

# Around the Square

Publication of the Woodmar Square Homeowners Association

[www.Woodmarhoa.org](http://www.Woodmarhoa.org) • [WoodmarHOA@yahoo.com](mailto:WoodmarHOA@yahoo.com)

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## Woodmar Square Ice-Cream Social

Thursday, August 12th at 6 p.m.

Woodmar Square Park Shelter

Join your neighbors for ice cream at the park shelter and then, if you choose, walk over to Clement Park to enjoy the summer concert.

Free concert at Clement Park at 7 p.m.



## Neighborhood School Registration

It's that time of year again! The start of school is just around the corner. The following is a list of our area school registration dates and times. The first day of school is August 23rd for all schools. All times and dates were taken from school websites:

**Leewood Elementary:** Wed., August 4th from 7 a.m. to 7 p.m.

**Ken Caryl Middle School:** Tues., August 3rd from 8 a.m. to 3 p.m. (7th graders)  
Wed., August 4th from 8 a.m. to 3 p.m. (8th graders)

**Columbine High School:** Mon., August 9th from 7:30 a.m. to 4:30 p.m.

## West Metro Fire Rescue's Family Fire Muster: New Date August 21!

West Metro Fire Rescue postponed its Family Fire Muster originally set for Saturday, June 12. West Metro made the decision to cancel the event because we did not believe we could safely operate it in rain and lightning conditions. West Metro's goal is to provide a safe event for the 13,000 people who generally attend. Wet surfaces and lightning are not conducive to providing a safe event for families and children.

Please mark your calendars now for the rescheduled date:

**NEW DATE: Saturday, August 21, 2010, 9:30 a.m. to 2 p.m.**

**Red Rocks Community College in Lakewood**

Volunteers will be needed for the August 21 event. If you are interested in volunteering, please contact **Susan Saito** at [ssaito@westmetrofire.org](mailto:ssaito@westmetrofire.org). Sign up online now!

Thank you for your patience and understanding. In the 16 years West Metro has provided this event, weather has never forced a cancellation. But, for safety reasons, it is the best decision for our community. Please visit [westmetrofire.org](http://westmetrofire.org) for more information. Follow us on Facebook and Twitter.



## Is Your Home Secure? Put it to the Test

Here's a pop quiz on home security that you can answer in just a few minutes. "No" responses signify areas where you can improve upon your home's security. Take this quiz and ask yourself: Is my home ready to resist crime? To view the complete 75-question home security survey, visit our website.

### HOME EXTERIOR

The way a house's exterior looks, and even how it sounds, can discourage a would-be thief from approaching. Crime prevention experts recommend a well-lit exterior with a bit of stone or gravel at points around the home. Landscaping plants should not be so thick that they can conceal a person approaching. Tree limbs should not provide access to upper floors.

- Are your house numbers at least 4 inches tall (preferably 6 inches) and clearly visible from the street (both day and night)?
- Are trees located so that they cannot be used to climb to an upper level of the home?
- Has decorative stone or rock that makes noise when someone walks on it been used as ground cover near the home?
- Do household members routinely secure items of value such as bicycles, lawn mowers, ladders, etc. when not in use?
- If there are detached buildings on the property (garage, shed, barn, etc.), are the doors and windows kept locked?
- Are vehicles parked outside locked and are garage door opener remotes removed?

### DOORS & WINDOWS

Structurally sound and locked doors and windows are critical components of a secure building. Doors and windows can provide false comfort if they're cheaply made, easily compromised or often kept unlocked.

- Are exterior door strike plates secured to the frame of the house using screws at least 3 inches in length?
- Have locking "Charlie" bars been installed

*continued on page 3*

**Sleep: Get The Right Amount**

Not getting enough sleep won't just make you tired and cranky. It may kill you prematurely, according to researchers at Warwick University (in collaboration with the Federico II University Medical School in Naples, Italy).

The study, which tracked more than 1.3 million people for as long as 25 years, found that people who sleep for less than six hours a night were 12 percent more likely to die prematurely than those who get the recommended six to eight hours of shuteye.

On the other hand, sleeping too much isn't necessarily healthy either. Sleeping more than nine hours a night doesn't seem to increase risk of death by itself, but the researchers found excessive sleeping patterns to be a significant marker of serious illness.



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For more information call the Market Hotline  
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Article deadline is the 10th of each month; distribution is the first week of each month. Advertising deadline is the 15th of the month for the next month's issue except for the Jan. issue which is Dec. 6th.

For advertising information, call **Colorado Lasertype**, 303-979-7499. Email: [getinfo@ColoradoLasertype.com](mailto:getinfo@ColoradoLasertype.com)  
Visit our website at [www.ColoradoLasertype.com](http://www.ColoradoLasertype.com).

**Teen Services**

To add your teen's name, please call **Colorado Lasertype** at 303-979-7499 and leave the following information: the **neighborhood you live in**, your age, phone number and the categories you would like included. Categories: **(B)** Baby-sitting \* **(R)** Red Cross Cert. for CPR **(L)** Lawn care **(S)** Snow removal **(P)** Pet & House sitting. No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype.

