



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>

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Circulation: 785

Etiquette for Flying the United States Flag

Many Westridge residents like to display the U.S. Flag and fly it outdoors, especially around this time of year with the upcoming Independence Day and Labor Day Holidays. The Flag is the symbol of our country, and there are many rules for flying the U.S. Flag, and etiquette for showing respect for that which the Flag symbolizes. Some of the more common rules that should be observed are:

1. The Flag should never be flown in inclement weather (rain, snow, hail, etc.).
2. The Flag should be lit, either by sunlight or other artificial light, but never flown in the dark.
3. The Flag should never touch the ground or any other object.

There are dozens of other rules that can be found on websites such as www.usflag.org or www.ushistory.org.



Garage Sale Day

Our thanks to **Bobbi Peerless** for organizing the annual Community Garage Sale Day. Your efforts are very much appreciated!

New & Renewed Membership

Johnson, Scott

Kelly, Terrin D.

Scott, Richard W. Jr.

Ham, Robert E. & Patricia G.

Peterson, Joseph J. & Bette J.

Senecaut, Shawn & Christy

Aceves, Jose Luis & Maria del Carmen

De Oliveira, Loquin B. & Lucia C.

Scharlott, Andrew W. & Crystal M.

Van Doren, Russell A. & Susan

Williams, Michael J. & Billie L.

Ginther, Michael A. & Cherie M.

Annual Meeting Notes

There was a Homeowners meeting on May 10, 2011 at Westridge Elementary. Suggestions from attendees were:

Select one trash removal company for Westridge and negotiate a neighborhood rate.

A general discussion followed this suggestion and the consensus was that most people did not feel they wanted to be forced to use one trash firm. Many all ready like the firm they currently use and did not want to switch. It was suggested that in our newsletter we emphasize for homeowners to place trash containers out of sight from the front or sides of their homes. They should not be visible from the street or from their next door neighbors.

Organize a neighborhood dumpster day.

Maybe combine it with a neighborhood clean-up day and focus on the lake and creek running east from the lake. Also consider having a way to dispose of old paint, electronics, etc. Everyone agreed that these types of days are always helpful to the neighborhood. However, we need volunteers from everyone living in Westridge for a 3 hour period to man the dumpster. If you are able to volunteer 3 hours to help out, please contact the WHOA board. If we get enough people, we will organize and pay for a dumpster.

Neighborhood Appearance

Concerns came in to the Board on the overall appearance of our neighborhood and the effect on home values.

- 1) Mowing and maintaining the common areas by Jefferson County does not occur enough. In particular, the grounds in the entrance off of Kipling look terrible – those not maintained by the fountains. They need weekly mowing to maintain a good appearance.
- 2) There are still too many cars parked on driveways or in front of homes that are not driven and look in poor shape. This really makes our neighborhood look cheap. Even though many of the vehicles have legal licensing, they still contribute to the disreputable appearance for everyone. Please consider moving your cars in to a parking facility or your back area so everyone does not have to stare at them!



More Kids Complete Judy Susman's 30-Book Reading Challenge!

Judy Susman says congratulations to **Satomi and Lily Kinami, and Morgan, Peyton, Nathan and Joshua Maddox**. Satomi, Lily, Morgan, Peyton, Nathan and Joshua all completed the required 30 books and received free gift cards for their effort. Judy believes that reading is vital, so she encourages kids to get involved in this program. To date, 134 rewards have been earned by Westridge students. 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.

continued on page 2

Annual Meeting Notes, *continued from front page*

- 3) Several homes have old bushes that are hanging over onto public sidewalks. Please trim these back and remove dead pieces.
- 4) Fences – if you have a fence that is falling down, pieces missing, or needs staining/paint, please get them fixed as soon as possible so we can all enjoy a tidy neighborhood appearance.
- 5) Cleaning up after dogs – we continue to have problems with people walking their dogs and not picking up after them. PLEASE be considerate and responsible.

Several people expressed their disappointment that more people from the neighborhood did not attend the HOA meeting. How can we build attendance?

