

Serving the Heather Ridge Metropolitan District communities of Burgundy, Chimney Hill, Cobblestone Crossing, Cobblestone, Country Club Ridge, Double Tree, Fairway 16, Heather Ridge South, Strawberry, and Sausalito



VOLUME 4 | ISSUE 5

May 2014



NO TRESPASSING

signs are now posted throughout the golf course open space.

See story on page 4

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HEATHER RIDGE METRO MATTERS MAGAZINE 350 Oswego Court Aurora, CO 80010 bmcconn202@aol.com

Heather Ridge Metro Matters, May 2014



Heather Ridge Renaissance

Four and 1/2 years ago we were an assortment of disconnected neighborhoods surrounding a private country club and golf course. Today we are one of the metro areas most successful golf course communities. It's been an interesting transition, and not without its growing pains, ups and downs, and occasional missteps, but the Heather Ridge Community, and the golf course are now experiencing a real renaissance. Our property values are on the rise and the golf course is paying its own way.



Living in a golf course community has lots of

pluses and a few minuses. Yes there is an occasional stray golf ball, or stray golfer, but mostly there is the great view of open space, neatly manicured fairways and greens, and wildlife on the ponds. Further, a successful golf course operation provides peace of mind in the knowledge that my view won't be obstructed by some new 10 story high rise condominium project being built outside of my back door.

To continue enjoying all of the benefits that golf course living has to offer, golfers and residents alike have to play by the rules. That starts with respecting each other's rights and boundaries.

That means golfers respect residents rights and boundaries and residents respect golfers rights and boundaries. Rule # 1 for residents, during operating hours (roughly 8 am-8 pm), golfers have the right of way on the golf course. During these hours the golf course is just not a safe place to walk, jog, or play for Heather Ridge residents and families. Now for the golfers, Rule # 1... don't use trees and bushes as public urinals and respect the rights of property owners by paying attention to the white out of bounds stakes on the golf course.

It takes a little patience and tolerance, but the reality is we need each other to preserve the Heather Ridge way of life. The golfers who pay to play here are key to preserving that way of life. Please see related story on page 4.

Barry McConnell Publisher

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On the Cover

Noonan's Events Center Contact Haley Neal, Noonan's Event Center Coordinator, 720-246-0304, HaleyN@noonanssportsbar.com

Heather Ridge Metropolitan District

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Heather Ridge Golf Club 13521 E Iliff Ave Aurora, CO 80014 303-755-3550 www.golfclubatheatherridge.com

United Associations of Heather Ridge (UAHR) President, Amanda Milstead www.uahr.org

Heather Ridge Neighborhood

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No Trespassing Golf Course Signs Are Up!

As discussed repeatedly last year, nonplaying golf course walkers can and do diminish the golfing experience at Heather Ridge by disrupting play – it's the number one complaint by golfers. The golf course is a selfsustaining business not supported by Metro District property taxes – it must be profitable or face a potential shut down; and if it shuts down, the cost of maintaining and caring for the District land as open space and its structures will directly become a new District taxpayer expense.

This scenario has been conclusively studied and higher property taxes would be needed to generate the revenue necessary to maintain the area as "open space" as opposed to a golf course. In fact, the Heather Ridge Metro District mission statement begins as follows – "Saving the open space best used as a golf course."

Because the golf course is a business that depends on golfers for its survival, it is in the best interest of the Heather Ridge Metro District to maximize golfer satisfaction. Therefore, NO TRESPASSING signs are now posted throughout the golf course open space.

The severity of trespassing is best explained by examples: during golf play, walkers have crossed over or walked down fairways exposing themselves to being hit or disrupting play; or, treating the golf course as a park by picnicking or staging family portraits next to greens or ponds. Last year, one family watched as their kids played with toys in a sand trap next to #18 green.

Other problems include non-play and non-paying golfers practicing on the course – their practice sites are scarred with divots and greens pummeled with dimples. And recently, a world cup soccer match broke out on the 15th fairway supervised by an adult. The resulting course damage detracts from the intended use of the property as a golf course, and it adds unnecessary repair expense leading to a decrease in golf revenues as golfers tend to shy away from playing at courses suffering from diminished conditions.

In order to protect the golf course



asset only authorized personnel are allowed on it. The NO TRESPASSING signs are needed for notification and enforcement. Violators will be respectfully asked to vacate the course, but uncooperative or belligerent trespassers will result in the police being summoned to remove and deal directly with the trespassers. No one wants that, but as the examples show, some people are oblivious to their surroundings, don't respect rules, or simply don't care.

> Van Lewis HRMD Vice President



Heather Ridge Metro Matters, May 2014

Happy Mother's Day — Times Seven!

Burgundy resident McKowen is Joyce really blessed. Good health, good looks, good neighbors, a great sense of humor, 7 children, 14 grandchildren and 22 great grandchildren.

All of Joyce's children live in close by, and six live right here in Aurora. Born in Manhattan, Kansas, in 1926, Joyce moved with her parents to Colorado Springs in 1932. She is a graduate of Colorado Springs High School, and spent her teenage year's fine

tuning her ice skating skills at the Broadmoor Ice Palace. Joyce met



her husband at Buckley Air Base just summer at Aurora Reservoir. as WWII was ending in 1944. After

marrying in 1947 the two enjoyed two tours of duty in Germany and one in Taiwan and raised seven children during their 23 years of marriage.

Joyce enjoys living at Burgundy overlooking the 13th green; reading juicy novels; going to family parties and weddings; and eating coconut shrimp at Outback Steakhouse.

Joyce is looking forward to her next family picnic this

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Heather Rid Communit Garage Sal June 13-14		G	weanesday	1 6 pm Fairway 16 Board Mtg, Clubhouse	2	3
4	5 Double Tree Board Mtg., (Bi-Monthly) Contact Alethia	6 Women 9-Hole Tournament Play	7	8 7 pm Burgundy Board Mtg Clubhouse	9	10 8 am Men's Golf Point Par
11	¹² 6 pm Cobblestone Crossing Board Mtg., 3033 S Parker Rd #320	13 Women 9-Hole Spring Pot Luck	14 6:30 pm Sausalito Board Mtg Heather Ridge Golf Club	15 Metro Matters Deadline	16	17
18	¹⁹ 7 pm Country Club Ridge Board Mtg Noonan's 19th-Hole	20 7 pm Strawberry I & II Board Mtg Strawberry Clubhouse	²¹ 6:30 pm Chimney Hill Board Mtg, Noonan's 19th-Hole	22 6:30 pm Ward IV Mountain View United Church 10700 East Evans Avenue	23	24 8 am Men's Golf Individual Gross/Net
25	26	6 27 6 pm 28 Cobblestone Board Mtg Noonan's 19th Hole 6:30 pm – HRS Board Mtg. HRS Clubhouse		29	30	31

May 2014

Why FHA Matters to Heather Ridge

FHA loans are critical to the good economic health of Heather Ridge. History shows over one-third of Heather Ridge homes sales are FHA, so if you live in a condominium community that doesn't have FHA Certification, then you are at a disadvantage buying, seller, or refinancing. This could also affect VA loans since the two government mortgages sometimes act in tandem.

