

# Stratmoor Hills Neighborhood Association Newsletter

## Winter 2014

### Meet Our New SHNA President By Dan Beiffuss

As most of you probably know by now, we have a new SHNA President. Meet Cindy Wade. Although Cindy was born in Texas, she grew up right here in Colorado Springs. She has lived in our neighborhood for about 4 years. Part of what drew her to our neighborhood is the great location and that all of the houses have character and do not all look the same. Cindy has four grown children and works in the purchasing department at Atmel. She likes to spend her free time doing yard work and fixing up her home. If you have ever driven by her house on Crestridge Ave, you will quickly notice that she maintains one of the nicest yards in the neighborhood. Cindy was urged to run for a Board position at the request of her good

neighbor, Ralph Huber, who has had a long history with the Neighborhood Association dating back years. As has been an issue in the past, it is hard to keep board members from year to year because of busy schedules and other commitments. Not wanting to see the association dissolve, Cindy stepped up to the plate, got elected in September and jumped right in. Her first task was to organize her new Board, which consists of Vice President Marie Lucero and Secretary/Treasurer Pam Pearson. Her team's first task was to organize the Spaghetti Dinner, which was once again a huge success. Cindy has many goals for her tenure as President. Chief among them is to



continue all of the current social events, continue the newsletter and email updates, encourage more community involvement, including our younger neighbors, and most importantly to have fun! If you have any new ideas or you would just like to chat with Cindy, feel free to contact her. Welcome aboard Cindy.

A successful man is one who makes more money than his wife can spend.

A successful woman is one who can find such a man.

- Lana Turner

Q. What do you get when you cross a cow and a duck?

A. Milk and quackers!

Q: Did you hear the joke about the roof?

A: Never mind, it's over your head!

Q: What do cats eat for breakfast?

A: Mice Crispies!

I tried to catch some fog earlier. I mist.



#### Articles

**\*Meet Cindy Wade**

**\*Neighborhood Scoop**

**\*Fighting Like Cats&Dogs**



My therapist told me the way to achieve true inner peace is to finish what I start. So far, I've finished two bags of M&Ms and a chocolate cake. I feel better already.

- Dave Barry





# Neighborhood Scoop

## A Collection of Contiguous Choice Cuisine

### AKA Favorite Neighbor Food

#### Chile Rellenos by Cindy Wade

- 1 can whole green chilies roasted (5-6 chilies)
- 2 cups shredded cheese (Mexican, Pepper or Monterey Jack)
- 5 or 6 Egg Roll wrappers (in the produce section)
- 1 – 2 cups oil for frying

Clean the chilies of any extra roasted skin.  
Place 1 chili on egg roll wrapper, slice open length wise, remove any seeds.  
Fill chili with cheese & wrap as instructed on egg roll package.

In frying pan add oil about 1/4 – 1/2 inch deep, heat to medium high.  
Carefully add rolled chilies to pan, brown on both sides.  
Remove from pan, drain on paper towel. Serve Hot!

#### Low Carb Cinnamon Curritos

##### Ingredients

- 1/2 Cup almond flour
- 2 Tablespoons coconut flour
- 1/4 Teaspoon baking powder
- 2 Teaspoons ground cinnamon, divided
- 1/8 Teaspoon salt
- 1/2 Cup unsweetened coconut milk

- 1 Tablespoon unsalted butter
- 3 Tablespoons granular sugar substitute (Xylitol), divided
- \*1 large egg

##### Directions

1. Prepare a large skillet or deep fat fryer with 2-3 inches of oil. Heat to 350°F. In a small bowl combine the almond flour, coconut flour, baking powder, 1 teaspoon cinnamon and salt. Mix thoroughly and set aside.
2. In a small sauce pan bring the coconut milk, butter and 1 tablespoon xylitol to a boil. Remove from heat and add the flour mixture stirring until very thick and it forms a ball. Allow to cool for 5 minutes.
3. Once cool add 1 egg and mix until a very thick paste forms, about 1



minute. Drop by tablespoons 4-8 at a time into the fryer and fry until golden brown and crisp on the outside; about 3-4 minutes; rotating halfway through. Repeat until all of batter is used. It should make about 16 balls. Set aside on a paper towel once cooked.

In a blender pulse the remaining 2 tablespoons of xylitol with 1 teaspoon of cinnamon 1 -2 times, until xylitol granules are a little smaller. When each batch is finished roll in the xylitol-cinnamon mixture until evenly coated and set on a serving platter. Enjoy immediately or they may be kept at room temperature for 1 day. May also freeze for 3 months or reiterate for up to 1 week. 2 balls per serving.

#### Eggplant Parmesan by Teresa Beilfuss

(low carb without bread!)

