

HR Heather Ridge

Metro Matters

Volume 4

June 2014

Number 6



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

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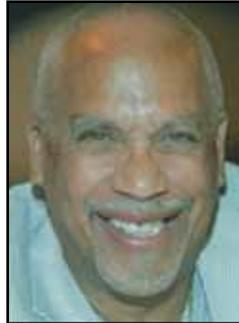
HEATHER RIDGE *METRO MATTERS*
MAGAZINE

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Heather Ridge PUBLISHER'S NOTE

Happy birthday to Fairway 16's Bill Lancaster. Bill moved to Heather Ridge back in 1975 when he was just 61 years old, he turned 100 years old on April 13th. Read more about Bill on page 6.



You can't fight city hall. In spite of our community's best efforts, the Heather Ridge light rail station will open in 2016 without safe walking access for our residents from the west side of I-225. On April 28th city council approved the urban renewal plan for the station and surrounding area as presented by city planning department staffers. That plan includes lots of exciting development ideas for the vacant land on the east side of the light rail station area, but unfortunately no specific plan to help Heather Ridge residents cross the five lane off-ramp at Abilene when attempting to walk to the station. This is a classic example of what can happen when neighborhoods are not fully involved in the earliest stages of the city's planning process. Under the current plan, originally conceived in 2009, Heather Ridge residents will get to the light rail station by driving the ¼ mile to the station and then parking in the city's newly planned parking lot. I think city council and the planning process fell a little short on this one.

On a more positive note, the Aurora planning commission recently approved a proposed zoning change allowing the redevelopment of the old abandoned structure just west of the southbound I-225 Iliff Ave off ramp. Because of the need for a zoning change, city council will have to vote to approve this proposal. If possible, Heather Ridge residents should plan to attend the city council meeting on Monday, June 2nd at 7 pm to show support for this development project. See related story on page 5.

Barry McConnell
Publisher

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Front row (left to right): Cynthia Brandenburg, Reception, Deborah Lockwood, MT, Dr. Penny Wells, Acupuncturist, Kathie Miller, MT, and Megan Gillman, MT

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Heather Ridge

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PAR Officer Mark Lowisz
303-739-1819
Non-emergency 303-627-3100

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Heather Ridge **Metro Matters** is published monthly for the residents of Heather Ridge. Publisher: HomewoRx Publishing, Barry McConnell. metromatters1@aol.com

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HR Heather Ridge

COMMUNITY NEWS

Presidents Council

During the April 28 Aurora City Council meeting, there was a motion to approve a Resolution adopting an urban renewal plan for the redevelopment and rehabilitation of the Iliff Station. Several attended and asked to have the modification of a pedestrian access from the west side of I-225 to the Iliff Station to be consider in this Ordinance and also requested the parking structure at I-225 and Iliff be rezoned. The motion for the parking structure was permitted to be put on the agenda for the Zoning and Planning Committee to examine. On May 14 the Aurora Zoning and Planning committee met and listened to concerned residents and Omni Development and accepted the proposal for City Council to approve the rezoning of this area. This proposal will be taken to the next City Council meeting for approval. Hopefully soon we will be looking at a new self-storage building.

Everyone remember to go through your prized possessions that you have not seen for a while and set up a table at the community garage sale June 13 and 14. If you prefer

not to sell your treasures you can still look and shop. You never know when you will find the prize you have been looking to purchase. Garage sale will be held rain or sun!

The weather has gone from sun and flowers trying to stick their heads out, to snow and having everything covered so the plants would not freeze. Let's all hope this weather gets nice so we all can enjoy the outdoors. Now that the weather is getting warmer everyone will be out grilling or having fun on the patio, jogging or biking. Please be considerate and respectful of your neighbors and the golfers. Please abide and adhere to the new signage on the golf course and what it stands for. The golf course is for profit and not a city park. Please observe the golfing hours.

The next Presidents Council meeting will be held on June 4, 6:30 p.m. at Noonan's. Please urge your Board members to attend.

**Amanda Milstead
President**

course opened in 1973. The developer, EDI, was Colorado's first-ever golf course community builder, and had it known then what developers know today, the Heather Ridge community and golf course might have been substantially different.

If developed today, the surrounding houses would have been set back more from the golf course for safety and practical reasons. Also, boundary lines between golf course and adjacent communities would not overlap. And lastly, today's developer would have created a transparent legal relationship between property owners and the golf course (perhaps one HOA vs. ten, along with a metro district as was done for Heather Gardens and Heritage-Eagle Bend).

Unfortunately, none of that happened 41 years ago making today's situation unique. In 2006, Heather Ridge residents voted to create a Metro District to influence and protect the golf course open space from unwanted development. In 2008, the financially troubled golf course went into foreclosure when the owner died; and on December 1, 2009, the Metro District bought the course to control its future for its residents!

Today's Business Needs

Today, the Heather Ridge Golf Club is profitable in a highly competitive golf environment. For economic and demographic reasons, there are fewer golfers today than five years ago, a fact not lost on metro Denver golf courses that compete against one another for golfers' attention. If anything threatens Heather Ridge's marketing or financial health, it's the Metro District's duty to respond.

The number one complaint at Heather Ridge is non-golfers on the course. Research and surveys clearly identify this as the biggest reason golfers don't

No Trespassing Signs Update

In May's issue of *Metro Matters*, the Heather Ridge Metro District No. 1, HRMD, published notice concerning the new **No Trespassing** signs and policy for the golf course. To date, individual responses have ranged from "How could you?" to "Makes sense to me."; with a varied amount of comments in between. This month's

article provides more background information and reasoning for the No Trespassing signs that should make sense and cents to residents of HRMD.

Background History

Trespassing on the golf course has been a concern since the day the

return; and if not corrected could damage its reputation while other courses enforce rules benefiting play and safety.

The Metro District is the legal owner of the golf course as governed by its board of directors. The seven member board is elected by 1,127 property owners and residents of the HRMD, and not by the ten HOA boards. The ten HOAs in the Heather Ridge community are separate legal entities responsible to their property owners only, and have no legal ties to the Metro District. This happened because HOAs are different legal animals compared to metro districts, and their 'marriage' almost an impossibility.

To encourage HOA influence and participation in the HRMD, the Presidents Council plans quarterly meetings to discuss issues. Formerly known as United Associations of Heather Ridge (UAHR), its goal is to bring HOAs together through common interests and needs. HOA boards represent their owners, so their participation in the Presidents Council is a natural extension of self-interest and community involvement.

Through *Metro Matters* and the Presidents Council, the golf course trespassing issues have been discussed. Every conceivable alternative to the No Trespassing signs was discussed with some issues still under consideration (security patrols). However, the key issue for no trespassing enforcement was prescribed public posting so the Aurora Police could enforce it – and unless that was done, there would be no police enforcement.

After discussions with HRMD legal counsel and the City of Aurora, the golf course could not obtain police enforcement until 'No Trespassing' signs were erected. The signs had to be unambiguous, simple, and to the point – 'No Trespassing.' The signs could not 'qualify' trespassing for certain walking hours of the day, or use cautionary terms as "please respect golfers," etc. And the signs had to be evenly distributed around the golf course and not concentrated in perceived problem areas.



