



Around the Square

Publication of the Woodmar Square Homeowners Association

www.Woodmarhoa.org • WoodmarHOA@yahoo.com

Vol. 30 No. 08

August 2011

Circulation: 600

URGENT! **Foothills Park & Rec is Selling Property Next To Woodmar Square**

Foothills Park and Rec recently contacted Woodmar Square Homeowners Association to inform Woodmar residents that Foothills is planning on selling the two pieces of property at the northeast and northwest corners of Wadsworth and Coal Mine. They will most likely be purchased by a developer to build more retail. The WHOA has invited Foothills to attend the September WHOA meeting to discuss the details. If you are concerned about your neighborhood and want to make sure that Foothills does the right thing for Woodmar, please attend the September HOA meeting on Monday, September 19th at the Woodmar Park Shelter.



Neighborhood Ice Cream Social

The Woodmar HOA will sponsor a neighborhood ice cream social at the Woodmar Park Shelter on Thursday, August 11th at 6 p.m. After enjoying the ice cream, head over to Clement Park to enjoy the concert if you choose. Thank you to volunteers who have offered to help with this event!

There is No Poop Fairy

Dog owners are expected to pick up their dogs' poop in our neighborhoods and local parks. Many do so diligently – toting around plastic baggies on their daily walks. Others don't, leading to a buildup of errant dog poop piles. Because of the sheer number of pets in suburban communities, this hardy dog waste accumulates.

Our animal control officers have been aware of the problem for years and have struggled to enforce county ordinances against so many stealth offenders. Recently a group of citizens reached out and pleaded with our animal control officers to try a different approach... Something that would get your attention.

Animal Control hit on the crux of the problem. A lot of dog owners think that the poop "just goes away." We saw an opportunity to educate people on the realities of this subject. Together with the citizens and our local park districts, we created a campaign. It's called, *There is no poop fairy: Please clean up after your dog.*

Say Hello, Take a Baggie

Throughout the summer, the campaign will pop up across Jeffco. Signs, displays, and volunteers wearing blue "poop fairy" t-shirts will greet patrons of local parks, to educate them on why it's important to keep parks, trails, and sports fields free from dog poop. They'll hand out poop-pickup baggies and stickers. Virtually all of them are volunteers, and we appreciate their time and effort.

But Seriously, Folks

There are good reasons why we want to encourage people to be responsible for their pet's waste. The fact that the piles aren't pleasing to the eye (or nose) is only one consideration. Here are a few more:



The 72-Hour Kit: Are You Prepared?

Jeffco emergency managers recommend that each household prepare and maintain a "72-hour kit" – a kit that can sustain you and your family for the first 72 hours in case of disaster. The 72-hour emergency kit should be individually tailored to meet the basic survival needs of your family.

Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffel bag, backpack, footlocker or individual pack.

Some suggested items:

- Battery-powered radio
- First aid kit and manual
- Sleeping bags and blankets (wool & thermal)
- Waterproof/windproof matches
- Non-perishable foods, manual can opener
- Flashlight with batteries, or wind-up flashlight
- Water storage (1 gallon/day)
- Water purification tablets
- Utility knife
- Emergency candles
- Extra eyeglasses/contact lenses
- Essential medications
- Extra clothing
- Baby supplies

— Sheriff Ted Mink

**Woodmar Square
HOA Meeting
Mon., Sept. 19th
7 p.m.
Woodmar Park Shelter**

continued on page 3

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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

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Lack of Health Care Leads to More ER Visits

Hospital emergency rooms are getting more crowded, ER physicians say. A survey of 1,768 doctors by the American College of Emergency Room Physicians found that over 80% reported emergency room visits have increased "significantly" or "somewhat" in recent years.

The biggest factor, according to 28% of the responding doctors, is lack of health coverage; also, almost all the doctors who treated Medicaid patients in the ER said that those patients couldn't get appointments with doctors who would accept their insurance.

Poop Fairy, continued from front page**Dog Poop Doesn't Biodegrade Like Wild Animal Poop**

Because we feed our dogs food that's very different from the food wild animals eat, dog waste does not biodegrade quickly like wild animal waste. And because there are so many pets in the neighborhoods and parks, this hardy dog waste accumulates.

Dog Poop Contains Harmful Bacteria, Parasites

Dog waste can contain harmful organisms like E. coli, giardia, salmonella, roundworms, hookworms, and cryptosporidium. These can be passed on to you or your pet, and may cause health problems.

Dog Waste Pollutes Groundwater, Water Bodies

Bacteria in dog waste can harm water quality in creeks and rivers, and alter the ecosystems of these stream corridors. Humans who come in contact with creek water can also face health hazards.

County Ordinances Require Cleanup

Jefferson County ordinances* make "failure to clean up dog feces in public places" a petty offense with a fine of at least \$30. Many local park districts have similar regulations and fines. *Part 3 Regulations, Chapter 5 Animals, Section 1, D4h

We at the Sheriff's Office communicate on many different public safety topics, from drugs to domestic violence to child safety. Most of our PSAs are no laughing matter. But with the dog waste issue, we saw an opportunity lighten up and have some fun with the message. We hope you'll get a chuckle out of it, and share it with your friends and neighbors. (The poop fairy's even on Facebook!) Together, we can debunk the poop fairy myth and clean up our county.

— Sheriff Ted Mink

Bipolar Disorder: Symptoms and Treatment

When actress Catherine Zeta-Jones revealed this year that she'd been treated for bipolar disorder, she brought attention to a mental health condition that affects millions of people – not just the sufferers themselves, but their families, friends, and employers.

