

Stratmoor Hills Neighborhood Association Newsletter

Editor: Teresa Beilfuss



Drama At the Birdfeeder By Tanja Britton

The bird feeders in our back yard in the Stratmoor Hills neighborhood are usually sites of peaceful avian gatherings. Sure, there are brief squabbles over who gets to eat first, but somehow the individual birds figure it out without much ado. House Finches, Mountain Chickadees and Nuthatches (White-Breasted more than Red-Breasted individuals) visit regularly and get along well. The latter two usually don't remain at the feeder any longer than it takes to alight and to fill their beaks, before they take off to the nearest tree where they enjoy their morsels. The finches tend to congregate for up to several minutes and as many as a dozen perch on the tube feeder filled with mixed seeds. Hairy Woodpeckers are not shy either and take their time at the suet-filled holes of a hanging wooden log feeder. They will make room for the Northern Flickers when they approach, the males flashing bright red cheek stripes and wing feathers before clinging with their nearly foot-long bodies to the log's entire length, often upside-down. American and Lesser Goldfinches visit our thistle feeder occasionally and I enjoy their sweet, cheerful vocalizations. A few Scrub, Steller's or Blue Jays appear sporadically, announcing their

presence with bravado and raucous calls, chasing the other visitors away. Mourning, White-Winged and Eurasian-Collared Doves as well as Rock Pigeons have no compunction about squatting and eating inside the feed tray, effectively blocking access for other birds. When not feeding, they intently watch the goings-on from the closest power line where I also count up to fifteen of them in the morning, awaiting their avian buffet. The arrival of American Robins coincides with the return of spring, their melodious songs filling the air, rendering my favorite season more enchanting.

One morning, the usually tranquil atmosphere in the yard is disrupted. I watch several birds disperse hurriedly in multiple directions, but can not account for their sudden flight. Minutes later, when I sit down at my desk, I detect the reason.

In the corner of the yard I glimpse a collection of feathers with a Sharp-Shinned Hawk in its center, tearing

pieces of flesh from a dove's carcass. It doesn't see me, so I am able to

watch it devour its prey. After about thirty minutes it takes off with the remainder of the dove's body to a place unknown to me. I reflect on the meek dove's foreshortened life,



The Eurasian Collard Dove

its downy plumes in the grass all that remain of it.

Witnessing nature's workings reminds me of its apparent contradictions: the indescribable beauty and peacefulness on one hand, harshness and constant struggle to survive on the other. At times I have trouble reconciling the order of things, all the while feeling fortunate to be part of this incredible experience.



Above, The Sharp Shinned Hawk, Scrub Jay ,left



2015 Summer in Stratmoor Wet and Wild! According to usclimate-data.com

Colorado Springs received 5.72 inches of precipitation in June 2015. Average for that month is typically 2.52.



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Supported by six different Churches, The Stratmoor Hills Community Food Pantry serves around 30 families each week.



"The volunteers diligently work to meet the food preferences of the people receiving the assistance. Volunteers work every Tuesday to "stock up" the pantry, then Wednesday to distribute. Helping with this work can be quite rewarding, in fact we have had to institute a sign-up sheet to be sure we don't have too many volunteers on any particular day."

Steve Brown
Executive Director
West Side CARES

Each Tuesday volunteers assemble next door to 7-11 on B street to unload donations and organize the generous donations provided in collaborative efforts with West Side CARES and Care and Share. Steve Brown, executive director of West Side CARES, says, *"Because of the educational efforts of Care and Share we have become more aware of places in our community where access to food is limited (sometimes called "food deserts") and/or transportation issues make it difficult for people with limited incomes to access a full range of healthy food. We soon became aware of the B St. area being something of a food desert. The B St. pantry receives some food from Care and Share, a bunch of donations every week from supporting churches, and also uses some cash to purchase food that fills the gaps in the shelves."*

