

WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

Vol. 16 No. 04

April 2010

Circulation: 785

COHOPE NOTES

as requested by Bette Peterson, COHOPE Liaison for Westridge HOA / COHOPE

February 3, 2010 Meeting Reports

SPECIAL REPORTS

Gordon Neuenfeldt, Jeffco Sheriff, presented the crime statistics. Crime last month was sporadic. Unlocked vehicle entries around Wadsworth and Chatfield. Commercial burglaries have continued. Southwest Plaza has had more vending/coin machine burglaries. Storage unit thefts have also continued.

There were a number of stolen cars found around Pierce and Hampden. The Directed Operations unit and the Metro Auto Theft Unit arrested some people and there has been a big drop in auto crime.

Columbine West, Leawood, Woodbourne, and Lakehurst West had some thefts.

Walt Frankland, Foothills Parks and Recreation District, wants everyone to be aware that there is an election coming up on May 5. If you are interested in running for a board position, go to the website. Walt has term limited out. Last year they came within budget by delaying routine maintenance. They received money from an Open Space Grant to fix the 6 playgrounds.



PRESENTATION

The Presentation was given by Kathy Hartman, Kevin McCaskey, and Faye Griffin, Jeffco County Commissioners.

They shared some fun facts about Jefferson County. There are 542,000 people. There is 773 sq. miles. There are 2,875 DFTE employees.

The City of Arvada, City and County of Boulder, and Jefferson County are involved in the Jefferson Parkway. This will complete the northwest corner of C-470. They are working on getting the right of ways now. They are preparing to send out bids for a private partner to fund and build the remaining segment. A lot of the land is federally owned or already zoned so they hope the process will go realively smoothly.

The west corridor of FastTracks is 12.1 miles long from Denver Union Station to Jefferson County Government Center and is proceeding well.

continued on page 2

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 12th • 8:00 a.m. to 3 p.m.

I will provide:

- Directional signs off of Kipling, Bowles and Simms
- Newspaper ads in Columbine Courier
- Internet ads.

Sponsored by Bobbi Peerless, Metro Brokers. For more info call 303-475-5557.



Two More Students Complete Judy Susman's 30 Book Reading Challenge!

Judy Susman says congratulations to Sydni Leafblad and Gabby Duran. Sydni and Gabby completed the required 30 books and received free gift cards for their effort. Judy believes that reading is vital, so she encourages kids to get involved in this program. To date, 117 kids have completed the challenge. If you need a reading card, they are available directly from Judy Susman by calling 303-932-3322 or emailing her at Judy@ JudySusman.com.

9 Health Fair Held At Waterstone Community Church

Endorsed by the Colorado Medical Society, the Colorado Nurses Association, and the Colorado Hospital Association Saturday, May 1, 2010, 7 a.m. – noon Waterstone Community Church

The Waterstone Community Church site will be offering the following screenings:

5890 South Alkire Street in Littleton

- Basic Blood Screenings
- · Body Fat Skin Fold Screening
- Oral Health Screening
- Spinal Screening
- Ask a Pharmacist

Please bring your used eyeglasses to share the gift of sight. Health Fair participants can pre-register at www.9Health Fair.org. For more information, call 303-698-3799 or 1-800-332-3078 or visit www.9HealthFair.org.

"The hardest arithmetic to master is that which enables us to count our blessings."

— Eric Hoffer

COHOPE Meeting Reports, continued from front page

The Jeffco Renewable Energy Initiative attracts alternative energy companies by making roofs and windows available for demonstrations. They have 40 separate sites, 50 buildings, and 1.4 million sq. ft of property available for energy companies to put up their wares to show off. They have a hybrid snowplow. It is a hybrid truck outfitted with a snowplow. It should pay for itself after 90,000 miles. It mostly plows road near Golden and Wheat Ridge.

The south shop for Roads and Bridges covers our area, south of Quincy and west of Sheridan. There are 1,382 miles of paved roadways. During snowstorms, they have 2 crews working 12-hours shifts with 22 trucks. Current projects are Chatfield. The Phase 1 of Wadsworth/Chatfield intersection is complete. The section between Piece and Garrison will be done this summer. There is also the Coal Mine Ave. rehab due to expansive soil damage.

