



www.williamsburg2hoa.com

# Williamsburg II News

March 2018

Vol. 21 No. 03 - Circulation: 340

## Free Standing ER's

**Popping Up Everywhere in South Jeffco: You May Think It's An Urgent Care Center Until You Get The Bill!**

Has anyone noticed the abundance of ER Centers opening in South Jeffco? It appears many of them are opening on every corner, or at least all within a couple miles of each other. So what might be behind this surge in ER centers?

Well, convenience for one. If there is a life threatening emergency, say a heart attack, one can easily receive care right around the corner, then be transferred to a hospital easily. So for convenience, it can't be beat. Southwest Littleton does not have a hospital close by, so for a real life threatening emergency, it could be the difference between life and death.

But according to an article in the Denver Post a year ago, these urgent care centers are opening frequently in the more affluent suburbs but not in the less affluent inner city neighborhoods. People who mistake these ERs for urgent care clinics could run up huge bills increasing their own payments, especially with the higher deductible plans that many people are on now.

An urgent care clinic visit may be \$150-\$300, whereas an ER visit can be \$2,000 or more. These free standing ER's aren't opening up because the owners expect to lose money on them. It's a business and the cost for care is typically higher than traditional urgent cares, so the consumer needs to be cautious about fees before popping in, even if it is more convenient.

Population growth, a strong income area and lack of hospitals close by are driving forces for the neighborhood ERs. Just keep in mind to do your research if you can on costs and what each center can offer. And are they being overbuilt? Perhaps. We will see what the staying power is of these new ER centers.

—Wendi Milinkov

## The Williamsburg 2 HOA is Looking For a Few Good Volunteers!

The next board meeting is March 13th at Sue and George Jackson's home at 10295 W. Glasgow Avenue. Please come to the meeting and find out how you can help. For just \$35 annually, our HOA does a number of great social and neighborhood bonding events. We have one of the best neighborhoods in South Jeffco! Come check it out and volunteer. We can always use some new people and ideas!



## February CoHope Report

Sheriff's report was given by Deputy Payne. He reports that since the start of the new year, activity in South Jeffco is relatively quiet. Most issues stem from car break-ins, along with some mischievous activity with BB guns and spray paint, on parked vehicles. They are also noticing an increase in homelessness in South Jeffco, mostly due from our proximity to downtown Denver. Deputy Payne also warns us that even though we're still in the middle of winter, open garage doors during the day are still a magnet for would be robbers. Don't temp them!

Our guest speaker was David Firmin, representing Hindman Sanchez Attorneys At Law. Based in Lakewood, their firm is one of the largest in the country that specialize in representing HOA boards and associations. Most of their services are contracted out by large or mandatory HOA's such as Highlands Ranch and, Ken Caryl Ranch. These HOA's, as most of you know, have mandatory monthly or annual dues. Our HOA here in WB 2 is voluntary. Dues here are only \$35.00 annually and are not required. David confirmed what we already know, and that is our type of HOA is preferred by many, and also why WB2 is one of the more popular subdivisions in the area. That being said, since we are voluntary, so isn't our board of directors and staff. We are always looking for volunteers to help out with the board. If you're new to the area, our HOA sponsors numerous events during the year. These include the Easter egg hunt, various summer picnics, 4th of July celebrations, movie night in the park, and Christmas season events. Currently there are openings on the board, as well as other volunteer positions. A few years ago, a lack of interest in the HOA almost forced the end of it, but a handful of folks stepped up and have done a remarkable job of carrying the board forward. It's that time again for another infusion of talent! Time requirements are minimal, and you can count on having a good time! Our next board meeting will be March 13th, at 7pm at Sue and George Jackson's home, 10295 W Glasgow Ave. Please come to the meeting and find out how you can help.

—George Jackson, Williamsburg 2 Neighbor

## Williamsburg II 2018 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!

Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

## The Rocky Mountain Wolf Project

It the late 1800's the arresting howl of the gray wolf could be heard throughout Colorado, but by 1945 the last Colorado wolf was silenced near the boarder of New Mexico. Since that time, wolves have remained absent from our beautiful state.

Wolves have long suffered due to fear assigned to their presence and the desire for their elimination by special interest groups and yet the species serves as virtually no threat to humans and is crucial in driving evolution and balancing ecosystems.

