



**The Facts—President / Public Relations / Development: Open**

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**Upcoming Meetings:**

Open Space: Mar. 3, 7:00 pm, 700 Jeffco Parkway, Suite 100  
Board of County Commissioners Every Tuesday at 8:00 am  
Foothills: November 10, 6 pm, The Peak.  
Board of Adjustment: 1st & 3rd Wednesday at 9 am, Hearing Room One, 100 Jefferson County Parkway  
DRCOG: Mar. 16, 6:30 pm, 1290 Broadway, first floor conference rm  
Planning Commission: 1st, 2nd, 4th, and 5th Wed. 6:15 pm, Hearing Room One, 100 Jefferson County Parkway

Calendar for upcoming meetings: **Mar 2 Deputy Neuenfeldt Apr 6 Foothills May 4 June 1**

**In This Issue: Information and Minutes 1-2, Backyard 2-5 Sheriff 6**

**COHOPE Treasury Activity: February 2016**

**W R Moore, Treasurer**

**Beginning Balance February 3, 2016**

**\$ 1626.57**

**Deposits**

**\$ 0.00**

**Withdrawals**

**\$ 171.58**

March newsletter \$5.39

Clement Shelter for August picnic \$140

Website 26.19

**Ending Balance March 2, 2016**

**\$ 1454.99**

**Draft Minutes for February 3 Meeting** Attendance: Diane Suchomel / At Large, Ray Moore & Al Hintz / Kipling Hills, Cheri Paavola / At Large, Bob Ham / At Large, Judy Alliprandine / Columbine Knolls, Mary Parker / At Large, Maureen Sielaff / At Large, Ralph Miller / Columbine Hills Civic Assn., Larry Major / Columbine Knolls South Estates, George Jackson / Williamsburg II, Ann Schul / Foothills Parks and Recreation District, Sue Fenniman / Jefferson County Council on Aging, Captain Al Simmons / Jefferson County Sheriff's Department, .

The meeting was convened at 7:00 p.m. **Diane Suchomel, Vice President**, welcomed everyone.

**Special Reports – Captain Al Simmons, Jefferson County Sheriff's Department**, said that they have been seeing scams such as "grandson calls needing money" or "to get out of jury duty buy a card at King Soopers for this amount". The trend of criminal trespass of motor vehicles (mostly unlocked) continues and occurs mostly between 2:00 a.m. and 5:00 a.m.

What is the status of the Craig's List shooting? They have arrested the second (and final) person.

Ann Schul from **Foothills Parks and Recreation District** was present (as a private person).

No one from Jefferson County Public Schools was present.

Tonight's speaker was **Sue Fenniman, Jefferson County Council on Aging**. She left a handout: "JCCOA Annual Report 2014". She wants to find out what do we think seniors want and need. What we are seeing with older adults that we know; even in other counties.

JCCOA started in 1974. It is the oldest and largest Council on Aging group in Colorado. They meet monthly at the District Attorney's office on the second Thursday. The administrative meeting starts at 1:00 and the general meeting goes from 2:00 - 4:00. They assess the needs of older adults and identify gaps in services. Then they make recommendations to the Jeffco Board of County Commissioners. They also advise DRCOG (Denver Regional Council of Governments). They invite elected officials to the biannual Legislative Forum in Sept. They collaborate with many other agencies.

They have several special committees such as Executive, Legislative, and Colorado Coalition of Aging.

They support Colorado Senior Lobby Day at the Capitol in Mar., Senior's Heroes Awards in May, Senior Law Day in June, Aging Well Summit in June, and DA Safety Day in Aug. The Senior's Heroes Awards are based on Applications from the community. The Heroes get to bring their family and friends to the event. Pictures are taken. Articles are in the paper.

Membership is open to everyone. They want 50% of their membership to be people over the age of 60. There is no cost. All jobs are done by volunteers.

Their budget is provided by the Department of Human Services. It covers phones, computers, postage, and small gifts.

The items needed in our area are transportation, affordable housing, and sensitivity training for people who interact with sen-

iors. It was commented that Light Rail usually starts moving before seniors can get seated. We thought additional needs would be independent living, snow removal, lawn mowing, upkeep of their houses, and helping people keep their pets. For home help, contact Tera Wolf with Human Kind Program at 303-994-1034.

Their website is [www.jeffcocouncilonaging.org](http://www.jeffcocouncilonaging.org).

**Reports from Officers**—Roll Call was taken. We had 10 members present and we have a quorum.

We do not have a President.

