



www.williamsburg2hoa.com
Facebook Group Page at: Williamsburg II

Neighborhood News & Quick Updates

Williamsburg 2 Easter Egg Hunt: Saturday, April 6 @ 10 a.m.

Grab those Easter baskets and head to Eagle Meadows Park for the Annual Easter Egg Hunt! Join your neighbors for festive games, prizes and photos with the Easter Bunny.

Next HOA Meeting: April 23rd at 7 p.m. at the King Soopers Starbucks Meeting area.

Fun Holidays in April

Month:

- National Humor Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Kite Month
- National Poetry Month
- National Pecan Month
- National Welding Month
- Records and Information Management Month
- Stress Awareness Month
- Sexual Assault Awareness Month

Weekly Celebrations:

- Week 1 Library Week
- Week 1 Read a Road Map Week.

continued on page 2

Next HOA Meeting

Tuesday, April 23rd, 2019

7:00 pm

Starbucks seating area,
Ken Caryl King Soopers



Neighborhood News

The Williamsburg 2 Annual Easter Egg Hunt is Saturday, April 6th at 10 a.m. Come bring your kiddos, their basket and come join us for some fun and goodies!

Dues Drive! If you got busy in March and forgot to pay your Williamsburg 2 dues for the year, be sure to log onto our web site at: www.williamsburg2.com and simply click on the PayPal link. Your dues go for so many fun events throughout the year like the movie in the park during the summer, the holiday hay ride, neighborhood wine and cheese event, the 4th of July festivities, the Easter Egg hunt, lighting the front neighborhood sign, landscaping and maintenance improvements throughout the neighborhood. It also goes toward administrative costs the HOA board might encounter while serving our wonderful community.

Reminder! Being a friendly and helpful neighbor is always welcome. We have so many great residents in this established and beautiful neighborhood that help each other with pets, shoveling each other's walks, cleaning up trash if they see it, hosting neighborhood parties, helping neighbors with projects, children and more. We are lucky to belong to such a great community-so thank you for being the awesome neighbors you are!

“Covenant Corner: Big Blue Bins”

You may have noticed that we have a sign at the front entrance to our subdivision which says, “Covenant Protected”.

What does that mean? And what are in the Covenants?

We hope to answer these questions by highlighting a section of the covenants each month in the newsletter.

You may be surprised by what IS and what IS NOT in the covenants.

We're starting with one which should be very simple to correct and yet will make a big impact on the way our neighborhood is perceived: the big blue trash bins being stored in some front yards.

Section 18 of the Covenants:

All garbage cans, equipment, coolers or storage piles shall be walled-in to conceal them from the view of neighboring lots, roads or streets. Plans for all enclosures of this nature must be approved by the Committee prior to construction.

continued on page 3

Williamsburg II 2019 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 **Mark Hickman, 10588 W. Roxbury Avenue, Littleton, CO 80127**. 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 _____

