



MISSION VIEJO REPORTER

NEWS FROM THE MISSION VIEJO HOMEOWNERS' ASSOCIATION INC.

Vol. 02 No. 9

September 2009

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Community Challenges and Changes

The Mission Viejo HOA has made tremendous strides these past few months. Our trash program has grown exponentially and we have seen a tremendous amount of participation at our events and even at our Board meetings. The community is also facing some huge challenges. The Board is still trying to work with the YMCA in getting the athletic club re-opened; we are keeping an eye on the lease or sale of the old Grocery Warehouse (former Albertson's) space, and now we hear that if the new tax referendum to create a general improvement district for the libraries fails this November, the Mission Viejo Library will close for good. This is something the Board would like all of our residents to carefully consider when they vote on this issue. For the October newsletter, we are inviting residents to share their views on this matter (see article in this issue).

Another challenge is the right-of-way (wall and landscape) maintenance issue. With the funds we are receiving from our trash program rebate, we are moving forward to address this challenge. We have hired an attorney to look into the problem, and the HOA hopes to sit down with the City and the other Mission Viejo HOA's (Seville, Cherry Glen) to develop a long-term solution and strategy for our neighborhood. This has been a problem here in Mission for a very long time. The walls and the landscaping along all

of our right-of-ways were dedicated to the City by the Mission Viejo Company. Yet the City abandoned maintenance of those areas in 1994, after the City Council changed the zoning code mandating that adjacent homeowners were responsible for its care. At that point, the City encouraged the HOA to form a mandatory association which was ultimately challenged by a class action lawsuit with the court's final ruling in favor of the plaintiffs, since by law no association can become mandatory unless it can be shown that all the homeowners have common land or property maintenance responsibility that

continued on page 2

The Library Bond Issue: Call for Editorials

The City of Aurora is facing a large ballot measure to place all of the City's libraries under a general improvement district, and if the ballot measure will not pass, the Mission Viejo Library will close indefinitely. The Mission Viejo HOA would like to invite residents to write an editorial either for or against this referendum. The editorial must not be more than 300 words and may be either credited or anonymous. The HOA will publish opposing viewpoints (one from each side) if they are submitted. The Mission Viejo Reporter editor reserves the right to select the best-written editorials for the October issue. Please submit your articles to the editor at president@missionviejohoa.org by September 15th. Additionally, we have an informal survey being conducted on our website where visitors can either vote yes or no on whether they support or oppose the issue.

Music in the Park

Please plan to come on September 7th at 6 p.m. to the shelters of Mission Viejo Park. The Mission Viejo HOA will bring you the brass quintet of the Aurora Symphony Orchestra. Please note, due to City Park rules, this is a non-amplified event so sit close. Bring a chair, a blanket and yourselves and enjoy the music!



Mission Viejo Park Playground Renovation

Representatives from Aurora's Parks and Open Space Department will attend the September HOA meeting (held next month at Meadowood Recreation Center on September 15th at 6:45 p.m.) to provide information regarding a playground renovation project at Mission Viejo Park. The funding for this project comes from two sources: the City of Aurora's share of the Arapahoe County Open Space Tax Shareback and the Colorado Lottery's Conservation Trust Fund. Come learn about the design and construction process and ask questions about the new playground. Contact **Trent Woolley**, Project Manager, with any questions at **303-739-7174**.



A recently renovated playground at Utah Park

Next HOA Meeting

Third Tuesday

September 15th • 6:45 p.m.

The Meadowood Recreation Center
3054 S. Laredo St., Aurora, CO 80013

Everyone is Welcome!

Community Challenges, *continued from front page*

was recorded in the original covenants before even the first home was sold. Such is not the case for our community. The HOA, like so many single family developments in the Denver area built before 1992, relied on the cooperation of municipal governments to help maintain parks, greenbelts and right-of-way areas.

While efforts are in place in finding a long term solution to this problem, in the meantime the HOA has hired a local general purpose landscaping and contracting company, Johnson Designs, run by a gentleman who lives in the neighborhood. They will perform an initial clean-up and monthly maintenance for weed removal, trash collection and foliage trimming along the right-of-way areas along Chambers, Hampden, Quincy, and the inner-circle of Alicia and Mission Parkways. These areas have been neglected for way too long, yet the Board realizes this is not a long-term solution to this issue, since we can only sustain this maintenance while we receive funds from our trash program. We are also still tentatively planning a volunteer clean-up effort to remove the dead juniper bushes along Chambers Road sometime soon, perhaps in October. Look for more information on this prospect in next month's newsletter and keep track of Board actions on our website under our postings for the minutes to our meetings and our e-mail newsletter. Till next month, enjoy the end of summer with our annual "Music in the Park" event at Mission Viejo Park on September 7th.

