



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. 17 No. 01

January 2011

Circulation: 785

Succeed In The New Year With The Right Goals

Is this the year you're going to lose that weight, finish that novel, or get that promotion? It can be. January is the perfect time to re-examine and renew your goals. Here's how to get on track and stay there:

- **Explore your motivation.** How will achieving your goal make you happy, or satisfy your needs? Dig deep. A promotion may mean more money, but what does that do for you? Other related rewards may provide greater motivation to succeed.
- **Know what you really want.** Don't assume that losing weight will change your personality or make you magnetically attractive to the opposite sex. Be realistic about the pros and cons of getting what you think you want so you won't be disappointed.
- **Focus on just one factor.** Instead of a complete makeover, try to improve in one area at a time. Give yourself enough time to make real, sustainable progress. You may not be able to change your personality overnight, for example, but you can become a better listener over time. Then move on to something else.
- **Hang out with the right people.** Make connections with people who support your goals, but challenge you to do more. Or who offer new insights and perspectives. You need to have inspiring people around you.
- **Take risks.** Don't stay in your comfort zone. If your goals are really worthwhile, you'll need to push yourself to try new things. Accept that you're going to feel uncomfortable, at least in the beginning, but get into the habit of challenging yourself.
- **Take charge of your life.** You don't have to do what you've always done, or what everyone else expects. Think about what you really want to achieve, and why. Question your assumptions. You don't have to necessarily reject everything in your life, but start with what's really important to you and go from there.

Take Your Marriage On The Right Course

Comedian Henny Youngman once said, "The secret of a happy marriage remains a secret." Being cynical about marriage is part of a comedian's job, of course. For the rest of us, the secret isn't all that elusive. Here's some common-sense advice for living happily ever after:

- **Commit to the long haul.** Don't commit to a long-term relationship unless you're ready to work for it.
- **Be realistic.** All relationships have ups and downs. Expect good days and bad days, not endless bliss.
- **Respect your partner.** You won't always agree on everything, and some days you may be angry with each other. Just keep things civilized so you don't make things worse.
- **Communicate.** Don't cut your partner off with the "stonewall" approach. Listen to what your spouse needs to say. Express your own needs – your husband/wife can't read your mind.
- **Shut up sometimes.** Know when to end an argument. Even if you're right, winning may not be worth it.
- **Discuss finances openly.** Money problems are one of the most common causes of marital woes. Decide how you'll handle money early on – who's responsible for paying bills, how much savings to hold in reserve, etc. – to prevent surprises and disagreements later.
- **Go out on dates.** Just because you're married doesn't mean the romance is over. Make time for each other so you keep that feeling of connection that makes your relationship vital.



December New Members

Won't you join us?

Johnson, Tollef K. & Mary S.

Columbine Area Preschool

Registration Information
for the 2011/12 School Year

Columbine Area Preschool (Jefferson County Public Schools) located at 5977 W. Elmhurst Ave. in Littleton will accept registrations for August, 2011 at the preschool starting Tuesday, January 18, 2011 and will continue as long as space is available. We offer two, three, and four-day programs of active learning in a developmentally appropriate environment for children ages 3 to 5. We offer 2.5 or 3 hour sessions. Our curriculum, "Tools of the Mind" is endorsed by Jefferson County Schools. Colorado Preschool Program scholarships are available for those families who qualify. A Parent-Child class (2-4 Fun) class is offered one morning a week for children who are 2 years of age by October 1.

When you come to register, please bring a copy of your child's birth certificate and immunization record. You are welcome to visit any time. For information and directions to Columbine Area Preschool, call **Kelly Kennelly** at 303-979-5230.

National Hot Tea Month

Isn't a cold month like January the perfect time for a nice cup of hot tea? Especially when you're striving to keep your New Year's resolution to lose some weight. Some studies have suggested that tea (green tea, specifically) may promote weight loss by increasing the amount of energy spent by the body. But whatever type of tea you drink, enjoy it.

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

Why Eat Your Vegetables?

Not Just To Get To Dessert Faster

Mother always said, "Eat your vegetables." The problem is that too many of us still aren't listening to her. According to the Centers for Disease Control and Prevention, only 26 percent of U.S. adults eat three or more servings of vegetables a day, although current recommendations call for four to five servings. The benefits are significant: Eating the right kind of vegetables in the appropriate quantities can cut one's risk of diabetes, heart disease, kidney failure, and other serious illnesses. What kinds of vegetables should you be eating? Well, all kinds, but here's what you're getting:

- **Fiber.** Beans and other high-fiber vegetables fill the stomach, reducing your cravings for more food while reducing cholesterol levels and improving digestion and regularity.
- **Potassium.** Tomatoes, sweet potatoes, spinach, and winter squash improve blood pressure. They may also reduce the risk of kidney stones and bone loss.
- **Vitamin A.** Carrots, pumpkin, kale, collard greens, and other veggies enhance the health of eyes and skin. Beta-carotene and other carotenoids cut one's risk of macular degeneration, cataracts, coronary artery disease, and stomach cancer.
- **Folates.** Asparagus, black-eyed peas, spinach, and other folates consumed during pregnancy help prevent birth defects, especially to the spinal cord, and help the body form red blood cells.

