



# WESTRIDGE NEWS & VIEWS

A Monthly Publication of the Westridge Homeowners Association

(a non-profit homeowners association)

PO Box 621172, Littleton, CO 80162-1172

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

Vol. 16 No. 10

October 2010

Circulation: 785

## October COHOPE Meeting

The October COHOPE meeting will focus on ballot initiatives for November's election. **Justin Everett** will gather as much available data as is possible and will present both sides of all initiatives. He will also provide hand-outs for all attendees to take home. You are all encouraged to attend this meeting. Please join us on Wednesday October 6 at 7:00 p.m. at The Sheriff's South Sub-Station, 8100 South Shaffer Parkway, Suite 100.

## Got Coats ?

It's that time again! Judy Susman is ready to start her 15th annual COATS FOR COLORADO drive. Judy will do the legwork and make it easier for you to contribute by picking up your donations and delivering them to the Dependable Cleaners collection site. She will also bring you a donation receipt.

To date, more than 1,400 coats have been collected from Judy's coat drives. Due to recent economic conditions, the need for coats is even greater this year, so Judy wants to make this drive an even bigger success.

If you have coats that you don't need or want, and you wish to participate and help those less fortunate than you, please call Judy Susman at **303-932-3322** by Wednesday, November 3rd with your name, address and phone number to schedule a pick up on Saturday, November 6th between 8:00 a.m. and 10:00 a.m.

Participants will be entered into a drawing for a free holiday turkey – one entry for each coat donated. The turkey drawing will take place on Sunday, November 7th.

Thank you for your community spirit!

## National Newspaper Week, October 3-9

With Americans reading print newspapers less and less in favor of scanning websites and watching television news programs, this week spotlights the value of the written word in print and celebrates the role newspapers have played in influencing society.

## Covenant Enforcement

Recently, when taking enforcement action, the association has been told by the homeowners who were in violation, that while they were aware of the covenants, they felt/understood that the covenants were not being enforced.

In an effort to dispel this misunderstanding, your association will be publishing covenant violation actions in our monthly newsletter, including historic, year to date and monthly reports.

It is our sincere hope that this information will increase voluntary compliance and will result in the enhancement of our quality of life and the retention of property values in our community. If you need a copy of the covenants, please contact the HOA.

	HOA notices	Attorney notices	Court Filings
Five years	505	70	17
Year to date	119	27	17
Aug. 2010	7	5	2

### AUGUST VIOLATIONS BY TYPE:

Boats in side yard (1)  
Trailers on driveway/side yard (7)  
Camper in driveway/side yard (4)  
Unlicensed vehicles in driveway (1)  
Trash/junk in driveway/side yard (2)  
Motor home in driveway/side yard (1)



## Ending Domestic Violence for the Victim and the Community

In 2009, following an unusual year with no homicides, six people were murdered in Jefferson County. In five of the six cases, the female victim was killed by her boyfriend or husband.

### Domestic Violence

Each and every day, our patrol deputies encounter domestic abuse, from angry threats to brutal assaults. It happens between partners from all walks of life, and often happens to those you'd least expect. Sometimes, the victim suffers for years without anyone knowing. Other situations are plain to friends, family, neighbors and community members – yet they persist.

It can be tempting to think of domestic abuse as a private problem in which the community should not meddle. But that's not the whole story. Ending abuse for one victim can help her or him move on to a life of freedom and security. It potentially can help many others too.

### Child Abuse

Children exposed to abuse in the home are more likely to be abused or neglected. According to the U.S. Department of Health and Human Services, there are child victims in 30 to 60 percent of families experiencing domestic violence. Further, children raised in an abusive home can develop anger and violence issues themselves, repeating a cycle that will impact them, their loved ones and their community.

*continued on page 2*

**Domestic Violence**, continued from front page**Animal Cruelty**

Recent studies cited by the ASPCA indicate that in most homes with domestic violence, pets are physically abused. In two Jeffco homicides in 2009, the families' dogs were also shot to death.