— Todd McMahon, Mission Viejo HOA President

Sign up Today**for the Mission Viejo Trash Program!**

Sign up on the Web or Use This Form



MISSION VIEJO
HOMEOWNERS ASSOCIATION, INC.
AURORA, COLORADO



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and



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Mission Viejo HOA Board of Directors

MISSION VIEJO
HOMEOWNERS ASSOCIATION, INC.
AURORA, COLORADO



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boardmember1@missionviejohoa.org

Tricia Roush, Board Member At Large
boardmember2@missionviejohoa.org

MISSION VIEJO TRASH PROGRAM

Pro Disposal, Inc., 303-791-3827

MISSION VIEJO HOMEOWNERS ASSOCIATION, INC.

4255 S. Buckley Road, #110
Aurora, CO 80013-2951

COMMITTEES**Neighborhood Watch**

Tom Tobiassen, neighborhoodwatch@missionviejohoa.org

Welcome Committee

Tricia Roush, welcome@missionviejohoa.org

WEBSITE

www.missionviejohoa.org
webmaster@missionviejohoa.org

The Mission Viejo Homeowners' Association Inc. is a state non-profit organization. The purpose of the Mission Viejo HOA is to unite the unit owners of the Mission Viejo subdivisions in Aurora, Colorado; to encourage civic improvements within said area, to encourage community activities including, but not by way of limitation, the beautification, maintenance, and general appearance of vacant and improved lots, streets, parkways, entrances, open and recreational areas situated within the area and used in common by its residents; enhance the safety of Mission Viejo; facilitate enforcement of any and all building restrictions, protective covenants, and to otherwise act in the interests of the members of the Association.

The deadline for articles and advertisements is the 15th of the month for the next month's issue except the Jan. issue which is Dec. 6th. **All articles must be approved by the editor for publication, or as space permits.** To submit an article, e-mail an attachment to Todd McMahon at president@missionviejohoa.org. All letters or articles need to include your name and daytime phone number. All articles must be approved by the Board for publication, or as space permits.

To place an ad, call Colorado Lasertype, **303-979-7499** or e-mail getinfo@ColoradoLasertype.com • www.ColoradoLasertype.com

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the Association of the goods or services offered. The opinions expressed in this newsletter are those of the individual authors and not the Board of your Association. Neither the Board, publisher, nor the authors intend to provide any professional service or opinion through this publication.

Household Chemical Roundup

The annual Household Chemical Roundup sponsored by the City of Aurora's Water Department is scheduled for September 12, 2009 from 9 a.m. to 4 p.m. at 13645 E. Ellsworth. This event is free and open to Aurora residents only, so please bring a driver's license, voter registration, or water bill as proof of residency. For questions and to get a list of acceptable items please call Aurora Water at **303-739-7372** or find the events link on the Aurora water departments website at: <http://www.auroragov.org/AuroraGov/Departments/AuroraWater/index.htm>.

Harvest at the Homestead at the Plains Conservation Center

HAVE YOU EATEN YOUR 65 APPLES YET?



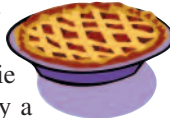
Americans typically consume nearly 20 pounds or 65 fresh apples each year, with Red Delicious being the most popular of the 2,500 varieties grown in the United States.

The 8th Annual Harvest at the Homestead Festival at the Plains Conservation Center will feature apples as a harvest crop. The smell of apples cooking, free tastes of fresh applesauce, an apple pie contest and fresh pressed apple cider will be among the attractions of the event on Saturday, September 26th from 10 a.m. to 4 p.m.

The Harvest at the Homestead Festival celebrates life on the prairie both then and now. Historical interpreters bring 1887 to life in our historic farm harvesting the heirloom vegetables, tending the flock of chickens, working in the blacksmith shop, readying the one-room school house for the coming year and preserving the apple harvest from the nearby Cherry Creek Valley.

The modern festivities include wagon rides, displays, exhibits, live animals and games and crafts for the young ones. Food and organic apples from the Western Slope will be available for purchase.

