



MISSION VIEJO REPORTER

NEWS FROM THE MISSION VIEJO HOMEOWNERS' ASSOCIATION INC.

Vol. 03 No. 05

May 2010

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Library Update – Protecting the General Plan

We are still trying to negotiate what the HOA feels is a fair settlement. The City has given some indication to us of at least willing to listen. However the City did delay our trial and the City has yet to present their mitigation for their breach of contract (the promise to operate the library in our neighborhood for 50 years). The HOA will not settle for less than an assurance from the City that their promise will be upheld. Yet there is hope that within the next few weeks both sides will see an agreement. We still need your support however both financially and otherwise to see the City restore its obligation. Thank you.

Having a homeowners association is a guarantee that the General Plan and the agreements made with the City are maintained. This can all be traced back to the very creation of homeowners associations, which really did not regularly become a part of single-family homes until the end of the 1960's and early 1970's, precisely the time when our community was first planned and developed. Back then, developers were guided to a great degree by the Urban Land Institute who published many community developer books used by the industry at the time. One influential book was the "The Community Builders Handbook" (CBH) (Revised 1968). In that book among other topics, it highlighted that one the primary functions of a homeowners association is to conserve the neighborhood.

"Associations are effective in stabilizing and preserving the neighborhood plan and its amenities, and consequently, the values of residential properties over long-term periods." (ULI: CBH. p. 203).

That's why we are continuing our litigation. If we did not, we would be violating our duty to the community. The HOA believes it is upholding its obligations to the General Plan; the question we have to ask as citizens is the City doing the same? We are hopeful a resolution is in sight.

— Todd McMahon, Mission Viejo HOA President



Pro Disposal & Mission Viejo

In January of 2009 at the Mission Viejo annual meeting, Pro Disposal was selected to be our neighborhood trash service.

Besides eliminating multiple trash trucks driving around the neighborhood, the HOA also was seeking additional funding for neighborhood projects. At that time, there were already 275 Pro Disposal customers in the neighborhood. The contract stated that when there were 775 Pro Disposal customers in the neighborhood, they would begin to pay a \$2 rebate per customer per month back to the neighborhood. This number was reached in May and the \$2 rebate began. Presently there are 895 customers in the neighborhood and our last monthly payment was \$1,775.

Pro Disposal has been in business since September of 1999. RJ Foos and Dennis Ball are the owners of the company and in 1999 they were two of the first drivers. RJ and his dad operated BFI for 11 years. When his dad retired, BFI was sold and RJ went to work for Waste Management. In 1999, RJ and Dennis left their positions at Waste Management. "All we could do as managers was offer up an excuse and not do anything about it. We wanted more control," Foos said. Pro Disposal has experienced considerable growth since their inception back in 1999. The company started out with one truck and 200 customers. Today, the company has over 38 employees, 30 trucks and over 40,000 customers, including becoming the trash and recycling provider for the City of Lone Tree. And

continued on page 2

One Mission, One Truck, One Day!

Support Your Community: Enroll In The Mission Viejo Trash Program Today!

Having one service in the neighborhood saves wear and tear on our streets and improves traffic noise and safety. By participating in this program, Mission Viejo residents help to secure the resources of our organizations and maintain the high value of their homes. Sign up today via the web at <http://www.missionviejohoa.org/trash.htm> or fill out the sign-up coupon and mail it to us today! So, come on, save some money, and help your association protect and promote your most precious assets – YOUR home and YOUR community!



Need for Barcelona Wall Spruce Up Volunteers

Anyone who would like to help paint (white wash the walls) and do other repairs and clean-up on May 22 for areas that need to be prepped for our new entrance signs, please call **Todd McMahon** at 303-817-6932 or e-mail him at president@missionviejohoa.org. Thanks.

Next HOA Meeting

Third Tuesday

May 18th • 6:30 p.m.

Holy Love Lutheran Church

Everyone is Welcome!

Pro Disposal, continued from front page

recently they have also become the trash service provider for Highlands Ranch. Their goal is simply good customer service. The call center staff is always available and they return voice mail within fifteen minutes of receipt.

Since the neighborhood has begun receiving the \$2 rebates, the financial position of the HOA has improved immensely. With the additional funding, these are some of the things that have been accomplished in the neighborhood: **removal of 100+ dead junipers on Chambers Road, ability to secure an attorney to keep our library, removal of weeds throughout the neighborhood, Concert in the Park, Holiday Hayride, 4th of July party, a new "Yield to Pedestrians" sign for the school, Community Garage Sale and a flower garden in the park.**

With the continued funding from Pro Disposal and voluntary dues, these are some of the things that are yet to be accomplished: **sign replacement on the walls, removal of 50+ dead bushes on Hampden, dirt buildup on Chambers, weed killer for Hampden, Chambers and the inner circle, mulch and landscaping for Hampden and Chambers and cleanup on Quincy.** These things are in addition to the many other ongoing activities in the neighborhood. Thanks to the rebates from Pro Disposal, Mission Viejo will continue to thrive and grow as the neighborhood works to make this the kind of place we all want to live.