City Council to vote on abandoned parking garage eyesore.

Heather Ridge Golf Club is a business that must operate profitably or the golf course will shut down. The HRMD board simply cannot ignore the trespassing problems affecting golf play and revenue, and to do so would have been irresponsible. It is understandable that residents want to walk on the golf course, and many have done so without incident or problems; however, a small number of walkers have created a significant problem that must be addressed.

Parking Garage Update

On Wednesday, May 14, the Aurora Planning Commission unanimously voted to change present zoning from B-1 (high density) to B-3 to allow construction of a three-story storage building where the garage building has been sitting unused since 1981. City Council still must vote to approve this change, but it's important to note that without community support and leadership it might not have happened.

From concerned citizens, community leaders, elected officials, and city officials a collective voice pleading common sense arose: change the TOD (transit oriented development) plan approved by City Council to allow for a much needed and complementary storage facility. Heather Ridge leaders spoke at public meetings, City Council, and most recently the Planning Commission where people listened.

Pending City Council approval and final development plans, a 33 year old eyesore should soon be replaced by a new three story building matching surrounding office buildings. Thanks to all who worked to make this happen.

Presidents Council Update

The next Presidents Council meeting will be held on June 4 at 6:30 pm at the Heather Ridge Clubhouse. Under the leadership of Amanda Milstead, president of Burgundy HOA and the Presidents Council, a special guest speaker will attend June's meeting – Gary Kujawski, HOA Information Office under Colorado Department of Regulator Agencies (Dora). The meeting is open to the public and will focus on HOA boards, new regulations, and upcoming changes to the HOA industry. All HOA presidents are encouraged to come as well as all other interested parties.

In today's real estate industry, HOA operations are the number one topic because condo/townhomes are its fastest growth segment. New and pending legislation (state and federal) have changed for the positive HOA transparency and operating regulations, but with change comes responsibilities and training.

HOA boards along with their management companies will need to meet newer standards of professionalism through training. The Heather Ridge Presidents Council hopes to lead this effort through mutual cooperation with the ten HOAs in the Heather Ridge Metro District. Another goal is sharing of information between HOAs on common problems, services, and community events.

Please contact Amanda for more information at amandamilstead@comcast.net or call 303-908-9574.

Van Lewis
HRMD Vice President.

100 And Still Counting!

Bill Lancaster, a Fairways 16 resident, was born on April 13, 1914, in Saskatoon Saskatchewan and grew up in Detroit. His family recently celebrated his 100 birthday at Church of the Risen Christ church hall. Monsignor J. Anthony McDaid, the pastor, presented Bill with an apostolic blessing he obtained while in Rome from the Holy Father. Heather Ridge Metro Matters publisher Barry McConnell talked with his daughter Leslie Grayson, who also lives in Fairways 16, about her father.

I understand you served in WWII, what branch of the service were you in? When did you enlist?

Bill served in the Army Air Corp as a bombardier in the Aleutians. He flew a Liberator B-24 and cracked up in the plane resulting in a compound fracture of his leg with a year in the hospital at Fitzsimmons (this is how my folks first came to CO).

What was your most memorable moment in the military?

Probably the crash I just described. He and another crew members gave up their seats to congressmen and another fellow who was completely paralyzed. No one was killed in the crash.

What did you do after the WWII ended?

Had a career in sales with the Gates Rubber Co, retired as the National Sales Manager in 1976 and went into business as a manufacture's representative with a friend, working

into his 90's.

When/Where did you meet your wife?

At the Vanity ballroom in Detroit, Michigan in 1934, they were married



Left to right: Bill's grandson Mark Lancaster, Bill, his great grandson Jacob Lancaster, and his son, Bill Lancaster III. The photo was taken following Jacobs confirmation; His great-grandfather was his chosen sponsor.

on December 6, 1941; enjoyed a very short honeymoon as Pearl Harbor was bombed on December 7.

How did you end up in the Denver Metro area?

After the war my parents move back

to Colorado because they loved it when they were here during his convalescence.

When did you move to Fairway 16 at Heather Ridge?

1975 I am pretty sure; they were the original owners.

Finish the sentence: "If I were Mayor of Aurora, I would..."

OMG...no time to ask my dad and no time to write down all that he would say!

What is the secret to your vitality at 100?

My answer, as his daughter, is his amazing attitude and love of life; he has had cancer, quadruple heart bypass, has a pacemaker, broke his leg four years ago, had mini stroke several years

back, had a significant head injury at 85 (which got him off the ski slopes) and I'm probably missing some other health issues. You'll never hear about it from him. He is amazingly resilient and an inspiration to everyone who knows him!



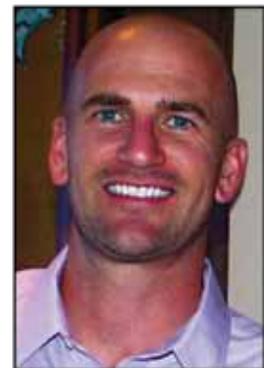
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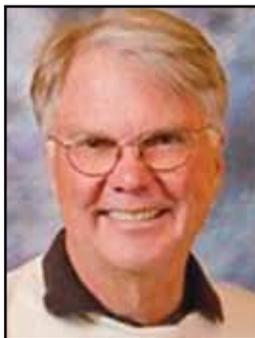
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Higher Failure Rates In Closing Home Sales

In today's mad rush to buy from shrinking home inventories, many buyers are encountering unexpected problems from their lenders, home inspectors, and HOAs. New mortgage rules coupled with substantial penalties are slowing down even cautious lenders and jeopardizing closing dates and timetables. Lender fears and repercussions are valid concerns given their battle scars from the Great Recession of 2008-2011, but today's loan underwriting policies begs the question – 'When will



Van Lewis

Heather Ridge South

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van@vanlewis.com

reasonable common sense and practices return?'

Buyers' agents are reporting high frustration levels finding the 'right homes for their buyers' before others snatch them away. Compounding that frustration is today's newer technologies, faster access and distribution of MLS inventory, and the ability of agents to write purchase contracts on laptops, iPads, or even cell phones. However, faster might not always be better!

A home inspection may allow rushed buyers to calmly investigate their purchase without loss of earnest money. Inspections are done immediately after contracting to determine if the house is worth buying given roof, mechanical systems, or other physical problems. Buyers need to know what they are getting into given their cash resources and exposure to liabilities. Increasing numbers of sales are dying because buyers bought too quickly and changed their minds in the calmer light of inspections.

Lastly, HOA ownership responsibilities are not for everyone. Buyers can object to transfer and working capital costs, controlling documents, and budget/reserve issues; and if they do, they can terminate their purchase without loss of earnest money. Not everyone is comfortable nor should live in an HOA environment; and it is during the inspection and due diligence periods that buyers can opt out.

Pete and Van are at the cutting edge of these issues and more, so if you are thinking to selling or buying, please call them. The need for highly experienced real estate agents is greater today than ever before. Technology has provided many benefits and savings, but most people buy or sell a home once a decade. A home is usually one of the biggest decisions people make in their lifetime, so it needs to be done right from start to finish. There's no 'learning curve' at your expense by Pete and Van; and since 1975, thousands of families call them their Realtor. Call today and learn why. Believe it or not, they will actually listen first to your needs before explaining how they will help you – it's called professionalism.