The 2010 Census will be a form with 10 questions. It should take 10 minutes to complete. Please do it. In 2000 it was estimated that only 73% of the residents completed the form. This affects the budget for the county and how much federal and state monies we get over the next 10 years. The post office delivered it in mid-Feb. National 2010 Census Day is April 1. Non-responsive residences will be visited in the May July time frame. The compiled numbers go to the Census Bureau and President in December. 3,000 residents will also be randomly selected to get a Citizen Survey. That was mailed January 20. The Final Report will be done in March.

Human Services is very active. There has been a 47% usage increase at the Workforce Center, 25% increase in the Child Care Assistance Program, 28% increase in food stamps and Medicaid, 30% increase in adoptions, and 48% increase in Child Abuse and Neglect referrals. They collected \$31.2M for child support in 2008. They have about 500 participants ages 3-5 in the Early Childhood Education program. They work with businesses to employ citizens. There are faith-based collaborations for visiting seniors, mentoring youth, tutoring, school supplies, and home care for people for whom Jefferson County is the legal guardian. The divisions and services are Community Health Services, Environment Services, Health Promotion and Lifestyle Management, and Administrative Services.

Economic Development is concerned with helping businesses thrive. Business property taxes are more than 3 times that of residential property taxes. The county participated in the new C-470 and Alameda interchange and helped get some of that land rezoned for development. They also streamlined the Planning and Zoning process and permitting to help businesses. The Business Resource Center helps launch small businesses. The Council and Chambers of Commerce support Jefferson County economic development.

The Table Mountain Animal Center is 33 years old. It is being replaced by a 30,000 sq. ft. facility. It should be open Aug. 1. The dog, Cedar, is running for mayor as a fund raiser for the Animal Center. Each vote is \$1.

Jefferson County has been transparent since Oct. 2008. The websites are www.transparentjeffco.us and www.jeffco.us. The checkbook is online. The Board of Commissioner's Hearings are available as web casts online.

There are 51,981 acres of Open Space, 13,995 of which are in South Jefferson County.

continued on page 3

Board of Directors

http://www.neighborhoodlink.com/Westridge/home

VACANT	President	
VACANT	Vice President	
Cathy Pimm	Treasurer	303-973-4624
VACANT	Secretary	
Chuck Sellers	Board Member	
Kathie Barrett	Board Member	303-979-3913

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

Committees

EVENTS: Paul & Nicole Alexander	303-862-6155
NEIGHBORHOOD WATCH: Jeff Williams	303-904-7315
	303-507-6549

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 at www.ColoradoLasertype.com.

Valuable and Helpful Community Websites

Westridge Homeowners Association: http://www.neighbor hoodlink.com/jeffco/wridge COHOPE Council of Homeowners Organization for Planned Environment: cohopejeffco.com

Westridae Homeowners Association Dues: 2010

This is your notice for the Westridge Home Owners Association dues for the period from January 1 to December 31, 2010. Your dues of just \$25 annually helps support community activities, the newsletter and efforts to keep Westridge a first class neighborhood! Please send your dues in today. Thank you.

Name	 	
Address		

none _____

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 2009.

COHOPE Meeting Reports, continued from page 2

Concerning the budget, they have \$995M in assets, \$187M in outstanding debt, \$161.5M debt for Open Space, \$150M in lease purchases, \$57M in Fund Reserve, and have an AA rating with Standard and Poor's. The budget for 2010 is \$366.5M if interdepartmental charges are removed. 25% of that is for law enforcement, 10 % for Open Space, 22% for Health and Human Services, and 11% for Administration. The budget is online at the website if more information is needed.

RV Parking Parking on any county road is illegal except for a short time for loading and unloading. They will not take a complaint unless it is signed. HOAs must take care of covenant restrictions. Parking cannot be more than 3 days.