At least six area churches supply food and personal care items to the our neighborhood pantry. One of the largest contributors is Stratmoor Hills United Methodist Church located at 1705 Cheyenne Meadows Road. A parishioner delivered several bags of food items when the interview was being conducted. The Pantry is staffed with approxi-

mately 25 volunteers. I spoke with Mary who has been a volunteer with West Side Care for over 17 years. She says in that time need seems to have increased and some areas have more need than others. She wonders if residents have a hard time with transportation to the pantry but also says there is no reason for any one in El Paso county to go hungry. During the school year, many schools provide the names and information of needy families to West Side Cares. The District 12 food pantry is called Elevate. Students receive backpacks on Fridays filled with food to feed a family over a weekend. Families can come to the food pantry at 2027 B Street to collect food and personal care items up to six times each year on Wednesday from 1:00-3:00 pm. Clothing vouchers are also provided by West Side Cares from Good Will each six months. *"Just last week we began sending a trained volunteer to help people sign up for food stamps."*, says Brown, *"This is important because we limit any household to not more than six visits to the food pantry in a year."*

When visiting the pantry, please bring a photo ID. If you would like to contribute to the food bank, please drop off donations on Tuesdays from 9am-11 am. For more information contact West Side Cares at 719-389-0759 or visit the website at westside-cares.org

Netflix vs. Cable Television: Which is Better? By Angela Beilfuss

For years, society has clung onto the television phenomenon. With so many channels and different varieties of shows to watch on television, it has become the normal relaxation activity in the United States as well as other countries. However, with the booming technology approaching, new internet sites are taking over the well known tube. Internet television sites such as Hulu and Netflix are becoming more and more popular, however, what is that doing for the television rates? Television will not have a problem with going out of business in the near future, but it could still happen.

Netflix has many pros and cons. Even though Netflix does not have on demand or every single show that is on the television, you can watch as many episodes of show as you want at once. Instead of waiting a week for a new episode, Netflix offers a binge on show watching. Now, the big question is which is better, television or Netflix?

People will have their opinions, but to me, it's all about out with the old and in with the new. Netflix contains instant streaming T.V. shows and movies of every variety, while cable television is limited on what shows and movies to watch at what times. This means unlimited pausing, re-playing no storage concerns. DVD's are pricey and take up physical space, but there are countless and unlimited options with digital content. For decades, cable television has been a staple in our society, but this may be coming to an end. The dream of watching what you want when you want is here, with few limitations. The cable companies still have control and are using "bundles" which tout savings for having three of their services at once to keep us locked in. Why do we need them at all? Netflix, Hulu, Amazon Prime and Instant Video operate largely on WiFi. How long will it be before that code can be cracked? It is hard to say given that there always seems to be a way to keep customers on some kind of leash. But for now Netflix wins with me. It is very inexpensive, (unlimited streaming on unlimited devices for only \$12.99/month), has a wide range of programming from movies to cooking shows, and most importantly to me, I can pause it and come back to it if I am interrupted, I am always interrupted.



Area Albertsons Has Closed. Is Safeway Next?

By Dan Beilfuss

As many of you have noticed, the nearby Albertsons grocery store at 455 E. Cheyenne Mountain Blvd., a neighborhood fixture since 1980, has recently closed its doors, citing a lack of profits. According to store Spokesman Dennis McCoy, who was recently quoted in the Gazette, "That store basically has not been profitable for quite some time, despite the best efforts of our company and associates there and the location." "We just don't think (we're) going to be able to reposition it to better compete in the marketplace. That's why we're closing it." With the pending openings of

the nearby Sam's Club and Walmart, it is fair to speculate that the two nearby Safeway stores, located at 6520 S. Academy Blvd. and 1920 S. Nevada Ave. could be next. This is not only an inconvenience to their many loyal customers, but it could potentially put over 100 employees either out of work or having to move to a different store. Albertsons had to try to place many of its 78 employees at other store locations. In addition, when a strong anchor, such as Safeway, leaves an area, it affects area small shop owners that are dependent on them. A strong anchor provides enough critical activity to keep the smaller shops nearby healthy and profitable.

According to the Assistant Manager at the Safeway store located on S. Nevada,

The bottom line, as always, is that profits trump everything. If the two Safeway stores can remain profitable after the new Walmart and Sam's Club arrive this summer, they will be around. If not, we will have two less staples in the area to shop for groceries.



Nine Albertsons Stores were closed in Colorado including 2 in Colorado Springs.