**Van Lewis: Re/Max Alliance —
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(The Following Properties May Have Been Listed or Sold by Other Companies)

Homes Sold From April 16 through May 16, 2014

HOA	SoldPrice	No.	Street	Be/Ba	SqFt	Sold Terms	Concess	Seller Type
Strawberry I	\$82,000	13619	E Yale Ave B	1 - 1	856	Cash	\$573	Individual
Strawberry I	\$108,500	2471	S Xanadu Way C	2 - 2	1,091	FHA	\$3,255	Individual
Chimney Hill	\$145,000	13650	E Evans Ave	2 - 3	1,344	Cash	\$0	Individual
Heather Ridge South	\$145,425	2822	S Wheeling Way	2 - 3	1,462	Cash	\$0	Bank/GSE
Cobblestone Crossing	\$160,000	13344	E Asbury Ave	2 - 2	1,392	FHA	\$3,515	Individual
Country Club Ridge	\$184,900	2250	S Vaughn Way 101	2 - 2	1,196	Conventional	\$10,354	Individual
Fairway 16	\$220,000	2660	S Vaughn Way A	3 - 4	1,650	Conventional	\$0	Individual
Country Club Ridge	\$229,900	2230	S Vaughn Way 202	2 - 2	1,806	Conventional	\$3,000	Individual

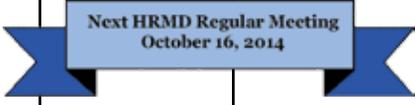
Homes For Sale through May 16, 2014

HOA	Price	No.	Street	Be/Ba	SqFt	Gar/Spaces	Style
Cobblestone Crossing	\$162,500	13464	E Asbury Ave	2 - 2	1,392	2-Spaces	2 Story
Cobblestone	\$164,900	2161	S Victor St D	2 - 2	1,392	1-Gar, Att	2 Story
Chimney Hill	\$179,900	13572	E Evans Ave	3 - 3	1,512	1-Gar, Att	2 Story
Fairway 16	\$229,900	2568	S Vaughn Way D	3 - 3	1,650	2-Gar, Att	2 Story

Homes Under Contract as of May 16, 2014

HOA		No.	Street	Be/Ba	SqFt	Gar/Spaces	Style
Strawberry I	\$61,000	2608	S Xanadu Way E	1 - 1	856	1-Space	2 Story
Strawberry I	\$115,000	2644	S Xanadu Way C	2 - 2	1,144	1-Space	2 Story
Strawberry II	\$119,000	2451	S Xanadu Way D	2 - 2	1,091	1-Space	2 Story
Strawberry II	\$126,900	2481	S Xanadu Way B	2 - 2	1,091	1-Space	2 Story
Strawberry II	\$127,000	2421	S Xanadu Way A	2 - 2	1,091	1-Space	2 Story
Strawberry I	\$129,000	2692	S Xanadu Way B	2 - 2	1,105	2-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
Burgundy	\$155,000	2659	S Xanadu Way D	2 - 2	1,162	2-Space	2 Story
Burgundy	\$159,900	2645	S Xanadu Way C	2 - 2	1,315	1-Space	2 Story
Sausalito	\$165,000	2497	S Victor St B	3 - 2	1,282	2-Gar, Att	2 Story
Heather Ridge South	\$170,000	2752	S Xanadu Way	4 - 4	1,633	2-Gar, Att	Ranch
Sausalito	\$174,900	2522	S Worchester St B	3 - 2	1,282	2-Gar, Att	2 Story
Sausalito	\$179,900	2467	S Victor St D	3 - 2	1,230	2-Gar, Att	2 Story
Chimney Hill	\$183,000	13530	E Evans Ave	3 - 3	1,512	1-Gar, Att	2 Story
Heather Ridge South	\$210,000	2777	S Xanadu Way	2 - 2	1,365	2-Gar, Att	2 Story

June 2014

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

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HR Men's Golf Club Recent Tournament Results

HR Men's Golf Update

The Heather Ridge Men's Golf Club held its Two Man Best Ball Tournament on April 26, 2014. There were 22 teams vying for the top spots and there was some very competitive battles, as usual during the Men's Club events.

The next Men's Club Tournament was a Point Par, held on May 10.

The Men's Club Match Play is set with three flights consisting of over 40 players playing for the Match Play trophies which will be presented at the fall banquet. Bob Ore is the director of the Match Play, so if you have a question please drop him and email at BKore37@comcast.net. Bob runs a tight ship so you will need to complete you matches on time.

June 14 is the date for the Men's and Women's Mixer Tournament, grouping the men and women in mixed foursomes. We expect a large number of players for this shot gun event at Heather Ridge. A box lunch will be served at Noonan's café following the tournament.

Loren J. Janulewicz



Two Man Best Ball Computer Draw Tournament April 26, 2014

First Flight

1st Place Winning Team, Net 61
 Andy Schmidt
 Mike Coppens

2nd Place Winning Team, Net 63
 Bob Knutson
 Loren Janulewicz

3rd Place Winning Team, Net 64
 Kevin Welch
 Joe Klein

4th Place Winning Team, Net 64
 Jim Murray
 Dan Apodaca

Second Flight

1st Place Winning Team, Net 63
 Hal Kelley
 Dumitri Palea

2nd Place Winning Team, Net 66
 Jack Eggleston
 Jim Gunderson

3rd Place Winning Team, Net 68
 Jerry Henson
 Don Schroeder

4th Place Winning Team, Net 69
 Jack Gemeinhart
 Vinny Roith

Closest to the Pin

Hole #5: Jack Gemeinhart
 Team

Hole #8: Benny Barnes Team

Hole #14: Bob Ore Team

Hole #10: Jack Eggleston Team

Point Par Tournament May 10, 2014

First Flight

		Points
1st Place	Benny Barnes	45
2nd Place	Bob Knutson	43
3rd Place	Jim Carpenter	42
4th Place	Mathew Ihme	40

Third Flight

		Points
1st Place	Chris Watts	43
2nd Place	Don Hansen	43
3rd Place	Don Schroeder	40
Card play-off for first place		

Second Flight

		Points
1st Place	Brian Hornstra	40
2nd Place	Jack Eggleston	40
3rd Place	Dick Hinson	38
Card play-off for first place		

Closest to the Pin

Hole #5: Bob Knutson
 Hole #8: Walt Kirkwood
 Hole #10: Bob Knutson
 Hole #14: Dan Apodaca



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99¢ MEAL

Buy one meal
(Breakfast, Lunch or Dinner)
and 2 drinks, get second meal of
equal or lesser value for 99¢

Up to \$7.00 Value

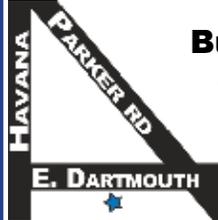
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HG Women's Golf Assoc. 18-Hole Ladies' News

Coming up in June is the mixer with the men's club on June 14 with an 8:00 am shotgun start. The deadline for signing up is June 11 at 5:00 p.m. The signup sheet will be on the men's club side on the board outside the Pro Shop. The format is a Shamble and the men's club will do the pairings. The entry fee is \$15.00 which includes

prize money and a box lunch. Sign up for lots of fun with the guys!

