



# WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

Vol. 15 No. 3

March 2009

Circulation: 785

## Neighborhood Watch

What is neighborhood watch??? Neighborhood watch groups are the “eyes and ears” in the neighborhood for the police. Members keep an eye out in the neighborhood, watch out for each other, and report suspicious activities to the Sheriff’s Department so they can investigate and take enforcement action, if warranted. It is not a vigilante group, and members do not take the law into their own hands or start making arrests.

The Sheriff’s Department asks that 80% of the people in the block participate (each group can define how big the “block” is) with one person serving as the block captain. They also ask that members be willing to report crimes or suspicious activities. Lastly, they request that the block have one social event a year, which can be done in conjunction with other watch groups in the neighborhood or the HOA.

I have found that many people in Westridge do already look out for their neighbors and the neighborhood and

would be willing to organize their block, if someone will serve as the block captain. It is as easy as getting together with your neighbors and asking them to agree to the terms listed above. I will gladly help any block that wishes to organize a watch group.



I just met with the people on my block (S. Miller St.) and believe we have enough participation to meet the requirements to form a block watch group, making it the first official watch group in Westridge.

Watch groups can be particularly effective in areas that are vulnerable to crime, such as the lake and picnic/playground area or the elementary school.

As a retired police officer, I know the value of watch groups in keeping a neighborhood safe from crime and giving residents peace of mind. Isn’t it worth a little of your time to form a watch group on your block? Please contact me if you are interested.

—Jeff Williams

## Foothills 50th Anniversary Family Special

Foothills Park & Recreation District will be offering numerous discounts and specials during 2009 as part of the 50th anniversary celebration. On Wednesday, March 18 from 6:30-9:30 p.m., Foothills will host a Family Night at the Ridge Recreation Center Pools (6613 S. Ward St.). Entry fee is reduced to \$5 District household admission (\$10 Non-District household admission). For information, call 303-409-2333.

## DRHS Presents

### Beauty and the Beast: March 19-21

“Be Our Guest” at Dakota Ridge High School’s production of Disney’s *Beauty and the Beast*. Come see your talented local area high school students perform in this fabulous musical production featuring some of Westridge’s finest actors, actresses, singers and dancers. This is sure to be a spectacular event — wonderful entertainment for children and adults.

Show times are Thursday–Saturday, March 19–21 at 7 p.m., with a Saturday Matinee at 2 p.m. Ticket prices are \$8.00

for students and \$10 for adults. Elementary students get in free on Saturday, March 21st at 2 p.m. only with a paying adult. Tickets are reserved seating and will go on sale at the beginning of March. For additional information, call the Dakota Ridge main office: 303-982-1970 or Lisa Urban, Theatre Director: 303-982-0656. Dakota Ridge High School is located at 13399 West Coal Mine Ave., across from the Wal-Mart.

## Columbine

### Montessori Preschool

Columbine Montessori Preschool will begin accepting reservations for the fall 2009-2010 school year on the first of March 2009. Please call the school at 303-979-7190 to schedule an observation appointment. Columbine Montessori offers an academic preschool program through kindergarten. Visit our website at [columbinemontessori.com](http://columbinemontessori.com).

## Shabbat Service

B’nai Chaim, a Reform Jewish Congregation serving southwest metro Denver, will conduct a special Shabbat Service on March 6 celebrating Purim. Come in costume and join the fun! The service is at 7:30 p.m. An Oneg Shabbat will follow. All are welcome. On Saturday, March 21 at 9:30 a.m., there will be a Tot Shabbat service celebrating Shabbat with children from infants through second grade. It is a short service, full of songs and a story, followed by a delicious oneg. All are welcome. Services will be held at Congregation B’nai Chaim 4716 South Coors Lane. Call 303-697-2668 or visit our website at [www.bnaichaim.org](http://www.bnaichaim.org) for more information.

## National Nutrition Month

The American Dietetic Association aims to educate consumers about the importance of making good nutrition choices and developing sound eating habits. For the latest scientifically based nutrition information, go to [www.eatright.org](http://www.eatright.org).

## Next Westridge HOA Meeting

Thurs. March 19th, 2008

7:00 p.m.

Westridge Elementary

### Westridge Financial Report

Last Reported Balance 1/31/09 .....	\$1,128.10
<b>Income</b>	
Members Dues .....	\$1,045.00
Court Costs Reimbursed .....	\$98.99
<b>Expenses</b>	
Envelopes .....	\$21.52
Attorney Fees .....	\$100.00
Colorado Lasertype – Mail Annual Invoices ...	\$268.75
<b>Ending Balance 2/15/09 .....</b>	<b>\$1,881.82</b>

### Clean up After Your Pet

Everyone is aware of the poor appearance of feces lying around on public park areas and local pedestrian trails, but aesthetics is just one reason for picking up after your pet. Unattended pet excrement kills grass with its high nitrogen content. Although nitrogen is a component of fertilizer, parks are already chemically fertilized, and the additional fecal nitrogen has the effect of over fertilizing or "burning" the grass. Unsightly yellow and dead patches, coupled by foul smell, degrade park appearance and diminish enjoyment for other park users.