**Ray Moore, Treasurer**, was present. We have \$1,626.57. He hasn't reserved the Picnic Shelter yet.

**Cheri Paavola, Secretary**, was present. The Minutes for Jan. were approved with one change. Ralph Miller was in attendance and needs to be added to the list.

**Diane Suchomel, Vice President**, was present.

Property taxes are out. Diane's went up 23%.

At the Jan. 25th Community Meeting, they discussed the rezoning the 2 parcels at South Wadsworth and Columbine Drive. They have proposed 44 detached, 3 story homes with optional rooftop gardens with a maximum proposed height of 45'. The total area is only 3.84 acres. There is only 6' between the homes. The only egress is on Carr St. Neighbors are concerned. At the Feb. 2nd Community Meeting, they discussed the Mini Storage at 7322 S. Carr St. It is an expansion to 224 storage units. There are concerns on how they've operated in the past.

In a follow-up from the District Attorney, if we can guarantee 20 adults, they can send out a speaker on Sexting. It is an adults only presentation.

There is a pre-application for Deer Creek Golf Course. They want to rezone, reparcel and replat. They want 58 homes on the Parcel 2 and 72 homes on another parcel. The builder is Canadian. There is Chapter 11 detail on the website.

5788 S. Nelson, which is southwest of Kipling and Belleview, wants to rezone and plat.

The Planning Commission discussion on the rezoning for Universal Storage at northeast Kipling and Coal Mine has been re-scheduled for Mar. 9th. There are concerns about the height, closeness to the nearby homes, the massiveness of the proposed structure, and suitability for the neighborhood. Also this purpose is not allowed in current zoning regulations. There was a motion that COHOPE write a letter opposing the height. It was moved to table this until Mar. 2nd. The motion passed.

It was discussed that there is too much storage in our area. This is not true. It is 90% full and fills up in the summer.

There is no new status on Fun City property. The West Littleton Neighborhood Health Center proposal is for stand-alone ER and medical office building

CVS Pharmacy is still in the works. (SE corner of Kipling and Bowles)

Construction on the Auto Parts store at Sims and Bowles started about a month. It is north of Rite Aid.

There is a car dealership being built south of the Walmart Super Store.

The development at Wadsworth and Coal Mine is still in the works. They plan a 7-11, tire store, and auto store.

The Walmart store at Wadsworth and Bowles is gone.

Trader Joe's will open in April where Staples used to be.

**Old Business** The position of President for COHOPE is still open.

**New Business** None.

**Announcements** Our speaker on Mar. 2nd will be from the Jefferson County Sheriff's Department.

We adjourned at 8:11 p.m.—*Cheri Paavola, Secretary*

## THE BACKYARD

### *Columbine Hills News*

**From President's Corner** Neighbors, Brrr, I'm weary of the cold weather – my bones won't warm up for a few months yet, can you identify with that? We just enjoyed our second annual chili cook-off; thanks to those of you who participated. There were several local businesses who contributed prizes for the winners: Karen Otto, The Postal Center, Starbucks, Panera Bread, Elvis Kipling Cinema, The Lighthouse Salon and the Hogback Restaurant. Please visit these establishments and complement them for their neighborhood participation. The turn-out wasn't as big as last year, but those who did come down to the park had a great time. Big shout out to CHICA board members who donate their time and effort to make an event like this happen. I'm sure you know events don't just "happen"; we have good people who make events happen.

Speaking of cold weather and snow – please be considerate and timely with keeping those walks shoveled. I'm sure you know that the county requires that walks be cleaned within 24 hours following the last of the snowfall. It seems like the offenders I notice are often the folks with corner lots. I understand it's more work [I used to live on a corner lot] to get it done; we have students who advertise in our newsletter who want that work, and our Neighbor Helping Neighbor initiative is there to assist you in tasks like that. There really is no excuse for not getting walks cleaned off in a timely manner. If your neighbor doesn't have their walks cleared – be a good neighbor and go over and shovel their walk – it's a good neighbor policy.