The Member/Guest Tournament will be held on Monday, June 16, applications are out and the deadline for submitting applications is June 6.

There will be no Saturday play day on June 21 due to an outside tournament.

Teresa Anderson
Past President/Publicity

Heather Ridge Women's 9-Hole Golf Association

Tournament play got off to a rocky start while we had hit and miss play days due to Mother Nature not putting forth her best foot on every Tuesday, as we had requested. The days we did play were fun and we all enjoyed getting back into the "swing of things."

Our annual potluck lunch was held on May 13, not after golf as planned due to the snow storm. It was a day filled with eating, sipping a bit of wine and laughing. We look forward to doing this all over again on June 29 as we share a day of golf and fun at our Couples Tournament.

Don't forget to sign up for the tournaments by Friday afternoon.

Sharon Gunderson
Vice President & Publicity

Top photo (left to right): Joann Oswald, Sonya Mathews, Sandy Finney (standing), Sharon Waremborg (in front) and Stacey Visentin

Center photo (left to right): Liz Clancy, Mabel Jordon, Joyce Scott (in back), Joann Oswald (in front), Carrie Klaus, and Glenda Orsborn

Bottom photo (left to right): Ruth Bell, Sonya Mathews, Millie Weiss, Sally Simon, Ginny Lewis and Marge Sumberg



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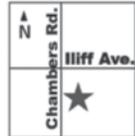
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The Natural Healing Center in Aurora is a full-service traditional Acupuncture and Integrative Medicine Clinic. The Center is proud to offer complementary medical therapies including acupuncture, chiropractic care, massage therapy and nutritional counseling. Heather Ridge Metro Matters' editor Barry McConnell recently had an opportunity to discuss the Natural Healing Center with Dr. Penny Wells OMD, L.Ac.

Are you a Colorado native? If not what brought you to Colorado?

I have lived most of my adult life in California. I came to Colorado from Washington state to join my daughter and her family.

To start off, when and where did you first become interested in Oriental Medicine?

Oriental Medicine saved my life at age 37, when Western medicine said I had 3 years to live.

Where did you receive your formal O.M.D. training?

I received my training in several places; I may be overly educated in oriental medicine with over 6,000 hours. I trained primarily in California and New Mexico.

I understand that you have been a board certified Acupuncturist for almost 30 years. How long has your practice been located at 13751 E. Yale?

I have been board certified for more

than 28 years. And I have been practicing in Aurora for 5 years.

Beyond acupuncture, what other approaches to healing does the Natural Healing Center specialize in?

We specialize in Chiropractic, Therapeutic Massage and Herbal Medicine.

Do you offer other types of services at your medical office?

We use both sides of our building here on Yale Ave., on the right side we offer our patients chiropractic and massage services, and on the left side of the building we provide acupuncture services. Natural Healing Center only hires experienced practitioners.

Do you work with patients who are also seeking Western medical treatment approaches?

Only adjunctively. We have lots of respect for Western doctors and physicians, we often treat them and feel the best of all worlds is an educated combination of both approaches.

What do you find most satisfying about your practice?

I am most satisfied when watching the "impossible" become "possible." I love the joy of many recoveries.



Dr. Penny Wells, O.M.D., L.Ac.

A highly trained, well respected senior Doctor of Oriental Medicine, Dr. Penny Wells has been Board Certified by the National Commission for Certification of Acupuncturists since 1986. She received her M.S. and O.M.D. in acupuncture and Chinese herbal studies at S.A.M.R.A University of Oriental Medicine, Los Angeles, California.



Dr. Matthew Usel, D.C.

A Fort Collins native, who graduated from Colorado State University with a Bachelors degree in Biochemistry, followed by a Masters in Bio-Medical Science. The next phase of his education took him to Portland, Oregon where he attended the University of Western States and earned a degree as a Doctor of Chiropractic.

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HR Heather Ridge

ASSOCIATION NEWS

Heather Ridge South



HRS Community Pool is Open: After substantial repairs to the pool and its operating system, it opened before Memorial Day weekend despite chilly spring weather. The pool area has become a very popular place to hang out, cook meals on gas BBQ grills, and have small parties or community gatherings. To make your visit more enjoyable, please review the rules and regulations before jumping in. As was done last year, a security guard will be on site most weekends or holiday periods, so please let him know you're there as a resident or guest. If you have lost your pool key, please contract Janelle Maninger at Westwind Management Company, 303-369-1800x115. Please don't loan pool keys to others.

Springtime Mulching: Those aren't mysterious crop circles under trees along Wheeling and Xanadu, it is fresh mulch! Two years ago, mulch was installed around trees to help retain water along with brightening up the landscaping appearance. Residents and visitors have noticed and commented how nice it looks, along with HOA maintained rock gardens which replaced dead-grass areas. Over the years, river rocks interspersed with lilies have created low-maintenance areas of color. The river rocks need no watering, and the lilies are almost as hardy. Thanks to Landscaping Chairman Skip Cunningham and on-site maintenance person Wayne Mueske for all their good efforts.

Water Policies: Although there is no official Aurora water usage restrictions this year, HRS will water as if one exists. This cost saving policy reduces costs for our second biggest expense after insurance. Also, **No Washing of Cars** whatsoever even if using a sponge and a bucket with no hose – it's the appearance as well as the fact that water is not to be wasted. This also goes for grass or garden watering – hand-held hoses only and no ground sprinklers.

Wood Garage Doors: Slowly but surely the few remaining doors are being replaced by owners. Wood door owners questioning the policy are asked to speak to the HRS Board asap; and come January 2015, all remaining doors will be condemned under our Rules and Regulations. Please inquire about the board's wood door funding program along with a contractor now installing approved garage doors.

Summer Storms and Flooding: As mentioned last month, inspect your window wells for proper covers, depth, their above-ground extension, and physical condition and operation. Owners are required to cover and maintain window well covers; however, the HOA maintains the window well itself. If rusty, leaking, or not sufficiently above ground level to block heavy water flow, please call Janelle Maninger at Westwind.

HO-6 Property Insurance: How important is it? Last month, Burgundy property owners in Heather Ridge paid approximately \$2,000 per unit for their portion of a roof insurance deductible. Although HRS has a different deductible insurance program, the lesson is the same: owners with a proper HO-6 policy incorporating damage assessment coverage paid

little or no assessment. Please review your policy with your agent today, and if you don't have a policy – either as an owner or as a tenant – you are exposed to unnecessary risk.

Roofing Repairs: By the time HRS residents read this the project should be completed. The total project was \$250,000 with a \$10,000 deductible paid by the HOA from Reserve Funds. Again, HRS thanks Arvada Roofing for a job well done.