How is the C470 extension being funded? Is the funding from a foreign entity? Maybe, we don't know. It depends on who responds. Will commercial development be prohibited? No. A lot of the land is government owned and will not have development. Other areas are already zoned for development. It will initially be a toll road. How long it will be a toll road will depend on how the bidding process goes.

Will the county try to recover the legal bills from former Commissioner Congrove? It is a state requirement that the county covered the legal expenses. They don't know yet if they will be recovered. How much were they? They were at least \$500,000.

Where does the money come from for business incentives to relocate? The business receives a reduced property tax (50%) for 5 years. Who decides? The Board of Commissioners decides.

What is the status on medical marijuana? They have filed zoning violations. Eventually it will go to court. Nothing happens until a Judge decides. This should take about 90 days. Kathy Hartman hopes that the state defines the law better. They are not in properly zoned districts; there are no zoned areas defined. One of the issues is where did the marijuana seeds come from and what is the supply chain.

Is Jefferson County still behind in processing food stamps? Not anymore. We are now in the top 3 with streamlined processes.

Will the county receive any money from the increase auto registration? Yes. About half of it goes to Roads and Bridges.

Hampden and Quincy from Kipling to Federal will be redone this summer. Highway 93 north of Golden will get shoulders. They will be starting on the intersection of Bowles and Wadsworth this summer.

Legislation of foreclosed homes will require banks or nonlocal owners to maintain property to the community standard, lock the property, provide contact information, and insure the property.

Why is there a fee when you pay homeowner's tax with a credit card? A state law states that the county cannot pay a processing fee.

How long is the Jefferson Parkway? It is 10 miles. Will there be impacts to the local area, such as speed limit reductions, additional stop signs and lights, and no improvements on parallel roads? Yes, but they would be needed any way. If a foreign company is involved, will they bring in foreign employees? Probably not. What is involved in the bid process? They seek interest. There are about 22 companies involved so far. They had interviews with each about 9 months ago. They are looking for the best bid with the best design.

continued on page 4



\$300 off **Exterior Painting**

American family owned. 15 years in business. 10% discount for cash.

Workmans Comp & Liability Insurance



(no strollers until noon) April 23: 9:30 am to 2:00 pm

April 24: 8:00 am to 12:00 pm (50% off white tickets)

April 22: 9:30 am to 7:00 pm

19th Annual Children's Clothing & Bake Sale

\$1 admission to benefit St. Philip Lutheran Church's Interfaith Hospitality Network and Habitat for Humanity

Children's clothes, toys, books, DVDs, baby equipment and more!

St. Philip Early Learning Center 7531 S. Kendall Blvd. Littleton, CO 80128 303-972-9774 www.StPhilipELC.org Sale info: Sarah at 720-379-6184 Julie at 303-904-7159



Matching funds available from Thrivent Financial for Lutherans

WESTRIDGE ANNUAL GARAGE SALE

SATURDAY, June 12th, 8AM-3PM

Reasons to participate:

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

I will provide an ad in the Columbine Courier, Internet ads and Directional Signs into our neighborhood from Bowles, Kipling and Simms.

Bobbi Peerless

Brokers Guild Realty

www.bpeerlessrealty.com **Broker Associate, 303-475-5557**

bpeerlessrealty@amail.com

...Personal, Professional Real Estate Services



Super-8mm/8mm film, VHS & Hi-8 tape Photo Transfer Services Also Available

- Rates between 23¢ & 11¢ per foot
- Professionally Authored DVD
- Personalized Title & Menu
- All service is performed locally





 \mathbb{R}

JUDY SUSMAN

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



The Clock Is Ticking — Call Me TODAY!

Just one month left to take advantage of the Homebuyer Tax Credit!

In order to qualify for up to \$8,000 in federal tax credit, you must be under contract by April 30, 2010.

Other restrictions apply!

Westridge Elementary School's Real Estate Partner in Education

* * * * * * * * * *

To date, \$3,000 has been donated! (\$100 for every Westridge-related transaction)

* * * * * * * * * *



No Foolin'. . . I'm a PRO! Call me today!



