

Upcoming Dates

- Holiday Lights Contest: December 12/10, 3-5pm, Cookie/Ornament Decorating, Santa @ Whole Foods
- 12/21 - Winter Solstice, shortest day of year
- 12/24 - 1/1 - Hanukkah
- 12/25 - Christmas
- 12/26 - 1/1 Kwanzaa
- No Southglenn Reporter in January
- 1/1 - New Year's Day
- 1/8 - SGCA Board Meeting, St. Tim's 7pm

*****THERE WILL BE
NO SOUTHGLENN
REPORTER IN JANUARY.
SEE YOU IN 2017!!!*****

To Tip Or Not To Tip?

That soon may not be the question Tipping servers in restaurants may not be going away completely, but more and more owners are experimenting with a no-tipping model for their eateries. A survey by American Express found that approximately 18 percent of restaurant owners have already adopted a no-tipping policy, and another 29 percent are planning to do so.

Still, 27 percent of respondents said have no plans to eliminate tipping, though 17 percent said they might if competitors did so as well. Ten percent were undecided.

HAPPY HOLIDAYS

Next Meeting:
January 8th, 7 pm St Tim's

December 2016

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Linda's Tid Bit's

“‘Tis the Season” has finally begun. We have had our 1st snow storm and hopefully it will be winter weather ahead for us as the Holiday season begins! Well I hope everyone has been nice and not naughty!

SANTA AND I will be at WHOLE FOODS DECEMBER 10TH 3PM-5PM upstairs. Come take a picture with Santa and make an ornament for your tree, also enjoy a cookie that you decorate yourself!

Don't forget about the Southglenn Civic Association Holiday Lights Contest. We will be looking for these 4 different categories 1.The MOST LIGHTS, 2. The MOST NOSTALGIC, 3.The MOST RELIGIOUS, AND 4.The MOST CREATIVE! You can vote by emailing me at: LANDSnixon @msn.com. It is a lot of fun to go around looking at all the houses that have decorated for this. Contest will end on December 31, 2016. Please add your house to the “Holiday Lights” map on Nextdoor.com.

Our volunteer dinner went well and it was lots of fun! Thank you to all my wonderful volunteers - we could not do it without your support and help! Thank you to my husband for making all the volunteers pumpkin bread!

We hope that all of you that will be traveling thru the holidays will have a safe trip to be with family and friends! Don't forget about being a good neighbor and watching your neighbor's house.

Alert! Unfortunately we have had a few problems with missing packages left on porches. So just keep an eye out for each other this season; please keep our neighborhood safe. Don't forget about that special neighbor or friend in your area that could use a little Holiday Spirit! You can make a sweet treat, or something to make them feel special. Just by caring is a great gift and it does wonders for the heart.

We will be starting our Membership Drive in January, our 2017 Southglenn Civic Association Dues will only be \$15.00 for the whole year! We will also have a New Welcome Wagon person to meet and greet our new residents that move into Southglenn starting in January 2017!



continued on page 2

Southglenn Civic Association 2016 Wrap Up

I think this year was the most houses I've seen change ownership since moving into the neighborhood a dozen years ago. The Southglenn Civic Association appreciates all that you do to participate in our events and volunteer for functions.

This year we had dues participation from 28% of our 1,342 residents. The Civic Association wants to continue providing all of the events we have in previous years (Easter Egg Hunt, Dumpster Day, Neighborhood Garage Sale, Fun Fest, Holiday Lights contest, etc.) and we'd love to add to that list. Do you have ideas of events you'd like to see happen in our neighborhood? Reach out to one of us on the Civic Association Board (contact information on page 2) and let us know your thoughts.

We will not publish a newsletter for the month of January. When we deliver newsletters in February, we will include a self-addressed stamped envelope for your convenience - let's see if we can top 28% participation for 2017!

