



WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

Vol. 13 No. 6

June 2007

Circulation: 800

Sheriff Recognizes Citizens and Deputies

On May 11, Sheriff Ted Mink recognized the contributions of citizens and deputies who exhibited bravery, selflessness and professionalism in critical situations. Some of the awards went to:

- **Deputies and SWAT team members who were fired upon by a man in the Willow Springs subdivision in December.** When deputies responded to the house, they were forced to take cover in the yard when he threatened to shoot them from inside the house. The SWAT team arrived and took fire while providing cover for the first responders who could not leave their positions in the yard.
- **A deputy who broke into a burning house looking for human victims and, finding none, rescued the only other occupant: a 17-year-old dog named Maggie.** The house, in Deer Creek Canyon, burned to the ground.
- **A deputy and K-9 who tracked the fleeing driver of a van involved in a crash on I-70 that killed four illegal immigrants.** The K-9 team followed the track for 2-1/2



continued on page 3

Underage Drinking

Summer is on its way, and it is often accompanied by a rise in underage drinking. Graduation parties and long breaks from school can mean drinking in celebration or drinking just for something to do.

Underage drinking isn't new, but it can have serious consequences.

What You Need to Know if You're Under 21

The sheriff's office tickets underage alcohol violators. Anyone convicted will lose his or her license, based on state law. Additionally, a judge can sentence an offender to community service, fines and/or alcohol education classes.

"Baby DUI" is a term officers use to refer to an arrest of an underage drinker for driving under the influence. The threshold is lower for a baby DUI than for adult DUI. A baby DUI applies to anyone under age 21 whose blood alcohol content (BAC) is .02 or higher, whereas the DUI minimum for adults is .08. A BAC of .02

continued on page 3

Found . . .

A pair of prescription glasses in a case. Please call Naomi at 303-973-6361 to describe and claim.



Scam Alert

The Jefferson County Sheriff's Office would like to alert residents to a possible scam that has victimized at least one resident of north Jefferson County. Recently a young woman visited a home in the Sixth Avenue West neighborhood, ostensibly selling books door to door through a company called Kay's Natural or Kays Natural. She struck up a conversation with a homeowner who invited her inside for a short time. The homeowner wrote a check for the books she purchased. In the course of the transaction, the saleswoman provided the homeowner with a business name and contact information. After the saleswoman left, the homeowner noticed that her checkbook was missing. The homeowner soon found that the contact information provided by the saleswoman was not valid.

A few days later, a young man visited the same neighborhood, claiming to be selling books to raise funds for a Boulder high school soccer team, through the same company. This young man also provided an illegitimate address. A check with the Better Business Bureau shows that Kay's Natural book/subscription service is listed in Oklahoma and other states. The BBB has been unable to verify the business addresses.

The sheriff's office urges residents to be aware of the potential for scams such as this one, and to avoid giving unknown persons access to your home. If you opt to purchase items sold by door-to-door salespersons, protect yourself from identity theft by paying in cash.

Is it time to get rid of that clutter? Are you ready to start parking your car in your garage?



Join the:

Westridge Annual Garage Sale
Saturday, June 9th.
8:00 am to ???

I will provide:

- Directional signs off of Kipling, Bowles and Simms
- Newspaper ads in Rocky Mountain News and Columbine Courier
- Internet ad on Craig's List.

Sponsored by Bobbi Peerless, Metro Brokers.
For more info call 303-475-5557 or email Bobbi at info@HomeAgainColorado.com

The game of life is a game of boomerangs. Our thoughts, deeds and words return to us sooner or later with astounding accuracy.

—Florence Scovel Shinn

URGENT NEED FOR 6 WESTRIDGE VOLUNTEERS

Vandalism in Blue Heron Park and graffiti in our community has been increasing!

These volunteers are needed IMMEDIATELY to assist our area deputies and Foothills Park and Recreation District personnel in curbing these crimes.

A concerned resident from an adjoining neighborhood has been tracking and photographing these abuses in Westridge for several months.

A Quality Community and Protected Property Values can be secured with everyone's interest and help. Your Westridge Community Needs You NOW..

