



WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

Vol. 16 No. 05

June 2010

Circulation: 785

COHOPE NOTES

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

Draft of the May 5, 2010 COHOPE Meeting

SPECIAL REPORTS

Gordon Neuenfeldt, Jeffco Sheriff, presented the crime statistics. Of the motor vehicle thefts, 3 of the 4 were puffers. There have been several golf course break-ins throughout the metro area, 6 in the Jefferson County area. They stole from maintenance sheds. There were several vehicle trespasses in the area south of Bowles, east of Kipling, west of Sheridan, going down to Lockheed Martin. There were garage thefts at Columbine West, Columbine Knolls, and Leawood Park and nearby. There was an assault in Woodbourne. There was a spree of commercial burglaries south of Chatfield, west of Kipling. On May 2nd, Littleton arrested 2 guys breaking into an office.

Do insurance companies know that the vehicles were unlocked where the burglary occurred? Yes. Do they still cover the claim? He did not know.

Someone saw a group of teenagers hanging out. They sort of hid as she drove by. At what point do you call police? There isn't anything definable. However if they were acting suspicious, like hiding, then the answer is to call.

What are requirements for requesting a speed bump? This is a Roads issue. **Kathy Hartman** was present and able to answer the question. You have to qualify. The street has to have houses. A petition must come from nearby houses. 75% of the people living on the street have to agree. The size of the area is taken into account. 1,000 cars have to use the street every day and 30% of them have to be speeding. The neighborhood has to provide 1/2 of the initial cost, about \$1,000.

PRESENTATION

Kathy Hartman said a few words. The medical marijuana bill passed out of the Senate today. Now it goes back to the House of Representatives. If they accept the changes, then it goes to the Governor. The bill allows the counties to ban dispensaries completely, allows counties to make zoning laws, and allows counties to regulate

continued on page 2

Public Music Events

FEATURING THE JOE PETERSON DANCE ORCHESTRA

Tues, June 22, 2010, 11 a.m. to 2 p.m.

FREE – Sheriff's Luncheon for Jeffco Senior Citizens

Info and Presentations

re Safety for Senior Citizens

Joe Peterson 10-Piece Band +

Andrews Singers + David Hixson

Jefferson County Fairgrounds –

Exhibit Hall

15200 West 6th Avenue, Golden

Reservations Required:

Deputy Jim Brendle, 303-271-5363

Thurs, July 1, 2010, 6:30 p.m. to 8:15 p.m.

FREE – City of Englewood

Summer Concert

City of Englewood Civic Center

Amphitheater, 1000 Englewood Pkwy.

Joe Peterson 10-Piece Band +

JPO's Andrews Singers + David Hixson

JPO's Patriotic Salute

The Joe Peterson Dance Orchestra is Littleton-based. Joe and Bette Peterson are residents of Westridge. Come and enjoy!

Hello Neighbors!

I have volunteered to be a part of OUR homeowners' association as a board member. I invite and challenge you to also be a part of our association either as an active board member, an active member, or just support through your dues. I hope you are as proud of our community as I and want it to be better because if we don't make it better, it can and will get worse. We need to grow and improve. As Eldridge Cleaver said in his speech in 1968 "...you're either part of the solution or you're part of the problem."

What can we do to make our community better? Come together. Communicate! If we all do a little part we can move mountains. So I challenge you to find ways to come together and be a part of a great community if nothing more than send in your voluntary dues of only \$25 today and present ideas on how we can improve where we live together. We can all

continued on page 3



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, Brokers Guild.

For more info call 303-475-5557.



COHOPE Meeting Reports, *continued from front page*

dispensaries like liquor. There is a license requirement up to \$50,000.

How is the Senate version different from the House version? The House version had removed all local controls.

The CAI (Community Associations Institute) is having a meeting for HOAs on June 10th from 6:00-8:00 p.m. at The Peak. It is free. Some of the subjects will be laws, marketing, alternative energy, and architectural control committee. There will be a light dinner served, so RSVP to Kathy Hartman. The phone number is **303-271-8525**. CAI provides service to HOAs.

There was a bill to allow alternative energy expenditures to be applied to your Property Taxes. This was based on Boulder's law. The bill did not make it to law.