—Dale Rottschafer, Treasurer

SOUTHGLENN CIVIC ASSOCIATION, INC.
\$15 Annual Dues for Jan. 1 – Dec. 31, 2017

To join and/or support the SGCA, the annual dues are \$15.00

Name(s): _____

Street Address: _____

Email Address: _____

Phone: _____

Household members: # Adults _____ # Children _____

Number of years living in Southglenn: _____

YES! I am willing to volunteer with SGCA. Call me with options.

I would like to receive the Reporter electronically

YES, please list my teen's name in the Southglenn Reporter Teen Service Directory.

Here is the information (please check all that apply):

	Baby	CPR	Pet	Lawn	Snow
First Name & Last Initial:	Sitting	Certified	Sitting	Care	Removal
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phone: _____	Age: _____				
First Name & Last Initial:					
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Phone: _____	Age: _____				

Make checks payable to Southglenn Civic Association (*your cancelled check will be your receipt*). Send this form and your check to:
Southglenn Civic Association, PO Box 2024, Centennial, CO 80161.
 Please attach your ideas, comments and questions on a separate sheet.
Thank you for your involvement and support!

Southglenn Civic Association

PO Box 2024, Centennial, CO 80161-2024

OFFICERS:

Chairperson: Linda Nixon, 303-795-8083, landsnixon@msn.com
Vice-Chairperson: Susie Elmer, 720-629-4179, susieohle@yahoo.com
Secretary: Dora Cash, 303-794-8851, jim_dora_cash@yahoo.com
Treasurer: Dale Rottschafer, 303-761-4539, dalelrottschafer@hotmail.com
Historian: Sue Seitz – 303-798-1487, sseitz@du.edu

COMMITTEES:

CenCON: Theadus Duke, Dorothy Mauro
Membership/volunteers: Linda Nixon
Newsletter Editor: Dale Rottschafer

BOARD MEMBERS:

Alia Andrews: 303-512-3561, AAndrews2884@gmail.com
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Harriet Lorence: 303-794-7054
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The *Southglenn Reporter* is published monthly by the Southglenn Civic Association. However, they skip the January issue.

News Articles

The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to **SGCivicAssoc@gmail.com**. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

Advertising

The deadline for advertisements is the 15th of the month for the next month's issue.

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

Email: **getinfo@coloradolaser.com**

To find ad rates and discounts, go to

www.ColoradoLasertype.com

and click on the "Advertising Rates" link.

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**Parent Night Out:
Grandview Grange**

We are coming up on a busy time of year. Take a little time to yourself. Go shopping, go on a date, or just enjoy time away from your children - everyone needs a little time away. Grandview Grange is a local community based center. We are offering a fun filled evening for kids of all ages so parents can enjoy a night out. Bryce Jackman from Jackman Brother Entertainment will be at Grandview Grange to make sure the evening is a blast for everyone. We will be doing crafts, making a gift, having a snack, and watching a movie. This is a licensed and insured event. Parent Night Out will be offered for children 3 and up:

- Wednesday, December 14, 5-9 pm
- Thursday, December 15, 5-9 pm
- Saturday, December 17, 5-9 pm

Cost is \$15 per child per night. Your child can come one night or all three! Please contact Grandview151@hotmail.com for more information.

Linda's Tidbits, *continued from front page*

We are always in need of people to do newsletter routes. It takes 30-60 minutes a month to do a route and meet your neighbors and get some exercise. I drop them off with a map on your doorstep and you deliver. Call Linda 303-79-8083 if you're interested.

The Southglenn Country Club could use your help by paying your fees for next year as soon as you can get them in. This will help them project a more accurate budget for the coming year.

Thanks again for all of your support to make our community number 1 and the best it can be!

Safe Toys and Gifts Month

Prevent Blindness America has declared December Safe Toys and Gifts Awareness Month, encouraging gift-givers to consider whether the toys they plan on giving suit the age and individual skills and abilities of the child who will receive them—especially for children under age 3.



The Streets at Southglenn Holiday Schedule

Visit Santa in Guest Services. Bring your own camera and capture the moment. Check in for points for one of our elementary schools - Twain, Hopkins and Franklin!

