it. Dogs don't naturally comprehend English. Help them learn through the precise, concise use of meaningful words.
- A puppy is a baby of another species. Commit to teach her everything she needs to know about living in the human world before she gets too big to handle or too unruly to be easily trained.
- Be the person your dog needs – a calm, confident, kind leader who values a stress-free household. Recognize that cruelty, anger and frustration have no place in training.
- If you live with multiple dogs, afford them each comparable levels of affection, attention and access to resources, just as you would your human children. Without a reason to compete within a household or to deal with a bully, dogs can relax and get along.

Send your questions to mishamayfoundation@gmail.com or call 303-239-0382.

Lorraine May, M.A., is the Founder, Executive Director and Head Trainer of Misha May Foundation Dog Training and Rescue, a 501(c)(3) non-profit dog rescue which offers a wide variety of educational classes to the community. The foundation offers free puppy socialization. Obedience classes, behavior seminars and in-home training welcome all dogs and issues. Dog trainer and behavior consultant apprentice programs are designed for the working person, and teach our effective reward-based, anxiety-reducing techniques.

Misha May won 1st Place for Denver's Best Dog Training in 2012! Thanks for voting!

www.mishamayfoundation.org



Co-Op Recipe Swap

Life with a family is usually busy – yet we strive to cook “homemade meals” for our kids. Here's an easy one-pot meal that can be whipped up fairly quickly. I've varied it with fresh and frozen ingredients depending on how much time I have. Most of the ingredients are easy to keep on hand to make it a quick back-up meal for when our schedule goes crazy!

Parmesan Orzo and Meatballs

Prep: 10 min Cook: 20 min

- 1 ½ cups frozen (or fresh) bell peppers & onions
(Walmart carries bags of pepper strips frozen)
- 2 tbsp Italian dressing
- 1 can (14 oz) beef broth
(I make mine from beef bouillon)
- 1 cup uncooked orzo pasta
(this is a quick cooking rice shaped pasta OR you can use risotto rice)
- 1 bag frozen cooked Italian meatballs (10.5 oz or about 16 meatballs)
- 1 large tomato, chopped
- 2 tbsps chopped fresh parsley
- ¼ cup shredded Parmesan cheese

Cook vegetables in dressing in a 12 inch nonstick skillet over medium heat for 2 minutes. Stir in broth; heat to boiling. Stir in pasta and meatballs. Heat to boiling; reduce heat to low.

Cover and cook 10 minutes, stirring occasionally.

Stir in tomato. Cover and cook 3 to 5 minutes or until most of the liquid has been absorbed and pasta is tender (risotto rice may need to cook longer). Stir in parsley. Sprinkle with cheese. 4 servings.

I usually double this recipe in a large stir-fry skillet...it's a family favorite!

Did you know that the “Play” part of the Watch & Play Co-Op means - we love play-dates! As the weather warms up this spring, watch for play-dates at the park to show up on our Bigtent calendar! Also, look for our table at the WH Easter Egg Hunt...we're always there with wipes for sticky hands and faces!

Join us on the Bigtent website and get to your Walnut Hills neighbors that have kids waiting for new play-mates!

www.bigtent.com/groups/whwp

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The Third Annual Prom Dress Exchange provides gorgeous prom dresses & menswear to teens for just a \$10 donation & student ID

No teen turned away for lack of payment in advance of their big day.

The social event of the high school calendar – Prom Night – is just around the corner. Is your teen ready for the big dance? According to Visa, American families planned to spend an average of \$1,078 on prom, ranging from clothes to transportation, food and tickets. But when you're on a budget, what's a teen to do?

The 2013 Prom Dress Exchange is here to help provide a spectacular, one-of-a-kind outfit for just \$10. Hosted for the third year by local non-profit The Prom Dress Exchange Corp., metro teens can shop for the dress of their dreams from thousands of gently-used and brand new designer items, including a limited selection of menswear.

A valid student ID and \$10 donation will provide access to the event and an outfit. Seamstresses will be available on-site to do limited services. Those unable to donate won't be turned away – the goal of the event is to ensure every teen can attend their big day in style.

"Prom can be an expensive proposition in today's economy but that doesn't mean you have to forgo style," said Laura Bauer, president of The Prom Dress Exchange Corp. "The event helps defray the cost in a small way and really make a teen's day. Since starting the exchange, we've helped hundreds of teens find the outfit of their dreams."

Saturday, March 16, 2012 9 a.m. – 4 p.m.

Dick's Sporting Goods Park
6000 Victory Way, Commerce City

For more information, visit www.promdressexchange.org or follow us at [facebook.com/promdressexchange](https://www.facebook.com/promdressexchange). The non-profit is always looking for men's formalwear items. Contact Bauer at promdressexchange@gmail.com or 303-875-4783 to assist.

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² The Annual Percentage Rate (APR) is 5.49% and will be fixed for the life of the home equity loan for owner occupied properties in second lien position with a maximum Combined Loan-to-Value (CLTV) of 80%. CLTV is calculated by dividing the aggregate total of all mortgages by the fair market value of the property. This special APR is available to customers who choose an automatic payment from a Bank of the West checking account. Checking account has a \$100 minimum opening deposit. APR may increase if automatic payments are discontinued for any reason. Minimum loan amount is \$5,000. Maximum loan amount is \$500,000. Rate and offer are subject to change without notice. Evidence of adequate insurance required. A loan at 5.49% APR with a 15-year term will have a monthly payment of \$81.56 per \$10,000 borrowed. A prepayment penalty of \$500 may apply if account is closed within 36 months of account opening date. State limits apply; ask your loan officer for details. Must apply by March 31, 2013.

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