Only condo communities need FHA Certification, whereas planned unit development (PUDs) for traditional townhome styled units are exempt. And why you ask? The answer is ownership rights and restrictions embedded in legal descriptions and declarations. If you are unsure what your community is, please read your unit's legal description looking for the word 'condominium'; and if you see it, then you are one!

FHA offers unique features not found in conventional loans, especially firsttime buyers or buyers with income/ credit score issues. Here's a quick list of FHA advantages published by Bankrate.com:

- Government insured loans provided by private mortgage companies under license to do so;
- Easier qualification given credit scores, financial circumstances, or special conditions;
- Only a 3.5 percent down payment, which can be borrowed from family or funded by grants;
- Allows sellers, builders, and lenders to pay some of borrower's closing costs;
- Not all FHA loans are the same FHA only insures and private lenders lend. Costs can vary;
- FHA requires two forms of mortgage insurances rolled into and part of the loan;

- FHA loans allow for home purchase improvement costs up to \$35,000 rolled into loan;
- Lenders more flexible if borrower defaults or undergoes economic hardship.

Out-of-Balance Condo-Apartment Markets

An out-of-balance condo-apartment market helps Heather Ridge real estate values. In past economic recoveries, metro Denver's real estate construction included a balanced mix of condos and apartments, but not now. Metro Denver will see a record number of new apartments in 2014, but only a small number of new condos.

The reason could be Colorado's construction defects laws deterring development. Many metro mayors and the Denver Regional Council of Governments are calling for reasonable legislative reforms to increase owner-occupied multifamily housing vs. apartments. This is particular important near transitoriented light-rail sites where the benefits of home ownerships far outweigh apartments.

Enacted and modified over many years, Colorado's Construction Defects Action Reform Act (CDARA) may have made it too easy for individuals or HOAs to sue their builders for construction defects. Presently, only two property owners can initiate a lawsuit against a builder without arbitration or ability to correct options.

Nationwide, large metro areas traditionally similar to Denver's size

and economy report that 20 to 25 percent of new housing construction is condominiums; however, Colorado cities are seeing only two percent condo construction contrasted to gargantuan apartment growth. There are now 34,000 units under construction in metro Denver, but only very small portions are condos or townhome projects.

In comparison, our 2006-2007 metro market was 26 percent condo construction. Today's shortage of condo construction is putting a strain on existing condo prices, especially near light-rail public transportation stations. Heather Ridge property owners should disproportionately benefit from today's real estate market by virtue of its location (I-225, hospitals, light-rail, shopping, etc.), its open-space golf course, and its

"Heather Ridge property owners should disproportionately benefit from today's real estate market . . ."

Metro District leadership.

As a case-in-point about Metro District leadership, it is now involved in the developmental process for the proposed storage center at the abandoned 3-level garage next to I-225 and Iliff Avenue exit. A developer has submitted a proposal to Aurora, yet city officials have delayed processing arguing for other uses. The Metro District supports the proposed redevelopment as "the highest and best usage" for a decades old eyesore, and as of this date the city is moving forward on approval. Given its redesign and complementary new exterior to surrounding buildings, a storage center makes perfect sense and cents for Heather Ridge condo owners and residents.

Van Lewis HRMD Vice President





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Pete Traynor Double Tree 303-877-9538 Pete Traynor@ReMax.net

The Speed of Today's RE Market!

Everyone is talking about how good the metro Denver real estate market is, but the question is not so much why, but how? How is the market moving faster and better than in past years? Pete and Van have the answers!

Technology is driving the real estate industry with new MLS systems, electronic contracts, and portable information devices. Combined with an expanding economy, homes appear to be flying on and off the market.



Van Lewis Heather Ridge South 303-550-1362 van@vanlewis.com

The new MLS system is open to the public through agents and other MLS sites (REColorado.com). However, non-MLS commercial sites

(Zillow, Trulia, etc.) can have dated information, so it is best to use the MLS. The Internet has revolutionized real estate leaving behind those weekly MLS books the size of Cleveland used as door stops. The new MLS Matrix system allows up to 35 high-resolution color photos or a Virtual Tour video; and the public has full access to see Public Records, maps, and other data.

The new MLS has an added communication/marketing feature whereby agents can connect clients to "live-action" MLS reports as inventory becomes available, goes under contract, or changes price-terms-conditions. This allows buyers and sellers to see their market place in "real time" when to list or buy. It is breakthrough technology and very easy to use. Call Pete or Van to enroll today.

The "live link" means that when the right house hits the market, agents and buyers will immediately know about it. In the past, consumers had to wait until agents searched and send emails or PDFs, sometimes hours or days too late to react. With today's MLS, consumers can be ahead of their agents in knowing what's for sale, under contract, or a change in terms.

The second big change is electronic contracts. Yes, the old "wet" contracts are still available, but agents not using eCTM contracts will quickly fall behind. The eCTM contracts are a technological marvel allowing consumers to execute contracts anywhere. An added feature educates signers by clicking on any part of a contract for dropdown explanation boxes.

Those two new technologies combined with laptops, iPads, and other smart devices allow access and reaction to the real estate market at the speed of a click. For example, Pete and Van recently listed a home in the Heather Ridge Sausalito neighborhood, putting it on the market at 10 am in MLS. Nearby at Panera's Restaurant an agent was sitting with a buyer wondering what to look at next. The new listing popped up on the agent's iPhone, they showed it at noon, wrote an offer by 2 pm, and the seller accepted it by 5 pm. What makes this story relevant is the buyer had lost out on previous offers and was ready to buy when the right property popped up.

Pete and Van are your Heather Ridge experts, your real estate experts, and your neighbors. They are deeply involved in

Van Lewis: Re/Max Alliance — 303-550-1362; van@vanlewis.com Pete Traynor: Re/Max Masters — 303-877-9538, PeteTraynor@ReMax.net

PLEASE REMEMBER DON'T LEAVE HOME WITHOUT THEM.

their HOAs, the Heather Ridge Metro District, and the City of Aurora citizen committees. Yet, they hope to earn your trust and business not by shouting their skills and professional accomplishments from the roof tops, but by quietly and professionally showing you how much they care about you your family and your home. *Remember, never leave home without them!*

(The Following Properties May Have Been Listed or Sold by Other Companies)

Homes Sold From March 15 through April 16, 2014

НОА	SoldPrice	No.	Street	Be/Ba	SqFt	Sold Terms	Concess	Seller Type
Strawberry	\$60,000	2608	S Xanadu Way B	1 - 1	856	Conventional	0	Individual
Strawberry	\$99,000	2680	S Xanadu Way C	2 - 2	1,098	Cash	0	Individual
Sausalito	\$150,000	2512	S Worchester St C	3 - 2	1,300	Conventional	\$3,890	Individual
Heather Ridge South	\$162,000	2853	S Xanadu Way	2 - 2	1,462	FHA	\$1,500	Individual
Sausalito	\$170,000	2504	S Victor St D	3 - 2	1,230	Other	\$2,250	Individual