Fun Holidays in April, *continued from front page*

- Week 2 Garden Week
 - Week 3 Organize Your Files Week
 - Week 3 Medical Labs Week
 - Week 4 Administrative Assistants Week
 - Week 4 National Karaoke Week
- April, 2019 Daily Holidays,
Special and Wacky Days:**
- 1 April Fool's Day
 - 1 International Fun at Work Day
 - 1 International Tatting Day
 - 2 Children's Book Day
 - 2 National Peanut Butter and Jelly Day
 - 2 Reconciliation Day
 - 3 Don't Go to Work Unless it's Fun Day - we know your decision
 - 3 Tweed Day
 - 3 World Party Day
 - 4 Hug a Newsmen Day
 - 4 Walk Around Things Day
 - 4 School Librarian Day
 - 4 Tell a Lie Day
 - 4 World Rat Day
 - 5 Go for Broke Day
 - 5 National Dandelion Day
 - 5 National Walk to Work Day - first Friday of month
 - 6 California Poppy Day
 - 6 National Tartan Day
 - 6 New Beer's Eve
 - 6 Plan Your Epitaph Day - a little morbid if you ask me
 - 6 Sorry Charlie Day
 - 7 Caramel Popcorn Day - Most likely created by a popcorn maker, or an Ecard company.
 - 7 National Beer Day
 - 7 No Housework Day
 - 7 World Health Day
 - 8 All is Ours Day
 - 8 Draw a Picture of a Bird Day
 - 8 Zoo Lover's Day
 - 9 Name Yourself Day
 - 9 Winston Churchill Day
 - 10 Golfer's Day
 - 10 National Siblings Day
 - 11 Eight Track Tape Day - do you remember those?
 - 11 Barbershop Quartet Day
 - 11 National Submarine Day
 - 12 Big Wind Day - t his day blows me away!
 - 12 Grilled Cheese Sandwich Day
 - 12 National Licorice Day
 - 12 Russian Cosmonaut Day
 - 12 Walk on Yor Wild Side Day
 - 13 International Plant Appreciation Day
 - 13 Narional Peach Cobbler Day
 - 13 Scrabble Day
 - 14 Ex Spouse Day
 - 14 International Moment of Laughter Day
 - 14 Look up at the Sky Day - don't you have anything better to do?
 - 14 National Dolphin Day
 - 14 National Pecan Day
 - 14 Palm Sunday - date varies
 - 14 Reach as High as You Can Day
 - 15 Income Taxes Due (most years, it's on the 15th)
 - 15 Patriot's Day - 3rd Mon.
 - 15 Rubber Eraser Day
 - 15 That Sucks Day
 - 15 Titanic Remembrance Day
 - 15 World Art Day
 - 16 Mushroom Day
 - 16 National Eggs Benedict Day
 - 16 National Librarian Day
 - 16 National Stress Awareness Day
 - 16 Save the Elephant Day
 - 17 Bat Appreciation Day
 - 17 Blah, Blah, Blah Day
 - 17 National Cheeseball Day
 - 17 Pet Owners Independence Day
 - 18 International Juggler's Day - also applies to multi tasking office workers
 - 18 National High Five Day 3rd Thurs,
 - 18 Newspaper Columnists Day
 - 19 Good Friday - date varies
 - 19 National Garlic Day
 - 19 Passover begins at sundown - date varies
 - 20 Husband Appreciation Day - third Saturday in April
 - 20 Look Alike Day
 - 20 Volunteer Recognition Day
 - 21 Easter Sunday - date varies
 - 21 Kindergarten Day
 - 22 Dyngus Day always the Monday after Easter
 - 22 Earth Day (U.S.)
 - 22 Girl Scout Leader Day
 - 22 National Jelly Bean Day
 - 23 Lover's Day
 - 23 National Zucchini Bread Day - they hold this at a time when you are not sick of all that zucchini.
 - 23 Take a Chance Day
 - 23 World Laboratory Day
 - 24 Administrative Professionals Day (Executive Admin's Day, Secretary's Day) - date varies
 - 24 Pig in a Blanket Day
 - 25 East Meets West Day
 - 25 Take Your Daughter to Work 4th Thursday
 - 25 World Penguin Day
 - 26 Arbor Day -last Friday of month
 - 26 Hug an Australian Day
 - 26 National Pretzel Day
 - 26 Richter Scale Day

2019 Board Members

President		
Vice President		
Secretary		
Treasurer	Mark Hickman	303-933-2422
Board Member	Jessica Clark	303-795-3583

Committees

Historian	Debra White	
Sign Boards	Bob Snead	
Architctural Coor.	Jim Reindel	303-933-4849
Block Leader Coor.	Open	
COHOPE Rep.	George Jackson	303-521-7039
Common Areas	Kathy Morelli	
Common Areas	Debi Clark	303-933-0480
Covenant Controls		
Newsletter Coordinator	Wendi Milinkov	720-454-5776
Special Events	Laura Blakey	415-793-6836
Foothills Liaison	George Jackson	303-521-7039
Newsletter Distributor	Sheila Rea	303-887-7023

www.williamsburg2hoa.com

W2news317@hotmail.com

**Check out our Facebook Group Page at:
Williamsburg II. Type this in the group search
option to see if you are a member.**

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. 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@coloradolasertype.com

To find ad rates and discounts, go to 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.

- 27 Babe Ruth Day
- 27 National Prime Rib Day
- 27 Tell a Story Day
- 28 International Astronomy Day
- 28 Great Poetry Reading Day
- 28 Kiss Your Mate Day - guys, do not forget this one. Kiss her, then read her some poetry.
- 29 Greenery Day
- 29 National Shrimp Scampi Day
- 30 Hairstyle Appreciation Day
- 30 National Honesty Day

Covenant Corner,

continued from front page

Someone said, “We have a big blue bear at the Art Museum, a big blue bronco at the airport, but the big blue bins in peoples’ front yards are not art work.”