- December 1st-18th hours:
Thursday & Fridays 4-8; Saturdays 11-8; Sundays 12-6
- December 19-21st 3-8pm
- December 22-23rd 11-8pm
- December 24th 11-3

Skate with Santa at The Cube on Wednesdays from 4-8pm (admission and skate rental apply)

Ice Skating at The Cube: Wed & Thurs 4-8; Fri 4-9; Sat 12-9; Sun 12-6. Check online for rates and extended hours during the school break and for holidays. <http://www.shopsouthglenn.com/events/>

Clydesdale Carriage Rides: Saturdays 4:30-7:30

The Original Dickens Carolers: Saturdays & Sundays 1-4

Are You Prepared to Help in an Emergency?

Community First Aid, CPR and AED Training

Do you have the skills to save a life? Learn the techniques used with adults, infants and children and how to respond to injuries and sudden illnesses in a systematic manner, preparing you to help in an emergency situation. Upon completion, receive certification in American Red Cross First Aid and CPR/AED for adults, children, and infants. Fee includes book and certification. For more information, call 303-708-3512.


- Who: Ages 12 and up
- When: 12 – 6 pm (Sat; Jan 28)
- Where: Buck Recreation Center
- Price: \$70 Resident, \$80 Nonresident
- Register online at www.ssprd.org Course number: 209751

Pancakes with Santa Southglenn Country Club

The holidays will be upon us soon! Please join us on Saturday, Dec. 10, from 8:00-10:00 am at Southglenn Country Club, for our annual pancakes with Santa event. This is a FREE member and community event! Bring your friends and family and join us for some HO HO HOLIDAY fun! Enjoy pancakes, crafts, music, and meet the guest of honor.....Santa Claus!!! GoldenBlithe Photography will be taking portraits of you kiddos on Santa's lap! The online gallery will let you view and select your digital image or prints. Just \$5 for digital image!


Please RSVP to SGCCEvent@gmail.com. Food donations will be accepted for a local food bank! Hope to see you at SGCC!

Bravie Notsinneh
Veteran Owned
bravie.notsinneh@gmail.com



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Fall/Winter DORMANT TRIMMING/FRUIT TREES

Free Christmas Tree Recycling

District residents can drop off their tree seven days a week Dec 26, 2016 - Jan 16, 2017. All decorations need to be removed from the tree, including lights, ornaments, garland, tinsel and stands. If the tree is wrapped in a plastic bag, it must be removed at drop off. Flocked or artificial trees and yard refuse will not be accepted. Trees can be dropped off at the Willow Spring Service Center, 7100 S Holly Street, in the designated enclosure by the front gate. The trees will be mulched and used in landscaping throughout the District and residents can obtain free mulch, beginning Dec. 30. The mulch will be available weekdays, 7:30 a.m. until 3 p.m. at the Willow Spring site.

Southglenn Library - DIY Gift Making Classes

Friday, 12/9 4pm Teens: Fandom Ornament Craft - Have yourself a geeky holiday season! Create a hand-made ornament based on your favorite fandom to keep or give as a gift.

Sunday 12/18, 2pm Kids 5-12; Light Up the Holidays - Stories and Crafts: Winter holidays seem to be all about lights. Celebrate Hanukkah, Christmas, Winter Solstice and Kwanzaa.

Friday 12/30 4:30 Teens: Gamers Guild/Giant Games: Play a different type of game each month. This month, play giant versions of your favorite classics. Space is limited so please log in to www.arapahoelibraries.org to register.



