

# Southglenn REPORTER

Southglenn Civic Association—Serving the Southglenn Community Since 1963

Vol. 02 No. 09

September 2013

Circulation: 1,385

## Dorothy's Corner

Fall like weather is upon us and the cooler days are welcomed. The recent rains have been great for our gardens. Please be aware that school has begun and our children will be walking to and from school. Let's make sure to keep them safe.

As usual, Fun Fest was well attended by our families enjoying good food, fun and games and the company of their neighbors. A personal family issue kept me from attending this year so I am giving a huge THANK YOU to the volunteers who stepped in to make this the best FUN FEST yet. We have had quite a few new young families move into our neighborhood recently and I know it is because of the wonderful people and resources we have to offer.

SGCA will be having an open forum meeting in October so look for the signs.

— Dorothy Mauro, Chairperson



Karen Jarrett and Joyce Trembath who ran the cake walk for the children, the folks who donated cakes for the cake walk, York Church, his trusty generator, and the Boy Scouts who provided the Go-Kart fun for the kids, Susie Ohle who ran the hula hoop contests, gunny sack races, etc. with her new husband, all the folks who generously brought their classic vehicles for us to enjoy, Jim Cash who tracked down the missing South Suburban picnic tables, Laura and Brett who provided the water for our lemonade from their front porch, Courtnee who, on very short notice, ran the bike/trike parade, the folks of Wild Wings who shared their environmental knowledge and their raptors with the children, Rachel Baer who painted many, many faces, the Arapahoe County Sheriff and the Fire Department who stopped by and visited with the children, as well as our treasurer Dale Rottschafer who brought water jugs, and along with Merry Snyder and Kat Koch supervised checking in residents as they came to Fun Fest. Thank you as well to those whom I missed, but who generously pitched in to make Fun Fest a rousing success. We are grateful to all of you who ensured that our Fun Fest was enjoyed by one and all.

— Dora Cash, Fun Fest Coordinator



**We Are on Facebook!**

Like us on Facebook:  
[www.Facebook.com/SGCivicAssoc](http://www.Facebook.com/SGCivicAssoc)

**Next Southglenn Civic  
Association Board Meeting  
September 26th, 7 p.m.  
at St. Tim's**

## Upcoming Events

**Pumpkin Contest Registration Deadline** – Sunday, September 1st  
**Labor Day** – Monday, September 2nd  
**SGCA Meeting (St. Timothy's)** – 7pm Thursday, September 26th  
**SGCA Open Forum** – October (Date Pending)  
**Halloween** – October 31st

## SOUTHGLENN CIVIC ASSOCIATION, INC.

### \$15 ANNUAL DUES FOR JANUARY 1, 2013-DECEMBER 30, 2013

**To join and/or support the Southglenn Civic Association, the annual dues are \$15.00**

Name(s): \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Homeowner / Renter

Number of years living in Southglenn: \_\_\_\_\_

☐ YES, please list my teen's name  
in the Southglenn Reporter Teen Service Directory.

Here is the information (please check all that apply):

First Name & Last Initial:	Baby Sitting	CPR Certified	Pet Sitting	Lawn Care	Snow Removal
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Make checks payable to Southglenn Civic Association (*your cancelled check will be your receipt*). Send this form and your check to: **Southglenn Civic Association, PO Box 2024, Centennial, CO 80161**. Please attach your ideas, comments and questions on a separate sheet. **Thank you for your involvement and support!**

