

# Andover Glen Gazette

www.andoverglen.org

“Communication is the key to a strong community”

February 2008, volume 6, issue 1

## Covenant Review Process Moving Forward

By Randy Simpson

As mentioned last year, a committee of your neighbors has been working diligently for several months now, reviewing the Andover Glen covenants. The covenants have not really been reviewed in a comprehensive manner since our neighborhood was formed nearly 25 years ago. The main purpose for the review is to identify and remove obsolete wording, and to clarify obscure sections, and to provide consistency with our declarations and by-laws. The first pass has been completed, and the notes from many hours of meetings are being compiled into a working document form. From that working document, a series of events will transpire.

First, the AG Board will review the recommended changes along with the AG legal counsel. Second, a special neighborhood wide meeting will be held for the express purpose of discussing, explaining, and reviewing the recommended changes. Third, from the meeting, final amendments to the proposed changes will be made, and then, after a final pass by our legal counsel, the full final proposal will go to the entire membership for a review. Finally, there will be an official vote for the proposed changes. It is expected that all of this will occur this spring through the summer, with the final vote on the proposed changes at the Annual Meeting in September.

If you have any questions related to the covenant review process, please don't hesitate to call me, Randy Simpson at 303-693-0546, or the committee chair, Anne Stellmon, at 303-699-8567.

## AG Neighbors Meet at “Common Grounds” Coffee Club (and you're invited!)

By Randy Simpson

The official kick off of the Andover Glen “Common Grounds” morning coffee club was held in January and was a deliciously smashing success. This is a perfect chance to meet some of your neighbors and relax for fabulous and casual conversation and goodies over morning coffee.

This monthly coffee club will meet at various homes around the Glen throughout the year, with the next one to be held **at ML Hanson's on February 29th at 10 a.m.** For more information on the Common Grounds Coffee Club, please call Anne Stellmon at 303-699-8567.

**Regular of Decaf? The newly revived Andover Glen Common Grounds Coffee Club serves either, with great conversation**

## Foxes (and other wildlife in the area) can be a danger to your pets

By Scott Coveyduck

My dog, Sally, and I were exiting Sagebrush park before dawn one morning when I heard what I thought was a cat fight. I realized quickly that I was wrong, what I heard was not aggressive howls but terrified screams. I'd never heard anything like it before and it chills me to recall. I yelled, whistled, and ran toward the foxes which distracted them long enough for the cat to run. However, the foxes left in pursuit through the Paulson's and James' yards and then all three disappeared into the dark.

My father lives in Lakewood and has owned many cats over the years. He knows that cats love freedom and he always lets his roam where they choose, they let themselves in and out through a pet door that is always open. Like foxes, cats are natural hunters who like the night. My father has lost two cats to foxes in recent years and no longer wishes to own one. He'd rather live without a pet than lock a cat inside. He feels strongly, as many do, that free cats are happy cats.

I have two cats in my home. They don't go out at all; not at night because of the dangers they face, and not during the day due to a neighbor's sandbox. They seem happy enough and I have the assurance they're safe, which makes me happy.

It may be our close proximity to the state park, but I've seen foxes, raccoons, and even deer in our neighborhood. It is easy to miss, or forget, that wildlife roams through our yards while we sleep. As guardians of our pets we have a duty to protect them from dangers they can't imagine. Please take care to keep your pets inside between dusk and dawn; they deserve the security of a locked door too.

### Special Feature Article:

#### **Snow Shovel Safety**

By Donna Foerster, GRI

Keller Williams Action Realty, LLC

**S**hovel your driveway can be a strenuous workout. Every winter people hurt themselves shoveling snow, ranging from minor aches and pulled muscles to fatal heart attacks.

What people often fail to realize is that shoveling is more than just a chore. It puts a lot of stress on the body in a short period of time.

### **Winter Weights**

"People don't understand when you start shoveling snow, it's like picking up weights," says Denis Isrow, a North Dakota State University professor of health, physical education and recreation. So if you're older or out of shape, there's much more of a chance of hurting yourself by shoveling. Even people who regularly exercise can find shoveling to be strenuous if they try to tackle the job quickly without taking breaks. "One of the biggest problems we have is people saying 'I'm not going to quit until I get this done,'" Isrow says. Some signs you should stop shoveling are shortness of breath, heavy sweating or any kind of pain. "Anything that's not normal is a warning sign," he says.

### **Most at Risk**

Julie Garden-Robinson prepared a report for the university's extension service warning that shoveling causes a quick increase in heart rate and blood pressure.

*Snow Shoveling continued on page 3...*

Snow Shoveling, continued...