People with bipolar disorder are sometimes referred to as "manic-depressive" because of the mood swings that represent the major symptoms of the disease. The disorder includes three specific conditions: Bipolar I disorder, in which symptoms wreak significant havoc with patients and their relationships (manic phases can be severe and dangerous); Bipolar II, a less-acute condition with generally more manageable symptoms; and Cyclothymia, a milder form in which manic and depressive periods are less disruptive.

Symptoms of the manic component of the disorder include feelings of euphoria and extreme optimism mixed with poor judgment, rapid speaking, racing thoughts, and aggressive behavior. In the depressive phase, patients experience sadness and depression, suicidal thoughts and behavior, sleep problems, increased or diminished appetite, and feelings of anxiety or guilt. Seasonal changes seem to affect the mood swings in some patients.

The causes of bipolar disorder are unclear. Scientists believe it may be caused by an imbalance of neurotransmitters in the brain, along with genetic elements. Patients are commonly treated with a combination of psychotherapy and medication, which has been shown to have a positive impact on most subjects. If you suspect that you or a loved one is suffering from more than the occasional mood swing, check with a doctor promptly.

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<p>TUESDAY • Aurora General Park, 1561 N. Quentin St. 10 a.m. – 3 p.m. or Sellout Starts July 12, ends October 24</p>	<p>SATURDAY • Southwest Plaza Southwest Plaza SE parking lot Wadsworth & Bowles, Littleton 8 a.m. – 2 p.m. or Sellout</p>
<p>WEDNESDAY • Littleton Located in Aspen Grove Lifestyle Center 7301 S. Santa Fe Dr. 10 a.m. – 3 p.m. or Sellout</p>	<p>SUNDAY • Highlands Ranch Highlands Ranch Town Center Square 9288 Dorchester St., Highlands Ranch 10 a.m. – 2 p.m. or Sellout</p>

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Have an Article Idea for the Newsletter?

This is your community! We love your ideas! Send an email to WoodmarHOA@yahoo.com with suggestions, comments or an article.



Get Ready for Kindergarten Month

A lot of U.S. children will start school for the first time in September, and August is the time to make sure they're prepared. Read to them out loud, encourage them to ask questions, and see if your child's school has any special events or activities planned.

Volunteer Sign Up

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Teen Services

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

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The War Between Parents and Teens: How to Call For a Truce

Raising a teenager doesn't have to be a constant battle. Kids don't enjoy fighting with their parents, but even the best-behaved teens can flare up and lash out at the 'rents from time to time, and being understanding doesn't mean you have to tolerate disrespect and dangerous behavior. Keep your temper and manage the occasional (or frequent) explosions by following this advice:

- Accept that conflict is natural. You don't always get along with your co-workers, your spouse, or your own parents, so you'll naturally have a certain amount of conflict with your children (at any age). Don't expect them to adhere to an unrealistic model of "obedient" behavior.
- Show that you're listening. Teens want your understanding and respect even if they disagree with you. Make an effort to really hear what they're trying to tell you. If they feel they've gotten an honest hearing, they'll more readily accept a decision they don't like.
- Adopt some rules of engagement. Some types of behavior when arguing should be off limits. You and your teen should agree to hear each other out without interrupting, for instance. Cursing and shouting should be forbidden, violent behavior can't be tolerated, and so forth.
- Avoid negative labels. Never call your teen lazy, stupid, irresponsible, etc. Focus on his or her behavior and why it's a problem. Don't criticize his or her personality.
- Emphasize your love. The rules you set should be designed for your child's safety, not to implement military-style discipline on your family. When children see that your goal is to keep them safe, they'll understand where you're coming from. You'll be able to discuss the issue more rationally.
- Remember what your teen is going through. The teenage years are when kids start to develop their own sense of independent identity. They're testing themselves – and you – by trying different attitudes and behaviors on for size. Show a little tolerance, as long as your child expresses reasonably good judgment and knows that you're trying to keep him or her safe and on the right path.

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National Golf Month

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National Catfish Month

Celebrating the work of U.S. catfish farmers. Most U.S. farm-raised catfish are produced in pure freshwater ponds on family-owned farms in Mississippi, Alabama, Arkansas, and Louisiana, where many of these growers are 2nd or 3rd generation farmers.



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National Farmers Market Week, August 7-13

The number of farmers markets in the United States has grown from 1,755 in 1994 to 6,132 today, as reported by the USDA National Farmers Market Directory. Get some fresh fruit and vegetables from your local farmers market this week and thank them for their hard work.

National Assistance Dog Week, August 7-13

Assistance dogs transform the lives of their human partners by providing friendly companionship and unselfish aid. National Assistance Dog Week recognizes and honors these hardworking animals, and it seeks to raise awareness and educate the public about how these specially trained animals are aiding so many people in our communities.

National Safe at Home Week, August 22-26

More injuries occur at home than in the workplace, and they tend to be more expensive as well. National Safe At Home Week promotes and encourages safety in and around the home to prevent needless injuries.



WHAT DO BUYERS WANT IN A HOME?

The 10 must-have amenities in a new home:

- According to AVID Ratings Co., some of the must-have amenities in a new house are home offices and green features.
- Home buyers are willing to give up devoted space to home theaters and other specialized media rooms in order to have a home office.
- In fact, they'd be willing to forego a formal dining room altogether in order to have a home office or study.
- And they want energy-efficiency in their appliances, windows and insulation.
- Other desirable features are large kitchens with an island, though granite countertops aren't necessarily important to all buyers.
- Must features also include a larger master suite; an outdoor living room – considered more popular than an outdoor cooking area; ceiling fans; master suite soaker tubs and oversize showers with seating areas; stone and brick exteriors; community landscaping with walking paths and playgrounds; and two-car garages.

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