

# HIGHLAND HIGHLIGHTS

Monthly Newsletter for The Highlands 460 • A Covenant Controlled Community

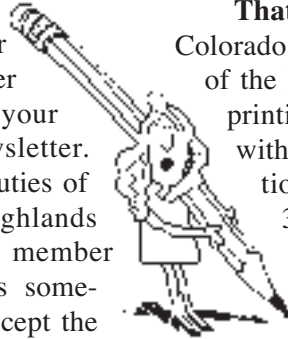
Vol. 17 Number 9

September 2006

Circulation 900

## Editor Needed! This is Not a Difficult Job— Volunteer to Serve Your Community Now!

We are looking for a volunteer to take over the editing of your Highlands 460 newsletter. With the additional duties of secretary to the Highlands 460 HOA, board member **Linda Carroll** needs someone to step up and accept the duties of newsletter editor. This involves attendance at the



monthly board of directors meetings on the first Wednesday of each month as well as receiving and editing email newsletter articles to send to Colorado Lasertype. **That's all you need to do!**

Colorado Lasertype handles all of the layout, advertising and printing. They'll also help with grammar and punctuation. :-) Call Linda at 303-773-6665 if you want more details.

This is a great opportunity to meet your neighbors and give back to your community!

## September Monthly Meeting to Discuss Changes to Covenants

Come to the 6 September monthly meeting if you wish to hear and discuss the upcoming voting by Filing I\* residents on the covenants amendment that authorizes the H460 residents to vote changes to the covenants. When this neighborhood was created the covenants were put into place by the developers and as part of their regulations they included an opportunity to make changes to the covenants on the day of the 30th anniversary of the filing BUT only every 10th year thereafter. There

are 5 filings for our area included in what is known as the Highlands 460 Subdivision. This issue affects each homeowner directly and should be a high priority on your list of things to be informed about.

Check the website home page for a link to information regarding this subject.

*\*Filing I includes the area bound by Colorado Blvd, Mineral Ave and the greenbelts which also includes the NE corner bounded by Colorado, Dry Creek and the greenbelt.*

## Fall Beautification Day

The Beautification Day will be held in September. It is tentatively scheduled for September 23, 2006. Check the Website for details. Signs will be posted at the entrances to the subdivision several days in advance. If you would like to use the chipper/shredder machine please email [h460pres@highlands460.org](mailto:h460pres@highlands460.org). We will NOT be renting a shredder unless there is sufficient interest and use of it on the Beautification Day. Meet at President David Lamoreaux's house on Monroe next to the greenbelt (near Arapaho Park). Donuts and drinks will be provided for volunteers. Check the website if the weather is inclement for "rain date".

## HIGHLANDS 460 CALL LINE • 303-331-2366

If you have a question or concern or would like to express an opinion about a neighborhood issue, please call the Call Line and leave your name and number.

For the latest information on neighborhood events, please consult your latest *Highlands Highlights* and also visit the web for any Hot News since the last publication and additional articles that do not fit into the printed newsletter.

**HIGHLANDS 460**  
[www.Highlands460.org](http://www.Highlands460.org)

**Next HOA Meeting**  
**Wed • September 6**  
**Wed • October 4**

**7 p.m.**  
**SOUTHGLENN LIBRARY**  
Located at SE corner of  
University & Dry Creek  
**Everyone Welcome!**

## Calendar of Events

September ..... Neighborhood Beautification Day

**Annual Picnic**

Thanks to all those who made the Annual Picnic at Arapaho Park a success this year. More on this subject next month since the deadline for the newsletter is prior to the picnic date.

**Ice Cream Truck Sponsors**

Thank you to those who have sponsored the ice cream truck!

