



Neighborhood News

Williamsburg 2 Community Garage Sale is June 7th and 8th, from 8 a.m. to 2 p.m. Sponsored by: A Skinner. Realty One Group Premier.

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4th of July Bike Parade

When: 4th of July
Time: 10 a .m.
Where: Eagle Meadows Park

Congratulations to Our Dues Drive Winners!

Your annual \$35 contribution really counts! If you have not paid yet, that's ok! It's not too late – visit:

www.williamsburg2hoa.com

- Brian and Dian Toll, Roxbury Avenue
- Clifford and Ann Farris, Glasgow Avenue
- Karen Oxenford, Glasgow Avenue
- Brian and Kathleen Mess, Moore Court

Next HOA Meeting

Tuesday, May 28th, 2019

7:00 pm

Starbucks seating area,
Ken Caryl King Soopers

The New HOA President

My name is Kathy Morelli and I am the new HOA President. I have wanted to write an article for the newsletter for a long time about why I love this neighborhood, so this is a good time!

I have lived in Williamsburg II for 32 years and have been involved with the HOA on and off for most of that time. Over the years I have served as the secretary, newsletter editor, Common areas chairman, Block leader and Block leader coordinator. Our neighborhood is very fortunate to have had an active, voluntary HOA board for so many years!

If you want to get to know people in the neighborhood, come to an HOA meeting or volunteer to help with one of the events. The community enthusiasm is contagious.

Just a little bit about me:

My husband's name is Mike and we have three grown children and two grandchildren. I am retired as a videographer and editor with a production company in town. I was also on the board of the Colorado Professional Videographers Association for a number of years.

Until recently I was the Teaching Director for a Community Bible Study class. I gave that up to watch my grandkids full time. So now I am a stay at home, full time grandma and am blessed to be able to do that.



Our HOA exists to promote community and uphold the covenants of the neighborhood.

Please consider being a part of the HOA even if it's just through your membership of \$35 per year.

This is a great community and I am honored to serve as the HOA President.

—Kathy Morelli

Laughter is timeless. Imagination has no age. And dreams are forever.

—Walt Disney

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 _____

Local Business Highlight: 5280 Distilling Company

Did you know that we have a liquor distilling company right in our back yard located at: 10488 W. Centennial Road, Littleton, CO 80127? They offer tastings, local spirit creations, fun events and they are owned by South Jeffco residents. The owners, Erick and Drew Demgen and Lou Pacenta were youth football coaches in the South Jeffco system for many years. When they weren't coaching or at work in their day jobs, there were experimenting with brewing beer and distilling. If you are looking to visit a new business in South Jeffco, run by South Jeffco residents, why not check out 5280 Distilling Company!

Hudson Gardens Summer Events 2019

Have you ever taken in a concert at Hudson Gardens, located at: 6115 South Santa Fe Drive, Littleton, CO 80120? There's definitely a relaxed and fun vibe if you haven't. You can bring your lawn chairs, some food and enjoy great music, a beautiful view and a fun, outdoor venue.

The summer concert series was recently announced. The upcoming concerts are:

- Sunday, June 9th - **Tommy James and the Shondells**
- Sunday, June 16th - **America**
- Sunday, June 23 - **Howard Jones, Men Without Hats & All Hail the Silence**
- Sunday, June 30th - **Ozark Mountain Daredevils**
- Sunday, July 3 - **Super Diamond**
- Sunday, July 7 - **Melissa Ethridge**
- Sunday, July 14 - **Don Felder, Formerly of the Eagles**
- Sunday, July 21 - **Seal**
- Saturday, August 3 - **Oak Ridge Boys**
- Sunday, August 4 - **Styx**
- Saturday, August 10 - **Atlanta Rhythm Section/Black Oak Arkansas/Blackfoot**
- Saturday, August 17 - **Chris Isaak**
- Sunday, August 25 - **War**

To buy tickets, visit www.hudsongardens.org.

Park and Common Areas/Trash

If you would like to volunteer to help with maintenance and upkeep of our Williamsburg 2 Entrance sign area, the north park or the south area by Eagle Meadows park, reach out to your HOA board. We are always looking for people to assist in keeping our neighborhood beautiful! Reach out to us at: williamsburg2hoa@gmail.com. Also, if you see trash in the neighborhood when you are out walking around, stop and drop it in the trash! It takes a village sometimes and there is no magic person who does this work-it's all done by volunteers in our neighborhood. Thanks to those who already help out and if you are a landscaping or whiz at keeping your yard beautiful, we'd love your help!

