

# Walnut Hills Newsletter

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

## Walnut Hills Civic Association Annual Meeting, 13 March 2014

The WHCA Board of Directors would like to invite all residents and neighborhood property owners to the WHCA Annual Meeting on 13 March, 7 pm, in the Community Room at Metrum Community Credit Union, 6980 S. Holly Cir. Email me if you'd like directions. The meeting will be preceded by a brief Board meeting at 6:30 pm, which is also open for all to attend.

We'll be inviting the Arapahoe County Sheriff's Office, our Centennial City Council District 3 members, and the Southeast Metro Stormwater Authority (to discuss two drainage projects that will be taking place in Walnut Hills this year). It's still early, there may be others. We will also be electing representatives in the even numbered Neighborhoods. If there are other pertinent topics that a resident would like to see addressed or you'd like to run for a board position, please, email or call me as soon as possible. We hope many residents will attend.

The WHCA dues notice will be mailed out at the end of February and will include our Calendar of WHCA-sponsored events. Dues can be brought to the Annual Meeting, mailed, or be paid online at our website, [www.walnuthillscolorado.org](http://www.walnuthillscolorado.org). We're planning a great year for our members/residents and hope many of you can attend/take part.

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

## Walnut Hills Scholarship Reminder

### Four \$2,500 Scholarships for Walnut Hills H.S. Seniors

Just a reminder that the deadline for the Walnut Hills Scholarship is coming up March 5, but the sooner the application is completed and submitted - the better. All parts should be completed and submitted by the end of February. Transcripts should be requested by February 20 with 7th semester grades included and recommendations should be requested in time for people to have time to complete them. Don't forget SAT &/or ACT Test Scores (they can be unofficial). Applications are available in the Post-Grad Center of CCHS or from John Fuller at 7219 S. Tamarac Ct. - 303-771-2838



photograph by Jesse J. Alcorta

This is a red tailed hawk, possibly a juvenile, taken in the silver maple of our backyard. These birds stand approximately 22 inches in height and have a wing span as great as 50 inches. They are very desirable birds in our area as they help keep the local prairie dog population, as well as other rodents, in check. Frequently they can be found year round in our subdivision. It is not uncommon to see them enjoying a meal on top of the local street lamps.



1st place Eric & Jennifer Lamphear, 6834 S. Willow St.



2nd place MauraHeidi Henderson, 7587 E. Fremont Ave.



3rd place Dick & MaryAnn McNay 6973 S. Ulster Cir



3rd place The Cramers, 7793 E. Costilla Blvd



## Walnut Hills Holiday Lighting Contest

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

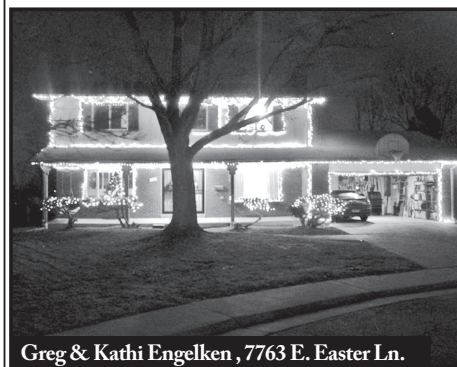
The three intrepid judges, plus one spouse, undertook to judge the holiday lights in Walnut Hills on 17 December. We had a rollicking good time on our travels through the neighborhood, stopping to enjoy lights throughout Walnut Hills. We did notice that there weren't as many displays as there were last year, but there sure were some beautiful lights.

We chose 12 homes that we thought were particularly good looking, but after examining the paid membership list of the Walnut Hills Civic Association, we had to disqualify a few that hadn't paid their dues for 2013. Then came the really difficult task of narrowing it down to our three prize winners. That job proved too difficult for us and we ended up with a tie for 3rd place.

So, here is the list of this year's winners. They were invited to our 9 January Board meeting to receive their prizes.

1st place, Eric & Jennifer Lamphear, 6834 S. Willow St.  
2nd place, MauraHeidi Henderson, 7587 E. Fremont Ave.  
3rd place, tie, Dick & MaryAnn McNay, 6973 S. Ulster Cir  
and The Cramers, 7793 E. Costilla Blvd

Though we don't award a monetary prize to an honorable mention, we did want to note that Greg & Kathi Engelken's home, 7763 E. Easter Ln., was, also, particularly nice. Thank you to all of those who made our neighborhood a bright and cheery holiday place!



Greg & Kathi Engelken, 7763 E. Easter Ln.

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



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## New Tennis Courts at Walnut Hills!

It's time for a tennis court update, and we have some great news to share! South Suburban Parks and Recreation District anticipates renovating our Walnut Hills tennis courts sometime in late spring or early summer depending on weather and other project schedules! SSPRD will tear out the old, cracked asphalt surface and replace it with a new concrete surface while adding a number of updates. It's quite exciting, as the new courts will add value to our homes and neighborhood, and promote a healthy lifestyle for all of us.