### Fun Fest Pictures



### Southglenn Civic Association

PO Box 2024, Centennial, CO 80161-2024

#### OFFICERS:

**Chairperson:** Dorothy Mauro, 303-798-2823, damauro@comcast.net

**Vice-Chairperson:** Linda Nixon, 303-795-8083, landsnixon@msn.com

**Secretary:** Dora Cash, 303-794-8851, jim\_dora\_cash@yahoo.com

**Treasurer:** Dale Rottschäfer, 303-761-4539, dalelrottschafer@hotmail.com

**Historian:** June Martin, 303-347-0626

#### COMMITTEES:

**CenCON:** Theadus Duke, Dorothy Mauro

**Membership:** Linda Nixon

**Newsletter Co-Editors:** Chris Haller, Dale Rottschäfer

#### BOARD MEMBERS:

York Church – 303-703-4096, yorkchurch@msn.com

Chris Haller – 614-506-2892, christopherhaller@gmail.com

Susie Ohle, 720-629-4179, susieohle@yahoo.com

Sue Seitz – 303-798-1487, sseitz@du.edu

Kevin Simbeck – 303-550-7843, k2simbeck@gmail.com

The *Southglenn Reporter* is published monthly by the Southglenn Civic Association. However, they skip the January issue.

### News Articles

The deadline for news articles is the 20th of the month before the next month's issue. Please email news articles to **SGCivicAssoc@gmail.com**. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

### Advertising

The deadline for advertisements is the 15th of the month for the next month's issue.

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 civic association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the civic association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

### **Baby Safety Month**

Commit to taking care of child safety items around the house: bathtubs, car seats, electrical outlets, cribs, strollers, toys, and anything else that might pose a danger to an infant.



## September 1 is the Deadline to Enter the Southglenn Garden Club's Pumpkin Growing Contest!



Copyright © 2002 Stephanie Baker-Thomas

### RULES :

1. Must be age 3 to 109.
2. One entry per applicant only.
3. All pumpkins must be grown in Southglenn.
4. All contestants must be registered with Shelly Haynes (shellymarie61@gmail.com) by September 1.
5. Contestants must allow garden club to come number and take a picture of the pumpkin growing in the garden.
6. All pumpkins must be transported by the contestant to the Harvest Festival, and contestant must be present to win.
7. Winner must allow prize sponsor to display pumpkin for 2 weeks after winning (you'll have your pumpkin back before Halloween!).
8. The biggest pumpkins win this contest. "Biggest" will be judged by adding pumpkin circumference and height together.
9. The Southglenn Garden Club will judge this contest, and they have final decision making authority on the winners of this contest.



*"How am I going to get this to the Pumpkin Growing Contest?"*

CATEGORIES AND PRIZES: To be determined

### Update: Littleton Village

Chris Haller, Co-editor

The empty field bordered by Dry Creek Road, Broadway, and Geddes Ave, formerly home to Marathon Oil's petroleum and technology research facility, continues down the road towards becoming a center for dining, shopping, and living. Recently, the volume of multi-family apartment units to be developed was increased from 400 units to 600 units. This is **Calling All Reporters!**

The Southglenn Reporter is looking for reporters and stories! Are you a foodie looking to put your tongue to the test? Start a restaurant column touting your favorite local eateries! Got an open heart for local charities? Help Southglenn give back to the community by keeping your neighbors informed about local toy drives, food drives, fundraisers, and volunteer events! What about local sports nuts? There's a place in the Reporter for all local sports from children's soccer to high school football. From gymnastic meets to swim teams, keep the neighborhood up on the teams that make you cheer! Please send all stories to SGCivicAssoc@gmail.com to see your work appear here, in the Reporter!

still shy of the 900 unit cap put in place in 2006.

The Littleton Village project continues to gain approvals and move forward. Additional attention is being paid to the project by local media, including a brief mention on 9 News.

Additional plans for Littleton Village and project status updates may be found on the City of Littleton website ([www.littletongov.org](http://www.littletongov.org)) under "Project Activity List" in the "Departments" section.

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**For oil base spots (Ink, grease, oil paint, marker, etc.), use:**

- Isopropyl rubbing alcohol, white towel.
- Pour alcohol on to white towel and dab. (Do not rub)
- Repeat process as necessary.

**For Beverages, urine, blood, spaghetti sauce etc., use:**

- One inch distilled white vinegar
- One inch sudsy clear ammonia into 16 oz. spray bottle.
- Fill the spray bottle with cold water.