You should get a letter from us through the mail very soon notifying you of our 2016 membership drive. Please don't just automatically discard the letter. Take out the form, fill it out and send it in. Honestly folks, \$25 per year is not that much of a burden for all that is done by the CHICA board for you. The hayride sets us back \$700, the dumpster day costs us upwards of \$900, we paid for plants in the Xeric garden etc. Of the 1300+ homes in Columbine Hills typically less than 25% of households will pay to join the Civic Association. We need more members and we need members who are civic minded to take part in our

community. Remember, be the kind of neighbor you wish you had.—*Randy Montgomery, CHICA President rmontgomery@frcs.org*

**From 2016 January Board Meeting** Meeting was called to order at 9:15 a.m.

Officers present: Randy, Pat, Don and Michaelle

Board Members Present: Kelly, Ralph and Jennifer

Community Members Present: None

Treasurer's Report: Presented by Pat Miller Moved to accept: Ralph Miller Seconded: Kelly Goodbar

Old Business: Membership renewals are beginning – Envelopes and renewals are starting to go out for 2016

Additional business: dumpster day – lamp post buried in bush – Randy following up on site line violations

New Business: Newsletter: Minutes will be reviewed at March meeting for Dec, Jan and Feb

Chili Contest: Jan 23rd

2016 Events: Board will meet on Jan 16th to start working on the calendar for the year.

New Additional business – Looking into doing a hay ride in the summer

Meeting adjourned at 10 a.m.

## Columbine Knolls South II REVIEW

**From President's Corner** The Annual Meeting of the Columbine Knolls South II Homeowner's Association was held on January 12, 2016. We had a nice turn-out of 32 neighbors! The purpose of the meeting is to vote new members to the Board of Directors and review and approve the CKSII 2016 Annual Budget. The membership approved the 2016 Annual Budget and elected Jennifer Blake, Robert Sudar, Pam Horiszny, Larry Opperman and Bob Haberkorn to serve a two year term on the Board of Directors. Completing the second year of their two year term on the Board of Directors will be Debbie Opperman and Bob Pellegrini. Barb Steward will continue as the newsletter editor and Greg Steward will continue his duties as webmaster. The Social Committee, consisting of Jennifer Blake, Bob & Stephanie Haberkorn will be planning for the Holiday Hayride Community Event. The Landscape Committee, consisting of Bob Pellegrini, Stephanie Haberkorn, Jay Seifert, Gretchen Moore, Joan Weyhmiller and Curt & Darla Ehli will be busy maintaining the gardens at the entryway on Chatfield and Yukon. The Welcome Committee of Jennifer Blake and Stephanie Haberkorn will be focused on providing welcome baskets with neighborhood information for those new to the neighborhood. A special thank you goes to all of the volunteers that have agreed to help make this a successful year!

The Columbine Knolls South II Board of Directors will have a full agenda to address at the regularly scheduled meetings during the upcoming year. This will include: Approval of ACC requests; Ongoing enforcement of the HOA covenants through our property manager and attorney; Managing the CKSII Association approved budget; Communication through the monthly newsletter; Maintaining the website; Scheduling and marketing CKSII Community Garage Sale; Working with Waste Management to plan the large trash pick-up day; Recruitment and engagement of new members; Planning and implementing the Holiday Hayride; Maintaining the gardens at the entryway on Chatfield & Yukon; Decorating the entryway on Chatfield & Yukon for the holidays.

As always, we can never have too many volunteers. Please contact me or any board member if you are interested.

—*Jennifer Blake, President CKSII HOA*

**From Annual Meeting Minutes from January 12, 2016**—Call to Order: Verify Quorum - 28 members represented / 28 required for quorum.

Introduction of Board Members: Jon Brouillet, President, Jennifer Blake, Vice President, Robert Sudar, Secretary, Debbie Opperman, Treasurer, Bob Pellegrini, ACC Committee Chair, Steve Kalney, Member at Large, ACC Committee Member, John Schutt, Member at Large, ACC Committee Member.

Treasurer's Report / Budget Review and Approval: 2016 Proposed Association Budget Review and Approval: The proposed 2016 budget was reviewed by Debbie Opperman and compared to the previous year's 2015 annual budget. A motion was made by Greg Steward to approve the 2016 Budget as presented. The motion was seconded by Jon Brouillet and passed unanimously.

Election of Association Board of Director Members: There are four scheduled openings on the board for the 2016 year and 1 vacated spot due to Jon Brouillet moving out of the neighborhood in the middle of his term. Jennifer Blake and Robert Sudar volunteered to be candidates for an additional term. Pam Horiszny, Larry Opperman, and Bob Haberkorn also volunteered to be candidates. As there were no other nominations for the Board, Greg Steward made a motion to close nominations and the 5 candidates be approved to the HOA Board. The motion passed unanimously.

Additional Volunteer Opportunities: Jon explained the duties of the various board committees while asking for volunteers in 2016. Those sign-up sheets were passed around and anyone else interested in the position can call or email Jennifer Blake for more details or to sign up.