South Academy Highlands Shopping Center

Now Leasing Phase 2 Development Area: up to 125,000 sf



The view from the new Wal-Mart Parking lot includes Stratmoor Hills Water Tower

There is a new shopping option for those of us who like to stay close to home. Directly across Academy Boulevard from Pikes Peak Community College is a large site where a shopping complex is in the works! Walmart opened August 15th 2015 and will be followed by a new Sam's Club scheduled to open by August 6th. The site is considered part of the city of Fountain and will use Stratmoor Hills Water. An additional retailer has committed to opening shortly, but has not yet been announced. There is plenty of opportunity for restaurants and other businesses to have a brand new start at this brand new site.



Dine in At Domino's on B Street by Teresa Beilfuss

If you have had a pizza delivery in the last year or so there is a good chance you have been paid a visit by Domino's Pizza Delivery. While delivery is a big part of Domino's business, the company is a nationwide push for more dine in customers. Delivery contributes to high overhead costs with insurance and the use of resources such as time and gas. The new model is that all Domino's pizza locations Nationwide will be dine in restaurants by 2017. As

of now, six of the 17 stores in Colorado Springs have added a dining area. The B street location is one of these stores. With seating for up to 28 customers, the alcohol-free dining room has a counter a glass window overlooking the food preparation area making the experience dinner and a show! There is a chalk board wall for artists of all size with multi-colored chalk choices as well as several big screen

televisions make for a fun atmosphere for kids of all ages!

Domino's is currently doing the Soldier a Week promotion which affords a Fort Carson Soldier \$100.00 worth of pizza over a week's time. They can use this money however they choose to i.e. for family, friends or co-workers.



Colorado Springs
in the Midst
of Sellers' Market



Healthy Housing Market By Melinda Pesicka

On my daily walks I have seen a lot of homes for sale in our neighborhood. I got curious as to how much homes were going for right now. In conversations with friends, I have found out that Denver homes are selling so fast and that Colorado Springs should begin to see it. I feel we have a gem of a neighborhood in Stratmoor Hills. You can feel safe as you are out walking the dog or planting your garden. Everyone waves to each other. There is a real sense of community. I did my homework on realtor.com The following are homes in our area and what they sold for. I think you may be a little encouraged to see healthy growth. There are so many neighbors fixing their homes up this summer. It's fun to watch all the changes. Our neighbors on Westmark put in gorgeous aspen lined landscaping. Some people through the neighborhood are undergoing huge renovations. I have always felt that even if I cannot afford

the work to be done, I could keep my home tidy with decent curb appeal, trash picked up, mowed nicely. It takes so little to just look neat. If you notice a neighbor who is struggling a little to make that happen it could be because of health or they are just slowing down through the years, don't judge them but rather maybe check on them. We have so many caring neighbors here and I feel blessed to be part of it.

The first home sale was very surprising. This home at 22 Westmark sold for 280k and was snapped up like that. They had barely listed it. It was also sold as a fixer. 2936 square feet

Here are some others that have sold in 2015

557 Kearney with 2660 square foot sold for 245k

611 Chamberlin with 1782 square foot sold for 203,900 K

522 Catalina with 1144 square foot sold for 168k

23 Clover Circle east with 2836 square foot sold for 190k

302 Catalina Place with 1748 square foot sold for 199k

323 Crestridge with 3018 square foot sold for 251,500k

7 Jewel Ave with 3300 square foot sold for 255k

111 Chamberlin with 2899 square foot sold for 260k

234 Stratmoor with 3526 square foot sold for 305k

4245 Loomis with 3465 square foot sold for 244,100k

Housing prices in Denver lead the nation growing 14.7 % in a year According to Ben Miller , Denver Business Journal Contributor

Property Value Increase: A Paradigm By Daniel Beilfuss

In early May, all property owners in El Paso County were mailed their valuation notices. If you were like me, you were probably at least a little shocked at how high the values have increased in the past year. While this is good news for the real estate market and the overall economy, it means that most everyone will see an increase in the property tax bill. According to the Gazette, of the 246, 000 valuation notices that were sent out, 91% of those saw an increase. During this time period, the median residential property values in the county increased by about 8%. That increase is still low as compared to other areas of the State. Douglas County, for instance, saw an increase of 18%. The County Assessor bases his valuations on existing home sales.

The highest percent change in El Paso County were properties in Yoder, which saw an increase of 11.84%. The lowest percent change was in Palmer Lake, which saw an increase of 7.52%.

