

Southglenn is *THE* Place to Live

Our Real Estate Market at Southglenn is a rapidly changing. We have almost had a waiting list for homes priced right in our area. Many recently listed homes have sold in the first week! The market in the last year to now has rapidly changed from one end to the other. Here is data comparing 12-month periods from March to March over the last couple of years.

March – March/ Year	Avg Sale Price	# Properties
2010-2011	\$267,000	48
2011-2012	\$256,000	42
2012-2013	\$275,000	57

We have only 1 house listed as active on MLS available right now, all of the others are pending under contract. We have had 16 houses sell in Southglenn in the first 75 days of this year. There were 51 sold in all of 2012! Spring is when we generally see more houses go up for sale. We have a few repo's in the area as well that will come on the market by summer. With all of these factors in place, I predict that will have a large turn over in the next 3-5 years.

— Linda Nixon



Linda's Little Bits

The Easter Egg Hunt and Contest turned out delightful and the kids had so much fun. Based on the feedback we have received, the location change to Clarkson Park was a positive one. With refreshments and the playground, people felt welcome to stick around for a while. Of course with it being spring, Mother Nature blew through and chased folks away before we had gotten through all of the games. The downhill races were a big hit. It was so much fun to watch the kids roll the eggs down the hill from the 3-4 year olds all the way up to 11-14 yr olds. Among other things, we learned that the 3-4 year olds can roll eggs as good as the older kids. Next year we will be able to improve on that game. The kids all had so much fun! And, as an empty nester, it was sure fun to watch! We may have to add some sort of competition for the adults next year to get them into the action instead of just spectating. We had some great entries for the Best Decorated Egg. One family brought a whole carton and others brought at least two eggs to be judged. All of the eggs were beautiful designed eggs with silk patterns, sparkles, tie-dye and character eggs. All the entrants took home prizes in their age group! (Photos are posted to the Southglenn Civic Association Facebook page.)

Spring is fast approaching and before we know it, school will be out in May. So please be mindful as the month progresses that you watch your speed and stop at all stop signs. Kids no doubt will be anxious for the summer to begin and may not be as attentive pedestrians.

— Linda Nixon

Important Dates:

Dumpster Day: (Twain Elementary) – June 8th

Southglenn Garage Sale Days: June 21st & 22nd

Charity Pick-up of Garage Sale Leftovers
June 24th (Tentative)

SGCA Fun Fest/National Night Out
August 6th

Next Southglenn Civic Association Board Meeting

April 25th, 7 p.m.
at St. Timothy's Church

SGCA Annual Meeting

Our Southglenn Civic Association Meeting in May is the annual meeting. At this meeting, we will elect 7 new directors for two-year terms to our 13 member board. We have some very dedicated individuals who have served our community well for a very long time. I am so appreciative for their efforts over the years, as are many of you. To ease their load, it sure would be great to get some new people involved as well. Linda Nixon's article on Southglenn real estate trends shows we are clearly a neighborhood in transition. We want the SGCA to be responsive to this, so new ideas and fresh perspectives to our board are welcome, no matter how long (or short) you've been a resident. The board meets for about an hour monthly and endeavors to enhance the community by planning the various events sponsored by the SGCA(in addition to considering new functions) and communicating with residents via this newsletter, Facebook page, and email on issues that impact residents' and homeowners' quality of life and property values. To be eligible to run for the board or to vote on board members, you must be a dues paying member of the SGCA (bottom of page two is information on how to join) and attend the meeting in May. If you have an interest in being on the board, we'd be happy to print a bio for you in next month's newsletter. Please send us a couple of sentences about yourself. Southglenn wants YOU!

— Dale Rottschafer



We Are on Facebook!

Like us on Facebook:
www.Facebook.com/SGCivicAssoc

New Management at Southglenn Country Club

On Saturday, March 16, 2013, the club held an Open House to introduce our new General Manager, Mike Diblasi. Mike was a Vice President and General Manager of Plum Creek Golf and Country Club for ten years and was the Golf Course Superintendent there for ten years prior to that. Most recently, he has been the owner and principal operator of his own landscaping business. Mike is a Certified Golf Course Superintendent (CGCS) with experience in managing pools, vendors and clubhouses. We are confident you will find Mike to be available and approachable. He's very friendly and intent about his goals for the club. Mike says he chose Southglenn because it was the right thing to do for him and his family. You'll undoubtedly see him this Spring and Summer training staff, on safety patrol on the pool and grounds and improving the club, but please don't wait to join us in welcoming him to our community!