As I mentioned in my last article, our Walnut Hills courts are badly cracked and in disrepair. The SSPRD renovation will update our courts so that they are similar to other courts in the area. Our courts will likely have a contrasting blue court surface with a green out-of-bounds area. The courts will be striped for tennis, and might be striped for Pickleball (more on that in a moment). We expect the courts to have new nets, updated fencing with a T at the back of each fence (to keep balls off the adjacent court) and a new bench/cabana. We're hoping for a new concrete path to the gates, a backboard and possibly a water fountain. The photo below gives you an idea of what our new courts might look like.

Spring and summer are definitely the seasons for tennis. If you're new to the game, there are a number of ways to get involved. There are several groups that try

online at the USA Pickleball Association or check out some videos on YouTube. Players can buy paddles and balls at most local sports outlets.

As you can imagine, there was quite a bit of behind-the-scenes advocacy to make the tennis court renovation a reality, and sincere "thank you's" are definitely in order. If you get a chance, please offer your thanks to the following individuals.

- SSPRD Board and staff: John K. Ostermiller, Pamela Eller, Mike Anderson, Scott LaBrash, Dave Lorenz and especially Sue Rosser who took the time to listen, talk with us, offer ideas, and advance conversations with other leaders. Brett Collins at SSPRD was especially helpful in answering questions, connecting us to leaders, and creating an opportunity for our proposal. Thanks Sue and Brett!

- Walnut Hills Civic Association Board: The Board raised awareness and really advocated on our behalf. A special thanks goes out to Andrea Suhaka and Julie Gamec who were strong voices for action on our proposal.

- Andy Saiz (CCHS student) attended SSPRD board meetings, helped me take photos to compare local courts and was a great representative for CCHS tennis players who frequently use our courts. Thanks also to Andrea Suhaka and Melissa Deal who attended SSPRD board meetings with us.

- Council member Mark Gatto, (formerly Open Space Advisory Board) Mayor Cathy Noon, Centennial Council member Ken Lucas, and Council member Rebecca McClellan all advanced conversations to help the SSPRD Board assess our proposal. A special "thank you" goes out to the Open Space Advisory Board for their collaboration with SSPRD in jointly funding the Walnut Hills tennis court renovation.

I hope to see you on the tennis courts this spring. I'm looking for a few friends to play with in the neighborhood, so send me an email ([chrisindenver@gmail.com](mailto:chrisindenver@gmail.com)) if you'd like to practice or play.

Chris Saiz





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to connect players, so they can practice or play together. Please contact Vicki Holthus, USPTR ([vickih@ssprd.org](mailto:vickih@ssprd.org)) or Mike Hall, USPTA ([mikeh@ssprd.org](mailto:mikeh@ssprd.org)) or call SSPRD at 303-794-6933 for information on tennis programs, lessons, leagues (USTA, and Flex Leagues), tournaments, and private instruction. The Flexible Tennis League website (<http://www.flexibletennisleague.com>) is another great option where players message each other about their availability to play. Informal "leagues" also run across spring and summer. Players schedule matches against each other at their convenience and I've found it a great way to meet others and have some fun. Tennis Denver is a similar organization ([tennisdenver.com](http://tennisdenver.com)), and there are also a few "tennis ladders" that you can join.

If you're looking for tennis racquets and gear, please check out the Holly or Lone Tree Pro Shops (May-September) or Littleton Golf & Tennis Club (year-round). They have a free demo racquet program so you can try out several racquets before you decide on a purchase. The staff will help you make correct choices on equipment since they know the game well. I'd also suggest visiting Game-Set-Match near Safeway at County Line and Quebec. The staff is really helpful, and you'd be supporting a local business as well. In terms of tennis instruction, there's no substitute for a coach. However, I think you can learn quite a bit by watching instructional videos on YouTube. I especially like the Intosport, CoachKyril, and the FuzzyYellowBalls videos/channels.

Now back to Pickleball. Pickleball is a paddle game that is played by people of all ages and skill level. The sport combines elements of tennis, badminton and ping-pong. It is played on a short court that is about 1/2 the length of the tennis court with paddles and a plastic ball that resembles a wiffle ball. Pickleball rules are simple and the game is easy for beginners to learn. Play can develop into a quick, fast-paced competitive game as your skill progresses. You can read about Pickleball

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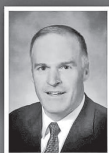
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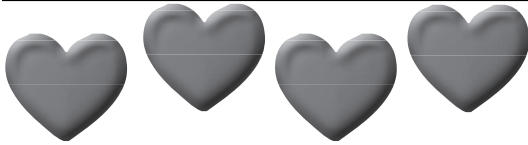
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## Walnut Hills Easter Egg Hunt, 12 April!

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

Mark your calendars now! The annual Walnut Hills Easter Egg Hunt will take place on 12 April (rain date of 19 April), 11 am, at Walnut Hills School Park. Please, make sure Suhaka has your email address so you can be notified if the Hunt must be moved to the rain date! That notice would go out on the Friday before the event.

Julie Gamec has, once again, agreed to chair this annual, fun event for the children in Walnut Hills. She's already begun planning to make this a great day. If anyone has a bunny costume we can borrow, that would be wonderful. It would be a shame not to have the Easter Bunny visit the festivities.

