



WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

Vol. 13 No. 1

January 2007

Circulation: 800

Jeffco Sheriff's Volunteer Program

Who We Are

Volunteers donate their time serving in a variety of positions at the Jefferson county sheriff's office. In 2005, more than 115 volunteers donated 8,700 hours of service to the sheriff's office. Assuming their services are worth a conservative \$10 per hour, that means volunteers saved Jefferson county taxpayers \$87,000 in 2005.

Sheriff's office volunteers are a diverse group. Ages run the spectrum from teens to retirees. A few volunteers are POST-certified law enforcement reserves. Many volunteers work at the sheriff's office during the week, while some get called out on weekends to respond to crime scenes for victim support. Some volunteers donate their own services as well as their horse's as part of the Mounted Patrol.

All have one thing in common: a desire to give back to their community.

Main Volunteer Areas

Most volunteers work in the jail. Detention counselors provide one-on-one inmate counseling and act as group facilitators for programs such as Alcoholics Anonymous, Narcotics Anonymous and anger management programs.

Volunteers in the jail's Chaplaincy program work as teachers, worship leaders and care counselors. They are essential in assisting the agency's chaplain in providing spiritual and religious support to the inmate population, by request.

The sheriff's office also has a large group of Victim Services volunteer advocates. These volunteers complete a 40-hour initial Victim Services training before responding to assist victims in the aftermath of a crime or crisis.

Other Assignments

Volunteers may work in one of many other areas at the sheriff's office. Work schedules vary by position and individual needs.

- GED program
- Investigations
- Evidence
- Animal Control
- Booking
- Community Relations
- Work Release
- Administration
- Training & Recruiting
- Patrol

Reserves

Reserve deputies are volunteers who undergo a 200-hour reserve sheriff's academy and become POST-certified law enforcement officers with limited responsibilities. Most are Jeffco residents who work a normal 9-5 job and volunteer their time to the sheriff's office on some weekends. Their assign-

continued on page 3



Westridge Elementary Kindergarten Registration for 2007 - 2008

Kindergarten registration will begin on January 16th from 8:00 a.m. – 3:30 p.m. The age requirement for Jefferson county schools is age 5, prior to October 1, 2006. To register your child, you will need to bring a birth certificate, proof of address and record of immunization (including evidence of Hepatitis B immunization). When you register you will be able to indicate your preference for a morning class (5 days per week), an afternoon class (5 days per week), or a Full Day tuition-based session, (2006/2007 tuition is \$300 per month. 2007/2008 may have a slight increase to be determined at a later date.) These requests are honored on a first come, first served basis.

For families not living in the Westridge neighborhood, a Choice Enrollment form must be completed. Forms can be picked up at Westridge Elementary or you can go to the enrollment web site at <http://jeffcoweb.jeffco.k12.co.us/enrollment/> and download a form. First Round Choice Enrollment is from January 9th – 24th, 2007. Please call the school office at (303) 982-3975 with further questions.

Kindergarten Open House

- Thursday, January 11, 2007, 8:30 am – 9:30 am: or
- Thursday, January 11, 2007, 6:30 pm – 7:30 pm

Kids Welcome

Susman's Partner in Education Program Reaches \$2,000 Milestone

Judy Susman, Broker Associate with RE/MAX Professionals and longtime resident of the Westridge area, wants to thank the Westridge community for supporting her Partner in Education (P.I.E.) program. In less than two- and one-half years, Judy has donated \$2,000 to support the literacy and technology programs at Westridge Elementary School! Please continue to support the P.I.E. program.

Judy believes strongly in supporting our schools and our community, so she donates \$100 from every closed home sale she generates from the Westridge Elementary School area, including Westridge, Reflections, Sunrise Creek and Montgomery Acres. This includes any referral business from parents, teachers, staff or friends of Westridge Elementary. Just remember to mention the program when contacting Judy!

You can contact Judy by calling 303.932.3322 or by email at Judy@JudySusman.com

We will open the book. Its pages are blank.
We are going to put words on them ourselves. The book is called
Opportunity and its first chapter is New Year's Day.
—Edith Lovejoy Pierce



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*****Anyone who wishes to be part of the Board, please contact any one of the board members with your interest.**

Committees

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If you would like to form a committee, please contact a board member for more information. Thank you for your help!!

The Westridge News & Views is published monthly by the Westridge Homeowners Association, a non-profit homeowners association. The HOA mailing address is PO Box 621172, Littleton, CO 80162-1172.

The deadline for articles and advertisements is the 15th of the month for the next month's issue except for the Jan. issue which is Dec. 6th. **All articles must be approved by the board for publication, or as space permits.** Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

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F.Y.I.