Closer to home, in Stratmoor Hills, the average market home values were as follows:

2015: \$157,696.00.

2014: \$146,120.00.

Percent Change: 7.92%.

If you wish to appeal the notice of valuation in the future (it is too late to do it this year as of the printing of this newsletter issue), you can do so in person or by mail at the County Assessor's office at 1675 W. Garden of the Gods Rd. suite 2300, Colorado Springs, co. 80907 or by phone at 520-6600 or by fax at 520-6665. Property owners can also appeal online at land.elpasoco.com. Search for your property and then go to the link "on-line appeals."



HOW MUCH IS TOO MUCH?

Stratmoor Hills: A Needle in a Haystack
 By Teresa Beilfuss

If your are new to the area, how did you stumble upon the jewel of Stratmoor Hills? For our family, it was the good fortune of knowing: someone who knew someone who lived in the neighborhood. We bought our house after having seen it only one time and without it being on the market for even a day. Native to Denver, I was not excited about moving at all since my children were settled in a good school and we had family and amazing friends and neighbors right where we lived. What's more, all of us were familiar with the landscape and resources around us. We ran a side business based on those resources. Lakewood Hauling was fun, helpful and profitable.

So why move to Colorado Springs? A promotion and a lower stress job for my husband were a chance worth wagering everything for! So we put our beloved home on the market (not our house, it was much more than that!) and began searching for a new life in Colorado Springs. For over nine months, I researched on line neighborhoods, real-estate, schools, drive time to my husband's work, everything I could find out!

We looked at homes in the Power's Corridor, Falcon, Briar-gate, Old Farm, Rockrimmon and others...all less than what we were looking for. When one day my husband called and said, "I think I have found an area that is like the neighborhood we live in now. Let's look at it."

In Stratmoor Hills we found unique homes with spacious lots, lovely landscaping and neighbors with many skills. Talents such as deck building, small engine repair, cooking and overall generosity. Neighbors who would dog and house sit, retirees with eyes on the street when we aren't home, someone to keep an eye on the kids, and non-judgmental borrowing of basics like eggs and sugar. Our neighbors have become our family, sharing holidays, sad days and everyday life together. We love the neighborhood so much we moved and bought a house two blocks away !

Please share your story with us!

Email me at mrsdbeiluss@me.com



A frequent guest in our backyard.

Antique Tube Radios-My Hobby
 by James Pesicka

My desire to tinker with tube radios came when I was 10 years old. My first radio was a Philco and it was a grand radio. I immediately took it out of the cabinet and placed it on my dresser. I plugged it in and then plugged in the speaker. The next thing I remember was getting up from the floor. I had touched two wires together. This didn't slow

down my radio hobby in the least. Over the years I have owned hundreds

of different models including; cathedrals, Tombstones and uprights, etc. I have also sold or bartered many, to collect the models I want. I am now down to approximately 50 tube radios that truly love. There is still a model or two out there that I desire! I continue to search thrift stores, antique stores and yard sales. Tube radios make me happy!!!



1930 Philco Pillared Console
 Formerly owned by Broadmoor Hotel



1930 Philco Cathedral



1930 Cathedral Screen Safe Grid made by U.S. Radio

With Edmund Gram Inc. of Milwaukee, WI.

The first radio was invented in 1935 by Guglielmo Marconi. He called it the wireless telegraph.



Guglielmo Marconi, 21 year-old inventor (Reproduced with permission of Marconi Corporation plc)



Getting to know **YOUR . . . STRATMOOR HILLS Fire Department**

YOUR FIRE STATION IS MANNED 24-HOURS A DAY, 7 DAYS A WEEK, 365 DAYS A YEAR !!

We are here to help you on your worst day - - -

- Firefighter / EMTs are on duty 24 hours/day
- You are not charged if they are called to your home to assist you
- SHVFD does not transport to hospital – you choose method of transport
- Will check blood pressure or vitals anytime at the Fire Station located on B Street, unless you are unable to come down here, we can and will come to your house.
- Neighbors may visit the fire station anytime between 8 am and 8 pm, 2160 B Street
 - come down and have a cup of coffee, visit the firefighters, take a tour or come watch trainings on Thursday nights starting at 7:00 and some Saturdays.
- Firefighters can come to your house to check your smoke and/or carbon monoxide alarm.

