

Andover Glen Gazette

www.andoverglen.org

“Communication is the key to a strong community”

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Some lively social events for Fall and Winter

By Debra Jones

“Common Grounds” Coffee Club

& Cookie Exchange on November 21st

There’s nothing like celebrating the holiday season by sharing delicious cookies with family and friends

If you would like to participate in the cookie exchange, please **RSVP** to Debra at 303-690-9459 and let me know what cookie you will be bringing. This will ensure there is no duplication of cookies and we will have a nice variety of cookies for everyone to take home. Depending on how many people **RSVP** will depend on how many dozens of cookies you will need to make. **RSVP no later than November 18th**. You do not have to participate in the cookie exchange to attend the coffee.

If you would like to participate in the cookie exchange but you are unable to attend the coffee, call Debra. **RSVP** with your favorite cookie and I will make arrangements for you to deliver and pick up your cookies. If you choose to share your recipe, please bring copies. It would also be helpful to let us know if your cookie is perishable and/or if you can freeze them.

Andover Glen Progressive Holiday Party on December 13th

The Holiday Season is approaching and so is the Holiday Party. The evening will begin with appetizers and cocktails at one home. We will then progress to a second home for dinner, and then ending the evening for cocktails and desserts at the last home. This event requires everyone to **RSVP** if you are attending. When you **RSVP**, I will let you know the address of the home you will be attending for the appetizers. Please call Debra at 303-690-9459 to **RSVP**.

If you have any questions about either of these events, please call Debra at 303-690-9459 .-~

Community Garden Sprouts in the Glen

By Lynn Walton

There's no need to wait until spring to see a garden grow here in Andover Glen. The Board recently approved a proposal to add a community garden area south of the tennis court. Initially six families make up a newly formed garden committee and they will work on a design for the general garden and establish simple guidelines for usage. The intention is to "till the soil" for 10 plots, each about 15 by 6 feet, beginning next spring. Norm Artl has graciously agreed to help convert the water supply for that area so that each plot has drip capability. The rules will be broad enough to allow families to pretty much

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grow whatever they want (so long as it's legal

of course!) We think overall water usage can be reduced for that area making the addition of the gardens both practical and beautiful! The idea has also been suggested to donate some of the produce grown to local food banks.

With four more garden plots still available, won't you consider joining AG's first community garden? If interested, call Lynn Walton at 720-379-4616 and look for more updates in the spring!

Meet your AGHA Board: A profile of Randy Simpson...

By Randy Simpson

I am a Colorado native, having grown up in Westminster before moving to Aurora about 25 years ago, and into Andover Glen about 7 years ago. I attended the University of Colorado, where I met my wife Kathy. Last year we celebrated our 25th Wedding Anniversary. We have two boys—Ryan who is 20 and Evan who is almost 18. Both of them will be in college next year. So in addition to working a lot, Kathy and I are conducting creative budget management techniques!

The Simpson Family in front of one of their favorite "summer homes."

I am entering into my 23rd year working for the City of Aurora's Municipal television channel, Aurora 8, though you'll never see me on TV (thankfully) as I work behind the scenes as a Producer. You might, however, see me or my wife walking our little white American Eskimo dog, Kea, through the neighborhood, or perhaps throwing the Frisbee to her in Sagebrush Park. In my spare time I dabble in writing, and am excited to have my first full-length novel—*Touching Cottonwood*—being published this month! (www.touchingcottonwood.com)

I'm entering my 7th year on the AG Board, and have enjoyed meeting so many of the friendly and fun-loving neighbors in Andover Glen. We've got a great neighborhood, and my motivation in serving on the board (besides just to meet my neighbors) is to do my part to help keep AG a high quality and friendly community. I am always available to answer any questions or concerns of neighbors, and think working together is always the best way to solve problems. Thank you for allowing me to serve!

Detox Your House

Submitted by Donna Foerster, GRI

Keller Williams Action Realty, LLC

This article was written by Karen Gillenwater, Move, Inc.

Do you suffer from chronic sneezing, coughing and itchy, watery eyes, only to have symptoms subside away from the house and reappear once you reenter your home sweet home? If so, it could be time for a different type of housecleaning.

Pollutants enter your home all day. Everyday activities like cooking, smoking and even dusting expose your family to contaminants. Likewise, allergens such as dog and cat dander adhere to and burrow into bedding, furniture and carpeting.

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But that's not all. The ductwork snaking through the walls of your house is prone to the build-up of contaminants such as dust and fungi. Every vent in every room is a way for dust particles to blow into the room and up your nose.