If degraded park appearance is not enough of a reason for you to clean up after your pet, be aware that pet feces have been linked to highly elevated levels of coliform and *Streptococci* bacterial pollution in storm runoff. It is possible for this runoff to contaminate drinking water, in turn, making people very sick. Additionally, bacterial-polluted runoff contributes to high nutrient levels in lakes and ponds. In late summer, these bacteria lead to algae blooms that rob oxygen from the water, killing the resident fish.

Several parasites are associated with pet fecal matter of which roundworm is the most common. This parasite can remain active for a many years, and persons who come in contact with the infected feces can become infected with the roundworm parasite. Contamination is possible if someone touches infected soil or old feces and transfers the eggs to their eyes or mouth. Those at greatest risk are young children because they are most likely to put things in their mouth.

Cleaning up after your pets, taking care to avoid dried feces, and washing with soap if you contact them are the best ways to stop the spread of these parasites. Pet defecation that is not appropriately disposed of can create some serious problems. So take a baggy along with you, a recycled newspaper bag works well, when you go to your local park or trail.



### Read Across America

March 2. Get on the reading bandwagon! Parents and teachers can find suggestions and activities at [www.nea.org/readacross](http://www.nea.org/readacross).

### 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)

### 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
Jamie Brantley	Secretary	303-903-1588
Chuck Sellers	Board Member	----
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.....	Naomi Ashcroft .....	303-973-6361
	Cathy Pimm .....	303-973-4624

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

#### NEIGHBORHOOD

WATCH .....	Jeff Williams .....	303-904-7315
		303-507-6549

Paul Hobson, Editor 303-979-0193 [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 [www.ColoradoLasertype.com](http://www.ColoradoLasertype.com)

### National Puppy Day

March 23. The Animal Miracle Foundation aims to get 10,000 puppies adopted across the United States. For more information, visit [www.nationalpuppyday.com](http://www.nationalpuppyday.com).

### Westridge Homeowners Association Dues: 2009

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 2009.**

### **Baker's Dozen Annual Pass Sale**

Purchase or renew your annual facility pass at Foothills Park & Recreation District during the month of March and receive one additional month for free! Offer does not include active options passes or auto-bill. Offer valid March 1-31, 2009. Annual passes can be purchased at the Peak Community & Wellness Center, Ridge Recreation Center, Lilley Gulch Recreation Center and Edge Ice Arena. For information, call **303-409-2100** or visit [www.ifoohills.org](http://www.ifoohills.org).

### **St. Philip Early Learning Center**

Let us nurture, teach and guide your "Gift from God" at our loving, hands-on, developmentally appropriate Christian preschool. Our Mom's Day Out program is for children whose birthdates are between October 1, 2006 and October 1, 2008 and is available one or two days per week. Children with birthdates between September 30, 2006 and October 1, 2005 can attend our preschool two-day per week program. We offer a two- or three-day per week program for our Pre-Kindergartners, with birthdates between October 1, 2004 and September 30, 2005.

All children enjoy time in big room, playground and chapel/music daily. We offer low child-to-staff ratios and small class sizes, allowing our staff to provide outstanding care, direction and supervision to every child. We are located at 7531 S. Kendall Blvd., Littleton, CO 80128. Please contact **Mindy** at **303-972-9774** for more information. We look forward to meeting you!

### **Going Biking? Don't Forget Your Helmet**

Before you climb on that bike, think about these statistics from the Bicycle Helmet Safety Institute:

- About 540,000 bicyclists visit emergency rooms with injuries every year. Of those, 67,000 have head injuries, and 27,000 have injuries serious enough to be hospitalized.
- One in eight cyclists with reported injuries had brain injuries. And two-thirds of the deaths reported were from traumatic brain injury.
- It is estimated that 45 percent to 88 percent of bicycle-related brain injuries could be prevented by a helmet.
- In 2006, 770 bicyclists met their death on U.S. roads. More than 90 percent of them died in crashes with motor vehicles. The "typical" bicyclist killed by a car was a sober male of 16+ years who was not wearing a helmet while riding on a major road between intersections in an urban area on a summer evening.