COHOPE Meeting Reports, continued from page 3

Has the issue come up again for putting a toll road into C-470 from Kipling to I-25? This is a state issue.

What do cyclists contribute for the use of our roads? There is not a license. So nothing directly, but they probably live here. So indirectly they pay for the roads. It is a state law that allows bicycles on the roads.

People using Chatfield Reservoir have been parking on Deer Creek Canyon Road to avoid paying the park fee. The Sheriff's department is looking into this.

How is E-470 doing financially? It is doing fantastic with very good income.

How can the Sheriff's department get the ability to tow vehicles? You can work with the legislature or the Sheriff's Department or the Sheriff's Department may request that the Commissioners sponsor a bill.

What can a community do that is too old to have an ODP? The HOA and home owners can get together and create an ODP. The Commissioners would look at it and may approve it. They may help the area walk through the process. For more information, contact John Wolforth. It may be possible to rezone a subdivision or just a portion of it. What about sight line issues? The county will follow up.

NEW BUSINESS

There was an article in WestWord about medical marijuana. It lists a place of business at Wadsworth and Coal Mine. There is a hearing about it with the Board of Adjustments on Mar. 17.

There are signs everywhere for lost pets, garage sales, and "We'll buy your house". What can be done? The legal fees are too much to process these signs. You can remove them at will if they are in the right of way.

Make a Plan in Case of Emergency

In the last few years in Jefferson County, we've seen emergencies ranging from wildfires to paralyzing blizzards to a school shooting. Events like these can plunge families into chaos, panic and confusion.

Having an emergency plan ahead of time can help you communicate with, reconnect with, and protect your family. Every situation is different, but if you prepare for a wide range of possibilities, you'll be better equipped to deal with a crisis.

FAMILY

Plan how your family will stay in contact if separated. Pick two meeting places: one a safe distance from your home (in case of a house fire), and another outside your neighborhood (in case you can't return to your neighborhood). Make sure everyone knows the actual phone numbers they need, in case they don't have access to the data stored in their mobile phones.

Ask an out-of-state relative or friend to serve as the "family contact." (After a disaster, it's often easier to call long distance than to place calls within the disaster zone.) Make sure everyone in the family knows the name, address, and phone number of the contact person.

Teach very young children to memorize their parents' first and last names. If they are separated from their family, it will be

Make a Plan, continued from page 4

difficult for emergency responders to identify "Mommy" and "Daddy."

NEIGHBORS

Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors with special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home. If you live alone, coordinate with neighbors and create a plan to check on one another's welfare.

SCHOOLS

Familiarize yourself with the school district's standard response protocol. Jeffco Public Schools have extensive security plans in place and regularly conduct drills and exercises, both with and without the students. Make sure your children know what to do in a lockdown, lockout or evacuation.

SUPPLIES

Emergencies like earthquakes and blizzards can result in you being stuck at your house with no way to access necessities. In some cases you may lose power for an extended period. We recommend that you:

- Stock supplies to last up to a week for each person in the household.
- Be prepared to relocate to a shelter during a prolonged power outage.
- Have extra cash on hand in case electronic transactions cannot be processed.
- Store a supply of drinking water in clean plastic, glass, fiberglass or enamel-lined metal containers.
- Create a 72-hour kit that includes food, first aid supplies, a battery-operated radio and flashlight, essential medications and more.

WHY WE'RE CALLING YOU IN AN EMERGENCY

In the case of an emergency that presents imminent danger to a particular neighborhood, the Sheriff's Office may launch the "reverse 911" system to warn you by phone. If you lack a landline phone, or if you use a VOIP service, you will not receive these calls. You can register your mobile phones to receive e911 calls by visiting our website.

PETS

Be sure to include pets in your emergency plan. License your dog through Jefferson County Animal Control, make sure your dog or cat has your contact information on its collar, and consider microchipping your dog or cat at your veterinarian's office. All of these methods will help to ensure your pet's safe return if you become separated. If you must evacuate, do all that you can to take your pets with you. In a disaster, household pets can stay either in human shelters or in temporary animal shelters.

