



# WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

Vol. 14 No. 12

December 2008

Circulation: 785

## Why Spay or Neuter Your Pet?

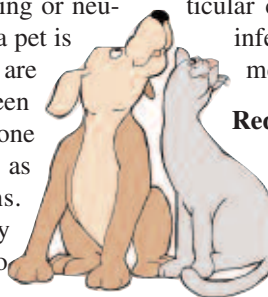
Spaying and neutering are part of smart, responsible pet ownership. Our Animal Control officers urge you to have your pets spayed or neutered. These routine and affordable surgeries improve your pets' health and help reduce pet overpopulation – a widespread problem that results in thousands of euthanizations each year.

### What is Spaying/Neutering?

Spaying is the sterilization of female pets and neutering is the sterilization of male pets. Each is a safe surgical procedure performed while your pet is under general anesthesia. A pet that undergoes either procedure will have stitches or sta-

ples for a short time, and the incision will heal in about two weeks.

Most vets agree that spaying or neutering should be done before a pet is able to reproduce. Surgeries are usually done on pets between the ages of six months and one year, but can be done on pets as young as two months. However, if your pet is already an adult, it's not too late to have the procedure done.



### Healthier Pets

Altering your pets can help them resist disease, and can even extend their lives. Removing the reproductive organs of female and male pets reduces or elimi-

nates the chance of developing breast cancer, uterine cancer, ovarian cancer and testicular cancer. It can also help prevent infectious diseases, prostate enlargement and other health problems.

### Reduced Behavioral Problems

Spaying and neutering may also reduce the impact of pets' reproductive hormones, making them less aggressive and less likely to roam, spray, mount and mark.

### Is it Cruel?

Altering animals was once considered by some to be unnatural or cruel. Owners worried that their pets, especially male

*continued on page 2*

## HAPPY HOLIDAYS

### Tessa Paprocki Needs Your Help

On October 16th, Tessa and Adam were blessed with the birth of their son Landon. Just a few days later Tessa heard the words that you never expect to hear from your doctor, "You have breast cancer." After further testing it was confirmed that the cancer had spread to her liver, lymph nodes and bones.

At just one week old with his mom still in the hospital, Landon's dad rushed him Children's hospital to have surgery to untwist his intestines. The surgery was successful, however, Landon will need continuous monitoring.

Tessa is a strong person who is beginning her battle against cancer, a battle she's determined to win. Landon needs his mother and her family and friends need Tessa, and we all need your prayers, help,

### Holiday Pottery Sale at Foothills: Dec. 5-6

Find both useful and one-of-a-kind holiday gifts at the Foothills Park & Recreation District's Annual Holiday Pottery Sale at the Ridge Recreation Center, 6613 S. Ward Street. Handmade pottery produced by students and instructors of Foothills Pottery Program will be on display and available for purchase. Sale will run Friday, December 5 from 9 a.m. – 7 p.m. and Saturday, December 6 from 7 a.m. – 5 p.m. For more information visit [www.ifoohills.org](http://www.ifoohills.org) or call 303-409-2612.

### Skate with Santa on December 14



Spend your holiday with friends and family at Foothills Park & Recreation District's Edge Ice Arena, 6623 S. Ward St. Half-priced admission for public skating will be offered to anyone donating a non-perishable food item on Sunday, December 14 from 3:30 – 5:30 p.m. Don't forget your camera to take pictures with Santa on the Zamboni. For information call 303-409-2222.

and support.

Please join us on December 19th at 6:30 p.m. at Dakota Ridge High School for an Alumni basketball game, silent auction, food, prizes and so much more. A \$5.00 donation at the door gets you in.

### PLEASE HELP SUPPORT TESSA'S FIGHT AGAINST CANCER.

If you are unable to attend and would like to contribute, you may send checks to:

Tessa Paprocki's Hope Fund  
American National Bank  
3033 East 1st Avenue  
Denver, CO 80206

To mention just a few items up for bid: A weekend at Breckenridge and Vail, Portrait and Spa packages, and much, much more.

For more information or any questions please contact **Katie Bissonnette Green** at 303-948-5409 or 303-960-3761.