Enter your favorite apple pie in an old-fashioned pie contest. All apple pie types are welcome from deep dish to old fashioned. Bring a pie to the festival and your carload of folks will pay a half price admission of \$5. Judging begins at 1:00 p.m. with Johnny Appleseed deciding who has the tastiest apple pie. The winning contestant will receive a Plains Conservation Center t-shirt. Register to enter by calling the Plains Center at **303-693-3621**. Registration will be accepted until September 24th. Good luck to all!



Join us for a day of family fun and get some help on eating those 65 apples! Cost: \$10 per car (if you bring an apple pie for the contest, half off admission).

Contact: Sara Aufderhar

info@plainscenter.org, 303-693-3621. www.plainscenter.org
21901 E. Hampden Ave. Aurora, CO 80113

– Submitted by Steve Weiner,
Plains Conservation Center and Mission Viejo Resident

Help Us With Our Challenges: Join the Mission Viejo Trash/ Recycling Program Today!



If you are not in the Mission Viejo HOA trash program, you might want to consider joining with over 900 participating homeowners. The program offers state of the art trash service for its participants, including Single Stream Recycling every other week. The HOA is now in good financial standing as we have already received two rebates! Pricing for the program is just \$64.00 for a 4 month billing or \$176.00 for yearly billing (this equates to one free month of service a year)! Make the change today; Pro-Disposal Inc. provides great service too! Just fill out the form that is located in this newsletter and fax it in, or sign up on our website. It's easy to do and you will be helping your community. So come on, save some money, help solve our community's challenges and join YOUR homeowners' association.



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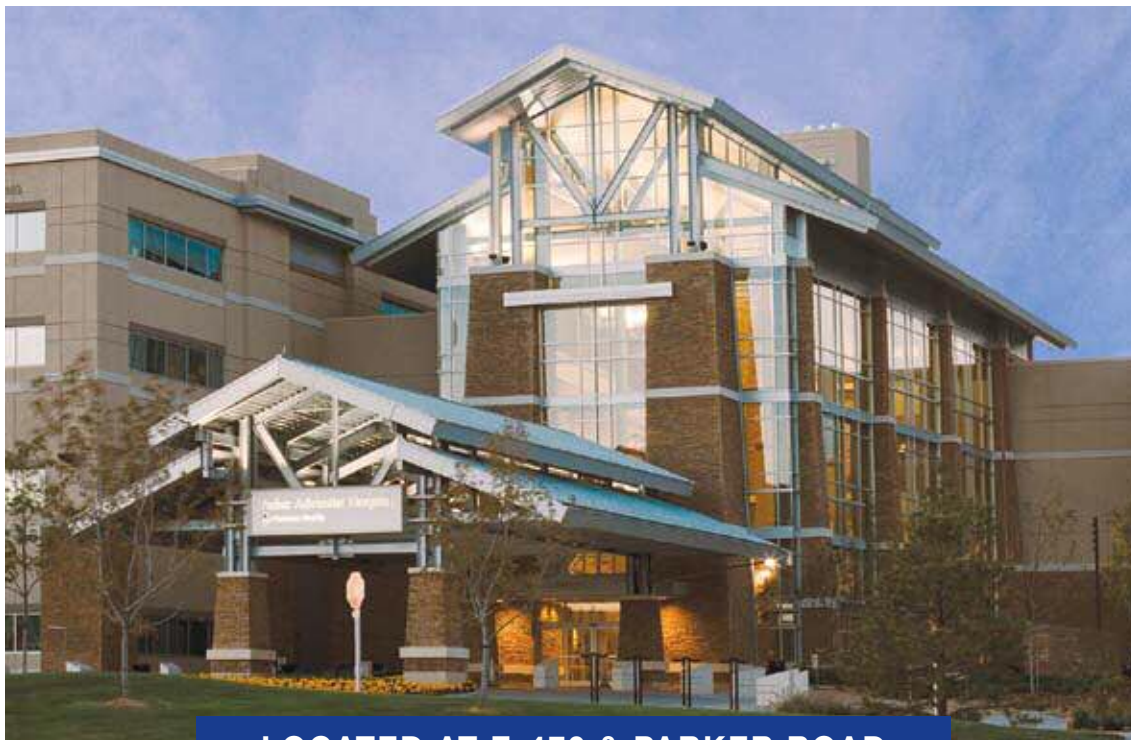
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- Visit **parkerhospital.org/doctor** for a list of doctors at Parker Adventist Hospital



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Adventist Hospital**



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Parker, CO 80138
Phone: 303-269-4000

Our Sister City in Mission Viejo, California: Recognizing Our Community

The exhibit on our neighborhood continues to be on display in Mission Viejo, California. Many people in California were completely unaware that a miniature version of their city, with the same streetlights, "Barcelona" entrances and right-of-way walls existed in Colorado. Mission Viejo California, also built by the Mission Viejo Company, is widely regarded as one of the best master planned municipalities ever to be developed in the United

States. Mission Viejo, California is also considered among the safest and one of the most desirable cities to live. If you are in southern California, be sure to see the exhibit at the Heritage House, 28951 Melinda Road in Mission Viejo, California. It is open the 2nd and 4th Saturday of the month from noon to 4:00 p.m. or by appointment. For information call **949-470-3062**.