- Karen Padrevita at Metrum Community Credit Union
- Warren Nix at Littleton Painters
- Betty Ann Habig with Habig 4 House campaign
- Festival Dental Care with free whitening for new patients
- Pat McNulty in support of his son's Curb Painting Business
- Carroll Solutions-Back to Basics Products, Bosch Mixers & Wondermill Grain Grinders
- AIG Financial Advisors, Inc. - Charlotte and David Jay
- One anonymous donor

Thanks ya'll for making the ice cream truck FULL of goodies a tradition once again at our annual picnic

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**All residents of Highlands 460 are eligible to join! \*See Insert for Details\***



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**South Suburban Parks Representative**

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**Newsletter**

**Editor:** Linda Carroll ..... 303-773-6665  
e-mail ..... [h460news@highlands460.org](mailto:h460news@highlands460.org)

**Advertising:** Colorado Lasertype ..... 303-979-7499

Highland Highlights is published monthly by The Highlands 460 Civic Association, a non-profit homeowners association.

The deadline for news articles is the 10th of the month before the next month's issue. All articles must be approved by the editor for publication, or as space permits. Advertising deadline is the 15th of the month for the next month's issue. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

*Please e-mail articles and "Letters to the Editor" to:*

[h460news@highlands460.org](mailto:h460news@highlands460.org) or send to:  
7726 S. Harrison Circle, Littleton, CO 80122

*For more information about advertising contact:*

Colorado Lasertype: 303-979-7499 • e-mail: [getinfo@ColoradoLasertype.com](mailto:getinfo@ColoradoLasertype.com)

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*Contact the Highlands 460 HOA:*

Highlands 460 Civic Association  
PO Box 2691, Centennial 80161  
303-331-2366 (info line)

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*"Make the most of today.*

*Translate your good intentions into actual deeds."*

**- Grenville Kleiser**

**Newsletter Editor Wanted**

**Contact Linda Carroll**

**[H460news@highlands460.org](mailto:H460news@highlands460.org)**

**Poison Ivy**

My name is Melissa Mustari, I live at 8071 S. Cook. Last week, my husband was trimming overgrowth of our neighbor's foliage that had grown through the fence. He ended up in the doctor's office with severe swelling & itching. They diagnosed poison ivy. We did some research and got photos of poison ivy to compare to the neighbors foliage. Sure enough—it was a match. We contacted the master gardener at the Arapahoe County Env. Health office for advice and got the name of an herbicide to use. (Triclopyr)



We are going to approach the neighbors with the information we have obtained in an effort to request that they remove/kill the plant.

However, where there is one plant, it is possible there are more. According to the experts we contacted, many people do not know what they are looking at and since the plant IS beautiful, they allow it to flourish. I am reporting this to the HOA in hopes that you can include some information in the next newsletter so others can identify poison ivy if it's growing in their yards and avoid the misfortune my husband had to suffer!

Thank you.

—MDM

**4th of July Parade Thanks Cont'd!**



In addition to **Charlotte Jay**, we want to thank **David Jay** also; both of AIG Financial Advisors, Inc. who sponsored the parade. A BIG thank you goes out to **the Weidmann's** for ALWAYS opening their home for us to blow up balloons. We also want to share our gratitude to EVERYONE who supplied us with cookies! A few more thanks to all the people that jumped in and helped with all it takes to put on a neighborhood parade: **The Patzs, Denise Westall, Linda Carroll**, all the ladies who did face painting, the folks that every year carry the banner and help with crowd control, EVERYONE who helped clean up, the Fire Department and **Jackman Brothers Productions**.

If we missed mentioning you, please know we appreciate you, too!

**Hotel Safety Tip for Women**

Catherine Comer and Lavon Swaim, authors of *The Traveling Woman, Great Tips for Safe and Healthy Trips*, offer this tip for women traveling alone: hide your gender when you check in to a hotel by registering under your last name and first initial only. For example, Jane Smith would be J. Smith.

**Get the Latest News**

Please note that the Highlands Highlights newsletter is posted on the neighborhood Web site, [www.highlands460.org](http://www.highlands460.org). It is posted shortly after it is written and submitted to the printer, so you can get the news weeks before it is delivered to your door.

Also on the Web site are minutes from recent homeowner association meetings and covenant information. It also contains links to other useful sites.