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HOLIDAY EVENTS - 2016

BOULDER

Switch on the Holidays
November 20
boulderdowntown.com

St Nick on the Bricks
Nov 25th & every Sat till 12/24
boulderdowntown.com

Holiday Festival 2016
December 3 - 4
cupresents.org

Lights of December Parade
December 3
boulderdowntown.com

Nutcracker Tea
December 10 & 11
boulderballet.org

Boulder Holiday Gift Festival
December 11
festivalnet.com

CASTLE ROCK

Starlighting at Historic Wilcox Square
November 19
visitcastlerock.org

12 Stops of Christmas
November 26
downtowncastlerock.com



DENVER

Chrstkindl Market
November 18 - December 23
denverchristkindlmarket.com

Blossoms of Light
November 25 - January 1
botanicgardens.org

Denver Zoo Lights
November 25 - 26
denverzoo.org

Downtown Denver Grand Illumination
November 25 - December 31
denver.org

The Nutcracker
November 26 - December 24
denver.org

Winterfest
December 2 - 3
southpearlstreet.com

EVERGREEN

Downtown Holiday Walk
December 2
business.evergreenchamber.org

Sparkle & Shine
December 9
business.evergreenchamber.org

Skate the Lake
December 31
drive-smart.org

LITTLETON

Trail of Lights
November 25 - January 1
botanicgarden.org

Santa Stampede
December 10
coloradorunnerevents.com

PARKER

Mayor's Holiday Lighting
November 25
parkeronline.org

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ACSO Seeks Candidates for Volunteer Victim Assistance Program

The Arapahoe County Sheriff's Office is looking for dedicated volunteers to join our Volunteer Victim Assistance Program and attend the Volunteer Victim Assistance Training Academy this spring. The Volunteer Victim Advocate 2017 application is available at <http://agency.governmentjobs.com/arapahoe/default.cfm>. The deadline for completing the application is Friday, Dec. 9, 2016.

Academy training for volunteer victim advocates will begin in early spring. Training is held on Tuesday and Thursday evenings and lasts seven to eight weeks. Following the initial training, volunteer victim advocates must commit to two on-call shifts each month and attend monthly training and meetings held on the first Monday of each month.

The Arapahoe County Sheriff's Office Victim Assistance Program provides crisis response to crime victims and other individuals involved in traumatic events, or other persons in need. Program volunteers are trained to provide crisis intervention and short-term support. They provide around-the-clock coverage every day of the year and are a valuable resource to deputies and other first responders.

Applicants are required to submit to a background investigation, which includes a polygraph examination. Successful applicants must attend all academy trainings.

For additional information about the program, please contact Victim Assistance Coordinator Renee Grengs at 720-874-3940.

Strong Schools Create Strong Neighborhoods

Mark Twain Elementary School PTO is participating in Colorado Gives Day in December to provide resources and support for our literacy and math initiatives. Please consider Twain for your end of year giving on Colorado Gives Day, or up until December 31 by visiting <http://coloradogives.org> and searching for "Twain." We are "Home of the Tigers." Donations are tax deductible and will have a direct impact on student learning! Thank you for your support.

Southglenn Holiday Lights & Decorations Contest

The contest runs through December, so get busy hanging those lights if you haven't already! We also need your vote! Please take a leisurely walk or an evening drive through the neighborhood (and don't forget the houses on the north side of Arapahoe up to Noble, between Franklin and Vine) and vote for your favorite house decoration. First place winner in each category will receive a gift certificate. The Categories are: Most Lights; Most Nostalgic; Religious; Most Creative

WE NEED you to be the judge and call in your vote! 303-795-8083 or email your vote to LandSNixon@msn.com by 12/25/13. Winners will be notified with their award in January.

—Linda Nixon, Vice Chairperson

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*APR=Annual Percentage Rate. Balance transfer must be paid directly to another lender/card and must be completed by a MCCU employee no later than 5:00 pm (MST) January 31, 2017. Upon the expiration date of the promotion period, any outstanding balance will transfer to your cards prevailing rate. If account becomes 30 days or more delinquent, the full balance will automatically convert to the prevailing credit card rate.