Summertime Safety: With summer heat comes open windows and doors, so be careful what you let in. Although this does not happen every year: two years ago a family of burglars made Heather Ridge home and worked the neighbors as petty thieves. Only after a stakeout by Aurora police were they caught, but the lessons were the same: Don't leave windows or doors open and unlocked; don't advertise your assets leaving wallets, purses, computers, etc. on tables or counters for nosy eyes and nimble fingers. Always think defensively that the simplest error in safety could cost you more than your valuables and your life! And lastly, always be watchful of who's walking through the community – unfamiliar cars and people are a tip-off to be wary. Most burglaries occur at night; however,

burglars read the same newspaper reports like everyone else, so daytime visits are more common than realized. A classic caper is someone walking about ringing door bells or trying knobs to see who is home. Call HRS's security company, Covenant, to investigate 303-552-9027 or the

Aurora police. (Non-emergency 303-627-3100.)

Driveway Grease Spots: The new concrete driveways are starting to show 'liver spots' of a sort. Some call it the Pennzoil drip, others an abuse of property. Whatever it is,

please park your vehicles in your garage. Driveways will be inspected this summer and notices mailed for owners to clean up oil stains. If you have oil stains, please call Janelle at Westwind for cleaning instructions.

Van Lewis

Fairway 16

Garage Sale Signs: If you want to place signs directing people to your sale, please pick up the signs we have available on Thurs., June 12. They will be outside the north entrance to the Fairways 16 pool. Please return them to the same location when you have completed your sale.

Guest Parking: Since each unit has four parking spaces, two in the garage and two behind the garage, please save the guest parking spaces for visitors. **NO** overnight parking by residents is allowed in those spaces. Summer visitors will be arriving to visit our community and they need a place to park.

Rock Walls: On May 1 a large number of small rock/alpine plants were inserted into spaces in the rock wall around the swimming pool. The area was also cleaned of debris by volunteers: Darlene Yeager, Regina Morgenthien, Vicki Tucker, Carol Preisser, Loretta Eggleston, Rena Rae Birks, Patsy Gonzalez and Susan Bruce. On May 16 additional plants were placed in the rock wall on S. Vaughn Way by 2588A. We were assisted, instructed and encouraged by Panayoti Keladis, Director of Horticulture and Community Outreach of the Denver Botanic Gardens. Look for amazing color and variety once these plants get established. We will be hand watering them for a while to get them going. If you want to volunteer to help with this project, please give Susan Bruce a call.

Split-Rail Fences: Did you notice that all 4 of these fences have been painted? They look much better and will hopefully last longer now that they have received some TLC.

Letters: If you received a letter from Hammersmith about minor clean-ups or repairs, please take care of these as soon as possible. We want to be the best looking community in the area.

Faucets: If any of your exterior faucets are leaking, please notify Hammersmith immediately. Leaky faucets can mean a big loss of water and big bucks added to our water bill.

Trees in Courtyards: These trees are the responsibility of each individual homeowner. The HOA will not be trimming or removing any of those trees. Please be sure they are not touching the roof or gutters.

New Board Member: At the May meeting of the Board, CJ Baar was appointed to fill the term ending in 2015 vacated by Pinky Gonzales. CJ lives at 2496C and is the guy who is responsible for the outside drums and lights display in Dec. and Jan. We welcome his fresh eyes and willingness to help.

Great News: On May 14 the City of Aurora Planning Commission met to discuss the fate of the vacant parking structure that is behind the Dragon Boat restaurant and along the I-225 exit ramp. It has been an eyesore for more than 30 years. A developer proposed building a 3-story self-storage facility on that ground. All 10 HOA groups supported that plan.

Errol Rowland, Van Lewis, Amanda Milstead, Larry Ransford and Susan Bruce spoke briefly to explain reasons for approving this project. The vote of the Commissioners was unanimous to approve the storage facility plan. It will next need to be approved by City Council. Susan Bruce's arguments were: "If this is not approved, will we have 30 more years of a blighted, abandoned garage?" and "Do you really want the riders of the new Light Rail line to see this ugly structure representing our city?"

Summer Concert: June 24, 6-8 p.m. at the Rose Garden at the Gardens on Havana (presented by Comcast and Petco). This month's **FREE** concert will feature Face Vocal Band Contemporary A Cappella. Bring a lawn chair or blanket to sit on.

Pool Key: Please see Susan Bruce if you need a pool key. Each household is allocated one key and it is \$50 to replace it. Please watch your children and keep them from climbing on the rocks. The tender plants do not like being stepped on.

Susan Bruce



Sausalito



We are busy with multiple maintenance projects in the community. The Phase Two Painting Project is 75% complete and should be finished mid June weather permitting. The entrance signs have been painted so we are looking good! As you drive through the community you will notice numerous landscaping improvements. Designated trees are being trimmed, large cobble rocks are being put down in areas where it is hard for grass to grow, and bushes are being trimmed and replaced in some cases due to winter kill from our hard snow storms. We have repaired the largest asphalt cracks in a few of our auto courts. The pools have been prepared and were opened on Memorial Day for our summer swimming

season. Copies of the Sausalito Pool Rules and Regulations were posted on garage clips before the pool opened. Grass has been aerated, fertilized and irrigation is on. All this activity must be a sign that spring and summer have truly arrived.

Landscaping: Due to the number of new homeowners Sausalito has welcomed, it is best to remind everyone that outdoor planting by homeowners/tenants must be done in planters not in our common ground. The HOA is responsible for all common ground planting and maintenance.

Pools: Please carefully read the Rules and Regulations for usage of the two swimming pools. Quick refresher: The following items are **Not Allowed** at the pools: glass, alcohol, animals, food, large pool floating toys and multiple inflatable lounges. Children under 14 must be accompanied by an adult. Both adults and children use our pools, so let's be considerate good neighbors while at the pool. Adults like to swim, children like to play and splash. We can accommodate both.

Roofing: Our hail damage claim is in process.

Watering: Colorado is still considered to be in a drought and cities like Aurora are imposing water restrictions. Therefore our grass will be irrigated accordingly. The water we use is not free. You may not pay a water bill, but part your monthly HOA dues pays for water usage. The City of Aurora has three tiers for

measuring water usage and the cost of water. Sausalito's objective is to keep our expense down and stay in the lowest tier. The cost of water will continue to be one of our largest budget items. For those of you who continue with water conservation, indoors and outdoors, we thank you.

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 pm on Thursday night and must be returned to the Homeowner's garage by 8:00 pm on Friday. In the future, trash bins will be removed from the premises if left out after posted hours. Proper trash pickup days will be posted on all trash fences. Let's work together to keep our community clean and neat.

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 helps keep our community safe. Randy and his crew will not include patrolling our two pools for proper usage. If you need to have exterior lights replaced, please contact Bill McKinney at 303-783-0394 or complete a Maintenance Form .

Neighborhood Watch: Please contact Carol McCormick, the Sausalito Area Coordinator, at carol_mccormick@comcast.net if you want to know more about the NW 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, 303-750-8772; secretary/newsletter/NW Carol McCormick, 720-747-0836; treasurer/pools/Presidents Council representative Pat Horton, 303-695-6181; pools/board member-at-large, Debbie Martinez, 720-298-8323; and board member-at-large Sherri Cooper, Board. If you are interested in serving on the Board in the vacant position, or know a homeowner who might be interested, please contact president Vinny Roith.

