



Show Some Love To Your HOA!

If you pay your HOA dues by February 14th, you will be entered to win a date night to a local restaurant for you and your special someone.

Dues must be paid in full (or extra if you feel generous!) by February 14th to be eligible.

You can pay your dues online at www.williamsburg2hoa.com under the PayPal section or by sending a check to Mark Hickman, our treasurer, at 10588 W. Roxbury.

Superbowl Fun Facts!

Superbowl Sunday is in February, and of course everyone will be watching the Kansas City Chiefs vs. the San Francisco 49'ers. Of course, Broncos fans are wishing we were a part of it this year, but since we're not-why not partake in some fun Superbowl trivia! Did you know:

- 8 million pounds of guacamole is consumed on Super Bowl Sunday
- 14,500 tons of chips are eaten along with that guacamole
- Of the top 10 most watched American television programs of all time, nine of them are Super Bowls
- The Super Bowl is measured in Roman numerals because a football season runs over two calendar years
- Over 700,000 footballs are produced annually for official NFL use and 72 of them are used for the Super Bowl

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Next HOA Meeting

Tuesday, Feb. 25, 2020, 7:00 p.m.
King Soopers Ken Caryl Deli
Anyone is welcome to attend

History

Your newsletter editor is a history buff and I often purchase the little History books about Denver area history. I have not come across one yet for the Ken Caryl area, but I have read and enjoyed books about the building and development of Highlands Ranch and Littleton. I'm always eager to find out more information about the history of this area. If anyone personally has some historical facts to share about our neighborhood or immediate surrounding areas, landmarks, etc.-I'd love to receive that information! My email is: wendimilinkov@yahoo.com.



And speaking of history, one of our most used parks in this area would be Clement Park. Clement Park was built by Jefferson County Open Space in 1987 with funds from the county-wide open space tax. From 1989-2018, Clement Park was owned by Jefferson County Open Space and leased under a long-term management agreement to Foothills Park and Recreation District for management and programming purposes. In December 2018, the park was deeded to Foothills Park & Recreation District by Jefferson County. The park site used to be part of the Grant Family Ranch and was purchased from the Grant family for park purposes.

The park is named after former County Commissioner Bob Clement, who was a driving force behind both the original property purchase negotiations and securing funding for the initial park development. In the mid eighties, Bob Clement died of a heart attack on the County Courthouse steps on Christmas Eve. He was succeeded in office by his wife Bunny Clement. On September 17, 2004 a memorial garden was dedicated in honor of Bunny Clement adjacent to Johnston Reservoir.

Clement Park is located in Unincorporated Jefferson County, Colorado. It is part of the Foothills Park and Recreation District. It is the location of the Columbine Memorial, a memorial in honor of the victims of the shooting at Columbine High School in 1999. Within the park is Johnston Reservoir, a skate park, three playgrounds, a concessions stand, tennis courts, horseshoe pits, a basketball court, batting cages, and baseball fields. Fishing is allowed in the reservoir

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Williamsburg II 2020 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 _____

Email _____

History, *continued from front page*

with a valid fishing license. It is also the site of the annual Summerset Festival which takes place in September. This festival is held at the small amphitheater located next to the reservoir. There is also a path that wraps around the entire reservoir and leads to the different shops and restaurants that look out onto the reservoir.

Clement Park has a wonderful walking trail, excellent views of the front range and is a true gem for South Jeffco residents to enjoy!

Super Bowl Fun Facts, *continued from front page*

- It is the 2nd most watched sporting event in the world. More than 100 million people worldwide watch the Super Bowl every year. In fact, Super Bowl XLIV in 2010 unseated **M*A*S*H's series finale** as the most watched show in television history with over 106.5 million watchers.
- The average cost of a 30-second commercial during the Super Bowl has ranged from \$37,500 at Super Bowl I, to around \$2.2 million at Super Bowl XXXIV in 2000, and by Super Bowl XLIX in 2015, had doubled to around \$4.5 million.
- In 2017 a 30-second commercial reportedly cost between \$5 million and \$5.5 million.
- The **NFL** has a policy against holding Super Bowl games in stadiums that have a climate of less than 50 degrees Fahrenheit, unless it is an enclosed stadium
- Super Bowl LI (50) - Atlanta Falcons vs. the New England Patriots was the most-watched sporting event in the U.S. history.