The club's School Fundraising Program is underway and is already yielding returns for area schools. Your school, church or nonprofit organization can earn \$50 for each new membership that references the club! Ask your PTO if they are participating or email marketing@southglenncc.com for more information. We've got swim lessons and swim team, tennis programs for adults and juniors, golf leagues to accommodate everyone, socials and so much more planned right here in our neighborhood. Look at the club calendar for information on when informational meetings are happening for each of these and plan to attend them as you weigh your summer activities options. This neighborhood asset is on the upswing. We hope you'll come be a part of it. (And please bring friends. Everything is better with friends.)

— Mike Hanbery

SOUTHGLENN CIVIC ASSOCIATION, INC.

\$15 ANNUAL DUES FOR JANUARY 1, 2013-DECEMBER 30, 2013

To join and/or support the Southglenn Civic Association, the annual dues are \$15.00

Name(s): _____

Street Address: _____

City, State, Zip Code: _____

Email Address: _____

Phone: _____

Homeowner / Renter _____

Number of years living in Southglenn: _____

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

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

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

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, landnixon@msn.com
- Vice-Chairperson:** Dorothy Mauro, 303-798-2823, damauro@comcast.net
- Secretary:** Vern Sybesma, 303-794-2337, vernsybs@aol.com
- Treasurer:** Karen Kisch, 720-283-9402, scottkykisch@hotmail.com
- Historian:** Susie Ohle, 720-629-4179, susieohle@yahoo.com

COMMITTEES:

- CenCON:** Dorothy Mauro, 303-798-2823, damauro@comcast.net
- Membership:** Karen Kisch, 720-283-9402, scottkykisch@hotmail.com
- Newsletter Co-Editors:** Chris Haller, Dale Rottschafer

BOARD MEMBERS:

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- Dale Rottschafer – 303-761-4539, dalerottschafer@hotmail.com
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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 20th 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**.

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A Stress-Free Way To Share Household Responsibilities

Most working parents come up with a plan to share their home responsibilities. Here are some suggestions for a system that maximizes cooperation and minimizes explosive conflicts that can strain family relationships:

- Start with a common goal. Acknowledge that you both want the same thing – a harmonious home where responsibilities are equally shared. Talk about what that means to everyone so you all understand what's important to each other.
- Keep salaries out of the picture. Determining who does what in the house shouldn't be dependent on who makes more money. Consider personal preferences for particular chores, who has the most time, and who does the best job.
- Assign high-stress chores evenly. Some tasks – like doing the taxes – are more demanding than others. Others need to be done according to other people's schedules (feeding hungry kids now versus paying bills later in the evening). Make sure responsibilities are divided up fairly in terms of both time constraints and effort involved.

Southglenn Garden Club Notes

The Southglenn Garden Club had its first Meeting of 2013 on Tuesday March 12th. We discussed the planning agenda for the year. We will meet on the second Tuesday of each month (March through September 2013) at 7 PM at the Southglenn Country Club. In addition, following is a list of events/details that are scheduled so far.

Tuesday, April 9th, Anne Phelps has invited Sandy Snyder who worked at the Denver Botanic Gardens for 17 years with Panayoti Kelaidis in the alpine garden as speaker. Sandy is a gifted gardener with a practical, no-nonsense approach. She is a long-time plant collector whose garden is filled with cold hardy native shrubs, succulents, perennials and alpine plants. Sandy is going to have a garden conversation on current issues and problems in the garden.

Saturday, May 18th we will have a plant swap in the parking lot of the Southglenn Country Club 9 a.m. to 11 a.m. If you have any questions, please email Ken Ropp at roppco@msn.com.

Tuesday, June 11th we will have the Southglenn Garden Tour. We usually start at 6:30 p.m. and end around 8:30 p.m. If you are interested in being one of the participating gardens, please email Jin Voelkelt at voelkelt@msn.com and put GARDEN TOUR in the subject line so she can respond promptly.