Sign up Today for the Mission Viejo Membership/Trash Program!

Sign up on the Web or Use This Form



MISSION VIEJO
HOMEOWNERS' ASSOCIATION, INC.
AURORA, COLORADO



PRO DISPOSAL, Inc.

and



Once 775 participants are achieved, Pro Disposal, Inc. will pay \$2.00 for every paid participant per month to the Mission Viejo Homeowner's Association Inc.

Service Information

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Last Name: _____

Street Address: _____

City, Zip Code: _____

E-mail Address: _____

Phone #: _____

Rate Per Mnth \$16.96 / Choose either a billing rate of four months at \$67.84 or a discounted yearly rate at \$186.56 (a savings of one free month).

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Comments: _____

Mail this form to: Pro-Disposal Inc. at 10100 East 102nd Avenue
Henderson, CO 80640-8492

Fax it to: Pro-Disposal at 303-289-4374

Please make checks payable to Pro-Disposal Inc.

Mission Viejo HOA Board of Directors



MISSION VIEJO
HOMEOWNERS' ASSOCIATION, INC.
AURORA, COLORADO



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303-817-6932

president@missionviejohoa.org

Alan Engels, Exec. Vice Pres. & Treas.

303-690-7063

execvicepresident@missionviejohoa.org

treasurer@missionviejohoa.org

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secretary@missionviejohoa.org

Troy Haller,

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boardmember1@missionviejohoa.org

Elaine Lay,

Board Member At Large

303-699-0657

boardmember2@missionviejohoa.org

Jeremiah Banigan,

Board Member At Large

boardmember3@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 Tobiasen, 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.

Open Stage Night

Attention Mission Viejo musicians! Come join us at the American Legion Post 1992, located at 16070 E. Dartmouth Avenue, for an Open Stage Night hosted by **Dick Frost**. Bring your instrument and play along or do your own show! It will be Wednesday, May 19, 2010, from 5:30-9:30. You don't have to be a legion member to participate. Contact **Bob Hamilton** for more details (303-547-2849).

Need Paint for the Gray

Trim Work on the Inner-Circle?

If you live in the Inner-circle area (Willowood) and your backyard is against Mission Parkway or Alicia Parkway and you need gray paint for the fence trim, let the HOA know as we still have some extra paint on hand that we would be happy to give out for free. Contact us at webmaster@missionviejohoa.org.

PTCSO News

Greetings to our Mission Viejo neighbors. I just wanted to update you on a few things going on at Mission Viejo Elementary. Starting now, our school will be participating in a year-round fundraiser with Pluggers Fundraising. They do aeration, seeding, etc. For every product or service they sell, they will donate a portion to the school. It is similar to the HOA trash program. If you would like to sign up, visit www.PluggersFundraising.com. You may schedule an appointment for the service you would like and pay online. If you do not wish to pay online, you may call them at **303-572-8652** to schedule an appointment and pay by check at the time of service. Whether online or by phone be sure to give them Mission's ID #2010-0008-MVE.

If you are interested in volunteer opportunities at the school, I encourage you to sign up for PTO Manager. This is a web-based e-mail system that allows us to send out our volunteer needs to the masses. It is also a great source to receive reminders of upcoming events and due dates. Go to the website www.mission-viejo.ptomanager.com and in the lower right hand corner, click on Click Here to Register. Next, enter your email address and a password. Type them again to confirm. Click on Save.

Step 1: First Name, Last Name, Email, and Email Confirmation are required

Step 2: Click on the Step 2 tab in the middle of the screen (or hit the Save button) to enter your availability to volunteer, if desired.

Step 3: Click on the Step 3 tab (or hit the Save button) to enter your student(s). Click New Student. First and Last Name are required.

SCHOOL HAPPENINGS:

From May 3rd 14th, we will be partnering with Chick-fil-A at Pioneer Hills to do our 4th annual donation drive for the troops. If you would like to participate, you may drop off any donations to the front office at the school. All of the items will be sent to our brave men and women serving in Iraq and Afghanistan. If you know of someone who is serving in those countries, be sure you give us their name and address and we will get them on the list to receive a care package. Below are some of the needed items. When possible, please purchase travel-size toothpaste, mouthwash, deodorant, shampoo, shaving cream, razors (must be fairly good quality due to the field conditions, otherwise it just tears through their skin), gum, hard candy, Little Debbie's and Pringles. If you have any questions, please feel free to contact **Sandy Roberts at 303-693-8400**.