Very sadly, the mere existence of wolves is teetering on a fine line with their de-listing from the Endangered Species Act in select states and a continued threat of de-listing across all 48 contiguous states as a result of a heated political debate, not scientific evidence. Fortunate for us, wolves remain on the Endangered Species Act in Colorado.

Though the recent history of wolves paints a sorrowful picture there is hope and something very special that you can become a part of. There is currently an effort underway by the Rocky Mountain Wolf project to reintroduce the magnificent animal to the region. Re-introduction of wolves to the vast public land across the western region of our state would serve as the last piece in a 40-year puzzle to re-establish the species from the High Arctic to Mexico.

Studies have shown that a great habitat and healthy prey populations are available for gray wolves throughout the western half of Colorado. Our state serves as the ideal landscape to support the lives of the wolves and their presence will be instrumental in balancing our delicate eco-system and expanding their territory.

The Rocky Mountain Wolf project serves as an advocate promoting for the wolves' right to life, working to help educate people about the importance of the wolf population in our food web and environment.

Are you ready to become a part of this exciting movement? You can learn more by visiting the Rocky Mountain Wolf project site at: <http://rockymountainwolfproject.org>

— Joanie Bock, Williamsburg 2 Neighbor

*As stated by Dr. L.D Mech, Wolf Biologist,  
"It would be difficult to overestimate the biological and  
conservation value of this achievement."*

## Irish Soda Bread Recipe

Soda bread is a soft textured cake like bread that rises due to the reaction of the acid of a liquid like buttermilk, and a base like baking soda.

Although the Irish didn't invent Soda Bread it is most often identified with them. The "soft wheat" is the only suitable flour that can grow in Ireland's climate, and when mixed like a traditional dough it doesn't form any gluten like a traditional yeast bread, it does work well with a soda bread recipe.

The idea of using soda to leaven bread was done by the American Indians centuries ago, where they used pearl-ash or Potash (a natural soda in wood ashes) in their breads to make them rise.)

The cross on the soda bread has several explanations, Legend has it that folks did it to "let the devil out" while it's baking for good luck, and others say that it made it easy to divide into 4 pieces. It was also a symbol for a cross during Christian holidays.

One of the earliest recorded publications of soda bread was in 1916. The editor of "The Gentleman's Magazine" in England was challenged to come up with a way to use poor soft wheat to make a bread.

He tried several experiments with his baker and came up with a bread using half wheat and half mashed up potato and soda ash instead of the usual yeast leavening.

Unlike England where bread was made in Bakeries, The Irish felt it was a housewife's job. Her all purpose cast iron Dutch oven like pot they called a "Bastible" was better suited for soda bread, which hung over a fire on a crane, as opposed to the Brick ovens that were used to bake the yeast breads in Europe. also you could set a Bastible on top of the embers of the fire and a few coals on top of the indented lid.

*continued on page 3*

## 2017 Board Members

President		
Vice President	Wyatt Koeniger	720-530-8375
Secretary		
Treasurer	Jeff Talmadge	720-737-8811
Board Member	Jessica Clark	303-795-3583
Board Member		
Board Member	Mark Hickman	303-933-2422

## Committees

Historian	Debra White	
Sign Boards	Bob Snead	
Architectural Coor.	Jim Reindel	303-933-4849
Block Leader Coor.	Open	
COHOPE Rep.	George Jackson	303-973-3795
Common Areas	Kathy Morelli	
Common Areas	Debi Clark	303-933-0480
Covenant Controls	Lori Reindel	303-933-4849
Newsletter Coordinator	Wendi Milinkov	720-454-5776
Special Events	Jessica Clark	303-795-3583
Foothills Liaison	George Jackson	303-973-3795
Newsletter Distributor	Sheila Rea	303-979-6323

[www.williamsburg2hoa.com](http://www.williamsburg2hoa.com)

[W2news317@hotmail.com](mailto:W2news317@hotmail.com)

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.ColoradoLasertype.com](http://www.ColoradoLasertype.com) and click on the "Advertising Rates" link.

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.

In 1824 "The Virginia Housewife" by Mary Randolph was published. It contained a recipe for Soda Cake. Very possibly it was taught to Colonists in the states by the Native Americans.