Homes For Sale as of April 15, 2014

НОА	Price	No.	Street	Be/Ba	SqFt	Gar/Spaces	Style
Burgundy	\$159,900	2645	S Xanadu Way C	2 - 2	1,315	1-Space	2 Story
Cobblestone	\$164,900	2161	S Victor St D	2 - 2	1,392	1-Space	2 Story
Chimney Hill	\$179,900	13572	E Evans Ave	3 - 3	1,512	1-Car, Att	2 Story
Country Club Ridge	\$186,900	2250	S Vaughn Way 101	2 - 2	1,196	2-Gar, Att	2 Story

Homes Under Contract as of April 15, 2014

НОА		No.	Street	Be/Ba	SqFt	Gar/Spaces	Style
Strawberry I	\$62,000	2608	S Xanadu Way E	1 - 1	856	1-Space	2 Story
Strawberry I	\$73,000	13643	E Yale Ave A	1 - 1	858	1-Space	2 Story
Strawberry I	\$82,000	13619	E Yale Ave B	1 - 1	856	1-Space	2 Story
Strawberry II	\$105,500	2471	S Xanadu Way C	2 - 2	1,091	1-Space	2 Story
Strawberry I	\$107,500	2644	S Xanadu Way C	2 - 2	1,144	1-Space	2 Story
Strawberry II	\$119,950	2499	S Xanadu Way C	2 - 2	1,091	1-Space	2 Story
Heather Ridge South	\$135,000	2842	S Wheeling Way	2 - 2	1,462	2-Gar, Att	2 Story
Cobblestone	\$149,900	2142	S Victor St B	2 - 2	1,208	1-Space	2 Story
Cobblestone Crossing	\$155,000	13344	E Asbury Ave	2 - 2	1,392	1-Space	2 Story
Heather Ridge South	\$155,000	2822	S Wheeling Way	2 - 3	1,462	2-Gar, Att	2 Story
Chimney Hill	\$157,500	13650	E Evans Ave	2 - 3	1,344	1-Gar, Att	2 Story
Sausalito	\$174,900	2522	S Worchester Ct B	3 - 2	1,282	2-Gar, Att	Ranch
Sausalito	\$179,900	2450	S Victor St D	3 - 2	1,230	2-Gar, Att	2 Story
Fairway 16	\$225,000	2660	S Vaughn Way A	3 - 4	1,650	2-Gar, Att	2 Story
Country Club Ridge	\$229,900	2230	S Vaughn Way 202	2 - 2	1,806	2-Gar, Att	2 Story
Fairway 16	\$229,973	2568	S Vaughn Way A	3 - 4	1,650	2-Gar, Att	2 Story



Spring has finally sprung. It is time to collect the unworn clothes, unused athletic equipment, dishes sacking up in the pantry, exhausted furniture and clean out the garage. There will be a Community garage sale held on June 13 and 14. Bring out your table and your goods and make room in the house and generate a little extra change and visit with your neighbors.

The new signage has been put up on the golf course. The signs simply state "NO TRESPASSING". The paths around the golf course are not for jogging, riding bikes or skate boards, pushing a stroller or walking dogs. These paths are for the golf carts to get the golfers from the first tee box to the last. Please remember the golf course is not a playground and you can be seriously hurt if hit by a golf ball.

There are always meetings coming up that effect the Metro District and you can find out about them in *Metro Matters*.

The Presidents Councils next meeting is June 4, 6:30 pm. Please encourage your board members to attend. See you then!



On April 10 the City of Aurora held its 32nd Annual Police Department Volunteer Banquet, where they paid Special Recognition to 1-year, 5-year, 10-year, and 20-year volunteers. Then followed those volunteers with 100, 500, 1,000 hours of service being recognized. A number of volunteers were given "Special Recognition" for "Outstanding Service" to the Department, including those working behind the scenes. A few other "Special" awards, and then finally a Very Large "Thank You" was paid to our Neighborhood Watch Communities and awards were given to various individuals in the 26 areas in three Districts. As was mentioned, citizens are becoming involved in a variety of community projects and are willing to make Aurora a safer place to live.

My plea (if you will) please consider becoming one of those citizens described above and join all the rest of us who give some of their valuable time to Neighborhood Watch. I promise you not much of your valuable time will be taken up. Thank You.

Call me: Bev Brown, Head Area Coordinator of Heather Ridge and Area 10. 303-872-3154.

Amanda Milstead

Personal Safety

With the beautiful weather coming our way, we will be outside walking. Here are some personal safety tips:

Prevention

There is no technique or tip or weapon to guarantee you won't be attacked. If you have been attacked, and you are reading this, you did the right thing whatever you did allowed you to survive. You won. The bad guys have surprise on their side and even the best martial arts expert can become a target. If it happens to you, don't agonize over could a-should a-would a. You survived. You won.

High Pedestrian Traffic Areas

Bad guys don't want witnesses. Being in view of a well-traveled vehicular street is good, but having people on the path with you is better.

Open Areas

Paths lined with bushes and

trees are pleasant for walking, but afford many hiding places for the bad guys and places they can take you to finish their crimes out of view.

Deterrents

Strangers aren't out to attack YOU. It is nothing personal; they are just looking for a target of opportunity. Your goal, therefore, is to look like somebody who will be too much trouble to mess with. They also want to make you their victim without attracting attention from others.

Attitude

Keep your head up and striding purposefully. Look aware of your surroundings and be aware of them. Headphones may give the impression that you are less aware. Lt. Jim Bullard suggests your mental attitude should be, "No low life scum is going to spoil three minutes of my day!"

Companions

Walking with a friend or group reduces your chance of attack significantly.

Dog

Walking with a dog, even a little ankle-biter, will greatly reduce the chance of attack. Obey all licensing, leash, and doo-doo ordinances in the jurisdiction you are walking through.

Stick

Why mess with somebody with a walking/hiking stick when there are lots of people without one?

Alarm

A brightly colored personal body alarm can be a deterrent when visibly worn. Bad guys don't want to attract attention. A whistle is also a good signal device.



1 Person = \$20; 2 = \$36 One Way Fare: 3-4 = \$48; 5-10 = \$10 each

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Heather Ridge Metro Matters May 2014



Heather Ridge Heather Ridge Golf Club Monthly Update

www.golfclubatheatherridge.com

Spring Banquet Friday, March 28

Heather Ridge Men's Club banquet was held on Friday March 28 at the Summit Steak House, members had a choice of beef, chicken or fish. Hats off to the Summit team for serving the group in outstanding fashion.

The agenda included introduction of the board and introduction of 10 new members. The 2014 tournament schedule was discussed as well as rules of the game and pace of play.