Mary B.	12		303-933-8490
Courtney C.	15	B/P	303-904-8483
Jackie C.	17	B	303-904-8483
Brad C.	19	L	303-904-8483
Hannah M.	12	B/P	720-238-3973

**CLASSIFIEDS**

Classified ads are \$2.95/line for 2010. Call **Colorado Lasertype at 303-979-7499** to place an ad. To view our display ad prices, visit our website at [www.coloradolasertype.com](http://www.coloradolasertype.com). The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th.

**Kingdom Kids Academy.** 6657 W. Ottawa. Littn. *"TREATING KIDS LIKE ROYALTY."* 303-971-0011. [www.kingdomkids.cc](http://www.kingdomkids.cc).

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**Is Your Home Secure?,** *continued from front page*

in the center of sliding glass doors in lieu of wooden dowels in the bottom track?

- Are exterior doors kept locked, even when someone is home?
- Are door locks in good repair?
- Do occupants of the home avoid hiding keys outside the residence other than in a lockbox secured to the structure?
- Do basement windows have security bars, grills, or other locking covers? Does the home have a safe for storage of firearms and other valuables?

**GARAGE**

The garage is all too often an easy entry point for thieves. Many people don't secure their garage doors as well as they secure other exterior doors.

- Is the overhead garage door kept closed when not in use?
- Is the pedestrian door between the garage and the home kept locked?
- Are windows into the garage covered or frosted to prevent visual inspection of valuables from the exterior?

**VALUABLES & DOCUMENTS**

Recording an inventory of valuables and securing important documents today can prevent future headaches if your home is burglarized.

- Have valuable papers (birth certificates, titles, deeds, social security cards, checks, tax records, passports, etc.) been secured in a fire resistant safe or in a safe deposit box?
- Do you have an accurate inventory of your valuables that includes make, model, and serial numbers?

**WHAT'S NEXT?**

This quiz is an excerpt from our complete home security survey, available on our website. Residents may also request an on-site review of their home's security by one of our certified crime prevention deputies. Deputies use the complete survey to assess the security of the property, and may recommend changes that can enhance safety for the occupants. To learn more, contact your area crime prevention deputy.

**Crime Prevention**

North Jeffco: 303-271-5363, South Jeffco: 720-377-2002

Mountains: 720-497-7860

— Sheriff Ted Mink

**Blood Drive: August 30, 2010**

The Bonfils Memorial Blood Center, assisted by the Kiwanis Club of Columbine, will be conducting the next community blood drive on Monday, August 30, 2010 from 1:00 to 6:30 p.m. at Columbine United Church, located at 6375 South Platte Canyon Road. Childcare will be provided for the children of donors between 1:00 and 4:30 p.m.

It is necessary for donors to make an appointment for this drive. Both previous and new donors may request an appointment via email to [TomFairKiwanis@gmail.com](mailto:TomFairKiwanis@gmail.com) by asking for a specific time between 1:00 and 6:30 p.m. (or by calling **Tom Fair at 303-808-6678** for donors without email).

— **Tom Fair: Blood Drive Chairman for the Columbine Kiwanis Club**

**Snacks That Won't Undermine Your Diet**

You're hungry, but you're trying to lose some weight and snacks are a bad idea. Right? Actually, a healthy snack can support your diet by making you less likely to binge at your next scheduled meal. Better yet, you don't have to limit yourself to endless snacks of carrots and rice cakes. Here are some ideas for satisfying, low-calorie hunger stoppers:

- Sliced bananas and fresh raspberries (1 cup)
- Air-popped popcorn (3½ cups)
- Peanuts (2 tablespoons)
- Olives (5)
- Hummus (1/4 cup, with 4 carrot sticks)

From Mayo Clinic's website comes these suggestions for quick, healthy meals when you don't have time for anything elaborate:

- Toast half of a whole-wheat English muffin and top it with a slice of Canadian bacon, a slice of tomato, and a slice of low-fat American cheese, and microwave it until the cheese has melted.
- Spread half of a small cinnamon-raisin bagel with one tablespoon of part-skim ricotta cheese and top it with a few thin slices of apple.
- Take one flour tortilla (6 inches) and sprinkle two tablespoons of shredded low-fat cheddar cheese or Monterey Jack. Microwave until the cheese melts, and cut the tortilla like a pie. Eat with salsa.

**National Water Quality Month**

Drinking plenty of water is essential to your health, especially on hot summer days. Water plays a vital role in our body's well-being, and maintaining the cleanliness and quality of our drinking water is an ongoing concern. For more information on water quality, go to the Water Quality Information Center website.

**2010 Woodmar Square Homeowners' Association Membership**

Annual Homeowners' dues of \$25 per family are used to support activities, Matching Funds program with Foothills Parks & Recreation, and bi-monthly homeowners' meetings. We are a volunteer committee dedicated to improving our community of Woodmar Square! Cut out this form and return it with a check for \$25 to:

WSHOA • P. O. Box 620231 • Littleton, CO 80162-0231

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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**National Safe at Home Week, August 23-27**

More people are injured in and around home than at the workplace, and studies have also shown that the costs to both employees and employers from home injuries are higher than work-related injury costs. *Sponsored by Safe At Home, www.safeathomeonline.com, a safety professional and emergency response provider to protect families and their quality of lives by preventing injuries at home.*

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