Storing trash of any kind in the front of a house reduces the property values of those around it.

You might say it looks “trashy”.

All trash cans must be stored behind a fence or in a garage, out of sight of the street.

This doesn’t include the temporary roll offs being used for construction.

Thank you ahead of time for complying with this covenant.

—Your HOA Board

Occupational Therapy Month

People recovering from a debilitating injury/illness have probably benefited from the services of an occupational therapist. Yet these professionals also work with children, the disabled, and aging populations to assist them in developing skills that allow them to live more independent lives. Learn more at <https://www.aota.org/Conference-Events/OTMonth/what-is-OT.aspx>

COHope Report

COHOPE members

You may be aware that vehicle trespasses have greatly increased in South Jeffco in recent years. This problem can’t be solved without cooperation and involvement of residents and the assistance of the JCSO. We need to work together to help solve this problem and improve the quality of life in our neighborhoods. We need to get involved and help JCSO help us. Some pertinent facts: Facts (from JCSO’s latest Strategic Plan) - in 2017 882 vehicle trespasses were reported in unincorporated Jeffco - in 2018 1104 vehicle trespasses were reported in unincorporated Jeffco Fact (information received from Crime Prevention Deputy on 2/14/19) To date in 2019 there have been 132 reports taken for criminal trespass to motor vehicle 91 of those in South Jeffco, 17 in North Jeffco and 24 in the mountains. Criminal activity in a neighborhood has a negative impact on all residents in the community the cooperation of everyone is needed to solve this problem.

Residents are strongly encouraged to lock their vehicles, remove valuables and garage door openers from vehicles left outside and close garage doors. Residents are encouraged to call JCSO to report suspicious people/vehicle activity they see in their neighborhood. Residents are encouraged to report all vehicle trespasses/ attempted vehicle trespasses of their vehicles, even if they don’t know if anything was taken from them or all they know is somebody attempted to get into their vehicle(s). Please be willing provide JCSO with a copy of any video recording you might have that shows the people/vehicle involved in any vehicles trespass/attempted trespass. Let’s all get involved in encouraging our neighbors to take these simple actions to deter the thieves and protect our quality of life in our neighborhoods. If we all work together, then we’ll be part of the solution to this problem that affects all of us either directly or indirectly.

continued on page 4



Celebrating 30 years of compassionate care.

Since 1989, the unstoppable spirit of our Littleton Adventist Hospital caregivers has helped us carry out the Centura Health mission of nurturing the people in our communities. Every day, we work to bring whole person health to each life we touch—whether we’re delivering care for our tiniest patients’ biggest moments, providing the highest level of emergency aid or anything in between. And we will continue to do so, year after year.

Littleton Adventist Hospital
Centura Health.

Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact Centura Health’s Office of the General Counsel at 1-303-673-8166 (TTY: 711). Copyright © Centura Health, 2017. ATENCION: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-303-673-8166 (TTY: 711). CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-303-673-8166 (TTY: 711).

OVER 40 YEARS OF EXPERIENCE
FAMILY OWNED & OPERATED



PO Box 270621 • Littleton, CO 80128
303-761-0400
www.landscapeandremodel.com

GIVE US A CALL FOR YOUR SPRINKLER TURN ON!

System Design • Xeriscape • Root Problems • Sod
Custom Gardens • Pathways • Irrigation • Yard Clean Ups
Drip Systems • Valves • Manifolds • Leaks

