



WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

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Safety Tips for Kids

The following tips are adapted from the For Safety's Sake program, a child safety curriculum designed to enhance kids' personal safety and problem-solving skills, encourage responsible telling, and empower them to prevent victimization. Take some time to talk through these tips with your children, for safety's sake!

1. Check first before you go anywhere with anyone (for any reason at any time)! Check with the adult who is in charge of you at the time. If you cannot check, then the answer is NO (you cannot go)!
2. Adults can get help from other adults. You do not need to help an adult find a lost puppy, unload a truck, etc. If you want to help, check first!
3. Know your full name, address (including state), and telephone number with the area code. Know your parents' or guardians' names, too.
4. If you are separated or lost from your parent or buddy, freeze and yell your parent's or buddy's first and last name. You may ask a clerk or a parent with children to go get help for you, but stay where you are.
5. If anyone tries to move or hurt you, make sure you scream, kick, fight, and yell, "You're not my dad (or mom)!"
6. Use the buddy system; go places in groups of friends.
7. You are in charge of your body. No one has the right to touch you or talk about your body in a way that is wrong or makes you feel uncomfortable. Use the "Power NO," get away from the situation and tell a trusted adult. (The "Power NO" is a forceful statement that you are encouraged to make when something is happening that you don't like or that is harmful to your body.)
8. If you find a gun, do not touch it. Get away from it and tell someone. If a friend wants you to touch or hold it, use the Power NO!

9. Use the Power NO (and other refusal skills) for bullies, dares, and drugs, too.
10. When you are home alone, keep the door locked and closed for everyone. Let the phone ring, use caller ID or the answering machine, or work out a system with your parents so that no one realizes you are home alone.
11. On the Internet, keep personal information to yourself! Ask your parents which sites you can visit.
12. Control your anger, don't be a bully, and use nonviolent actions and words.
13. Tell an adult if you think that something is wrong or someone could get hurt. It is not snitching – it is responsible reporting!

A note to parents and guardians

Child safety teachings have evolved in recent years. The old "stranger danger" concept is outdated. Today, programs acknowledge that strangers aren't the only people who can harm a child.

The Jefferson County Sheriff's Office has several employees trained and certified in the Safety Kids Inc. child safety curriculum. One of them, Joyce Nelson, travels to area day care centers, schools and scout groups to deliver a fun and interactive child safety presentation featuring Charlie Check-First. To schedule a child safety presentation for children from preschool through third grade, please call 303-271-5665. For more on child-safety and crime-prevention concepts, please visit our website: www.jeffcosheriff.com.
— Sheriff Ted Mink



Get Ready for National Night Out!

National Night Out is a series of nationwide celebrations held on the first Tuesday in August each year. The purpose of National Night Out is to give neighbors an opportunity to get together in a setting close to home. Of the many crime prevention strategies out there, familiarity and communication among neighbors ranks among the most effective.

National Night Out is also an opportunity for deputies to interact with residents in a positive, relaxed and informal way. Deputies and residents often use National Night Out as an opportunity to communicate about neighborhood concerns and crime prevention tips.

To learn more about National Night Out, or to host an event, please contact your local crime prevention deputy:

303-271-5363 (north Jeffco)
720-377-2002 (south Jeffco)
303-670-8125 (mountains)

National Ice Cream Month

In 1984, President Ronald Reagan proclaimed July as National Ice Cream Month. The U.S. ice cream industry generates more than \$20 billion in sales annually, and about 9 percent of all U.S. produced milk is used for ice cream.

Westridge Meeting Sign Is Missing!

Please donate funds to replace it.

Next Westridge HOA Meeting

Tues. July 14, 2009
7:00 p.m.

Blue Heron Lake Park Picnic Area
Items to be discussed: Covenants & parking cars in driveways

Revision to Article: Etiquette for Flying the United States Flag

Flag Guidelines:

The Flag should not be flown in inclement weather (rain, snow, hail, etc.), **except when an all-weather flag is displayed.** Sect 174 U.S. code title 36 chapter 10.



Share the Road

We want to remind motorists and cyclists to share the road, stay alert and do your part to keep our roadways safe for all users.