We would like to have your suggestions! What do you think it would take to get more people to attend a meeting and involved in the HOA?

The election of board members took place.

All current board members were re-elected to another term. If you are interested in participating on the HOA board, send us an e-mail or give us a call for review. We can use your help and it requires very little time.

COHOPE Draft Minutes for May 4 Meeting**Special Reports**

Gordon Neuenfeldt, Jefferson County Sheriff, gave the crime overview. There were burglaries at Medical offices. There were unlocked vehicle trespasses. There have been several “bump and run” robberies involving a black Acura and a 6 foot, 230 pound, black male. National Night Out is August 2; the first Tuesday. If you want someone from the Sheriff’s Department to attend a local event, contact Gordon. The next Coffee with a Cop meeting will be at Chick-fil-A at Kipling and Remington on Thursday, May 12, from 9:00 – 11:00 a.m.

The Sheriff’s Department has been giving a PowerPoint presentation on Smart Jeffco at their office the last month. Do we want to see it and what they are doing? Yes, in September.

Xcel Energy has been cleaning up the graffiti on boxes.

Trappers View has not had contact with their local contact in some time. There is a new person. Gordon took down the Trappers View contact information to pass on to the new person.

No one hears the sirens at Bellevue and Kipling. Gordon will check on this.

When is the new substation opening? It will open in late summer or fall. They will be building a parking garage. It will house the Sheriff’s Department, probation, and the Motor Vehicles office from Kipling and Bowles.

Tonight’s speakers were supposed to be Mike Kopp and Jim Kerr. They will not be able to make it.

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Westridge Financial Report

Beginning Balance 4/15/11	\$4,072.57
Income	
Membership dues	\$300.00
Expenses	
CoHope	\$40.00
Jeffco Schools – rent for HOA meeting	\$25.00
Ending Balance 6/15/11	\$4,307.57

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
Cathy Pimm, Treasurer.....303-973-4624
VACANT, Secretary
Chuck Sellers, Board Member
Kathie Barrett, Board Member.....303-979-3913

Committees

NEWSLETTER EDITOR: Doyle James303-973-9458
NEIGHBORHOOD WATCH: Jeff Williams303-904-7315
 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.

Please contact the editor at dwjames@comcast.net to submit an article for the newsletter. **The deadline for news is the 12th of each month for the next month’s issue.** 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.

Deadline for advertising is the 15th of the month for the next month’s issue except for the Jan. issue which is Dec. 6th.

For advertising info, contact **Colorado Lasertype** at **303-979-7499** or e-mail: getinfo@ColoradoLasertype.com

Visit our website at www.ColoradoLasertype.com

National Cell Phone Courtesy Month

Established by etiquette expert Jacqueline Whitmore in 2002, this is a month to remember that not everyone wants to overhear your cell phone chats on the bus, in a restaurant, or in a crowded elevator. And please stay off the phone while driving.

2011 Westridge Homeowners Association Dues

Due January 1st, 2011

Name: _____

Address: _____

Phone (optional) (_____) _____ – _____

Make \$25 check payable to:

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Join us today! Make your voice HEARD!

CoHope Meeting Minutes, continued from page 2**Reports from Officers**

Justin Everett, President, discussed further speakers. He will try to reschedule Mike and Jim in June. He will try to get someone from Denver Water in July. In Aug., we will have our Picnic. In September, we will have the PowerPoint presentation Smart Jeffco. In October, we will have School Board candidates. In November, it is our Annual Meeting. In December, we will have our Holiday Party.

Winnie Burdan, Vice President, was informed that she was re-elected to her position last month.

Ray Moore, Treasurer, gave the Treasurer's Report. We have \$2,179.85. Dues have been coming in. It was moved that we participate in Summerset again this year. It will be held September 16 – 18. The deadline to register is in August. The motion passed. It was moved that we spend \$50 to register. The motion passed. It was moved that we buy balloons again. The motion passed.

Old Business

The figures that Laura Boggs presented last month included building.