- 2 Large Eggplants
- 6 oz parmesan grated
- 10-12 oz mozzarella shredded
- 1-2 cups ricotta
- 2 Cans petite Diced tomatoes
- 2 cups spaghetti sauce ( your choice)
- Italian Seasoning 2 tsp or to taste
- 1/2 cup chicken broth
- Extra Virgin Olive Oil
- Salt
- Pepper to taste

Preheat oven to 350 degrees. Grease baking dish with EVOO or spray with cooking spray. Peel Eggplants and slice thinly coat in olive oil and lightly salt, set aside to marinate. Mix parm & ricotta with Italian seasoning. Mix spaghetti sauce with chicken broth and tomatoes. Spread spaghetti sauce mix on the bottom of baking dish. Begin layering eggplant and tomato mix with ricotta mixture on top and cover each section with Mozzarella. Cover dish with foil until bubbly then remove foil to lightly brown( 5-10 min. Let cool for min 15 min (

#### 10 Minute Veggie Soup \*

Prep time is 15 minutes  
Makes 6 servings

##### Ingredients:

- 2 (20 ounce) cans of low sodium chicken broth
- 14.5 ounce can of diced tomatoes – no salt added
- 1 teaspoon dried basil
- 1/2 teaspoon onion powder
- 3/4 cup uncooked macaroni
- 3 cups frozen mixed vegetables (broccoli, cauliflower and carrot mix is recommended but not required)
- 1/3 teaspoon salt
- 1/8 teaspoon pepper

##### Directions:

Combine chicken broth, diced tomatoes, basil and onion powder. Bring to a simmer and add pasta and frozen vegetables. Cook for six minutes and remove from heat. Pasta will not be cooked all the way through. Let soup sit for five minutes as the pasta becomes soft. Soup will then be ready to serve.

\* Provided by University of Colorado Health at Memorial Hospital, Colorado Springs

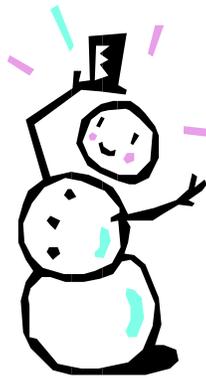


## COLORADO SPRINGS POLICE DEPARTMENT OFFICER JESSICA KUHN

By Shelia Egan

On October 16, 2014, the Colorado Springs Police Department Academy graduated 44 new police officers after six months of intensive study and training. Ranking third in the class was former SHNA President Jessica Kuhn. The Ceremony was held at the very large North side Presbyterian

which accommodated all the graduates, their friends and families. Chief of Police Pete Carey was among the dignitaries who welcomed the new graduates. When it came time for the Officers to receive their badges, John Kuhn walked up from the audience to pin it on his wife's shirt. Also



attending were Jessica's three children, her mother, her parent's-in-law from Whidbey Island, WA, and several SHNA neighbors.

## **Fighting Like Cats & Dogs** by James Pesicka

My dad always told me that dogs and cats never get along. I even went as far as to say my sisters and us boys got along like "cats and dogs." Of course, on the farm I had noted the dog chasing any loose cat in the area. As life and time slipped by, I forgot about that lesson. That was until I adopted my Gretta, the Dachshund. Gretta and our black lab Max hit it off immediately, running around the house and playing like young children. My wife and I were pretty happy with our two wonderful pets who honestly do lead a spoiled life.



**Then along comes Tucker the cat.**

We adopted him off of Craigslist. Even though we didn't like cats, we had to adopt him, because he was missing part of his tail, and we felt sorry for him. We soon learned from our vet he was born without his tail because he was a Manx cat.

Now for the tricky part, introducing Tucker to Gretta and Max. Tucker marched up to Gretta and touched his nose to Gretta's and he did likewise to Max. All were, instant friends. Now they all three chase each other around and around the house barking and having a great time.



The Stratmoor Hills Fire Department was founded 8-16-1960. It began with 12 concerned neighbors & has grown to include 7 full-time staff & 20 volunteers.

### Trash talk By Mel Pesicka

*My neighbor and I have been walking 3 miles each day thru Stratmoor Hills. We have a love-hate relationship as we climb up tough inclines. From day 1 we seemed to find all sorts of treasures and trash, we found a service mans Bible, bolt cutters, fenders off cars, and license plates- but mostly we just found trash. We did find stray dogs following us and bears, and when it was dark we could hear all the critters in the trees, we had to keep going.....*

*About 3 months ago we decided to start bringing bags and gloves with us. It became a competition with us to see who could find the most trash. We found so many liquor bottles in the beginning we both started building muscle lugging huge containers up hill. We can clearly identify where all the teens go to drink and smoke by the little tiny bottles of booze, tons of fast food wrappings, half drank sodas and even full cigarette packs. Something must have spooked them and they ran off quickly. We have found jackets, dirty diapers, actual bags of trash, we were 2 senior ladies lugging trash uphill. Some spots really look nice, our reprieve is when we finally got to the top of the hill where we seem to never find trash.*

*Folks, we can all work together to make Stratmoor Hills a clean and trash free place. I don't know why certain areas have more trash, but if we all see two pieces of trash a day and discard it we can all make a difference. Dena and I figure we pick up 10-12 pounds of trash a week. What if 25 of us did that? Can you imagine the*