Here are some numbers to keep handy in case you ever need any assistance from the wonderful folks at the Jefferson county sheriff's department:

Emergency Only: 911

Non-Emergency: (303) 277-0211

Traffic Situations: (303) 271-KOPS (5677)*

*This number is for parking and driving violations that need to be brought to the attention of the sheriff's department. The streets are county property and part of their jurisdiction.

6 New Year's Resolutions

If the New Year finds you searching for some good resolutions, try these on for size:

1. Register to vote. As the old slogan says: if you're not part of the solution, you're part of the problem.
2. Check your credit rating and score from Equifax, TransUnion, and Experian. It's better to learn about problems with your credit record before you apply for credit while you may still have time to correct them.
3. Get or renew your passport. In 2007, Americans traveling even to Canada will need a passport.
4. Read a really good book. If nothing in the bookstores seems appealing, check out a classic from the local library.
5. Plant a tree. In the spring, ask a local nursery for help in choosing a good variety for your area.
6. Write your will. This is especially important for people with young children.

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Volunteer Program, *continued from front page*

ments may include law enforcement duties, fugitive extraditions, search and rescue, crime scene security or security at large events.

Selection Process

The selection process for most volunteer positions involves an application, interview, polygraph examination and background investigation.

Youth Volunteer Opportunities

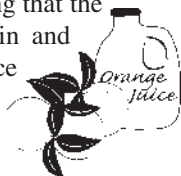
For high school and college students, volunteer opportunities are available through the Explorer program. Volunteer opportunities are not available to students younger than age 15. Younger students interested in volunteering may consider local scouting programs, many of which provide a good foundation for the sheriff's office Explorer program.

Contact Us

Interested applicants should contact the Training and Recruiting Section at **303-271-6579**.

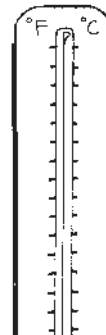
Orange Juice May Offer Arthritis Protection

It turns out that your morning glass of orange juice may be just the ticket for helping protect you from rheumatoid arthritis. Dr. Alan Silman at the University of Manchester in the United Kingdom recently conducted a study indicating that the vitamin C and carotenoids beta-cryptoxanthin and zeaxanthin found in orange juice can reduce one's risk of developing arthritis and slow its progression. So sip some juice or eat an orange for a healthy start to your day.

**Preventing Frostbite in Children**

Frostbite occurs when ice crystals form in the skin or deeper tissue. Children are more susceptible to frostbite than adults because their smaller size causes them to lose heat from their skin faster and they are reluctant to come inside when they're having fun outdoors. Here are some tips from children's hospitals in Pittsburgh, Stanford, and Boston on how to prevent frostbite in kids:

- Don't allow children to go outside in very cold weather after a recent bath or shower.
- Preschool-age children should come inside every 20 to 30 minutes. Offer them a warm drink or something to eat.
- Dress children in layers, making sure ears, fingers, and toes are well covered.
- Change clothing if it gets wet, especially gloves, socks, and mittens.

**Don't Touch!**

Heed this advice from the Centers for Disease Control, and warn your children about touching metal—like that on flag poles or playground equipment—with bare skin (or worse their tongues) in cold weather. Moisture on the skin can freeze to the metal, and when they pull away, they may leave a layer of skin behind.



Happiness is a thing to be practiced, like the violin.

—John Lubbock

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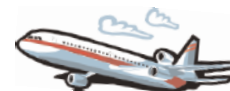
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The drawing will be held March 1, 2007 for accommodations May through Sept. 2007.



The Legacy of Dr. Martin Luther King, Jr.

After Dr. Martin Luther King, Jr., was assassinated in 1968, his widow, Coretta Scott King, built the Martin Luther King, Jr. Center for Nonviolent Social Change in Atlanta as a living memorial to her husband's life and work. The King Center is part of a 23-acre national historic park that includes a library, archives, King's birth home, and his burial site. It receives 650,000 visitors a year. The center, however, was only a part of Mrs. King's effort to continue her husband's legacy. She expanded her focus beyond race to a broad range of international human rights issues and led goodwill missions to many countries in Africa, Latin America, Europe, and Asia. She served on and helped found dozens of organizations, including the Black Leadership Forum, the National Black Coalition for Voter Participation, and the Black Leadership Roundtable. Mrs. King died on January 30, 2006, leaving the couple's four children to continue the family's legacy of civil rights activism.

Martin Luther King Day January 15th

115th Anniversary of Ellis Island, Jan. 1

From the time it opened its doors in 1892 until it ceased operations in 1954, Ellis Island welcomed more than 12 million immigrants to the United States. Originally, the island was less than four acres, but it was enlarged by landfill over the years to more than 27 acres. Some historians speculate that dirt from the excavation of the New York City subway system provided part of the fill. Today, more than 2 million people visit the landmark each year.