Mission Viejo Elementary will host a spirit night at Bono's BBQ on Abeline and Mississippi on Wednesday, May 19th from 4 to 9 p.m. 20% of sales for the evening will be donated to the school to go into our general fund.

On Friday, June 4th, Mission Viejo Elementary will host our end-of-the-year party from 6 to 9 p.m. at the school. This is a free community event. There will be music, food and fun. The only thing that we will be charging for will be food and all of the proceeds will go to support our Assets/Liaison program. You are also welcome to bring a picnic.

We hope to see our neighbors at the school and we thank you for supporting Mission Viejo Elementary.

— **Mission Viejo Elementary PTCO Board:**

Sandy Roberts, Susan Sprinkle, Amanda Boyd & Andi Truett

Sprinkler Activations, Spring Turn-On

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Emergency Assistance Resource

With many people out of work in this recession, I want fellow residents of Mission Viejo to know that among the emergency relief agencies in Aurora, there is one governed by a Board of Directors of 30 church organizations whose mission is to provide substantive help to needy residents of Aurora. This nonprofit is Aurora Interchurch Task Force, Inc. (AITF). All residents of Aurora who need resources due to an emergency may apply for assistance from AITF by proving they reside in the city and providing identification for every member of their household. Clients must call **303-360-0260** to request services and make an appointment. The phone lines are open from 8:30 to 2:30 on Monday to Wednesday and Friday. AITF provides the following services if requirements are met:

- Groceries for the household (Call in the morning for a food pick up appointment later the same day.)
- Clothing (Appointments are made weekly for clients to select from the clothing bank.)
- Layettes and diapers
- Prescription assistance (through a north Aurora pharmacy)
- Bus tokens (for work or critical appointments)
- School supplies
- Limited rental assistance (given through grants from Adams and Arapahoe counties when clients meet specific criteria)
- Limited utility funds (available from an Energy Outreach Colorado grant, therefore clients should sign up for LEAP prior to calling AITF)
- Referral to other human resource agencies if AITF cannot help.

AITF was established 41 years ago by Church Women United

and purchased a site for storage and dispersal of goods at 1553 Clinton Street in 1975. This year AITF has been experiencing a wave of people in situational poverty for the first time. Although funding has decreased, AITF is grateful to announce grants for 2010 from the McCormick Foundation and Denver Post's Season to Share and a Critical Needs grant from the Denver Foundation as well as those listed above.

If you know someone in need of help, give them AITF's telephone number. If you wish to donate nonperishable food, diapers, slightly used clothing, toys, books, or small household appliances, call **303-360-0260** to be sure that volunteers or staff will be available.

— **Judith Barrow, Executive Director**
of the Aurora Interchurch Task Force, Inc.

Cherry Creek Schools News – May 2010

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.

CCSD NEWS DELIVERED TO YOUR EMAIL BOX

Get the latest news from Cherry Creek Schools by signing up for the monthly Cherry Creek Schools Community eNewsletter. Subscribers will also receive occasional 'eBlasts' containing breaking news and emergency information. Go to www.cherrycreekschools.org and click on "eNewsletter" at the bottom of the page.

IMPORTANT DATES FOR 09-10

May 27th Graduations: CCHS 8 a.m., CTHS, noon, GHS, 4 p.m.

May 28th Graduations: EHS 8 a.m., SHHS, noon, OHS, 4 p.m.

continued on page 5



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Cherry Creek Schools News, *continued from page 4***IMPORTANT DATES FOR 10-11**

Fall Break, Oct 25-29, 2010

Winter Break, Dec 20-31, 2010, (School resumes Jan 3, 2011)

Spring Break, Mar 28-Apr 1, 2011

The district's 10-11 traditional, transitional and 4-track calendars are available on the district's website at www.cherrycreekschools.org.

BOARD OF EDUCATION**CONSIDERING BUDGET RECOMMENDATIONS**

The Cherry Creek School District Board of Education is considering several recommendations to cut a total of \$17 million from the 2010-2011 budget. The cuts are necessary because of dramatic reductions in state funding for public education. Budget recommendations include a 5% reduction in school and department budgets, increasing the walking distance at the middle and high school levels and adjusting the start and end times at all schools. Detailed information about the budget recommendations is available on the district website at www.ccsd.k12.co.us/BudgetMatters/. Board of Education members are also considering feedback from parents, community members and employees responded to an online survey or attended eight Budget Town Hall meetings held throughout the district in April. By law, the Board must approve a balanced budget by the end of June.