LEARN MORE

The Sheriff's Office department of Emergency Management has extensive information and resources on emergency preparedness available to you. Learn more by visiting Emergency Management's site, or check out **FEMA.org**.

- Sheriff Ted Mink

Graphic Design

WE CAN DESIGN YOUR AD FOR YOU! Call us for all your Graphic Design needs:

Business Cards, Advertisements, Brochures, etc.

Colorado Lasertype **303-979-7499**

www.ColoradoLasertype.com

Your Horne Sold for or Top Dollar in 90 Days or Less Guarantenteded.

Homes that sell quickly and for **TOP** DOLLAR have three things in common:



- Professional Staging/Decorating
- Professional Photography
- Professional Marketing Plan

Using this system (the Three P's), my listings average 42 days on market and sell at 98.9% of list price. You'll have the same results ... guaranteed. Contact me today!

Julie Monttommery 3003-9006-3150



Dealer of the Year

16655 W. Colfax Ave. Golden, CO 80401

FOUR Diesel Oil Changes for only

op code CHLOFD

Offer good for Chysler, Dodge or Jeep Vehicles ONLY. Limit one coupon per person.

\$200.00

Buy FOUR Oil Changes for only op code CHLOF Includes oil filter and

op code CHLOF

Includes oil filter and
up to 5 quarts of oil. Synthetic
oils extra. Taxes extra.

Providing World Class Quality Service for What You Need Only When You Need It!

303.590.7100 www.CDodge.com



OUTDOOR POOLS OPENING SOON!

COLUMBINE WEST • 303-978-9300Open: JUN 5 – AUG 22

DEER CREEK • 720-981-8393 Open: MAY 29 – AUG 22

6TH AVENUE WEST • 303-278-1000 Open: JUN 5 – AUG 223

WEAVER HOLLOW • 720-981-3108 Open: MAY 29 – AUG 22

INDOOR POOLS OPEN ALL YEAR

RIDGE RECREATION CENTER • 303-409-2333
LILLEY GUICH RECREATION CENTER • 303-409-2500

CALL TODAY - ASK ABOUT OUR

Swim Lessons • Lifeguard Training
Adaptive Swim • Pool Rentals
Birthday Party Packages
Summer Fun Passes

303-409-2333 • www.ifoothills.org

Better Workouts, Better Results

Tone up, trim down at Snap Fitness!

- · No Contracts, No risk-pay monthly
- Free fitness assessment (\$100 value)
- · Personal trainers for faster results
- · Comfortable, friendly environment

Littleton

5500 S. Simms St. Suite K/L

303-933-8280



Teen Services

To add your teen's name, please call **Colorado Lasertype** at **303-979-7499** and leave the following information: the **neighborhood you live in**, your age, phone number and the categories you would like included. Categories: (B) Baby-sitting * Red Cross Cert. for CPR (L) Lawn care (S) Snow removal (P) Pet & House sitting. No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype.

Brittney C.	14	B 303-973-0349	
Camille C.	16	B/P/L/S 303-904-2576	
Justine C.	15	B/P/L/S 303-904-2576	
Aaron C.	11	P/L/S 303-904-2576	
Corinne D.	15	B*/P 720-981-5021	
Tessa F.	15	B*/P 303-842-5453	
Maryann F.	11	P 303-932-1050	
Emmy M.	15	B* 303-948-1910	
Jade M.	12	B*/P 303-948-1910	
Palmer P.	13	B*/P 303-904-8531	

Teen Services Updates in June

We update the teen services list each year. If you would like to remain on the list, you must call Colorado Lasertype at 303-979-7499 by May 15th or your name will be deleted. Please leave the following information: your name (including spelling); age; what category you want: (B) Babysitting, (*) Red Cross certified for CPR; (L) Lawn Care; (S) Snow Removal; (P) Pet/House Sitting; and neighborhood you live in (this is very important - we do 22 newsletters). If you have renewed your information as of January 1st of this year, you do not need to call in an update. Thank you.