Please mail your name, address and phone number to:
WHOA

PO Box 621172, Littleton CO 80162-1172

Quality Printing at Affordable Prices!

Black Ink Printing White or Pastel Paper (8-1/2" x 11")

# Copies:	Up to 500	501-1000	1001+
1 side	4.5¢	4.0¢	3.5¢
2 sides	8.5¢	7.5¢	6.5¢

4 Color Printing Call for Quote!

Color Flyers (1 sided) as low as 25¢
Color Postcards as low as 30¢

GRAPHIC DESIGN

NEWSLETTERS:
written, designed & printed

Colorado Lasertype
303-979-7499

ColoradoLasertype.com for info/rates on our HOA newsletters

Board of Directors

<http://www.neighborhoodlink.com/jeffco/wridge>

Naomi Ashcroft	President	303-973-6361
OPEN	Vice Presidentt	
Cathy Pimm	Treasurer	303-973-4624
Barbara Braun	Board Member	Unlisted
Betty Peterson	Board Member	303-978-0768

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

Committees

OPEN COHOPE

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.

For advertising info, contact **Colorado Lasertype** at **303-979-7499**, or e-mail getinfo@ColoradoLasertype.com. Visit our website

Important Numbers to Have on Hand

Jeffco Sheriff (non-emergency) 303-271-0211

Jeffco Sheriff (parking violations) 303-271-KOPS

*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.

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.

It's Not Too Late to Join Us!!

Your dues of just \$25 for the year helps support community activities, the newsletter and efforts to keep Westridge a first-class neighborhood! \$25 is a small price to pay to keep this community great!! Please send your dues in today. **Thank you!**

Name _____

Address _____

Phone _____

Make check payable to: WHOA
and mail to:

WHOA, P.O. Box 621172, Littleton CO 80162-1172

**Current members may use the above form
to renew your membership for 2007**

Sheriff Recognizes..., continued from front page

hours in the Idaho Springs area in freezing temperatures, high winds and steep, rocky terrain.

- **A teen and his two younger sisters who had to react when a man fleeing from police tried to hide in their home.** The teen stayed in the basement with his baby sister while the other girls ran outside and flagged down a deputy.

Recognition also went to:

- **The grand prize winner of the annual Be Kind to Animals poster contest, sponsored by Animal Control.** She is a 5th grader at Parmalee Elementary.
- **The recipient of the County Sheriffs of Colorado scholarship.** She is a senior at Pomona High.

Underage Drinking, continued from front page

can result from one drink. State law dictates that anyone convicted of an underage DUI offense will lose his or her driver's license.

In most cases, a minor's tolerance for alcohol is lower than an adult's. This element, combined with youth pressure or desire to binge drink, can lead to trouble, the least of which is feeling sick. Problems associated with excessive drinking (not unique to youth) include blacking out, alcohol poisoning, propensity toward violence, and drunk driving resulting in accidents. Also, the sheriff's office has seen several cases in recent years involving teens sexually assaulted at parties who were so intoxicated that they could not defend themselves against their attacker.

School resource officers (SROs) will not be taking the summer off. They will join other deputies working normal districts throughout the summer. SROs can be particularly effective in handling summertime issues involving teens because they are familiar with many of the students from school.

Teens: Even when school is out, your SRO is still a resource for you. Your school resource officer can answer questions about teen drinking and driving laws, and can talk to you about making safe decisions and helping your friends do the same. As you get ready for summer, keep in mind that temporary fun can have permanent consequences.

What Parents Need to Know

If you suspect that your child has a problem with drinking or drugs, the Jefferson County Juvenile Assessment Center can provide help or references. Learn more at www.jeffcojac.org.

For more information on underage drinking, visit the following Web sites:

- International Institute for Alcohol Awareness: www.iiiaonline.org
- Alive at 25: www.aliveat25.us

—Sheriff Ted Mink

Family Colors

If your family is heading for an amusement park or even a national park, take this fashion advice from travel experts: Have everyone in the group wear a shirt of the same bright color. This will help prevent family members from getting lost or separated from one another. If you have a fashion-conscious teen or pre-teen who deems this ridiculous, let him or her choose the color.