We will have separate Hunt areas for 0-3 year olds, 4-6 year olds, 7-9 year olds, and 10 and older. This gives everyone a fair chance to get some goodies and prizes. If Julie has enough help with the event, we will also have a cupcake walk and a craft activity. Please, contact her at (303) 263-6823 or [Neighborhood6@walnuthillscolorado.org](mailto:Neighborhood6@walnuthillscolorado.org), to volunteer to help. We especially need sergeants-at-arms to help keep children off the fields until the official start of the Hunt.

## South Suburban Parks and Recreation

**FREE Passport to Health**, Continues through Friday, Feb 28, at all South Suburban Recreation Centers. Don't miss your chance to get your passport and get rewarded for being active and healthy by joining South Suburban's Passport to Health, a FREE fitness and wellness rewards program. Earn 35 points and you will receive a \$10 South Suburban Recreation Gift Card! You will also be entered into a drawing to win a variety of great prizes including a 30-punch pass, 3 month admission pass, 18 holes of golf for 2, one night's stay at the Lone Tree Hotel, 30 minute massage and more! FREE to all patrons. Register at [www.sspr.org](http://www.sspr.org) and receive your Fit Pass. For more information, call 303-347-5999.

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**Day Camp Fun-Non School Day**, Monday, Feb 17, Goodson Recreation Center, 6315 S. University, Centennial, and Lone Tree Recreation Center, 10249 Ridgeway Circle, Lone Tree. Licensed day care for children ages 5-10 on non-school days. Children will be picked up from Goodson and transported to Lone Tree for daily activities such as swimming, group activities, crafts, daily field trips and more generally between 7-8:30 am. Children will be transported back to Goodson generally between 5-6 pm. Register online at [www.sspr.org](http://www.sspr.org). For more information, contact [maryk@sspr.org](mailto:maryk@sspr.org) or call 303-708-3518.

### Valentine's Day at South Suburban

**Valentine Photo Gift**, Saturday, February 8, 2014, 9:30-11:30 am, Douglas H. Buck Community Recreation Center, 2004 W. Powers Ave., Littleton.

Youth ages 8-14 can have their portrait taken by a professional photographer and use the image to make a beautiful keepsake box as a gift or for you. For more information, call 303-347-5999.

**Valentine-Cookies**, Tuesday, February 11, 1-2:30 pm, Lone Tree Recreation Center, 10249 Ridgeway Circle, Lone Tree. Make, bake and decorate Valentine cookies, ages 3 ½ -6. For more information, call 303-347-5999.

**Valentine's Latin Dance Workshop** Friday, February 14, 7:30-9:30 pm at Lone Tree Recreation Center, 10249 Ridgeway Circle, Lone Tree

**Valentine's Day special dance event** for ages 14-Seniors. Bring your sweetheart and spice things up with some new Latin Dance moves. A rose for every couple. For more information, call 303-347-5999.

**Super Sunday Fun Run**, Sunday, February 2, 10 am; Mary Carter Greenway, Littleton

The entire family can participate in the 5K run/walk before 'the big game'. Friendly dogs on leashes and strollers are welcome. Pre-registration race fee is \$25; \$30 on race day. Fee includes timing and race t-shirt. Register soon at [www.RunningGuru.com/Event/SuperSunday](http://www.RunningGuru.com/Event/SuperSunday). For more information, call 798-7515.

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## Rosemary, Rabbits and Rocket

By Bruce Ferguson

The geese undulate like ribbons blown by the wind in the distant sky. Overhead I hear them chattering and I have to wonder if they complain or rather cajole. Walking on the top of the old dam in Homestead I see a red tailed hawk catch the wind that lifts him from below me. Seemingly effortlessly the outstretched wings pass just a few feet from me and glide off into the distance. Though we have been having snow on a fairly regular basis the landscape looks dry and barren. Still there is enough snow covering around the stoop by the front door to make it clear the rabbits have moved on.

Last summer I nursed a small rosemary plant barely keeping it alive with a little extra water in one of the sunnier and dryer parts of the yard. Yesterday I went out and noted that it is doing fine albeit it is still not much of a plant. It is the Rosemary officinalis "arp" cultivar that they say is the most winter hardy. Hopefully it will get established and finally grow next year. I also noted that the arugula which seeded itself not far from the rosemary plant is also as green as can be. Some people call this plant rocket and my own curiosity led me to wonder why that is this morning. Apparently in southern Italy (Calabria) it is referred to as arugula whereas in Northern Italy they refer to it as rucetta. "Rocket," on the other hand, came up to English from a northern Italian dialect word, rucetta, which worked its way over the Alps and became the French roquette. Englishmen then did away with the poncey French "qu," turned that feminine "ette" into a more utilitarian "et," and ended up with "rocket." May 23, 2013 / Written by Sam Dean / KEYWORDS: Eat Your Words, Nerderly 'Bon Appetit' So there you have it.