But, don't panic. It's only when these contaminants are present in high concentrations inside the ductwork that they can be distributed throughout your home. A visual inspection of the duct's interior can tell you if you have a problem. If you're unable to access the ductwork, call an air duct cleaning service for a free inspection and quote.

Expert Opinions

Will cleaning the air ducts make your home healthier? That is up for debate.

To date, there is no conclusive evidence to demonstrate dirty air ducts cause sneezing and wheezing. The American Lung Association says duct cleaning has not been demonstrated to prevent health problems. In addition, researchers at the American Academy of Allergy, Asthma and Immunology do not recommend air duct cleaning as a method of controlling cat and dog mite allergen exposure.

The Environmental Protection Agency (EPA) takes the tact that it's logical to assume that air ducts get dirty and an occasional cleaning is not detrimental provided it's done properly. "Done properly" is the key phrase to remember.

Decontamination Tips

Should you decide hiring a duct cleaner is your best course of action, make sure they clean all components of the system. These should include supply and return air ducts, registers, grilles, diffusers, heat exchangers, coils, condensate drain pans, fan motor and housing, and the air-handling unit housing. Neglecting even once can result in recontamination of the entire system.

The National Air Duct Cleaners Association (NADCA) offers a certification process for air duct cleaning companies. The association recommends removing contaminants from the heating and cooling systems as part of an overall plan to improve indoor air quality.

To find a contractor, start by contacting NADCA for service providers in your area. Determine the company has worked on systems like yours, holds the proper state licenses and is NADCA-certified. Have at least three companies provide written estimates. Costs should range from \$450-\$1,000 depending upon system size, accessibility and contamination level.

The service provider you choose should use vacuum equipment that exhausts particles outside the home. Only high-efficiency particle air (HEPA) vacuuming equipment should be used if the vacuum exhausts inside the house. During the cleaning process, carpet and household furnishings should be protected.

The provider should also take care to make the ductwork airtight by sealing and re-insulating access holes that could have been made during the cleaning process. Also, chemicals used for anti-microbial treatment in a heating and cooling systems must be registered with the EPA. Ask the contractor to see their Material Safety Data Sheet on suggested chemicals or contact EPA at 800-428-4318.

Improve Your Allergies

Pollen masks are available at pharmacies. Wear one when you clean house.

Damp dust instead of using feather dusters that stir up dust and let it fly.

Wash bed linens often, especially pillow cases.

Shampooing before bed helps remove pollen that accumulates in your hair.

Don't let pets sleep with you.

Don't hang laundry outside to dry as pollen clings to towels and sheets. ~

Don't miss these local Aurora Holiday events starting in November!

Holidays at the Homestead

The annual sale at the 1870 Gully Homestead will feature handmade crafts, gifts, antiques and primitives, including clothes, specialty food items, ornaments and more. Sip cider and munch on a cookie while browsing the wares in this historic setting. Contact 303-326-8630 for more information.

Holidays at the Homestead

December 07 Thursday through Sunday, 10 a.m. to 4 p.m.
Gully Homestead 200 S. Chambers Road Aurora 80017

9th Annual Festival of the Wreaths

This annual fundraiser and exhibit features festive wreaths sponsored and decorated by local organizations, businesses & individuals. Wreaths are then sold through a Silent Auction during the course of the exhibit.

9th Annual Festival of Wreaths

Exhibit will be on display Nov. 4-Dec. 12 at the Aurora History Museum, located on the northwest corner of Alameda and Chambers on Alameda Drive, in the Aurora Municipal Center Campus

Donna Foerster, GRI
Owner/Broker Associate
Keller Williams Action Realty, LLC

Office: 303-407-3700

Cell: 720-530-5554

Email: mrsdonna4str@aol.com

Neighbor to Neighbor

Services and stuff for sale, cheap!

Baby Sitting: Experienced, Red Cross Certified, 11th Grade, neighborhood Babysitter. Loves Kids! Kristin Guerra, 303-766-0464.

Baby Sitting& Odd Jobs: Red Cross Certified, 9th 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.

If you have an ad you'd like to place in the Gazette or even an informative article, please contact Randy Simpson at rgutess@yahoo.com

Reminder: The monthly meeting of the Andover Glen Board will be held Wednesday, November 19th at 7 p.m. at Shalom Park. All AG residents are welcome and encouraged to attend .

Special Safety Tip: Resist the temptation to warm up your car by leaving it running and unattended on our cold winter mornings. In addition to being against the law, it is also a great way to get your car stolen. It is the #1 cause of stolen cars in the winter!

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
Carl Miller, <i>Welcoming</i>	693-1899
Debra Jones, <i>Social</i>	690-9459
Derrick Laughlin, <i>N. Watch</i>	720-379-4616
Dick Moore, <i>Grounds</i>	400-8987