Even though someone is always here, if you have an emergency – Dial 9-1-1

AMR (ambulance service)

- Dispatched at the same time as the Firefighters and are often in the house at the Fire Station, so response times are quicker.
- Always has a paramedic on board
- FEES - If they do not transport you – there is no fee.

If you call 9-1-1

- Stay calm and answer the dispatcher's questions- he/she will tell you what to do until emergency personnel arrive.
- If possible put pets away – this is for safety of pets as well as emergency personnel
- Injuries most often result from slips, trips, and falls over “stuff” out of place or in the way in your own home – ensure you have a safe pathway and uncluttered home.
- Inform the 9-1-1 dispatcher if you have a “Knox Box” attached to your home – this allows the Fire Department to get into your home if you are unable to answer the door, not home for a structure fire / smoke detector sounding etc. If you are interested in knowing more about the Knox Box, please call the Fire Station Monday – Friday 8:00 am – 5:00 pm.
- Ensure that your address is clearly visible from the street and there is good lighting (at night) for the Firefighters and ambulance to find your home. This can be done for little cost but makes a big difference in the middle of the night when we can't find your house.
- It is common for people to wait too long to ask for help – delay in calling for help can make matters worse – a lady was injured but sat up all night in pain before calling for help at 6 am. She should have called much sooner and had a restful night

ADVANCE DIRECTIVES:

- If you or a loved one has a **DNR (Do Not Resuscitate)** order you **MUST** hand a copy to the Paramedic and/or EMT's when they arrive or they have no choice but to begin life-saving procedures (if necessary). Word of mouth is NOT good enough, it MUST be in writing.

INFORMATIONAL MAGNET AVAILABLE at Fire Station

- File of Life Magnet – These handy magnets have information about your medications, conditions, Dr's name and numbers, family names and numbers etc.
- You put it on your refrigerator where it is handy in the event of an emergency
- Can be given to emergency personnel or used at the hospital
- Can be picked up at the Fire Station anytime and if you need more we can get more.

ACCESS TO YOUR HOUSE:

- If we cannot get in through the front or garage door we WILL use invasive measures, such as breaking a window or forcing the door only if necessary.
- If you have a coded entry / garage door that information is only given to the Sheriff dispatch who will relay that information to the Firefighters to be used only during an emergency.

SAFETY WARNINGS for DRIVING / RIDING IN CAR:

- Sitting too close to the steering wheel is dangerous – may be life threatening. If the air bag deploys it can give you a bruise, break collar bone or cause serious burn injuries.
- Having loose “stuff” in your car is DANGEROUS. In the event of a crash or rollover this “stuff” can hurt you – maybe severely.
- Ensure you and your passengers are always wearing seatbelt properly because it is a proven fact that those individuals not seat belted in can become projectiles during a rollover accident.
- If you use your mobile phone while driving, using a “hands free” device will reduce distractions and allow you to focus on the traffic.
- Never wear head phones or an ear plug while driving and try to avoid distractions such as changing out CD’s, going through wallet or purse etc.

IF YOU SEE EMERGENCY VEHICLES BEHIND YOU:

- If you see an Ambulance, Fire Truck or Police Officer with lights and/or sirens on, please safely pull over to the right side of the road.
- DO NOT PULL OUT INTO AN INTERSECTION – they will find a way to go around you so that everyone is safe as they do not want to cause another emergency.

THE FIREFIGHTERS CANNOT:

- We cannot re-light your pilot light on your stove, water heater or furnace.
- We cannot turn your gas back on once it has been turned off.
- We cannot make any repairs or verify any repairs are correct and in proper working condition.
- We cannot pump water out of basements or crawl spaces; however we can try to turn your water off in the event of a broken water line.
- We do not certify Fire Extinguishers – you can find a company in the yellow pages.
- We do not fill swimming pools
- We have no control over your neighbor’s weeds, trash or junk – Please call
El Paso County Code Enforcement at 719.520.6748 or 719.520.6300
- We cannot cut down dead trees or clear bushes along creek beds or ravines.
- While, on occasion, we will rescue a cat in a tree, we will not risk the Firefighter’s safety if we cannot reach the animal. Please call the Humane Society for help.