AVID HELPS STUDENTS SUCCEED

The Cherry Creek School District is leading the nation in AVID, a program that prepares students – especially those in the academic middle who do not have a college-going tradition in their families – for college eligibility and success. AVID, which stands for Advancement Via Individual Determination, goes

hand-in-hand with Cherry Creek Schools' commitment to raise the achievement of all students, close the achievement gap, and ensure that all graduates are college-ready, regardless of the path they plan to follow after high school. Here's why the Cherry Creek School District stands out in AVID:

- All of our middle and high schools are AVID schools
- Six of Colorado's nine National AVID Demonstration Schools are in CCSD
- CCSD has more National AVID Demonstration Schools than any other district in the country

Read more about how AVID is helping our students succeed at <http://www.ccsd.k12.co.us/News/AVID/>.

ELEMENTARY #41 NOW PINE RIDGE ELEMENTARY

Elementary 41 is no longer just an architectural drawing, in fact, it's no longer Elementary 41; the school's new name is Pine Ridge Elementary. Construction on Pine Ridge, which will open for classes in August 2010, is progressing quickly with red brick exterior, sky lights, plumbing, paint and drywall. To see photos and read more about the progress on Pine Ridge, visit www.ccsd.k12.co.us/News/PineRidgeProgress/.

YOU'RE INVITED!

Smoky Hill High School

- May 4, 7:15 p.m., Orchestra Concert
- May 6, 7:15 p.m., Band Concert
- May 8, 4 p.m., Senior Recital
- May 14-15, 7:15 p.m., Dance Showcase
- May 20, 7:15 p.m., Choir Concert
- May 21, 7:15 p.m., Improv Show



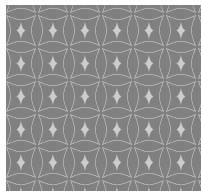
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Parker Adventist Hospital



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City Sidewalk Repairs

If you notice the sidewalk in front of your house is in bad shape, please contact the City of Aurora, Street Services Division by providing your name, e-mail address or daytime phone number, your home address, and a detailed description, which includes the location to Streets@auroragov.org. Also indicate whether you would like us to e-mail you with the results of our investigation and what action we will take.

If you prefer to speak to someone in person, call the Street Services Division at **303-326-8200**. These requests help us maintain your streets. Thank you for taking time to report damaged areas!

Mission Viejo Elementary School Remodeling Project

Here is a list of improvements that will take place in our neighborhood school thanks to the passage of issues 3A and 3B in the 2008 November general election:

- Lowering the ceiling in the cafeteria
- Extended kitchen and music areas
- Replacement of ceiling tiles
- Removal of the movable wall panels, replaced with permanent walls
- New ceilings
- New door fixtures
- New room signage
- New restroom flooring, paneling, and toilet fixtures
- New flooring in many classrooms
- New facility restroom
- New landscaping in the entry patio
- New countertops
- New drinking fountains
- New casework in the computer room
- New light tubes
- All new paint
- New lighting throughout
- Sound enhancements in classrooms
- New boilers

The school is planning to hold a community open house on August 18th to show everyone the improvements. Stay tuned for details.

Looking For That Special Gift? Try the HOA Shop

The HOA has a few select t-shirts, golf shirts, bumper stickers and more. Please visit our website and click on the HOA shop link. For every item purchased, the HOA receives a small rebate. So come on, show your community pride – let everyone know you love Mission Viejo!



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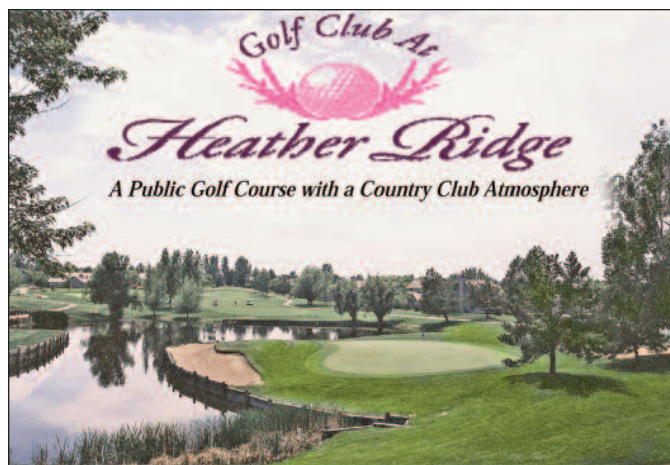
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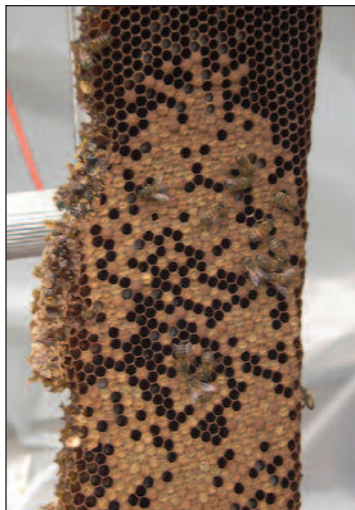
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DIY – Not This Time!

