

# Southmoor Park Review

Summer 2019, Issue #4

## HOA/RNO Officers for 2018 - 2020

President (open)

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Treasurer Jan Smart – greyhound3695@comcast.net

Representative Jeff Guard - jeff.guard@lfg.com

## Next RNO Board Meeting

July 25th, 2019

6:00-8:00 P.M.

3695 S. Jersey St.

Everyone is welcome to attend!

## SUMMER PESTO PASTA



### Ingredients

1 lb. spaghetti  
2 ears corn, shucked  
1 medium yellow squash, cut into 1/2"-thick slices  
1 medium zucchini, cut into 1/2"-thick slices  
1 small bell pepper, seeded and cut into sixths  
4 green onions, trimmed  
2 tbsp. olive oil  
1 lemon  
1/2 c. store-bought refrigerated pesto  
1 pt. grape tomatoes, halved  
1/4 c. packed fresh parsley, chopped

**Directions:** Heat grill on medium-high. Cook spaghetti. Rinse, drain, & let cool. In large bowl, toss corn, squash, zucchini, bell pepper and onions with oil and 1/2 teaspoon each salt and black pepper until well coated.

Grill corn, turning 10 min or until charred in spots. Grill squash, zucchini and bell pepper 4 to 6 min or until tender and grill marks appear, turning once.

Grill onions 2 min or until tender and slightly charred, turning occasionally. Into large bowl, from lemon, grate 1/2 teaspoon zest and squeeze 2 tablespoons juice. Whisk in pesto and 1/2 teaspoon each salt and pepper.

Chop squash, zucchini, pepper and onions; add to bowl with pesto. Cut kernels from cobs; add to bowl along with tomatoes, parsley and cooked pasta. Toss to combine. Serve at room temperature.

## Save the Date:

- 4<sup>th</sup> of July Parade Thursday, July 4<sup>th</sup> 9:00 am. Any resident with a cool vehicle can join us in the parade.



Coffee, juice, donuts, and bagels are provided. You are welcome to bring a breakfast type snack to add to everyone's



Southmoor Park West

Remember that the happiest people are not those getting more, but those giving more." – H. Jackson Brown Jr.

## Board Volunteer Needed

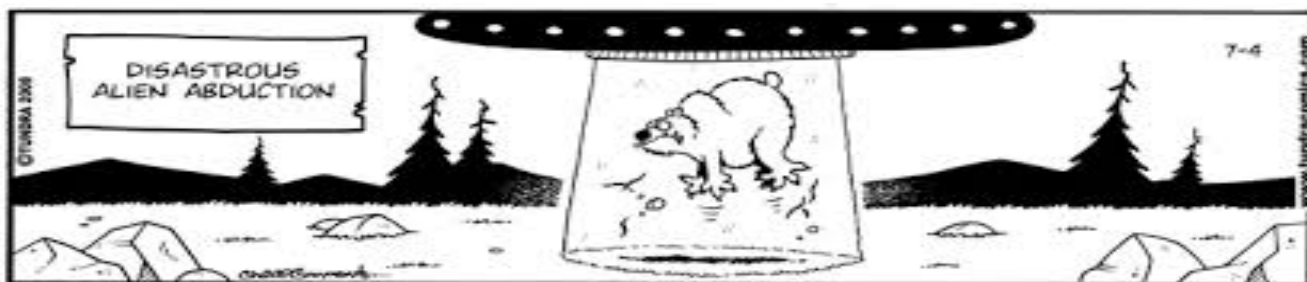
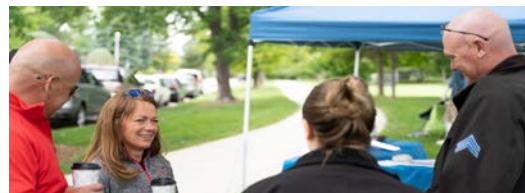
Lori Church has resigned as President of the RNO due to moving to the East coast so we are in need of another board member (not necessarily the President's position). Most months require only a couple of hours of investment. Please contact any board member if you are interested in filling this position. This position will last until April, 2020.

## Dues

The RNO will soon be sending out reminders for the 2019 dues. We would like to remind you that these dues allow us to have free neighborhood events along with paying for this newsletter's printing and postage. We encourage you to continue paying the small yearly amount of \$25.00 to continue the following: **Free Summer Kick-Off Event, 4<sup>th</sup> of July parade for the kids (and adults), communication mailers, Website rental (we maintain at no cost), Ivanhoe island upgrade, City of Denver registration of the RNO, communication signage, and community outreach.**

## Summer Kick-Off Event

This year's event was another fun pancake breakfast featuring local merchants, face painting, and live music. The merchants were Wish Gifts, Elite Chiropractic, Mathnasium, Prose, and Gymboree. Other merchants were there to pass out coupons. The Denver Police Department was there to talk and offer flyers for contact information. The meal was catered by Flippin Flapjacks and included eggs, sausage, fruit, and drinks. Everyone had a great time. Don't forget the 4<sup>th</sup> of July Parade on Thursday morning. There will be coffee, juices, bagels, and residents can bring a breakfast treat to share, too! Anyone with a cool vehicle is encouraged to join the parade.