According to her report, those most at risk during shoveling are people who have had a heart attack, people with a history of heart disease, those with high blood pressure or high cholesterol levels, smokers and people who lead a sedentary lifestyle. Garden-Robinson and Isrow give several tips for safe shoveling:

Use a smaller shovel

Make sure your shovel isn't bent, tilting or otherwise damaged

Take frequent breaks, even if only for a couple of minutes

Stop and go inside if you become overheated

Drink fluids

Don't try to fling snow long distances

Stop any time you feel pain

If you fear you're unable to tackle this tiring task, look into spending a few bucks and having a neighborhood kid shovel after a storm; or having a contractor plow it when heavy snow falls. It's probably money well spent. ~

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### **A Reminder and Thanks from the Architectural Review Committee**

*By Royal Shields*

For those of you who, last year, went to our website at [www.andoverglen.org](http://www.andoverglen.org) and printed out and filled out the necessary form for changes to anything regarding the exterior of your home, I thank you! Each of you should be commended to those changes you made to your properties; overall, I am so proud of how the community looks to those who not only live here but to those who visit our community. Again, thank you!

As a footnote, I just want to remind everyone that if you want to remove and/or erect anything, or do any major landscaping, this process is mandatory. It needs to be done no less than fifteen (15) days prior to when work actually begins. It's not that the Association wants to say what you can or cannot do; it simply needs to follow what the Association allows for in its governing documents. It is so much easier for all of us to put in writing that which you want to do, submit it for approval, and, after written approval, do the work. There aren't very many things that one would want to

do with their property that would not meet with the Board's approval. This way, everyone in the community is on the same page.

Should you have any questions, please stop by and visit with me at 4804 S. Crystal Street or call me at either 303-617-1307 or 720-299-7587 or email me at [rovalmim@comcast.net](mailto:rovalmim@comcast.net). After all of your paperwork is submitted, I then contact my committee (there are 5 of us) and we discuss what is wanted to be done and we vote. The entire process generally takes anywhere from one day to three days for approval. It also would be helpful, in some instances, to include a drawing or blueprints and if necessary, examples of materials, etc. This certainly would make our job easier. Again, thank you for doing it the "right way". Let's have a super year!

#### Quotable and Notable...

"Sweep first before your own door, before you sweep the doorsteps of your neighbors"

-Swedish Proverb

### Aurora Day at the Capitol

*From the City of Aurora Web site*

You can spend a day at the Capitol! The city of Aurora, Aurora Chamber of Commerce and Aurora Economic Development Council present "Aurora Day at the Capitol." Aurora residents are cordially invited to attend on Friday, Feb. 29, 7:45 a.m. to 1 p.m.

Participate in Colorado government and represent your city at the Capitol. It is a day you won't want to miss!

It starts with a visit to the State Capitol, viewing of the legislature in session and discussions on key issues with Governor Bill Ritter, Aurora Mayor Ed Tauer and other members of the legislative delegation. The day will end with a luncheon panel discussion hosted at the Colorado Municipal League.

Seating is limited. RSVP is required. Contact Tyra Lallo, 303-739-7046 or [tlallo@auroragov.org](mailto:tlallo@auroragov.org) to reserve your seat. This event is generously sponsored by the First Bank of Aurora and Coca Cola Enterprises.

## Neighbor to Neighbor

### Services and stuff for sale, cheap!

Baby Sitting: Experienced, Red Cross Certified, 10<sup>th</sup> Grade, neighborhood Babysitter. Loves Kids! Kristin Guerra, 303-766-0464.

Baby Sitting& Odd Jobs: Red Cross Certified, 8<sup>th</sup> Grade, neighborhood Babysitter. Will also do odd jobs like house sitting, dog sitting, watering plants. Very Responsible. Shannon Guerra, 303-766-0464.

Baby Sitting: Red Cross Certified, thoughtful and loves kids. Call Sophia, 303-693-9356 or 303-668-6058.

Tennis Lessons: Experienced Tennis Instructor living in AG. Group Rates Available. Cari Merrill, 303-699-0454.

If you have an ad or notice you'd like to place in the Gazette under the Neighbor to Neighbor section, or even an informative article for the Gazette, please contact Randy Simpson at [rgates@yahoo.com](mailto:rgates@yahoo.com)

#### Reminder:

The regularly monthly meeting of the Andover Glen board will be held Wednesday, February 20th at 7 p.m. at Shalom Park. All AG residents are welcome and encouraged to attend.

Andover Glen Homeowner's Association Board Members

Randy Simpson, <i>President</i>	693-0546
Dave Estes, <i>Vice President</i>	766-9166
Anne Stellmon, <i>Secretary</i>	699-8567
Barb Powell, <i>Treasurer</i>	632-3727
Royal Shields, <i>Architectural</i>	617-1307
Norm Arlt, <i>Grounds</i>	766-7344
Debra Jones, <i>Social</i>	690-9459
Derrick Laughlin, <i>N. Watch</i>	7-379-4616
Dick Moore, <i>Welcoming</i>	400-8987