OTHER OPTIONS

URGENT CARE AT CIRCLE SQUARE – billed by Memorial Hospital

2767 Janitell Road

Colorado Springs, CO 80906

(719) 365-2888

Seven days a week: 9 a.m. – 9 p.m.

Closed Major Holidays

Walk-Ins are accepted

Located behind McDonalds, next to Kohls on South Circle Drive: enter from Janitell Road

If you come across a problem that you need help with, please, call us, maybe we can find the help you need.

We always welcome you at the Fire Station and enjoy your visits.

If you have any questions regarding the above information, please do not hesitate to call us at 719.576.1200

Neighborhood Scoop
A Collection of Contiguous Choice Cuisine
AKA Favorite Neighborhood Food

Recipes contributed by Dottie Barrett of SHVFD

Pumpkin Crunch Cake: favorite of mine

- 1 can (15 oz) pumpkin puree
- 1 can (12 oz) evaporated milk
- 3 eggs
- 1.5 cups sugar
- 1.5 tsp cinnamon
- 1/2 tsp salt
- 1 box yellow cake mix
- 1 cup pecans, chopped (roasted, candied optional)
- 1 cup butter/margarine melted

Preheat oven to 350 degrees. In a large bowl, whisk together pumpkin, evaporated milk, eggs, sugar, cinnamon and salt. Pour into a greased 13x9 baking dish. Layer DRY cake mix evenly on top of pumpkin mixture. Sprinkle pecans on top of cake mix. Drizzle melted butter evenly over the top. Bake for 50-55 minutes or until golden brown and serve either warm or chilled with cream.

Watergate Salad - this is what my momma use to call it

- 1 bag of mini colored marshmallows
- 1 box of Jell-O Pistachio pudding mix
- 1 small can of mandarin oranges
- 1 small can of crushed pineapple
- 1 tub of Cool Whip
- 1 cup of crushed Walnuts or Pecans (optional)

In large bowl mix together the pineapple, mandarin oranges and the packet of pudding (do not drain the fruit). Then add in the Cool Whip and bag of marshmallows and nuts. Chill for a couple of hours.



Sweet Potato Cinnamon Bread:

This is the recipe my nephews go gaga over!

- 3- 1/2 cups of all-purpose flour
- 2- 2/3 cups of sugar
- 2 teaspoons of baking soda
- 1 teaspoon of salt
- 1/2 teaspoon of Baking powder
- 1.5 teaspoon of ground ginger
- 1/2 teaspoon ground cloves
- 4 eggs
- 2 cups of mashed sweet potatoes
- 2/3 cup of canola oil
- 2/3 cup of 2% milk
- 1 1/2 cup of raisins
- 1 cup of chopped walnuts

Preheat oven to 350 degrees. In large bowl, whisk the first eight ingredients. In another bowl, whisk eggs, sweet potatoes, oil and milk till blended. Add to flour mixture; stir just until moistened. Fold in raisin and walnuts. Pour into 4 greased 5-3/4 x 3 x 2" loaf pans. Bake 35-40 minutes or until toothpick inserted in center comes out clean.



The Following Recipes were Submitted by Kris Betts

~~ 7 UP BISCUITS ~~

INGREDIENTS:

- 4 cups Bisquick
- 1 cup sour cream
- 1 cup 7-up
- 1/2 cup melted butter

DIRECTIONS:

Mix Bisquick, sour cream and 7 up. Dough will be very soft - don't worry. Knead and fold dough until well mixed. Pat dough out and cut biscuits using a round biscuit / cookie cutter. Melt butter in bottom of cookie sheet pan or 9x13 casserole dish. Place biscuits on top of melted butter and bake @ 425 degrees for 12-15 minutes or until brown.

Anja's First Place Chili Recipe

- 1/2 c chopped onion
- 1 clove fresh garlic, crushed (I usually add two or three)
- Small amount of oil
- 1 lb shredded turkey (I think this is the most important ingredient. Makes all the difference)
- 1 can (14.5 oz) diced tomatoes, un-drained
- 1 can (8 oz tomato sauce)
- 1 T chili powder (I don't always use the full amount since the chili beans have some)
- 3/4 t ground cumin
- 1/4 t salt
- 1/4 t pepper
- 1 can (about 15oz) beans (I use chili beans, Kuner's mild. Much better than plain beans)

I also add:

- dash Worcestershire sauce
- 1 tsp granulated sugar

Cook onion and garlic in oil until onions are soft. Add remaining ingredients except beans. Either: Heat to boiling, reduce heat, cover & simmer for 1 hour, then add beans & cook for 10min. OR: Stick in crock-pot on low heat & add beans 1 hour before serving.

