



## Plant Native

Native plants are those that originally occur within a region as the result of natural processes rather than human introduction. While the activities of indigenous people did affect the ecosystem, it wasn't until the time of widespread European settlement that large-scale alteration and the introduction of non-native plants began to significantly change the natural landscape. Over thousands of years plants have formed symbiotic relationships with native wildlife and therefore offer the most sustainable habitat. This relationship provides gardeners the opportunity to leverage biodiversity to create more sustainable landscapes rather than using pesticides and fertilizers. Selecting native plants in developed areas allows the plants to co-exist with nature, rather than compete with it.

The choice to introduce native plants to your landscape offers a number of benefits.

### Less maintenance

- Native plants require minimal watering (except when being established or during drought)
- Native plants do not require pesticides or fertilizers to thrive. A blemish free landscape is effectively a food desert for wildlife!
- Native plants can live for many decades and tolerate the wide range of light and moisture conditions of the region.
- The dense growth pattern of the plants eliminates weeds

### For curbside appeal

Native plants offer three to four season interest and are therefore appealing most of the year. Native wildflowers, flowering vines, shrubs, and trees offer a wide range of colors, textures and forms to create dynamic seasonal displays. Grasses and sedg-

*continued on page 2*

## Neighborhood Happenings

This is the time of year that we typically start to see more snowfall. Keep in mind that it's important to keep sidewalks clear and passable in our neighborhood for safety reasons. If your home faces a certain direction (like ours) and collects ice/snow that doesn't want to melt, consider adding pet free salt to dissolve deposits. If you cannot physically clear your own sidewalks, please reach out to your Williamsburg 2 neighbors for help. On my cul-de-sac, we have several elderly owners and the neighbors happily chip in with sidewalk clearing. Or, consider paying a young teenager for help as well! If you have a youngster who is willing to do snow clearing or you are willing to help out with your own street, please reach out and I'll post that information during winter months. wendimilinkov@yahoo.com.

## January CoHope

Happy New Year from the folks of CoHope and Jefferson County Sheriffs Department. JCSD reports that activity in South Jeffco has been on the quiet side, with car breakins leading the way, as usual. We will continue to remind everyone that most of these events happen because of valuables left in unlocked vehicles. Sounds like something that could be fixed, fairly easily. Lately, most of these breakins have happened in a quadrant in the northwest section of the intersection of Kipling and Bowles.

Our guest speaker was Mike Madrid from Jefferson County Planning and Zoning. His presentation covered everything from local homeowners to commercial activity in the area. Of interest, was their involvement in HOA covenants. They do not get involved in any disputes that arise. Permits are required for storage sheds, as long as they are over 200 square feet. We've all heard about tiny homes by now. As long as the home is on wheels, a permit is not required, but as soon as the wheels come off, and the unit is set on a foundation, all typical building permits are required.

They have recently launched a new website, which is extremely transparent in what is going on in the area. Without going into great detail here, they recommend you log on and begin to discover what's going on in the county, with details of individual homeowners permit activity to commercial and industrial happenings.

- [permitsearch.jeffco.us](http://permitsearch.jeffco.us)
- [maps.jeffco.us](http://maps.jeffco.us)
- [jeffco.us](http://jeffco.us) (Main county website)

From here, you can find out more than you ever thought possible about the county.

—George Jackson,  
Williamsburg 2 Neighbor



## Williamsburg II 2017 HOA Payment Coupon

Membership: \$35.00. All residents of Williamsburg II are encouraged to join! Please return this form and a check made payable to Williamsburg II HOA and mail to **Jeff Talmadge, 10406 W. Glasgow Ave., Littleton, CO 80127-3648**. Your dues pay for the maintenance of the front entrance, electricity for the lights, Board of Directors insurance and social events that promote community involvement. Your support is greatly appreciated. Thank you!