Help Kids Unplug from Devices

Do you worry that your children are spending too much time on computers, iPads, game consoles, and other electronic devices? You're not alone. Therapist Elaine Fogel Schneider, author of *Seven Strategies for Raising Calm, Inspired & Successful Children* (Crescendo Publishing LLC) offers this advice to parents for helping children cut the virtual cord:



- Set rules. Limit the amount of time your child can spend on an electronic device and be consistent in enforcing your rule. This way your child knows that when you say he or she only has two minutes left, he or she really has only two minutes left, not five or 10.
- Use a timer. A timer can take the blame away from you when you're limiting your child's time on the device. Use a timer that measures down the time your child is spending on the tablet, smartphone, and/or technological game so he or she won't be surprised when time is up. Have your child select a tone on the smartphone that he or she likes.
- Be ready with another activity. Plan something to engage your child when time is up to take his or her mind off the electronic device. Describe what you have in mind so the child can start thinking about something else that he or she enjoys.
- Use these tips in your home first. Children may resist these tactics at first with tantrums, tears, meltdowns, and even depression. Try them in your home before using them in public. In time, your child will learn what's expected and be able to disconnect from a smartphone, tablet, or other electronic device without a fight.

Make Homemade Lunches More Appealing Than Takeout

One way to be healthier is to bring your own lunch to work instead of relying on fast-food restaurants for your noontime meal. Eating the same boring sandwich day after day can be a drag, though—and in the end you may be tempted to go out anyway. Try these ideas from the CNN website to psych yourself up for a healthy meal you make yourself:


- Plan your week. Think ahead. Some people make a whole week's worth of lunches on Sunday night, limiting the temptation to say they're too tired or busy to make a lunch the night before, or in the morning as they're rushing to reach the office on time. Whatever your approach, you'll be more disciplined if you know what you're going to fix ahead of time.
- Use your leftovers. When you cook dinner, make a little extra. This saves you the time of effort of putting a lunch together when you're pressed for time. Learn to repurpose your leftover food: A casserole can turn into a tasty wrap if you put it into a tortilla; pasta can become a salad with just a few extra ingredients.
- Get away from your desk. Takeout food is ideal for eating at the desk while you keep working. Instead, take a real break and eat in your organization's lunchroom or, if the weather's nice, go outside. You'll eat less and feel more relaxed by the companionship, or the fresh air. You'll return to work with more energy for the afternoon.
- Pack a treat. "Healthy" doesn't have to mean "boring." Allow yourself a little treat for dessert—a few pieces of chocolate or a yogurt. Satisfying your sweet tooth will make you less likely to hit the snack machine in mid-afternoon.

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You Can't Miss These December Holidays

The celebrations and holidays of December come from many different countries and cultures. Here's a guide to what your friends and neighbors are up to this month:



- Hanukkah, Dec. 24-Jan.1. Hanukkah marks the rededication of the Temple of Jerusalem following the Jews' victory in the Maccabean Revolt in 165 B.C. According to the Talmud, the Jews had only enough olive oil to keep the eternal flame in the Temple burning for a single day—but miraculously, the oil continued to burn for eight days, during which time the Jews were able to produce and consecrate fresh oil for the flame. The eight-day Jewish holiday begins at sundown. Hanukkah is observed by the lighting of a nine-branched candelabrum, called a menorah. One candle is lit each of the eight nights, with a central candle lit each night to light the others.
- Christmas, Dec. 25. This Christian holiday celebrates the birth of Jesus, sometime between the years 7 and 2 B.C. The word "Christmas" comes from "Christ's Mass," a phrase first recorded in old English in 1038. Christmas began to be observed with feasts and celebrations in the Middle Ages—the online encyclopedia Wikipedia notes that King Richard II of England hosted a Christmas feast in 1377, with 28 oxen and 300 sheep eaten. The colonial Puritans of New England disapproved of Christmas celebrations, banning them during the 17th century. But other colonists observed the day with Christmas trees and nativity scenes. President Ulysses S. Grant signed the law making Christmas a federal holiday in 1870.
- Kwanzaa, Dec. 26 to Jan. 1. A seven-day celebration of African heritage and culture, Kwanzaa was created in 1966 by activist Maulana Karenga to provide African-Americans with a holiday that emphasized their shared history and experience. The name Kwanzaa derives from "matunda yakwanza," a Swahili phrase meaning "first fruits." Houses are decorated with African art and colorful cloth, and seven candles are placed in the kinara, a candleholder. The central candle in the kinara is black, with three red candles on the left and four green candles on the right. The candles represent the Seven Principles of Kwanzaa, which are contemplated each day as one is lit: unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