## HOUSEKEEPING by Sheila Egan

A recent column by Heloise, recommended that each home should have an extinguisher in the living area, the kitchen and the garage. Check the pin on each extinguisher to see if it is in the right place. If it is not, or the extinguisher is damaged in any way, get a new extinguisher. Next, make sure all extinguishers are at the right pressure. There is a gauge used to indicate that the needle is in the green "zone." If the needle isn't in the zone, place it. The SHVFD's Dottie Barrett has confirmed that their organization no longer performs extinguisher checks. You must take them to a place that is certified for this function. They will examine the extinguisher and refill

it. Many neighbors including the SHVFD go to Acme Fire on Wasatch Avenue. Can we find your house if we have to? Next time you drive up to your place (especially at night) ask yourself if your house is easily identifiable. Are your house numbers posted in viewable spots? Are they large enough to be seen from the street? Are the edges of the numbers sharp and clear? We've talked about this before but still noticed neighbors whose numbers are hidden or just not there at all. The EPSO and the SHVFD want to get to you quickly, so help them out by sprucing up your numbers.

*increase in property values? If you see people partying, call the sheriff, I would love to see flood lights in areas that tend to be less well kept. There are so many wonderful homes here. Only a few people ruin the area, and we let them. I hope and pray we can improve Stratmoor Hills by making it the clean and safe place it was back in the beginning.*

- 1. If you see a coke bottle on the ground pick it up and recycle it.*
- 2. If you want to give your kids a task to improve the neighbor hood, give them a bag and pay them 1.00 to fill it! its never too soon to teach children the value of community service. ( I will give them 1.00 as well)*
- 3. A cigarette butt by itself seems like nothing but 1 cigarette takes 18 months to bio-degrade, We see about 50-60 a day*
- 4. If you know an elderly family whom its just difficult to make their place look better tell the board! we can get people over to help, pull a few weeds, take their neighbors trash out.....anything to make their lives easier.*



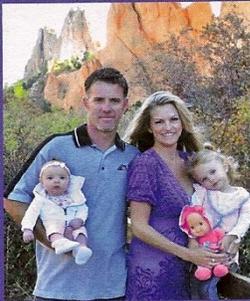
**Trash Talk Continued...** *What we are saying is we are community which in the dictionary means a group of people living in the same place or having a particular characteristic in common. Let us take control of a relatively easy problem. We make our area more beautiful, our home values go up.....True we have those folks who could care less what their property looks like and yes we know who you are. They are 1% if that of a lovely family friendly, wonderful neighborhood who takes care of each other. I have heard stories about the people who were here way back*

*who*

*made sure this neighborhood was clean and safe, they did everything possible to ensure a wonderful community. It is not too late at all, if 2 old women can walk each morning and make a difference, how much more as we as a community can do. I challenge each person who reads this to pick up 1 piece of trash a day, and lets see what a difference we can make for our kids, grandkids, and for us...if we go to sell our home, and we are a tight community..think about it.*

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Her husband, Shane, is the senior estimator and commercial supervisor.

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Jamie and Shane are both natives of Colorado Springs. Currently they reside in the southwest area with their two beautiful daughters.



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## PLAYHOUSE IN OUR AREA

Just outside Stratmoor Hills at Venetucci and Tenderfood Hill is a new structure for children. It is Little Sunshine's Playhouse and Preschool whose architecture is unique. The building opened in April 2014. When we finally got through security, we heard children laughing and crying as we sat in the lobby painted in soft colors with natural lighting. There are "kiddy cams" in each room enabling parents to look at or watch their children from their computers.

In an interview with Assistant Director Mary Kohlherms, we learned that the building will hold up to 100 children. Ages acceptable for enrollment are six weeks to five-and-a-half years of age. The management has designated two rooms for infants from six weeks to 12 months. After 12 months, children go into the general population. There is a large outdoor playground behind the Playhouse.

20 persons are employed at the Playhouse including directors, teachers, assistant teachers, and aides. The Playhouse and Preschool are a franchise; there are several in the Midwest and one planned for Gilbert, AZ.

Pricing is per the age group the child falls into: a) Infants and toddlers or b) two year olds or c) three and up. Children are fed only organic foods and parents have a say in what their children are fed.

If you want to see the Playhouse or learn more about it, ring the doorbell at the west or north entrance.



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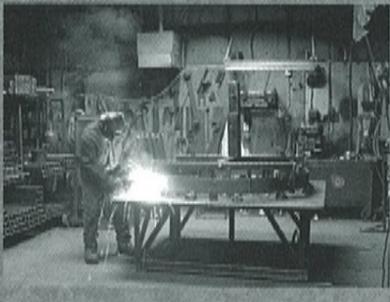
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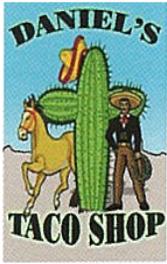
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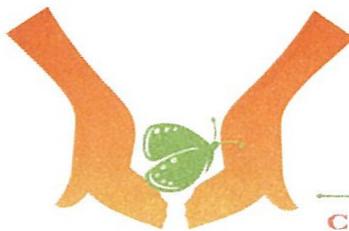
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