**Workplace Violence**

Violence can spill over outside the home and catch random innocents in the crossfire. Workplace shootings are often rooted in domestic violence, as in the 1995 shooting at an Albertson's grocery store in south Jeffco, wherein a man killed his wife, her boss and a Sheriff's Office sergeant. Stalkers often pursue their victims at the workplace.

**How You Can Help**

We all have a stake in putting an end to domestic violence – for our community at large, and most importantly, for the primary victim who suffers physical and emotional trauma.

For victims, the thought of getting away can be as frightening as the thought of staying. Abusers often maintain tight controls over their victims' social lives and purse strings. Threats, financial hardship, child custody issues and deep embarrassment can keep victims from getting away or reaching out for help.

If you know someone suffering at the hands of an abuser, talk about creating a safety plan so that when she or he is ready to leave, precautions are in place. (This may include calling the Sheriff's Office the day of, to request a deputy to stand by at the home to prevent possible violence.) Let them know how you can help them with a place to stay, money to get them through, child care, or mental health referrals.

**Get Help**

The Colorado Coalition Against Domestic Violence offers a comprehensive list of crisis numbers for communities across the state. Locally, Family Tree offers a 24-hour crisis hotline (303-420-6752), a shelter, and a free legal clinic to help victims understand their options. Family Tree also offers counseling and other free programs for families that have experienced conflict in the home.

If you have other questions about escaping domestic violence, call our Victim Services Unit at 303-271-5339. Always call 911 in an emergency.

— Sheriff Ted Mink

**Westridge Financial Report**

**Beginning Balance 08/15/10**.....\$3,147.40

**Income**

Member Fees.....\$300.00  
Refund of Sheriff's Service Fee .....\$40.00

**Expenses**

Attorney Fees .....\$1,044.48  
Court Costs & Sheriff's Dept. for Serving Papers \$184.98  
Annual Rental of P.O. Box .....\$44.00  
Office Supplies (printer ink & covenant violation pictures) \$74.87  
National Night Out (ice cream) .....\$13.10

**Ending Balance 09/15/10**.....\$2,125.97

**Westridge Homeowners Association**

PO Box 621172, Littleton, CO 80162-1172.

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

*If you would like to volunteer, be a member of  
or form a committee, please contact a board member!*

**Board of Directors**

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**Cathy Pimm**, Treasurer.....303-973-4624  
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**Kathie Barrett**, Board Member.....303-979-3913  
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**NEWSLETTER EDITOR**: Doyle James .....303-973-9458  
**NEIGHBORHOOD WATCH**: Jeff Williams .....303-904-7315  
303-507-6549

**Websites****Westridge Homeowners Association:**

[www.neighborhoodlink.com/Westridge/home](http://www.neighborhoodlink.com/Westridge/home)

(includes: calendar of events & homeowner covenants)

**COHOPE**: [www.cohopejeffco.com](http://www.cohopejeffco.com)

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

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  
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website: [www.ColoradoLasertype.com](http://www.ColoradoLasertype.com)

**2010 Westridge Homeowners Association Dues**

Due January 1st, 2010

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (optional) (\_\_\_\_\_) \_\_\_\_\_ – \_\_\_\_\_

Make \$25 check payable to:

WHOA (Westridge Homeowners Association)

P.O. Box 621172

Littleton CO 80162-1172

**Join us today! Make your voice HEARD!**

**Free Adult Senior Open House, Coming Oct. 1**

Mark your calendars and prepare to join Foothills Park & Recreation District for a day filled with fun and useful health and wellness information for adult seniors on Friday, October 1 from 9 a.m. to 1 p.m. at the Peak Community & Wellness Center (6612 S. Ward St.). Activities include booths representing senior resources and community organizations, give-aways, chair massage, free lunch and entertainment. RSVP required for lunch by calling **303-409-2264**. For information, visit [www.ifoohills.org](http://www.ifoohills.org).

**Free Children's Concert:  
Experience The Magic!**

PRESENTED BY THE  
LITTLETON SYMPHONY ORCHESTRA

October 30, 2010, 2:30 p.m.

Discover the 2,000-year-old original story of the "SORCERER'S APPRENTICE" and hear French composer Paul Dukas' delightful and dramatic music of the same name!