For advertising information, ad rates and details about our graphic and web design services, visit our website:

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**2006**  
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**AUCTION**

To Support Many Arapahoe High School Programs

**Saturday, November 11**

**SCHEDULE OF EVENTS:**

- Registration – 5:30 p.m.  
Silent Auction – 5:30-8:30 p.m.  
Live Auction – 6:00-8:00 p.m.  
(item every 15 minutes)  
Food Service – 6:00-7:30 p.m.  
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**Replacement Windows**

I wanted to advise you that the City of Centennial has changed their position regarding replacement windows. They will now allow homeowners to replace existing windows with energy efficient windows as long as the rough opening is not reduced in size. This is a major change in the city's former policy and should allow H460 members to continue to maintain the value of their homes through prudent maintenance and repair of their homes. **Councilman Rick Dindinger** assisted in getting the City to review this policy. His efforts on our behalf should be acknowledged. The change in policy was also facilitated by Centennial's new Building Official, **Mr. Ted Pitchford**, who demonstrated a willingness to consider homeowners' concerns when addressing window replacement issues.

— Alan D Sanstra

**A Fall Maintenance Checklist**

Cold and freezing weather take their toll on houses. Here's a checklist for homeowners of fall maintenance tasks to reduce wear and tear:

- Clean the gutters.
- Have the furnace checked and serviced.
- Clean or replace humidifiers and clean vents.
- Check exterior caulking and paint to see if touch-ups are necessary.
- Winterize your air conditioner.
- Check fences and gates and make any necessary repairs; lubricate hardware to prevent rusting.
- Remove garden hoses and store them; turn off the outdoor water supply.

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**Arapahoe Library News**

**Take a Look at Our Books!**

Mark your calendars for the upcoming Arapahoe Library District Friends of the Library annual Used Book Sale on Friday, September 8, and Saturday, September 9, from 9 a.m.-5 p.m. and on Sunday, September 10, from 1-4 p.m. at the Arapahoe Library District's Koelbel Main Library, 5955 S. Holly Street (corner of Holly and Orchard). The Friends have been sorting items all year long and have put together thousands of high-quality, hand-sorted books that will be available for purchase at bargain prices. Children's and young adults' books, as well as hardback fiction and nonfiction, history/current events, romance, humor, gardening, cooking and more genres will be featured. For more information, call 303-798-2444 or visit our Web site at [www.arapahoelibraries.org](http://www.arapahoelibraries.org).

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**Celebrating 40 years!**

You're invited to more special programs celebrating the 40th Birthday of the Arapahoe Library District. There's a little something for everyone, so mark your calendars and make your reservations where needed. Here's what is on the calendar for September:

**History Comes Alive:** Experience live reenactments with famous historical figures. They're entertaining for older children and adults. These history programs were made possible by a grant from the Colorado Endowment for the Humanities.

**Meet Kit Carson** (portrayed by Fred Krebs): Castlewood Library, Saturday, September 16, 1-2 p.m.

**Meet Laura Ingalls Wilder** (portrayed by Lanette Hunter-Reginelli): Southglenn Library, Saturday, September 23, 2-3 p.m.

**Current Interest: Mars:** Smoky Hill Library, Monday,

September 25, 7 p.m. Dr. Robert Zubrin, author of *The Case for Mars: How We Shall Settle the Red Planet and Why We Must*, will talk about human exploration of Mars and answer your questions. While employed at Lockheed Martin Astronautic, Zubrin worked on the design of advanced space transportation and propulsion concepts.

Pick up a complete schedule at the library for a list of all of the 40th Birthday events scheduled for the rest of year, or check the **Calendar** at [www.arapahoelibraries.org](http://www.arapahoelibraries.org).

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**Register to Vote**

As part of the September Project, a national program designed to "create a day of engagement, a day of conversation, a day of democracy," the Castlewood, Koelbel, Smoky Hill and Southglenn libraries will offer voter registration on Saturday, September 9, 1-5 p.m. If you would like to register to vote, bring a valid ID (current driver's license, passport, etc.) and the last four digits of your Social Security number. Applications for absentee ballots will also be available. This September Project event is presented in partnership with the League of Women Voters.