Digital Content Taking Over Schools

The digital revolution has come to U.S. classrooms, according to the Digital Publishing News website. More than 80 percent of schools use some form of digital content such as e-books, audiobooks, and digital textbooks in teaching.

What devices are they and their students using? Laptops (75 percent), tablets (62 percent), personal computers (49 percent), and smartphones (17 percent).

Control The Holiday Glow

Candles are a popular holiday decoration, but they're also one of the most dangerous. Follow these precautions to prevent a fire in your home or fireplace:

- Never leave a lighted candle unattended.
- Always put candles in a metal or ceramic holder. Never place them in combustible containers or ones that can melt.
- Put out candles once they get within two inches of their holders or decorations. This is especially important with natural or plastic decorations that often grace holiday candleholders.
- Keep wicks trimmed to a quarter-inch.
- Never burn candles near things that can catch fire, like trees or curtains.



Southglenn Country Club

Steph Maxey, Board of Directors

A sincere thank you to the Southglenn community for your interest and support of the Southglenn Country Club this year. We appreciate several in the neighborhood for expressing an interest in running for the board of directors. One of our residents, Kurt Meyer, was elected to the board of directors and he should be instrumental in helping to keep the positive momentum going. Memberships for 2017 are currently being accepted - and Colorado typically provides us many opportunities to golf during the winter months. For more information, please call Southglenn Country Club at 303-798-1656. We look forward to seeing more of you on the links or poolside in the near future!

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SOUTHGLENN Last Month's Stats!

Homes FOR SALE in Southglenn October 16, 2016 - November 14, 2016

Style	Lowest	Highest	SqFt	How Many?
Ranch	\$347,500	\$365,000	1522-1940	2
2 Story	\$365,000	\$479,000	1838-2450	5
Bi-Level				0
Tri-Level/Multi Level	\$374,900	\$374,900	1584	1

Homes UNDER CONTRACT in Southglenn October 16, 2016– November 14, 2016

Style	Lowest	Highest	SqFt	How Many?
Ranch	\$342,500	\$349,900	1522-1940	2
2 Story	\$365,000	\$479,000	2148-2219	2
Bi-Level	\$365,000	\$365,000	1514	1
Tri-Level/Multi Level	\$374,900	\$375,000	1456-1937	2

Homes SOLD in Southglenn October 16, 2016– November 14, 2016

Style	Lowest	Highest	SqFt	How Many?
Ranch	\$345,000	\$365,000	1120	1
2 Story				0
Bi-Level	\$375,000	\$375,000	1567	1
Tri-Level/Multi Level	\$405,000	\$405,000	2050	1

If you are thinking of selling this year, PLEASE call me! Don't miss out on this HOT market.

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Based on information from Metrolist, Inc. for the period of 10/16/2016 through 11/14/2016. This representation is based in whole or in part on data supplied by Metrolist, Inc. Metrolist does not guarantee nor is in any way responsible for its accuracy. Data maintained by Metrolist may not reflect all real estate activity in the market.

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DECEMBER 2 & 3- 7:30pm Voices West Holiday program. Get in the spirit with songs, candles, brass quartet. St Timothy Episcopal E Dry Creek & S Clarkson. **DEC 3rd- 11:00 am- Free Childrens concert & Santa,** Littleton United Methodist Church, on S Datura. Call Kaeti Bancroft 303-525-2226 for information.

Lazy boy coffee table 50x32 and 2 end tables \$200.00 set. Nitto china white w/silver trim svc 4 8 \$120.00. Beautiful elec. fire pl w/ blower \$ 200.00. 303-770-0918

LuLaRoe Clothing 720-581-9775. Drop in and shop! lularoewithstephaniepaige@gmail.com. Contact us for a personal shopping time! Located in Cherry Park. Stephanie & Paige.