I have read that it takes four days from the winter solstice for there to be a noticeable change in the length of the day which along with other things seems to make that day in particular significant. Usually by the middle of February I am eager enough to finally get outside and start cleaning up the yard. For me that is a slow process of discovery. First of course I have to try and remember what I have planted in the gardens in the past. Some of these things won't even poke their heads up until May or even June. That is the reason I leave them in the fall because without all those seed heads and dead leaves I would have no idea at all where to begin. Or at least that is the excuse I use in the fall! So in between the snow falls in February and March I start clearing out the perennial beds and try and time it so that as the ground becomes soft and warm the new shoots and seedlings can get themselves established.

One last thing today, last night my wife saw three coyotes wandering through the streets and yards. I just wanted to make sure that people are aware of this. Seems like every year as the weather warms up I see posters of missing pets. I don't mean to lecture or reprimand. I just want to make sure that people are aware.



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Images of Nature and Light

Christopher Theofanidis

Symphony No. 6 in F Major "Pastoral" - Ludwig van Beethoven

Over the Waves Waltz - Juventino Rosas

Cole Porter Salute - arr. John Whitney

Get ready for spring and enjoy with us Images of Nature & Light, as captured in the various works of this concert. In addition to a very fun Salute to Cole Porter, we will highlight Beethoven's 6th Symphony, named 'Pastoral' by the composer. Beethoven was a lover of nature who spent a great deal of his time on walks in the country. He frequently left Vienna to work in rural locations. The composer said that the Sixth Symphony is "more the expression of feeling than painting," a point underlined by the title of the first movement, "Awakening of cheerful feelings ...".

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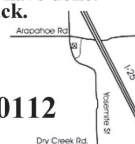
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Walnut Hills Elementary The fall has been a busy time for the Walnut Hills students and parents. Our PTCO kicked off the year with our all school Bar B Q. This is a fun, family dinner to gather at school and mingle with other Walnut Hills friends. October was the time for our 3rd Grade Musical, where the students delighted the audience with their songs and performance. On November 11th we hosted more than forty veterans for our annual Veteran's Day Celebration. The students were so engaged with the stories of these brave men and women; some who came in their original uniform and dating back to World War II through current service. We are so grateful for their dedication and patriotism. At the end of November we gathered outside on a warm fall day to

run in our annual Turkey Trot. This event is held together with our Grandfriend and Grandparent Day. It's a big day for the children to show these guests their classroom and school. Before the children headed off to winter break we spent the final Friday at our HollyDay event. On this day each class helps to assemble 350 sack lunches and approximately 70 scarves that were delivered to the Samaritan House shelter. This day is intended to teach children the importance of giving back during this busy time of year.

While January is winding down, we've already completed our Spelling Bee and hosted a student-lead 9NEWS Health Fair! Whew! This doesn't even begin to describe all the learning that has already taken place and the academic success the children are having; when you are a Walnut Hills student, you lead a busy life!

Last week we hosted our Kindergarten Information session for children entering Kindergarten next summer for the 2014-2015 school year. If you would like to come by for a tour or hear more information on this great little school, just give us a call at 720-554-3800 Watch for more exciting event coming this spring!

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## Happy New Year from Troop 574!

We hope everyone had a wonderful holiday season and started the new year safe and healthy. Besides the leaf raking we have done for some area residents this past fall, we also are encouraging the scouts to go out and help our elderly neighbors this winter by shoveling snow and keeping sidewalks clear and safe for everyone to walk on an get exercise. After the troop's early December trip to La Junta to visit Bent's Old Fort and the Koshare Indian Museum, our troop ended the year with their annual holiday pool party at Lone Tree Rec Center, taking a few minutes to review/teach water safety and rescue skills to the newer scouts and visiting Webelos that joined us for the night. We hope that all residents and parents will take some time to bring their children or grandchildren to local pools this winter to help them get stronger and more secure with water and swimming skills and pool safety, or better yet, enroll them in swim lessons. Drowning is the 2nd major cause of unwilling injury-related death among Colorado kids ages fourteen and below, with only crashes of motor vehicle causing more human deaths. We have several current Boy Scouts and Eagle Scouts in the troop that

are willing to help make sure this doesn't happen.

To start the New Year, the scouts and some parents headed off to Snow Mountain Ranch/ YMCA of the Rockies near Granby in early January for a weekend of fun in the snow, followed by our Winter Court of Honor on January 21st. We then start February with a trip to Golden Gate Canyon State Park along with about 15 other area troops to participate in the annual District Klondoree. The theme this year is "Yeti Beach Party", and we will do our best to warm up the cold conditions with beach

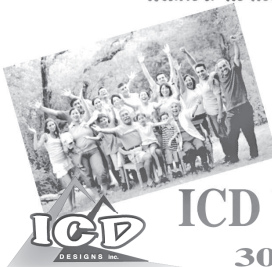


theme clothing and equipment. Scout-pulled dogsled and snowshoe races, fire-starting competitions without matches or lighters, winter search and rescue, and broomball will be a few of the competitions we will compete in. Wish us luck!

If you know of any 5th grade boys or older interested in Scouting or checking it out, we would love to have them join us for a meeting or outing. Please call Eric Vitcenda at 720.379.5600 for more information on the event or our troop - we meet at Dry Creek Elementary on Tuesday nights.