Someone had to replace their water heater and furnace after a flood. It was inspected shortly thereafter. Recently someone else called to inspect the furnace. Isn't this redundant? Kathy will check on it.

The presentation by **Mike Kopp and Jim Kerr** has been rescheduled for June 2. The presentation on July 7th will be on the Master Plan. Our Candidate Picnic will be August 4th at Clement Park. It will be held at either shelter 5 or 6. The presentation on September 1st will be by Hindman and Sanchez.

Cheri Paavola, Secretary, presented the Minutes as written in the newsletter. The minutes were approved unanimously with **Diane Suchomel's** changes. The changes were: 1) Deputy **Grey LaCerte's** first name is misspelled in the minutes; 2) MAGTF's website address is **www.magtfdenver.org**. That is the website where we can go to submit graffiti reports and a photo of the graffiti. In Jeffco, people are supposed to call JCSO to report graffiti. You still need to call JCSO to report graffiti you see because MAGTF doesn't replace the call you need to make to JCS. 3) The proposed 1 story nursing facility will be on the southwest corner of the intersection of S. Wright St (this is a correction of the street name) & W. Bowles Ave. 4) On the former Mr. Biggs, now known as "Fun City Family Entertainment", a clarification: the 2 men own the entertainment business/lease the property, but they aren't the owners of the land/structure.

OLD BUSINESS

Mr. Biggs, now Fun City, is applying for a new liquor license so there will be a new hearing.

There will be a public hearing on the Medical Marijuana bill if it passes. Footprints is appealing at the County Court.

Steve Harvey is working on an organization that will bring the community together. He found someone to lead the group.

HB 10-1278, to create a State Omnibusman Office where citizens can appeal HOA decisions, passed. There is a mechanism in place for these appeals.

Summerset will be September 18th and 19th. It was proposed that we participate. The price for a booth is \$50. It passed, 10 for / 2 against / 3 abstained.

John Bradley, Ward 3, and **Judy Johnson**, Ward 4, were elected to the Foothills Parks and Recreation District.

NEW BUSINESS

The next COHOPE meeting will be Wednesday, June 2, 2010 at 7:00 p.m. at the Sheriff's Station, 8100 S. Shaffer Pkwy. #100, Littleton, CO. Rescheduled Speakers: Mike Kopp, Jim Kerr.

Board of Directors

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

Rick Scott, President.....303-979-5852

VACANT, Vice President

Cathy Pimm, Treasurer.....303-973-4624

VACANT, Secretary.....

Chuck Sellers, Board Member.....

Kathie Barrett, Board Member.....303-979-3913

JC Copeland, Board Member & Newsletter Editor..jc4money@msn.com

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

Committees

EVENTS: Paul & Nicole Alexander303-862-6155

NEIGHBORHOOD WATCH: Jeff Williams303-904-7315
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.neighborhoodlink.com/Westridge/home>

*COHOPE Council of Homeowners Organization
for Planned Environment: cohopejeffco.com*

Westridge 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 _____

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 2009.**

Hello Neighbors, *continued from front page*

make this a better place to enjoy and live.

I have ideas on how we can improve, but I can't do it without YOU! Let's do it together and do it now, before it's too late. I challenge the board to communicate more. I challenge you to attend at least ONE community meeting or event THIS YEAR! Take 2 hours this year to let YOUR voice be heard.

Let's all pull together to follow the covenants we agreed to when we moved here. Let's all help one another when needed. In my last neighborhood we all knew one another and pitched in when others needed our help, without being asked. Meet your neighbors. Get "Neighborhood Watch" prevalent. Prevent graffiti and unsightly yards and vehicles out of site. Ask for compliance. We can all do it with just a little effort.

What would YOU like the association to do or be for US? What can we do to make your HOME, our neighborhood a better place to live? If you have ideas, my fax number is 303-932-1756 or my email is jc4money@msn.com. I have volunteered to make our newsletter a better communication tool and look to you to help me. I will help you help us all and look forward to working together to keep us going forward. We have over 700 residents in our community but less than 200 participate through dues and even less through action. Remember: "...you're either part of the solution or you're part of the problem." I look forward to being a part of the solution.