## Denver (and Southmoor Park West) Recycles

Did you know **25%** of what Denver residents send to the landfill is recyclable? We also sometimes add the wrong items that should not be included in the purple can. This costs additional time and effort to sort out. If recycled items are tied up in garbage bags, the bags will be thrown out so empty the bags into the can. Please learn what is acceptable and what is not per below. Thank you and keep up the recycling!!!

**Accepted:** Aluminum cans, foil, trays and pie plates. Remove as much food residue as possible. Do not crush aluminum cans. **NO foil bags, such as potato chip bags, NO foil lids, such as off yogurt tubs.**

**Accepted:** All food and beverage cartons, including: Milk (dairy, soy & almond); Juice; Cream; Egg white & egg substitute; Soup & broth; Protein drinks; Eggnog; Wine; Tofu; Small juice boxes; and Ice cream & frozen yogurt are all accepted. Be sure to empty all food & liquid, and remove straws & caps. **NO juice pouches, Do NOT flatten cartons**

**Accepted:** Windowed envelopes, paperclips, stamps, staples, tape, and sticky notes. Limit shredded paper. All shredded paper must be placed in a closed paper bag.

**Accepted:** Opened mail, wrapping paper & greeting cards (non-foiled coated), postcards, index cards & file folders, loose leaf & legal pad paper, stationary, letterhead, copy & typing paper, brochures & glossy ads. **NO plastic wrappers, NO tissue paper, ribbon or bows, NO bubble envelopes or Tyvek® (polyethylene fiber) envelopes, such as some overnight mailing envelopes.**

**Accepted:** Department store "non-glossy" type paper bags are okay, but remove rope handles. Newspapers and magazines (without plastic bags) **NO microwave popcorn bags, NO plastic bags.**

**Accepted:** Paper cups must be bare — all sleeves, lids, straws and stirring sticks must be removed. Cardboard should be flattened or cut into pieces no larger than 2 feet by 2 feet.

**Accepted:** Boxes for cereal, tissues, beverages, food, soap, etc.; Gift, shirt & shoe boxes; Hanging file folders; Paper egg cartons; Paper towel & toilet paper tubes; Frozen food boxes (but not the ones that have a waxy, white coating on the inside). **NO foil coated paperboard.**

**Accepted:** Phone books (Remove bags, plastic wrap and magnets).

**Accepted:** Rigid plastic bottles, jugs, jars, tubs, cups and containers marked with the #1 through #7 in the recycling symbols. **Examples include:** Soda, water, shampoo, & soap bottles; Milk, laundry detergent, & cat litter jugs; Yogurt, sour cream, cottage cheese, & butter tubs; Peanut butter & mayonnaise jars; "To-go" & "take out" plastic drinking cups; Plastic trays like those used for microwave dinners; Clear "Clam-Shell" containers like those used to package strawberries, bakery goods & salads (remove as much of the price sticker from the plastic as possible); and Plastic egg cartons & cookie divider shells. **NO plastic bags, plastic lids or caps, NO Styrofoam, plastic shrink wrap, NO plastic toys or plastic toothpaste type tubes, NO "K-cups" or individual coffee creamers, NO plastic marked as PLA, compostable or made from plant-based materials, NO plastic containers larger than 3 gallons in size.**

**Accepted:** Aerosol cans (must be empty). Labels are okay. Remove plastic caps unless they are part of the can. Spray nozzles are okay. **NO full or partially-full aerosol cans, NO fuel canisters (camping tanks), Do NOT puncture cans.**

**ALSO NOT ACCEPTED:** no garbage, no plastic bags, no Styrofoam of any kind, no toys, no cassettes, DVD's, cd's or plastic cases, no paper plates, no paperback or hardcover books, no bubble wrap or envelopes with bubble wrap inside, no ceramics, no candy or food wrappers, no potato chip bags, no garden hoses, no plastic shrink wrap, no toothpaste or hair gel tubes, no fuel canisters, no scrap metal, no plastic flower pots, no glassware or window glass, no yard waste. For more information, go to this web site:

<https://www.denvergov.org/content/denvergov/en/trash-and-recycling/recycling.html>




## Do you think you have been targeted or have fallen victim to a scam?

1. **Spot imposters.** Scammers often pretend to be someone you trust. Don't send money or give out personal information in response to an unexpected request.
2. **Do online searches.** Search for a phrase that describes your situation, like "IRS call." You can even search for phone numbers to see if other people have reported them as scams.
3. **Don't believe your caller ID.** Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real.
4. **Don't pay upfront for a promise.** Someone might ask you to pay in advance for things. If you do, they will probably take the money and disappear.
5. **Consider how you pay.** Credit cards have significant fraud protection built in, but some payment methods don't (wiring money). Honest companies won't use these payment methods.
6. **Talk to someone.** Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. Do an online search or consult an expert.
7. **Hang up on robocalls.** If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal, and often the products are bogus.
8. **Be skeptical about free trial offers.** Some companies use free trials to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company.
9. **Don't deposit a check and wire money back.** By law, if a check you deposit turns out to be a fake, you're responsible for repaying the bank.
10. **Sign up for free scam alerts from the FTC** at [ftc.gov/scams](http://ftc.gov/scams). Get the latest tips and advice about scams sent right to your inbox. If you spot a scam, report it at [ftc.gov/complaint](http://ftc.gov/complaint). Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice. Sign up for the National Do Not Call list at: <https://telemarketing.donotcall.gov>

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