### Westridge Financial Report

**Last Reported Balance 8/31/08** (misstated in Sept. newsletter as \$2,177.86) ..... **\$2,777.86**

#### Income

Members Dues ..... \$212.00

#### Expenses

Clerk of Court ..... \$31.00  
 Jeffco Sheriff Dept. .... \$78.99  
 USPS: postage \$245.45, annual PO Box \$42.00 ... \$294.45  
 Office Max: copy & fold flyers ..... \$110.82  
 Jeffco Schools: meeting room ..... \$12.50  
 Secretary of State: annual report ..... \$10.00  
 Foothills: port-o-potty for picnic ..... \$140.00

**Ending Balance 10/31/08** ..... **\$2,312.10**

### Spay or Neuter Your Pet, *continued from front page*

dogs, would lose "status" among other dogs. But times have changed. Today spaying and neutering are the rule, rather than the exception. Spayed and neutered animals tend to be more behaviorally sound, and tend to live longer than unaltered animals.

Veterinarians, shelters, animal control agencies and animal rights organizations agree: spaying and neutering are responsible practices that lead to healthier pet populations. Many vets subsidize spay/neuter services.

#### Pet Overpopulation

In 2007, more than 43,000 pets were euthanized due to a shortage of adopting homes in Colorado. In Colorado, and throughout the United States, there are more pets than there are welcoming homes.

Failure to spay and neuter pets leads to random breeding. According to the Pet Overpopulation Fund, in six years a female dog and her offspring can produce up to 67,000 other dogs. A female cat and her offspring can produce up to 420,000 kittens in just seven years.

Spaying and neutering is not only beneficial for your pet, but for the well-being of pets in the community. Even if you find loving homes for all the puppies or kittens in your pet's litter, it means there will be fewer homes to take in any of the thousands of unwanted pets in Colorado.

#### Where Can I Obtain Discounted Services?

In Jefferson County, the Table Mountain Animal Center offers discounted spay/neuter services. Dog surgeries are \$60, cat surgeries are \$40, and rabbit surgeries are \$75. For more information, visit TMAC's website or call 720-407-5215.

— Sheriff Ted Mink

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

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

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EVENTS ..... Paul & Nicole Alexander 303-862-6155

#### NEIGHBORHOOD

WATCH ..... Jeff Williams .....303-904-7315

303-507-6549

**Paul Hobson, Editor** 303-978-0768 [paulh5670@aol.com](mailto:paulh5670@aol.com)

*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](mailto:getinfo@ColoradoLasertype.com). Visit our website at **ColoradoLasertype.com**

### Valuable and Helpful Community Websites

*Westridge Homeowners Association:*

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

*COHOPE Council of Homeowners Organization*

*for Planned Environment: [cohopejeffco.com](http://cohopejeffco.com)*

### Westridge Homeowners Association Dues: 2008

This is your notice for the Westridge Home Owners Association dues for the period from January 1 to December 31, 2008. 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 2008.**

## Dandelions, Lightening Bugs and Helium

Just what do dandelions, lightening bugs and helium have in common? They share a category titled "things that could disappear before we have great-grandchildren."

While we focus efforts on energy shortage and depletion of oil and gas reserves, which are very important, we are letting these three little things fly away right under our noses. Well, it is time to make a stand on behalf of what we might lose.

**DANDELIONS:** Who knew that this most prolific invader of green turf might be the largest support system for the honey bee? As we routinely go about abolishing the lovely yellow flower from our neatly manicured lawns, are we also killing of the bees that pollinate our crops and are a vital link in the food chain? Millions of bees have disappeared over the last few years and there is a real concern that the little critters that diligently produce our honey and are a farmer's best friend, cross-pollinating crops, may vanish forever... if we effectively eliminate the dandelion!



**LIGHTENING BUGS:** A little understood and my most favorite creature on earth. These tiny flying light-bulbs have entertained many generations of children on warm summer nights. "Fireflies", as they are also known, live and breed in moist, dark parts of the country, mostly in high humidity areas, like the east coast of the U.S., but even those breeding grounds for the mysterious creatures are disappearing quickly with the onslaught of new homes built with mega-lights that stay on all night. Talking with people who have been in Colorado for a long time, many remember chasing them as children, but not in the last twenty-five to thirty years. Not a lot is known about the lightening bug, but many scientists feel that their breeding has been interrupted by man-made street lights and crime prevention lights on homes and businesses, which stay on all night, confusing the poor small critters, and reeking havoc with their family life.