Furry Scurry: May 4th At Washington Park

Looking to do something fun with your dog and support a great cause? The Denver Furry Scurry for the Denver Dumb Friends League is May 4th at Washington Park. The event starts at 9 am. Registration is \$50 if you do it now or \$55 if you wish to do it on the day of the event. You can organize a team or participate with just yourself. If you've never done the Furry Scurry walk/run-come out and join in on the fun!

2019 Board Members

President, Kathy Morelli
Vice President, Wendi Milinkov
Treasurer, Mark Hickman, 303-933-2422
Secretary, Laura Blakey
Board Members, Melissa Becker, Brian Bennet

Committees

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Block Leader Coord.	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
williamsburg2hoa@gmail.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.

Gardening for Wildlife Month

If you're planting a garden this year, make sure to include plenty of native flora. Restore the balance of nature by creating a thriving ecosystem that will attract and sustain insects, birds, and other animals. Locate resources and other ideas on the National Wildlife Federation website.

2019 Farmer's Markets

Castle Rock: 2842 Front Street, Castle Rock, CO 80104
June 15 - Sept 28th, Sundays 8 a.m. - 12 p.m.

Highlands Ranch: 9288 Dorchester St, Highlands Ranch, CO 80126
May 5th - Oct 27th, Sundays 10 a.m. - 2 p.m.

Littleton: 7301 S. Santa Fe Drive, Littleton, CO 80120
June 12 - Sept 25th, Wednesdays 10 a.m. - 2 p.m.

Lakewood: 9077 W. Alameda Avenue, Lakewood, CO 80226
June 13 - Sept 29th, Thursdays 11 a.m. - 1 p.m.

Union Station: 1701 Wynkoop Street, Denver, CO 80202
May 11 - Oct 26th, Saturdays 9 a.m. - 2 p.m.

Cherry Creek: 2500 E. 1st Ave, Denver, CO 80202
May 5th - Oct 27th, Saturdays 8 a.m. - 1 p.m. and
June 12 - Sept 25, Wednesdays 9 a.m. - 1 p.m.

Get Caught Reading Month

Librarians, teachers, and other advocates will take up the charge launched by the Association of American Publishers 30 years ago. Read for pleasure, read for fun, read to your children, and encourage them to read and grow intellectually and linguistically. If you're going to get caught doing something this month, let it be reading.

Why Plant Natives?

Are you ready to dip your toes into the exciting world of native plants? Join us to learn the importance of native plants in Colorado, and how they can be functional, money-saving and beautiful additions to your home. And if you're planning a major change, we'll give you a good start down that road, too. Spring and fall plant sessions available, take both for a discount.

- **May 31, Spring:** Tired of your water bill looking more like a mortgage? Do you have spots in your landscape that bring shame to your family? You'll learn about some spring-bloomers and how they can look their best in your landscape. Lecture and short hike.
- **September 27, Fall:** In this session, a hike will show you some dazzling late-bloomers and foliage in its autumnal glory, and help you plan for your own fall wonderland! Lecture and short hike.

Savings Bundle - take both and save!

To register contact: victorias@sspr.org

— <https://www.ssprd.org/>

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world.

—Paul Dudley White



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
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Forest Bathing

May 11, 2019 2 - 4 p.m. Cost \$19.00 per person

Slow down and immerse yourself in nature in a new way through the Japanese practice of forest bathing. On this guided walk, participants will be offered a series of invitations to open up their senses and better connect with the natural world. Shinrin-yoku, as it is known in Japan, has been studied for decades and shown numerous health benefits including boosting the immune system, lowering stress levels and improving cognitive function, just to name a few. Reconnect with nature and yourself on this slower-paced mindful wander. Children under 16 must be accompanied by a registered adult. Contact: victorias@sspr.org

— <https://www.ssprd.org/>

Concerts in Clement Park

Put these dates on your calendar for Free Concerts in Clement Park on Thursdays at 7 p.m.

- June 6 - **Dakota Blonde**
- June 13 - **Black Water**
- June 20 - **Buckstein**
- June 27 - **6 Million Dollar Band**
- July 18 - **Funky Business**
- July 25 - **Michael Friedman Band**
- August 1 - **Rebecca Folsom Band**
- August 8 - **The Long Run**

Watch for more information on these other free events at Clement Park this summer: **Red White & You**, Shakespeare in Clement Park - **Hamlet**.