— John C. "JC" Copeland

Be A Winner At Work

You can't take your job for granted these days. If you want to become irreplaceable and move up in your organization, you've got to take an active role in your workplace. Get started with this advice:

- **Be productive.** The first step to success at any job is to prove you can do it. Go beyond the job's minimum expectations to prove your potential.
- **Be a problem solver.** When you see something that needs fixing or a process that could be improved, don't just tell your manager about it. Deliver a solution along with the news, and you'll showcase your creativity and commitment.
- **Be a team player.** Support the people you work with. Find out their goals, and help them achieve their objectives. Offer assistance when your co-workers have a problem to solve. Get familiar with your organization's mission statement and strategic objectives so you can pitch in and help accomplish them.
- **Be positive.** Your attitude has an impact. Employees and managers want to work with people who are upbeat and enthusiastic. Even on bad days, remember to smile and be nice to those around you.

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

Judy Susman says congratulations to Lily Kinami, Morgan Maddox, Joshua Maddox and Hayley Thomas. Lily, Morgan, Joshua and Hayley all 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, 122 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.

Sprinkler Activations, Spring Turn-On

Schedule now for timely service!



303-432-8282, ext. 4 ask for Mike

mike@arrowhead-landscape-services.com

Member: ALCC, PLANET

Certifications: CLT, CLP

Senior & Military Discounts

**WE DO!
Pet Scooping****Summer Special**

\$7.99 weekly



up to three dogs

westridge residents only...price valid through August

303-847-1997

www.wedopetscooping.com

**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@gmail.com

...Personal, Professional Real Estate Services

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

SWITCH CLUBS & SAVE!
GET 2 Months FREE!*

*Proof of current-club membership required. Not valid with other offers.

SNAP
FITNESS-24-7™
fast • convenient • affordable



JUDY SUSMAN

RE/MAX Professionals, Inc.



303.932.3322

303.570.5109

Judy@JudySusman.com



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

**If you are interested in buying a new home,
now is the time!**

Take advantage of historically low interest rates!

Call me I'm a PRO!

Kids! Earn reading rewards!

**Parents & Neighbors! Help me bring \$\$\$
to Westridge Elementary!**

Contact me for details!



www.JudySusman.com



Top Tips for a Safe Summer

Think "Stranger Danger" for Grown-ups

In early May, our office learned that four people in the metro area had jewelry and cash stolen from their homes after opening the door to people calling themselves "neighbors." As the weather becomes nicer, watch for this and other door-to-door scams.

Be savvy if approached by traveling home improvement contractors, magazine salespersons, or any stranger who comes to the door. Of course, not everyone who comes to your door has bad intentions. We simply advise a healthy dose of caution and a firm "no" if necessary.

Do not let a stranger into your home. If he/she is selling something or asking for a donation, take the organization's information and say you'd like to research it before making a decision. If you question the legitimacy of the company, contact the Better Business Bureau. Please report any suspicious persons or crimes in progress by calling 911 immediately.

Register for e911 Calls

Summer means wildfire season. To ensure that you receive e911 calls from the Sheriff's Office during wildfires or other emergencies affecting your neighborhood, register your VOIP phone line(s) or mobile phone(s). This service is available to any Jeffco residents, and it's especially important for those living in mountain communities susceptible to wildfire. Please note: if you have a traditional land-line phone, you are already in the system to receive these calls. For more information or to register, visit our website.

Drive Safely

Driving: it's something most of us do every day. Even though the number of traffic crashes in Jefferson County has dramatically decreased in the last four years, we have not been immune to tragedy. In 2009 in Jefferson County, 13 people died in traffic crashes, including a cyclist. Remember to keep your eyes on the road, and be especially cautious when sharing the road with bicycles.

Beware Pepé le Pew...

In early 2010, local health departments reported several rabid skunks. Experts now believe that rabies is spreading among the skunk population. This strain of the disease can easily spread to a dog or cat that comes in contact with a rabid skunk. A domestic animal contracting rabies must be euthanized. Our Animal Control unit urges pet owners to stay current on their pets' rabies vaccines, and prevent pets from roaming.

...and Wile E. Coyote

While we're on the subject of wildlife, let's talk coyotes. This once-skittish canine has come to enjoy life in the 'burbs, where it has lots of things to eat, many places to hide, and no natural predators. But although it's a common sight, the wily coyote is still a wild animal. And it may be more aggressive in the summer, defending its new pups. If you encounter a coyote on a walk, haze it by yelling, clapping, or throwing a stick. Do this to help re-instill a healthy fear of humans in our local coyote populations. Find more tips at the Colorado Division of Wildlife's website.