Teen Services

This list is provided as a free service to residents of Westridge. If you would like your teen's name added to this list, please call Colorado Lasertype at 979-7499. No recommendation or endorsement of any of the names on this list is implied or stated by Colorado Lasertype or the association board. Categories: (B) Babysitting; *Red Cross Certified; (P) Pet & House sitting; (L) Lawn care/Snow removal

| | | | |
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| Kaitlyn Dean | 15 | B/P* | 303-973-0119 |
| Melissa DePinto | 16 | B/P* | 303-904-4342 |
| Lauren Hedge | 16 | B* | 303-904-1172 |
| Hannah Rossiter | 16 | B*/P | 303-933-7605 |
| Lexi Weiman | 15 | B*/P | 303-972-1280 |

What soap is to the body, laughter is to the soul.

—Yiddish proverb

Important Numbers to Have on Hand

| | |
|---|--------------|
| Jeffco Sheriff (non-emergency) | 303-271-0211 |
| Jeffco Sheriff (parking violations) | 303-271-KOPS |
| Jeffco Graffiti Hot Line | 303-271-8247 |
| Jeffco Commissioners | 303-271-8525 |
| Animal Control | 303-271-5070 |
| Weed & Pest Management | 303-271-8758 |
| Zoning Violations | 303-271-8725 |
| Jefferson County Website www.co.jefferson.co.us | |

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The Skinny on Your Skin

- Skin is the body's largest organ, covering about 22 square feet on an average adult.
- The skin of an average woman weighs about 6 pounds 10 ounces; that of an average man, 11 pounds.
- One square inch of skin contains 19 million cells, 60 hairs, 90 oil glands, 19 feet of blood vessels, 625 sweat glands, and 19,000 sensory cells.
- Skin is almost waterproof and serves as a barrier to infection.
- Skin is constantly growing from the bottom up as dead cells on the surface are shed and new cells replace them.
- Dead skin cells make up between 80 and 90 percent of household dust.
- Skin is thickest on the palms of your hands and the soles of your feet. It's thinnest on your eyelids.

Nothing lowers the level of conversation more than raising the voice.
—Stanley Horowitz

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Gloomiest Day of the Year, Jan. 22

According to the mathematical calculations of British psychologist Dr. Cliff Arnall at the University of Cardiff, the Monday closest to Jan. 24th is the unhappiest day of the year. Factors that make it so include post-holiday blues, the return to work, mounting bills, the challenge of New Year's resolutions, and the chilly temperatures for those in the Northern Hemisphere. But cheer up—spring is 58 days away.



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Hall of Famer: Christian Dior, Jan. 21, 1905

Fashion designer Christian Dior was born in Granville, a coastal town in Normandy, France, to a wealthy family. As a young man, he wanted to be an architect, but his parents urged him to study political science in hopes of a diplomatic career. At 23, he opened an art gallery, but financial difficulties forced him to close it after several years. He sold fashion sketches to different haute couture houses and eventually became an assistant at one. When War World II broke out in 1939, Dior served as an officer for a year until France surrendered. After the war, a textile manufacturer helped him open his own fashion house. In 1947, Dior unveiled a vastly popular dress style deemed the "New Look." It featured a cinched waist and very full skirt. Fashion experts credit its overwhelming reception to the fact that it was a luxurious contrast to the stark fashions necessitated by war-time rationing. Royalty and Hollywood stars were among his clients. Many also deem Dior a pioneer of license agreements in the fashion business—with sidelines in furs, socks, perfumes, ties, lingerie, and numerous other areas—which helped to spread the Dior brand name around the world. While on vacation in Italy in 1957, Dior died at 52 from heart failure.

Holocaust Memorial Day, Jan. 27

Two years ago, the United Nation's General Assembly passed a resolution designating this day to commemorate victims of the Holocaust and Nazi persecution, as well as the victims of racism and discrimination in other genocides throughout the ages. It was timed to coincide with the anniversary of the liberation of Auschwitz, Birkenau, and Monowitz, three German concentration camps in War World II.

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The Invention of Velcro

The idea for Velcro, that handy fastener that appears on everything from clothing to camping equipment, came from a hike in the woods. In 1948, Swiss inventor George de Mestral and his dog returned home from their walk covered with burrs. De Mestral examined the sticky seed pods under his microscope and saw the small hooks that enabled them to cling to the fabric of his trousers. He set out to make a fastener that worked the same way, using hooks and soft loops. After much trial and error, he patented his invention in 1955. The word "velcro"—now a registered trademark—comes from the French words for velvet (velour) and hook (crochet). He formed Velcro Industries, today a global company that sells its products to apparel, auto, electronic, and consumer markets worldwide.



*Cleaning the house while your kids are still growing
is like shoveling the drive before it has stopped snowing.*

—Phyllis Diller

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