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

Board Meetings: 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

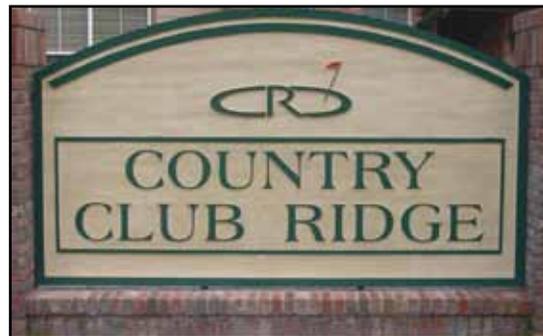
**Heather Ridge
Community Garage
Sale**



**Friday, June 13
Saturday, June 14**

Country Club Ridge

Summer living is right around the corner. As we open windows and are outdoors more in the nice weather, we need to be “good neighbors”. Noise levels should be kept down, including pet noise. Also, grassy areas are for all to enjoy, not just for “pet potties.” If you enjoy grilling, remember that no open flame grills are permitted. Please use electric grills or small propane units. Patio areas are for outdoor furniture only, not for storage. If you wish enhance your front door area with potted plants, please check with the Custom Management Group for guidelines.



Garage Sale: Are you interested to having a garage sale? If unneeded stuff is piling up, you are encouraged to hold your sale the weekend of the community garage sale, June 13-14. Signs will be put up on area streets and advertising will be included in local papers by HRMD. Since there will be many sales in our community on that weekend, more traffic will mean more sales for you!

New Fence: Have you noticed the new fence? We have installed an extension to the fence line along Iliff Avenue that extends along the East property line for approximately 100 feet. This fence will help control trespassers cutting across the property on their way to the bus stop or walking along Iliff. Hopefully this

will also decrease litter in that area. An approved **No Trespassing** sign will also be added in this area soon.

Landscaping: Maintenance has begun on the landscaping. Bushes have been trimmed and the sprinkler system checked and started for the season. Board members and management have conducted a walking inspection of the property to determine the scope of winter damage and areas that need upgrading. Call Custom Management Group at 303-752-9644 if your immediate area needs attention.

Board of Directors: An HOA workshop was sponsored by Rocky Mountain Chapter of Community

Associations Institute recently. Members of the Board of Directors participated in the discussions and gained information on current legislation, insurance concerns, working with a management company, and creating proper reserves. We're confident that this education will help our association in the future.

Reminder: The monthly Board of Directors meeting opens with an Owners Forum. This is the venue for your comments and concerns. These meetings are held at 7:00 pm the third Monday of each month at Heather Ridge Golf Club, lower level 19th Hole.

Judie Maurelli

Cobblestone

Spring Clean Up: It looks like spring has finally sprung. . . with a little bit of a frozen leak (snow that is)! Let's consider it a good thing as the grass is getting a good watering after being aerated and fertilized. It also means it's time for the 2nd Annual Cobblestone Spring Cleanup. Last year a group of residents volunteered to add that special extra shine to the neighborhood and are planning on doing it again this year! If you are looking to get to know some neighbors, get some fresh air, and get your green thumb going please join them Saturday, June 14 at 9 am at the Cobblestone entrance to the community. Rakes and gardening tools welcome.

Look Out: Please make sure you are picking up after your pets. Whether you're out on a walk or your pet is taking a break by the patio, make sure you are bagging the brown. Be considerate of neighbors and let's keep the grass green and walkable.

hoacobblestone.org: Have you taken the time to look at our website? The website is a great resource to keep up-to-date with what's going on in the neighborhood. You will see the community calendar and community documents. It's also a great way to advertise to current and future homeowners. We have the opportunity to post five more pictures

of our lovely area to show those that might be looking in Aurora, how great Cobblestone is. Homeowners are invited to submit photos that they feel are a good representation of our community. Submit the photos to the HOA Board and they will select from those received. Photos should be emailed to md.ritter@yahoo.com by June 30. Please limit your submissions to 3 per household.

Your Homeowners Association: That's right, **Yours**. Right now the board consists of 3 members, meaning the impacts to the community are decided by the majority of the board, in our case two people. Your board consists of dedicated and concerned

homeowners who continually think about the best interest of the community. If you are dedicated to the betterment of the community and want to be involved about future changes, it wouldn't hurt to have **You!** We need to hear your input, ideas, and positive energy in order to keep our community thriving. **You Can** make a difference by joining **Your** board. If you're interested in joining, you must be a homeowner current on your dues, and able to attend meetings on the 4th Tuesday of every month. Let any existing board member or CAP know if you are interested.

Marla Ritter



Chimney Hill

It's June, and hopefully we're done with snow for a few months. Of course there maybe some hail later, but this is normal for Colorado.

Water: All outside water spigots were inspected in April. 23 spigots were dripping, and 6 spigots had a very bad leak. One of the spigots was leaking 1 gallon of water every 10 minutes. That means 144 gallons every 24 hours, and 4,320 gallons every 30 days. The association pays \$5.60 per 1,000 gallons of water, which amounts to about \$24.19 a month. Remember that sewer charges are calculated based on water use, therefore sewer charges increase according to water use. Most of these spigots have been leaking for years. Wrapping or covering spigots with towels or a 'frost protective cover' will not stop it from leaking.

Please remember that **All** homeowners pay for water. Report yours and your neighbor's leaking spigot to Accord Management. This does not constitute invasion of privacy; it will save water and save you money.

CH board will order spigot inspections in the future, but it is the responsibility of all residents to report outside water leaks, broken siding, and other items that may need attention. Accord Management has the necessary experience to address these issues.

Garbage: All garbage must be put completely inside the garbage container – not outside of the containers or in the entrances to the trash enclosures. Make sure that the kids are tall enough to open the lid and throw the bag in completely. Owner or renter, no one likes garbage floating around the property. Garbage containers are green, recycling containers are tan. If this issue persists, the board may consider individual garbage pickup.

Do not leave any electronic devices

next to garbage containers. These items will not be picked up unless a special pickup is requested. Sanitation employees cannot pickup any electronics because they are no longer accepted by landfills. This is a federal regulation. Residents must request a special pickup or take these items to a recycling center.

Dog Waste: Dog waste is still a problem. **Pick Up After Your Dog!** As mentioned last month, the board may decide to hire a pooper scooper service and impose a fee on dog owners. Remember that all dogs cannot run free on CH property. And please remember that pit bulls are not allowed in Aurora and Denver.

Siding: CH residents may see siding work in progress on S. Worchester by the time this issue is out. It was supposed to start around May 20, but with all the crazy weather this year it may be delayed.

Landscaping: This is another area that had a delayed start this year. In addition, our irrigation system



had a lot of problems and could not be turned on. The landscaping company spent two full days working on it, but it had to be turned off again because of the freeze. The landscapers started to trim junipers in the third cull-de-sac.

CH board and the landscaping committee are looking for volunteers to help plant, dig and move rocks. If you are able and have some time to help occasionally, please email Amy alscott1951@gmail.com. There are some small projects that the board would like to complete this year.

Important Reminders: Always contact Alec at Accord Property Management with any questions and/or concerns. Alec can be reached at 720-230-7321 or alec@accordhoa.com. A great way to stay informed is going on CH website at www.accordhoa.com. Repairs, Assessments, Insurance coverage and other HOA related rules that all residents must follow. Please remember to fill out an ARC Form for all common area improvements, including installation of new windows and doors. Please submit pictures and/or plans.