**INSTRUCTIONS:**

- Blot spot with white dry towel to remove excess.
- Spray mixed solution on spot.
- Blot with white dry towel – (Do not rub).
- Repeat process as needed.

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### News from CENCON

*Dorothy Mauro, Chairperson*

#### Council approves ballot question for November election

Centennial City Council decided to include a question relating to the City's ability to use its existing fiber optic network on the November ballot:

Shall the City of Centennial without increasing taxes and to foster a more competitive marketplace, be authorized to provide high-speed internet advanced services, telecommunication services, and/or cable television services directly and indirectly to the residents, businesses, schools, libraries, and non-profit entities, and other users of such services, and to partner with private businesses to provide such services, as expressly permitted by Article 29, Title 27 of the Colorado Revised Statutes?

There will be a discussion of the ballot question and a candidate forum of District 1 and mayoral candidates on October 4 at the South Metro Chamber of Commerce in the Streets of Southglenn from 6-8 pm. All are welcome to attend.

### Neighborhood Watch Coming Your Way

*Dale Rottschaefer, Co-editor*

During the first week of school, we had a bike stolen from our garage sometime between 2:30-5:30 in the afternoon. We have a side entry attached garage that serves as our main access into our house, so we tend to keep the garage door open when we are at home. Being home was not a deterrent for the opportunistic criminal who made off with the bike. While this was certainly disappointing, something good has come out of it. I posted the information on the Nextdoor Southglenn site, which served as the impetus for another neighbor who works for the Denver Police Department to inquire if people in the neighborhood would be interested in implementing a neighborhood watch program. The feedback was overwhelmingly positive. So, we are working on scheduling a kick-off meeting with the Arapahoe County Sheriffs in mid-November. Details will be forthcoming in the next Southglenn Reporter and posted to the Nextdoor Southglenn site once they are finalized. Please be sure to join the Nextdoor Southglenn site, and talk to your neighbors about it and about the upcoming Neighborhood Watch. Let's take care of each other, Southglenn.

### Distractions A Danger On The Road

The road can be a dangerous place, especially if you're not paying attention to it behind the wheel. A study commissioned by Ford Motor Company found that 83 percent of adults, and 76 percent of teenagers, consider distracted driving to be at least as dangerous as drunk driving – but parents are 40 percent more likely to check their cell phones in transit than their teen children.

But as hazardous as distracted driving may be, distracted walking can be just as deadly: A Liberty Mutual Insurance study of 1,000 adults found that 60 percent of pedestrians walk while texting, emailing, talking on the phone, or listening to music – even though 70 percent said they consider such activities to be dangerous. And they're right: The U.S. Consumer Product Safety Commission reports that 1,152 people were treated in emergency rooms in 2011 for injuries received while using a cell phone or some other electronic device as they walked.

## MARKET ON YOUR CALENDAR

### Saturdays SOUTHWEST PLAZA

MAY 4 - OCTOBER 26  
Southwest Plaza  
SE Parking Lot  
Wadsworth & Bowles  
8am-2pm or Sellout

### Saturdays CALVARY TEMPLE

MAY 4 - OCTOBER 12  
200 South University  
8am-2pm or Sellout

### Sundays HIGHLANDS RANCH

MAY 5 - OCTOBER 27  
Highlands Ranch  
Town Center Square  
9288 Dorchester St.  
10am-2pm or Sellout

### Tuesdays

#### HIGHLANDS RANCH

JULY 9 - OCTOBER 29  
At Highlands Wine Seller  
6668 Timberline Rd.  
10am-3pm or Sellout

### Mondays

#### HAVANA EXCHANGE

JUNE 17 - SEPTEMBER 2  
2712-2892 South  
Havana Street  
Havana & Yale  
10am-3pm or Sellout

### Wednesdays

#### LITTLETON

JUNE 12 - OCTOBER 30  
Aspen Grove  
Lifestyle Center  
7301 S. Santa Fe Dr.  
10am-3pm or Sellout