*....Dissolve half a pound of sugar in a pint of milk, add a tea-spoonful of soda; pour it on two pounds of flour--melt half a pound of butter; knead all together till light, put it in shallow moulds, and bake it quickly in a brisk oven.*

## Irish Soda Bread...., *continued from page 2*

### Soda Bread and the Potato Famine of 1845

In September of 1845 a blight hit the potato crops of the Irish people who was very dependent on potato for food. A poor country discovered that potatoes and milk made a nutritious enough meal to exist on and you could grow more potatoes per acre than any other crop. Soda bread was probably not made as much because of this reason.

While some say that soda bread was invented during the great potato famine this is not true. It did start to become popular in Ireland at this time so it's probable the famine spurred its popularity.

### Traditional Irish Soda Bread Recipe

- 4 cups flour (either white or whole wheat)
  - 1 tsp baking soda
  - 1 tsp salt
  - 1 and ½ cup buttermilk
1. Heat oven to 425 degrees F. Brush a baking sheet with melted butter or spray with non-stick spray.
  2. Combine dry ingredients in a deep bowl. Gradually stir in 1 cup buttermilk, beating constantly, until dough is firm enough to be gathered into a ball. If dough crumbles, add up to 1/2 cup more buttermilk, 1 tbsp at a time, until it holds together.
  3. Place on a lightly floured board and pat into an 8-inch flattened round loaf.
  4. Place loaf on baking sheet and slash a 1/2-inch deep "X" into the top of the dough with a small, sharp knife.
  5. Bake at 425 degrees F for about 45 minutes, or until the top is golden.

6. Serve hot.

### Variations:

- 4 cups flour
- 4 TBSP Sugar
- 1 tsp baking soda
- 1 ½ tsp kosher salt
- 4 TBSP cold salted butter, diced (1/2 stick)
- 1 ¾ cup cold buttermilk shaken
- 1 extra large egg, beaten
- 1 tsp grated orange zest
- 1 cup dried currants

Preheat the oven to 375 degrees F. Line a sheet pan with parchment paper.

Combine the flour, sugar, baking soda, and salt in the bowl of an electric mixer fitted with the paddle attachment. Add the butter and mix on low speed until the butter is mixed into the flour.

With a fork, lightly beat the buttermilk, egg, and orange zest together in a measuring cup. With the mixer on low speed, slowly add the buttermilk mixture to the flour mixture. Combine the currants with 1 tablespoon of flour and mix into the dough. It will be very wet.

Dump the dough onto a well-floured board and knead it a few times into a round loaf. Place the loaf on the prepared sheet pan and lightly cut an X into the top of the bread with a serrated knife. Bake for 45 to 55 minutes, or until a cake tester comes out clean. When you tap the loaf, it will have a hollow sound.

Either method of bread is great, from the traditional to the improved, but why not give it a try for St. Paddy's day?



**CONCRETE**  
Ready for a **NEW** Curb Appeal?  
We are driveway repair and concrete replacement experts with 30 years of professional quality workmanship.

Please call us and we will give you a list of completed jobs close by so you can see the quality of our work. Big savings take effect for all jobs completed in Spring with pricing at our very lowest for the year.