WESTRIDGE ANNUAL GARAGE SALE

SATURDAY, JUNE 9TH, 8AM-3PM

Reasons to participate:

- **You can park your car in the garage again**
- **You can open your closets and not worry about an avalanche of stuff tumbling out and getting you**
- **You need to get to the summer stuff that is behind all the winter stuff**

I will provide Newspaper ads, Craig List ads and Directional Signs into our Neighborhood from Bowles, Kipling and Simms

Bobbi Peerless

www.HomeAgainColorado.com



Broker Associate, 303-475-5557

info@HomeAgainColorado.com

...Personal, Professional Real Estate Services

A Better Mortgage Company, Inc.

303-973-5733

ABetterMortgageCompany@Comast.net

Sheri Pexa

Westridge Resident since 2000



Member
Denver/Boulder Area

We do business
the BETTER BUSINESS BUREAU way.

Honest value
Courteous service
Truthful advertising
Full information

Check out my reliability report at
www.abettermortgagecompany.justgoodbusiness.biz

It's just good business.

Be Kind to Animals Poster Contest Judges Name "Best in Show"

Parmalee 5th grader wins grand prize

Kelsey Willcox, a 5th grader from Parmalee Elementary, was named grand prize winner of the 18th annual Be Kind to Animals Week poster contest. The contest was sponsored by the Jefferson County Sheriff's Office Animal Control section in concert with national Be Kind to Animals Week.

Judges from Animal Control, the sheriff's office and the Table Mountain Animal Center judged the hundreds of poster entries on creativity, artistry and message. First, second and third prizes were awarded in each participating classroom, and judges selected Kelsey's poster as "best in show" from among the first place winners.

Kelsey's colorful poster features several messages about being kind to animals, including pets and wildlife.

Sheriff Mink presented Kelsey with her prize on May 11. *Kids' Pages* magazine donated movie passes and restaurant gift cards, and the Kong Company donated a pet-friendly gift basket for the contest winner. State Farm also provided activity books for all participants.

This is the first year that the judges have chosen a grand prize winner in the poster contest. To view a high-resolution image of Kelsey's poster, visit our website at www.jeffcosheriff.com.

Opt for Romaine

Romaine lettuce has the most nutrients of any salad green; iceberg lettuce has the least. In general—regardless of variety—the darker the green color, the healthier and more vitamin-packed the lettuce is.

Father's Day, June 17

The first Father's Day was observed in 1910. It was the inspiration of Sonora Dodd, who hit on the idea while listening to a Mother's Day sermon the previous year. Her own mother had died in childbirth when Sonora was 16. She helped her father, William Smart—a Civil War veteran who had moved his family to a farm in Washington State—to raise the newborn, along with her four other brothers. Sonora had long held her father in high esteem, but it was not until she was an adult with her own family that she realized the hardships and sacrifices he had made as a single parent. Sonora approached the Spokane Ministerial Alliance with the idea of creating a day to honor fathers. She suggested that the observance take place on June 5th, her father's birthday, but the alliance chose to make it the third Sunday in June.

Today, Father's Day has become a day not only to honor fathers but also all men who serve as father figures, such as step-fathers, uncles, grandfathers, and male friends of the family.



B'nai Chaim Shabbat Services

B'nai Chaim, a Reform Jewish Congregation serving southwest metro Denver, will conduct Shabbat Services on June 8 and June 22 at 7:30 p.m. All services will be held at Congregation B'nai Chaim 4716 S. Coors Lane. An Oneg Shabbat will follow. All are welcome. Call 303-697-2668 or visit our website at www.bnaichaim.org for more information.

Fox Plumbing

prompt • courteous • quality service

✓ CALL YOUR NEIGHBORHOOD PLUMBER!

Present this ad and receive a **\$20.00 discount** off of any service work performed!

303-369-0202

- Water heaters • Water, drain & gas lines • Sewer & drain cleaning
- Sinks, faucets, disposals • Toilets, tubs, showers • Water conservation

JW FOX
PLUMBING, INC.

- Commercial
- Residential
- Repair

2004 Gold Star Award Recipients from the
Denver/Boulder Better Business Bureau

CLASSIFIEDS

Classified ads are \$2.70/line. Call Colorado Lasertype at 303-979-7499 to place an ad. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue).