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## Plant Native..., *continued from front page*

es have interesting flowers and seed heads and yellow–orange fall color. Shrubs and trees have fall color and berries that persist into the winter. Choosing a wide assortment of plants ensures seasonal interest, with the bonus of attracting colorful birds, butterflies and insects.

### Creates wild habitat

Very importantly, native plants support the wildlife of the region by providing food and shelter for insects, birds, amphibians and mammals throughout the year. Virtually all terrestrial birds feed their young worms supplied by moth and butterfly populations. For example, Aspen, Cottonwood and Poplar trees support 262 species of moths and butterflies where non-native trees support few insects if any. Without ample supply of the required food source, the baby birds don't survive. With no insects, we would have no birds. Leaving seed heads and plant structure throughout winter provides continuing food and shelter for many creatures and provides opportunities to observe nature up close.

The National Wildlife Federation compiled an exceptional database to identify the native trees, plants, shrubs, grasses, etc. across the nation. You simply plug in your zip code and the list is presented! Their site is located at: [nwf.org/Nativeplantfinder/](http://nwf.org/Nativeplantfinder/). You can work with your favorite local nursery to identify the native plants they offer or visit the Native Nursery in Golden or the Native Plant Garden in Denver to purchase your plants.

Your native plant garden can not only be beautiful treat for the eye but will also provide a good return on your investment and will play a critical role in sustaining the region's wildlife.

## Beat Cabin Fever!

This is the time of year when "cabin fever" can set in. The holidays are over, spring has not yet "sprung" and in Colorado, this time of year is when we get our heaviest snow-falls. So, what's a bored person to do? Here are some tips!

1. Break out a good book. For helpful suggestions and reviews, check out [goodreads.com](http://goodreads.com).
2. Start a new hobby. A few ideas include knitting, stained glass, Sudoku and fiction writing.
3. Try a new recipe. The possibilities are endless on Pinterest.
4. Start scrapbooking.
5. Do a puzzle. It's a little old-school, but still fun.
6. Pull out some old board games or a pack of cards.
7. Engage in some pre-spring cleaning. You'll have more time to enjoy the great outdoors once it thaws out!
8. Rearrange your furniture. Sometimes a few moves is all it takes to make your place look new.
9. Tackle a home improvement project. Just make sure it's an indoors one!
10. Plan your summer vacation. Thoughts of warmer days spent outdoors are nice to have during winter.
11. Have a movie and popcorn night. Dig out an old favorite or stream or rent something new.
12. Research your family history and create a family tree.
13. Write a letter to touch base with an old friend or family member. Everyone loves getting an actual letter that's not a bill or solicitation.
14. Watch the newest season of your favorite show on Netflix.

If the weather isn't too terrible, head outdoors. Here are some things to consider.

15. Go for a walk, even a 15-minute one.
16. Make a snowman or a snow fort.
17. Go out and shovel. It's a great workout!
18. Try an outdoor winter activity like sledding or snowshoeing.
19. Have a snowball fight. You don't have to be a kid to indulge in this one.
20. Volunteer your time at a local nonprofit or animal shelter. Animals especially need a warm place this time of the year.
21. Comb through your local paper's entertainment section. Do something you've never done before.

Too much sleep and wallowing in boredom will only make you feel more lethargic. When it comes to ways to beat cabin fever, staying active and having fun really helps pass the time.

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The Williamsburg II HOA newsletter is published monthly by the Williamsburg II Homeowners Association, a non-profit homeowners association. The newsletter is distributed by block workers.

### News Articles

The deadline for news articles is the 12th of the month before the next month's issue. Please email news articles to the editor at [wendimilinkov@yahoo.com](mailto:wendimilinkov@yahoo.com). No endorsement of any product or service is implied or stated by its inclusion in the newsletter. **All articles must be approved by the editor for publication, or as space permits.**

### Advertising

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 6th.

To place an ad, call Colorado Lasertype, **303-979-7499**.