### Thursdays

#### WHEAT RIDGE

JUNE 13 - OCTOBER 31  
4252 Wadsworth Blvd.  
10am-3pm or Sellout

For more information call the  
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[www.denverfarmersmarket.com](http://www.denverfarmersmarket.com)



**Fun Fest Pictures****Nextdoor Southglenn***Dale Rottschaefer, Co-editor*

Our neighborhood is trying out a private online network called Nextdoor Southglenn. It doesn't require Facebook, or an email address from a specific provider. To register, any email address will do. On our Nextdoor site, neighbors can share community events, seek out or provide recommendations, offer items for sale, suggest ideas about how to improve our neighborhood and more. The site is limited to residents of Southglenn community. To register, you need to provide your name, home address, email address, and a means of verifying your home address (several options for verification are provided). There are some problems with the neighborhood boundaries. Broadway Estates Neighborhood has laid claim to our residents on the north side of Arapahoe. I am working to bring those households into the Southglenn fold, but if you all were to register and lodge a complaint, the boundaries would probably get changed quicker. I hope you will join. Please visit [www.southglenn.nextdoor.com](http://www.southglenn.nextdoor.com) to register. Once you do, please invite your family and neighbors to join us. The more, the merrier!



## **METRO DENVER HOMES SALES JUMP 32% FROM 2012**

Buyers scooped up 6,104 Metro Denver area homes in July, up 32% from the same month last year, according to a Metrolist Inc. report Monday.

That number of single-family homes & condos sold in July also was 10% higher than the 5,566 sold in June, the report states. June & July are typically the highest sales volume months for Metro Denver's home resale market.

At the same time, the inventory for-sale homes in July grew 9% from the prior month, to 10,025. That's the fourth month in a row the inventory of for-sale homes grew, but it's still down 7% from the 10,827 homes for sale in July 2012.

Source: Denver Business Journal 8/5/2013

## **Your business & referrals are greatly appreciated**



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



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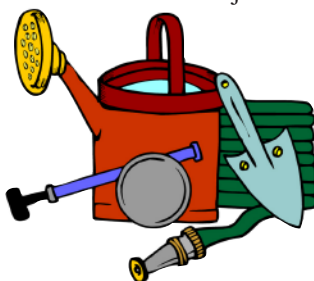
## Preserving Your Garden Harvest

Anne Phelps, Southglenn Garden Club

Now is the time to enjoy all your hard work in the garden. You've watered and weeded all summer. Start preserving the fruits and vegetables you've worked so hard to grow. Or if your garden hasn't produced like you had hoped (like my tomatoes), buy some from a farmer's market and support our local farmers! Fruit can be made into jams, jellies, syrup and fruit leathers. Herbs can be dried, infused in oils and vinegars or made into jellies. Vegetables can be canned, dried, frozen and pickled. There are tons of possibilities!

No matter how you are preserving food, food safety is the top priority. Start with good quality fruits and vegetables. Wash all produce thoroughly to remove all dirt. Make sure your equipment is clean and sterilize any jars used in canning. The *U.S.D.A.'s Complete Guide to Home Canning* is a great resource for canning. In Denver we need to **increase the time to process** the canned foods in a boiling water bath or **increase the pressure** in a pressure canner because of our high altitude. You must supply enough heat to the canned goods to destroy bacteria that can cause botulism.

Jams and jellies are a good way to start if you have never preserved food before. Jams and jellies can be made from fruit that is not good enough quality to freeze or can. My Mom always made grape jelly from her concord grapes and used commercial powdered pectin to make sure the grape juice jelled properly.



Follow the instructions in the package and make one batch at a time. Some people may want to reduce the amount of sugar, but too little sugar may prevent jelling.