HOA Monthly Meetings: The next CH HOA monthly meeting will be held on June 18, 6:30 pm at the 19th-Hole room in the HR Clubhouse. All residents are welcome to attend.

<p>Nick's Garden Center & Farm Market 2001 S. Chambers Road (303) 696-6657 (2 blks N of Iliff Ave on Chambers Rd in Aurora) June Hours: M-S 8-6 Sunday 9-5 nicksgardencenters.com</p> <p>GROWN IN COLORADO</p> <p>Like us on Facebook, Follow us on Twitter</p>		<p>Home & Garden SHOWPLACE</p> <p>20% Off Reg Price All Annuals, Container Gardens, Herbs, Veggie Plants & Flowering Hanging Baskets SALE Starts June 4th Expires 6/22/14 - No Limit</p> <table border="1"> <tr> <td data-bbox="805 1659 1133 1942"> <p>NICK'S COUPON Trees & Shrubs \$20 Off Reg Price With the purchase of \$100 in trees and shrubs only. Expires 6/22/14 - No Limit Must present coupon</p> </td> <td data-bbox="1133 1659 1468 1942"> <p>NICK'S COUPON Perennials \$15 Off Reg Price With a purchase of \$60 in perennials only. Expires 6/22/14 - No Limit Must present coupon</p> </td> </tr> </table>	<p>NICK'S COUPON Trees & Shrubs \$20 Off Reg Price With the purchase of \$100 in trees and shrubs only. Expires 6/22/14 - No Limit Must present coupon</p>	<p>NICK'S COUPON Perennials \$15 Off Reg Price With a purchase of \$60 in perennials only. Expires 6/22/14 - No Limit Must present coupon</p>
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We have started the renovation of the lower level snack shop. These pictures DO NOT do it justice. We installed new granite countertops and rearranged the equipment.



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Burgundy



WOW! It's spring. . . finally. Actually, this is being written on Mother's Day weekend and we are still looking at several inches of snow covering our lawns. While I walk around the tomato plant inside my front door and the pepper plants in my kitchen trying to catch the sun, I'm looking for all of the summer activities that can be packed into the longer days of the season.

First the Business:

Roofing: Roofing is being completed much faster than was predicted. The contractors should be out of the neighborhood by the end of the month. If you have any concerns or damages, contact Hammersmith at 303-980-0700 within the next 30 days.

As you have noticed, our homes are the priority and the garages will be finished last.

Outdoor Lighting: The outdoor lighting will be inspected on a monthly basis to insure that we maintain a safe and secure neighborhood. This inspection will be done during the dark hours, so you may see vehicles in the area if you are uncomfortable, call Neighborhood Watch. Bev Brown is the Area Coordinator and can be reached at 303-872-3154.

Towing Contract: A new contract for towing has been signed with Maxx Towing. This is a great time to review the rules governing the parking especially the visitor's spaces.

Ice Melt: Blue buckets with ice melt should be placed where they are visible to the landscapers for pick-up. If you can't move them or if they are still decorating your yard, call Hammersmith for removal.

No Trespassing: The golf course has posted the No Trespassing signs, and, yet, there are still walkers. As residents of this Metro area, we all have a responsibility to help the golf course be as profitable as possible. For the safety of all, please contact the golf course at 303-755-3550 to report those who haven't read any of the many signs.

Sprinkler System: The sprinkler system has been tested and turned on. We have learned the expensive way what it costs to repair/replace water equipment that is missing (stolen) or not working. Call Hammersmith ASAP if you notice any malfunction in order to minimize damages. The police should be notified for any criminal activities. For non-emergency please call 303-739-1819.

Now, for some of the fun and inexpensive activities in our area. More information can be found at auroragov.org/events and at Denver.org/things-to-do.

Community Yard Sale: The Heather Ridge Community Yard Sale is scheduled for June 13 and 14. This is the perfect time to make some cash on all those usable items that you have cleaned out or replaced in your home. Come early to take advantage of the best spaces and to visit with your neighbors. Bring your own table and chairs.

Free Shredding: During the month of June free shredding will be available Monday – Friday from 8 am – 4 pm and on Saturdays from 8 am – 1 pm, 15686 E Batavia Dr (NE of Chambers and Colfax). This is paper only – no plastic or trash.

Summer Concerts: The summer

concerts will begin on June 19 at Utah Park and on most Thursdays throughout the summer at various local parks. June 26 is at Bicentennial Park, and July 16 at Utah Park.

Bike to Work: June 25 is Bike To Work Day. If you don't have the opportunity to bike, wave to all those who are on their wheels and be sure to give them plenty of room.

4th of July Celebration: Celebrate July 4th on the Aurora Municipal Center lawn. Most of the fun gets started at 6 pm. Bring your own blanket or chairs.

Farmer's Markets: *Parker* is on Sundays 8 am to 1 pm on the NE corner of Parker Road and Main Street; *Havana Exchange* on Mondays (starting June 16) 10 am to 2 pm at 2712 S Havana; *Southlands* on Thursday and Saturday from 9 am to 1 pm; and *Strawberry* garden to be announced.

HOA Meetings: All homeowners are welcome and encouraged to attend the monthly HOA board meetings. These are held in the Clubhouse on the 2nd Thursday of most months at 7 pm. Please call so another chair can be set up.

Jaynie Basch

OUT TO LUNCH BUNCH



**Come join us for lunch!
Bring your friends and neighbors too!
Contact Josie Spencer for information on restaurant and date.
303-671-5634 or amipep@aol.com**





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- ✦ Repair All Walls and Ceilings
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- ✦ Paint (spray or roll)

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- ◆ Check all Electrical Circuits/Repair as Needed
- ◆ Check all Doors and Repair as Needed
- ◆ Oil all Sliding Window/Door Racks
- ◆ Caulk Tubs and Sinks as Needed
- ◆ Check Heating and Cooling Systems
- ◆ Repair Privacy Fences
- ◆ Clean Gutters
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- ◆ Install Garbage Disposals
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- ◆ Install Kitchen Cabinets and Countertops
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FOR MORE INFORMATION

PLEASE CALL

VOICE: 720-849-4749

Does Your Teen Need a “Sports Physical” Or a “Well-Care Exam?”

Local high schools require athletes to provide proof of an annual physical exam in order to participate in high school sports. Unfortunately, patients may not realize that a “sports physical” is not as comprehensive as a “well care exam”. A “sports physical” is simply a physical exam that helps determine if it is safe for the athlete to participate in a particular sport. On the other hand, a “well care exam” is a more complete physical exam with attention to the overall health of the adolescent, and often includes an important teen screening for risky behaviors such as drinking, smoking, drugs, sexual activity and depression. Paul Stricker, MD, FAAP, and author of Sports Success RX! Your Child’s Prescription for the Best Experience, points out that sports physicals alone tend not to address the adolescent’s overall health and should not be a substitute for an in-depth well care exam by the family pediatrician. “The continuity of regular physical exams is invaluable,” Stricker says. “Having

a long-term history with a child or adolescent gives the doctor the awareness of the child’s progress and development over time. This helps the doctor detect emerging problems, as well as being informed by the detail of the patient’s history, such as important past illnesses or injuries the child may forget to mention on the sports physical questionnaire.” By visiting your pediatrician for an annual well care exam, you are helping to ensure that important developmental and emotional issues are addressed and a thorough review of his or her medical history is performed.

