

President's Letter, continued from front page

by **Bridget Hite** and District 8 will be represented by **George Hellewell**. Welcome to our new board members.

In addition to the elections, Deputy Taylor from the Jeffco Sheriff's Office spoke about some ways to reduce the crime rate in Kipling Villas.

Keep garage door closed to prevent thefts and burglaries. In KV, criminal trespassing and burglary rates are pretty normal compared with other areas, but this is the most prevalent type of crime affecting homeowners.

Keep valuables out of sight and concealed inside your car if you must leave them in your car.

If you see a **vehicle speeding, write the plate number down and call it in to the non-emergency phone line to Jeffco Sheriff**. Make a traffic request to the dispatcher.

Overall crime in KV is low. Let's keep it that way. I have a couple of reminders as well:

Remember that the county restricts the parking of RVs, boats, and trailers on the street to two weeks per year. Report violations to the Sheriff's Office 303-277-0211.

Recreational vehicles can be stored on residential property, provided such vehicles are currently **licensed and operable**. Report violations to Jeffco Planning and Zoning 303-271-8725.

Report **abandoned vehicles** on county roadways to the Sheriff's Office 303-277-0211 and abandoned vehicles on state highways to the Colorado State Patrol 303-239-4501.

Jeffco restricts the parking of any vehicle on a public roadway in a residential area for more than **30 consecutive days**. Report violations to the Sheriff's Office 303-277-0211.

Have a wonderful June and watch out for kids out of school for the summer.

— **Jerry Shin**

Foothills Park & Recreation District Seeks Citizen and Stakeholder Participants For Water Conservation Master Plan

Foothills Park & Recreation District is seeking citizen and stakeholder participants to assist in evaluating park and recreation water consumption practices within the Foothills community. Community input will be used by the District to develop a Master Plan for the sustainable use of water to maintain its parks, recreation, open space, and recreational facilities. A public meeting will be held June 9, 6:00 p.m. at the Peak Community & Wellness Center, 6612 S. Ward St., Littleton, CO 80127. Participants invited include residents, partner agency/organization representatives, business community representatives, and users of facilities and services.

An informational presentation will be provided regarding the purpose and goals of the project, importance of water conservation and general strategies to save water. Those who attend will be given the opportunity to provide input on the maintenance practices of the District and how these impact the District's parks, recreation facilities, programs, and services to meet the needs of the community. Participants will also be asked to provide insight into the community's perception of water and maintenance needs for existing facilities, amenities, services, and programs.

Norris Design, an independent consulting firm assisting in the development of the plan, will present and facilitate the meetings. For more information, contact Sean Kitners, Park Planner at 303-409-2300.

Kipling Villas Homeowners' Association Officers and Directors

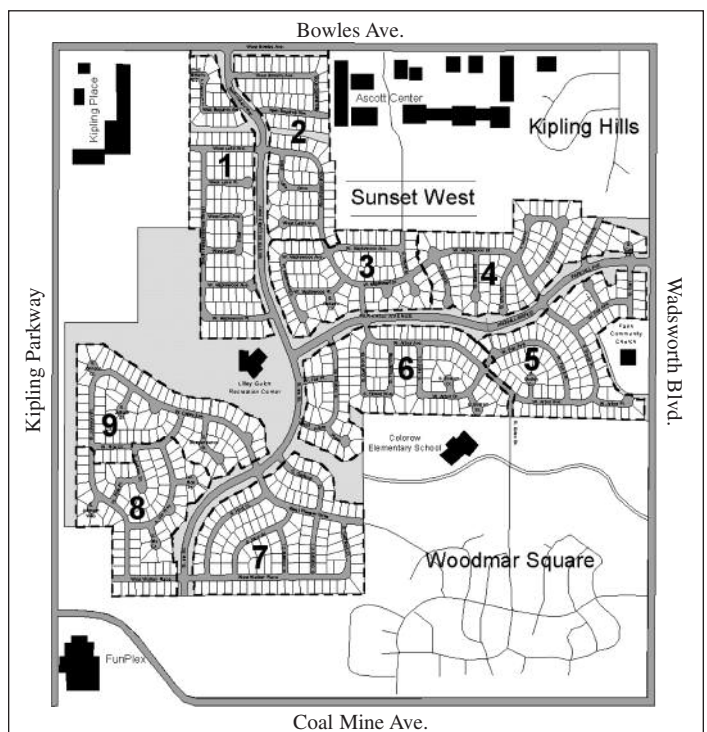
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The *Kipling Villager* is published monthly by the Kipling Villas Homeowners' Association, a non-profit association. The newsletter is delivered by hand to all the residents of Kipling Villas.