Like many of the residents in Mission Viejo, I take pride in caring for my home and do what I can to make improvements and correct problems. However, I recently had to eat my pride and call in the experts. Before I explain my recent encounter, I need to set the stage.

A couple of years ago, there was a swarm of bees about one foot across hanging from a tree in my back yard. About a day or two later, the swarm broke up and floated down the street like a small cloud. After all the excitement, I talked to **Betsy Contreras**, who lives in Mission Viejo and raises bees, about what happened. She came over and we discovered that there was still a bee colony in the soffit on the south side of my house. Since the bees weren't bothering us, we left them alone. As a side note, we had a good crop of tomatoes for a few years and my wife credits the bees.

Back to current day. After long deliberation, my wife and I decided that the bees should be removed even though our tomato plants may suffer. Since bees are responsible – through plant pollination – for about 25% of the food we eat, we didn't want to kill them. After evaluating the situation, it seemed very unlikely that I would be able to work about 25 feet up on a ladder with bees swarming around and walk away without some type of injury. Needless to say, I had to eat my pride and call in the professionals. In this particular case, the professionals are a father and son team, **Paul and Dusty Woolsey**.



The Dynamic Duo arrived Monday morning and went to work removing the soffit. Once it was down, we were looking at a bee hive that was about six feet long, 22 inches wide and seven inches deep. Paul estimated that he removed about 45-50 pounds of wax, honey and bees.

It was interesting watching them go up and down the ladder removing the bee hive. They removed the wax with a special tool and put it in a bucket to be lowered to the ground. When they got to the main cluster of bees, they used a vacuum system to suck the bees into a ventilated box. After watching them for a while, you realize that their movements are slow and precise. First of all, the bees are attracted by rapid movement and this is a good time to keep a low profile. Second, the hive being removed has bees on it and you don't want to squeeze them – they don't like that.

You hear people talk about horse whisperers and even dog whisperers. I think Paul is a Bee Whisperer. As he worked on removing the hive, he gently talked to the bees and was rewarded with only one sting – guess he said something wrong. Dusty wasn't as lucky and got stung about three times. When they did get stung, they took a little honey and places it on the sting to help take away the pain. Guess that's a trick of the trade.

Not only did we have the bees removed, but we also got an education on how to handle bees and some of the many medical benefits provided by bees – that's a whole story by itself.

continued on page 9



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DIY – Not This Time!, continued from page 8

The process took two days and concluded with the soffit being replaced plus new insulation to prevent the bees from returning and starting a new hive. Both men are extremely knowledgeable about not only how to handle bees but in their breeding and the benefits of bees. They also informed us that since we have bees, there are likely more hives within Mission Viejo. It might be wise to walk around your house during the warm weather and see if there are bees gathering around any openings in your home. If you do find a swarm, that is a good indication that the hive has made a new queen bee and is looking for a new home. That also means that the old queen bee is still in an existing hive nearby.

After this experience, I'm glad that I decided to call in the experts. Doing it yourself is nice but in this case I probably saved a lot on hospital bills and got a warm fuzzy feeling about having the brood (new born bees) being transferred to new hives to start the cycle all over again.

— Don Bays, Mission Viejo Resident

**Start Saving For Retirement Now**

How much money can you lose by not contributing to a 401(k) when you're young? Money magazine senior editor Walter Updegrave did the math: A 34-year-old making \$50,000 who contributes 10% of his or her salary to a retirement plan will have about \$680,000 in the plan at retirement time (assuming a 7% annual return, and a salary that rises 2.5% a year).

But waiting six years to start contributing to a plan would leave the employee with just \$475,000 at retirement age. Workers who procrastinate until they're 45 will have just \$335,000, or less than half what they would have saved by starting at 34.

What Your Teens Are Doing Online

Today's young people are increasingly online – no surprise there – but they're shifting their focus a little. Their biggest interest is social networking. 73% go online for Facebook or MySpace or some other Internet meeting place.

Meanwhile, blogging has lost their interest. In 2006, 28% of teens and young adults on the Internet were bloggers; in fall 2009, only 14% of teens were still blogging. And only 8% use Twitter, possibly because texting and social networking sites are filling their need to chat online.

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Ready, Set, Stitch!