**HELIUM:** Again, who knew? All those balloons we freely fill and then let go just to watch them glide away into space were taking with them a non-renewable commodity; helium! The reason we love to see helium balloons float above earth is also the reason for the demise of the resource: helium

*continued on page 4*

### 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](http://www.co.jefferson.co.us).



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**[www.ifoohills.org](http://www.ifoohills.org)**

## Happy Holidays

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# Happy Holidays



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## Dandelions, Lightening Bugs and Helium,

*continued from front page*

is lighter than our air. When helium is released into the atmosphere, it simply keeps going, up, up and away, escaping out beyond our earth's atmosphere. Once outside the reach of our atmosphere, the helium is gone forever and the current pockets of the gas, which are mined from under the earth's crust, are quickly being depleted.

So, what can we do to insure that at least one more generation gets the benefit of these tiny, valuable resources? Some of the answers are easy... instead of spraying the dandelions with toxic poisons to kill the plants, let the little yellow flowers bloom, then, just before they go to seed, pick them. The leaves of the dandelion plant make a lovely salad base, as long as they haven't been sprayed with weed killer. Picking the flowers won't completely eliminate the plants, the bees will be happier, the farmers will be happier and more productive and it won't poison the ground with chemicals that will probably kill the bees the flowers and eventually us.

Saving the lightening bugs is a social decision. Shutting down the obnoxious, high-voltage lights that blanket most subdivisions throughout the night will give the critters a chance to reproduce. Maybe one of these days, if we save the lightening bugs, a scientist somewhere will figure out how they produce their lovely green-gold glow with so little energy and very little heat, and that knowledge might translate to a new source of lighting energy for us, creating one more renewable source of energy. Turn off your porch lights after ten p.m., save the electricity, and save the fireflies. In addition to the savings on electricity, we'll all get a better night's sleep, with fewer sleep disturbing beams blasting through our windows, and blocking out the light of the stars.

It will be tough to tell a child they can't have dozens of helium filled balloons at birthday parties, and those car dealerships that put up hundreds of balloons every day will need to stop doing so. We need to save our helium for boosting rocket flights to space and other important scientific endeavors. I personally will be sad to give up the brightly colored helium balloons, but will do so willingly if it saves the helium for more serious purposes.

It does sound odd that these specific aspects of our lives will disappear if we don't change our habits, but they will and our grandchildren may not experience the joy and wonder we had as children without them! Do your part... save the dandelions, the fireflies and helium!

— Mary K. Villalba  
Copyright: Oct. 29, 2008

## Operation Santa Paw

December 1-22

During the holiday season, extra help is needed for abused and abandoned animals in the care of local animal shelters. OSP spearheads a canine/feline toy and treat drive to benefit less fortunate pets in California. Animal lovers are encouraged to buy new toys, treats, or supplies that will be delivered in time for the holidays to local shelters and rescue operations. For more information, go to [www.santapaws.info](http://www.santapaws.info). Similar drives are held across the nation in December.



## CLASSIFIEDS

Classified ads are \$2.75/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), except the January issue, which has a deadline of December 6th.

**QUEEN PILLOWTOP MATT/BOX SET.** Brand new in plastic. Retail \$529, asking \$265. Also, **NEW KING SIZE** pillowtop set. Retail \$699, asking \$385. Both w/ warranty. 303-742-4860. [12]

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**Basement Finish, Remodeling -** We do it all w/ integrity, quality workmanship & affordable pricing. 26 yrs. exp., free est. Advanced Homebuilding 720-530-0121 [2]

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**I'd rather be cleaning,** if you'd rather not, call Sharyl. Years of experience, great references. 303-249-4288. [1]

**Highlands Pride Painting- 303-738-9203**

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## 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; (S) Snow removal

Camille Cadayong	15	B/P/L/S	303-904-2576
Justine Cadayong	13	B/P/L/S	303-904-2576
Ryan Clark	16	L/S	303-972-4478
Casey Clark	14	L/S	303-972-4478
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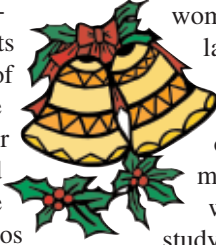
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## Prolong Your Life With A Mediterranean Diet