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

PIANO LESSONS: Suzuki & Traditional Methods. Ages 3-Adult. All levels. Ann B.M., M.M., 303-798-7351

Personal Trainer: In-Home personal training; program design includes Nutrition, Cardio & Resistance training. Chad at 303-981-0138. www.atlantispersonaltraining.com

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.

Highlands Pride Painting- 303-738-9203

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

Holiday Lighting & Snow removal services. Mile High Lawn & Garden. 3/908-4846.

Small Paint Jobs Only 303-738-9203 Taylor's

Lawn Service. Fall clean up, Sprinkler Blow-out. Handyman services. 7/308-5698.

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

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

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

HOUSECLEANING: Avail. morning or afternoon. Use my products or yours. 30 yrs exp. Call Kathy Boehm 720-338-8066.

Haul it 4 less. Junk/Debris Removal 4 less. We take all furniture, junk & yard debris & Hot Tubs. Cheap appliance removal. Not much more than a roll off-we do labor. Peter 303-249-1980. www.haulit4less.com.

Buckwheat Month

Designated the "December Grain of the Month" by the Whole Grains Council, buckwheat contains higher levels of zinc, copper, and manganese than other cereal grains, along with a very high level of protein. It's used in soba noodles, crepes, blintzes, pancakes, and other delicious foods.

Seeing Santa Claus

A grandmother took her grandson to the shopping mall in December to see Santa Claus. The young boy was very excited to sit on Santa's lap. "Now, little boy," Santa said, "tell Santa what you want for Christmas."

In a very loud voice, the boy said, "I want a NINTENDO, and a NEW BIKE, and some BOOKS, and—"

"You don't have to shout," Santa chuckled. "Santa isn't hard of hearing."

The boy leaned forward and whispered, "No, but my grandma is."

Teen Services

To add your teen's name, please call **Dale Rottschafer** at 303-761-4539 and leave the following information: your name, 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. You must be a dues paying member of the Southglenn Civic Association to have your name listed. *No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype.*

- Celeste B. 17 B*/P
- Tyler B. 14 B*/P
- Kenzi B. 15 B*/P
- Kassie C. 14 B*/P
- Ella C. 14 B*/P
- Rose C. 15 B*/P
- Chanda E. 17 B
- Lily K. 14 B*/P
- Anika K. 12 B*/P

Riley R.

Watch The Sunrise For Better Health

Want to lose some weight? Try getting out of bed earlier. In a study conducted at Northwestern University, researchers gave 54 people wrist monitors that tracked their sleeping patterns and exposure to light for a week and asked them to keep detailed records of what they ate. The researchers also measured participants' activity level and age, as well as the season they were being monitored.

The researchers found that exposure to early morning light, whether natural or artificial, was associated with a leaner body weight. The reason, they speculate, is that light may play a role in regulating the metabolism, similar to its effects on wakefulness and alertness. The connection isn't conclusive, but getting up a little earlier couldn't hurt.

Keep Your Career Healthy

Are you neglecting your professional health? Ask yourself these questions at least once a year to make sure your career isn't on the critical list:

- Am I achieving my job objectives?
- Have my career objectives changed?
- Is this job meeting my expectations?
- Am I doing what I'm good at and enjoy doing?
- Are my skills up to date for this job and organization?
- How can I best achieve career satisfaction either on this job or in another job or career?

#1

Centennial's Top-Selling Real Estate Agents
South Metro Denver's #1 Producing Team
Colorado's Top 10 in Customer Satisfaction
Nation's Top 1% of Realtors

HAPPY HOLIDAYS

—
WISHING YOU
A SEASON OF GRATITUDE,
HOLIDAY CHEER AND
A HAPPY NEW YEAR!

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CERTIFIED REPRESENTATION FOR SENIORS
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