Want To Get Away? Be Wary Of Travel Scams!

If you're already planning your summer vacation, here's some advice from the good folks at the Consumer Information Center (**www.pueblo.gsa.gov**) about how to avoid travel scams that will waste your money and ruin your holiday:

- Deal only with travel agencies or tour companies that have a good standing. Ask if they belong to a professional association. Call your Better Business Bureau chapter to find out whether there have been any complaints filed against the company.
- Shop around. Never rush into booking a vacation without getting offers from at least two agencies or tour providers. Think of it as being like car shopping find out how far your buck will stretch before you buy.
- Beware of offers that are too good to be true. Be leery of "free" trips or ridiculously cheap prices. If you're offered a "two-for-one" deal, a "free stay," or such, make sure to find out what the deal really involves.
- Ask, and ask again. Get as many details as you can about each travel offer. Be sure you fully understand all the terms before agreeing to buy. Ask for specific names of airlines, hotels, restaurants, tour providers, or any other vendor mentioned as part of the package. Also ask whether there's a cancellation policy.
- Get all promises in writing. Consider trip insurance for additional protection, too.
- If you're asked to pay in advance, ask if you can pay a deposit. CIC adds that using a credit card is safest because of your right to dispute the charges if the services were misrepresented or never delivered.

CLASSIFIEDS

Classified ads are \$2.95/line for 2010. Call **Colorado Lasertype at 303-979-7499** to place an ad. To view our display ad prices, visit our website at **www.coloradolasertype.com**. 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), except the January issue, which has a deadline of December 6th.

Mile High Custom Florals - Flowers for all occasions and budgets. 303-917-1843. [6]

Advanced Home Improvements. Drywall, carpentry, electrical, plumbing, painting & tile. No job too small. Licensed and insured. 303-948-2745. [6]

===LAWN AERATION & MOWING=== Local, reliable and clean since 1999. Projects too. Call 720-310-LAWN (5296)

Unique Concrete Edging- Color, stamp & texture avail. Meet or beat any price. Dale 303-994-2585, Jason 303-956-3423 [9]

KARATE, JUDO, JUJITSU & HEALING. Learn traditional japanese martial & healing arts at the same time. New class @ The Ridge Rec. Center. **ColoradoJujitsu.com**

Warm spring weather is just around the corner. Call for fresh new landscape ideas. **Property People 303-997-7392.**

Lawn Mowing Only \$25.95 Super Reliable! Since 1982 Mowing, Fertilization, Aeration Call **303-948-6631 or Order Online www.ErbertLawns.com**

American Sprinkler and Landscape. Free estimates. Aeration \$30 and up. asprinkler.com or 720-312-3616.

Sewer problems? Call Green Mountain Excavating for sewer and water line replacement and/or repair, line scoping, concrete tearout/removal and other excavating needs. Locally owned since 1986. Lic. and bonded. Free Estimates. 303-985-4704.

Drywall & Basement Finishing Services. 26 years experience. Gary 303-829-6363

AERATION - \$30 most lawns. Lawn mowing and fertilizing, call for free estimate. 8 yrs. experience. **Tom 720-436-2871** [4]

CONCRETE REPAIRS: Fix small concrete repairs to avoid costly replacement: Ideal Restoration/Sean 720-422-4236

COMPUTER SERVICE & Networking, Spyware, Repair & Upgrades. Local & Reliable since '99. 720-66-FRITS (37487)

Aminals Pet Sitting Service: Pet sitting (in your home). Bonded & ins. Refs. avail. Call Nancy at 303-335-6237

PLUGGERS AERATION - Most yards \$35. Aeration & fertil. \$50. 303-984-7584

Tree Trim. Specialist, call Mr. B! Free est., ins., 20 yrs. exp. **303-932-2514**

Highlands Pride Painting- 303-738-9203

Partylite Candles & accessories. Contact Jan. www.partylite.biz/janderby or 303-979-3880. Online ordering now available.