Both motorists and cyclists are responsible for obeying traffic laws. Cyclists are expected to obey traffic signs and signals, ride single file on the roadway, and ride on the paved shoulder when possible. Cyclists may ride two abreast when doing so will not impede the reasonable flow of traffic. Riding abreast is also permitted when all cyclists are on the paved shoulder.



Mutual respect and cooperation between motorists and cyclists makes the road safer for everyone. Under Colorado law, cyclists have the same rights and responsibilities as other vehicles.

Safe travels!

B'nai Chaim Services

B'nai Chaim, a Reform Jewish Congregation serving southwest metro Denver, will conduct Shabbat Services on July 24 and 31 at 7:30 p.m. All services will be held at Congregation B'nai Chaim 4716 South Coors Lane. An Oneg Shabbat will follow. All are welcome. Call **303-697-2668** or visit our website at **www.bnaichaim.org** for more information.

Summer Fun at Foothills, July Events

Foothills Park and Recreation District is offering numerous discounts and specials during 2009 as part of the 50th anniversary celebration. Mark your calendars for these fun and exciting offerings in July. For all summer offerings, visit **www.ifoohills.org**.

Throughout July: FREE Summer Entertainment Series at Clement Park (7306 W. Bowles Ave.). Concerts run June through August. For dates and times, call **303-409-2626**.

Saturday, July 11, 11 a.m. to 1 p.m.: Pool Party at Deer Creek Pool (8637 S. Garrison St.). Entry is \$2 per person.

Saturday, July 18, 11 a.m. to 1 p.m.: Pool Party at Weaver Hollow Pool (12750 W. Stanford Ave.). Entry is \$2 per person.

Saturday, July 31, 9 p.m.: Glow-in-the-Dark Golf Tournament at Foothills Golf Course. To register, call **303-409-2400**.

National Recreation and Parks Month

Established in 1985 by the National Recreation and Park Association, this month is dedicated to encouraging families to explore their local parks, and also to recognize and salute those who maintain and work in parks nationwide.

Board of Directors

<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.**

Committees

ARCHITECTURAL

COVENANTS.....	Naomi Ashcroft	303-973-6361
	Cathy Pimm	303-973-4624

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

WATCH.....	Jeff Williams	303-904-7315
		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 **www.ColoradoLasertype.com**

Bastille Day, July 14

The beginning of French Revolution in 1789, when French citizens stormed the medieval fortress and prison known as the Bastille, freeing seven prisoners.

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, 2009. 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.

In 2009, Foothills Park and Recreation District Celebrates 50 Years of Excellence!

Foothills Park and Recreation District, founded in 1959, serves a community of 90,000 residents in a 28 square mile area of unincorporated Jefferson County generally bounded by Hampden Avenue south to C-470 from Sheridan Blvd. west to the Dakota Hogback. The District operates the Ridge Recreation Center, Edge Ice Arena, Lilley Gulch Recreation Center, Peak Community and Wellness Center, four outdoor swimming pools, Indoor Sports Arena, Foothills Golf Course complex, Meadows Golf Course, and 70 park sites totaling more than 2,400 acres and including four regional parks, 42 neighborhood and community parks and 24 greenbelts. In addition, Foothills manages six regional trail corridors for public use, which, combined with park trails, total more than 31 miles. For more information, visit www.ifoohills.org, or call 303-409-2100.

How To Give Up Smoking: Two Types of Incentives

Giving up cigarettes is tough. About 70 percent of smokers in the U.S. claim they want to quit, but only about 2-3 percent manage to do so during any given year. What helps?

Money. Lots of it. A study conducted by researchers at the University of Pennsylvania School of Medicine in Philadelphia tested the power of financial incentives by offering half of a group of 878 General Electric employees up to \$750 if they quit smoking for nine months. Almost 15 percent of employees who received the cash bonus had quit smoking after nine to 12 months, reported the New England Journal of Medicine; only 5 percent of those who got no reward were smoke-free.

Pets. We love our pets. Evidence on second-hand smoke suggests that it's as dangerous for dogs and cats as it is for smokers' human partners, according to research published in Tobacco Control. In an online survey of pet owners in southeastern Michigan, 28.4 percent of smokers said they were more likely to give up smoking knowing that they were negatively affecting their pets' health. If you can't do it for yourself or your partner, do it for Fido (or Fluffy). Or for Bo, sir.