It was good to get the group together and listen to all the golf stories and prediction for the 2014 golf season.

Kick-Off Tournament March 29

The Kick-Off tournament was a Four Man ABCD shamble held on Saturday March 29 with a shotgun start at 8:00 am. The tournament was very competitive with only a few strokes separating first place to fourth place.

Club members gathered in Noonan's café/pub next to the golf shop where they were offered a selection of refreshments and an all new menu. Give kudos to Noonan's for being prepared to meet the Men's Club needs with the new drink and food menu and having the beverage cart on the course at 9:00 am. A good time was had by all

The next Men's Club tournament, which was an Individual Gross/Net, was held on April 12.

Loren J. Janulewicz

HR Men's Golf Club Recent Tournament Results

Four Man Shamble Tournament March 29, 2014

1st Place Winning Team With a 122 Net

Kirk Jamison Dan Apodaca Hal Kellv Chris Watts

2nd Place Winning Team

With a 126 Net Robert Arnold Jerry Hensen Don Copeland

Vinny Roth

3rd Place Winning Team With a 130 Net Kevin Welch Larry Ricketts

4th Place Winning Team With a 132 Net Walt Kirkwood Harold Wallace Rov Dietz **Dallas Mathews**

Closest to the Pin

Hole # 5: Team Murry Hole # 8: Team Larson Hole #10: Team Welch Hole #14: Team Barnes

Individual Gross/Net April 12, 2014

1st Flight

2nd Flight

1st Gross

1st Net

2nd Net

3rd Flight

1st Gross

1st Net

2nd Net

1st Gross Ben Barnes 1st Net Jim Murry 2nd Net Kevin Welch

Gross 71 Net 67 Net 71

Net 70

Net 74

Net 70

Net 71

Andy Schmidt Gross 76

Jerry Hensen Gross 90

Walt Kirkwood

Don Blosser

Pete Traynor

Don Hansen

4th Flight

1st Gross Dumitri Palea Gross 95 1st Net Errol Rowland Net 70 2nd Net Jim Gunderson Net 71

Closest to the Pin

Hole # 5: Jim Carpenter Hole # 8: Harold Wallace Hole #10: Don Blosser Hole #14: Kevin Welch

Heather Ridge Metro Matters, May 2014

Four Man Shamble Tournament

HR Men's Golf Club members gathered in Noonan's café/pub next to the golf shop after Four Man Shamble Tournament held March 29.



Heather Ridge Women's Golf Association 18-Hole Ladies' Club News

We had a wonderful turnout for our Spring luncheon held on April 5. Noonan's did a wonderful job decorating the Garden Room for the luncheon and served a yummy pasta buffet. Thank you, Noonan's! Welcome to our new members, Carrie, Norma, Pam, Patsy, Natalie, Marisa, Katie, and Soon Young. Our total membership at this time is 48 and we're always looking for more!

At the luncheon, the Board presented an amendment to the 18-hole ladies' club constitution (which unanimously passed) decreasing the required number of directors from nine to seven. This change will affect elections at the Fall luncheon and in the future.

Sign-up sheets for both Wednesday and Saturday play are posted on the bulletin board outside the Pro Shop. The Wednesday sheets come down no later than Sunday afternoon and the Saturday sheets comes down on Wednesday afternoon, so pairings for the respective play days can be turned into the Pro Shop for scheduling. If you can't make it to the course to sign-up for a play day, please call or email Ginny (for Wednesday play) or Teresa (for Saturday play) so you can be included in the pairings.

Coming up in June are the Men's Club Mixer on June 14 and our Member/Guest on June 16.

Teresa Anderson Past President/ Publicity









Heather Ridge Metro Matters May 2014



Above left (left to right): Ginny Lewis and JoAnn Oswald. Above right (left to right): Cindy Walters and Millie Weiss.

9-Hole Womens' Golf Association

The 9-Hole Women's Golf Association season was kicked off by a luncheon where the club welcomed three new members. A fun time was had by all as they discussed the upcoming golfing season.

Tournament play begins May 6. A signup sheet will be on the bulletin board in the hall outside the Pro Shop. If you are unable to play, call the Pro Shop and cancel your time.

The Spring potluck will be held on May 13, after golf at the Fairways 16 Clubhouse. There will be a signup sheet on the bulletin board in the 19th Hole. Don't forget the date for the Annual Couple's Tournament and potluck is scheduled for Sunday, June 29.

Sharon Gunderson



Above left to right: Sonya Mathews, Sandy Finney, Mable Jordan and Judy Straayer



Above left to right: Joyce Scott, Stacey Visentin, Sharon Warembourg, and Ruth Bell

Those Wascally Wabbits, Part 2

After writing last year about rabbit resistant plants, I realized that most of the plants that I had on the list, are members of the mint family and rabbits are less likely to eat them when other food is plentiful.

Bugle Weed, a member of the mint family, is a wonderful spreading ground cover that blooms in May and June. The leaves are colorful when there are no blossoms present. Bugle Weed, aka, Ajuga species, can, and should, be thinned out every few years and the plants from the thinning can be planted in other parts of your garden or shared with neighbors. I believe Bugle Weed can be used around

other plants to deter the rabbits from munching on some of their favorites. I noticed this last year when I planted Fuhrman's Red Sage (mint family) around some Mexican Heather. The rabbits ate all of my heather except for the one near the sage.

Bugle Weed Here is a short list of other plants of the mint family. You can find many others on the Internet.

- Autumn Sage
- Cat Mint
- Coleus (Not a perennial in Colorado)
- Furmans Red Sage
- **Russian Sage**
- Salvia
- Lavender



Bugleweed (Ajuga Weed)

- Sweet Basil
- Rosemary

Linda Neely **Chimney Hill**

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Auto Home Life Retirement



Under the guidance of new owner Milchell Marina, Noonan's Event Center has taken on a new elegant look. The event center can accommodate small gatherings to 300 guests who will enjoy the newly renovated bar to multiple televisions for viewing the big games. Publisher/Editor Barry McConnell recently talked with Haley Neal, Noonan's Event Center Coordinator.

Recently, I have noticed several contractors working in the event center; what changes have been made to the event center?

There definitely have been a few contractors in and out of the event center lately. As of today, we completely remodeled the event center bar to accommodate a higher volume of guests at one time. Included in the remodel was the addition of 6 draft beer lines via two large keggerator units. This remodel was extensive in the fact that we had to replace the subflooring to



Aurora Symphony Orchestra annual wine tasting fundraiser event.



accommodate the weight of the new equipment and ensure the safety of staff members. This was quite the endeavor to say the least.

The next stage of the event center "revamp" is painting. We will be painting the complete interior of the room to provide a more modern feel and more aesthetically pleasing for the variety of groups that will be renting out the center.

Another item on our docket is to have the windows cleaned and resealed in the "Garden Room" to provide a more pleasant, unobstructed view of the golf course.

One of our final modifications will be the addition of multiple televisions throughout the individual rooms. During events, the TVs will be used to display photos or collages for the clients, as well as, for mass viewing of major sporting events.

