



# 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 HOA... We Need New Faces! (Or Old Ones That We Haven't Seen In Awhile)**

Most of us would agree that Woodmar Square is a great place to live. Some of us wonder then, why, in such a great neighborhood, do we not have more people willing to spend an hour every two months to keep the volunteer HOA going? Right now, there are between three and five people that attend the HOA meetings on a consistent basis. We are getting excited to plan summer events for our neighborhood, but would love some fresh faces to add their input into the discussions. The meetings are very informal, friendly, and open to all residents of Woodmar Square. During the winter/spring, the meetings take place at Columbine Library. During the summer/fall, they take place at the picnic shelter at Woodmar Park. Do not worry that you will be asked to take a board position or lead a committee. We just want you to come!

Please think about attending our April meeting, where we will be talking about how to plan a summer block party. The HOA would love to support you in organizing this type of gathering. We will provide tips for a successful party and the right avenues for getting a permit to block off your street.



## **Census 2010: Be Safe and Be Counted**

The federal government is gearing up for the 2010 census, the once-a-decade count of every person living in the United States. It's not surprising that some criminals have already tried to impersonate census workers locally, going door-to-door and asking for personal financial information to use in committing identity theft. We want to make sure Jeffco residents are census-savvy, so that you can be safe and be counted.

Census results help determine the number of seats each state will have in the U.S. House of Representatives, and help re-district state legislatures. The data is also used in allocating federal funding for schools and other taxpayer-driven programs. So, participating in the census and being counted is important, and is an investment you can make in your community.

### **Census Forms**

Beginning March 1, census forms will be mailed or delivered to every household in Jefferson County. The form has 10 questions. (The U.S. Census Bureau is using the phrase, "10 Questions, 10 Minutes.") The forms will be available at some public buildings for those who do not receive them by mail. The bureau is asking that questionnaires be mailed back by April 1, official Census Day.

### **Household Visits: What to Expect**

Starting in late April, Census workers will visit households that do not return these forms, and will work with residents to complete the forms in person. This activity is estimated to continue through July.

To avoid a visit from Census workers, simply fill out the form you receive in the mail and send it in quickly. If the bureau has your form, it won't need to send someone out to gather the data in person.

*continued on page 3*

## **Watch for Woodmar Square Events To Come This Summer!**

Look for information in the coming month's newsletters about neighborhood events. Summer events are currently being planned... stay tuned!

## **Columbine Montessori Preschool**

Columbine Montessori Preschool will begin accepting reservations for the Fall 2010-2011 school year on the 1st of March, 2010. Please call the school at **303-979-7190** to schedule an observation appointment. Columbine Montessori offers an academic preschool program through kindergarten. Visit our website at [columbinemontessori.com](http://columbinemontessori.com).

## **Loyalty's A One- Way Street, Many Employees Contend**

Most U.S. employees want to be loyal to the companies that sign their paychecks, but they apparently don't feel their loyalty is being returned. A survey of 2,199 workers by Randstad/Harris Interactive found that 57% say they are loyal to their employers, but only 25% believe their companies are loyal to them.

Woodmar Square  
HOA Meeting  
Mon. April 5th • 7 p.m.  
Columbine Library  
Topic: Organizing a Block Party

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The **WOODMAR SQUARE** newsletter is published and distributed monthly by the Woodmar Square Homeowner's Association, a volunteer homeowner's association. All articles must be approved by the editor for publication. Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

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).

### Have an Article Idea for the Newsletter?

This is your community! We love your ideas!  
Send an email to [WoodmarHOA@yahoo.com](mailto:WoodmarHOA@yahoo.com)  
with suggestions, comments or an article.



**Census 2010**, continued from front page

**A Census Worker WILL:**

- Conduct neighborhood visits mainly on evenings and weekends, when there is a better chance of finding folks at home.
- Wear a variety of clothing. There is no uniform.
- Carry informational literature from the U.S. Census Bureau in an official 2010 Census briefcase.
- Wear an identification badge with his/her name. You may ask for a photo ID to confirm his/her identity. If you're still not sure, you may call the U.S. Census Bureau's regional office at **1-800-852-6159** to confirm.
- Use an official 10-question form.
- Ask about the number of people living in your home, their names, dates of birth, genders and races.
- Ask if you own or rent your home.
- Ask for your phone number to clarify an incomplete answer if necessary.

**A Census Worker WILL NOT:**

- Enter your home under any circumstances. He or she will stand at the door to conduct all business.
- Threaten you with arrest if you refuse to participate.
- Call your home or mobile phone to conduct the 10-question interview.
- Ask for your Social Security number, bank account information, driver's license information, or any personal financial information.
- Visit your household again after completing the 10-question interview. (You may be called to clarify an answer.)

