



# Williamsburg II News

January 2017

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## New Years Resolutions

Civilizations around the world have been celebrating the start of each new year for at least four millennia. Today, most New Year's festivities begin on December 31 (New Year's Eve), the last day of the Gregorian calendar, and continue into the early hours of January 1 (New Year's Day). Common traditions include attending parties, eating special New Year's foods, making resolutions for the new year and watching fireworks displays.

The earliest recorded festivities in honor of a new year's arrival date back some 4,000 years to ancient Babylon. For the Babylonians, the first new moon following the vernal equinox—the day in late March with an equal amount of sunlight and darkness—heralded the start of a new year. They marked the occasion with a massive religious festival called Akitu (derived from the Sumerian word for barley, which was cut in the spring). Throughout antiquity, civilizations around the world developed increasingly sophisticated calendars, typically pinning the first day of the year to an agricultural or astronomical event.

In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers often enjoy meals and snacks thought to bestow good luck for the coming year. In

*continued on page 2*

### Next HOA Meeting

**January 10th** at the Clarks house at 7 p.m. at 7231 S. Lewis Street. Please feel free to join us! Happy New Year from your HOA! Please don't forget to turn in your voluntary HOA dues—they help pay for all the fun activities that we do in our neighborhood throughout the year. Many people make an extra donations and we very much appreciate that!

## Williamsburg 2 News

Congratulations to the following Williamsburg 2 neighbors for winning the Holiday Lighting/Decoration contest! Your homes were beautiful and the selection committee LOVED all your hard work. You, as well as many other neighbors added a wonderful, festive touch to our neighborhood.

- 10660 W Glasgow Ave
- 10227 W Roxbury Ave
- 10187 West Freemont Place
- 7302 Miller Street
- 7120 South Moore Court



## Sledding Hill Time

It's the time of year when our neighborhood becomes super popular for sledding on both the north end of the neighborhood and the south end. Keep in mind there are a lot of people coming and going from our neighborhood, so keep an extra look out for kids dashing about with their sleds.

Also be sure to keep your sidewalks clear throughout the neighborhood to cut down on ice build-up and flooding.

## Neighborhood Trails

If you have not checked out the unpaved trails on the northern end of our neighborhood by the pond that weave through the open space, there are a lot of little hidden treasures to enjoy on those walks! The footpaths are through tall, natural grass, they offer great views of the mountains and there are wonderful little foot bridges to cross. If you haven't taken the time to walk on these trails, go check them out! On another note, if you are a dog walker and your dog leaves behind a little "treasure" of their own, be sure to pick up their waste. Keep in mind this is also coyote and fox habitat, so keep an eye out for them if you are walking with an animal or by yourself and avoid the early morning hours or early evening hours.

## Keep Your Car Doors Locked, Garages Closed and Porch Lights On

Several neighbors have noticed people going through the neighborhood late at night either door bell ditching, or aimlessly wandering around. Remember to keep everything locked up tight to avoid being a victim of petty crime.

### Williamsburg II 2016 HOA Payment Coupon

Membership: \$35.00. All residents of Williamsburg II are encouraged to join! Please return this form and a check made payable to Williamsburg II HOA and mail to **Jeff Talmadge, 10406 W. Glasgow Ave., Littleton, CO 80127-3648**. Your dues pay for the maintenance of the front entrance, electricity for the lights, Board of Directors insurance and social events that promote community involvement. Your support is greatly appreciated. Thank you!

Name \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

## New Years Resolution, *continued from front page*

Spain and several other Spanish-speaking countries, people bolt down a dozen grapes—symbolizing their hopes for the months ahead—right before midnight. In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, [Mexico](#), Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Other customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular "Auld Lang Syne" in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot. (They would reportedly vow to pay off debts and return borrowed farm equipment.)