Needless to say, we are excited that these changes are taking place. We have already had several clients make remarks about the changes from "the last time they were here."

How long have you worked in the event planning industry, and how did you first become





interested in event planning?

Event planning is something that has always interested me. I am new to this position here at Noonan's Event Center, but I have been in the service industry for over 11 years. I have always been a part of the marketing teams and specials events in my previous companies.

I assume the cover picture is a reception or luncheon, what other special events are booked for this summer?

We are hosting a barrage of events this summer and

hoping to carry on strong through winter as well. The event center currently has corporate training meetings, golf league luncheons, weddings/receptions, graduation parties, and reunions on the docket for this summer alone. We have several corporate holiday parties already inquiring about their dates for this winter as well.

What is the smallest/largest group that the event center can accommodate?



Typically, due to the costs involved with renting the event center, we recommend groups of 20 people or more for private events, however, we won't turn away anyone willing to book their event at our reasonable rates.

We can handle groups of 300 or less when we open up the complete hall (250 or less if the dance floor is open).

What are my menu options for

special events?

I work very closely with Noonan's Personal Chef, Shelly Benson. The options are endless. Shelly and I love working together to personalize a menu for any special event. Whether you want an elegant plated dinner or buffet style we can create just about anything you desire.

How much lead time do you need to reserve the event center space?

While we have rushed and put together events for clients within one week, we prefer to have "planning time." Usually two weeks is the minimum lead time that

we request. Obviously, the further out you plan the event, the easier the planning is and typically results in a better event for the client.

Who do I contact for reservations and information? Haley Neal, Noonan's Event Center, 720-246-0304, HaleyN@ noonanssportsbar.com

Above left: Event Center with dance floor open. Above right: Wedding rehearsal. Center: 50's celebration.



Heather Ridge South

Do you have HO-6 owners' insurance? And if you do, does it address the following possible losses:

Loss Assessment Claims: the HOA can assess up to \$5000 per unit without community approval for damages and claims not covered by the General Policy; and for anything greater than \$5,000, a community vote is required. However, the HRS board would never assess without educating owners through public meetings and Metro Matters newsletter article. This type of an assessment can be insured for under most HO-policies. Our general insurance carrier, American Family, offers special rates and coverage for this issue, so please call as noted below.

Special Assessments differ from loss assessments in that they are usually for capital improvements. There is no insurance coverage for special assessment(s);

Insurance claims that expose owners to paying deductible expenses: Does your HO-6 insurance protect you from such claims? Since HRS's insurance deductible is \$10,000 per claim, is a HRS property owner at risk for it?

Call your insurance agent for these questions and more. Insurance agents should custom fit HO-6 policies to HRS's General Insurance Policy. Our insurance is with American Family, so call Rich Ahrenkiel at 303-750-6508 for any questions or a copy of the master policy. The most important thing to know is your exposure to risk and losses.

Are You Recycling Your Garbage? If not, then you are wasting money as well as unnecessarily filling landfills. HRS now pays for recycling as well as normal garbage collection, so all you need is an approved trash can to participate. Yes, it will cost you money to buy the required receptacle, but please think "outside the garbage can" for a greater good – less garbage for landfills.

Don't Puncture the Steel Siding! HRS's Rules and Regulations clearly describe the policy and HOA recourse for those not getting written permission BEFORE puncturing it. For example, the HOA allows motion sensor lights but controls how and where installed. Please remember our Golden Rule about anything outside of your unit: call the HOA for written permission.

Wood Garage Door Replacement: The HOA recently mailed to all wood garage door owners a proposal to place garage doors for \$750 each. That's a great price, especially since all wood garage doors will be condemned come 2015. Remember, the HOA has a two-year repayment plan to finance replacement, but it's only valid for wood garage door owners.

Roof Repairs Continue: Our \$250,000 roof claim from September 2013's hail storm is moving forward subject to weather. Damaged are spotty so total roof replacement is not required. This is good news given only two years ago we had a multi-million dollar settlement and replacement. Again, thanks to Arvada Roofing Company for all their hard work and dedication to our community. In fact, Arvada is so professional they paid a homeowner to hook up to their



exterior power outlet for an hour or two.

Foreclosure Purchases: Trying to buy another foreclosure to recover past-due fees. The HOA aggressively bid but lost out to a higher bidder at an auction for 2822 S Wheeling Way. That property was foreclosure and bought by its bank for auction. The auction asking price was \$155,000, but bidding started at \$70,000. The HOA performed a careful and conservative analysis of fix-up costs and future re-sale value, and stopped bidding once bidding exceeded its parameters. We hope the new owner fixes it up for a new family to join our community. The HOA is now foreclosing on another community property to recover fees.

Cover Your Window Wells: Owners are responsible to do this, and failure to install could affect insurance policy coverage under HO-6. A window well cover may also deflect or minimize water coming in through basement windows. Owners should inspect and report to Westwind Management, Janelle Maninger, any window wells that might need maintenance or replacement.

With spring and summer come threats of heavy rain and flooding.

Lessons learned from September 2013's storms include: inspect drainage around window wells; make sure window well tops are sufficiently extended above ground level; make sure window wells are cleared of debris and deep enough below its basement window; and have a pump on hand to drain window wells that fill up. A small hand-held sump pump can be purchased at discount stores for under \$75, and make sure to buy an exterior extension power cord long enough to operate it (unless the power is off).

Thank You Westwind Management Company: HRS has worked with Westwind since the 1980s, so if that doesn't speak about their professionalism and commitment to good services, then there's nothing left to say. Thanks to its owner, Tim Larson, and our property manager Janelle Maninger, we are in good hands (or is that an insurance company?). Either way, thanks!

Van Lewis

Fairway 16

Annual Meeting: Thanks to the 45 homeowners who returned their proxies and/or attend the Fairways 16 annual meeting. Door prizes were given to 8 lucky folks – pansies, primroses, and water meters. The 7 new artworks on the clubhouse walls were well received, they really brighten up the walls and are on loan from Jim and Susan Bruce. Thanks to Nick's Garden Center for giving us the flowers at a discount. A review of the past year's activities was presented by the Board members. Check the website for the minutes of the meeting. Loretta Eggleston was re-elected to the Board.

Xeriscape: Loretta Eggleston and Susan Bruce have met with the Aurora Water Department twice to draw up a plan for the area surrounding the clubhouse. We will receive the final design by May 20 and begin getting bids to do the project. We will get a rebate from the City for the sod we remove. If you want to volunteer to help restore 3 rock walls, please contact Susan or Loretta. Plants were bought at the Botanic Gardens Rock/ Alpine Plant Sale and need to get plugged in between the 1,200 square feet of rocks as soon as possible.