ACE COMPUTER SERVICES- Upgrades, networking, virus removal, data recovery. Contact us at 303-953-8200 for an appt. [7]

DECKS- Construction. Composite or redwood. Free est. Clem, 303-973-6991 [6]

Carpet, hardwood, slate, tile- Installation & repairs. Call Bill at 303-794-1001

DRYWALL Patchwork, Frame, Hang thru texture. Free est Gary 303-829-6363

Top Knotch Painting- int./ext., drywall repairs, handyman svcs. Will beat any reasonable bid! 5% discount for Littleton residents 303-523-2941

Deck Master: deck refinishing. deck construction & stamped concrete work. Free est., refs. 303-488-DECK (3325)

LAWN SERVICE- You're busy. You want dependability, & we can give it to you. Mowing, Fertilization, Aeration. Call for a free est. today. 303-948-6631 [8]

Duke's Plumbing: Quality repair/remodeling. Prompt appt. times. Water heaters & more. Great rates! 303-761-9797

HIGHLANDS PRIDE PAINTING- Int/Ext. Fully ins/ref. 303-738-9203

Stephane's Housekeeping- The most reasonable prices & dependable service. Free est. Call Stephane 303-973-0388

Concrete-New/replace drwy, patio sdwlk. Free est Kirk 303-979-5628

Door Doctor- Garage doors & openers. Sales, service & install. 303-973-2045

FOGGED OR HAZED WINDOWS?

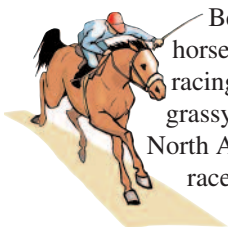
Replace existing glass only/10 yr guar. **SR Window 303-478-7029 or 303-649-6444**

Music Instruction- violin, viola, piano, trumpet, clarinet, sax, flute, trombone. 40 yrs exp. Ref. Music can be fun! 1st lesson 1/2 price. 303-795-9465

OB Painting- \$300 OFF exterior painting. American family owned. 10 years in business. 10% discount for cash. Call Rob, **303-986-8198**

A+ HANDYMAN Home Improvement Services Pro-painting (ext. & int.), gutter & trim replacement & stucco. **No job too small - we do it all!** Basement & bath remodels, drywall repairs & texturing, decks, fencing, carpentry, doors, plumbing, electrical, tiles, carpeting & hardwood flooring. **Member of BBB.** Call **A+** for fast, professional service every time. Steve, **303-979-7858** Major credit cards accepted. Refs., fully ins. & bonded. www.A-Plus-Home-Improvement.com

140th Anniversary of the Belmont Stakes



Belmont Park—home of the Belmont Stakes horse race—is considered the birthplace of horse racing in North America, dating back to a nearby grassy pasture on which the first racing meet in North America was held in 1665. The park and the race are named after August Belmont, the first president of the American Jockey Club. The

first Belmont Stakes was run in 1867 at Jerome Park in New York State. In 1905, construction on the track at Belmont Park was completed in Elmont, NY, on Long Island, and the race was moved there.

The Belmont Stakes, run in June each year, is the third race of the Triple Crown, which starts with the Kentucky Derby held on the first Saturday in May and then the Preakness Stakes three weeks later. At 1.5 miles, the Belmont Stakes is the longest of the three events. The first horse to win all three races in the same year was Sir Barton in 1919. However, the term "Triple Crown" didn't appear until 1930, when a sports columnist used it to describe the winning streak of Gallant Fox.

Since 1867, only 11 horses have won the Triple Crown. Starting in 1948, there was a 25-year stretch in which no horse was able to capture all three races, and officials wondered if the events should be made easier to make the achievement more accessible. But in 1973, Secretariat easily won the Triple Crown, putting those questions to rest. The last horse to win all three races was Affirmed in 1978.