Enter Quilts & Needlework in the County Fair

Open Class contest sends out early call for Fiber Arts entries

It takes plenty of time and technique to piece together a hand-made quilt, stitch a needlepoint, knit a garment or crochet an afghan. That's why the Arapahoe County Fair is putting out an early call to needle masters to start preparing their entries for the Open Class Fiber Arts Competition of the 2010 Arapahoe County Fair, July 21st through 25th.

Citizens from any county and of all ages can enter their handiwork in the quilting, knitting, felting, crocheting and various needle arts sections of the contest. Submit your best to earn a blue ribbon and bragging rights that last a year.

New this year will be judging of quilts in every class based on size. A class specifies how the quilt is made, such as hand or machine-pieced and quilted, appliquéd, embroidered and more. Within each class, size groups include: wall hangings at least 36 inches square or smaller; regular quilts smaller than 72 by 90 inches, and large quilts 72 by 90 inches and larger.

Contest guidelines, classes and an entry form can be found in the Open Class Fair Book, available at www.arapahoecountyfair.com or by calling **303-730-1920**.

Pre-entry forms are recommended and must be mailed by June 25 to the CSU Extension (5804 S. Datura Street, Littleton, 80120). Walk-in entries and all exhibits are accepted at the Arapahoe County Fairgrounds (25690 E. Quincy Ave, Aurora) from 10 a.m. to 7 p.m. on July 19, or 8 to 11 a.m. on July 20. Pre-entry costs \$1 per entry, while walk-in entries cost \$2.

The Arapahoe County Fair offers an incredible value with gate admission that includes full access to all concerts, rodeos, a demolition derby, livestock shows, petting zoo, mutton bustin' for youth and more. It also offers the best bargain around for a wristband with unlimited carnival rides!

On Wednesday to Thursday (July 21 to 22), enjoy \$5 gate admission, or \$15 for admission and unlimited carnival rides. Friday to Sunday (July 23 to 25), enjoy \$10 gate admission, or \$25 for admission and unlimited carnival rides.

Volunteers and sponsors are always needed to contribute to the success of the Fair. For sponsorship opportunities, please contact **Jim Abendschan at 303-795-4956**. To learn about the hundreds of volunteer positions available, contact **Val Purser at 303-738-7938**.

Going Shopping? Don't Forget Your Cell Phone

Remember when cell phones were just for calling people? Nowadays we use them for all kinds of activities.

A survey sponsored by Motorola Inc., for example, found that 64% of consumers ages 18 to 34 had used their mobile phones as shopping assistants over the previous two weeks.

Shoppers used their phones to compare prices and features, take pictures of products they were deciding to buy, or access online coupons.

The survey questioned 4,500 shoppers in 11 countries. Mobile phones are most popular with shoppers in Asia where 78% reported using them; the U.S. and Canada came in last for phone-assisted buying with only 45.1% of consumers relying on them during shopping excursions.

Sister City News – Mission Viejo CA

Former MV Company CEO Jim Gilleran Passes

On April 20, 2010, the former CEO of the Mission Viejo Company, **Jim Gilleran**, passed away. Gilleran was one of the creators and pioneers of the planned community of Mission Viejo. He was also the Mission Viejo Company signatory with the City of Aurora obligating the City to keep the Mission Viejo Library in Aurora open for a minimum of 50 years.

The MV Company began in 1963 with three owners: Donald Bren, the George A. Fuller Company, and the O'Neill family. The shareholders and Board of Directors – **Donald Bren, Philip J. Reilly, James E. West, Richard J. O'Neill, Anthony R. (Tony) Moiso, and J. Jerome Moiso** – recruited Gilleran from the Phillip Morris Company after that company acquired the Mission Viejo Company in 1971. Gilleran was Vice-President of Finance, later advancing to President and CEO until his retirement in 1994. Jim is survived by his wife of 33 years, Carol, five children, and seven grandchildren.



Former Mayor Robert Breton (L) and MV Company CEO Jim Gilleran (R) at dedication of Gilleran Park in February 1993.

Don't Quit When You're Quitting Cigarettes

Mark Twain supposedly said, "Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times." But for most people, really giving up cigarettes is the most difficult challenge of their lives.

If you're looking for help on your quest to become smoke-free, consider these suggestions:

- **Set a date.** Don't just decide to stop smoking on a whim. Set a firm date so you can prepare yourself mentally and start tapering off, if that's your approach.
- **Know why you're quitting.** Some people write their own personal mission statements, citing health benefits, their family, and other compelling reasons to quit. Whether this is your style or not, be clear in your mind about why ending your cigarette habit is important to you.
- **Get support.** Many people can't quit smoking alone. Whether you join a support group or just seek counseling from your family and physician, enlist people to help you keep your commitment strong.
- **Exercise.** You'll relieve stress and help your body recover from years of tobacco use. Start out slowly, and check with your doctor.
- **Drink lots of water.** Water can help flush nicotine and other chemicals from your system and can satisfy your craving for something to put in your mouth.
- **Do what works.** Some people try burying all their cigarettes so they have to put a major effort into getting a smoke, or chewing dog biscuits when they feel like a cigarette. Don't go overboard, but find a solution that works for you.