### **Happiness Is Catching**

If you want to be happy, try getting close to other happy people. Happiness isn't just an experience or choice. It depends on how happy those directly and indirectly connected to you are, and requires close proximity in order to spread. For instance, if you have a happy friend who lives within a mile of you, you're 25 percent more likely to be happy yourself. Proximity is key: A person is 42 percent more likely to be happy if a friend who is happy lives less than half a mile away. The effect declines the farther away a happy friend is.



## Foothills

### Park & Recreation District

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

## 303-409-2100

## SUMMER CAMP


### Ages 5-12 and 13-15

swimming • field trips • art  
sports • science • drama  
leaders in training

### Registration begins:



## SAT, APR 4

## 303-409-2511



## JUDY SUSMAN


RE/MAX Professionals, Inc.  
303.932.3322  
[Judy@JudySusman.com](mailto:Judy@JudySusman.com)  
[www.JudySusman.com](http://www.JudySusman.com)

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

**To date, \$2,800 has been donated!  
(\$100 for every Westridge-related transaction)**


\*\*\*\*\*



**New listing — Updated Ranch!**


- \* Updated kitchen & bath!
- \* New Corian counters & fixtures!
- \* Built-in buffet & wine rack!
- \* Central AC!      \* Skylights!
- \* Fenced yard w/ storage shed!
- \* Newer windows, carpet & flooring!

\*\*\*\*\*



**Lucky You!**

**I'm a PRO!**







## OB PAINTING INC. Bailout Package!

**\$500 OFF**  
EXTERIOR  
PAINTING

**\$200 OFF**  
INTERIOR  
PAINTING

Call Rob today for a quote, 303-986-8198.  
American family owned. 10 years in business.  
*Workmans Comp & Liability Insurance*

## Quality Printing

**Lowest B/W Prices in Town!\***

### Black Ink Printing

8-1/2" x 11" • White or Pastel Paper

# Copies:	Up to 500	501-1000	1001+
1 side	6.5¢	5.5¢	4.5¢
2 sides	10.0¢	9.0¢	8.0¢

*\* We will meet or beat prices with a quote brought to us.*

**Full Color Printing: Call for Quote!**

**Colorado Lasertype**  
**303-979-7499**

ColoradoLasertype.com for info/rates on our HOA newsletters

**Now is an excellent time  
to discuss your Real Estate  
Options,  
I will be happy to answer  
any questions.**

[www.HomeAgainColorado.com](http://www.HomeAgainColorado.com)

**View the Denver-Metro Area  
Inventory of Homes for Sale**

**Bobbi Peerless**

Broker Associate, 303-475-5557

[info@HomeAgainColorado.com](mailto:info@HomeAgainColorado.com)

....Personal, Professional  
Real Estate Services



### 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

### Teen Services Updates in May

To ensure accuracy, 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 April 15th** or your name will be deleted. Please leave the following information: your name (including spelling); age; what category you want: (B) Babysitting, (\*) if you are 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 and need to know which one your name is in). **If you have renewed your information as of January 1st of this year, you do not need to call in an update.** Thank you.

—Colorado Lasertype

### How Important Is it That We Love Our Jobs?

Work/life balance expert Jim Bird ([www.worklifebalance.com](http://www.worklifebalance.com)) says we hear all the time how important it is to have jobs we love. Yet most people he knows don't love their work. They either accept it or tolerate it. And that's okay, Bird says. He points out that while it's not necessary to be passionate about your job, you should be passionate about how well you do the job. Why? Because that's what you do for yourself.

Lacking passion for your job doesn't necessarily mean you're living your life less well than the individual who is passionate about work. Your passion may surface in regard to other areas of your life. Bird offers these suggestions for generating more ardor for living:

- Write the essay or book that's been in the back of your mind.
- Take a class in a subject that engrosses you.
- Teach a class in the subject that engrosses you.
- Cook dinners that will make your friends swoon.
- Go to your favorite sporting events.
- Let the people you're closest to know how much you adore them.

The key is to set aside time for doing whatever it is you love to do. The first step is deciding you're going to do it. The important second step, Bird says, is to go for it.

### Overheard on a Public Bus

On a bus traveling through the city came this announcement: "When you exit the bus, please be sure to lower your head and watch your step. However, if you miss your step and hit your head, please lower your voice and watch your language. Thank you."