Flavored vinegars and oils are easy to make with your fresh herbs. Briefly dip your fresh herbs in a sanitizing solution of 1 teaspoon bleach in 6 cups of water. Rinse thoroughly under cold water & pat dry. Use 3 to 4 sprigs of fresh herbs per pint of vinegar. Place the herbs in sterilized jars. Heat the vinegar to just boiling, then pour over herbs and cap tightly. Allow to stand for 3 to 4 weeks in a cool, dark place so the flavor develops. Strain the vinegar through damp cheesecloth or a coffee filter until the vinegar is no longer cloudy. Replace the herbs with fresh ones that have been sanitized. Seal tightly and store in the refrigerator.

**Garlic Chive Vinegar:** 4 cups white wine vinegar; 6 garlic cloves, peeled and crushed; 1 bunch fresh chives

**Country French Vinegar:** 1 bottle red wine vinegar; 2 sprigs fresh rosemary; 2 sprigs basil; 2 sprigs thyme; 2 sprigs oregano; 1 teaspoon black peppercorns; 3 cloves garlic; 2 small wedges orange; 2 bay leaves

Colorado State Extension has many fact sheets available on line or in person on food preservation. 5804 South Datura Street, phone (303) 730-1920.

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## Southglenn Garden Club News *Cathy Wooten*

At our August meeting at the Southglenn Country Club we had a guest speaker from the CSU Extension program. Donnetta, a Master Gardner volunteer, did her presentation on Dealing with Drought. Healthy landscapes featuring trees, shrubs, flowers, gardens and lawns improve the quality of life and the environment. Landscaping increases the value of our homes and businesses aesthetically and monetarily. Improves air and water quality, reduces home heating and cooling costs, decreases carbon dioxide greenhouse gases, provides noise abatement screening, and supplies wildlife with food and shelter. Here are a few Do's and Dont's from her presentation that may be helpful in dealing with drought conditions.

### TREES (TOP PRIORITY)

#### Do

- Use organic mulch 3-4" deep, 2-4" in diameter (keep mulch 6" away from trunk)
- 10 gal water weekly per diameter inch
- Wrap young trees
- Winter water Oct -Apr
- Water slowly within tree drip line

#### Do Not

- Fertilize stressed trees
- Avoid planting new trees, but if you must, smaller is better
- Dig holes around trees to promote deep watering
- Spray leaves

### SHRUBS (ANOTHER TOP PRIORITY)

#### Do

- Mulch 3-4" deep, 2-4" in diameter (keep mulch away from center)
- Small Shrubs (3 feet or less) -2 gal/week
- Large shrubs (6 feet or more) -18 gal/week
- Water slowly within shrub drip line
- Winter Water Oct-Apr

#### Do Not

- Fertilize stressed shrubs
- Plant new shrubs, but if you must, smaller is better
- Dig holes, around the drip line for watering
- Spray leaves
- Water too deep -12" root rule

The following are plants that are **DROUGHT TOLERANT**:

#### Drought Tolerant Trees

Honeylocust  
Hawthorne  
Kentucky Coffetree  
Pinyon Pine  
Hoptree

#### Drought Tolerant Turf

Tall Fescue  
Fine Fescue  
Buffalograss  
Blue Grama  
Crested Wheatgrass  
Kentucky bluegrass

#### Drought Tolerant Perennials

Agastache  
Blanket flower Coreopsis  
Daylily  
Gazina  
Echinacea  
Ice plant  
Ozark primrose  
Penstemon  
Russian sage  
Stone clip  
Yarrow

More sources for drought related resources from CSU Extension and partnering agencies:

- CSU Extension Facts Sheets
- CSU Extension tips for dealing with drought
- Plant talk Colorado-Drought related scripts.

Our last monthly meeting of the season is Tuesday, September 10 at the South Glenn Country club at 7 p.m. Happy Gardening!

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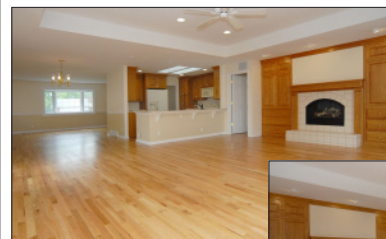
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## Simple Advice For A Healthy Spine

- Practice good posture. Follow your mother's advice and don't slouch. Stand and sit with your ears in line with your shoulders and your shoulder blades retracted.
- Breathe through your belly. A few times a day, place your hands on your stomach and feel it move as you breathe in and out. Deep breathing helps the nerves to move comfortably within your spine.
- Stretch. Some simple neck rolls and shoulder stretches can keep your back flexible. Just don't overdo it.
- Eat right. A healthy diet of vegetables, fruit, and lean protein will keep your weight down, easing the stress on your spine.