Social Committee focuses primarily on the Holiday Hayride and possible other activities in the year. Landscape Committee keeps the Yukon entrance from Chatfield looking good. Usually this consists of clearing weeds, planting new flower beds, clearing pine needles, and occasional weeding and dead-heading.

Welcome Committee puts together and helps deliver welcome boxes for new owners in the neighborhood with refreshments, parks information, and other neighborhood goodies.

Meeting adjourned at 7:30pm

## Columbine West Civic Association Newsletter

*From A Moment With The Board* The January 12th CWCA meeting of volunteers was at Dutch Creek Elementary, business was conducted as usual. The meeting was lively and constructive. The calendar of events has begun to be set, which includes dates for Community Garage Sale, Dumpster Day, NNO & FREE Swim nights. Continue to watch the calendar unfold this year. The community entrances are in need of some tender loving care. Do you have a green thumb? Do you have some time to invest back into the neighborhood? Would you like to head up some garden work days? Give us a call or email if you would like to get your hands dirty. New homeowners will soon be receiving Welcome Bags filled with useful information pertaining to the neighborhood and the community at-large. Take a look. The Board is working hard to encourage new volunteers to step forward and help the community efforts. Currently we have a few newsletter routes OPEN and are in need of volunteers. Please call 303-904-8218 if interested. The newsletter remains the most important way of notifying neighbors about community events, while Nextdoor.com network has proven to be an effective way to remind Columbine West neighbors on upcoming events too. If you have questions, feel free to call the voicemail line or email CWCAtalk@gmail.com. Remember if you have any suggestion of ideas, call the voicemail, drop an email, just contact us. Look forward to hearing from the community. Residents are encouraged to attend any monthly meeting the next one is February 9 th, 2016 at 7:00 p.m., Dutch Creek Elementary, second Tuesday of the Month.

## The Leawood Reporter

*From Leawood Civic Association Minutes January 6, 2015* At the first meeting of 2016 the board members in attendance were Mike Shaw, Richard White, Paul O'Connor, Debby Baker, Rhonda Eveleth, and Nancy Bock, with, Danielle Von Feldt attending as a resident member. Mike Shaw confirmed he is not running for President again in 2016. Heather Hanley has also decided to step down from her position as Secretary. Currently there are no board members that have expressed firm interest in running for President or Secretary.

The bylaws require the president to have been a board member for at least 1 year prior to election.

The annual LCA election meeting will take place on Wed February 3rd at Leawood Elementary at 7 p.m. General discussion took place regarding the upcoming election and moving forward without a president or secretary and how the board could fill those roles and responsibilities if needed. All members and residents may attend and run for board member and other positions as permitted by bylaws and board established rules.

It was decided that all future LCA Board meetings for 2016 will occur on the 1st Wednesday of each month unless scheduling conflicts arise. Heather Hanley will submit the paperwork to Leawood elementary

The board reviewed the past events of 2015, established dates for 2016 events, and assigned event coordinators where applicable. Rhonda will continue to coordinate the summer front yard parties. Debby will continue with the Easter Egg Hunt. Nancy will oversee the LCA Scholarship and help out with Santa party. Additional roles and responsibilities will be discussed and assigned after the election.

General Business: Rhonda will buy the gift cards for the winners of the neighborhood holiday lighting contest and distribute to the winners. Mike will train Debby and Paul on the use of the website for emailing, calendaring, posting new articles and using other features.

The 2016 membership drive was discussed. Banners will go up in March, Rhonda will work on getting mailers out in April and Mike will do the web setup for processing memberships. Paul will continue to manage the membership data on the website.

Meeting adjourned at 8:20 p.m. These minutes were approved by email on January 18, 2016.

*From Leawood Metropolitan Recreation and Park District Minutes January 13, 2016* The meeting was called to order at 6:39 p.m. at Leawood Elementary School Teacher's Lounge by President Kyle Sargent. The following Directors were present: Vice President and Secretary Linda T. Smith, Treasurer Donna Snyder, Retiring Director Mibby Luedecke, Designated Election Official Debby Baker and Parks Manager Dave Padilla. Residents Mike Arnold and Jennifer Dawe were also present.

**Public Comment** - Interviews for the open Board position took place. Mibby will be resigning as of the January meeting. Information had been provided in the Reporter about the pending open position. Jennifer Dawe and Mike Arnold had indicated their interest in the position. They both presented their experience and reasons for wanting to be considered for the open position. After the conclusion of the business of the meeting, each candidate's qualifications and characteristics were discussed. After a lengthy discussion, Donna moved to appoint Jennifer Dawe to the open Board position. Linda seconded and the motion passed unanimously. Her board term will expire in May, 2018, and at that time she will be up for election. We welcome Jennifer to our Board.