Kris Betts says:

Anja is my eight year old granddaughter. She made her chili recipe and entered it in her school chili cook off. She won the prize for the kids entries.

CPCD Free Preschool at Stratmoor Hills Elementary



CPCD

giving children a head start

Head Start has been around since 1987 in El Paso County Colorado. Over the years, it has served over 30,000 kids and their families by providing them with a preschool experience in a country where preschool is not always easily accessed. Head Start can give a child the boost that they would otherwise not be able to afford. Students ages 3-5 years old receive four hours of services Tuesday through Friday from August to May. During the time they are there, they get a snack and a lunch. Families are assigned a Family Advocate who is available to support the family in any way possible including application for public assistance and emergency services. Workshops and events are available to Head Start parents include cooking classes and a book club.

There are around 1000 slots for Head Start in the region and transportation is provided to those who could not otherwise bring their children. Josh Meuth Alldredge, Outreach Manager says, "This year we are consolidating some of our sites but Stratmoor Hills Elementary will continue to be a service site. Head Start is our Flagship program but we also have the

Colorado Preschool Program for ages 3-5 years which is run in the afternoon by the same staff that run our Head Start Program. They are experts at working with kids this age! The Colorado Preschool Program has a wider range of students that qualify. If a child does not qualify for Head Start he or she may be a better fit for the Colorado Preschool Program where we have an additional 800 slots. " Although there is a waitlist, the program works to serve as many children as possible.

The third program associated with CPCD is the Early Head Start Program for children up to three years old. This program requires much more one on one and therefore more resources overall so there are around 200 slots for babies and toddlers in this program. There is no transportation for Early Head Start due to legal restraints. Parents are encouraged to come in to the main office Monday- Friday 8am-5pm Wednesdays from 9 am-5pm at 2330 Robinson Street Colorado Springs, Co 80904. When applying please bring as much of the following as possible: Child's Birth Certificate and Immunization Records, a family Tax Return or pay stub and parent Identification. Admission is not limited to the month of August . If you or someone you know has a child in this age group, please consider applying! The benefits for children are countless!

Check out some of these facts....



- 1/5 of all children in El Paso County lives in poverty
- CPCD serves 20% of the children living in poverty thanks to year round fund raising efforts.
- Children who complete a head start program are less likely to repeat a grade, become obese, or experience depression and other mental health issues.
- Parental reading increases in head start families which in turn improves student vocabulary
- Social connections formed by parents increase education, employment opportunities and provide support networks.
- Head Start Graduates are 4 times more likely to graduate from high school

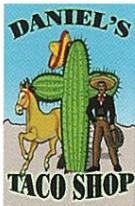
Stratmoor Hills Water District & Stratmoor Hills Sanitation District

Did you know . . .

Our water and sewer rates are among the lowest in the area

- You can pay your water and sewer bill with credit or debit card over the phone or in the office with no additional charge
- You can pay by cash or check in the office
- There is no deposit for homeowners
- The deposit for rental properties is \$75 and it will be completely refunded or used to help pay off the final bill
- - The district is happy to check sewer mains before you schedule any plumbing work





www.danielstacoshop.com

Location #1
6815 Space Village Ave.
Colorado Springs, CO 80915
(719) 574-2992
outside the North Gate to PAFB

Location #2
2053 B Street
Colorado Springs, CO 80906
(719) 576-9699
outside Gate #4 to Ft. Carson



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General Manager

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Fax 719.540.9761
110772@abrholdings.com

Flowers Remembered

Samantha Zampich
Floral Designer

719-434-3063
520-301-5986

Samantha Zampich is the floral designer at Flowers Remembered. She apprenticed for two years under her uncle, Frank Flores who has been in the floral industry for over 20 years. Samantha prides herself in her creative ability and artistic strengths as a floral designer. She holds a Bachelor of Music in Vocal Performance and has always been driven by her creative passion in the arts, music and floral design.



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.....

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go online to learn about our neighborhood Enrollment Events and how to enroll year round!