*"Only those who will risk going too far
can possibly find out how far one can go."*

— T.S. Eliot

*"So don't follow the money. Follow the excitement.
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— Tim O'Reilly, Publisher

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- Arapahoe County Open Space & Trails Advisory Board Member, 2004 - 2009
- Served on City of Aurora Blue Ribbon Panel on Governance and Infrastructure, 2006-2008



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Cherry Creek Schools News – Aug/Sep 2009

For information about Cherry Creek Schools, visit www.CherryCreekSchools.org. For questions or concerns about Cherry Creek Schools, contact **Tustin Amole at 720-554-4475**.

IMPORTANT DATES FOR 2009-2010

Fall Break: Oct. 26-30, 2009

Winter Break: Dec. 21, 2009 - Jan. 1, 2010

Spring Break: Mar. 29 - Apr. 2, 2010

The district's 2009-2010 traditional, transitional and 4-track calendars are available on the district's website at www.cherrycreekschools.org.

BACK TO SCHOOL!

The 2009-2010 school year is already underway for nearly 6,000 students who went back to school on July 7 at the district's eight four-track schools, and another 3,200 students who attend the district's five transitional schools, which began classes on Aug. 17. The remainder of students – more than 40,000 – return on Aug. 24 when traditional schools resume classes.

Help keep our kids safe as they go back to school! Drivers should slow down in school zones and watch for children gathered at bus stops or walking or riding their bikes to and from school.

CHERRY CREEK SCHOOLS

CITED FOR SIGNIFICANT GROWTH

The Colorado Department of Education has recognized eight Cherry Creek Schools for showing significant growth in one or more content areas over the past 3 years on the Colorado Student Assessment Program tests.

The following schools had consistent Median Growth

Percentiles (MGP) of 60 or higher: Belleview Elementary School; The Challenge School (K-8); Cherry Hills Elementary School; Cottonwood Elementary School; Coyote Hills Elementary School; Dry Creek Elementary School; Peakview Elementary School; Falcon Creek Middle School

Read the full story at <http://www.ccsd.k12.co.us/News/CSAPGrowth/>

SCHOOLS TRANSFORMED OVER SUMMER

The sounds of lockers slamming and children talking were replaced with the rattling of jackhammers and buzzing of drills in the Cherry Creek School District this summer.

The district is utilizing dollars approved in the 2008 bond election to renovate schools, build a new school, upgrade electrical systems and replace heating and ventilation systems.

Read the full story at <http://www.ccsd.k12.co.us/News/SchoolsTransformed/>

FASB FITNESS FESTIVAL SEPT. 12

Get ready for the 9th Annual First American State Bank Fitness Festival, coming up on Sat., Sept. 12 at Crescent Park, Belleview and DTC Blvd., in Greenwood Village. Enjoy a 5K Walk/Run followed by delicious food from area restaurants. Proceeds benefit the Community Asset Project of the Cherry Creek School District, which positively impacts 50,000 students and their families through youth leadership training and other asset building initiatives.

For registration forms and additional information, visit <http://www.fasbfitnessfestival.com/>.

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- Free Market Analysis on our neighborhood

Mission Viejo Elementary PTCO News

Hello to all of our neighbors in the Mission Viejo community. We hope everyone had a wonderful summer. I cannot believe we are already back in school. The Mission Viejo Elementary PTCO has a few exciting events going on that we would like to make you aware of. Our first event of the school year on Friday, September 18th from 6 to 9 p.m. will be our fall carnival, "Celebrating our Community Heroes." We will have traditional carnival games, bouncy castle, DJ and static displays from ATF, FEMA, Aurora PD K-9 unit, Aurora Animal Control and others. This is a community event and everyone is welcome. We will have pizza and drinks available for purchase. Tickets for games may be purchased the night of the event. There is no entry fee. We hope to see you there.