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## Are You The Weakest Link In Your Career?

- You say "No" a lot. Refusing to help co-workers, or resisting orders from a supervisor, can give you a reputation as a malcontent. Keep an eye on your priorities, but learn to pitch in and help others whenever you can.
- You don't like change. Flexibility and adaptability are key traits of a valuable employee. If you make excuses for doing things the way you always have, you risk being left behind while your organization moves forward. Make an effort to accommodate new procedures and ideas—you may find that change can be better.
- You make excuses. If nothing is ever your fault because someone else messed up, your computer crashed, your car wouldn't start, or your dog ate the report, people will see you as undependable. Do your absolute best to meet deadlines and live up to your responsibilities, and be honest about mistakes, whatever their cause.
- You're apathetic. Maybe your job isn't very exciting. That doesn't mean you can get away with not caring about results, or being cynical about your organization. Look for new challenges wherever you can, and show some enthusiasm even when you're working on routine tasks.
- You're smarter than everyone else. Intelligence and experience count for a lot, but ultimately, no matter how much you know (and how loudly you let people know about it), what counts is supporting the team. Share your expertise, but be ready to listen to other ideas and points of view if you expect co-workers to pay attention to you.

## Home Equity Makes it Happen

If you've been dreaming of fixing up your house or buying a new car, you can make it reality with a home equity loan or home equity line of credit. By using the equity in your home, you can:



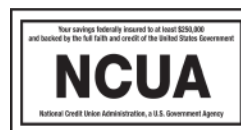
- \* Pay for a college education
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# SOUTHGLENN 2013 MARKET STATISTICS

## Homes *FOR SALE* in Southglenn July 16 - August 13, 2013

Style	Lowest	Highest	SqFt	How Many?
Ranch	\$329,900	\$340,000	1750-2946	2
2 Story	\$330,000	\$415,000	2240-3500	2
Bi-Level	\$337,000	\$394,000	3260-3428	2
Tri-Level	\$279,900	\$374,500	2432-3406	2

## Homes *UNDER CONTRACT* in Southglenn July 16 - August 13, 2013

Style	Lowest	Highest	SqFt	How Many?
Ranch	\$250,000	\$264,900	1655-2405	3
2 Story	\$333,000	\$359,777	2922-3227	3
Bi-Level	\$300,000		2240	1
Tri-Level	\$315,000	\$389,000	2132-2447	3
Tri-Level w/Bsmt	\$272,000	\$359,900	2536-3014	4

## Homes *SOLD* in Southglenn January 1 - August 13, 2013

Style	Lowest	Highest	SqFt	How Many?
Ranch	\$195,000	\$360,000	1256-3102	10
2 Story	\$233,000	\$395,000	2185-3774	15
Bi-Level	\$249,000	\$300,000	1942-2068	5
Tri-Level	\$255,000	\$375,000	1868-3358	7
Tri-Level w/Bsmt	\$279,900	\$355,000	1663-3600	8

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# KRISTI BRINGLE

Based on information from Metrolist, Inc. for the period of 1/1/13 through 7/15/13. This representation is based in whole or in part on data supplied by Metrolist, Inc. Metrolist does not guarantee nor is in any way responsible for its accuracy. Data maintained by Metrolist may not reflect all real estate activity in the market.