SENIORS FIRST FOUNDATION
Annual Yard/Parking Lot Sale
14 & 15 August 2015
Friday - 9:00 AM to 6:00 PM
Saturday - 8:00 AM to 4:00 PM
Antiques, Vintage, Household, Jewelry, Holiday, Collectables, Yard Decorations, Shabby Chic, Furniture, Childrens Things and much more!!

All proceeds are used to help homebound low income Seniors in the Fountain Valley area.

Where-----The Trophy Hut
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If you can donate items for the sale
Please call Connie at 719-650-0416

Thank you SHNA, for all you do for OUR KIDS!

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COMMUNICATION in the Stratmoor Hills Neighborhood \ August 2015



Hello, Neighbors,

We have many ways to get information about what is happening in the Stratmoor Hills Neighborhood and the Stratmoor Hills Neighborhood Association (SHNA).

NEIGHBORHOOD EMAIL ALERTS & NOTIFICATIONS - - -

To quickly get information to as many neighbors as possible, we use email alerts, SHNA web site and Facebook along with good old-fashioned word of mouth. We ask you to share the information you receive with as many of your neighbors as you can. Notify us if you notice suspicious activities, hear of changes that will affect our neighborhood, see wildlife or lost pets roaming the neighborhood. If you send information for an alert, please, include location, time (and a photo of animals, etc.), if possible.

Included in our email alerts is up-to-the-minute information concerning --

- Suspicious strangers in Stratmoor Hills
- Wildlife sightings – bears, bobcats, coyotes, mountain lions
- Lost or stray animals – one might be a neighbor’s best buddy
- Meetings being held that will affect life in our neighborhood
- Changes occurring in/around Stratmoor Hills
- SHNA newsletter is emailed to you in June and December

ALWAYS notify the Sheriff if you see anyone or anything suspicious - - -

9-1-1 or for Non-emergency dispatch -- 390-5555

EMAIL - - - Signup for SHNA Email alerts and notifications

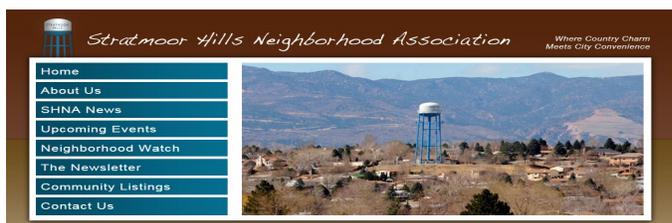
<http://stratmoorhills.org/>

Fill out the **"Stay in Touch"** box.

"We do not share/sell email addresses with/to anyone."

SHNA web Site

<http://stratmoorhills.org/>



SHNA Newsletter



Published semi-annually – Summer/Winter

The newsletter tells the story of our neighborhood and over the years has become our recorded history. Some of our long-time residents have newsletters back to the 1970's beginning of SHNA. Now published semi-annually, our editor needs your stories to keep our history growing. Every one of us remembers a time when a neighbor has done something special – for us, for a neighbor, for the neighborhood. Tell us about that neighbor.

PLEASE, share your stories with us.

- | | |
|---|--------------------------|
| Recipes | Jokes |
| Personal experiences and stories | The new shopping center |
| Wildlife encounters | Walking the neighborhood |
| Family traditions | Pet lovers corner |
| Decorating and remodeling (pictures are more than welcome!) | |

Write a short "Why I love living in Stratmoor Hills" paragraph. If you wish to leave out names and/or addresses that is OK. If you aren't good at putting it into words, contact the editor, they will help you get it just right. Please send your submissions to Teresa Beilfuss: mrsdbeilfuss@me.com

NEWSLETTERS ARE AVAILABLE - - >

1. SHNA Web Site
2. Emailed to folks who sign up for SHNA email alerts & notifications
3. A few printed copies are available at the Water Department
4. If you need a printed newsletter delivered to your home,

- - contact any SHNA Board Member (see contacts on web site)

- - EMAIL – StratmoorAssociation@gmail.com



SHNA Facebook page

We post neighborhood alerts and activities as well as host a neighborhood conversation.

<http://www.facebook.com/pages/Stratmoor-Hills-Neighborhood-Association/392835260796005>

~~~~~

~~~ Dianne-SHNA Communications