Our first PTCO meeting for the school year will be on Wednesday, September 9th from 6 to 7 p.m. in the school library. This is a general meeting and open to everyone. We would love to hear your ideas.

Beginning August 28th to September 11th, we will have our first fundraiser for the year. Children will be selling items from the Sally Foster catalog and Gold C coupon books (\$10). All of the money raised will be used to purchase Smartboards for our classrooms. If you would like a catalog or would like to order a Gold C book, please contact **Susan Sprinkle at 303-358-4612**.

Chick-fil-A will be hosting our first 2009-2010 spirit night for MVE on September 29th. 20% of sales between 4 and 9 p.m. will be donated to Mission Viejo Elementary. Just go to Chick-fil-A, tell them you are there for Mission and the school gets 20%. Drive-through orders count too!

Please mark your calendars for our Veteran's Day event on November 11th (my personal favorite) from 8:30 a.m. to noon. More information on this event will be available in the October newsletter or contact **Sandy Roberts at 303-693-8400**. Our students do a fantastic salute to our veterans. This is a community event and trust me, you do not want to miss it!

We look forward to seeing our neighbors in our school throughout the year!

— **Sandy Roberts, President Mission Viejo PTCO**

Cherry Creek Schools News, continued from page 6

CCSD TEACHERS HONORED

In July, President Barack Obama named **Kathryn Eyolfson**, fifth-grade teacher at Coyote Hills Elementary and **Lana Hansen**, first-grade teacher at Willow Creek Elementary, as the Colorado recipients of the Presidential Award for Excellence in Mathematics and Science Teaching. They will be honored at a White House ceremony this fall.

Want more news from Cherry Creek Schools? Sign up for the monthly Cherry Creek Schools Community eNewsletter. In addition to the latest news from the Cherry Creek School District, you'll receive breaking news regarding urgent events and emergency information. Go to www.cherrycreekschools.org and click on "eNewsletter" at the bottom of the page.

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Welcome, New Newsletter Carriers

A short article in the August newsletter stated that new volunteers were needed to replace some of the present volunteers who had other commitments. Five neighborhood residents have volunteered to help with this task that has saved the HOA \$2,400 as of September 1st. We would like to welcome **Helga Manna, John Dubler, Linda and Steve Duhon-Thornton and Dan Miller**. Four of these residents are replacements on present routes and John Dubler is going to substitute for carriers who are on vacation. **Rose Ann Bershenyi** has volunteered to coordinate the newsletter delivery in October while Elaine is on vacation.

We would like to thank our continuing volunteers, most of whom began delivering the newsletters in February. They are: **Mally Blecha, Dala Giffin, Amy McDonald, Vance Tucker, Sharon Wolseth, Andrea Niernberger, Sandy and Steve Weiner, Sean Ratchford, Troy Haller, Marti Kuntz, Dee Klaus, Heather Tyrell, Elaine Lay, Lois Kiefer, Clarence Fuhrer, Ron Dunlap, Nancy Miani, Mary Williams, Tricia Roush, Gregg Flannery, Lori Underwood, Dena Appleton and Chris Hammeren**. They are a great group of volunteers!!

Get the Latest on your HOA Board Actions



All of the Mission Viejo HOA board meeting minutes, agenda, financials, by-laws, policies and other organizational information can be found on the Mission Viejo HOA website at: http://www.missionviejohoa.org/about_us.htm and <http://www.missionviejohoa.org/meetings.htm>.

Around Aurora

WOMEN'S FINANCIAL NETWORK WORKSHOPS, WOMEN AGES 18 AND OLDER

This educational workshop for women only will introduce the three hurdles to overcome to reach your financial goals and the three strategies that will become your biggest allies to creating and preserving wealth. Free. Register at www.auroralibrary.org or call **303-627-3050**. **September 3rd, 5 p.m.** Tallyn's Reach Library, 23911 E. Arapahoe Road, Aurora.