*continued on page 6*

**Newsletter Editor Wanted**  
**Contact Linda Carroll**  
**H460news@highlands460.org**



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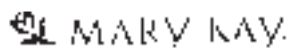
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## Teen Services

To add your teen's name, please call **Colorado Lasertype** at **303-979-7499**. No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype. Categories: (B) Baby-sitting \* Red Cross Cert. for CPR (P) Pet & House sitting (L) Lawn care/snow removal

Alison Bailey	13	B*/P	303-549-6818
Adam Barsch	13	B/P	303-721-9884
Robin Beam	13	B*/P	303-770-5838
Sara Beam	15	B*/P	303-770-5838
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Bradley Coates	15	P/L	303-721-1551
Megan Dawley	15	B*/P	303-221-3486
Dana Guymon	13	B/P	303-770-0780
Eva Hanlon	14	B*	720-488-0419
Katie Hare	15	B/P	303-741-3813
Courtney Jones	15	B*/P	303-773-9555
Kelsi Kemerling	15	B*/P	303-694-9328
Jennifer Lukas	13	B*/P	303-771-7444
Jessica Meyers	15	B*/P	303-721-8401
Mary Meyers	12	B*/P	303-721-8401
Kara Peterson	12	B*/P	303-779-6712
Kiersten Peterson	14	B*/P	303-779-6712
Keith Whitlock	16	P/L	303-741-5924
Katie Zellner	12	B/P	303-221-3766
Sara Zellner	14	B/P	303-221-3766

## Arapahoe Library, continued from page 5

### ABC Puppet Show

Bring your children to a literacy-based puppet show designed to help them learn that reading is fun. The puppets will take children on an entertaining tour of many letters of the alphabet. This program will be at Koelbel Library on Wednesday, September 13, 6:45 p.m. (great for preschoolers, but all ages are welcome); and at Southglenn Library on Saturday, September 16, 11 a.m. (for preschool – grade 3). Reservations are required; visit or call Koelbel (303-220-7704) or Southglenn (303-221-3998) libraries.

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### Early Literacy for Early Talkers

Parents and caregivers of children from birth to two years old are invited to the Koelbel Library on Saturday, September 16, 10-11:30 a.m., to learn about the six prereading skills children need in order to read and some fun and easy activities you can use to support each of these skills. Help your child succeed through reading. Reservations are required. For more information, call Koelbel Library at 303-220-7704.

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### Meet Author Jean Goodwin Messinger

The author of *Hannah: From Dachau to the Olympics and Beyond*, Jean Goodwin Messinger, will be at the Southglenn Library on Wednesday, September 20, 7-8:30 p.m., to talk about her book and the issues it raises. Hannah, a Colorado resident, is one of 146 Jewish children rescued barely alive from a Nazi concentration camp by American forces at the end of WW II. Her story is an inspiring example of courage, hope and faith. Reservations are required. For more information, call Southglenn Library at 303-221-3998.

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### Holiday Closings

All Arapahoe Library District public libraries will be closed on Monday, September 4 for Labor Day.

**CLASSIFIEDS**

Classified ads are \$2.70/line. 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).

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**HANDYMAN in your area,** Bill 303-773-6491 or 303-908-9695 [11]

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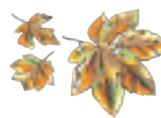
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**Cinnamon Tea for Stomach Aches**

The next time you have a stomach ache, try this concoction for relief: Put a tablespoon of ground cinnamon into one cup of hot water. Cover and let it steep for 15 minutes. Many users report cinnamon tea helps reduce nausea, diarrhea, and gas.



**Start of Fall, Sept. 23**



The autumnal equinox marks the time of year when day and night are 12 hours long. In China, this day marks the halfway point of the fall season. In Japan, the first day of fall is a national holiday; people visit grave sites and hold family reunions.