Call Today for a **FREE** no-obligation Bid  
**303 249-8506**



RE/MAX EDGE  
8351 Rampart Range Rd.  
Suite 111  
Littleton, CO 80125



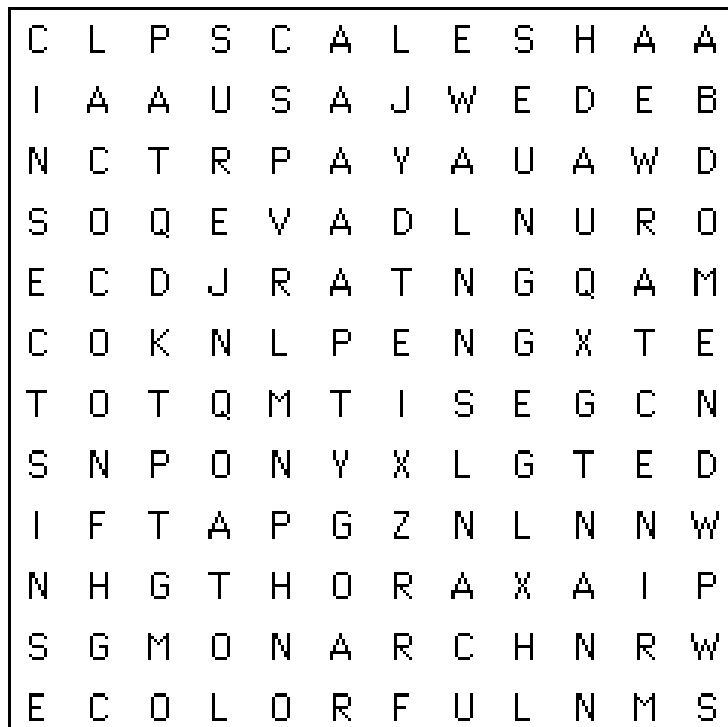
**Sarah Craner,**  
ABR, MBA  
Local Real Estate Expert

**303.564.6927 Cell**  
**Sarahcraner@hotmail.com**

**Call today for a FREE market analysis on your home!**

**Selling 40 plus homes a year!**  
*(Including Northern & Southern Colorado!)*

# Butterflies



- |              |         |
|--------------|---------|
| Abdomen      | Larva   |
| Adult        | Monarch |
| Antennae     | Moths   |
| Caterpillars | Nectar  |
| Cocoon       | Net     |
| Colorful     | Pupa    |
| Egg          | Scales  |
| Head         | Thorax  |
| Insects      | Wings   |

Copyright 1998 John R. Potter John's Word Search Puzzles  
<http://www.thepotters.com/puzzles.html>

*Opportunities don't happen. You create them.*  
 —Chris Grosser

**We're your Shield. We're your Shelter.**



**SHELTER INSURANCE**  
 AUTO • HOME • LIFE

**Emily Gardner**  
 8340 S Sangre de Cristo Rd, Ste 204  
 Littleton, CO  
 303-988-4400  
 ShelterInsurance.com




**OB PAINTING INC.**  
 CALL ROB : (303) 986-8198

**\$300 off**  
 Exterior or Interior Painting.

American family owned.  
 22 years in business.  
 10% discount for cash.  
 Workmans Comp & Liability Insurance  
 Credit cards accepted

Special Thank You  
 for Veterans:  
 Additional  
**10% off**

**Multiple Home  
 Discount**

# We're hiring!

## at Foothills

### Jobs for Ages 15+ Great Benefits FUN Atmosphere

**Summer Only and Part-Time  
 positions are available in:**

- Aquatics*
- Summer Camps*
- Adult & Youth Sports*
- Golf Course Maintenance*
- Parks Maintenance*
- Edge Ice Arena*
- Front Desk Staff & more!*

Please visit our website  
[www.ifoohills.org/jobs](http://www.ifoohills.org/jobs)  
 to apply online.



**Foothills**  
 Park & Recreation District

**CLASSIFIEDS: The perfect way to advertise your small or large business!  
Ads are inexpensive and reach many homes! Call or email us today!**

Classified ads are \$3.00/line (about 40 characters/line). Contact Colorado Lasertype at 303-979-7499 or [getinfo@ColoradoLasertype.com](mailto:getinfo@ColoradoLasertype.com) 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. Residents placing ads to sell household items are not charged a fee.

**Yard & garden design, consult & planting**  
[www.oakesgardendesign.com](http://www.oakesgardendesign.com) 3/999-8228

**Summer air duct cleaning & chimney cleaning.** Chimney repairs 10% off 7/299-7782.

**Winter Tree Trim/Pruning Specialist, call Mr. B!** Free est., ins., 30 yrs. exp. 303-932-2514

**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.

**Drywall - Basement finishes - Remodeling.** Years of exp. w/ refs. Gary 303-829-6363

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

**House & Carpet Cleaning: 3/292-0115**

**Lisa's Music Studio.** Piano, Guitar, Banjo, Ukulele, Viola, Violin, Cello, Drums and Flute. 303-883-1157.

**Stecki painting.** Inter/ext. Jeff 720-331-7025

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

**OB PAINTING.** Interior/Exterior. Free Estimates. Rob: 303-986-8198

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

**KERI'S COLORS & PAINTING.** 720-331-7032.

**Columbine Tree - Trimming & Removal.** Stump grinding. 45 yrs exp. 303-979-5330.

**The 32nd Annual Foothills Colorado Crop Hunger Walk**

**Sunday, April 22, 2018**

**Clement Park, 7306 W. Bowles Ave., Littleton, CO 80123**

A 5 kilometer walk that is handicapped accessible and dog friendly. Registration and fun activities begin at 1:00 pm. The Walk will begin at 1:30 pm.