Small Paint Jobs Only 720-331-7032

QUEEN PILLOWTOP MATT/BOX SET. Brand new in plastic. Retails \$529, asking \$265. Also, NEW KING SIZE pillowtop set. Retails \$699, asking \$385. **303-742-4860**.

Mike the Plumber - Your reliable neighborhood plumber for 14 yrs. Competitive rates. Free estimate. **720-422-8139**

A+ Home Improvement Services. Snow removal. 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 & hrdwd flooring. BBB Member. 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

How To Respond When The Fever Strikes

"Fever in the morning... fever all through the night..." The hit Peggy Lee song turns love into a fever with a catchy tune. But if you or a loved one is suffering from an actual fever, how much should you worry?

Chances are you'll be fine. A fever is defined as a body temperature above the so-called "normal" 98.6 degrees. But your temperature can fluctuate by a degree through the typical day. Physicians don't consider a fever medically significant until it reaches 100.4 degrees. A fever of 104 or higher calls for immediate treatment or medical attention. Fever is most often caused by an infection. Diseases like the flu, the common cold, strep throat, gastroenteritis, and others can produce a fever, as can such medical conditions as lupus, arthritis, and some cancers. In addition, antibiotics and other drugs (including narcotics and antihistamines) can cause fevers due to adverse reactions or withdrawal.

Most fevers can be treated with acetaminophen, ibuprofen, or aspirin (though children and teens shouldn't take aspirin due to the risk of Reye syndrome). Fluids are important to prevent dehydration, because a fever can increase perspiration and lead to excessive loss of fluid.

Fevers are more dangerous in children. Children below the age of three months should be seen by a physician if they have a temperature of 100.4 or higher. Anyone with a history of heart disease, diabetes, cancer, or other serious medical conditions should promptly seek care from a medical provider should a fever strike.

Beyond that, be on the lookout for symptoms such as headache, neck stiffness, shortness of breath, convulsions, or seizures, which can indicate more serious problems.

What would you do with an extra \$6,500 in your pocket?

If you've owned your home at least five out of the last eight years and want to "trade up" (buy a new primary residence), you may be eligible for the Federal Government's new

\$6,500 tax credit! Contact me for more information today!

remaxjulie@hotmail.com www.jmontgomery.com



Julie Montgomery
Direct: 303-906-3150

Page 8

Westridge News & Views / April 2010

Keep America Beautiful Month

Since 1968, the amount of litter in America has decreased by 61 percent. But litter remains a problem, costing our nation at least \$11.5 billion per year in direct costs, including cleanup and prevention programs, along with indirect costs such as decreased property values and health issues. Do your part by keeping your neighborhood clean of litter. For ideas, go to the Keep America Beautiful website at www.kab.org.

National Park Week, April 17-25

America's national parks are examples of our magnificent natural landscapes and our varied yet interrelated heritage. Parks provide recreation, exercise, opportunities to learn and grow, and places of quiet refuge. Take time this month to visit a national park near you.

Working From Home: What Are They Selling?

Home is where the heart is — and more often these days, it's where the business is, too. Home-based entrepreneurs aren't fooling around: According to studies cited by The Wall Street Journal, about 6.6 million home ventures generate 50 percent or more of their owner's household income, and about 35 percent generate over \$125,000 in yearly revenue.

What kind of businesses are people running out of their homes? Fifty-two percent are service-related; 16 percent involve construction, and 14 percent are retail. Insurance and other finance-related businesses account for about 5 percent, and 13 percent fall into the category of "other."

"If you have health you probably will be happy, and if you have health and happiness you have all the wealth you need, even if it is not all you want."

- Elbert Hubbard



If you use cables to start your car more than the key, it's probably time to go shopping.

A new car starts with an auto loan from Bellco Credit Union. You've put off buying a car for a while now. This is a great time to buy, especially when you consider Bellco for your auto loan. Advantages like the same low rates on new and used cars, longer more flexible terms, a simple application process, and approval within 24 hours make it easy to choose Bellco. It's never been a better time to replace your old car. And with a Bellco Auto Loan, we can help put you in the driver's seat.