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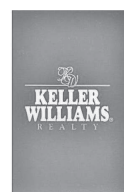
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## Walnut Hills National Night Out/Neighborhood Block Party

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

We'll hold our Fifth (?) Annual WHCA National Night Out/Neighborhood Block Party on 5 August this year. One change we're going to try is to start the party at 6 pm, instead of 7. We'll again hold it at Walnut Hills School Park and we hope to have musical entertainment as well as hot dogs for your pleasure. (We did have vegetarian hot dogs, as well, last year and will again.)

This event is not only for families, but for all residents of Walnut Hills. We'll have information and fun for everyone! Come over and meet your neighbors and find out about the organizations that serve our area. Representatives from many of the special districts that serve Centennial, e.g., Southeast Metro Stormwater Authority, Arapahoe County Sheriff's Office, South Suburban Parks and Recreation, and others, have been invited to have informational booths. I'm hoping we'll see the Sheriff's race car again.

Also, we invite residents with home businesses to have booths, as well. Who better to advertise to than your neighbors! The only requirement for a booth is that you become a paid member of the WHCA.

## Troop 257

"A scout is helpful." Helpful is one of the traits on the Scout Law and every scout should live up to it. "Do a good turn daily" is the scout slogan and every scout should complete an act of service every day. Both of these statements are connected and they both represent the members of Troop 257.

Troop 257 located in Centennial, Co is a local troop for the Walnut Hills community and has demonstrated the helpful trait in the past few months. On December 15 Troop 257 was in Denver delivering furniture to Nepalese refugees.

There are over 30,000 refugees in Denver and help is greatly needed. The troop had a great experience and hope to work with these wonderful people again.

In November the troop went up to Cathedral Ridge for a 2 night camping trip. While we were there we participated in a service project around the camp. We collected wood and unloaded at certain destinations in the camp. We spent a lot of time around the fire and had a few meals. We cooked one Dutch oven meal and practiced skits for a future event. The project was successful and everyone had a great time.



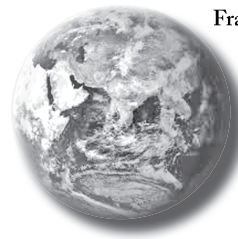
Colorado can be very snowy at times so the troop has encouraged its scouts to shovel driveways and sidewalks during the winter. The Walnut Hills Civic Association has agreed to sponsor Troop 257. Since Walnut Hills has many senior citizens, shoveling for our seniors is a great act of service. Troop 257 has done a lot to help out their community and can't wait to help everyone out in the future. A Troop 257 scout is helpful.

As I listen to the debate about immigration reform, I am reminded of the diversity we have right here in Walnut Hills. As I've made my way around the community during the past 41 years I have met many of our neighbors who weren't born in this country. The following is a list of the countries represented currently:

Latvia	Ukraine	China	Hungary
Mexico	Poland	Australia	Iran
England	Japan	Russia	
Jamaica	Vietnam	France	

I have probably missed someone's home country, but this is a pretty impressive list for a sub-development of just under 1200 homes.

Frank Haskett



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## Senior Dogs Add Sweetness to Life

By Lorraine May, M.A.

No potty training. No long walks trying to tire him out. No rambunctious play in the house. No destructive chewing. No guessing what he will be like when he grows up.

The senior dog is typically a lover, having devoted his life to an owner who has perhaps passed away or relocated where

pets aren't welcome. He often has some obedience training and definitely is grateful for a soft landing.

Bringing a senior dog into your home and family unquestionably saves a life as they are often considered unadoptable if relinquished to shelters. Sadly, they are passed over by a society which tends to underestimate the wisdom and value of senior humans as well.

Adopting a senior dog can mean veterinary bills. Finding a veterinarian who is willing to work with you on quality care or acquiring pet insurance might make all the difference. If you foster for a rescue organization, they will often cover the costs.

The life span of a senior dog is nearing its conclusion so the time spent with you is usually less. If you are older, planning to move or generally uncertain regarding your future, an older dog can provide the briefer companionship you desire.

Although it is miserable to lose our animal family members, I actually would prefer that all of my dogs predecease me. Wondering what will happen to them after I am gone is a huge worry. Fortunately, Colorado is one of the few states where one can legally create a Pet Trust to care for your pets upon your death, ensuring they aren't spending their last days in a shelter.

Sophiane Nancer, Founder of Cayleb's Kindred Senior Dog Rescue tells me, "There is a strong community (both online and in the 'real world') made up of those who either have senior dogs or who have had senior dogs. They offer advice, support, share stories, and everything in between. Seeking out this community is especially helpful to first time senior dog owners. An easy way to become part of the senior community is through social media. There are many Facebook pages dedicated to appreciating senior pets, online communities that welcome newcomers and forums that discuss everything associated with having a senior companion. Another way is to contact a local senior dog (or animal) rescue, and inquire about resources."