**KRISTI BRINGLE**  
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McKenna A.	16	B/P/S
Tyler A.	13	B/S
Blake B.		P/L/S
Celeste B.	14	B*
Marianne B.	13	B*/P
Meagan D.	18	B*
Lauren E.	13	B*
Dustin F.	19	P/L/S
Maggie G.	13	P
Ginny H.		B*
Taylor J.	13	B*/P
Brice K.	19	P/L/S
Devin M.		B*
Aaron N.	13	B/P
Seth N.	17	B*/P/L
Blake P.	14	P/L/S
Caleb P.	19	B/L
Nick P.	16	B/L
Erica P.	14	B
Elizabeth P.	13	B/P
Kylla R.		B*
Nick S.	15	L/S
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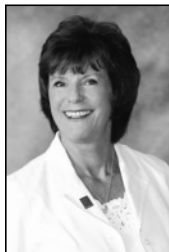
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Creativity can seem like a mysterious and chaotic process, but staying organized is crucial to bringing your good ideas to life. Great thinkers as diverse as Leonardo da Vinci, poet Walt Whitman, and inventor Thomas Edison all had so many ideas that they recorded them in notebooks throughout their lives.

Edison accumulated 3,500 notebooks that were discovered after his death. Whitman kept his ideas on slips of paper in separate envelopes, and went through them whenever he needed inspiration. Da Vinci reportedly kept detailed notes and reviewed them over the years, ultimately generating such ahead-of-their-time concepts as the helicopter and the bicycle.

Don't depend on your memory, no matter how indestructible your idea seems to be at first glance. Write everything down and go through your notes regularly, and you may find great ideas you've forgotten about and intriguing connections between seemingly separate concepts.



## CLASSIFIEDS

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## Local September Goings On

**Touch a Truck, South Suburban Ice Arena, 6580 S. Vine St, parking lot, Sat, Sep 21, 10 am – 1 pm.**

Fun for the whole family. See a variety of trucks, tractors and more! The highlight of the event will be playing in the "snow" courtesy of our very own Zambonis! For more information, call 303-798-7881.

**Kids Nights: Weekends, Family Sports Center, 6901 S Peoria St, Buck Recreation Center, 2004 W Powers Ave, Goodson Recreation Center, 6315 S. University and Lone Tree Recreation Center, 10249 Ridgeway Circle**

Fun events for kids EVERY Friday and Saturday night! For information about events at the recreations centers, call 303-483-7036 or 303-754-0552 for offerings at Family Sports Center.

**NFL Punt, Pass & Kick Competition, David A. Lorenz Regional Park, 8422 S. Colorado Blvd, Sat, Sep 21, 9 am.**

Boys and girls ages 6-15 register day of the event beginning at 9 am and compete between 9:30 and 11 am; final results will be posted online by 5 pm the following Monday. Each child must complete a registration form with parent or guardian signature and provide copy of their birth certificate. NO CLEATS OR SPIKES ALLOWED. Winners have the opportunity to advance to regional and national competition. For more information, call 303-483-7029.

**Preschooler & Parent Tot Art Classes**

**Saturdays Goodson Recreation Center, 6315 S. University**

Work out while your child is enrolled in class, or join your toddler and create art together. Choose from Mini Da Vinci, Art Time Travelers, Mud Puppies Parent Tot Clay and Curious about Art Parent Tot. For more information, call 303-483-7072.

## Help Grandparents Bond With Your Kids

Getting grandparents involved in children's lives can sometimes be difficult. You're busy, your kids are energetic, and grandparents may not know what to do. Here are a few steps you can take to forge tighter bonds between everyone:

- Make your needs known. Don't make demands, but tell grandparents clearly how they can help you raise your children. What parent wouldn't want to know how much they're needed and wanted?
- Make a clear commitment. You've got to place a priority on the time your children and their grandparents spend together. That may mean agreeing to pool financial resources, especially if grandparents live far away. Try to establish a flexible schedule that ensures grandparents and grandkids get to see each other regularly.
- Don't hover. Give grandchildren and their grandparents plenty of one-on-one time together. They need undivided attention to strengthen their ties.
- Stay connected. Ongoing contact will help relationships grow. Thanks to modern technology such as email and Skype, keeping in touch is easier than ever.

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