REMODELING • LANDSCAPING • IRRIGATION

COHope Report, *continued from page 3*

Since 2014, crime has increased in unincorporated Jefferson County by approximately 25%. We have also seen reported increases in substance abuse, mental illness, and homelessness during the same time-frame. Often these conditions cooccur with individuals, complicating their interactions with law enforcement and the community. Approximately 300 individuals are booked into the jail each month with substance addictions that require a withdrawal protocol, and 15 - 17% of the jail population has a mental health issue. As a result, the sheriff's office has implemented programs to help address these challenges. In Patrol we utilize a co-responder model that partners mental health professionals with law enforcement. Two case managers from the Jefferson Center for Mental Health train deputies in de-escalation techniques, manage individuals with a history of law enforcement contacts, and respond alongside deputies to calls related to mental illness when necessary. In addition, 46% of our patrol deputies are certified in crisis intervention to better manage incidents with individuals suffering from mental health issues. In Detentions we have established a new Behavioral Health Unit that houses inmates with substance abuse or mental health issues. The BHU offers a series of programs, activities and therapies that can be continued outside the jail with the goal of preventing an inmate's return. We also introduced Vivitrol in the jail. Vivitrol is a medication assisted treatment that blocks opioid cravings, prevents relapses, and significantly reduces recidivism for those who participate in the voluntary program. To date, seven inmates have received the medication prior to their release and have been provided

with follow-up medical appointments and resources to help ensure their success. In addition, we were recently awarded a \$700,000 grant from the Department of Justice for a multi-year re-entry program that will assess and manage inmates with co-occurrence of substance abuse and mental health issues. Case management for qualifying inmates includes plans focusing on needs for housing, transportation, education, medical, mental health, and substance addiction. The re-entry program is also intended to reduce recidivism for a significant portion of the 95% of inmates who re-enter the community upon their release from jail. These initiatives are just some of the steps we have taken to address the challenges our community faces in terms of substance abuse and mental health. These efforts will continue and many more will begin during my second term as ringleader. We will face the challenges, make more improvements, and continue to offer you a front row seat through our transparency. Until the next Behind the Badge, I encourage you to take a few minutes to review our five-year Strategic Plan that outlines our goals and objectives through 2023. The plan is available on our website at JCSO Strategic Plan.

National Lawn Care Month

It's the time of year when some of us get obsessed about the best way to mow, fertilize, and irrigate the grass. Find a neighbor to mentor so that the grass will remain green on both sides of the fence.

Check your newsletter:



SHOPLOCAL
SPENDLOCAL
HIRELOCAL
ENJOYLOCAL

Support the local businesses who support the community where you live, work and play.

It starts with you!

Call today to place an ad!

303-979-7499

GetInfo@ColoradoLasertype.com

www.ColoradoLasertype.com



Williamsburg 2 Wild Life

Williamsburg 2 has its fair share of wild life. We have had multiple sightings of the neighborhood owls (many of us spent time in the north park observing them last fall), red tail Hawks, coyotes and rabbits galore. But have you noticed, too, that our neighborhood has many squirrels living in close contact with us? Squirrels are often adored for their cuteness and daring. But did you know these other fun facts about these interesting critters?

- Squirrels can find food buried underneath a foot of snow. Squirrels have a keen sense of smell and can dig tunnels underneath to find their buried treats.
- A squirrels front teeth never stop growing. Squirrels have to gnaw to keep their teeth at the right length.
- Squirrels lose 25% of their buried food to other animals or competitive squirrels. They like to hide their food caches, but other competitive little squirrels can smell and steal the food, and often do! When you see them peeping over your fence our out of a tree, they may just be scoping out the competitions delicious treats!
- Squirrels zig zag to escape predators. They also do this when they feel threatened. It's an incredible strategy to escape hawks, dogs and other predators. This strategy doesn't work well for cars however. So next time, when you see a squirrel zig zagging all crazy in front of your car, slow down and give them a brake. They'll eventually get out of the way!
- Squirrels pretend to bury nuts to throw off a potential food thief. Yes, they dig holes with nothing in them to fool other competitors for their food cache.
- A newborn baby squirrel is about an inch long. If you happen across baby squirrels that have blown out of a tree,

please consider delivering them to a wild animal rescue so that they may have the best chance of survival.

- Squirrels are acrobatic, intelligent and adaptable. If you're not convinced, watch what happens if you hang a birdfeeder and the lengths they will go to reach the prized bird seed!
- Squirrels add extra bulk to help them survive during the winter. That extra bulk involves finding lots of their hidden stores of food to chow down on.
- Countless trees in our nation have been planted by squirrels. Since they don't always remember where they bury their stores, new oak trees appear because of those buried nuts! All the more reason to appreciate squirrels.
- There are more than 200 species of squirrels world wide. They are native to every continent except for Australia and Antarctica.