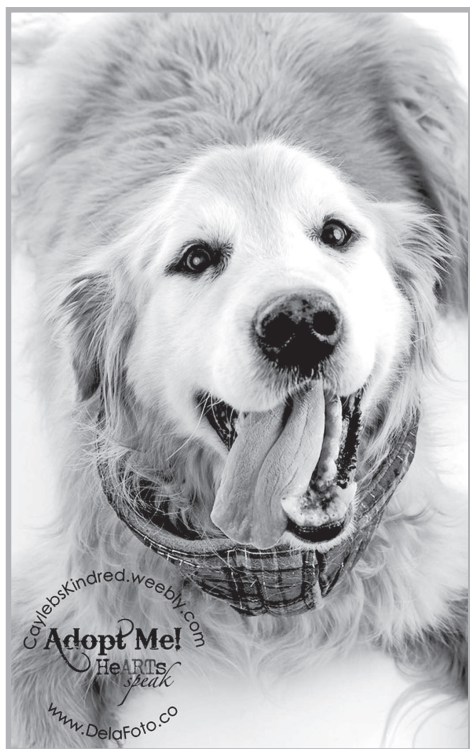
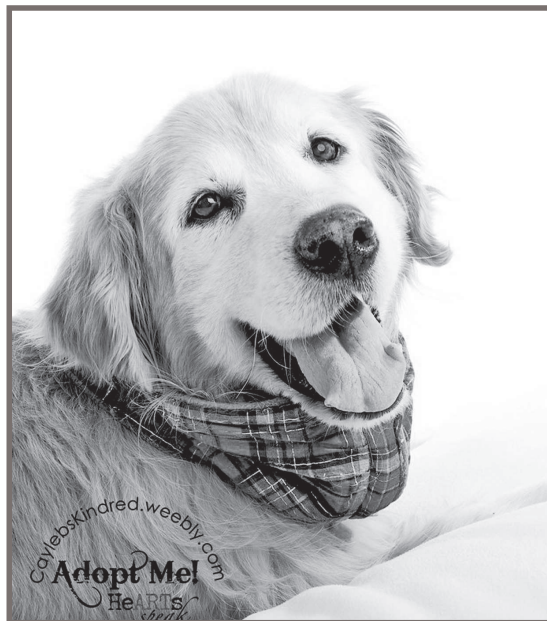
About the senior dog adopter, Sophiane shares this, "I wouldn't say there's a specific person who seeks out senior dogs. We've had people of all ages who want to adopt, volunteer, or who just love seniors. However, once you've adopted a senior dog, it's hard to stop at just one (much like potato chips)."

The Critical Sweetness of Seniors as described by Sophiane, "They're mellow, loving, low-maintenance, and have a life-time accumulation of sweetness inside to give (we call it 'critical sweetness') - all the reasons that make people love them and continue to rescue them. Many of our adopters return to add to their families once again. Without all the people who love and support seniors, there is no way we would be able to do what we do, and for that we are grateful!"

Here is a darling who is currently up for adoption. Bailey is a sweet, fun-loving, and playful purebred Golden Retriever who guarantees to make you smile even on your worst day. Though he is 15 years old, you'd never know! He has no known health issues other than some arthritis and hind-leg weakness (neither of which bothers him much at all!) He is always up for a nice walk around the neighborhood, a romp in the snow, a tug-of-war session with a chew toy, or a nap on the couch after a long day! Bailey is good with dogs of all ages and sizes, cats, and kids of all ages! He would make the perfect addition to any family who has a home with few stairs (he has a little trouble with steep ones) and a big fenced backyard! Want to add a big, furry new friend to your family? Email [caylebskindred@gmail.com](mailto:caylebskindred@gmail.com) for more information or for an adoption application.

Cayleb's Kindred Senior Dog Rescue  
Website: [caylebskindred.weebly.com](http://caylebskindred.weebly.com)  
Email: [caylebskindred@gmail.com](mailto:caylebskindred@gmail.com)  
Phone: (720) 515-0224

Lorraine May, M.A., is the Founder, Executive Director and Head Trainer of Misha May Foundation Dog Training and Rescue, a 501(c)(3) non-profit animal rescue which offers a wide variety of educational classes to the community. The foundation offers free puppy socialization. Obedience classes, behavior seminars and in-home training welcome all dogs and issues. The Dog Trainer / Behavior Specialist Program is designed for the working person, and teaches our effective reward-based, anxiety-reducing techniques. Misha May was voted #1 Best Dog Trainer 2 years in a row on Denver's A\*List for 2013 and 2012!  
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## Self-Reliance Corner

by Jo Haugland

### Seniors Need a Champion

Before starting, let me preface by saying: there are numerous, fine, helping agencies, nurses, doctors, and therapists waiting to help seniors. There are also numerous helping agencies named in senior directories, offered by social workers, and on listings for assisted living centers and nursing homes.

Due to recent experiences interfacing with these groups, I think more than anything, seniors need a "Champion" to support patient and family health decisions. A Champion is needed to stand up and stand by the individual's wishes in matters of THEIR OWN health and the way they choose to live.

What I mean by Champion is that seniors need someone to stand up and stand firm for them in agreed upon treatments, the location of such treatments, and what will be done if the individual decides to defer treatment and go home. Before my mother died, I didn't realize how controlled our seniors, family members, and other disabled or injured people are by our care system.