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in [New York City's Times Square](#) at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds. Various towns and cities across America have developed their own versions of the Times Square ritual, organizing public drops of items ranging from pickles ([Dillsburg, Pennsylvania](#)) to possums ([Tallapoosa, Georgia](#)) at midnight on New Year's Eve.

—Story credit: [www.history.com/vault](http://www.history.com/vault)

## Eat These Foods to Prevent Prostate Cancer

Prostate cancer is one of the most common forms of cancer in men—more than 180,000 cases are diagnosed each year. Diet can be a factor, doctors say, especially one of foods high in saturated fats found in meat and dairy products. Men may be able to reduce their risk of developing prostate cancer by eating more of these healthy foods:

- **Broccoli.** *Benefits:* Low in carbohydrates and rich in antioxidants and phytochemicals that may prevent cell changes contributing to cancer.
- **Salmon.** *Benefits:* Lots of omega-3 fatty acids that can inhibit prostate cancer.
- **Brazil nuts.** *Benefits:* Selenium; six to eight nuts contain 700 percent of a daily serving.
- **Tomatoes.** *Benefits:* Lycopene. Men who eat 10 portions of tomatoes a week may reduce their risk of prostate cancer by 18 percent
- **Walnuts.** *Benefits:* Walnuts and walnut oil have been shown to reduce levels of the hormone IGF-1, which has been linked to prostate cancer.
- **Coffee.** *Benefits:* Antioxidants, as well as stimulating the body to metabolize sugars more efficiently. Green tea shares similar qualities.

## Teen Services

To add your teen's name, please email [Colorado Lasertype](mailto:ColoradoLasertype@coloradolasertype.com) at [getinfo@coloradolasertype.com](mailto:getinfo@coloradolasertype.com) and leave the following information: the **neighborhood you live in**, your age, phone number and the categories you would like included. Categories: **(B)** Baby-sitting; **(\*)** Red Cross Cert for CPR; **(L)** Lawn care; **(S)** Snow removal; **(P)** Pet & House sitting.

No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype.

Blake L.	12	L/P	303-356-7001
Aria M.	14	B*/P/L	720-625-2987
Tim M.	16	L/S	720-202-3085
Jillian M.	17	P	303-933-8723
Jaylyn R.	13	B*/P	720-633-4401

## 2016 Board Members

President		
Vice President	Wyatt Koeniger	720-530-8375
Secretary		
Treasurer	Jeff Talmadge	720-737-8811
Board Member	Jessica Clark	303-795-3583
Board Member		
Board Member	Mark Hickman	303-933-2422

## Committees

Historian	Debra White	
Sign Boards	Bob Snead	
Architectural Coord.	Jim Reindel	303-933-4849
Block Leader Coord.	Open	
COHOPE Rep.	George Jackson	303-973-3795
Common Areas	Kathy Morelli	
Covenant Controls	Lori Reindel	303-933-4849
Newsletter Coordinator	Wendi Milinkov	720-454-5776
Special Events	Jessica Clark	303-795-3583
Foothills Liaison	George Jackson	303-973-3795
Newsletter Distributor	Sheila Rea	303-979-6323

[www.williamsburg2hoa.com](http://www.williamsburg2hoa.com)

[W2news317@hotmail.com](mailto:W2news317@hotmail.com)

The Williamsburg II HOA newsletter is published monthly by the Williamsburg II Homeowners Association, a non-profit homeowners association. The newsletter is distributed by block workers.

## News Articles

The deadline for news articles is the 12th of the month before the next month's issue. Please email news articles to the editor at [wendimilinkov@yahoo.com](mailto:wendimilinkov@yahoo.com).

No endorsement of any product or service is implied or stated by its inclusion in the newsletter. **All articles must be approved by the editor for publication, or as space permits.**

## Advertising

The deadline for advertisements is the 15th of the month for the next month's issue, except for the Jan. issue which is Dec. 6th.

To place an ad, call Colorado Lasertype, **303-979-7499**.