Remember, you can expedite the process and avoid a visit from a Census representative. Simply return the 10-question form you receive in the mail in the coming weeks. To learn more about the census and see the list of questions, visit [2010census.gov](http://2010census.gov).

As always, if you observe any suspicious or criminal activity in your neighborhood, call 911 right away. Likewise, if you're visited by someone impersonating a census worker, call 911. Deputies will have the chance to intercept criminal activity in progress if it is reported quickly.

— Sheriff Ted Mink

**Columbine Area Preschool**

**Registration Information for the 2010/11 School Year**

Columbine Area Preschool (Jefferson County Public Schools) located at 5977 W. Elmhurst Ave., Littleton, CO 80128 will accept registrations for August, 2010 at the preschool starting Tuesday, January 19, 2010 and will continue as long as space is available. We offer two, three, and four-day programs of active learning in a developmentally appropriate environment for children ages 3 to 5. We offer 2.5 or 3 hour sessions. Our curriculum, "Tools of the Mind," is endorsed by Jefferson County Schools. Colorado Preschool Program scholarships are available for those families who qualify. A Parent-Child class (2-4 Fun) class is offered one morning a week for children who are 2 years of age by October 1. When you come to register, please bring a copy of your child's birth certificate and immunization record. You are welcome to visit any time.

For information and directions to Columbine Area Preschool, call **Kelly Kennelly** at **303-979-5230**.



**Foothills**  
Park & Recreation District

[www.ifoohills.org](http://www.ifoohills.org)  
**303-409-2100**

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**SUMMER CAMP**  
**Ages 5 - 18**  
swimming • field trips • art sports • science • drama  
leaders in training & more!

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**303-730-3049**



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- House Cleaning
- Plumbing
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- Financial Services
- Landscaping
- Realtors
- Health Care
- Music
- Recreation
- Painting

**Call us to ask how to get added to one of the categories above!  
303-979-7499**

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Visit our website for advertising information, ad rates, a map of the HOA newsletters we publish and details about our graphic design services.  
[www.ColoradoLasertype.com](http://www.ColoradoLasertype.com)

**National Sleep Awareness Week, March 7-13**

What's keeping you up at night? According to the National Sleep Foundation, more than a quarter of Americans (27%) say their sleep has been disturbed at least a few nights a week in the past month due to personal financial concerns (16%), the U.S. economy (15%), and/or employment concerns (10%). Recognize the dangers of inadequate sleep, and renew your commitment to getting a good night's rest.

**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 \* 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.

Eric B.	12	P	303-973-7802
Sara B.	12	B*	303-325-1683
Courtney C.	14	B/P	303-904-8483
Jackie C.	16	B	303-904-8483
Jeff F.	12	P/L/S	720-276-1899
Hannah M.	12	B/P	720-238-3973
Kelsey	17	B/P/L/S	303-703-3673

**B'nai Chaim**

B'nai Chaim, a Reform Jewish Congregation serving southwest metro Denver, will conduct Shabbat Services on March 5 and March 19. All services begin at 7:30 p.m. An Oneg Shabbat will follow. All are welcome. On March 12 at 6:15 p.m., there will be a Tot Shabbat service celebrating Shabbat with children from infants through second grade. It is a short service, full of songs and a story, followed by a delicious oneg. All are welcome. Services will be held at Congregation B'nai Chaim 4716 South Coors Lane. Call **303-697-2668** or visit our website at [www.bnaichaim.org](http://www.bnaichaim.org) for more information.

*"Use your health, even to the point of wearing it out. That is what it is for. Spend all you have before you die; do not outlive yourself."*  
—George Bernard Shaw



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**CLASSIFIEDS**

Classified ads are \$2.95/line for 2010. Call **Colorado Lasertype at 303-979-7499** to place an ad. 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.