When someone is in the hospital, they are immediately assigned a social worker, whether they want one or not. The social worker contacts the family or guardian and asks what they plan to do with their loved one when they are out of the hospital. I assumed this was to help them decide an adequate course of treatment or follow up.

In reality, family members are forced to pick a "place" for the person to rehabilitate. It doesn't matter what the patient wants, or if they feel they do or don't want rehabilitation, or if they want to go home. Here is where a Champion, and individual rights proponent, or a good lawyer could stand up for what you or your loved one wants.

My mother was in the hospital dying. Surrounded by her children, a social worker came in and said, "What do you plan to do with your mother? There is no nursing home in the state that will take her with that feeding tube in her nose." We, her children, all knew she would not leave the hospital. My mother was conscious and alert and knew everything that was being said. I replied, "of course the tube would be taken out before she is sent anywhere," fully knowing that my mother would die there in that hospital bed.

Unfeeling, unaware, officious individuals, forcing their will on those with no power and no say. How do you think everyone in that situation felt? I was angry with the social worker for uncaring and intrusive behavior as my mother laid dying, hearing everything that was said about her and her situation.

Sure, hospitals have a "patient's bill of rights" but nowhere does it say you can pick up and leave if the situation doesn't suit you.

Not just one instance, but two additional accounts, should be enough to put families on alert to stand firmly for what they want for their family members and themselves.

Recently in the hospital for decompression of the spine, I was put in a room where bright lights flashed off and on all night, alarms went off every time I moved the IV, and no one would come to shut these off for hours on end. Bed monitors loudly played "She'll be coming around the mountain" every time I got up, went to the bathroom, or moved off the pressure pad. In this insane environment, no one stood up for me stating my hyper-sensitivity to sound and light, and high tolerance of pain medicine. It was unbearable.

When I was ready to go home, an 18 year old social worker came and made me show her I could sit down on the toilet and get back up before I was "allowed to leave". This was an unwelcome intrusion on my privacy, I didn't request a social worker, I had someone to help me at home, and I didn't feel it was anyone's business how I was going to get to the bathroom. Why was toileting levied as criteria for my leaving? I could wear diapers.

How do you think seniors feel when they are paying the hospital bill and should be in control of what happens to them? Enter a fresh faced social worker who ticks off lists of their, (or their agency's), criteria that must be fulfilled before the seniors are allowed to go home. Why do they get to say? There are hospital, "patient bills of rights" which fail to mention this level of control.

In my opinion, a criterion regarding what happens to you or your senior should be left to the family and the patient. No one should be able to dictate, without the patient's permission, if they can go home after a hospital stay. Especially since it is the patient's insurance and personal funds are paying the bill.

Last, there will likely be articles published soon, on county social service agencies taking advantage of the elderly.

A childhood friend whose cousin had repeatedly borrowed money from her mother had a horrific takeover by social services. The family asked the courts not to allow the mother to give the cousin more money as it was not spent as was portrayed.

Social services stepped in, took over the mother's sizeable finances, and disallowed all family members (including the sons and daughters) from visiting their mother without a highly paid supervisor on site. The agency proceeded to have the mother drugged, placed "agency related" care givers in the mother's own home, and paid themselves and their related agencies wages almost the entire worth of the estate.

If you are scheduled for a hospital stay or have had a family member that now requires elderly care or treatment, please make sure that someone with power of attorney, a trusted lawyer, or strong proponent of the individual's rights, is there to stand up for them. Be assured that the health care system wants to relieve its liability for the patient and will do so by forcing agency and social work criteria onto those temporarily in their control.



## Co-Op Recipe Swap

### Meet, Greet, Watch and Play!!!

Our next meeting will be March 15th at the Castlewood library in the meeting room. Come on by any time between noon and one with your kiddos for games and crafts, and get to know neighborhood families in the bargain. If you've never been to a meeting or just want to know what we are all about, this is a great opportunity! Please bring a baby item for donation to The Gathering Place. Due to allergy concerns, we ask that each family bring their own snack. Questions? Call Laura at 720-384-5242 See you there!!!

### Oatmeal Cookies With A Purpose

**Purpose:** Constructive fun for children

**Requirements:**

1. Cookie dough
2. Cream together 1 c. shortening or butter, 1 c. brown sugar. Add 2 c. rolled oats, 1 c. dry milk solids, 1/2 c. water. Beat well. Sift together 2 1/2 c. flour, 3 t. baking powder, 1 t. salt. Fold into creamed mixture and mix well. Divide into small portions and chill.
3. Clean kitchen table.
4. Pie plates and cookie pans.
5. Rolling pins from toy bake sets or small round bottles.
6. Animal cookie cutters.
7. Aprons or old towels to protect children's clothing.
8. Children of either sex, ages 2 and up, with clean hands.