**There's a fun new bakery in the neighborhood!!**

- Gourmet coffee
- Scratch baked pastries, scones and muffins
- Birthday, wedding and special occasion cakes

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## Otero/Phillips Sign Update

The treasurer and president did not attend the August 2 board meeting and no information was presented regarding their research for records of payment for the sign or for board meeting minutes describing 2001-2003 sign related discussions and votes.

Frank Parrish presented acting chairman Tom Reinhardt a copy of paperwork regarding a permit obtained from the city for the sign. That document listed a cost for the sign of \$7,320 and \$500 for installation. The cost of the sign permit was listed at \$498.65 which brings the total investment identified to date to \$8,318.65.

No documentation has been found indicating that permission to encroach on South Suburban's land has been requested.

The board members in attendance voted (4 to 1) in favor of obtaining a copy of liability insurance for the sign, presenting the copy to South Suburban, and asking for them to determine if the policy meets South Suburban's request for encroachment requirements.

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## Public Open House

### Arapahoe Road and University Boulevard Operational Improvements

The City of Centennial wishes to invite its citizens and the general public to an Open House meeting to present the preliminary design for planned operational and safety improvements for the intersection of Arapahoe Road and University Boulevard. The project entails intersection improvements to include additional dedicated turn lanes, access modifications, and improved pedestrian connections. Construction of the project is anticipated for Fall 2007 through Spring 2008. City staff and the City's consultant, Felsburg Holt and Ullevig, will be available to explain the details of planned improvements and answer related questions.

September 14, 2006 South Metro Denver Chamber of Commerce Center 6840 S. University Boulevard (use southeast entrance) 5:00pm to 8:00pm Easter Avenue SOUTHGLENN MALL University Boulevard Arapahoe Road Entrance.

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## Smart Afternoon Snacks

If the mid-afternoon finds you sluggish and not operating at your fullest potential, nutritionist Suzanne Eberle says you can chalk it up to a natural slump in your blood sugar, particularly if you had a light lunch. To re-energize your system, she advises steering clear of sugary snacks and instead recommends these choices, which are high in protein and fiber:

- A small bowl of whole grain cereal with low-fat milk.
- Peanut butter on rice cakes or whole wheat crackers.
- Hummus and carrots.
- Low-fat string cheese with a piece of fresh fruit.

## Is Your Child Overscheduled?

Your kids are always on the move—soccer games, dance practice, guitar lessons, play dates and clubs. You find yourself making sure they all get where they need to be, and in turn, there is not enough time for relaxation. If this scenario seems all too familiar, it might be time to step back and evaluate how and where your kids are spending their time.



With another school year beginning, it is an especially important time to make sure your kids aren't overscheduled. According to the National Mental Health Association, children in overscheduled families are more likely to develop depression, stress and low self-esteem. A good balance of activities and family time will lead to strong family relationships and good development and mental health.

If you think your family may be too busy, here are some suggestions to help slow things down and create more family time...

- **Limit each child to no more than two extracurricular activities.** This will keep them more focused and you more organized.
- **Avoid saying yes to new activities until you evaluate how they will affect the family.** How much will it cost? How much family time will it take away? Will it affect anyone in the family emotionally?
- **Commit to having family dinner together three to five times a week, regardless of where it is.** If there is a soccer game during dinner, have a picnic together afterwards. If everyone is doing different things, pick a favorite restaurant to meet at.
- **Set priorities.** Decide how much time you want to be spending together as a family and meet that goal.

More information and tips for overscheduled families can be found at the National Mental Health Association's website, [www.nmha.org](http://www.nmha.org). If your child is suffering from any of the symptoms mentioned above, you should consult their doctor.

These health tips are brought to you by Centennial Medical Plaza. Reach us at 303.699.3060 or visit our Web site at [www.centennialmedicalplaza.com](http://www.centennialmedicalplaza.com).

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## Labor Day, Sept. 4

According to the most recent figures from the U.S. Census Bureau, this holiday is for 146.5 million working Americans, who make up 66 percent of the adult population.

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*The trouble with weather forecasting is that it's right too often for us to ignore it and wrong too often for us to rely on it.*

- Patrick Young