

Walnut Hills Newsletter

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

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

The Fall Dumpster Days is the last chance to clean up before winter. If you are not a member of the Walnut Hills Civic Association, don't worry, you can join while you are waiting in line. \$20 for your membership allows for one pick-up truck full of trash. If you need more than one; that will cost you \$10 extra. The lineup starts in front of Walnut Hills Elementary and "dumping" will start as soon as the trucks get to the parking lot. "The Garbage Man" trucks and workers will pull off your trash, so you don't have to touch it! And as always Brookie "the metals man" with his son Dawd will claim our old treasures to be recycled. Please remember no cans of paint, no poisons, no batteries, no brick or concrete, but bring your mattress, sofas, lawn furniture, bicycles, TV, computers, tree branches, bushes, etc.

Dumpster Days Chair Donna Senn 303-741-2065

Volunteer needed to deliver 20 papers, only six times a year on East Davies Place. Good for kid's community service projects. If you can help, call Donna Senn 720-741-2065

Holiday Lighting Contest

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Walnut Hills Teen Makes Nation's Top Tennis Tournament

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

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

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

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

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

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

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

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



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

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

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



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

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



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Gejo's Restaurant and Lounge - A Neighborhood Institution

by Lee Braun

"When the moon hits your eyes, like a bigga pizza pie, that's amore! When great pasta's close to home, and you don't hafta roam, that's a Gejo's!!!"

Gejo's has been a fixture in our neighborhood since 1979, except for a brief hiatus, and last year the original owner of Gejo's IV, Joe Galasso, and his son, Tony, brought back this tremendously popular franchise for the benefit of families that enjoyed the restaurant all those years. They can be seen daily meeting and greeting loyal neighbors who were served by them and their friend and succeeding owner, Bert Carlson, over the decades.

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

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

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

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

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

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

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

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

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

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

Thanks, Metrum!

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

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

Holiday Lighting Contest

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

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

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

photography by Jesse J. Alcorta





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Birds and Water

By Bruce Ferguson

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



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friend or two to help keep an eye out isn't a bad idea.

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

around here but with mosquito larva it works great!

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

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

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

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Many Generous Contributions Add Up

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

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Self-Reliance Corner

by Jo Haugland

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

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

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

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

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

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

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

Enjoy researching and planning your xeriscape yard for 2014!



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



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

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

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

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

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

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

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

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

Council Member Rebecca McClellan
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(303) 956-2845

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

District 3 Council Members Host Community Meeting

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

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

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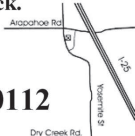
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Woof! Woof! WOOF! Too much barking?

By Lorraine May, M.A.

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

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

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

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

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



Send your questions to mishamayfoundation@gmail.com or call 303-239-0382. Lorraine May, M.A., is the Founder, Executive Director and Head Trainer of Misha May Foundation Dog Training and Rescue, a 501(c)(3) non-profit animal rescue which offers a wide variety of educational classes to the community. The foundation offers free puppy socialization. Obedience classes, behavior seminars and in-home training welcome all dogs and issues. The Dog Trainer / Behavior Specialist Program is designed for the working person, and teaches our effective reward-based, anxiety-reducing techniques. Misha May was voted #1 Best Dog Trainer 2 years in a row on Denver's A*List for 2013 and 2012!
www.mishamayfoundation.org
mishamayfoundation@gmail.com
303-239-0382



Co-Op Recipe Swap

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

Pumpkin Muffins

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

Preheat oven to 350.

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

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

Divide evenly in muffin pan lined with paper baking cups.

Bake for 20-25 minutes.

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

Many of the families who have been in this group for the last few years have children who are in school full time now, and our schedules are becoming so busy we are finding it challenging to keep up activities and planning for the group. If anyone is interested in taking over leadership of the group we would be happy to set you up with the coupons, guidelines, and processes that we set up for the exchange. We have also found that many of our members are more interested in the "play-date" aspect of the group, seeking to meet other families in this neighborhood. This group has been active in Walnut Hills for over 25 years, we'd love to see it continue after our kids have "graduated"! Please contact me, Julie Parker (julieparker720@gmail.com) or Jody Kircher (jkircher@q.com) if you are interested

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

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15 Year Walnut Hills Resident



Troop 574

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



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

this year was "Back to Basics", and the scouts participated in competitions with other local troops including orienteering, pioneering, archery,



tomahawk throwing, Dutch oven cook-off, and crosscut/tree clearing relays. We were fortunate to have five Webelos from two separate local Cub Scout packs join us for the events and to get introduced to what Boy Scouts has to offer them in the future. In the end, not only did we have perfect weather for camping and competitions, but came home with a first place in tomahawk throwing and second place in the Dutch oven cook-off, with a Palisades Peach Special recipe the boys came up with, including the use of graham crackers instead of traditional cake or biscuit mix.

On the service front, Dry Creek Elementary had their Fun Fair on September 28th, and now that our troop is officially chartered by the Dry Creek PTCO, we helped in providing service to their event by doing the clean-up. We also volunteered at Homestead Elementary's Fall Festival the night before manning some of the booths. We hoped to pick apples and other fruit from Walnut Hills resident's trees as we did last year to help local food banks, but unfortunately, the spring weather didn't cooperate for fruit tree production.

Next up is a weekend backpacking trip in early October to the Guanella Pass area, followed by merit badge opportunities for the scouts throughout the month. In November, we will head up to Tahosa High Adventure Base for a weekend of late Fall camping, hiking and fishing. In addition, we hope residents will help in the annual "Scouting For Food" food drive in conjunction with 9Cares Colorado Shares annual drive in mid-November. Please start saving non-perishable food items, as well as toys for Christmas Santa shops, and let us know if we can come by to pick them up the week of November 10th. You can visit our troop website at www.centennial574.mytroop.us/ and use the "Contact Us" function for this event or any questions you may have regarding Scouting or our troop. Eric Vitcenda, Troop 574 Scoutmaster

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Do you know a senior or homebound individual who would benefit from having a hot meal and a friendly word delivered to their home five days a week? For nearly 50 years TLC Meals on Wheels has been providing nutritious meals to seniors and others in the Littleton/Englewood/Centennial area.

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720-514-9755

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Distribution Manager
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