



New Gazette Format, Same Great Scoop

Hello Neighbors,

My name is Amy Ortiz, and I've assumed the role of your Andover Glen reporter of the news. My family and I — my husband Scott, and our two daughters Isabella and Sophia, have called this little Glen home for the past 6 years. We are fortunate enough to have neighbors that both we, and our kids, like to call friends.

I'm not planning to overhaul the Gazette, our former editor Randy Simpson did a fabulous job of keeping everyone informed, and I'd like to extend a big Thank You to him. My style is a little different because I will be using a different program to create



the newsletter, so you will probably see more color and photographs, as well as some clickable links and other handy little features.

I know several neighbors of mine are great writers and bloggers, so I hope to see some new contributors this year — I'm looking for a variety of topics and stories to cover: recipes, local interest blurbs, seasonal notes, funny anecdotes, informational pieces, book reviews, restaurant reviews

— and more.

The tradition has been to submit articles for publication by the first Wednesday of the month, so please email me at

amymortiz@gmail.com

if you have something you would like me to include.

Also, just a friendly reminder to get your email included in our neighborhood distribution list — it's the best way to stay on top of events like dumpster days, monthly coffees, and also to receive bulletins like changes to Parker Road. Contact Derrick at:

cusleuth@comcast.net

to be included.

Have a great month! - Amy

Andover Glen Board Welcomes 3 New Faces

On Wednesday October 19th our neighborhood board welcomed 3 neighbors to the team. Carrie Eisenberg, Bob Stracy, and Amy Ortiz, have been appointed for the new term. Terms are 3 years in length, with a review of specific roles each year. For the 2011—2012 year, the board will look like this:

President—Bob Stracy

VP—Nannette Almon

Treasurer— Dick Moore

Secretary—Carie Eisenberg

Social—Debra Jones

Architectural Control—
Dave Estes (and committee)

Welcome—Amy Ortiz and Pete O'Meara

Neighborhood Watch and Communications—Derrick Laughlin

You can find contact information for board members and the posting of minutes from our Oct meeting on our website: www.AndoverGlen.org

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Childcare, Pet Care, and Misc for Sale

Baby Sitting & Odd Jobs: Red Cross Certified, 12th Grade, neighborhood Babysitter. Will also do odd jobs like house sitting, dog sitting, watering plants. Very Responsible. Shannon Guerra, 303-766-0464.

For Sale: Foosball Table (barely used) \$80, Pool Table (like new) \$650, Oscillating Fan \$10, Exercise Machine \$120. Call Linda, 303-248-6213

Greetings from our New HOA Board President

Greetings . . .

Hello, my name is Bob Stracy. I am your new Andover Glen HOA Board president. I will do my best to serve the community well. My wife Susan and I have lived in Andover Glen for ten years and have truly enjoyed our small neighborhood.

Those of you that don't recognize my name may recognize me as the guy that walks his dog every morning and evening no matter what the weather. Feel free to stop me if you have questions, concerns or just



want to chat. Of course you are always welcome to join us.

I want to thank Randy, Anne and Carl for their service on the board and wish them peaceful Wednesday evenings in the coming year. I also want to thank new board members

Amy and Carie for volunteering and veteran board members Nannette, Dave, Deb, Derrick, Dick, and Pete for their continued commitment to our community. - Bob Stracy

Reminder, our next Board meeting takes place Wednesday Nov 16th from 7pm—9pm at Shalom Park.

Cookies, Coffees, Dinner Parties, Oh My!

Our neighborhood HOA Social Chair, Debra Jones, has been busy brainstorming ways to promote some neighborly nosh. With monthly coffee chats to holiday festivities, our board is hoping you'll find a way to join the fun this season.

In November, the **monthly coffee** will involve a 'cookie exchange'. This means you bake two dozen or so of your favorite holiday treats and exchange them at the

coffee for the creations of the other guests. (Your family hopes you don't eat them all there but rather you bring them home to share!) *Rumor has it we have some seriously talented bakers in our Glen!*

Also, be on the look out for an email (if you aren't already on our neighborhood distribution list contact Derrick at cusleuth@comcast.net to join) with news

about the annual **Holiday Party**. Word has it the event will take place in January this year. We'll also be including more on that topic in the December issue of the Gazette.



- Amy Ortiz

Winter is Coming!

Actually, it looks like it arrived today.

Remember to detach your garden hoses from the faucets and drain or blow out your sprinkler systems. Frozen pipes can get expensive.

Trees are losing their leaves after one of the most beautiful Autumns in memory. Make sure that you clean your gutters so that they drain properly. Clogged gutters

can cause extensive damage to your home.

Daylight savings is **Saturday November 6**. Remember to turn your clocks back one hour and enjoy the extra hour of rest on Sunday morning.

This is also a good time to check the batteries on your smoke alarms and carbon dioxide detectors and replace the air fil



ters on your furnace. It will be getting dark even earlier, so please be careful to watch for children coming home from school. - Bob Stracy

A Word from our Neighborhood Watch Chairman

Snow Shovel Safety

Shoveling 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.

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. - Derrick Laughlin

https://www.auroragov.org/AuroraGov/Departments/Neighborhood_Services/Code_Enforcement/Snow_Removal/index.htm

Fantastic Fall Recipe

I love to cook (creatively). I hate to bake (specifically). But it seems like once the holidays arrive there is no avoiding a little recipe regimen. Once I find one I like, it's a keeper. I've baked this pie at Thanksgiving for the last 5 years, and I don't ever have leftovers. Of course I also don't mention its from Cooking Light, but I'll share that tidbit with you.

Gingered Pumpkin Pie

You'll need: refridgerated pie dough, 10 gin-

gersnap cookies, 2 tblsp sugar, 1 tblsp flour, 2 tblsp chilled butter, AND 3/4 cup sugar, 1 1/2 tsp cinnamon, 1/2 tsp ground ginger, 1/4 tsp salt, 1/4 tsp nutmeg, 1 15 oz can unsweetened pumpkin, 1 12 oz can evap milk (fat free if you dare), 1 lrg egg, and 3 lrg egg whites.

Heat oven to 350.

1. Place dough in pie plate and freeze 30 minutes

2. Place cookies, 2 tblsp sugar and 1 tblsp flour in food processor. Grind. Add butter to make crumbly.
3. Combine remaining ingredients, then pour into the pie crust. Bake 35 minutes.
4. Top with cookie mixture and bake another 20 minutes. Voila!

- Amy Ortiz



Denver Free Fun Days

Get out and enjoy some of the best of what metro Denver has to offer:

Denver Art Museum

Nov. 5th and Dec. 3rd

Denver Museum of Nature and Science

Nov. 13th and Dec. 5th

Denver Zoo

Nov. 6th and Nov. 12th

The Denver Children's Museum

The first Tues. of each month from 4 - 8 p.m.

Free Day = free admission!