Hudson Gardens Summer Concert Series


Every summer, the grassy south lawn transforms into an outdoor concert amphitheater. This years line-up is below.

- June 9th - **Tommy James & The Shondells**
- June 16th - **America**
- June 23rd - **Howard Jones**
- June 30th - **Ozark Mountain Daredevils**
- July 3rd - **Super Diamond**
- July 7th - **Melissa Etheridge**
- July 14th - **Don Felder (Formerly of The Eagles)**
- July 21st - **Seal**
- August 3rd - **The Oak Ridge Boys**
- August 4th - **Styx**
- August 10th - **Atlanta Rhythm Section/Black Oak Arkanas/Blackfoot**
- August 17th - **Chris Isaak**
- August 25th - **War**

Buy your tickets early at www.hudsongardens.org.

National Bike to Work Week: May 13-19

Who needs cars, buses, and trains? If you have the wheels and a safe and manageable route to your workplace, pedal it out. It's great exercise that will get you pumped up at the start of your workday and help you wind down in the evening. It benefits the environment, too. Go to <https://bikeleague.org/> for more information.




Dr. Jamie Saliman and Raven


Workplace Family Brings Joy to All

After exploring a career as an M.D., Dr. Saliman's volunteer experience in veterinary medicine was all it took to fuel her passion and shape her career as a D.V.M.

With a focus on internal medicine, emergency and critical care, as well as ultrasound analysis, Dr. Saliman shares her contagious passion and medical knowledge with each and every patient and pet owner in what she calls "my Deer Creek Animal Hospital family."



"I feel extraordinarily fortunate to be able to spend my life caring for, and hopefully bettering the lives of, these incredible creatures that make me so happy."






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The Jefferson County Historical Commission Seeks Original Articles

Storytelling is as old as humanity itself. Stories rooted in history help us understand our place in the world - where we are, where we've been, and where we're going. Winning articles submitted to our Writers' Awards Program will be published in our annual magazine, Historically Jeffco, which is issued in October.

Topics must reflect some aspect of Jeffco history, such as: early residents, homesteaders, ranchers, railroads, transportation, water issues, archaeology, genealogy, historic preservation, museum collections, etc. Get more details on the JCHC website. <https://www.jeffco.us/3383/Historical-Commission>.

Watch For Depression In Teens

Being a teenager can be tough, and many teens suffer depression as a result. The symptoms aren't always obvious, though. The American Academy of Family Physicians advises adults to watch for these clues:

- Trouble focusing
- Anxiety
- Anger and frequently losing temper
- Changes in appetite
- Reluctance to go to school or participate in social activities
- Complaints of feeling sick
- Lack of confidence, or the feeling that they can't do anything correctly

One Simple Question For Financial Success

Saving money is hard, especially with so much temptation to buy things online, at the grocery store, in a mall, or just walking down the street. Financial expert Suze Orman, on the Refinery29 website, recommends asking yourself one simple question before spending any money: Is this a want, or a need?

Repairing your car so you can get to work is a need. So are groceries and paying your health insurance premiums and other necessary bills. Buying a brand-new car when your current one still runs fine is a want, as is eating out every other night. Learn to distinguish between your wants and your legitimate needs before making a purchase, and you'll handle your money more effectively and have more left to show for it at the end of the month.

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<p>Sundays HIGHLANDS RANCH MAY 5 - OCT. 27 Highlands Ranch Town Ctr. 9288 Dorchester St. 10am-2pm or Sellout</p>	<p>Wednesdays LITTLETON JUNE 12 - SEPT. 25 Aspen Grove Lifestyle Ctr. 7301 S. Santa Fe Dr. 10am-2pm or Sellout</p>

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National Women's Health Week

May 12-18

Women's health needs change as they age. Visit <https://www.womenshealth.gov/nwhw/to> take a quiz, get your health score, and find out where to focus your efforts to maintain your optimal health.

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- Meghan Sloan, class of 2019

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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.

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.

Women's Brains Age More Slowly Than Those Of Men

Good news for women: Your brains age more slowly than males'. According to an article on the NPR website, researchers have found that the metabolism of women's brains remains healthier and more youthful than that of their male counterparts, making women better equipped to be creative during the later years of their lives.