Valuable and Helpful Community Websites

Westridge Homeowners Association:
<http://www.neighborhoodlink.com/jeffco/wridge>
COHOPE Council of Homeowners Organization
for Planned Environment: cohopejeffco.com

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.



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

New Listing - \$128,000!



Perfect for Investor or 1st-Time Buyer! Hardwoods * 2-3 bedrooms * Updated kitchen & bathroom * Updated electrical * 12' x 22' Heated patio room * Wood-burning FP * Attached garage * Boat / RV parking * Large fenced yard * Storage shed!

Great NEW Price - \$195,000!



2-Story Townhome - 1,595 sq ft * 2 Bd * 3 Bth * AC Main-floor study * Large open kitchen & dining room Spacious living room w/ soaring ceilings, gas FP & built-in entertainment center * Walk-in pantry * Hardwoods * Greenbelt!

There's still time!

**Don't forget about the 1st-Time Homebuyer Tax Credit!
Even if you've owned before, you may qualify!**

CONTACT ME NOW for details!



Tour these homes and others at
www.JudySusman.com



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

***You're Talking, But Do
They Understand Your Point?***

Whether you're talking to one person or addressing an audience of thousands, the same basic rules apply. Make sure you're getting your message across by following these guidelines:

- **Become the other person.** What does your "audience" want to hear? Expect to hear? Need to hear? Anticipate how your listener may respond to your message so you can tailor your words appropriately.
- **Know what you want.** Don't describe a problem unless you know what you expect the other person to do about it. You may not require a dramatic action—sometimes a simple nod or "I understand" is all that's necessary—but having a clear goal can help shape your message.
- **Anticipate potential obstacles.** These may be physical (a sight or hearing impairment), cultural (English may not be the other person's first language), historical (you and the other person don't get along), or something else. When at all possible, think through how you can overcome these barriers: a phone call or an e-mail message; simple, straightforward language; emphasizing common ground; and so forth.
- **Confirm understanding.** People may not be happy with your message, but make sure they understand what you're saying—and what you're not saying. Ask them to paraphrase your main points, encourage them to ask questions, and be ready to repeat and clarify your message as needed.



Park & Recreation District

EDGE ICE ARENA

6623 S. Ward Street • Littleton

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- Skating Lessons for ages 3 & up
- Freestyle times for figure skating
- Skate rentals

Full Service Concessions & Catering.

**Information: 303-409-2222
www.ifoohills.org**

***Keeping a Log of Your Expenses:
One Week May Save You a Lot***

Are you spending more money than you need to? It's a nagging worry, especially these days. Fortunately, you don't need an advanced degree in finance and accounting to analyze your spending.

Try this: Keep track of your spending for one week. Just one week. Longer, and you'll get too busy. But you can probably hold onto your receipts and add them up for seven days. At the end of the week, separate and categorize your expenses (use a spreadsheet if that helps you visualize better). You'll be able to observe what you're spending your money on. Chances are you'll find at least a few areas where you can cut back.

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**. [7]

Basement Finish, Remodeling- We do it all w/integrity, quality workmanship & affordable pricing. 26 yrs. exp., free est. Advanced Homebuilding **720-530-0121** [7]

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**. [7]

Gardening with color all season! Get a fresh new look! **Property People 303-997-7392**. [8]

Aminals Pet Sitting Service- Pet sitting (in your home). Bonded & ins. Refs. avail. Call Nancy at **303-335-6237** [9]

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

TREES B GONE: TREES/SHRUB REMOVAL, TRIMMING, STUMP GRINDING, FIREWOOD. Bobcat excavating landscaping driveways, etc. Lic. Ins. Refs. SNR/Vet Disc. **303-984-9656**. treeshgone@aol.com.