Clubhouse Rental: Contact Cheryl and Norm Pitts, 303-752-9345 or Bobbie Rasmussen, 303-745-2031 to reserve the clubhouse. A new microwave has replaced the one that has been there forever. The clubhouse has also been thoroughly cleaned and



One of the 7 artwork pieces in the clubhouse on loan from Jim and Susan Bruce

the carpet shampooed. The old microwave will be in the downstairs party room, in case you need to

heat something when having a pool party this summer.

Summer Party: At the annual meeting Vivian Mount and Cindy Wilkinson volunteered to plan "the best party ever" this summer. Exact date and time will be forthcoming.

Garage Sale: If you want to participate in the Heather Ridge Community garage sale, June 13 and 14, you can borrow the yard signs that are in the clubhouse storage area. Contact a board member to get the signs.

Animal Control: We recently had a rabbit in our unfinished basement. Our two cats were useless in catching it so we called Hammersmith. They directed us to Animal Control Specialist, 720-318-6724, who came the next morning. He caught the rabbit and sealed up the two entry points for a very reasonable rate.

Spring Cleaning Time: The property was walked by Jean Ronald, and Board members on April 24. Letters will be sent to owners for repairs to back patio fences, decks, courtyards that smell and other violations for which owners are responsible. Please do



these repairs promptly to keep our community attractive. Land Tech has mowed;fertilized and aerated; and done the spring clean-up. Hopefully this company can get our antique sprinkler system working in May as the temperatures warm up. Be sure to contact Hammersmith if you see a geyser or other irrigation problem.

Free Jazz Concert: Tuesday, May 27 from 6-8 pm the Dotsero Contemporary Jazz group will perform at the Lisa Strawn Memorial Rose Garden. It's on the east end of Garden Drive (Main Street) at The Gardens on Havana (between Target and Sprouts). Bring a lawn chair or blanket. This is the first of 4 free concerts and there will be door prizes and special treats throughout the summer.

Rose Garden Clean-Up: Saturday, May 3, 9-11 am. Bring a pair of sturdy gloves and pruning shears if you have them. Members of the Denver Rose Society will be on hand to instruct you on how to correctly prune roses. Volunteers will receive a voucher for free lunch.

Susan Bruce

Cobblestone

It's time for Some Cobblestone Communication! The annual meeting was held 12.3.13 and with it we welcomed a new member to the Cobblestone Board. Please welcome Zachary Mahaffey. Zachary and his wife Christina are new homeowners that moved into the community this past year and are already looking forward to making their future here a positive one with Zachary joining the board.

Of course with each new welcome that usually means we are saying goodbye to other board members. Please take time to thank Jim

Conrad (12 yrs), Wendy Haworth (8 yrs) and Margo Plemone (2 yrs) for their many years of dedication on the board. All of the time and effort each of you gave in supporting our community is greatly appreciated – thank you. So who does that leave on the board besides Zachary? Marla Ritter joined the board mid-year as a replacement for Phyllis Wilk via an interim vote by the board which was then confirmed at the annual meeting. Thanks also to Don Huber who thought he better stick around to help get us new folks settled.

Other Updates...

Community Website: The new neighborhood website is up and running at *hoacobblestone.org*. It currently includes a community calendar for important events that impact the neighborhood as well as the documents that govern our community. Please check out the website as well as the notice explaining how recent legislative changes impact you as a homeowner by going to the Documents page on the website. You can also find Board meeting minutes on the website.

Time to Take Out the Trash: For those of you that may not already be aware a state law was passed this past year that no longer allows electronic items to end up in landfills. Electronic items that you need to dispose of must be taken to a recycling facility rather than thrown into **ANY** of our community trash cans. This includes TV's, computers, printers, stereos, and even something as small as your old alarm clock. It costs our community money when we don't comply with new laws such as this. Please do you your part in ensuring these items are handled properly. Our own city website includes multiple options and opportunities for collecting these items – take a minute to check it out at *www.auroragov.org*. We've also discovered that our local Best Buy at Mississippi and I-225 is a great option, but please check out their website at www.bestbuy.com to make sure they take the electronics that you

are looking to recycle. Homeowners need to make special arrangements to have large items like furniture, mattresses, and shelving units picked up by our trash collectors. You can contact Alpine at 303-744-9881 to make arrangements. To help control this cost, non-resident owners need to make sure that tenants are also aware of this requirement.

Heather Ridge Golf Club: Please be aware that the golf club has posted "No trespassing - strictly enforced" signs around the course. These will allow the golf club to involve the police when they are faced with nongolfing individuals who are placing themselves in harm's way by walking on the course during golfing hours. The golf club will attempt to approach and notify the individuals in person with a warning on the first offense, but subsequent violations of the policy can now involve notification to the police and ticketing if applicable. The golf club improves our community so we need to abide by the policies that allow everyone to interact harmoniously. With that in mind Larry Randsford, the golf club manager, says homeowners who experience any problems with the golfers should contact the golf course immediately at 303-755-3550.

Neighborhood Watch: If you didn't already know part of your HOA dues pay for a security service that makes regular patrols throughout our community. They do a great job of keeping our community safe but it



never hurts to have extra eyes on the street and the Neighborhood Watch is looking for more volunteers. Now that the weather is warming up it's a great way to get to know your neighbors and get some exercise. If you are interested in joining the group contact Mary Lou Braun at *marybraun8@aol.com*.

Misc Matters: A concerned homeowner was wondering about the recent city ordinance regarding chickens and brought it to the attention of the board wondering if we needed to take any action. Recently, the city of Aurora updated a city ordinance to allow up to 4 hens in residential backvards if permit approved. Article VI Section 8 for PETS does not allow poultry of any kind to be kept on the property. Further guidance is found in our Rules and Regulations dated May 2013 which further limits housing pets outside of owner dwellings. I think that any Aurora chickens are going to have to find somewhere else to roost!

The work continues on the Aurora Light Rail Line and widening of I-225, not that any of us have noticed! You can keep updated with the progress by doing a search using "light rail" at *www.auroragov.org*_or going to the project on RTD's website at *www. rtd-fastracks.com/i225_1*. Make sure you stay informed and involved by watching for updates in *Metro Matters*, the websites above, and our local city council ward meetings.

Marla Ritter



Heather Ridge Metro Matters May 2014

Chimney Hill

Spring is the start of the new gardening season

Ground improvements and building maintenance plans usually become a reality in the spring to fall period.

This year CH HOA board created a Request for Proposal (RFP) specific to our community needs and hired a new landscaping contractor. The work has already begun, and everyone should see improvements throughout the season. CH landscaping committee increased in numbers, and the board & the landscaping committee members are working with the landscapers on improving the grounds. Plans are being made to continue improving the areas above the retaining walls.

Please do not use any artificial flowers/plants outside your unit, garden supply places have many drought resistant perennials ready and suited for our area.

The landscaping committee is asking all residents to use brown mulch to maintain uniform appearance throughout the property.

Please remember NOT to tell landscapers and other contractors what needs to be done; instead, call Accord Management at 720-230-7321 with all requests, suggestions, and observations. All contractors are instructed to take direction from Accord.