THE AURORA FOX PRESENTS "THE BIG BANG"

Celebrating 25 exciting years of live theatre, this musical comedy is about the history of the world as performed by two men in less than 90 minutes. Tickets are \$12 child, \$20 senior, \$24 adult. **September 11 to October 11, Friday and Saturday, 7:30 p.m., Sunday, 2 p.m.** The Aurora Fox, 9900 E. Colfax Ave., Aurora. **303-739-1970** or aurorafox.org

THE POWER OF ONE PERSPECTIVE: DR. MOM

Known as Dr. Mom, **Marianne Neifert, M.D., M.T.S.**, has successfully combined medicine as a pediatrician and motherhood as a mother of five, all born during her medical training. She offers sage counsel about the universal quest to balance one's personal and professional lives. No registration required. **September 13th, 2 p.m.** Aurora Central Library, 14949 E. Alameda Parkway **303-739-6600** or auroragov.org/powerofone

MAKE YOUR OWN ALPHABET BOOK, ages 3 and older

Children will cut pictures from old magazines that correspond

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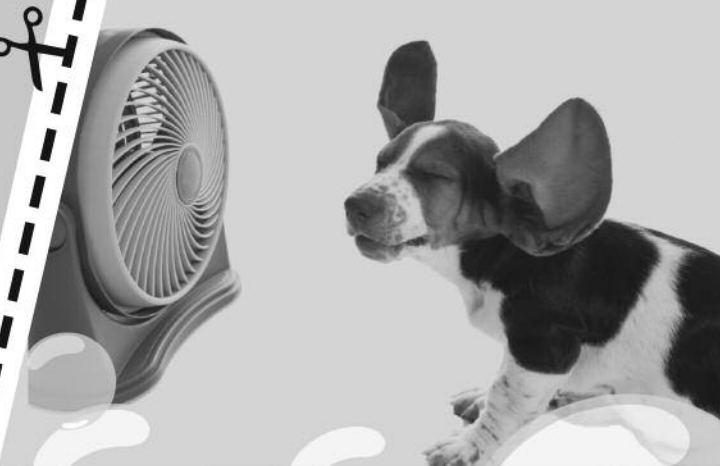


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Around Aurora, continued from page 8

with the different letters of the alphabet, and make books they can take home. Free. Register online at auroralibrary.org or call 303-627-3050. **September 17th, 4 p.m.** Tallyn's Reach Library, 23911 E. Arapahoe Road, Aurora.

RUBBER STAMP FUN, AGES 5 AND OLDER

Use rubber stamps to make a card with a fall theme or any idea you choose. Free. Register online at auroralibrary.org or call 303-326-8600. **September 15th, 4 p.m.** Mission Viejo Library, 15324 E. Hampden Circle, Aurora.

RUSH TO THE ROCKIES TEA, AGES 8 AND OLDER

Enjoy a fascinating visit with two of Colorado's most famous 19th century stalwarts: **Augusta Tabor and Winfield Scott Stratton**. During this traditional tea, learn about the rush to the West, the lure of gold and silver, and the greed and tragedy of those eager to get rich quick. Registration is required. \$25 (\$19 Aurora residents). **September 19th, 2 to 4 p.m.** Aurora History Museum, 15051 E. Alameda Parkway. Call 303-326-8650 to register.

FESTIVAL INTERNATIONAL

Celebrate the many cultures represented in the metro area with music, dance, food and a Passport to Cultural children's activity area. Free admission and activities. **September 19th, 11 a.m. to 6 p.m.** Fletcher Plaza, 9898 E. Colfax Ave., Aurora. 303-361-6169 or www.aurorabusiness.info

BARK IN THE PARK AND LUNDEFEST TOO!

This dog festival, presented by the Arapahoe Kennel Club AKC, features demonstrations, educational sessions, a kids' corner and dog and food vendors. The event also features a Norwegian Lundehund Dog Event at 11 a.m., which profiles this rare, six-toed breed. Admission and activities are free. Dogs are welcome. **September 20th, 10 a.m. to 3 p.m.** Expo Park, 10955 E. Exposition Ave., Aurora. 303-696-7106

DOG TRAINING OPEN HOUSE

Meet our instructors, learn about our classes, see demonstrations on solving the three most common canine behavior problems and get a goodie bag. Free. **September 24th, 6 to 7:30 a.m.** Beck Recreation Center, 800 Telluride St., Aurora. 303-326-8630

LETTER FORMS, AGES 10 AND OLDER

Press on letters and stencils will be used to make new shapes out of existing letters. Free. Register online at auroralibrary.org or call 303-627-3050. **September 24th, 4 p.m.** Tallyn's Reach Library, 23911 E. Arapahoe Road, Aurora.