Westridge Financial Report

Beginning Balance 11/15/10	\$2,180.97
Income.....	\$135.00
Expenses.....	\$0.00
Ending Balance 12/15/10.....	\$2,315.97

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

Rick Scott , President.....	303-979-5852
VACANT , Vice President	
Cathy Pimm , Treasurer.....	303-973-4624
VACANT , Secretary.....	
Chuck Sellers , Board Member	
Kathie Barrett , Board Member.....	303-979-3913

Committees

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

(includes: calendar of events & homeowner covenants)

COHOPE: www.cohopejeffco.com

Advertising: 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 **303-979-7499**, or e-mail getinfo@ColoradoLasertype.com.
website: www.ColoradoLasertype.com

2011 Westridge Homeowners Association Dues

Due January 1st, 2011

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!

CLASSIFIEDS

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

Need help w/ QuickBooks? 720-383-4782

Laughing Butterflies Home Childcare. 6 weeks to 4 yrs old. 5/3/2-day a week programs. State Lic./CPR cert. 303-815-2862.

Bunker's GARAGE DOOR SERVICE
All makes and models serviced. 25+ years experience. 720-334-3295.

\$300 OFF exterior or interior PAINTING!
10% disc. for paying cash up front. Deck staining. Rob, OB Painting 303-986-8198

American Sprinkler and Landscape.
Free estimates. Winterize Sprinklers! asprinkler.com or 720-312-3616.

PARTYLITE CANDLES & Accessories.
See the 2011 catalog on my website.
Contact Jan. www.partylite.biz/jander-by or 303-979-3880.

Companion care. Cooking, light house-keeping, errands, & doctor appts. CPR & first aid certified. Salina, 303-437-2936.

Licensed **CHILDCARE & PRESCHOOL.**
Ages 2-6. Tues-Fri from 7:30am-5:30pm.
Great environment, great care. 303-263-5681.

Highlands Pride Painting- 303-738-9203

Winter **air duct cleaning** and **chimney cleaning** for your home. 720-299-7782.

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

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Fall is great for clean-ups, pruning, mulching and planting bulbs! Call **Property People** 303-997-7392.

Driveway Caulking - Small Concrete Repairs. Avoid Costly Replacement. Ideal Restoration/Sean 720-422-4236.

HOUSE CLEANING. Honest, dependable, affordable. Amy 303-979-7194.

Drywall & Basement Finishing Services.
26 years experience. Gary 303-829-6363

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

The Plush Poodle. All breeds dog and cat grooming. 16 years exper. Near Kipling and Bellevue. Call **Lydia** 720-422-2971.

Small Paint Jobs Only 720-331-7032

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National Hot Tea Month

Isn't a cold month like January the perfect time for a nice cup of hot tea? Especially when you're striving to keep your New Year's resolution to lose some weight. Some studies have suggested that tea (green tea, specifically) may promote weight loss by increasing the amount of energy spent by the body. But whatever type of tea you drink, enjoy it.

Sweat Equity? Not Between Women & Men

It's just not fair. Women have to work harder than men to start sweating when they exercise, and even then, men sweat more efficiently. Research at Japan's Osaka International University and Kobe University studied men and women while cycling in a controlled climate for an hour. As their intensity levels increased, male cyclists perspired more easily than their female counterparts.

Sweating is important to regulating the body's heat. Scientists speculate that less-efficient sweating in women may have evolved as a survival strategy for females, who generally have less bodily fluids than men - slow sweating may have decreased their chances of dehydration in hot climates. Men may have evolved to sweat more freely in order to be productive while working or hunting.



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Call us to ask how to get added to one of the categories above!
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Visit our website for advertising information, ad rates, a map of the HOA newsletters we publish and details about our graphic design services.

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Predicting Divorce: A Look At Some Key Factors

Love isn't a numbers game, but some statistics on marriage and divorce can predict the chances of a rocky road ahead for married couples. Journalist and author Anneli Rufus ran the numbers for the Daily Beast website:

- Women who get married before age 18 have a 48% likelihood of divorce within 10 years.
- Women who want a child much more strongly than their husbands do are more than twice as likely to see their marriage end in divorce as women in marriages where both partners agree on how much they do – or don't – want a child.
- Parents with two sons face a 36.9% likelihood of divorce; for parents with two daughters, the chances increase to 43.1%.
- Men with high basal testosterone are 43% more likely to get divorced than men with low testosterone levels.
- Parents of children who have been diagnosed with ADHD are 22.7% more likely to divorce before the child turns 8 years old than parents of a child without ADHD.

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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