



WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

Vol. 15 No. 1

January 2009

Circulation: 785

Westridge Elementary Kindergarten Registration for 2009-2010

Kindergarten registration will begin on Tuesday, January 20, 2009 from 8:00 a.m. - 3:30 p.m. The age requirement for Jefferson County Schools is age 5, prior to October 1, 2009. In order to register your child, you will need to bring a birth certificate, proof of address and record of immunization (including evidence of Hepatitis B immunization). When you register you will be able to indicate your preference for a morning class (8:25 a.m. - 11:00 a.m., 5 days per week), an afternoon class (12:30 p.m. - 3:00 p.m., 5 days per week), or a Full Day tuition-based session (8:25 a.m. - 3:00 p.m., 5 days per week). Tuition for this class is \$275.00 per month (subject to possibly change). These requests are honored on a

first come, first served basis.

For families not living in the Westridge neighborhood, a Choice Enrollment form must be completed. First Round Choice enrollment begins on Tuesday, January 6, 2009 and runs through January 24, 2009. Forms can be picked up at Westridge Elementary or you can go to the enrollment website at <http://jeffcoweb.jeffco.k12.co.us/enrollment/> and down-

load a form. Please call the school office at 303-982-3975 with further questions.

KINDERGARTEN ROUND-UP

Tuesday, January 13, 2009

8:30 a.m. - 9:30 a.m. or

6:30 p.m. - 7:30 p.m.

Kids Welcome



Kids' Nite Out

Plan your Saturday night out while your child attends "Kids' Nite Out" at Foothills Park & Recreation District. This supervised, structured program offers a safe, social and recreational atmosphere. Participants are not permitted to enter or leave the facility without parental supervision or authorized adult permission. Win great prizes and meet new friends! Activities include basketball, dodge ball, swimming, dancing, board games, inflatable games, theme nights, special guests, concessions for purchase and more! Saturday dates alternate between two Foothills facilities and accommodate different age groups. Entry fee is \$15 per day. For more information, call 720-232-5615.

Ages 9-14: Jan. 10 and 24, 7-11 p.m.

at Ridge Recreation Center,
6612 S. Ward St.

Ages 8-13: Jan. 17 and 31, 7-10:30 p.m.
at Lilley Gulch Recreation Center,
6147 S. Holland Way

Moms and Grandmas Really Do Know Best

If you have a cold, basic common-sense therapies that mothers and grandmothers have recommended for generations around the globe can sometimes do the trick, says Dr. Mary L. Hardy, a folk medicine expert who is medical director for the Simms/Mann-UCLA Center for Integrative Oncology. Here are some of the tried-and-true folk remedies for people in general good health to try:

1. **Water.** Soak in a tub of cool, though not cold water to keep a fever in check. Add a dash of salt to warm water to gargle away a sore throat. Boil water or use a thoroughly cleaned humidifier to create steam and clear congestion. Rehydrating is important, says Hardy. "The first defense system in the body consists of the mucous membranes lining the upper respiratory tract. And those work better when they're moist."
2. **Chicken soup.** It has healing qualities because of the heat, the liquid, and the antibiotic activity of garlic,

a common ingredient in chicken soup that can ease symptoms and support the immune system.

3. **Wild cherry bark tea or tincture.** It's no accident that many cough drops have a wild cherry flavor. In days gone by, most cough syrups were extracted from the bark of wild cherry trees.
4. **Garlic, ginger and goldenseal.** They have antiseptic, antiviral, and antibiotic actions. Because cooking reduces its potency, garlic is most effective when eaten raw. Ginger and goldenseal are available in capsules and teas.
5. **Eucalyptus.** Use eucalyptus or camphor rubs to loosen the congestion of a chest cold and to open sinuses.
6. **Honey and lemon.** An occasional spoonful can relieve a scratchy, tickling, or raw throat. (Honey should never be given to babies, however, because of the risk of infant botulism.)
7. **Fruit juices.** Drinking orange juice is a good source of vitamin C. Add water to the juice to reduce its sugar content. (Too much sugar can hinder your

immune response.)

8. **Thyme.** This herb has antibacterial properties that can aid in treating upper respiratory infections.
9. **Fenugreek and fennel.** If you're stuffed up, the mucous-thinning action of these spices can help unblock your upper respiratory tract.
10. **Cayenne, horseradish and ginger.** Add these to your diet to clear clogged sinuses.

Note: Because even natural remedies can interfere with medications and your body's normal metabolism, use extra caution if you have other medical conditions or are pregnant or breastfeeding. Also, some products should not be given to children.

"The first caution I give people is to get a good diagnosis," says Hardy. "If your cold is not acting like a normal cold or if it has lasted more than a short period of time, go see your doctor to be sure you don't have a more serious condition, such as pneumonia."

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

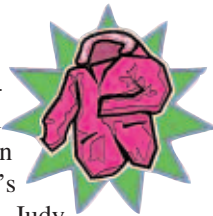
Clerk of Court \$31.00
 Jeffco Sheriff Dept. \$78.99
 USPS: postage \$245.45, annual PO Box \$42.00 ... \$294.45
 Office Max: copy & fold flyers \$110.82
 Jeffco Schools: meeting room \$12.50
 Secretary of State: annual report \$10.00
 Foothills: port-o-potty for picnic \$140.00

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

Judy Susman Completes 13th Successful Coat Drive!

Judy Susman, a long time Westridge resident, recently completed her 13th annual Coats for Colorado coat drive in conjunction with Dependable Cleaners and Denver's Channel 7. On Saturday, November 15th, Judy collected coats from many generous neighbors who made this year's coat drive another big success. Since Judy began this project in 1996, she has collected well over 1,300 coats! Our lucky neighbor, Margaret Forster, won the drawing for a free turkey.