Request a Vacation Check

Finally, if you're going on vacation, you can request a vacation check on your home by calling the Jefferson County Sheriff's Office at **303-277-0211**. Deputies will make an effort to do extra patrols, and will know how to reach you if there's a problem at your house.

— Sheriff Ted Mink

Touch-a-Truck, June 5

Touch, climb on, hop in and experience what big trucks are really like at Foothills Park & Recreation District's Touch-a-Truck event on Saturday, June 5 from 10 a.m. to noon at the Ridge Recreation Center (6613 S. Ward St.). The event is free to the public and every child must be accompanied by an adult. For more information, call 303-409-2512 or visit www.ifoohills.org.

**True Love Has No Price:
But The Wedding Does**

June is traditionally the month of weddings. And you can spend a lot on that perfect day: The Association for Wedding Professionals International estimates that the average wedding (in 2008) cost between \$21,000 and \$24,000, though costs vary significantly depending on whether you're tying the knot in downtown Manhattan or suburban Omaha. If you're not a millionaire and you need to keep expenses under control, consider these tips:

- **Skip the busy season.** Most weddings take place in the summer and early fall. You can save money by scheduling the nuptials off-season.
- **Pick the right time.** The most popular, sought-after, and expensive day and time to book a reception hall is Saturday evening. If you can manage the ceremony and reception during the daytime you'll put less of a strain on your finances (leaving more for your honeymoon).
- **Don't go overboard with flowers.** Select flowers that are in season; concentrate more on greens and less on blooms. A little color is nice, but you want people's attention to be on the bride and groom.
- **Let them eat cake.** Don't overload guests with sweets. If you're serving dinner at the reception, guests may not want – or eat – a dessert and cake on top of their meal. Consider serving a traditional wedding cake to the wedding party and a sheet cake to the guests.

Exercise Caution in the Summer Heat

As the warm days of summer set in, keep these safety tips in mind to avoid stressing your body as you work outdoors:

1. Perform your heaviest tasks during the morning. If you have work that will require you to exert a lot of energy, it's best to do it in the cooler hours of the morning.
2. Build your tolerance. It usually takes a good two weeks for your body to acclimate itself to working in the heat, so give yourself time to adjust to higher temps.
3. Use the buddy system. That way you can keep an eye out and get help if needed.
4. Drink water. Health experts say you should drink a small cup every 15 to 20 minutes when you're working in the heat to stay hydrated and cool.
5. Take breaks. Give your body a chance to cool down by heading off to a cool area for a few minutes.
6. Eat lightly. Avoid heavy or big meals before you have to work in the heat.
7. Skip the caffeine. It makes your body lose water and increases your chances of heat illnesses.

**OB PAINTING INC.**

CALL ROB : (303) 986-8198

\$300 off**Exterior Painting**

American family owned. 15 years in business.

10% discount for cash.

*Workmans Comp & Liability Insurance***Your Home Sold for
Top Dollar in 90 Days
or Less Guaranteed.**

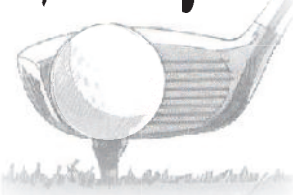
Homes that sell quickly and for TOP DOLLAR have three things in common:

- 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 Montgomery 303-906-3150****DISCOVER**

Foothills
Park & Recreation District

Affordable, Family-Friendly Golf

Foothills Golf Course • 303-409-2400
3901 S. Carr Street

- 18-hole Par 72 Championship Course
- 9-hole Par 31 Executive Course
- 9-hole Par 27, Par 3 Course
- Lighted Driving Range

Meadows Golf Club • 303-409-2250
6937 S. Simms Street

- 18-hole Championship Course
- Driving Range

Private & Group Lessons
Pro Shops • Rental Equipment • Restaurants

For a Tee Time Reservation: Please call 303-409-2555
or go to www.foohillsgolf.org.