Email: [getinfo@coloradolaser.com](mailto:getinfo@coloradolaser.com)

To find ad rates and discounts, go to [www.ColoradoLaser.com](http://www.ColoradoLaser.com) and click on the "Advertising Rates" link.

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## National Children's Dental Health Month

Highlighting the practices and benefits of good oral hygiene and their effect on health and well-being. The theme of the American Dental Association's 2018 campaign is, "Brush your teeth with fluoride and clean between your teeth for a healthy smile."

## Healthy Eatin'

This time of year, the internet and magazines are full of articles showcasing what you should/should not be eating. But what about what you should/should not be throwing away while trying to eat healthy? Debra White, one of our Williamsburg 2 neighbors shared an interesting article from Readers Digest about this very subject!

Don't just squeeze lemon over fish and toss out the rind. According to Lauren Popeck RD, LD/N of Orlando Health Physician Group, there's some great use for lemon rind when it comes to garnishing dishes and kicking up the flavor. What's more, there are some great nutritional benefits hiding in the zest, as well. "You can expect three grams of fiber in two tablespoons of zest, five times more vitamin C in the peel than flesh, and other essential vitamins and minerals, including riboflavin, thiamin, niacin, folate, vitamin B6, vitamin B5, vitamin A, calcium, iron, potassium, zinc, and magnesium," says Popeck. Her favorite uses for zest: blend into vinaigrette or marinade, toss a piece of peel into smoothies, grate and sprinkle on green beans, blend into yogurt or cottage cheese, stir into oatmeal, cereal, or muffin batter, or add to coffee or tea. Don't stop with lemons: Use oranges, limes, and even grapefruit for some acidity and flavor with no added calories.

Most of us eat the banana without giving the soft, mushy peel a second thought. Here's why that's a mistake: "Bananas contain tryptophan, which boosts serotonin 'the happiness hormone' to help with mood regulation and nerve impulses," says Popeck. A few creative ways to use the peel: First off, go

ripe. "Riper peels are softer, thinner, and tastier," says Popeck. Cook or boil for at least 10 minutes to soften. You can add to smoothies, stir-fries, or soups. Or, you can puree and add to muffin or cake batter. And, for a treat, simply slice and bake a banana with the skin on, she suggests.

You're probably used to eating the heads of broccoli, but don't forget about those stalks, says Popeck. "The stalk contains sulforaphane, a phytochemical antioxidant that has anti-inflammatory properties, protects cells from DNA damage, inactivates carcinogens, and inhibits tumor blood vessel formation," she says. Here's some cooking inspiration: Peel, slice, or shred stalks, and eat raw on salads or with dip. If raw veggies aren't your thing, you can cook them, too. Steam, roast, or sauté them, she says. Add to soup or puree them to add to sauce, pesto, hummus, or baby food.

You might not realize, but celery stalks have leaves, and you can actually use them when cooking. "The leaves are rich in magnesium, calcium, and vitamin C, and you can use celery leaves in salads, as part of vegetable stock, or a garnish," says Ilyse Schapiro MS, RD, CDN. Simply pick the leaves off of the stems, place them in a damp paper towel and then inside of a Ziploc bag to save, she says. "You can also use them in a chickpea salad with shaved onion and a vinaigrette," she suggests.

Condensed from Reader's Digest, Author: Isadora Baum, www.rd.com

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| Truman      | Polk       |
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| Obama       | Cleveland  |

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<http://www.thepotters.com/puzzles.html>

### Can Beet Juice Keep Your Brain Young?

Beet juice may keep your brain young and fit, according to an article on the Runner's World website. The article cites a study reported in the Journal of Gerontology: Medical Sciences that found that a shot of beet juice an hour before exercise can have positive benefits to brains as they get older.

In the study, 26 sedentary men with an average age of 65 participated in six weeks of exercise. Some took daily shots of beet juice; others received a placebo. The participants walked on a treadmill three times a week for six weeks, building up to 50 minutes per session at increased effort. Comparing MRIs from before and after the trial, researchers found that the group that drank beet juice had significantly higher levels of "community consistency" within their brains.