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





Jenelle Bezdek
 Broker Owner
303.668.6970
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
www.Facebook.com/SupremeRealtyGroup






MORE YOUR ALLY THAN YOUR AGENT

With **AMERICAN NATIONAL**, you'll get an agent who has the know-how and products to help you properly manage your family's risks. An open appointment book, along with options for home, auto and life coverage, means you can feel good that you're getting more an ally than just an agent.



ALEX CROSBY
 Agent
 11757 W Ken Caryl Ave Ste F- 106
 Littleton, CO 80127
 SMART THINKING, REWARDED®

✉ alex.crosby@american-national.com
 ☎ 303.552.7586



AMERICAN NATIONAL

<https://an.insure/alexcrosby>

Compliance Alert: Disclaimer 'cc(state_specific)'pdcf will appear here.

14-065.87124.V2.03.2017

Barnyard

Copyright John R. Potter John's Word Search Puzzles

www.thepotters.com/puzzles.html

BEN	EDDY	MILES
BESSY	ETTA	OTIS
BUD	FARMER	PECK
DAG	FREDDY	PIG
DAISY	IGG	PIP
DUKE	MADDY	ROOT



National Park Week

April 20-28

There are at least 418 national parks in the United States. Take time this week to explore one of these beautiful places. Park admissions are free on Saturday, April 20, 2019. To learn about the National Park System or to find a park near you at <https://www.nps.gov/>

Tax Day

April 15

For those of us who waited until the last minute, those signed tax returns have to be post-marked by midnight.

WE HAVE MOVED!

11550 West Meadows Drive, Littleton

- Double The Square Footage
- Previous Vitamin Cottage Building on corner of Ken Caryl and Simms
- Come Check Out The New Space!



- FitCamp Endurance Classes
- Crossfit Lite:
- USA Weightlifting Certified
- Nutritional Counseling

- Dedicated Kids Area
- OPEN TO ALL AGES AND ALL FITNESS LEVELS!

www.CROSSFITKENCARYL.com

720-660-1213

TRY A CLASS FOR FREE!



Rodgers & Hammerstein's

Oklahoma!
 Music by Richard Rodgers
 Book & Lyrics by Oscar Hammerstein
 Based on the play "Green Grow the Lilacs" by Lynn Riggs
 Original Choreography by Agnes de Mille

April 11-12 at 7pm and April 13 at 1pm & 7pm

frcs.org/tickets



Front Range
 Christian School
 Performing Arts Center
 6637 W Ottawa Ave
 Littleton, CO 80128
 303-979-4582

CLASSIFIEDS: The perfect way to find local professionals to work on your house! You can also find tutors, activities, sale items and more!

Find more professionals to suit your needs on our Service Provider Directory at www.coloradolasertype.com.

Lone Wolf Sprinklers. 30+ yrs. exp. Repairs, start-ups, updates & winterizing. Free estimates. O: 720-362-2563 C: 720-934-6701.

GREAT SCOTT'S IMPROVEMENT. A-Z Home Improvements and Repairs. Professional dry-wall repair and texture. 720-877-5857.

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

A&M Lawn Service - Spring Specials! Lawn Aeration: avg \$45/5,000 sq ft., Spring fertilization: \$40-\$60, Power Raking \$95/5000 sq. ft. Weekly Mowing avg \$25-\$40. Landscape, Sprinkler Installation & Repair, Sprinkler System Start-Up & Repairs. Family owned. Lic/Ins. 303-791-5551.

Tree Trim. Specialist, call Mr. B! Free est., ins., 30 yrs. exp. Accepts credit cards. 303-932-2514

Keri's Colors & Ptg. Inter/Exterior-720-331-7032

Now Hiring Lawn Mowing Techs! \$15 - \$18 per hour. Visit MowingJob.com or call 303-948-6631 to apply.

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.

Highlands Pride Ptg, Inter/Exterior- 303-738-9203

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

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

Animals Petsitting Service - Pet sitting (in your home). Bonded & ins. Refs. avail. Call Nancy & Rick (Owner/Operator) at 303-335-6237.

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

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

Guitar Lessons - For \$30 a half hour (\$50/hour), we'll work to improve your guitar-playing skills together. Also, with a free first lesson, and for \$5 more, I'll even commute to you. Ages 10 and up! All styles of music! Call Nick to get started! 303-396-3746

Columbine Tree - Trimming & Removal. Stump grinding. 50+ yrs exp. 303-979-5330.