Saturday, October 12th we will have our Pumpkin Contest as well as a Harvest Swap from 9 a.m. to 11 a.m. with the location to be announced at a future date. Please see Pumpkin Contest Rules.

We discussed various items regarding gathering and planting

seeds, including onion plants that have been ordered from Dixondale Farms that will arrive on April 1st. If anybody would like to take some of the extras please email me at terrismalley@comcast.net with ONIONS in the subject line. We've ordered Red Candy, Red Zeppelin, SuperStar, Sterling, Candy, Walla Walla, Big Daddy and Copra onion plants.

Everyone seems excited about starting the new growing season even with the drought conditions that are forecasted for the year. Please note that sometimes due to weather or conflicts we may need to change where and when a meeting is being held. Please make sure you have given us your email so we can notify you of any changes of time or place as they occur. Please contact terrismalley@comcast.net with all email additions or changes for now. We are working on providing a central place for correspondence for the Southglenn Garden Club.

— Terri Smalley

Splash Dash!

Sunday, June 9 will be the inaugural Splash Dash! This is a 5K fun run/walk through the Southglenn neighborhood to benefit Drennen's Dreams. The Splash Dash ties in so many of the things that Drennen loved – water play (Splash), being active (Dash), and FUN! The Dash will start and end in the Arapahoe High School parking lot. The rough route is Geddes Ave to Pennsylvania St to Costilla Ave to Franklin St, with a few minor detours en route to get the mileage to the 5k mark. There will be water stations, first aid, music, pancakes from the boy scouts, and hopefully a whole lot of support from the neighborhood. Support could come in the form of Splash Dash participation; volunteers to control traffic, direct participants or hand out water; running sprinklers along the route to help runners cool off and realize the "Splash" portion of the Dash; or cheering, music, entertainment along the route. If you would like to volunteer, please contact Melissa McGarvin-O'Melia at 303-489-7440 macomelia23@gmail.com. More details about the route and participant registration will be provided in next month's reporter. Until then, Save The Date!

— Dale Rottschafer



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**** Always test fabric for color stability ****

For oil base spots (Ink, grease, oil paint, marker, etc.), use:


- Isopropyl rubbing alcohol, white towel.
- Pour alcohol on to white towel and dab. (Do not rub)
- Repeat process as necessary.

For Beverages, urine, blood, spaghetti sauce etc., use:

- One inch distilled white vinegar
- One inch sudsy clear ammonia into 16 oz. spray bottle.
- Fill the spray bottle with cold water.

INSTRUCTIONS:

- Blot spot with white dry towel to remove excess.
- Spray mixed solution on spot.
- Blot with white dry towel – (Do not rub).
- Repeat process as needed.



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Southglenn Garden Club's Pumpkin Growing Contest Rules

1. Must be age 5 to 109.
2. One entry per applicant only.
3. All pumpkins must be grown in Southglenn.
4. All contestants must be registered with Shelly Haynes (shellymarie61@gmail.com) by August 1.
5. Contestants must allow garden club to come number and take a picture of the pumpkin growing in the garden.
6. All pumpkins must be transported by the contestant to the Harvest Festiva; contestant must be present to win.
7. Winner must allow prize sponsor to display pumpkin for 2 weeks after winning (you'll have your pumpkin back before Halloween!).
8. The biggest pumpkins win this contest. "Biggest" will be judged by adding pumpkin circumference and height together.
9. The Southglenn Garden Club will judge this contest, and they have final decision making authority on the winners of this contest.

Southglenn Garden Club would like to thank the following sponsors for their support of this first annual Pumpkin Contest in the fall of 2012!

CATEGORIES AND PRIZES:

Child (ages 5-18)

- First Prize: \$100.00 gift card to Dairy Queen
- Second Prize: \$100.00 Visa Card
- Third Prize: \$50.00 cash

Adult (ages 19-109)

- First Prize: \$100.00 gift card to Albertsons
- Second Prize: \$50.00 cash
- Third Prize: \$50.00 cash

So, get your pumpkin seeds planted (if you haven't already) and make sure to enter prior to August 1! More details will follow on the Harvest Festival — FUN FOR THE ENTIRE FAMILY!