**Treasurer's Report** – Donna submitted the Treasurer's Report. Again, we received a small amount of ownership tax income. There still seems to be some outstanding property taxes for us to receive. Invoices for the month include: United Site Services, FICA taxes, Dave's invoice and reimbursement to petty cash and snow removal invoice, doggie bag vendor, Waste Management, Denver Water, Excel, Special District Liability insurance, and our share of costs for the newsletter to the LCA for August 2014 thru January 2016. Mibby moved the Treasurer's report be received and bills paid. Linda seconded and the motion passed. Donna has chosen a new auditor and information will be forwarded to him.

**Parks Manager Report** - Dave received information on the purchase of a new ATV. There is no rush to purchase it right away and Dave will let us know when he needs to do this. Dave had a meeting with Toni at Southwest Metro Sanitation District related to the unresponsiveness of their contractor to repair our sidewalks. Good weather has long passed and Dave is totally frustrated with the lack of work done. He suggested Southwest Metro cut us a check for the work so we can have it done before

the Spring.

A lot of Dave's time was spent on the many snow events. He has a process in place to add sand to the walks in Raccoon Park after he plows there. The lack of sun and the problem with the quality of the available wear bars for the ATV caused some concern about ensuring that there is little ice on the trails. Doggie bags were replenished in all parks and trash taken to our dumpster. THANK YOU Dave for taking such good care of our snowy walks. We are truly lucky to have our walks cleaned so quickly after it snows.

**Correspondence** – Donna sent confirmation to the Colorado Lottery that we would like to continue receiving lottery income for 2016.

**New Business** – Resignation of Mibby Luedecke - With regret we accepted the resignation of Mibby Luedecke. She has been an entrusted member of our Board for eight years. Her insight and hard work has helped us advance our park's beauty. Mibby, we will miss you. She has agreed to mentor Debby in the election process this year.

**Elect Designated Election Official for the May 3, 2016 election**—Mibby moved to elect Debby Baker as our Designated Election Official. Linda seconded and the motion passed. We have three Board members up for re-election in May, 2016. Debby will prepare the Call for Self-Nominations for public notice. It will appear in the Columbine Courier in the next few weeks. If you have questions, please call Debby.

**Documents to Colorado Department of Local Government (DOLA) and Special District Transparency Information** - Linda filed the Special District Transparency document with the Special District Association as per Section 32-1-809, Colorado Revised Statutes. Also a notice was sent to DOLA, County Assessor, County Treasurer and County Clerk and Recorder related to our current contacts as required.

The meeting was adjourned 8:40 p.m.— *Linda T. Smith, Vice President and Secretary*

## Woodbourne

**From Note From the Board President** The December Board meeting was held on December 16, 2015, and the January Board meeting was held on January 20, 2016. Since the December meeting was held after the printing of the January newsletter, information from both meetings is summarized here.

Here we are in February of 2016. Next month we have the Annual Easter Egg Hunt, and we hope that all of you will join in the fun.

As I was walking the other day I saw a red fox walking down Owens Street. As we get into Spring, it is important to remember that we do share our space with wild animals. While they bring enjoyment to our lives and make for fascinating watching, we also need to keep an eye on our domestic pets.

Please note that the resource page for the Woodbourne HOA has moved from [www.MSIHOA.com](http://www.MSIHOA.com) to [www.wbo.msioha.co](http://www.wbo.msioha.co).

You read that right; it is a ".co" address and not a ".com" address.

Finally, we are changing the Internet provider at the clubhouse from CenturyLink to Comcast. Once this is complete anyone who is a Comcast customer will be able to sign in with a valid Comcast account and surf the Internet either from the pool or from the clubhouse.—*James Meyer, Vice-President*

## Williamsburg II News

**From President's Message** Welcome February!!! We survived January, with its post-holiday blues and seemingly endless days. More daylight and the prospect of warmer temperatures on the horizon, Spring can't be far away!

The annual membership drive is off to a good start and it appears many of you like the addition of the online payment option utilizing PayPal. If online isn't your thing, then please use the envelopes you received in last month's newsletter. Regardless, please remember to submit the nominal amount of \$35 and continue to support your community. Those dollars not only fund necessary expenses but also support community events sponsored by the HOA. See related article for more details.