Researchers like Antigone Kouris-Blazos (Monash University, Australia) have long touted the benefits of eating a traditional Greek-style diet. In 2003, the New England Journal of Medicine published a study of 22,000 adults in Greece conducted by Kouris-Blazos and her colleagues. In the study, a traditional Greek diet was defined as small amounts of red and white meat, larger amounts of fish, lots of vegetables and legumes, fruits and nuts, moderate alcohol with meals, low dairy intake of mostly cheese and yogurt, and fat intake of mostly olive oil. The results were significant: For those 55 and over who had greatly reduced their meat consumption and taken in more olive oil, the risk of dying from any cause fell by 25 percent during the four-year study. Kouris-Blazos recommends these tips for eating a Greek-style diet:



- Legumes. Traditionally in Greece, meat was skipped twice a week for religious reasons and replaced with legume-based meals (peas, beans, lentils). But you don't need a religious reason to do the same.
- Dark green, leafy veggies. They are excellent sources of magnesium and Omega-3 fats (spinach, bok choy, endive, dark green, leafy lettuce and greens from other sources).
- Rainbow of fruits and vegetables. Choose a wide range of colors when it comes to your vegetable and fruit consumption. Eating a variety will ensure you get high levels of antioxidants.
- Fermented foods. In the Greek diet that means feta cheese and yogurt, which introduce healthy bacteria into the digestive tract.
- Extra virgin olive oil. This provides beneficial fatty acids and is loaded with antioxidants.
- Herbs. They provide trace minerals and, of course, taste appeal to help you eat more vegetables (oregano, thyme, rosemary, dill, and mint).
- Seeds and nuts. Skip the potato chips and rely on these for snacks—pumpkin seeds, roasted chickpeas, almonds, and walnuts.
- Fish and other seafood. Reduce your other meat intake with a higher proportion of seafood.

For more information on nutrition, go to [www.healthyeating-club.org](http://www.healthyeating-club.org).

## Returning To Their Roots

More than half of women over the age of 40 don't dye their hair, according to hair products manufacturer L'Oréal. The result: The color gray is sending a message of self-acceptance and confidence like never before.

## Social Butterflies

### Avoid Dementia, Study Finds

An active social life might be the key to avoiding dementia, a study by Kaiser Permanente Southern California has found. Researchers say that the more socially engaged you are, the lower your risk for the condition. The study followed more than 2,200 women ages 78 and older for four years. The women who had larger social networks were 26 percent less likely to suffer dementia.

While previous studies have pointed to the helpfulness of social engagement, some of the results have been mixed. For instance, some studies found that being married was helpful, while other studies found it was not. In this study, however, the researchers report that marriage didn't make a difference in the dementia risk; it was the social network that provided the protection. Those women with at least one daily contact or more had a lower risk for dementia, and it didn't matter whether the interaction was made face-to-face, via telephone, or through e-mail.

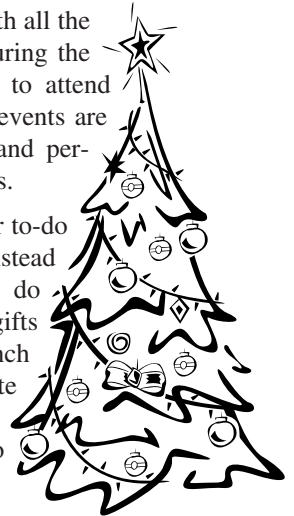
## Three Ways To Ease Your Anxiety This Month

For many, the end-of-year wrap-up duties at work collide mightily with what should be pleasurable personal activities after hours, and pretty soon it all seems like work that will never get done. Here are three tips to help you navigate your personal obligations:

**1. Aim for "good enough."** Stop striving for perfection. You'll only drive yourself—and anyone else in your orbit—nuts. You can't make everything ideal. No tree is perfect; cookies don't have to be made from scratch. Do your best, then move on.

**2. Prioritize your socializing.** With all the parties and get-togethers going on during the holiday season, don't feel obligated to attend every single function. Decide which events are most important both professionally and personally, and skip the nonessential ones.

**3. Divide the labor.** Separate your to-do list into small, manageable chunks. Instead of exhausting yourself by trying to do everything at once, wrap one or two gifts every evening. Shop online during lunch breaks for 20 minutes at a time. Write five holiday cards each morning. Break down tasks however you can so they're not daunting.



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