**===LAWNAERATION & MOWING===**  
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**Tree Trim. Specialist, call Mr. B!** Free est., ins., 20 yrs. exp. **303-932-2514**

**Highlands Pride Painting- 303-738-9203**

Warm spring weather is just around the corner. Call for fresh new landscape ideas. **Property People 303-997-7392.**

**COMPUTER SERVICE & Networking,** Spyware, Repair & Upgrades. Local & Reliable since '99. 720-66-FRITS (37487)

**Aminals Pet Sitting Service:** Pet sitting (in your home). Bonded & ins. Refs. avail. Call **Nancy at 303-335-6237**

**QUEEN PILLOWTOP MATT/BOX SET.** Brand new in plastic. Retail \$529, asking \$265. Also, **NEW KING SIZE** pillowtop set. Retail \$699, asking \$385. **303-742-4860.**

**CONCRETE REPAIRS:** Fix small concrete repairs to avoid costly replacement: Ideal Restoration/**Sean 720-422-4236**

**Sewing Machines Repaired.** 30 yrs + exp. Free est. Free p/u & del. All work guaranteed. Call **Scott 303-972-4687.**

**MARY KAY** - Call or visit me online **www.marykay.com/brenda** Brenda Cooney, Ind. Sales Dir. 303-972-6245

**Lawn Aeration** - Most lawns \$30, Fertilizing available. Nathan: **303-249-0251 www.holygroundaerations.com**

**Partylite Candles & accessories.** Contact Jan. **www.partylite.biz/janderby** or **303-979-3880.** Online ordering now available.

**Small Paint Jobs Only 720-331-7032**

**Mike the Plumber** - Your reliable neighborhood plumber for 14 yrs. Competitive rates. Free estimate. **720-422-8139**

**Tree trimming & removal-** Columbine Tree Svc. 303-979-5330. 33+ yrs exp. [12]

**Carpet, hardwood, slate, tile-** Installation, restretch & repairs. Bill at 303-794-1001

**RESIDENTIAL CLEANING SERVICE.** Trusted, family owned. Contact us at 303-565-9587. **www.healthycleaninc.com**

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**Keep Your Muscles Strong At Any Age**

As we grow older, we often lose muscle mass. It's called sarcopenia, which means "vanishing flesh," a name coined in the 1980s. Muscle mass decline typically starts in the 40s but increases after age 50. One study of about 200 men and women ages 64-93 found that it affected 22.6% of the women and 26.8% of the men. You can take steps to avoid sarcopenia. They include:

- **Strength training.** Lifting weights has been shown to increase muscle mass and protect against sarcopenia and may even reverse its most debilitating effects.
- **Aerobic exercise.** Healthy muscle tissue needs capillaries to infuse it with blood. Regular exercise, like a brisk half-hour walk every day, can provide this.
- **Protein.** Inadequate protein in the diet, or difficulties digesting and absorbing protein, may be a factor in susceptibility to sarcopenia. Older adults may need to increase their consumption of protein to maintain their lean body mass.
- **Vitamin E.** Research at Tufts University Nutrition Research Center suggests that Vitamin E may significantly reduce muscle damage in men young and old.

*"If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all."*  
—Joey Adams

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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: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Women's History Month

An outgrowth of International Women's Day on March 8th of every year, Women's History Month highlights and celebrates the contributions of women throughout history.

### National Cleaning Week, March 21-27

Time for spring cleaning? Set aside each day to attack a different room and clear out unwanted clutter. By week's end, your home will be tidier – inside and out.

### Volunteer Sign Up

We would like to volunteer for: \_\_\_\_\_

An Activity: \_\_\_\_\_

Check if interested or indicate if you are willing to have tour at your home.

Volunteer day \_\_\_\_\_

Home tour \_\_\_\_\_

Garden tour \_\_\_\_\_

Garage tour \_\_\_\_\_

Name, address, phone and e-mail \_\_\_\_\_

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My business is: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Web site: \_\_\_\_\_

Gift or coupon: \_\_\_\_\_

Other information: \_\_\_\_\_

Please send to: Woodmar Square HOA  
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Littleton, CO 80162-0231

# In Woodmar Square, Results Count!



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- Member of Real Estate Section for Colorado Bar Association

*The statistical information is based on MLS data February 2010.  
Not all of the properties were listed and/or sold by Duffy & Associates, LLC.*

### Woodmar Square Statistics for February 2010

#### Current Homes FOR SALE in Woodmar Square

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-Level	\$274,900	\$280,000	2
2-Story	None	None	0
Tri-Level	None	None	0
Bi-Level	None	None	0

#### Current Homes UNDER CONTRACT in Woodmar Square

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-Level	\$259,000	\$269,900	2
2-Story	None	None	0
Tri-Level	None	None	0
Bi-Level	None	None	0

#### Homes SOLD in Woodmar Square for 2009

	Lowest	Highest	How Many?	Sold 2010
Ranch Style	None	None	0	0
4-Level	\$192,700	\$280,000	7	0
2-Story	297,900	305,900	3	0
Tri-Level	250,000	250,000	1	0
Bi-Level	180,000	180,000	1	0