"It is great to see people helping others who are less fortunate," Judy said. "Thanks again to all who participated! Your coats will be greatly appreciated."



Board of Directors

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

Naomi Ashcroft	President	303-973-6361
Susan Decker	Vice President	303-904-8531
Cathy Pimm	Treasurer	303-973-4624
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Sherry Hobson	Board Member	303-979-0193
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

ARCHITECTURAL

COVENANTS..... Cathy Pimm303-973-4624

EVENTS Paul & Nicole Alexander 303-862-6155

NEIGHBORHOOD

WATCH Jeff Williams303-904-7315
 303-507-6549

Paul Hobson, Editor 303-979-0193 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. 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*

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.**

Declaring a:

- Safe,
- Healthy,
- Prosperous

2009 Year

for all of my Westridge Neighbors and Friends!

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CLASSIFIEDS

Classified ads are \$2.80/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.

Avon rep. in your area. 10% off 1st order. www.youravon.com/msoliday. To place your order by phone or for a free brochure, call Maritza at 303-669-4984. [1]

RESIDENTIAL CLEANING SERVICE. Trusted, family owned. Contact us at 303-565-9587. www.healthycleaninc.com

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

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

Painting/color consulting 720-331-7032

WINTER SPECIAL: GET YOUR HOUSE PAINTED FOR \$1500. American family owned. 10 years in business. OB Painting. Call Rob, **303-986-8198**

PartyLite candles & accessories. Popular items on sale every month. Contact Jan **303-979-3880** or www.partylite.biz/janderby.

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

MIKE THE PLUMBER FORMERLY DUKE'S PLUMBING- 14 yrs. exp. Competitive rates. 720-422-8139

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

Aminals Pet Sitting Service - Pet sitting (in your home). Bonded & ins. Refs. avail. Call Nancy at 303-335-6237 [3]

A-1 Carpet & Upholstery Cleaning: Res. & Comm. Repair/restretch. Tile & grout Cleaning 24 hr. emerg. 303-794-6528

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

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.

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
Devin Clark	11	L/S	303-972-4478
Corinne Dubovsky	13	B*/P	720-981-5021
Tessa Fecht	14	B*/P	303-842-5453

The Costs of Energy This Year

This winter the average U.S. household is expected to use a whopping \$6,150 worth of energy to power homes and vehicles, according to the Alliance to Save Energy. Consumers are facing the prospect of these cost increases for the following:

- Home heating oil 36%
- Propane 14%
- Natural gas 24%
- Electricity 9%

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.

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

Drop-in Gymnastics at Foothills

Bring your children to Foothills Park & Recreation District's Lilley Gulch Recreation Center to enjoy fun, free time in the gymnastics center. This non-instructional time will allow your kids to burn energy!

Fee: \$4.50 (District Rate \$3.50). A Foothills I.D. must be presented at front desk for all drop-in times. For information or to book groups of six or more, call **Laura** at **303-409-2506**. Days and times begin January 2, 2009. www.ifoohills.org

Parent/Child Drop-In (ages 9 months - 5 years)

Tickets will be sold 1/2 hour prior to start of Drop-In. Parents must be present in the gym. For safety of young children, no one over five will be allowed in the gym. Available Monday and Tuesday from 10-11 a.m.; Wednesday and Thursday from 11 a.m.-noon; and Friday from 12:30-1:30 p.m.

Family Drop-In (up to age 10 with a parent or guardian)

Tickets will be sold 1/2 hour prior to start of Drop-In. Parents must be present in the gym. Available Sunday from 3:50-4:50 p.m.

The Dirt on Energy-Saving Washing Machines

Could we "wash away" some of our energy woes? Yes, says the U.S. Department of Energy. If everyone who purchased a clothes washer in 2008 had chosen Energy Star models (those designated as exceeding minimum federal standards), they would have saved . . .

- 1.1 billion kilowatts of electricity in one year: enough to power every household in Washington, D.C., for eight months.
- 69 billion gallons of water in one year: enough to fill the Rose Bowl Stadium 818 times.



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

Judy Susman says congratulations to Cody Winkleblack, Brode Phipps, Ashley Armstrong, Jeff Moore, Jacob Fosdick, Ariel Rael, Satomi Kinami, Adrian Leyba, Sydney Ament, Tyler Shepard, Jiloon Kinami and Derek McHugh. These young readers each completed the required 30 books and they received free Blockbuster gift cards for their effort. Judy believes that reading is vital, so she encourages kids to get involved in this program. To date, 92 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.

Organize Your Home Day. Jan. 12.

Organize your life by clearing the clutter from your home. For ideas and tips, visit www.lifeorganizers.com or www.realsimple.com.

When Silence Isn't Golden

Sometimes there is wisdom in saying nothing. However, saying nothing can run its own risks when there is something that needs to be communicated. If you're the silent type, experts say you run the risk of unnecessary misunderstandings if your lack of communication is merely an avoidance tactic. Saying nothing, especially when emotions are involved, is akin to handing someone a blank slate—that person may fill in the void with the script that is undoubtedly unfolding in his or her mind. Instead, a few well-chosen words can bring clarity and relief to all. You don't have to say much, but ignoring trouble spots can buy you exactly what you're probably trying to avoid—more trouble.

"The greatest pleasure of a dog is that you may make a fool of yourself with him and not only will he not scold you, but he will make a fool of himself too."

—Samuel Butler

Happy New Year 2009



Judy Susman

RE/MAX Professionals

303.932.3322

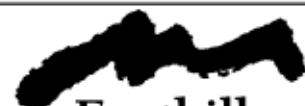
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