Classified ads are \$4.00/line (about 40 characters/line). Contact Colorado Lasertype at 303-979-7499 or getinfo@ColoradoLasertype.com to place an ad. To view our display ad prices, visit our website at 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.

Jeffco Open Space Closures Due to Muddy Conditions

Please note that Jeffco Open Space parks and park trails are subject to temporary closures due to muddy conditions to prevent natural resource damage. As the weather fluctuates between snow and ice to warmer temperatures, many trails become melted and muddy this time of year. We ask that all visitors avoid muddy trails by picking an alternative route or using concrete or crushed gravel trails. If you do come across a muddy spot in the trail, please walk or ride through it, not around it.

Know before you go! Check our website or social media channels for current closures. Thank you for understanding and respecting closures.

This Space Intentionally Left Blank for Teen Services

Avoid Alzheimer's With These Tips

Alzheimer's disease is the sixth-leading cause of death in the United States and the only one in the top 10 that cannot be prevented, treated, or cured. However, growing evidence indicates that people can reduce their risk of cognitive decline by making key lifestyle changes. From the Alzheimer's Association come these tips for keeping your mind healthy as you age:

- **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- **Hit the books.** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, a community center, or online.
- **Fuel up right.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.
- **Catch some z's.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

Take Meds Back! Safe Disposal Drop Boxes

The Jefferson County Sheriff's Office has installed four safe disposal sites for residents to drop off unused or expired household medications. Secure medication drop boxes are now available at the following locations:

- Sheriff's Office Lobby, 200 Jefferson Co. Pkwy, Golden
- Jail Lobby, 200 Jefferson County Parkway, Golden
- South Precinct, 11139 Bradford Road, Littleton
- Mountain Precinct, 4990 County Highway 73, Evergreen

Drop boxes are the best option for families and individuals to safely dispose of potentially harmful medications. Prescription medications, over-the-counter medications, and vitamins can be disposed of in the drop box. However, Sharps items, chemotherapy medication, and marijuana products may not be disposed of in drop boxes. Healthcare facility waste is also not permitted.

The average American household contains four pounds of prescription and over-the-counter medications. Sheriff Jeff Shrader explains "this excess of medications enables opportunities for misuse and abuse, which can have very serious consequences. If medication is taken incorrectly or by people it was not intended for, it could even lead to death."

The Sheriff's Office obtained its drop boxes through the Colorado Household Medication Take-Back Program, administered by the Colorado Department of Public Health & Environment. Medication collected in the boxes is securely packaged and shipped off-site, where it is converted to renewable energy.

If you have any questions, please contact the Sheriff's Office at crimeprevention@jeffco.us

Crop Hunger Walk

Ending Hunger One Step at a time

The 33rd annual Foothills Colorado Crop Hunger Walk will be on Sunday, May 5, 2019, at Clement Park in Littleton, at 1:30 p.m. Dozens of people will gather for this 5k charity walk that provides food, water, and education to those in need in our community.

Our mission is to end hunger and poverty. All funds raised go to the local non-profit food banks and national charities we support, including The Action Center of Jefferson County, The Arvada Food Bank, Love, Inc. of Littleton, CWS Global, and The Sheridan Food Pantry.

You can register to walk online and/or donate online at www.crophungerwalk.org/littletonco. You can form your own team of walkers or join an existing team. You don't have to walk to give. Please join us and support the fight against hunger ... one step at a time.

What Not to Do When Coaching

Coaching can improve employees' performance—as long as you don't make the mistake of telling employees what to do. A good coach directs but doesn't dictate. In particular, restrain yourself from these three basic coaching errors:

- Trying to fix employees' problems for them.
- Pushing your own ideas instead of helping employees develop theirs.
- Positioning yourself as the "expert" and reminding employees that you know more than they do.



Welcome to Spring!

Tips to Get Your Home Ready

- Fertilize lawn and inspect sprinklers
- Clean gutters and downspouts
- Check roof for damage
- Remove storm windows, install screens
- Test sump pump and backup battery
- Replace batteries in Carbon Monoxide and smoke detectors
- Clean and service A/C

Visit your neighborhood website at

williamsburg2neighborhood.com to see current and sold homes

Gavin and Lauren Chavoustie | Colorado Realty Pros

303.359.5998 | teamchavoustie.com If your home is currently listed, this is not intended as a solicitation