What Vaccines Does Your Teen Need? Adolescent vaccines are key to preventing serious, sometimes life-threatening diseases. Because immunity from some childhood vaccines can decrease over time, adolescents need to get another dose of the tetanus, diphtheria and pertussis vaccine during their pre-teen years. Also, as children move



into adolescence, they are at greater risk of catching certain diseases, like meningitis and human papillomavirus (the leading cause of cervical cancer). The American Academy of Pediatrics and the Centers for Disease Control recommend the following immunizations for adolescents:

- Annual Influenza Vaccine
- Tdap (Tetanus, Diphtheria, Pertussis)
- Meningococcal (Meningitis)
- Gardasil (HPV)

Elaine Hehemann
Director of Communications
Advanced Pediatric Associates

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Healthy Living



Where do you grocery shop? Are you aware the outside perimeters of grocery stores carry all your “live” foods while the interior isles contain packaged processed foods?

Thirty-four-years ago, my girlfriend told me my four-year-old son had ADHD and needed to be on the Feingold diet.

She kept at me until one day, when his behavior so startled me, I asked for her help. She had me read the ingredients listed on the packages of processed “foods” in my pantry. I was shocked at words I could not even pronounce, to say nothing of all the sugar, sucrose, corn syrup, and oh, by the way, did I mention sugar? And the preservatives and unnecessary colors! I got rid of all my offensive pantry items and went shopping for real food. It was a huge learning curve.

Over the years, I have remained “natural”; cooking and baking everything from scratch, while casually studying new health and food issues. Grocery shopping with confidence has become a scary thing of the past. I’m still learning, we are all still learning, and with that said; let’s make muffins!

Until next time – your neighbor

Shirley Berry

Pumpkin Coconut Muffins

Ingredients:

- 4 Eggs
- 3/4 Cup Xylitol
- 2 Tbsp Organic Coconut Oil
- 1 Cup Pumpkin Puree (not pumpkin pie filling)
- 1 tsp Apple Cider Vinegar
- 1 tsp Baking Soda
- 1 tsp Salt
- 1 tsp Cinnamon
- 1 tsp Nutmeg
- 1/2 tsp Ginger
- 1/2 tsp Cloves
- 3 1/2 Cups Almond Meal/Flour
- 1/4 Cup Coconut Flour
- 1/2 Cup Sliced Almonds
- 1/2 Cup Flaked Unsweetened Coconut

Directions:

Pre-heat oven to 350 F. Grease muffin tin with Coconut Oil. Beat eggs and xylitol until thick and frothy. While beating egg mixture, drizzle in warmed coconut oil. Blend in the pumpkin. Add next 7 ingredients and beat until well blended. Add almond meal/flour and coconut flour and blend till thoroughly combined. Stir in Almonds and Coconut. Scoop batter into muffin tins and flatten even with the top (muffins will rise only slightly). Bake for 30 minutes. Remove from oven and place on cooling rack. These muffins are wonderfully freezable, with a quick 30 second microwave, for every day consumption.

Molly Markert



**Molly Markert –
Ward IV**

15151 E. Alameda
Parkway
303-739-7516 (Council
Office)
[mmarkert@
auroragov.org](mailto:mmarkert@auroragov.org)

Aurora Youth Commission Openings

The Aurora Youth Commission is looking for new members! Teens 14-19 and adults over 21 who are residents of Aurora are welcome to apply and serve as the voice for Aurora’s youth in the community. Interested individuals can apply at www.auroragov.org/oyd

For additional information contact Keith Bailey at 303-326-8706 or kbailey@auroragov.org.

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Important Contact Information

Where to get information regarding the Nine Mile and Iliff Urban Renewal and Station Area Plans:

Nine Mile

www.auroragov.org/NineMile
Chad Argentar – Development Project Manager
cargenta@auroragov.org
303-739-7052

Iliff Station

www.auroragov.org/Iliff
Jennifer Orozco – Development Projector Manager
jorozco@auroragov.org
303-739-7483

Development Services Division

Andrea Amonick, Manager
aamonick@auroragov.org
303-739-7129

Note: The I-225 Light Rail Line is going to be called the Aurora Line. It is the only light rail line in one city and the only one to have a city’s name!!!

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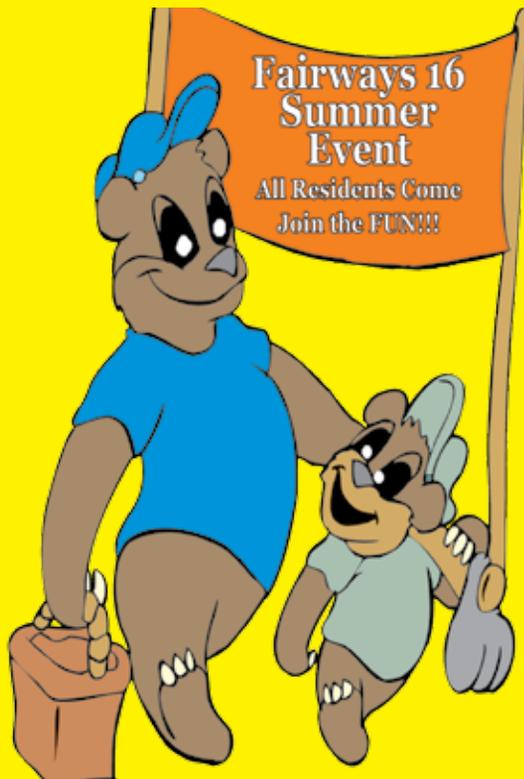
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The Association provides burgers, hot dogs, bratwursts, and drinks.
Please bring your favorite dish to accent the meal:
salads, chips, dips, cheese/relish trays, desserts, and more.

WHEN: Sunday, August 10, 2014

WHERE: FW 16 Clubhouse

TIME: 2:00 pm to 6:00 pm

Volunteers Needed:

2 chefs, singers, dancers, musicians, magicians, and other talents
Set-up and/or clean-up

RSVP by June 30: Your name and number in your party, and talent you wish to share, to:

Vivian Mount (pottermount@comcast.net, 303-368-5793) or
Cindy Wilkinson (wilkinsonca@msn.com, 303-918-4499)

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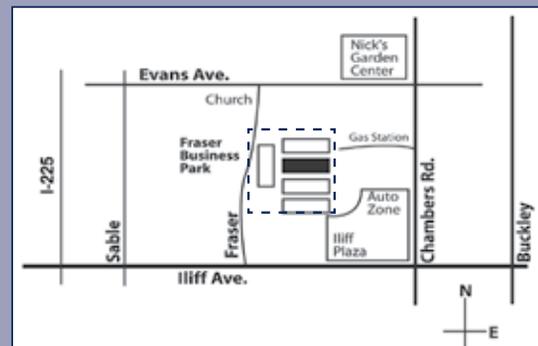
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