SGCA Easter Egg Hunt

Our annual Easter Egg Hunt was held on Sunday, March 17, 2013 at Clarkson Park. My thanks to Lois Coakley and Dora Cash, whose nimble hands helped me to fill about 1200 plastic eggs with jelly beans. Mike & Kaeti Bancroft, Dora Cash, Karen Jarrett, and Scott & Linda Nixon & family helped scatter them on the upper grounds at Clarkson Park. Approximately 100 children ranging in ages from a few days old (with parental help) to 8 years happily gathered them up in about 15 minutes. We had a visit from a very friendly Easter Bunny who charmed the children and had his picture taken with many of them. This year we included a Decorated Egg Contest and a Rolling the Egg Down the Hill Contest. Prizes were given to all the winners. We enjoyed coffee, lemonade, and cookies donated by Corner Bakery at the Streets of Southglenn. Thanks to everyone who helped make this event successful!

Fastest Egg Roll Winners: Jackson Case, Nile Gullickson, Alexis Cloos, Ray Ramos, Christian Gottschalk, Sophia Cloos, Neil Kline, Kassie Christensen, Claire Tienon. Decorated Egg Winners: Kassie Christensen, Cole Christensen, Mason Welch, Christian Gottschalk.

— Dorothy Mauro

Drennen’s Dreams

Drennen’s Dreams is a nonprofit organization created to honor the life and memory of Drennen P. O’Melia. Before his tragic death in 2010, at age 12, Drennen was a resident of Southglenn. In his short life, he created a strong network of friends, family and community. His enthusiasm for life was contagious and he inspired everyone around him to become more involved and engaged in their community, to be optimistic about the future, and have a sense of humor about everything. The mission of Drennen’s Dreams is to continue Drennen’s legacy by engaging the greater community to impact lives through initiatives that inspire well rounded individuals and the leaders of tomorrow.

The intent of Drennen’s Dreams is to support, inspire and impact our community with a focus on two main initiatives:

1. **Pool Safety:** Drennen was the victim of a tragic drowning accident. In his memory, the primary focus of Drennen’s Dreams lies in promoting pool safety and ensuring that no more unnecessary deaths occur due to insufficient training of lifeguards, lack of necessary monitoring and medical equipment, and mismanagement of pool facilities. We aim to work with private and community pools to enforce accountability standards and ensure lifeguards are current in their training requirements, and we will help lifeguards understand what is truly at stake while they are on duty. We are also seeking donations to provide financial support for advanced training in state-of-the-art equipment and resuscitation techniques. Drennen’s death may have been preventable, and our community cannot afford to lose another child. We owe it to our children and our community to ensure that community and club pools are safe and well supervised.

2. **Youth Programs:** Sports and school were important to Drennen, and we believe, as he did, that all children should have equal access to recreation and education. It is our belief that the youth of our community need resources to pursue their interests – whether academic or athletic – and we want to help make that possible. We want to provide opportunities for children and teens to be involved and engaged in their community and in their schools; to understand what it takes to build and support a great community; to be empowered to influence and lead in their schools, peer groups and communities, and in doing so inspire these future leaders to become well-rounded individuals. To this end, Drennen’s Dreams will provide support for support for youth programs, including but not limited to:

- The Drennen O’Melia Youth Center (D’Zone) at St. Timothy’s Episcopal Church
- Scholarships for youth to participate in recreational sports programs
- College scholarships for local graduating high school students

For additional information about Drennen’s Dreams, please visit drennensdreams.org.

— Jen Darling

Outdoor Improvements Coming to Twain

Robyn Zagoren, the LPS district Wellness Coordinator, has worked with administrative staff at Twain to obtain grants to enhance the playground for both students and the community. Twain is the recipient of approximately \$100,000 to purchase/install additional playground equipment, a shelter area with seating for an outdoor classroom, shade structures, and a walking/running track around the perimeter of the playground area. Work will be completed in the summer.

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RESIDENTIAL HIGHLIGHTS:

- * 17.6% Increase in the number of sales year-over-year (350)
- * 22.3% decrease in average days on market
- * 30.2% decrease in active listings
- * 10.8% increase in average price - sold (\$301,827)

Good news for all home owners – the market has finally turned to a Seller’s Market. If you are thinking of selling, I would be delighted to do a CMA (Competitive Market Analysis) for your information at no cost.