Justin will be speaking as himself at the Speaker Bureau over the next few months.

RTD has made progress on the bus stop at Kipling and Bowles.

Jim Kerr's graffiti bill is out of committee in the House. Now it goes to the Senate. We should know how it is doing in 2 weeks.

King Soopers on the southeast corner of Kipling and Bellevue will take a LOT of items for recycling. The recycle area is on the north side of the property.

The Clean Up Day was April 16. It went well.

Take the Hindman Sanchez classes. Check out their website. Sign up for their emails.

Tipsy's received a 7 day suspension.

New Business

There is a hydroponic gardening center going in next to the Hookah Lounge.

At the Neighborhood Resource Center of Colorado web site, nrc-neighbor.org, they are offering 50 micro grants for \$250 each for Roots to Sustainability. Suggested "green" items would include tree planting and composting.

The politicians are working on "Redistricting" for the Congress. The politicians will soon be working on "Reportionmenting" for the Senate. This is due to the population changes from the US Census. We should each look into this so that we can decide next month if we want to take a stand.

The Jefferson County School Board meeting is May 5th at 6:00 p.m. at 1829 Denver West Dr. #27 (5th floor). They will be voting on the Labor Agreement. It is off of I-70 and Denver West, just behind and west of the Marriott. If you care, you should show up. Someone is trying to raise \$900K via donations to continue the Outdoor Lab. There is a lot of good information on studentsfirst.org.

Announcements

The West Metro Fire Rescue's 17th Annual Family Fire Muster is June 11 at Red Rocks Community College at 13300 W. 6th Ave. It is free.

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MARKET ON YOUR CALENDAR**MONDAY • Havana Exchange**

2712-2892 S. Havana St. (Havana & Yale)

10 a.m. – 3 p.m. or Sellout

THURSDAY • Wheat Ridge

4252 Wadsworth Blvd.

10 a.m. – 3 p.m. or Sellout

TUESDAY • Aurora

General Park, 1561 N. Quentin St.

10 a.m. – 3 p.m. or Sellout

Starts July 12, ends October 24**SATURDAY • Southwest Plaza**

Southwest Plaza SE parking lot

Wadsworth & Bowles, Littleton

8 a.m. – 2 p.m. or Sellout

WEDNESDAY • Littleton

Located in Aspen Grove Lifestyle Center

7301 S. Santa Fe Dr.

10 a.m. – 3 p.m. or Sellout

SUNDAY • Highlands Ranch

Highlands Ranch Town Center Square

9288 Dorchester St., Highlands Ranch

10 a.m. – 2 p.m. or Sellout

For more information call the Farmers' Market Hotline

303-887-FARM • www.DenverFarmersMarket.com

Teen Services

To add your teen's name, please email **Colorado Lasertype** at getinfo@coloradolasertype.com 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.	15	B*/P	303-990-4765

Eat The Right Stuff For a Long Life

The foods you eat can make a big difference to your heart's health and your overall longevity. Fortunately, that doesn't mean you can't eat anything tasty or fun. Keep your heart in good shape by choosing these foods the next time you're hungry:

- **Salmon.** Fish like salmon, shrimp, tuna, and sardines are rich in protein and omega-3 fatty acids, which help blood flow. (Be careful of mercury levels of tuna, though, especially for pregnant or breast-feeding women and small children).
- **Oatmeal.** Full of fiber and potassium (as well as omega-3), coarse or steel-cut oats (not instant) can reduce levels of LDL cholesterol and help keep arteries clear. Add a banana for some extra fiber.
- **Nuts and berries.** You may feel like you're foraging in the wilderness, but nuts (walnuts, almonds, and macadamias) along with blueberries, blackberries, and strawberries, can help keep blood pressure down and reduce your risk of heart disease and cancer.
- **Avocado.** Add a little bit to your sandwich or salad, and you'll help lower levels of "bad" cholesterol and increase the "good" cholesterol in your body.
- **Beans.** Lentils, chickpeas, kidney beans, black beans – all are packed with soluble fiber, calcium, and omega-3.
- **Dark chocolate.** Don't go on a binge, but cocoa beans contain flavanols, which can help lower blood pressure and decrease inflammation. Dark chocolate tends to have more cocoa solids, which increase the flavanol level.