The findings come from a study of 205 brain scans of people ages 20-82. At first scientists studied brain metabolisms to determine a person's age. Then they observed a significant difference between the age of some people's brains and their chronological ages, leading to the discovery that older women's brains, on average, were about four years younger in terms of metabolism than men's brains. The reason is unknown, but the scientists say a higher brain metabolism may give women an advantage in learning and creativity as they age.

This Space Intentionally Left Blank for Teen Services.

The Peppa Effect

There's an interesting phenomenon sweeping across the U.S.: Toddlers and young children are speaking the Queen's English.

"Mom" and "dad" have been replaced by "mummy" and "daddy." Children are asking to go on holidays, referring to money in pounds, and saying that they want to do things straight away. Sometimes there are snorts and oinks interjected in their speech. Most of this is being chronicled on Twitter under the hashtag #PeppaEffect, because it turns out a pig named Peppa is behind it all.

Peppa Pig is an animated character on an eponymous children's show from the U.K. Episodes air on cable channels worldwide and are available on YouTube. There's a website with short videos and activities, so if your kids have access and screen time, there is a good chance they will encounter Peppa and fall under her influence.

All of this is quite normal, really. (Say that with a British accent.) Research suggests that children begin to develop their accents around the age of 20 months. For fans of the show ages 2 to 5—Peppa's main demographic—their love of the character and delight in her antics inspire them to mimic her behavior and language. They don't even recognize Peppa's accent as being different from their own.

Children should be provided with activities that encourage them to talk a lot. This will help them to increase their use of words and improve their communications skills.

—C. F. Crist

Get Your Business Up And Running With These Tactics

Do you dream of starting your own business? It's not easy, but you can succeed if you follow this advice from the *Entrepreneur* magazine website:

- **Keep your vision in sight.** Most great businesses start with an ambitious vision. Decide what you want to create in clear, concrete terms, and keep your focus on your vision as you move forward.
- **Be prepared to persevere.** Establishing your business will take time and effort—lots of both. Know that going in, and you'll be ready to persist in the face of obstacles and self-doubt.
- **Plan, but adapt.** A good plan is essential, but don't lock yourself into it so tightly that you can't make changes along the way. Be flexible in how you achieve your goals, and you'll move forward more smoothly.
- **Use your talents.** Take inventory of your skills so you can put them to good use. For whatever you don't do well, delegate it or hire someone to do it for you.
- **Don't reinvent the wheel.** Find out what others are doing in your industry, and copy their tactics and strategies. Don't waste time developing something new when the real-world solution is right out there.
- **Take care of your health.** Burnout is a danger for entrepreneurs, especially when they're just starting out. You'll have to work long hours, but don't push yourself beyond endurance. Take breaks and vacations so you can relax and recharge. Then get back to work with new energy.
- **Keep a sense of humor.** Times will sometimes be tough, but the ability to laugh at your mistakes and your luck (both good and bad) will keep you sane as you progress toward success.

Attitude Affects Performance

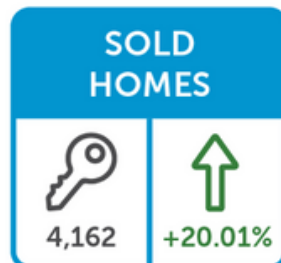
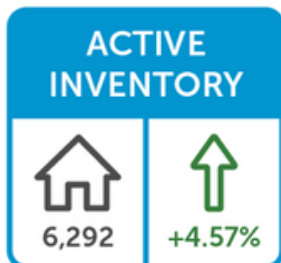
Your child's ability to solve problems, tackle math equations, and excel in science and other subjects might have a lot to do with your outlook on life.

Researchers in the U.S. and the U.K. analyzed data from several studies and found that parents who believed that luck or fate plays a crucial role in determining events in their lives tended to have children who underperformed academically. In contrast, parents who felt that they had influence or power over life events tended to raise children who performed better in school.

Other factors involving early childhood development, such as having stories read to them and exposure to creative and educational activities outside the home, also played a role in academic success. Additional research even showed that college-age students with more positive and empowered viewpoints also had success during this period of higher learning.

Because the study did not specifically measure parental influence on children's attitudes later in life, researchers could not verify that upbeat parents raise upbeat kids. Yet the one constant that seems to keep being revealed is that success has a lot to do with one's outlook on the ability to shape his or her future.

RESIDENTIAL (Single Family plus Condo) | March 2019 Data | Month-Over-Month | Information from DMAR



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