Graffiti Reporting Reminder

This is a reminder to call and report all graffiti in our community. 720-377-2190

For advertising information, ad rates and details about our graphic and web design services, visit our website:

ColoradoLasertype.com

Drink Up When Exercising

Healthy, properly functioning muscles are composed of more than 70 percent water, according to Dr. Dan Benardot, author of *Nutrition for Serious Athletes*. When you exercise, it's important to maintain that level of hydration. Failing to do so can not only reduce performance but make your muscles less resilient, thereby increasing the risk of muscle pulls and tears. The Mayo Clinic advises that men consume about 13 cups of fluids each day and women about nine cups. You should increase that amount with an extra one or two cups of water for short bouts of exercise, but you may need two to three cups an hour for intense exercise lasting more than an hour, such as marathons. Researchers suggest drinking water before and after exercising and during longer events.



Extreme Heat Risky for Heart Patients

According to the Centers for Disease Control, people who have heart disease are at a higher risk of suffering ill effects from extreme heat. In higher temperatures, the heart must work harder as the body tries to cool off by sweating. In hot weather, the CDC recommends that people with heart disease drink plenty of fluids, avoid hot foods and heavy meals, limit physical exertion, and try to stay out of the heat.

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

Corinne Dubovsky	12	B*/P	720-981-5021
Tessa Fecht	12	B*/P	303-933-7605
Emerald Mansur	12	B*	303-948-1910
Hannah Rossiter	16	B*/P	303-842-2996

Peach Melba

Here's a recipe for this summertime treat:

- 1/2 gallon vanilla ice cream
- 3 peaches, skins removed

...

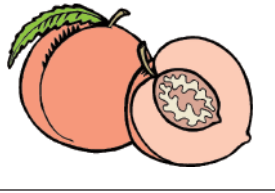
- 2 cups fresh raspberries
- 1/2 cup sugar
- 1 tablespoon corn starch
- 1 tablespoon lemon juice

...

- 1 cup almond slices, toasted

In saucepan, mash down raspberries and mix with the sugar, corn starch, and lemon juice. Cook on medium heat, stirring constantly until sugar dissolves and berries are cooked—3 to 5 minutes.

In a bowl, place one or two peach halves, a scoop of vanilla ice cream, and top with the raspberry sauce and sprinkle with almonds. Serves 6.



Microwaving Plastics

The U.S. Food and Drug Administration offers these guidelines on using plastics in the microwave:

- Use plastic containers only if they are labeled for microwave use.
- Don't use plastic storage containers, such as margarine tubs, take-out containers, whipped topping bowls, and other one-time-use containers. They can warp or melt, possibly causing harmful chemicals to migrate into the food.
- Microwave plastic wraps are safe to use, but don't let the plastic wrap touch the food during microwaving.
- Don't use thin plastic storage bags or plastic grocery bags in the microwave.

Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything.

—George Lois

relaxed
yourself
> cool
happy
hip
stylish
indulgent
spontaneous
excited



Be cool

With the great **auto loan rates** from Bellco Credit Union, you can get more car for less money. So go ahead and be cool, be fun, be fashionable. Your auto loan from Bellco can help you drive home the car you've always wanted.

- > Rates up to 2% better than the competition*
- > 100% financing available
- > Financing available at many dealers
- > Quick & easy pre-qualification process

We're easy to join and worth it.
So call, stop by, or visit our website today.

Nearby Branch:

Southwest Plaza Branch
8996 West Bowles Avenue
(Located in Bowles Marketplace just south of the Southwest Plaza Mall)



BELLCO CREDIT UNION
Bank Smarter.

303-689-7800 or 1-800-BELLCO1
www.bellco.org

*Rate comparison as of May 10, 2007. Rates subject to change.



JUDY SUSMAN
RE/MAX Professionals, Inc.
303.932.3322
Judy@JudySusman.com
www.JudySusman.com

**Westridge Elementary School's
Real Estate Partner in Education!**

**SOLD for Full Price!
\$312,500
Westridge - "Wellington"**



Search the entire Denver area for your next home
www.JudySusman.com

Westridge Resident Specialist!

Colorado Lasertype
7817 S. Marshall Ct.
Littleton CO 80128
303/979-7499

PRSR STD
U.S. POSTAGE
PAID
LITTLETON, CO
PERMIT NO. 481