National Ice Cream Month

Proclaimed by President Ronald Reagan in 1984 to recognize the popularity of ice cream in the United States. Chocolate, vanilla, strawberry – have a few scoops today!



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Love Bug Day Care – children newborn to 5 yrs old. Before/After school care. Loc. in Westridge. Contact Terri 303-249-7410 or lovebugdc@comcast.net for details.

Andersen replacement windows. Why do vinyl when you can do a Fibrex window for the same price? Jonathan 303-332-9812.

Larry McGarva Custom Stone Masonry. Flagstone patios, natural and faux stone veneers, fire places, entryways & columns. 30 yrs exp. Refs Avail. 303-243-4389.

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American Sprinkler and Landscape. asprinkler.com or 720-312-3616.

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Red, White & You – July 1

Mark your calendars for Foothills Park & Recreation District's annual patriotic celebration on Friday, July 1, 2011 at Clement Park (W. Bowles Ave. at S. Pierce St.). Red, White & You is a free event and starts at 5 p.m. with food vendors, community booths, games and fun for the family. Musical entertainment will begin at 6 p.m. with concert headliner Chase N' the Dream band at 7:30 p.m., followed by a fireworks display at 9:30 p.m. (fireworks launched south of the amphitheater). For more information call 303-409-2626 or visit www.ifoohills.org/rwy.asp.

Summer Entertainment Series, July Concerts

Celebrating 21 years of free concerts – Foothills Park & Recreation District's 2011 Summer Entertainment Series will begin on June 2 at Clement Park (corner of Bowles and Pierce). The 2010 Summer Entertainment Series will showcase a wide variety of free, family-friendly concerts from June-August. For more information call Foothills Special Events Hotline at 303-409-2626 or visit www.ifoohills.org/summer_concerts. July Concerts:

Thursday, July 14, 7:00-8:30 p.m.

The Champions – 80's Cover Band

Saturday, July 16, 6-9 p.m.

Denver Municipal Band Wind Festival "Cannon Concert"

Thursday, July 21, 6:45-8:30 p.m.

6:45 p.m. - Chris Fairbank, opening act

7:10 p.m. - Kort McCumber & The High Road - Americana/Roots Rock/Blues

Saturday, July 23, 6-8 p.m.

Littleton Drum Studio's – Local Talent Showcase

Friday, July 29, 9:30-10:15 a.m. Istari – World Percussion



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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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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.

Costs Have Americans Cutting Back on Health Care

The recession may be easing, but many Americans still face tough financial choices. A report from the New York-based Commonwealth Fund has found that a growing number of Americans ages 19 to 64 are cutting back on health care due to cost. The grim statistics:

- **Doctors' visits.** In 2010, 49 million people (26 percent) didn't go to a physician or clinic for treatment for a medical problem because of cost, up from 23 million (14 percent) in 2001.
- **Prescriptions.** The same percentage of people (26 percent) didn't fill prescriptions for medication.
- **Follow-up.** Forty-seven million (25 percent) didn't return for recommended tests, treatment, or follow-up care.

Pool Parties at Foothills Pools

Cool off at Foothills Park & Recreation District's July pool parties. Admission only \$2 for each pool party. Organized games, activities, food and prizes will be happening at the following locations and times. For more information, call 303-409-2333 or visit www.ifoohills.org.

Saturday, July 9, 11 a.m. - 1 p.m.

Weaver Hollow Pool (12750 W. Stanford Ave.)

Saturday, July 16, 11 a.m. - 1 p.m.

Deer Creek Pool (8637 S. Garrison St.)

Saturday, July 23, 12-4 p.m.

Ridge Recreation Center Pool (6613 S. Ward St.)

Saturday, July 30, 12-2 p.m.

6th Avenue West Pool (400 Holman Way)

Foothills
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