If you use cables to start your car more than the key, it's probably time to go shopping.

A new car starts with an auto loan from Bellco Credit Union. You've put off buying a car for a while now. This is a great time to buy, especially when you consider Bellco for your auto loan. Advantages like the same low rates on new and used cars, longer more flexible terms, a simple application process, and approval within 24 hours make it easy to choose Bellco. It's never been a better time to replace your old car. And with a Bellco Auto Loan, we can help put you in the driver's seat.



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Teen Services

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.

Brooke B.	16	B*/P	303-995-2758
Kim C.	16	B	303-981-3261
Phoenix C.	14	B/P	720-379-6192
Trevor D.	13	P/L/S	303-557-8853
Sara E.	14	B	720-971-7133
Christyna G.	16	B*/P	720-785-0272
Tyler H.	16	P/L/S	303-667-6566
Shay P.	12	B*	720-971-7133
Sara S.	15	B/P	303-518-8140
Carly T.		B*/P	720-366-4822

Teen Services Updates in June

We update the teen services list each year. If you would like to remain on the list, **you must call Colorado Lasertype at 303-979-7499 by May 15th** or your name will be deleted. Please leave the following information: your name (including spelling); age; what category you want: (B) Babysitting, (*) Red Cross certified for CPR; (L) Lawn Care; (S) Snow Removal; (P) Pet/House Sitting; and **neighborhood you live in** (this is very important - we do 22 newsletters). **If you have renewed your information as of January 1st of this year, you do not need to call in an update.** Thank you.

Mission Viejo HOA Budget

Alan Engels – Mission Viejo HOA Treasurer and Vice President

Beginning Balance 1/1/10 \$ 8,017.95

	Budget	Actual	Difference
YTD Income - Dues w/o Trash	\$ 500.00	\$ 626.00	\$ 126.00
YTD Income - Library Defense	\$ 2,151.37	\$ 915.00	(\$ 1,236.37)
YTD Income - Dues/Trash Corp. Contrb.	\$ 5,000.00	\$ 5,394.00	\$ 394.00
YTD Budget Expenses	\$ 5,551.82	\$ 1,554.43	(\$ 3,997.39)
YTD Library Defense Expenses	\$ 2,800.00	\$ 2,800.00	\$ 0.00
YTD Non-Budgeted Expenses	\$ 0.00	\$ 262.00	\$ 262.00
Balance as of 04/19/10		\$ 10,336.52	

One Possible Cause of SIDS

The tragedy of sudden infant death syndrome – the most common cause of death among children less than 1 year old – may be linked to serotonin, a neurotransmitter that helps regulate body temperature and breathing.

A recent study reported in Scientific American compared serotonin levels in children who had died from SIDS with those of children who had died from other causes, and with infants who had been hospitalized for low levels of oxygen. Researchers reported that infants who died of SIDS had approximately 25% less serotonin in their brainstems than other children.

They theorize that an infant in a face-down position who isn't getting enough oxygen will normally turn his or her head or wake up in order to breathe, whereas infants with lower levels of serotonin may not have the same ability.

CLASSIFIEDS

Classified ads are \$3.70/line for 2010. Call **Colorado Lasertype** at **303-979-7499** to place an ad. To view our display ad prices, visit our website at www.coloradolasertype.com. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th.

Lovely strapless floor-length bridal gown. Size 10. Perfect for a summer wedding. \$300.00 or best offer. Cindy **720-381-0676**.

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CONCRETE REPAIRS: Fix small concrete repairs to avoid costly replacement: Ideal Restoration/Sean **720-422-4236**

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Arapahoe County Clerk and Recorder Streamlines Recording Process

New software system better supports property recording, indexing

The Recording Division of the Arapahoe County Clerk and Recorder's Office has upgraded its recording system by launching the Aptitude Solutions' Software Suite. This new software system, which includes the OnCore Recording Platform, better supports high-volume property recordings and further automates and streamlines land recording and indexing in the Clerk and Recorder's Office.

"I am excited about the new system and the benefits it provided our citizens," said **Nancy A. Doty**, Arapahoe County Clerk and Recorder. "It allows our staff to be more productive in today's busy world, and the public now has extended services available to them through eRecording, eCommerce and increased internet services."