Touchdown Trivia

- Which team has played in four Super Bowls but has never led at any point during the game? –The Minnesota Vikings
- What is the name of the trophy for the winner of the Super Bowl? –The Vince Lombardi Trophy
- Which player has won the Super Bowl MVP three times? –Joe Montana
- If the Super Bowl is the 2nd most watched sporting event, what is the most watched sporting event every year? –Soccer Champions League Final
- What company pays the MVP of the Super Bowl every year to sponsor their business? –Disneyland
- Which team was the first team to win 5 Super Bowls? –The Pittsburg Steelers
- Which team won the first Super Bowl? –The Green Bay Packers
- What current NFL team has never played in a Super Bowl? (There are 4 of them... can you name all 4?) –Detroit Lions, Houston Texans, Jacksonville Jaguars, and Cleveland Browns

Most Popular Super Bowl Foods

If you aren't into football much, there is ALWAYS the food at a Superbowl party! So what ARE the most popular snacks usually served at a Superbowl party?

15. Giant sub sandwiches
14. Desserts (brownies, cookies, cupcakes)!
13. Chili
12. Pulled pork sandwiches
11. Sliders
10. Deviled Eggs
9. Nachos
8. Pigs in a blanket
7. Potato skins
6. Guacamole
5. 7 layer dip
4. Pizza
3. Spinach and artichoke dip
2. Buffalo chicken diop
1. Chicken wings



Okay, now I'm hungry. If you're looking for the perfect shopping list – this is it!

2020 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

Historian	Debra White	
Sign Boards	Bob Snead	
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COHOPE Rep.	HOA Board	
Common Areas	Kathy Morelli	
Covenant Controls	HOA Board	
	williamsburg2covenants@gmail.com	
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Special Events	Laura Blakey	415-793-6836
Foothills Liaison		
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. 7th.

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.

National Wear Red Day: February 7

Nearly 500,000 women lose their lives to cardiovascular diseases each year. The first Friday of each February is a day to reenergize an ongoing movement to focus on women's health and heart disease. Wear red today and be a part of the movement. Learn more at <https://www.goredforwomen.org/>

Co-Hope Report:

COHOPE stands for Council of Homeowners Organization for Planned environments. It is a group of area homeowner’s associations that meet to discuss issues and topics that affect South Jeffco residents.

In the last meeting, Captain Ron Leonard from Jefferson County Sheriff’s Department was present.

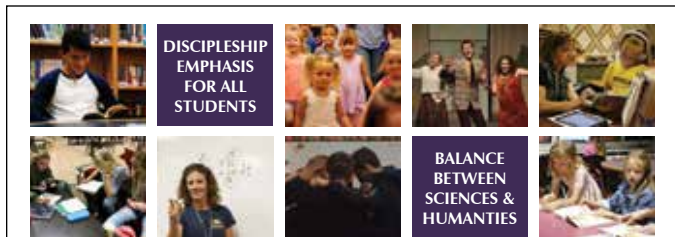
JCSO has said to please be cognizant of suspicious persons around mailboxes or following delivery persons. Break-ins to mail boxes have been happening. They are starting an 18 month project including with Planning and Zoning, Traffic Engineering, and HOAs to redraft the parking policy. There are 3 different rules about parking; 28 days limit anywhere in Jeffco, 7 days, and 3 days. It depends on whether the vehicle is registered or not. They are working toward consistency. They would like to increase the fine amount as violations are repeated. After they get the Sheriff’s endorsement, then they will take it to the County Commissioners. This is in the best interest of the community and the county. You can send input to Phil at pxtaylor@jeffco.us. Please see Nextdoor for tips on how to reduce your chances of having deliveries stolen by porch pirates. JCSO Crime Prevention will be posting additional crime prevention tips in the near future. Please follow JCSO on our social media outlets. During the winter months, be aware that ‘puffers’ (leaving a running vehicle unattended) is illegal unless the vehicle is equipped with a remote starting system and the keys are not inside the vehicle. JCSO historically sees an increase in Motor Vehicle Theft during the winter months. If you see a theme - crimes of opportunity are something the

community and JCSO can partner with to help reduce vulnerable target areas (your neighborhoods). Please call any suspicious activity into JCSO. As a result of 1A not being passed, the Sheriff’s Office will have to significantly reduce the 2020 budget. The Sheriff is committed to public safety, unfortunately this budget reduction will be primarily managed through a reduction of bed space available in the Detention Facility. Using a Chief Judge Directive, inmates that have completed 50% of their sentence will be released early if the jail population exceeds the functional capacity of 1148. JCSO does appreciate the community support of our efforts and values the partnerships that continue to develop and strengthen. In 2021 they expect another 64% decrease in the budget.