**Extra requirements (for parent, neighbor, or grandparent):**

1. Patience
2. Loving-kindness
3. Smiles
4. Praise, given out liberally
5. Wisdom, to help children share tools
6. Pretend dark glasses

**Method:**

1. Sprinkle flour on table for each child.
2. Distribute pieces of dough.
3. Demonstrate how to roll dough to 1/4 thickness, cut out cookies, and transfer them to baking pans.
4. Preheat oven to 325 degrees.
5. Wear pretend dark glasses to avoid seeing trails of flour from table to floor, or path of dough from fingers to mouth.
6. Pop pans into oven as soon as filled. Bake 10-15 minutes.
7. Put each child's cookies in separate container.
8. When all dough is baked, present each child with his or her container.

**Results:**

1. Sparkling eyes
2. Happy faces
3. Grimy hands
4. Bulging cheeks
5. Sweet voices saying "Mm, good, it's yummy yummy in my tummy."
6. Spontaneous hugs from flour-covered arms.
7. A few cookies

*More-With-Less Cookbook by Doris Janzen Longacre, Mary Emma Showalter Eby*

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Advertising Manager  
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Distribution Manager  
Will Senn  
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## Walnut Hills Civic Association Volunteer Board of Directors

Randy Lutton Neighborhood1@walnuthillscolorado.org	Treasurer, Webmaster
Andrea Suhaka Neighborhood2@walnuthillscolorado.org	Chair, Membership, 4th July
Ken Whiting Neighborhood3@walnuthillscolorado.org	
Myra Garcia Neighborhood4@walnuthillscolorado.org	
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\* Your scholarship donation goes to help Walnut Hills students/residents continue their education or training after high school. In 2013, over 235 residents contributed over \$6,000. Supplemented by the Walnut Hills Newsletter and the WHCA, four scholarship awards will be given to Walnut Hills residents this summer at the Ice Cream Social on July 4th. (You may also pay dues by credit card at www.walnuthillscolorado.org.)

Member Name:

Home Address:

Home Phone:

Email address:

Contact me - I'll help with:

WHCA sponsored events \_\_\_\_

Easter Egg Hunt \_\_\_\_

National Night Out \_\_\_\_

Shoveling snow for those not able \_\_\_\_

Becoming a member of the Board of Directors \_\_\_\_

\*I need help shoveling snow \_\_\_\_

## Calendar of Events 2014

**Annual Meeting** March 13 at 7 pm - (see entryway signs for location)

**Easter Egg Hunt** April 12 at 11 am - Walnut Hills School Park  
(rain/snow date April 19)

**Spring Dumpster Days** May 10 & 17 at 8-11 am - Walnut Hills School

**Community Garage Sales** June 6 & 7 (whole neighborhood)

**Lawn/Landscaping Contest** (cash prizes, 1st, 2nd, 3rd) Week of June 23

**Fourth of July Parade** Stage @ Dry Creek Sch., 9:30, step off @ 10 am

**Ice Cream Social & Scholarship Awards** July 4 - Walnut Hills Park  
beginning at 10:30 am

**National Night Out** August 5, 6 pm, Walnut Hills School

**Fall Dumpster Day** October 11, Walnut Hills School

**Holiday Lighting Contest** (cash prizes, 1st, 2nd, 3rd)

Week of December 15

Your dues help pay for these activities in Walnut Hills!

The Walnut Hills Civic Association (WHCA) Board of Directors' regular monthly meetings are held the 2nd Thurs. of each month @ Metrum Credit Union, 6980 S. Holly Cir., at 7 pm. Board meetings are open to all Walnut Hills residents.

YOUR DUES PAYMENT GIVES YOU A RIGHT TO VOTE ON IMPORTANT ISSUES THAT COME BEFORE THE ASSOC. and to be a part of many events. If you are new to Walnut Hills or not familiar with the WHCA and what we offer the Walnut Hills community, please go to www.WalnutHillsColorado.org. Your membership fees go to support the above activities and to maintain a strong lobbying organization to protect our community and our property values. Check out the latest Walnut Hills happenings or pay dues online at

www.WalnutHillsColorado.org

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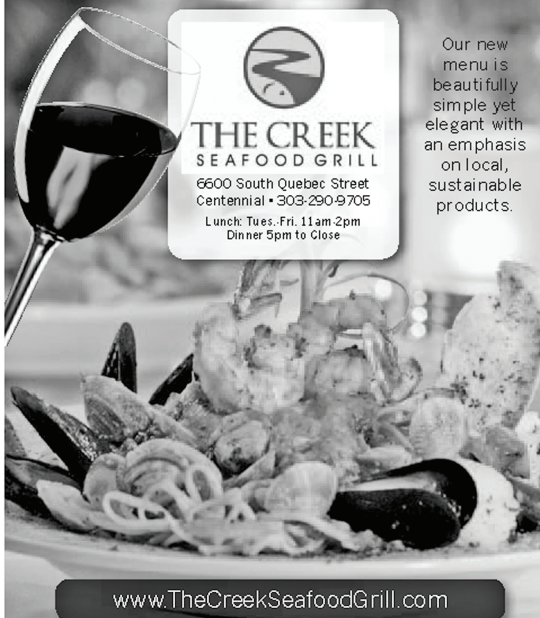
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