A 5% raise in HOA dues or an assessment – that is the question!?

communities Many over 30 years old may be facing this question. Major improvements/repairs do not appear overnight, it happens over the years as things deteriorate. Many property owners may have/had single homes and family thev understand the importance of regular upkeep necessary to maintain the property. One of

the reasons people buy townhomes or condos is that they don't want or are tired of having to deal with the mundane tasks of looking for a reliable contractor. HOA boards face the same issues, and that is the reason why the property owners should understand how their HOA dues are spent. For example, management company fee is less than 5%, 20-25% is paid for water, insurance costs are more than 10%; just these few items already total up to over 35% of the HOA monthly income.

CH is in dire need to replace a **Page 22**

significant amount of siding. Most of the current siding is over 30 years old, and building maintenance was voted to be the first priority for all homeowners during the last annual meeting.

This is one of several major projects planned for this year.

Again About the Rabbits.

One of the residents pointed out that rabbits are not only a nuisance, but they are destroying our property! Rabbits dig the ground to create



burrows. They dig the dirt and sand that seeps through the rock and wood retaining walls dislodging rocks and making the wood loose.

CH board and landscaping committee members together with the new landscaping company will continue to battle the 'rabbit' problem by eliminating their hiding places and trimming all junipers up from the ground. The board appreciates any help that the residents can offer.

Please remember to fill out an



Architectural Improvement Form if you want to remove junipers next to your unit. This request should also include a list of bushes/plants to be installed in place of the junipers.

Important Reminders and Notices

Beware of scam/phishing. Ignore any correspondence requesting a payment for water or service for your water line. This is a scam! Water is paid for out of your HOA dues.

Please remember that the area on the East side of Xanadu adjacent to I-225 chain link fence is maintained by the city of Aurora. CH is not responsible to water this area.

Please pick up after your dog! Pick it up right away; it only takes a few seconds! Dog poop is composed of undigested food and bacteria among other things;

it does not look attractive and is a health hazard. If this problem persists, CH will have to hire someone to 'scoop the poop' that will add to our expenses. Also, please do not leave a pile of bags with dog waste in front of your unit.

Please pay attention when throwing out the garbage: open garbage container lid and throw the garbage bag in its entirety.

Make sure that the kids are tall enough to open lid if this is the chore assigned to them. Owner or renter, no one likes garbage floating around the property.

Always contact Alec at Accord Property Management with any questions and/ or concerns. Alec can be reached at 720-230-7321 or at *alec@accordhoa. com.*

The next CH HOA monthly board meeting will be held on May 21st at 6:30 pm at the 19th hole room in the HR clubhouse. All residents are welcome to attend.



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Bob Stevenson

Sausalito

New Signs on the Golf Course: No Trespassing signs have been posted throughout the Heather Ridge golf course. To quote Jaynie Basch from last month's Burgundy newsletter "*No Trespassing means that the police can, and will, be called for walkers on the grounds (including golf paths).*" This step became necessary because of the ongoing serious safety issue to walkers of being hit by golf balls and complaints from golfers that walkers are interfering with the play of golf. The business of running a profitable golf course requires happy returning golfers. Unhappy golfers take their business elsewhere. People walking on the course and golf path between 7 am and 8 pm have a serious financial impact on the profitability of the golf course. Ultimately the buck stops with each and every one of us who are "owners" of the golf course. It is we who would have to pay for maintenance should the golf course revert to an open space area.

Landscaping: Hooray, Spring is Here...Right? Fertilization and aeration are complete. Our irrigation is on so we can look forward to beautiful green grass. If you want to plant annuals, please remember all plants/flowers must be in containers. The HOA is responsible for all other landscaping in the community. We appreciate everyone limiting their water usage. The cost of water is one of our largest HOA expenses.

Maintenance: The second phase of our community-wide painting project for Phase Two of Sausalito was scheduled to begin late April or early May. It is very important that the homeowners in Phase Two who have received letters regarding replacement/repair of their garage doors complete the work before the painting begins. Trucks and painters will be in our area for the duration of the painting project. Please drive carefully. The painting company will post notices when they need access to our interior patios.

Waste Management: We have noticed many trash receptacles are left out after Friday trash pickup day. The result is that our community looks unsightly. As a reminder, HOA Rules and Regulations state **trash receptacles are to be put out after 8:00 pm on Thursday**

Page 24

night and must be returned to the homeowner's garage by 8:00 pm Friday. Let's work together to keep our community clean and neat.

Roofing: Our hail damage claim is in process.

Pools: Pools will open on Memorial Day.

Visitor Parking: Street parking is for day visitors. HOA rules require homeowners/tenants to use their two car garages for personal parking. When you have an overnight guest, please notify Brownstone Security at 720-879-4568. Brownstone Security enforces our HOA parking rules.

Security: Brownstone Security continues to patrol Sausalito on foot and on a random basis. We want to thank Randy and his crew for helping keep our community safe. If you need to have exterior lights replaced, please contact Bill McKinney at 303-783-0394 or complete a Maintenance Form on our website *www. sausalitohoa.com.*

Neighborhood Watch: Please contact Carol McCormick, the Sausalito Area Coordinator, at *carol_ mccormick@comcast.net* if you want to know more about our program or



want to become a Block Captain. It will not take much of your volunteer time and your services will help to keep our community safe.

Board Members: President Vincent Roith, 303-745-9805; vice president/ architecture Tom Scally, 303-750secretary/newsletter/NW 8772; Carol McCormick, 720-747-0836; treasurer/pools/UAHR representative Pat Horton, 303-695-6181; pools/ member-at-large Debbie board Martinez, 720-298-8323; and board member-at-large Sherri Cooper. If you are interested in serving on the Board in our vacant position, or know a homeowner who might be interested, please contact Vinny Roith, President.

Property Management Company: Bill McKinney, president, McKinney Management Company, Inc., 3576 S Logan St, Englewood, CO 80113. Phone: 303-783-0394, fax: 303-783-0398

Homeowners are welcome to attend the monthly HOA Board meetings which are held on the second Wednesday of the month at 6:30 pm at the Heather Ridge Golf Club. Please see *www.sausalitohoa.com* to review all the financials plus the monthly HOA Board Meeting Minutes.

Carol McCormick



Heather Ridge Metro Matters, May 2014



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Burgundy

Pool Opening: I have my calendar already marked for the last weekend of May (Memorial Day) for the opening of the Burgundy pool! Now is the time to locate your key, break out the sunscreen and join us for the annual 1st Party of the Summer. Keys are available to all homeowners in good standing with their HOA obligations. if you need a key, contact Amanda at 303-908-9574.

Projects: So many projects are scheduled for this spring and summer. During the month of May, your HOA board will be walking the grounds with the landscapers and making note of the repairs needed. If you have any special concerns, call Hammersmith Management before May 10 so these issues can be addressed. If

you have old shrubs and YOU would like to replace them let the board know before you begin digging. The board is also looking at the lighting. Since this is difficult (OK impossible during daylight hours), please notify Hammersmith or a board member if you notice non-working outside lights.