AFFORDABLE DAY CARE. Westridge Elementary School and Mount Carbon transport for preschool and before and after. A baby opening in July. Full time openings now. Call **303-979-5041**. www.patticakeplayschool.blogspot.com. [8]

PARTYLITE CANDLES & Accessories. See what's new for summer. Contact Jan www.partylite.biz/janderby or **303-979-3880**

Highlands Pride Painting- 303-738-9203

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

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

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Teen Services

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

Brittney C.	14	B	303-973-0349
Camille C.	16	B/P/L/S	303-904-2576
Justine C.	14	B/P/L/S	303-904-2576
Aaron C.	11	P/L/S	303-904-2576
Corinne D.	14	B*/P	720-981-5021
Tessa F.	14	B*/P	303-842-5453
Maryann F.	11	P	303-932-1050

Working Out Is Good, Weight Loss or No

Exercise is good for you, but as The New York Times notes, it's not a cure-all. Though it appears to reduce the risk of heart disease, for example, studies have shown the greatest benefits go to people who begin a moderate exercise program after a long period of being basically sedentary. Moderate walking seems to protect people from heart disease, but more intensive exercise doesn't appear to produce a correspondingly greater benefit. Similarly, studies have shown that while moderate exercise can decrease one's risk of diabetes, it doesn't necessarily lead to losing weight. And exercise alone, without any corresponding weight loss, doesn't seem to reduce blood pressure or cholesterol levels.

None of this means you shouldn't exercise. But remember that it's still important to understand what health risks you're facing and work with your doctor to minimize them.

Westridge Financial Report

Last Reported Balance 5/15/09	\$4,157.35
Income	\$0.00
Expenses	
Stamps	\$42.00
State Farm Insurance (annual fee)	\$842.00
Ending Balance 6/15/09	\$3,273.35

Trim Your Grocery Bill Without Starving Yourself

Groceries cost money, but you need food, and unless you can grow or hunt your own, a regular trip to the store is a necessary part of your routine. It doesn't have to be a money drain, though. Try these two common-sense tips for controlling your grocery bill.

- **Plan for the week.** Before going to the store, or even scribbling down your shopping list, decide what meals you'll be making over the next week. Knowing just what you need to buy stops you from spending money on things "just in case," and cuts down on last-minute trips to the store for "just one thing."

- **Monitor your staples.** Keep a checklist of basic ingredients and everyday needs in a convenient place. Pay attention to when you're running low on supplies so you can start looking for the best price before you run out. Plan a monthly trip to the store to buy staples in bulk, saving time and money.

Atomic Bomb Tested, July 16

The first nuclear test took place on July 16, 1945, near Alamogordo, New Mexico.

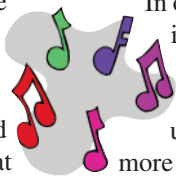
Where Music Lives In Your Brain

Scientists think they've located the area in our brains that allows us to remember exactly where we were, who we were with, and what kind of sandwich we were eating when we first heard "My Sharona" by The Knack. It turns out that the region of the brain that supports and retrieves memory also functions as a hub for music, memory, and emotion. Petr Janata, associate professor of psychology at UC Davis' Center for Mind and Brain, performed functional magnetic resonance imaging (fMRI) on 13 UC Davis students, recording brain activity while his subjects listened to random songs from Top 100 charts. The more vividly the students remembered the songs, the more brain activity the fMRI recorded in the upper section of their medial pre-frontal cortex.

Musicians' brains have their own secrets to tell, though. Psychologists at Vanderbilt University report that musicians use both the left and right sides of their frontal cortex more than most people, possibly because many musicians need to learn how to

move both hands independently in order to play their instruments.

In one test, musicians and non-musicians had their brains monitored with a technique called NIRS, for near-infrared spectroscopy. Both groups were asked to come up with new uses for common everyday objects while the NIRS measured changes in blood oxygenation. The musicians showed more activity in both sides of their frontal lobes, leading the scientists to suggest a qualitative difference in how their brains handled the task.



National Hot Dog Month

The National Hot Dog and Sausage Council estimates that Americans eat 7 billion hot dogs during the summer, from Memorial Day to Labor Day, or 818 hot dogs per second. That's a lot of hot dogs. Still hungry for information? Visit: www.hot-dog.org.

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Celebrate Irish culture,
music and food at
the 2009 Colorado Irish Festival.

Bellco is proud to sponsor the things that are important to our members. And one of our favorite summer events is the Colorado Irish Festival. This celebration of all things Irish takes place July 10th, 11th and 12th in Clement Park in Littleton. For more information go to ColoradoIrishFestival.org. We hope to see you there with your green on.

www.bellco.org



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