The deadline for articles and advertisements is the 15th of the month for the next month's issue except for the January issue which is December 6th. **All articles must be approved by the editor for publication, or as space permits. Please email kvnewsletter@gmail.com to submit an article for the newsletter.**

To place an advertisement in the newsletter, call **Colorado Lasertype at 303-979-7499.**
Email: getinfo@ColoradoLasertype.com
Website: www.ColoradoLasertype.com

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.



Lengthen Your Life With Lifestyle Changes

Nobody lives forever, but most of us hope to reach a ripe old age and remain active and healthy throughout our lives. Here are some basic tips for keeping your mind and body in good shape for a long life:

- **Stop smoking.** OK, this is obvious. But your chances of living for a long time are much better if you don't smoke – or if you quit.
- **Don't stop working.** Retirement can be risky, especially if you just quit and spend your days sitting on the sofa. Keep working in some capacity by volunteering or working part-time. Or have a plan for staying active after your retirement party ends.
- **Keep flossing.** Flossing every day can prevent bacteria in the mouth from growing and then moving to your bloodstream, where it can cause inflammation and hardening of the arteries, which contributes to heart disease.
- **Sleep just the right amount.** We need at least six hours of sleep per night for optimum physical and mental health. Less than that – or even more, some doctors say – can be detrimental. In one study of women ages 50 to 81, mortality over 14 years was higher among subjects who reported sleeping less than five hours per night, or more than 6.5 hours.
- **Eat the right foods.** Avoid saturated fats, eat lots of fiber (especially for breakfast), and try to get your vitamins from foods instead of relying on supplements.
- **Pay attention to your health.** Stressing about every ache and pain isn't necessarily productive, but an extreme "Don't worry, be happy" attitude about your body can be risky as well. Take your health seriously, and don't ignore the warning signs of trouble.

Important Jefferson County Numbers

Animal Control	303-271-5070
Assessor	303-271-8666
Clerk & Recorder	303-271-8171
Commissioners	303-271-8525
County Attorney	303-271-8900
Courts	303-271-6215
District Attorney	303-271-6800
Elections	303-271-8111
Foothills Water Watch	303-409-2300
Health & Environment	303-239-7075
Highways & Transportation	303-271-8495
Human Services	303-271-1388
Information	303-279-6511
Mediation Services	303-271-5060
Motor Vehicle	303-271-8100
Sheriff's Department	303-277-0211
Traffic Hotline	303-271-5677
Jeffco Home Page: http://jeffco.k12.co.us/community/index	

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MARKET ON YOUR CALENDAR

<p>MONDAY • Havana Exchange 2712-2892 S. Havana St. (Havana & Yale) 10 a.m. – 3 p.m. or Sellout</p> <p>TUESDAY • Aurora General Park, 1561 N. Quentin St. 10 a.m. – 3 p.m. or Sellout Starts July 12, ends October 24</p> <p>WEDNESDAY • Littleton Located in Aspen Grove Lifestyle Center 7301 S. Santa Fe Dr. 10 a.m. – 3 p.m. or Sellout</p>	<p>THURSDAY • Wheat Ridge 4252 Wadsworth Blvd. 10 a.m. – 3 p.m. or Sellout</p> <p>SATURDAY • Southwest Plaza Southwest Plaza SE parking lot Wadsworth & Bowles, Littleton 8 a.m. – 2 p.m. or Sellout</p> <p>SUNDAY • Highlands Ranch Highlands Ranch Town Center Square 9288 Dorchester St., Highlands Ranch 10 a.m. – 2 p.m. or Sellout</p>
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For more information call the Farmers' Market Hotline
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Foothills
Park & Recreation District

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2011 Membership KVHA

Only \$25 per year, all residents (owners & renters) welcome.