Join us on Saturday afternoon, October 30th at 2:30 p.m. for a fun and enchanting children's concert highlighting magical themes (think Harry Potter). Play along with the marching brooms and later visit the instrument "petting zoo".

Many of you are familiar with the Walt Disney Fantasia film segment in which a lazy Mickey Mouse bewitches a broom to carry water for him, with disastrous consequences! However, few of us know the origins of the story of "The Sorcerer's Apprentice" which was written nearly 2,000 years ago!

The concert will take place at Littleton United Methodist Church, 5894 S. Datura Street in Littleton. The musicians will be in costume so be sure to wear yours! Kids, join the fun and bring your grown-ups. NO TICKETS NEEDED!

**Crime Prevention Month**

The was established in 1984 by the National Crime Prevention Council to promote awareness of important issues such as victimization, volunteerism, and creating safer, more caring communities.

**Free ID Month at Foothills – October Special**

This is no trick, it's our treat for district residents only. Has your District Resident ID Card expired and need to renew or never had one? Get your District Resident ID Card FREE any day during October 2010 plus on the day you get your FREE ID CARD you receive FREE facility admission at Peak Community & Wellness Center, Ridge Recreation Center and Lilley Gulch Recreation Center (free facility admission good only on day ID is obtained and is not valid for golf, drop-in gymnastics, registration classes/programs or Boo-rific Bash & Splash event.)

Why should you get a District Resident ID Card? ID cards are required for ages 9 and up to receive District Rates for daily facility and golf admissions. ID cards are valid for 3 years; proof of residency is required to obtain your free ID. For more information, call **303-409-2100**, or ask any Front Desk Staff Member.



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\*\*\*\*\*

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 Centura Health.

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Monday - Friday

7:30 am - 5 pm

Wednesday

Extended hours 7 am - 7 pm

First Saturday of each month

8 am - 12 pm

### APPOINTMENTS:

303-738-2767

### LOCATION:

7700 S. Broadway, Littleton, CO 80122

One mile north of C-470 on South Broadway

[mylittletonhospital.org](http://mylittletonhospital.org)

## **Why You Can't Avoid 'Trick or Treat!' on Halloween**

Wherever you live, chances are that on October 31 you'll be visited by pirates, ghosts, princesses, and monsters demanding "Trick or Treat!" at your front door. It's all been part of the Halloween fun for as long as most of us can remember.

Costumes and going door-to-door for treats can be traced back to pagan and Christian rituals from the Middle Ages.

In Britain and Ireland, poor people would beg for food door to door in exchange for prayers for the dead on the day before All Souls' Day (Nov. 2). This practice, called "souling," evolved from a European pagan tradition. The wearing of costumes and masks originates in Celtic traditions of attempting placate evil spirits by copying them.

Immigrants from Scotland and Ireland brought the tradition of "guising" to the New World, with children going through their neighborhoods requesting food and coins, usually in exchange for a dance or poem.

The term "trick or treat" in print was seen in Alberta, Canada, in 1927, and in The Oregon Journal newspaper in 1934: "Other young goblins and ghosts, employing modern shakedown methods, successfully worked the 'trick or treat' system in all parts of the city."

Trick-or-treating had become an established fixture of American popular culture by the 1950s, when Walt Disney produced a cartoon called "Trick or Treat" and an episode of the popular TV show Ozzie and Harriet showed children overwhelming the Nelson household in search of candy.

Today, the only way to avoid costumed kids on Halloween is to hide in your house with the lights off – but where's the fun in that?

## **Teenage Depression: Symptoms To Watch Out For**

Most teenagers are moody from time to time. But about 20 percent suffer serious mental health problems, including depression and anxiety disorder. If untreated, the consequences can be serious – even fatal. What should parents watch for? Keep your eyes open for these troubling symptoms:

- Disturbances in sleeping patterns – insomnia, or excessive sleep
- Lack of energy – your teen seems tired all the time
- Feelings of guilt and/or worthlessness
- Loss of interest in activities he or she once enjoyed, such as sports, school activities, friendships, etc.
- Difficulty concentrating or making decisions
- Change in appetite – eating significantly more or less than normal
- Withdrawal from friends and family members
- Frequent outbursts of anger or frustration
- Crying for no reason
- Thoughts of suicide

Don't jump to conclusions, but if your child expresses any of these symptoms for a long period – up to six months – he or she may be in need of help. Talk to your child about what you've observed, without judgment, and consult your family doctor to explore treatment options.