Along with the streamlined process for Clerk and Recorder staff, the system allows couples to submit marriage application information from home or at the Clerk's Office to help expedite the time needed to process their request.

For recorded documents, automated indexing uses Optical Character Recognition technology to capture index data directly from scanned documents and seamlessly inputs the pertinent field information in OnCore. Sensitive data such as social security numbers and driver's license numbers are automatically removed from the public record using the auto-redact software. The new service also allows citizens to search and purchase document copies online.

The Recording Division of the Clerk and Recorder's Office is the official keeper of real estate records, as well as processing passport applications and issuing marriage licenses. The staff of 13 dedicated employees provides exceptional customer service to the residents of Arapahoe County. To learn more about the Recording Division and the Clerk and Recorder's Office please visit the website at www.co.arapahoe.co.us or e-mail the Clerk and Recorder at clerk@co.arapahoe.co.us.

Better Sleep Month

Sleep is essential to a healthy life, but 95% of Americans report difficulty sleeping at some time in their lives. Infants require 12 to 14 hours of sleep, whereas seniors may require only 6 to 8 hours. For tips on getting the sleep you need, go to www.medicinenet.com/sleep/article.htm.

Food Allergy Awareness Week, May 9-15

Approximately 12 million Americans suffer from food allergies, which are caused when the immune system mistakenly attacks a food protein, triggering the sudden release of chemicals and resulting in symptoms of an allergic reaction. Sponsored by the Food Allergy and Anaphylaxis Network, www.foodallergy.org.

National Bike to Work Week, May 17-21

Lots of communities have encouraged people to start biking to work, which helps both their health and our environment. In 2008, more than 10,000 tried biking to work in Denver during Bike to Work Week, and one in five became regular bicycle commuters.

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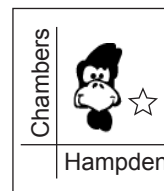
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Teach Your Children To Be Safe At Any Age

Parents worry about their children; it's a fact of life. Teaching them to be safe as they grow and explore is one of your most important jobs. But with so many potential threats to worry about, the task can seem overwhelming.

Here are a few basics to concentrate on:

- Discuss safety calmly. You want your children to be careful, not terrified. When you talk about safety matters, emphasize that your main concern is their welfare. Listen to their concerns, and answer their questions as clearly and honestly as you can.
- Highlight important information. Be sure your younger children know their home phone number and address, as well as contact information for another relative or trusted adult.
- Don't just talk about strangers. Attacks or abductions by total strangers are (thankfully) very rare. Let children know they should tell you anytime they're made uncomfortable by someone's behavior, even if they know the person well.
- Play "what if?" Rules and advice can be too abstract for young minds to understand. Make it real by asking children what they would do in certain situations: If a stranger tried to get them into a car, for example, or if they got lost in a shopping mall.
- Discuss body issues. Let your children know that no one should be allowed to touch them in personal areas. Teach them what areas you're talking about, with the proper names, so they can tell you accurately if something happens.

How To Recognize And Treat Burn Injuries

Burns can be painful – and serious. It's all a matter of degree. To know how to treat a burn, and when to call a doctor, first learn to distinguish the different types of burns:

- **First degree.** Only the outer layer of skin is damaged. The skin is red, with some swelling and pain. This is the least serious type of burn and can be treated with first aid.
- **Second degree.** The first layer of skin has been burned through, and the layer underneath is red and splotchy. Blisters may develop, along with swelling.
- **Third degree.** The most serious type of burn, affecting all layers of skin and possibly causing permanent damage to tissues and even bones. Skin may appear either charred and black, or white and dry.

For third-degree burns, immediate medical attention is needed. Don't remove burned clothing or soak in water, but cover the area with a cool, wet sterile cloth or bandage. If possible, raise the burned area of the body above the level of the heart.

With first-degree burns, or second-degree burns that don't cover more than 3 inches of skin, hold the burned area under cool – but not ice cold – running water for about 15 minutes. Don't put ice on the burn. Wrap the wound in a loose dressing of sterile gauze, keeping air and pressure off the burn. Don't break any blisters that form. The patient can take over-the-counter medications such as aspirin, ibuprofen, or acetaminophen for pain.

Keep an eye out for increased redness, swelling, or oozing, and call a doctor if any of these signs of infection develop.

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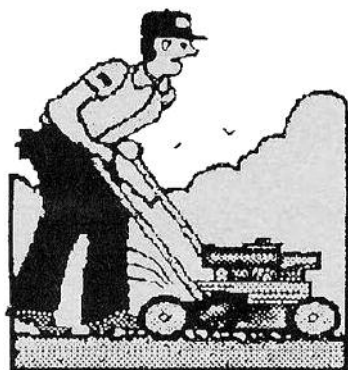
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