Summer Fun Pass

Save money while having fun this summer at Foothills Park & Recreation District's outdoor pools and facilities with the Summer Fun Pass, available for purchase beginning May 1. Foothills' Summer Fun Pass is valid at all outdoor pools (Deer Creek, Weaver Hollow, Sixth Avenue West and Columbine West Pools) as well as general admission to the Peak Community and Wellness Center, Lilley Gulch Recreation Center and Ridge Recreation Center. Fees vary; all Summer Fun Passes are valid May 1 – August 31, 2010. For more information on fees or to find a facility near you, visit www.ifoohills.org or call 303-409-2100.

Foothills Summer Entertainment Series Begins June 11

Celebrating 20 years of free concerts – Foothills Park & Recreation District's 2010 Summer Entertainment Series will begin on June 11 at Clement Park (corner of Bowles and Pierce). The 2010 Summer Entertainment Series will showcase a wide variety of free, family-friendly concerts from June-August. For more information call Foothills Special Events Hotline at 303-409-2626 or visit www.ifoohills.org. Concert cards also available at all Foothills facilities.

Blood Drive: June 14, 2010

The Bonfils Memorial Blood Center, assisted by the Kiwanis Club of Columbine, will be conducting the next community blood drive on Monday, June 14, 2010 from 1:00 to 6:30 p.m. at Columbine United Church, located at 6375 South Platte Canyon Road. Childcare will be provided for the children of donors between 1:00 and 4:30 p.m.

It is necessary for donors to make an appointment for this drive. Both previous and new donors may request an appointment via email to TomFairKiwanis@gmail.com by asking for a specific time between 1:00 and 6:30 p.m. (or by calling Tom Fair at 303-808-6678 for donors without email).

— Tom Fair, Blood Drive Chairman
for the Columbine Kiwanis Club

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.

Alyssa D. 14 P 720-981-5021

Teens Outside Summer Excursions

Teens, try some outdoor fun this summer with exciting excursions that will take you across Colorado! Foothills Park & Recreation District's summer teen trips include Boondocks, Rock Climbing, Mountain Biking, Tubing, Elitch's, Water World, Water Skiing and much more. Sign up for all or one! Trips are on Fridays in the summer months and times vary. For more information, call 303-409-2510 or visit www.ifoohills.org.

Who Are You? Identity Theft Can Strike Anyone

It's a different kind of identity crisis: Approximately 9% of Americans have been the victim of identity theft, according to The National Study on Medical Identity Theft, conducted by the Traverse City, Michigan-based research firm Ponemon Institute.

The most common loss is credit card fraud, but other forms of theft included obtaining employment under a stolen name, debit card fraud, and theft of funds from banks and other financial institutions.

Medical identity theft was reported by 6% of the 156,000 survey respondents, resulting in an average cost of \$20,000 to consumers, as well as the potential for mistakes in treatment.

The Ponemon Institute estimates that 24.5 million Americans have experienced identity theft, and 1.42 million have suffered medical ID theft.

Westridge Financial Report

Ending balance 04/15/10	\$2,134.88
Income	
Member fees	\$2,480.00
Expenses	
Attorney fees	\$30.00
Stamps	\$17.60
Ending Balance 05/15/10	\$4,567.28

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
 SW Suburban Dnvr Water & Sanitation Dst 303-674-3379
 Weed & Pest Management 303-271-8758
 Zoning Violations 303-271-8725
 Jefferson County Website www.co.jefferson.co.us.



ONLINE
SERVICE PROVIDER
DIRECTORY

Find a professional to suit your needs
while supporting local businesses!

- Automotive
- Carpet & Upholstery
- Computer Services
- Financial Services
- Health Care
- Home Improvement
- House Cleaning
- Insurance
- Landscaping
- Music
- Painting
- Pet Services
- Plumbing
- Product Sales
- Realtors
- Recreation

Call us to ask how to get added to one of the categories above!
303-979-7499

Visit our website for advertising information, ad rates, a map of the HOA newsletters we publish and details about our graphic design services.

www.ColoradoLasertype.com

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.

The Plush Poodle. All breeds dog and cat grooming. 16 years exper. Near Kipling and Bellevue. Call **Lydia 720-422-2971**. [8]

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! asprinkler.com or **720-312-3616**.

New designs and installations for your landscaping needs. Free estimates. **Property People 303-997-7392**.

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

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

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

Tree Trim. Specialist, call Mr. B! Free est., ins., 21 yrs. exp. **303-932-2514** [10]

Small Paint Jobs Only 720-331-7032

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

Concrete-New/replace drvwy, patio sdwlk. Free est **Kirk 303-669-5859** [7]

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**.