## **A new car starts with a Bellco Auto Loan.**

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## Colorado Snake Bite Response: What You Need to Know

### GENERAL FACTS ABOUT COLORADO SNAKES:

More people in the United States die from wasp and bee stings than from snake bites. Moreover, annually reported deaths nationwide from snakebites rarely exceed ten. Most Colorado snakes are non-venomous (nonpoisonous), harmless, and beneficial to people. Still, a venomous snake bite must always be taken seriously and be met with immediate action.

Of the 25 species of snakes in Colorado, the western rattlesnake and the massasauga rattlesnake are the only venomous

species. The western rattlesnake appears in most habitats throughout the state, while the massasauga is limited to the south-eastern grasslands.

All rattlesnakes are born venomous. Before striking, rattlesnakes are typically coiled except for the raised, forward part of the body, and the buzzing rattle. Typically their striking distance is equal to no more than 1/2 of their overall length.

Nearly 25% of rattlesnake bites in humans are defensive, non-venomous "dry bites". A provoked and angered snake, however, might "load up" to be quite venomous, and may also strike several times! Keep in mind that an unprovoked snake doesn't want trouble any more than we do.

### IDENTIFYING NON-VENOMOUS VS VENOMOUS COLORADO SNAKES:

#### Two Common Colorado Residents, the Harmless Gopher Snake and the Dangerous Rattlesnake, are Easily Confused.

The GOPHER SNAKE has a head that is only slightly larger than its slender, glossy body and pointer tail. A frightened gopher snake often imitates a rattler by hissing and shaking its tail. If in doubt, assume it is a rattler and stay away. The gopher snake strikes like a rattler but you can quickly discern its non-poisonous bite from the rattler's venomous bite. The fangless gopher snake has complete sets of small, sharp teeth on both upper and lower jaws, but no fangs. The gopher snake bite will leave two sets of needle-like punctures, following the shape of the upper and lower jaws. The rattler bite will leave two deep puncture marks (sometimes only one fang puncture). Gopher snake bites can be quite painful, and the wound should be cleansed, but this snake has no venom and is harmless.

Rattlesnakes have triangular heads that are noticeably bigger than their thick, dull coat bodies. Their necks are narrow and their tails are blunt with one or more rattlers and, unlike other snakes, they usually move with their tails pointed upward. Rattlesnakes have vertical and elliptical pupils that look like thin lines in bright light. Non-venomous snakes have round pupils. Rattlesnakes have facial pits between their nostrils and eyes.

### VENOMOUS SNAKE BITE TREATMENT

Rattlesnake bites are generally not fatal but must always be treated as a serious event. The signs and symptoms of poisoning often take several hours to develop. Reliable anti-venoms are available at virtually all medical facilities and remaining calm along with proper pre-hospital care usually lessens the toxicity of the bite and resulting tissue damage.

First, remain calm (this cannot be repeated too often) and look for venous bite signs. The bite may appear as a discolored area with two (but occasionally only one) fang puncture marks. Although swelling may take hours to develop, look for swelling and pain in the bite area. Rapid pulse and labored breathing take place along with progressive general weakness that may lead to drowsiness, impaired vision, nausea and vomiting, seizures, or unconsciousness. Not all of these reactions may occur. If the snake bite is not followed by severe, continual pain, it is likely not venomous.

#### Here's the step by step response to snake bite:

- Remain calm and safely get away from the snake.
- Call 9-1-1 (or the emergency number in your area).
- Stay as close to motionless as possible while awaiting emergency help. This will minimize the profusion of venom and resultant harm.