Email: [getinfo@coloradolasertype.com](mailto:getinfo@coloradolasertype.com)

To find ad rates and discounts, go to [www.ColoradoLasertype.com](http://www.ColoradoLasertype.com) and click on the "Advertising Rates" link.

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## Turn Failure Into A Positive force

Failure can be one more step on your road to success—you just have to learn how to turn it around in a positive direction.

Here are some creative ways to view failure:

- Failure can push you harder to succeed.
- It can strengthen determination to overcome obstacles.
- Failure can make you braver in the face of opposition.
- It can help you learn what to do in order to succeed.
- Failure can teach you what your limitations are—and your strengths.
- It can encourage you to change your strategy.

**CLASSIFIEDS: The perfect way to advertise your small or large business! Ads are inexpensive and reach many homes! Call or email us today!**

Classified ads are \$3.00/line (about 40 characters/line). Contact Colorado Lasertype at 303-979-7499 or [getinfo@ColoradoLasertype.com](mailto:getinfo@ColoradoLasertype.com) to place an ad. To view our display ad prices, visit our website at [www.ColoradoLasertype.com](http://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.

**HANDY MAN 4 U.** 35 Years Construction Exper. Light Bulbs to Storage Sheds. 720-717-0030

**Lisa's Music Studio.** Piano, Guitar, Banjo, Ukulele, Viola, Violin & Cello. 303-883-1157.

**Winter air duct cleaning & chimney cleaning.** Chimney repairs 10% off 7/299-7782.

**KERI'S COLORS & PAINTING.** 720-331-7032.

**OB PAINTING.** Interior/Exterior. Free Estimates. Rob: 303-986-8198

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

**Andi York, Re/Max Professionals Inc.** Team Cabalka. O:303-972-9999. C:720-331-4101.

**Highlands Pride Painting- 303-738-9203**

**Stecki painting.** Inter/ext. Jeff 720-331-7025

**Drywall - Basement finishes - Remodeling.** Years of exp. w/ refs. Gary 303-829-6363

**Aimals Petsitting Service:** Pet sitting (in your home). Bonded & ins. Refs. avail. Call Nancy at 303-335-6237

**Small Paint Jobs Only 303-738-9203**

**QUEEN PILLOWTOP MATT/BOX SET.** Brand new in plastic. Retail \$529, asking \$265. Also, NEW KING SIZE pillowtop set. Retail \$699, asking \$385. 303-742-4860.

**Columbine Tree - Trimming & Removal.** Stump grinding. 45 yrs exp. 303-979-5330.

**Entice Children To Go On Walks**

Taking a walk is one of the simplest forms of exercise you can imagine. It's also a fun way to spend time with your family, especially your children. Try these tips for getting them out of the house and on the trail:

- **Make it an adventure.** Don't just say, "Let's go for a walk." Spark your child's interest with something like, "Let's look for leaves to collect," or "Let's find some animal footprints." This makes the walk sound like more of an activity and less like a chore.
- **Take your pet.** Most children love animals. If you don't have a dog of your own, ask your neighbors if they'd like you to take their dog for a walk. Children will get a chance to run and play, making the walk more energetic and enjoyable.
- **Dress appropriately.** Make sure you and your children have the right shoes and other clothes. Sunscreen and hats are a must for bright days. Dress in layers so you can add or remove clothing depending on the temperature. If the weather is wet, wear boots.
- **Pack a bag.** Bring along some snacks—dried fruit and

nuts, for example. Don't forget water and a first aid kit. You can also bring along a ball or other games so you and your kids have something to do once you reach your destination.

- **Give kids a reward.** You don't want to bribe them, but they'll be more enthusiastic if they know you'll take them out for ice cream or do something else fun at the end of your walk. Marriage in Trouble?