Highlands Pride Painting- 303-738-9203

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

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

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

Partylite Candles & Accessories. Spring decor and fragrances now available. Contact Jan. www.partylite.biz/janderby or **303-979-3880**.

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

A+ 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 & 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

Have A Stress-Free Family Vacation

Summer's here, and that usually means it's time to hit the road for a vacation. Whether your idea of relaxation involves rock climbing or lounging by the pool, you can enjoy a stress-free trip (or at least minimize the hassles) with some basic planning:

- **Involve your children.** Whether you're traveling with toddlers or teenagers, get them engaged in the preparations. Asking them what they want to see and do, and incorporating their wishes as much as possible, will lead to a smoother experience.
- **Pick your time.** Flight delays and crowded airplanes rarely improve the quality of your trip. When flying, your best bet is to travel Monday through Wednesday, early in the day. Fly direct if possible to cut the chances of your luggage getting lost (or having to drag your carry-ons from one end of the airport to the other).
- **Pack some snacks.** Kids and adults get cranky when they're hungry. Carry along something healthy to eat: granola bars, raisins or other dried fruit, peanut butter crackers, and treats for when you or your kids need something special.
- **Schedule some downtime.** Don't try to cram too many activities into the day. Rushing through one museum to get to the next one, and the one after that, will quickly grow exhausting. Allow some time to relax, watch TV, read, or take a leisurely stroll.
- **Keep some routine.** For small children specially, maintaining some elements of a regular routine will keep things running smoothly. Bedtimes, regular meals, and normal rules of behavior provide a comforting sense of structure.
- **Be flexible.** Expect delays, so they don't stress you out. Break the schedule when something more interesting comes up. If you want to spend more time in a museum that intrigues you, do it. You may not have the chance again.

"Any man can be a father, but it takes someone special to be a dad."
—Anne Geddes

Graphic Design

**WE CAN DESIGN
YOUR AD FOR YOU!**

**Call us for all your
Graphic Design needs:**

- Business Cards
- Advertisements
- Brochures
- Newsletter design and publication for businesses, HOA's, PTA's and other organizations

We also do printing for:
Business Cards, Flyers, Brochures,
Newsletters, etc. Please call us for a quote.

**Colorado Lasertype
303-979-7499**

www.ColoradoLasertype.com

The Story Behind The Story of Penicillin

Everyone knows that the Scottish scientist **Alexander Fleming** discovered penicillin in some moldy bread in his laboratory at St. Mary's Hospital in London. Penicillin was one of the first antibiotics discovered and is still one the most widely used to combat bacterial infection. Although the story of Fleming's discovery is true, he wasn't the first to observe the beneficial effects of penicillin, which is derived from the *Penicillium* fungi commonly found in mold.

Bread with blue mold growing on it was used to treat infected wounds during the middle ages – Arabian stable masters, for example, used it to cure sores on horses. In 1896, a French medical student named **Ernest Duchesne** submitted a paper on penicillin's healing properties to the Institut Pasteur, but his findings were ignored because of his youth. A Costa Rican doctor, **Clodomiro Picado Twilight**, reported similar observations on the effects of the *Penicillium* fungi in treating infections, but his discovery won little attention.

On September 28, 1928, Fleming noticed blue-green mold growing on a plate of *Staphylococcus* bacteria that had accidently been left open. The mold produced a halo of inhibited bacterial growth, from which Fleming concluded that the mold contained a substance that resisted the bacteria.

It wasn't until the 1940's, though, that the active ingredient in *Penicillium* was identified and doctors began using it to treat infections.

National Safety Month

Each June, the National Safety Council encourages businesses to get involved and participate in National Safety Month. Each week has a separate theme; themes this year include prescription drug overdose prevention, teen driving safety, and preventing overexertion at home and at work.



Trust your lender. Love your house.

Because Bellco Credit Union's focus is to help our members reach their financial goals, you know that our home loans are straight-forward and honest. Whether it is a first mortgage or a home equity loan, you'll know exactly what to expect when it comes to our low fees. Get more information at Bellco.org. Honest home loans are one more way Bellco Credit Union is unique.



www.bellco.org



---> *unique.*