The nitrate in beet juice, which converts to nitrite and then nitric oxide in the blood, has a strong positive affect on responsiveness in blood vessels, which in turn can increase the amount of oxygen reaching the brain and boost aspects of cognitive function.

### Black History Month

This monthlong celebration of the accomplishments of African Americans throughout history began in the early 20th century as a result of the efforts of Dr. Carter G. Woodson and the organization he founded, The Association for the Study of African American Life and History.

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## Save More Cash with These Simple Tips

We all want to save money, but that doesn't mean you have to take a vow of poverty and devote yourself to a diet of rice and water. Here are some simple tips for spending less money every day:



- Use the library. Stay away from bookshops, music stores, and video rental services. You can get almost anything you want in the way of entertainment from your local library for free.
- Delay your purchases. Don't give in to impulse buying. Before putting anything into your shopping cart at the grocery store, wait 10 seconds and consider whether you really need it. For larger purchases, wait one or two days. For major items, such as appliances or carpeting, wait 30 days to be sure a purchase is really necessary. Of course, if the fridge is shot, you can waive the 30 days; just be sure to get the best value.
- Cut down on meat. You can get needed protein in your diet from other, less expensive foods. You don't have to become a vegan, but limiting meat to once or twice a week will cut your grocery bill.
- Use energy efficiently. Any appliance that contains a clock—video recorders, microwaves, etc.—uses electricity even when the device is turned off. Unplug unused appliances, or hook them up to a smart power strip that doesn't draw electricity when the device isn't on. Wash your clothes in cold water to save up to 50 percent of the energy you'd use washing them in hot water.
- Avoid soft drinks. When dining out, order water instead of pricier sodas. It's free.

## Happy Fat Tuesday

This year the revelry of the carnival season will culminate on Tuesday, Feb. 13, in celebrations around the world before the start of Lent.

In the United States, the city of New Orleans is the capital for all things Mardi Gras, which is French for "Fat Tuesday." Although the city has roots deeply centered in French heritage, it was not the first American city to host this event. French-Canadian explorer Pierre Le Moyne d'Iberville is rumored to have held the first Mardi Gras in a location about 60 miles downriver. Years later, settlers along with French soldiers would continue the practice by donning masks and enjoying festivities in the newly established town of Mobile, Alabama.

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## Teach Your Children to Handle Their Allowance Wisely

One reason parents give children allowances is to help them learn how to manage money. For it to be a truly effective teaching tool, though, parents should spell out what the allowance will cover, how it can be spent, the consequences of overspending, and how much should be saved or given to charity. Here are some guidelines:

- Encourage planning. When deciding how much the allowance should be, consider giving enough to encourage saving or charitable giving. Be careful not to give too much, though. If the kids can buy anything they want, the allowance fails to teach them how to prioritize and set goals.
- Set up a payday. Try choosing a day early in the week to encourage kids to plan ahead for weekend expenses.
- Set limitations and guidelines. If you don't want them to buy things you don't want them to have, require that they consult you before making purchases over a specific amount, like \$10.
- Expect mistakes. Children will probably overspend at first. Don't get angry. Help the child correct his or her mistakes and learn from them.
- Don't link the allowance to chores. If allowance is "payment" for chores, children can too easily decide to skip their chores and accept not getting any allowance, which defeats the purpose.

## "I Love You ..." Around the World

This is the month we celebrate Valentine's Day, all things romantic, and that special someone in our lives. Here are just a few of the ways those three little words everyone wants to hear are spoken around the world:

Dutch	Ik hou van je
Estonian	Ma armastan sind
Hindi	Main tumse pyar kartha hoon
Inuktitut	Nagligivaget
Korean	Saranghae
Lebanese	Bahibak
Maori	Aroha ahau ki a koe
Navaho	Ayor anash'ni

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