**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.

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

**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. [3]

**MILE HIGH CONTRACTORS** - Carpentry, drywall, texture, tile, plumbing, electrical, window & door insulation. Complete room renovations to building decks! **Steve, 303-385-7725**

**RESIDENTIAL CLEANING SERVICE.** Trusted, family owned. Contact us at 303-565-9587. [www.healthycleaninc.com](http://www.healthycleaninc.com)

**AERATION - \$25 most lawns.** Over 7 yrs exp. Tom 720-436-2871 [4]

**Tree Trim. Specialist, call Mr. B!** Free est., ins., 20 yrs. exp. **303-932-2514** [9]

**Property People.** Garden design, landscape projects, cleanups, maintenance, fully insured. Free estimates. **303-997-7392.** [3]

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

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

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

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

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

**Painting/color consulting 720-331-7032**

**Drywall Services-Basement Remodel.** 15 yrs. Serving Littleton. Gary 303-829-6363

**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](http://www.A-Plus-Home-Improvement.com)

**Identity Thieves Lurk Everywhere**

While we fret over the possibility of having our personal information stolen online, the truth is we're more likely to have our identities filched offline. Online identity theft methods constituted only 12 percent of fraud in cases where the victims knew how their identity was stolen, according to the "2008 Identity Fraud Survey Report" by Javelin Strategy & Research. The majority of cases of identity theft (79 percent) took place through traditional methods, such as stolen or lost wallets, checkbooks, credit cards, mail tampering, or "shoulder surfing"—where the thief looks over the shoulder of the victim at an ATM or cash register. Seventeen percent of the victims reported "friendly thefts"—those perpetrated by friends, family, or in-home employees.

Here are some tactics Javelin recommends for safeguarding your personal information and preventing identity theft:

- Password protect all your digital devices, including computers, PDAs, and mobile phones.
- Choose passwords and PINs that can't be easily guessed.
- Shred all documents that have personal information on them before disposing of them.
- Use a locked mailbox for incoming and outgoing mail.
- Monitor your online accounts frequently.
- Avoid mailing checks to pay bills or deposit funds. Move your financial transactions online.
- Review your credit information no less than once per year. To receive your free annual report from one or all of the national credit agencies, visit **[www.annualcreditreport.com](http://www.annualcreditreport.com)** or call **877-322-8228**. Other methods of accessing your reports may charge a fee.
- Never provide personal information to anyone unless you initiated the contact.
- Install and regularly update firewall, antispyware, antivirus, and browser security software.
- When shopping online, check that you are using a reputable firm.
- Reduce access to your personal information wherever possible. Be aware of your surroundings when you conduct transactions in public.



**Colorado Lasertype's online Service Provider Directory.**

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

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](http://www.ColoradoLasertype.com)**

**Basketball Goes Wild in March**

Illinois high school basketball coach and teacher Henry V. Porter gave us the term March Madness in March of 1939. Originally, the basketball tournament we know today was a small invitational affair in 1908, and grew to a statewide competition by the late 1930s.

**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).

## The (Genetically Altered) Color Purple

Anthocyanins are naturally occurring pigments in blackberries, cranberries, and chokeberries and are known to offer protection against certain cancers, cardiovascular diseases, and age-related degenerative diseases. Yet most people don't eat large quantities of these fruits. So scientists have been researching ways to elevate the levels of similar health-promoting compounds in the fruits and vegetables eaten more often by people.

Recently, snapdragon genes were successfully activated in tomato plants, hence creating purple tomatoes high in anthocyanins. When these purple tomatoes were used to supplement the diets of cancer-susceptible mice, the life spans of the mice were significantly extended as compared to a supplementation of ordinary red tomatoes. Scientists hope to broaden this research so that common foods eaten by the general population can provide as many positive health effects as possible.



## A Look at a Younger Generation

It's easy to find headlines about teenagers who belong to gangs, or who were the cause of a tragic car accident, or who were arrested on drug charges. But there's at least one individual who has a ringside seat to the conduct of this younger generation: the high school principal. One such leader, Mike Buck, tells a story that didn't get any press:

"One of my students, who comes from a very poor socioeconomic background, found \$100 in cash. The girl immediately turned the money in to the front office. There was no hesitation, and there is no way anyone would have known if she kept the money for herself. I know the money would have meant a lot to this girl!"

"We figured out who had lost the money: It was another girl who came from the same type of background as our good citizen. Why was she carrying so much cash? It was money she had worked for to pay for her senior cap, gown, and graduation invitations. This girl cried tears of joy when the money was returned.

"We see examples like this almost daily. It restores one's faith in the teenagers of today . . . our leaders of tomorrow."



## ALL HAIL THE RETURN OF THE SAVINGS ACCOUNT.

.....

It's not just the savings account. It's CDs. It's money-markets. It's interest-bearing checking accounts. Bellco Credit Union has many ways to put your money to work safely and securely. See how we can help you save at [Bellco.org](http://Bellco.org) today.



**BELLCO**  
CREDIT UNION  
[www.bellco.org](http://www.bellco.org)



Colorado Lasertype  
7142 W. Moraine Dr.  
Littleton, CO 80128  
303-979-7499

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