In other news, the departure of two board members was announced at our January board meeting. Sharon Erickson, board member and Secretary, is stepping down. Also, I too am resigning both as President and as a board member. This will be effective after the Annual Meeting in March. Our decisions include personal reasons, but also, this was really the plan of action when several members left the board in July of 2014. At the time, the board had given consideration to dissolving due to a lack of community interest and support and the fact that new volunteers were not stepping up. However the community responded rather enthusiastically that this wasn't what they wanted. Several members who had served well over 10 years departed and the board was seated with some new faces to move the board forward. Sharon and I agreed to stay on for a period of time while the new board members became familiar with the duties and activities the board administered. And so it's now time to move on. Of course, new volunteers will need to come forward to fill these open spots. Hopefully the community once again responds in the positive manner in which they did some eighteen months ago and a few folks will step up to the plate.

Williamsburg II remains a great community in which to live. Thank you to all who contribute, cooperate and work hard to keep it that way. "Like" us on Facebook! — *Mike Eppers*

**Alcohol Intoxication - When to call for help by Sheriff Jeff Shrader** You're sipping your soft drink and yawning into the wee hours until last call. You have the car keys and know the best route home. You have offered to be the designated driver because you are the responsible one ready to take action when, and if, things go awry. But what can go wrong, you think?

The answer is plenty! Intoxicated people often engage in a wide variety of risky activities, such as driving, antagonizing



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The Wednesday, March 2nd meeting will be at 7 pm at the Sheriff's South Service Center (11139 Bradford Rd). The speaker scheduled is Deputy Sheriff Gordon Neuenfeldt of the Jefferson County Sheriff's Department. He will speak on Crime Prevention issues.

others or damaging property. While you can be trusted to ensure your companions' safety, what will you do if a situation gets out of hand? Would you know when it is time to seek help from either medical personnel or law enforcement?

**When to call an ambulance** Alcohol is a toxin and if used to excess in a single occasion, can lead to alcohol poisoning. Alcohol poisoning can be life-threatening and is an emergency situation that requires immediate help from medical professionals. Do not be afraid to seek medical attention for an intoxicated person, even if there may be legal implications such as underage drinking and possession charges. An unconscious, intoxicated individual needs immediate medical attention. If left lying on their back, they could suffocate on their vomit or their tongue could block their airway. Putting the person in the recovery position (lying on their side, mouth downward) will help keep the airway open.

Call an ambulance or seek medical attention if the person: Cannot be awakened or is unconscious; Has irregular, shallow, or slow breathing; Has irregular, weak, or slow pulse rate; Has cold, clammy, pale, or bluish skin; Is continually vomiting; Shows signs of a possible head injury (vomiting, talking incoherently); Has seizures; Is delirious, or in a state of confusion, and is hallucinating; Has convulsions; Has blackouts.

Once medical help arrives, it may be beneficial for a friend or family member to accompany the intoxicated person to the hospital, as they might be able to provide relevant information about the person to medical personnel.

**When to call law enforcement** An intoxicated person is more likely to get into dangerous situations, and helping the intoxicated individual can be challenging. The person may be confrontational, argumentative and uncooperative. While it is important to help an intoxicated person stay safe, the first priority must always be your own personal safety. Never put yourself at risk. Remain as calm as possible and try to de-escalate the situation. If the person's aggression escalates out of control at any time, remove yourself from the situation and call for emergency help. When calling law enforcement try to relay whether you believe the aggression is related to a mental health problem, or if the person is armed with any weapons.

**Tips on de-escalating an intoxicated person:** Speak to the person slowly and confidently with a gentle, caring tone of voice; Do not respond in a hostile, disciplinary, or challenging manner; Do not argue or threaten, as this may increase fear or prompt aggressive behavior; Consider taking a break from the conversation to allow the person a chance to calm down.

If it is your friend who is behaving in an unsafe way, intervening can be awkward. But again, your safety, and ultimately theirs, is at stake. You have a right to speak up if you feel that someone is acting in an inappropriate way. If there is danger or if you are unsure what to do, err on the side of caution and call 911. Don't let yourself become a part of something tragic!

We're all in this together. If you find that your friend repeatedly drinks to the point where they are unable to care for themselves, making decisions with poor judgment, or acting aggressively, it may be time to think about your own boundaries and limits. When your friend sobers up, talk about your concerns to hopefully help them determine if additional professional help is needed.

Alcohol Abuse Resources: Alcoholics Anonymous 303-322-4440, Al-Anon 303-321-8788