Activities include face painting for the kids, along with fun games such as Frisbee, bean bag toss, and puzzles, all to raise

awareness of global hunger. There will also be educational tables and hunger quizzes for all ages. Along the Walk, we will have "Hunger Challenges". Of course, we will have a DJ with good music and entertaining announcements.

Walkers can pre-register online at <https://www.crophunger-walk.org/littletonco>

Join us for a fun and rewarding day!

**Supreme REALTY GROUP**

**Jenelle Bezdek**  
Broker Owner  
303.668.6970  
[www.SupremeRealtyGroup.com](http://www.SupremeRealtyGroup.com)

**"Your Realtor For Life!"**

South Metro Denver Realtor Association Diamond Circle Award Winner  
6 year winner of the 5280 Five Star Professional Real Estate Agent  
Jefferson County School Supporter  
Chatfield High School Mom

Toll Free: 1-866-348-0555 | eFax: 303-845-9386  
[Jenelle@SupremeRealtyGroup.com](mailto:Jenelle@SupremeRealtyGroup.com)  
[www.Facebook.com/SupremeRealtyGroup](http://www.Facebook.com/SupremeRealtyGroup)

Facebook YouTube Twitter LinkedIn

HASSLE FREE ROOF REPLACEMENTS & INSURANCE CLAIMS

**\$400 OFF**  
6 or more windows for any 1st time customers!  
Offer expires 5/15/18

**Kraftwork Design**  
A Colorado Favorite For Windows, Roofing, Siding & Remodeling

**FREE Estimates**

**Deal Directly with the Owner and Save Thousands!\***

**720-837-2113**

- Hundreds of Online Reviews
- Licensed & Insured
- Locally Owned & Operated Since 2001

BBB ACCREDITED BUSINESS A+

**JAMES SAYLOR, Owner**

**Energy Efficient Replacement Windows** | **Roof Replacement & Insurance Claims** | **Vinyl & Cement Board Siding**

[www.kraftworkdesign.com](http://www.kraftworkdesign.com)



## The 'Eyes' Have It

The month of March is dedicated to workplace eye wellness. Here are some simple steps you can take to prevent eyestrain and injury:

- Wear safety goggles to prevent injury when working with power tools and heavy equipment.
- Adjust the position of computer monitors along with the contrast and glare to avoid eyestrain.
- Use over-the-counter drops to keep your eyes moist, and don't forget to blink.
- Follow the 20/20/20 rule—refocus your vision on something offscreen and at a 20 foot distance for 20 seconds, after every 20 minutes of screen time.
- Schedule annual eye exams with a qualified professional to assess your vision and screen for diseases and degenerative conditions.

## National Day of Unplugging

Sundown March 9-Sundown March 10

Remember what life was like before everyone had a smart-phone? Somehow we managed to have meaningful face-to-face conversations and get to places on time without getting lost. Unplug and live authentically for these 24 hours.

## This Space Intentionally Left Blank for Teen Services

Dr. Todd Rezac and Charlie

## Crowded House

Sharing his home with four Chihuahuas, a Boston Terrier and a cat, Charlie and his master Dr. Todd Rezac find plenty of opportunity to get outdoors and show off the German Longhaired Pointer's sporting dog mentality.

Charlie's passion for outdoor activities is matched by Dr. Rezac's passion and commitment to the entire family of DCAH patients.



*Premier Care with the Compassion Your Pet Deserves.*

[www.dcah.com](http://www.dcah.com)  
303-973-4200



*"My home and my office are filled with pets and I treat every one of them as if they're my own."*

APPOINTMENTS  
M-F: 8 a.m. – 8 p.m.  
Sat.: 9 a.m. – 5 p.m.

EMERGENCIES  
Open 24 hours a day  
7 days a week

10148 W. Chatfield Ave.  
Littleton