Maintenance: Painting has been completed and the roofing project is well underway. With a job of this size we may experience some inconvenience, so we ask for your patience. If you should have any concerns or questions, please contact Hammersmith, their construction department should be able to assist you.

Open Days for Aurora's Historic Sites

The Aurora Historic Sites & Preservation Office announces its annual Open Day events at the historic Centennial House and at DeLaney Farm. The city of Aurora will open these historic buildings on a limited schedule through October. Come learn about Aurora's early beginnings, from homesteading at DeLaney Farm in the 1870s, to suburban development at the Centennial House in the 1890s.

Centennial House Open Days:

Dates: First Saturday of the month through October Time: 1 to 4 p.m. Place: The Centennial House, 1671 N. Galena St.

DeLaney Farm Open Days:

Dates: Second Saturday of the month through October **DIY Projects:** This is the season for DIY projects as well. If your list includes replacing windows, porch lights (motion detectors are great), furnace and/or air conditioners, tankless water heaters, TV dishes, etc, the proper work order needs to be completed before any work begins. If your plans involve anything that will affect the outside of your home, Hammersmith has the necessary work order forms.

A Couple of Reminders: Since the signs are now posted on the golf course, walking or playing on the grounds is considered trespassing and police can be called. Now that our pets can be outside more often,



remember your responsibility to pick up after them. Mutt mitts are provided for your convenience and use.

Board Meetings: Homeowners are welcome and encouraged to attend the monthly meetings of your Board of Directors. The board wants and needs your input. These meetings are held on the 2nd Thursday of every month at 7 pm in the Clubhouse. The notice sign is posted in the parking area during the week prior to the meeting.

Jaynie Basch

Time: 1 to 4 p.m. Place: DeLaney Farm Open Space and Historic District, 170 S. Chambers Rd

The Historic Sites and Preservation Office will have staff and volunteers present at these events to answer questions about the history of these wonderful resources. For more information, please call 303-739-6661, e-mail *abertoli@auroragov.org*, or visit *www.auroramuseum.org*.

Citizen's Planning Academy

Do you want to learn about:

- the city's budget?
- how water rates are determined?
- the zoning code?
- city development incentives?
 roads, snow plowing, traffic signals and FasTracks trains?
- city plans for development in your neighborhood?

If you are interested in learning more about city policies, procedures, processes and services, consider attending Citizens' Planning Academy. The classes are held in the Aurora Municipal Center, once per week for six weeks, from 5 to 6:30 p.m. Sept. 16 to Oct. 21, 2014. The next application period is happening now, and the deadline to apply is Aug. 26. If you are interested in attending and would like additional information, please contact Karen Hancock, environmental program supervisor, at 303-739-7107 or khancock@auroragov.org.

Molly Markert – Ward IV 15151 E. Alameda Parkway 303-739-7516 (Council Office) mmarkert@ auroragov.org







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Healthy Living

Greetings! I'm new to the neighborhood and also new to the Heather Ridge Metro Matters magazine. So, let's get acquainted.

I don't know about you, but I am very blessed to be very healthy. I have had several issues throughout my life where doctors have prescribed medication, recommended surgery, or urged shots for pain. But, always my intuition told me this was the wrong approach; eradicating the symptoms instead of the problem. Instead, I chose to cure each ailment with diet and amazingly, it has worked every time.

Recently I stumbled upon a program on TV called "Know the Cause," with Doug Kaufmann. His 15 year, thoroughly researched assertion is that due to our antibiotic-taking, sugar-consuming, and inferior-food producing society, fungus overgrowth is the cause of most of our illnesses. His motto is, "FUPO!" or fungus until proven otherwise and he has developed the "Phase One Diet", which eliminates fungus feeding foods to starve the fungus, while feeding our bodies the best nutrition possible. Weight loss is a guarantee along with cleansing and an over all feeling of well being, to say nothing of a reduction of pain and health issues. Check it out on TV or at www. knowthecause.com.

Let's face it, the older we get the more health issues we are going to develop as "parts" start breaking down. I was absolutely ready for this information, wanting to heal current issues with appropriate nutrition instead of symptom medicating, with all the side effects. But, I can't do boring diets and don't try to get me to eat cardboard. One way or another, I'm going to feel like I'm eating like everyone else, only better.

Four years ago, when I went on the

gluten-free diet, I learned to bake goodies like a pro. Now, I am starting all over again with a totally new way of cooking and baking. I'll be sharing a new recipe every month that I have perfected so even the non-Phase One Diet palate will be delighted. May's recipe: Delectable Omelet (for two). Next month, we'll branch out and make no-grain Pumpkin Coconut Muffins. Oh, that we could have had them with our omelets. The No-Fail Hollandaise recipe is courtesy of 500 Low-Carb Recipes, by Dana Carpender

Until next time – your neighbor Shirley Berry

Delectable Omelet For Two

Ingredients:

- 2 teaspoons olive oil
- 1 chicken breast
- 1 cup frozen broccoli
- ¹/₄ cup slivered almonds

4 oz cream cheese (room temperature)

¹/₂ teaspoon garlic powder with parsley

Salt & Pepper to taste

4 eggs, (2 for each omelet) No-Fail Hollandaise (recipe below) Paprika

Instructions:

In small sauce pan, cook chicken breast in olive oil until meat is white all the way through, but not dry. Remove from heat and cool to the touch. Shred chicken into bite sized pieces.

Cook broccoli according to package directions until tender, but still green. Do not over cook. Drain broccoli and add chicken, almonds, cream cheese, garlic powder, and salt and pepper to taste. Heat thoroughly over low heat, while stirring until well blended. Cover and keep warm. NOTE: Prepare the No-Fail Hollandaise now.

(Continue preparing omelet) – Beat two eggs in a small dish. Add a pinch of salt and a dash of pepper. In omelet pan melt butter over medium heat. When butter bubbles and pan is hot, pour the eggs into the pan and swirl to spread egg into a completely round circle. Turn heat to low, cover and cook eggs until dry on the top. Cover half of the omelet with half of the chicken mixture. With spatula, carefully lift other half of the egg and place it over the top of the filling. Slide omelet onto a plate. Drizzle with Hollandaise and sprinkle with paprika. Cover and keep in a warm oven until other omelet is created. Repeat with the other two eggs and rest of chicken mixture, hollandaise and paprika. If you only want one omelet, keep chicken mixture in refrigerate in air tight container to use in a couple of days with the other two eggs.



No-Fail Hollandaise Recipe

Eggs must be room-temperature to make this a no-fail sauce.

Ingredients:

¹/₂ cup butter4 eggs yolks at room temperature1 tablespoon fresh lemon juiceWhite Pepper

Instructions:

Put egg yolks, lemon juice and white pepper in blender and blend until combined.

Heat butter in microwave until hot and bubbly.

With blender running on mediumlow speed, slowly pour very hot butter into eggs.





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