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**YOUR NEIGHBORHOOD MARKET UPDATE**  
*Compliments of: Debby Ludvik & Tonya Fallows  
on behalf of Barbara Thomann*

**# of Active Listings = 0**

**# of Under Contract Listings = 0**

**# of Sold Listings in Past 6 Months = 3**

10257 W Roxbury Way	List: \$419,000	Sold: \$426,000
10093 W Geddes Circle	List: \$395,000	Sold: \$395,000
7226 S Kline Way	List: \$260,000	Sold: \$265,000

**Average Days on Market: 3**

**Average Sold Price: \$362,000**

**For a more in-depth market analysis on your home, or to answer any questions regarding your Real Estate needs call us at 303-877-0169.**

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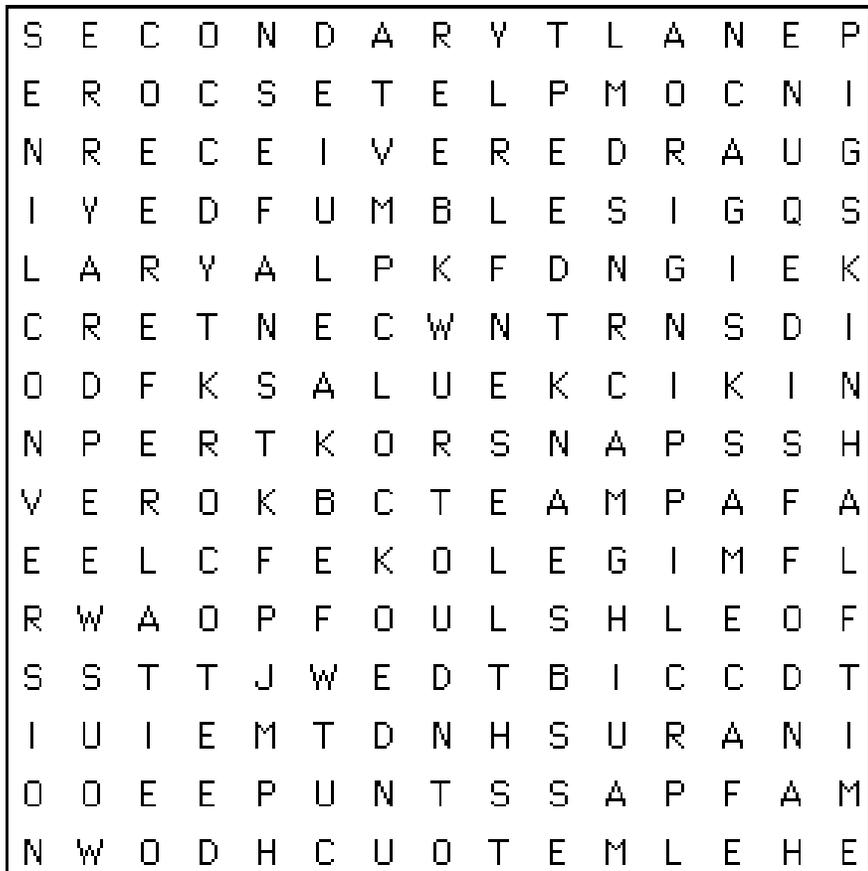
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Barbara Thomann  
Proud Resident of  
Williamsburg II

# Football

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- |              |               |
|--------------|---------------|
| BLOCK        | OFFSIDE       |
| CENTER       | OUT OF BOUNDS |
| CHEERLEADERS | PASS          |
| CLIPPING     | PENALTY       |
| CLOCK        | PIGSKIN       |
| CONVERSION   | PLAY          |
| FACE MASKS   | PUNT          |
| FOULS        | RECEIVER      |
| FUMBLE       | REFEREE       |
| GUARD        | RUSH          |
| HALF TIME    | SACK          |
| HELMET       | SCORE         |
| HUDDLE       | SECONDARY     |
| INCOMPLETE   | SNAP          |
| INTERCEPTION | SWEEP         |
| KICK         | TACKLE        |
| LINE         | TEAM          |
| NFL          | TOUCHDOWN     |
| OFFENSE      | YARD          |

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