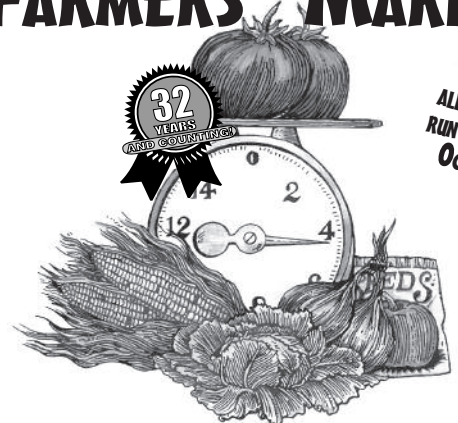
**WARD VI TOWN MEETING
WITH COUNCILMAN BOB BROOM**

September 15th, 7 p.m. Mission Viejo Library, 15324 E. Hampden Circle, Aurora. The agenda will include ballot questions (Library District etc.) and Tri-County Health to talk about their services, swine flu plans and West Nile Virus progress.

MISSION VIEJO NEIGHBORHOOD WATCH MEETING

September 8th, 7 p.m. Mission Viejo Library, 15324 E. Hampden Circle, Aurora.

METRO DENVER FARMERS' MARKET



ALL MARKETS
RUN THROUGH
OCTOBER

MARKET ON YOUR CALENDAR

Mon • TAMARAC S. Tamarac Dr. & E. Hampden Ave. 11 a.m. - 3 p.m.	Tues • AURORA 333 Havana Street 11 a.m. - 3 p.m.	Wed • ASPEN GROVE 7301 S. Santa Fe 11 a.m. - 3 p.m.
Thurs • WHEAT RIDGE 4252 Wadsworth Blvd. 11 a.m. - 3 p.m.	Sat • SOUTHWEST PLAZA W. Bowles and S. Wadsworth 8 a.m. - 2 p.m.	Sun • HIGHLANDS RANCH TOWN CENTER Between Lucent Blvd. & Broadway 10 a.m. - 2 p.m.

For more information call the Market Hotline
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—US Consumer Product Safety
Commission (CPSC) Pub #516

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To add your teen's name, please call **Colorado Lasertype** at **303-979-7499** 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.

Cyle C.	16	P/L/S	720-870-0916
Kim C.	16	B	303-981-3261
Trevor D.	12	P/L/S	303-841-5266
Christina G.	15	B/P	720-785-0272
Tyler H.	16	P/L/S	303-667-6566
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Call us to ask how to get added to one of the categories above!
303-979-7499

Visit our website for advertising information, ad rates, a map of the
HOA newsletters we publish and details about our graphic design services.
www.ColoradoLasertype.com

Many Hands Make Light Work

Be sure to take a look at the flower garden in Mission Viejo Park! It is looking GREAT! On August 20th, **Dala Giffin** organized a rejuvenation activity, which involved pulling weeds and spreading new mulch. Because there were so many volunteers for this activity, the task was accomplished in less than three hours. Thanks goes to these neighborhood residents for showing up to help out with the flowers: **Dala and Randy Giffin, Jerry and Lois Kiefer, Darlene Fulton, Sandy Weiner, Helga Manna and Elaine Lay**. Dala is still looking for volunteers to water and weed the area on a monthly rotation basis. If you are willing to help, please call Dala at **303-690-0492**.

The Pen of the Future?

Just what you wanted: a pen that never misses a word. The Pulse smartpen from Livescribe doesn't just let you write down notes, it actually records voices with noise-canceling software, lets you play recordings back, a USB connector that allows users to recharge the pen and also transfer notes and audio to their computers. And it also writes! For more information, go to www.livescribe.com.

CLASSIFIEDS

Classified ads are \$3.55/line. Call Colorado Lasertype at 303-979-7499 to place an ad. 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.

MCNAMARA'S PAINTING – Interior, Exterior. Power washing, decks, wall finishing & drywall texturing. **303-503-0589** www.mcnamarapainting.com [11]

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Website

Visit the Mission Viejo HOA website today. Register your email address so you can be updated about information relevant to Mission Viejo via our emailing service, find covenants, membership forms, a map of Mission Viejo, Mission Viejo history and more. Visit us at: www.missionviejohoa.org

Tactics For Women To Fend Off An Attacker

Too often, women are targets for would-be predators. You and your loved ones can avoid the threat of assault by learning how to take care of yourself – and, if need be, defend yourself against an attacker. Remember these strategies:

- **Don't run blindly.** You have a split second to decide whether to fight or flee. Don't run unless there's safety nearby – a crowd of people or someone who can help you. Otherwise, chances are good the pursuer will catch up to you and you'll lose your advantage.
- **Attract attention.** An attacker may tell you to remain quiet or he'll hurt you. But a scream or a honk on your horn will make it more difficult for him to do what he wants without getting caught. Honking your horn or shouting "Fire!" is sure to draw unwanted attention and likely to make your enemy flee.
- **Fight with your whole body.** Use your elbows, knees and head in addition to your hands and feet. Don't punch – use your hands to grab, twist and inflict pain on your attacker. Instead of kicking at his groin, which may cause you to lose balance, use your knees or your hands to attack this sensitive area.
- **Attack the right areas.** Target the attacker's eyes, throat and groin. These are the points where you can do the most damage and disable your opponent, regardless of your size or physical strength.