Jefferson County now has five kiosks located at King Soopers stores throughout the county that enable users to skip the line and renew your vehicle registration on the spot. Drivers registered in Jeffco can also use kiosks located in other participating counties. Click here to find the kiosk nearest you. To use the kiosk, simply scan the barcode on the front of your renewal postcard or type in your license plate number using the touch screen. Pay your taxes and fees via check or credit card. Your tabs automatically print and you are ready to go! Location & Hours (Jefferson County) Arvada King Soopers - 8031 Wadsworth Blvd (NW corner of 80th & Wadsworth) Conifer(Aspen Park) King Soopers- 25637 Conifer Road (N side of Hwy 285 & Conifer Road) Wheat Ridge King Soopers- 5301 W 38th Ave (NW corner of 38th & Sheridan) Lakewood Belmar King Soopers – 7984 W Alameda Ave (SW of Alameda & Wadsworth) Ken Caryl King Soopers- 11747 W Ken Caryl Ave (NW corner Ken Caryl and Simms) Monday through Sunday, 5 a.m. to midnight. For Kiosk Customer Service questions about your transaction at the kiosk, call 866-955-5258. Contact Jefferson County Motor Vehicle for questions about your vehicle registration at 303-271-8100.

Twenty years from now, you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, dream, discover.

—Mark Twain



EXPERIENCE FRCS

Thursday February 20; 5:30-7pm in Holy Grounds

You and your family are invited to experience Front Range Christian School: Enter the heart of FRCS, the classroom, and engage with teachers who are passionate about what they teach. See first-hand how discipleship is the foundation upon which we stand and what a difference a balanced approach to education can make. This event is open to students preschool-12th grade and their families.

Reserve your spot at

frcs.org/experience

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Valentine's Day

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ADMIRE	KISS
ADORE	LOVE
AMOUR	MOONSTRUCK
ANNIVERSARY	PARTY
CANDY	POETRY
CARD	RED HOTS
CHOCOLATES	RING
COURT	ROMANCE
CUPCAKE	ROMEO
CUPID	SAINT
CUSTOM	SERENADE
DANCE	SMOOCH
DEAR	SPARK
EMBRACE	STROLL
EROS	SWEETHEART
FLIRT	TURTLEDOVE
FLOWERS	VENUS
GIFT	VERSE
HUG	VICTORIAN
HUSBAND	WIFE
JULIET	WOO

Valentine's Day

Feb. 14

Paying homage to romance and love, we celebrate this day by showering gifts and affections upon those who hold special places in our hearts. Make your words and actions count today.

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Intentionally Left Blank
for Teen Services.**

SHOP LOCAL

When you buy from a small business, you're not helping a C.E.O. buy a 3rd vacation home, you're helping a little girl get dance lessons, a little boy get his team jersey, moms & dads put food on the table.

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QUEEN PILLOWTOP MATT/BOX SET. Brand new in plastic. Retail \$529, asking \$285. Also, **NEW KING SIZE pillowtop set.** Retail \$699, asking \$385. 303-742-4860.

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

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Aminals 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 7th. Residents placing ads to sell household items are not charged a fee.

Chocolate and Valentine's Day

Nearly \$1.8 billion is estimated to be spent on candy and chocolate for Valentine's Day this year. Holy cacao! Every Valentine's Day, chocolate plays a huge role in this romantic holiday. But why exactly is that?

Chocolate has been referred to as a "food of the gods" since the time of the Aztec Indians. Rooted in Mesoamerican history, chocolate, in liquid form, and cacao beans were both highly-prized luxury items among the Mayan and Aztec upper class elites. In fact, cacao beans were as valuable a commodity as gold, and were even used to pay taxes levied by Aztec rulers. By nature, chocolate is luxurious and indulgent, and has been used for centuries as a token of appreciation.

It wasn't until the Spanish conquest of the Aztec civilization in the early 1500s that the cacao bean made its way to Europe. Chocolate immediately won the hearts of the Spanish court and quickly spread throughout the rest of Europe. By the



early 1600s, chocolate was seen as a great way to show appreciation towards others, and "chocolate houses" became popular spots for social gatherings.