*continued on page 7*

### 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.

Devin C.	13	P/L/S	303-972-4478
Camille C.	17	B/P/L/S	303-904-2576
Justine C.	15	B/P/L/S	303-904-2576
Aaron C.	12	B/P/L/S	303-904-2576
Alyssa D.	14	P	720-981-5021
Corinne D.	16	B*/L/P	720-981-5021
Nick D.	14	P/L/S	303-973-0342
Tessa F.	16	B*/P	303-842-5453
Colton P.	13	B/P/L/S	303-972-4478
Palmer P.	14	B*/P	303-904-8531

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<b>Thurs • WHEAT RIDGE</b> 4252 Wadsworth Blvd. 11 a.m. – 3 p.m.	<b>Sat • SOUTHWEST PLAZA</b> Wadsworth & Bowles 8 a.m. – 2 p.m.	<b>Sun • HIGHLANDS RANCH</b> 9288 Dorchester St. 10 a.m. – 2 p.m.

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Classified ads are \$2.95/line for 2010. Contact **Colorado Lasertype** at 303-979-7499 or [getinfo@coloradolasertype.com](mailto:getinfo@coloradolasertype.com) to place an ad. To view our display ad prices, visit our website at [www.coloradolasertype.com](http://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.

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**Colorado Snake Bites,** *continued from page 6*

- Lie down with the affected limb lower than the heart and keep the limb/bite area immobilized.
- If practical, splint the limb.
- Blanket/cover the bite victim to preserve body heat.
- Remove all jewelry, boots, or other restricting items from the bitten extremity (IT WILL SWELL).
- Apply a lightly constricting band about 2 inches above and below the bite, however never place the bands on either side of a joint (such as above and below the knee or elbow). This band should be made up of wide, soft material, which could be a handkerchief or shredded clothing. The band should only be as tight as the band the nurse applies when giving a blood test. IMPORTANT: The purpose of a constricting band is to restrict lymphatic flow, not blood, so it should not be too tight. Check pulses below the band and readjust it when it tightens due to swelling.
- Wash the bite with soap and water if available.
- If the victim has to walk out, sit calmly for 20-30 minutes to let the venom localize at the site, then proceed calmly to the nearest source of help and try to avoid unnecessary exertion which will stimulate circulation of the poison.

*continued on page 8*



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**Colorado Snake Bites**, *continued from page 7*

- Get the victim to a definitive medical care facility for anti-venom, preferably by a 911 dispatched emergency vehicle.

**YOU CAN DISCOURAGE SNAKES FROM  
MOVING INTO YOUR YARD OR HOME:**

- Eliminate cool, damp areas where snakes like to hide. Remove brush and rock piles, keep shrubbery away from foundations, and cut tall grass.
- Control insect and rodent populations. Put grains in tightly sealed containers and clean up residual pet food and debris.
- To prevent snakes from entering basements and crawl spaces, seal all openings 1/4 inch or larger with mortar, caulking compound, or 1/8 inch hardware cloth. Check for holes or cracks around doors, windows, water pipes, electrical lines, etc.

**SAFE SNAKE REMOVAL**

Snakes may seek shelter in basements, sheds, or crawl spaces in cold weather. If it becomes necessary to remove a snake, several humane methods are available. A good way to remove a non-venomous snake is to sweep it into a large bucket with a broom and then release it outdoors. Damp burlap sacks covered with dry sacks to retain moisture are attractive denning sites when placed along a wall in a basement or crawl space. Check the bags daily and remove snakes with a shovel, then release away from property.

To relocate a venomous (or any) snake off your property contact the Colorado Division of Wildlife at 303-297-1192.

## Graphic Design

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

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

- Business Cards, Advertisements, Brochures, etc.
- Newsletter design and publication for businesses, HOA's, PTA's & 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**

**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).

  
**Foothills**  
Park & Recreation District

# Boo-rific Bash & Splash!



**Friday, October 29**  
**6 - 9 p.m.**  
Ridge Recreation Center  
6613 S. Ward St. • Littleton  
\$4 per child  
Adults FREE!  
303-409-2525

**KIDS Wear Costumes**  
**for safe indoor Trick-or-Treating**  
**& Inflatable Bounce Houses!**  
**Bring swimsuits** (required to enter pool area).

**NOTICE:**  
Children 5 & under **MUST BE ACCOMPANIED IN THE WATER**  
**BY AN ADULT** (age 18 or older) within arm's reach at all times.