Mission Viejo HOA Financial Report

Alan Engels – Mission Viejo HOA Treasurer and Vice President

Beginning Balance 1/1/09			\$ 2,813.09
	Budget	Actual	Difference
YTD Income-Dues	\$1,380.00	\$2,690.00	\$1,310.00
YTD Income-Corp. Contrib.	\$5,000.00	\$3,668.35	(\$1,331.65)
YTD Budget Expenses	\$7,295.40	\$3,932.39	(\$3,363.01)
YTD Unfunded Expenses	\$0.00	\$949.03	\$949.03
Current Balance 8/14/09		\$4,290.02	

Cutting Back on Caffeine? Don't Go Cold Turkey

That cup of coffee may help get you going in the morning, but skipping it may lead to problems more serious than drowsiness. Scientists say that about half of the 80 percent to 90 percent of Americans who drink caffeinated drinks every day may experience some symptoms of withdrawal if they stop suddenly, including headaches, irritability, depression and anxiety. The best way to cut down is gradually – drink a half cup instead of a full one, for example, and introduce decaffeinate substitutes over time to take the place of coffee, tea or caffeinated soft drinks.

Pollution Prevention Week, September 20-26

The third full week of September is designated by the National Pollution Prevention Roundtable as a time for businesses, government and individuals to explore options for stopping pollution and preserving our environment.

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Labor Day: What's It All About?

Labor Day is more than one last chance to fire up the grill before the end of summer. It's a yearly celebration of the American worker, a tribute to labor's contribution to the economic and social well-being of the United States.

Labor Day originated in an age of 12-hour workdays, seven-day-a-week schedules, child labor, and terrible working conditions. Some say the idea of Labor Day originated in 1882 with **Peter J. McGuire**, a co-founder of the American Federation of Labor. Others claim that a machinist named **Matthew Maguire** proposed the celebration while serving as secretary of the Central Labor Union in New York. There's little dispute that the first Labor Day parade was held on September 5, 1882, when 10,000 workers in New York City marched from City Hall to Union Square. The Central Labor Union selected the first Monday of September as its annual holiday in 1884.

The first state to officially recognize Labor Day was Oregon in 1887. By 1894, 23 more states had followed suit, and in that same year Congress passed an act making the first Monday in September a legal holiday throughout the country.

Baby Safety Month

Sponsored by the Juvenile Products Manufacturers Association, Baby Safety Month is intended to educate consumers on safety issues involving car seats, strollers, cribs, toys and other accessories for infants. See www.jpma.org for ideas and details.

Bring Passion Back Into Your Life

Have you lost the fire and passion that fueled you when you first began your career? Here's how to regain your enthusiasm and start moving forward again:

- **Compare and contrast.** Start with this simple sentence and fill in the blanks: "In my life, I was... and now I..." You'll find the answers to be very enlightening, whatever they are.
- **Reflect on the past.** Draw up a timeline from the very beginning of your childhood and figure out when you were happiest and what got you the most down. It leads to a better understanding of yourself.
- **Find your guideposts.** List five or six principles that guide you in life, and decide whether they are values you truly live by or ideas you merely talk about.
- **Fantasize.** Try writing a page or two on what you would like to do with the rest of your life. Or list things you would like to do before you die. Don't worry about practicalities or priorities. Just create that dream list.
- **Make it real.** Record your thoughts, feelings and hopes on a tape recorder. Or tell them to a trusted friend. That way, there's somebody to witness it and hear you out, and you'll feel responsible for making some changes.

"Everything has been figured out, except how to live."

— Jean-Paul Sartre

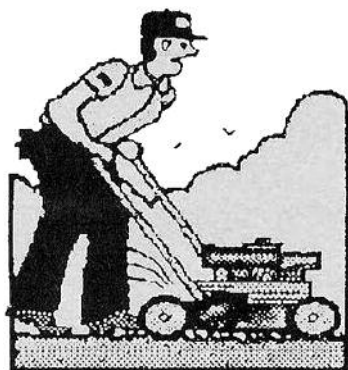
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