All memberships to the Kipling Villas Homeowners Association are valid for one year from May 1, 2011 to May 1, 2012. Please invest in your neighborhood. Send in your \$25 dues and please attend the quarterly meetings. You can make a difference!

Name: _____

Address: _____

Phone Number: _____

E-mail (for newsletter & updates): _____

Would you also like to receive the quarterly newsletter via email?
(circle one) YES NO

Please make checks payable to:

KVHA • P.O. Box 620714 • Littleton, CO 80162

Teen Services

To add your teen's name, please email Colorado Lasertype at getinfo@coloradolasertype.com and leave the following information: the neighborhood you live in, your age, phone number and the categories you would like included. Categories: (B) Baby-sitting; (*) Red Cross Cert for CPR; (L) Lawn care; (S) Snow removal; (P) Pet & House sitting. No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype.

Kayla F. 13 B 303-475-4049



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Teens Outside Summer Excursions

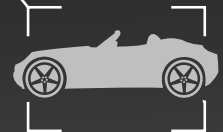
Teens, try some outdoor fun this summer with exciting excursions that will take you across Colorado! Foothills Park & Recreation District's summer teen trips include Boondocks, Rock Climbing, Mountain Biking, Tubing, Elitch's, Water World, Water Skiing and much more. Sign up for all or one! Trips are on Fridays in the summer months and times vary. For more information call **303-409-2510** or visit **www.ifoohills.org**.



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A and Z Lock & Key. 303-979-9273.

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PARTYLITE CANDLES & Accessories. Contact **Jan** at 303-979-3880 or www.partylite.biz/janderby

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Driveway Caulking - Concrete Repairs. Avoid costly replacement. Call Sean 720-422-4236. www.ideal-restoration.com

Tree trimming & removal- Columbine Tree Svc. 303-979-5330. 33+ yrs exp.

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

Sewing Machines Repaired. 30 yrs + exp. Free est. Free p/u & del. All work guaranteed. Call **Scott 303-972-4687.**

KENOSHA GLASS Window repair, table tops, mirrors, shower doors. 303-972-7880

QuickBooks Troubleshooter 720-383-4782

Concrete: New/replace drvwy, patio sdwlk. Free est **Kirk 303-669-5859**

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

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Summer Fun Pass

Save money while having fun this summer at Foothills Park & Recreation District's outdoor pools and facilities with the Summer Fun Pass. Valid at all outdoor pools (Deer Creek, Weaver Hollow, Sixth Avenue West and Columbine West Pools) as well as general admission to the Peak Community and Wellness Center, Lilley Gulch Recreation Center and Ridge Recreation Center. Fees vary; all Summer Fun Passes are valid May 1 – August 31, 2010. For more information on fees or to find a facility near you, visit www.ifoohills.org or call 303-409-2100.

Foothills Summer Entertainment Series Begins June 2

Celebrating 21 years of free concerts – Foothills Park & Recreation District's 2011 Summer Entertainment Series will begin on June 2 at Clement Park (corner of Bowles and Pierce). The 2010 Summer Entertainment Series will showcase a wide variety of free, family-friendly concerts from June to August. For more information, call Foothills Special Events Hotline at 303-409-2626 or visit www.ifoohills.org/summer_concerts.

JUNE CONCERTS:

- Thurs., June 2, 7-8:30 p.m.,**
Andy Hackbarth – Upbeat Folk/Flamenco Guitarist
- Friday, June 10, 9:30-10:15 a.m.,**
John Coelho – Hawaiian Way Entertainment
- Thursday, June 16, 7-8:30 p.m.,**
Pairadeux – Rock Duo/Cover Band
- Thursday, June 23, 7-8:30 p.m.,**
Moses Jones Band – R&B/Motown/High Energy

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