Over the years, as chocolate grew more accessible, it came to be associated less with opulence and more with romantic gestures. Today, in 2018, 94% of all Americans said they *hope to receive* candy or chocolate for Valentine's Day. But how did Valentine's Day and chocolate come to be so inseparable? Let's find out!

Chocolate for Valentine's Day: a Heart-Shaped History

The origin of Valentine's Day is linked back to two early Roman saints, both named Valentine, but utterly unconnected to romantic love. The first mention of St. Valentine's Day as a romantic holiday appeared in the writings of Chaucer, specifically in the 1382 poem, *Parlement of Foules*. Chaucer describes the nature of love when "every bird cometh to choose his mate...on seynt Voantynes day." Centuries later, people celebrated with songs, poetry and roses, but Valentine's Day chocolate and candy weren't yet intertwined, as sugar was still a precious commodity in Europe.

Around 1837, when Queen Victoria reigned, Valentine's Day turned into a commercial bonanza where Victorians would shower their significant others with Cupid-themed gifts and cards. Later in the 1800s, some well-known chocolatiers came up with a process of extracting pure cacao butter from whole cacao beans to create a more desirable form of "drinking chocolate." This process resulted in an excess of cacao butter, which was used to produce more varieties of what was then called "eating chocolate."

In a stroke of marketing genius, these chocolates were packaged in heart-shaped boxes decorated with Cupids and rosebuds. From that point on, giving chocolate for Valentine's Day became the go-to gift idea for love birds everywhere.

—Source: <https://malleys.com/blog/valentines-day-chocolate-tradition/>



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Social Media ‘Likes’ Impact Teens’ Brains and Behavior

The same brain circuits that are activated by eating chocolate and winning money are activated when teenagers see large numbers of “likes” on their own photos or the photos of peers in a social network, according to findings from a study in which researchers scanned teens’ brains while they used social media.

The study is published in *Psychological Science*, a journal of the Association for Psychological Science.

The 32 teenagers, ages 13-18, were told they were participating in a small social network similar to the popular photo-sharing app, Instagram. In an experiment at UCLA’s Ahmanson–Lovelace Brain Mapping Center, the researchers showed them 148 photographs on a computer screen for 12 minutes, including 40 photos that each teenager submitted, and analyzed their brain activity using functional magnetic resonance imaging, or fMRI. Each photo also displayed the number of likes it had supposedly received from other teenage participants — in reality, the number of likes was assigned by the researchers. (At the end of the procedure, the participants were told that the researchers decided on the number of likes a photo received.)

“When the teens saw their own photos with a large number of likes, we saw activity across a wide variety of regions in the brain,” said lead author Lauren Sherman, a researcher in the brain mapping center and the UCLA branch of the Children’s Digital Media Center, Los Angeles.

A region that was especially active is a part of the striatum called the nucleus accumbens, which is part of the brain’s reward circuitry, she said. This reward circuitry is thought to be particularly sensitive during adolescence. When the teenagers

saw their photos with a large number of likes, the researchers also observed activation in regions that are known as the social brain and regions linked to visual attention.

In deciding whether to click that they liked a photo, the teenagers were highly influenced by the number of likes the photo had.

Read more on this at <https://www.psychologicalscience.org/news/releases/social-media-likes-impact-teens-brains-and-behavior.html>

Wellness And Travel —An Elusive Goal?

Americans are embracing wellness as a trend, and it extends to their vacation planning. The *Luxury Daily* website reports on a Foresight Factory survey that found 77% of consumers take steps to be healthier every day, whether it’s making better dietary decisions, exercising more, or managing their stress. Similarly, a YouGov study found that 56% of affluent travelers say that health is their top goal for 2020.

To do this, travelers are searching for experiences related to wellness—41% in the Foresight Factory survey say they travel to relax, and 22% want to get closer to nature.

On the other hand, travel can get in the way of wellness efforts. An On Call International survey of business travelers found 54% are less likely to exercise while traveling, and 44% admit to unhealthy eating.



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At the West Littleton Emergency Room, we're always there to provide the best possible care during some of life's most unexpected situations and circumstances. Our team of board certified emergency medicine physicians, specialty trained nurses, and paramedics with significant experience in emergency care are ready day and night with the skills and equipment they need to quickly treat patients of any age, no matter the emergency.

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