Please feel free to call with any questions or concerns regarding Market Conditions.



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It's April – Your Garden is Calling

It's that time of year again and the garden is beginning to call. If you've never gardened before, spring time is an excellent time to get started. The members of the Southglenn Garden Club want to help with a short list of garden ideas and tasks.

Start planning your garden. Is there an area of your yard you want to improve? Think about investing in a tree, shrub or perennial (plants that grow back each year). Place a marker where you want to plant, then step back and look around. Is there enough room for the plant to grow? How will it look from inside? Consider adding a vegetable garden. If you already grow vegetables, think about planting extra vegetables to donate to local food banks. AmpleHarvet.org and GardenWriters.org have information on where you can donate your extra produce.

Improve growing conditions. Lovingly known as "Denver Adobe" our clay soil needs organic matter. Dig in 2 – 4 inches of compost or manure around plants. Never apply uncomposted manure to growing food crops. Manure must be heated through to properly to kill most *E. coli*. Slowly work on improving the soil. Too much organic matter added at one time can raise the salt level in the soil, which can damage plants. Water trees, shrubs and perennials if they are newly planted. Water established plants if the soil is dry. Fertilize spring flowering plants and shrubs with general purpose fertilizer.

Time to start planting! Flowers: Pansies for spring color, gladiolus (plant a few each week to extend bloom time) and bare root roses. Vegetables: plant cool season veggies that tolerate frost such as kale, peas, turnip, radish, spinach, kale, onions, shallot, broccoli and cabbage plants. Perennials: divide and transplant overgrown summer and fall blooming perennials such as day lily, daisy and mums.

Go Native! Native plants are not only durable, hardy, and adaptable to Colorado's changing climatic conditions, but they are also beautiful. Many native plants produce showy flowers, abundant fruits and seeds, and brilliant fall foliage. The use of natives also helps promote more sustainable landscapes. They typically require less water; less pesticides and fertilizers; and provide enhanced habitat for butterflies, birds and other wildlife. Natives tend to have lower long term maintenance costs; and increased plant hardiness. Some favorites include:

- **Desert four o'clock** (*Mirabilis multiflora*) is a perennial that grows from a substantial, almost woody root and typically forms spreading clumps up to 3 feet tall and several feet wide. Showy, magenta flowers are produced from June to September. The flowers open in the later afternoon and by nightfall emit a musky aroma to attract hawk moths. Once the sun is up the next morning, the flowers close.
- **Hoptree** (*Ptelea trifoliata*) can be grown as a shrub or small tree, growing to 20 feet in height with a broad crown. It has a straight, slender trunk, about 8 inches in diameter. Other names for the hoptree include Wafer Ash, Pickaway Anise, and Quininetree. This tree can adapt to a wide range of growing conditions, growing well in full sun or partial shade. A member of the orange family, this shrub has fragrant white flowers in the spring and yellow leaves in the fall.
- **Potentilla** (*Potentilla fruticosa*) is a small shrub growing 3 – 5 feet tall. It produces an abundance of yellow flowers from spring until late summer. Its dense habit and dark, healthy foliage add to its appeal. This is a wonderful, low-maintenance plant for adding bright color to the summer landscape.

— Anne Phelps

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Colorado Rockies 2013 Schedule

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APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	MIL 1	MIL 2	MIL 3		SD 2:10 5	SD tbd 6
SD 2:10 7	SF 8	SF 9	SF 10		SD 12	SD 13
SD 14	NYM 6:40 15	NYM 6:40 16	NYM 6:40 17	NYM 1:10 18	AZ 6:40 19	AZ tbd 20
AZ 2:10 21	ATL 6:40 22	ATL 6:40 23	ATL 1:10 24	AZ 25	AZ 26	AZ 27
AZ 28	LAD 29	LAD 30				

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
		LAD 1			TB 6:40 3	TB tbd 4
TB 2:10 5		NYN 6:40 7	NYN 6:40 8	NYN 1:10 9	STL 10	STL 11
STL 12	CHC 13	CHC 14	CHC 15	GIANTS 16	GIANTS 17	GIANTS 18
GIANTS 19	SF 2:10 20	AZ 6:40 21	AZ 6:40 22	AZ 1:10 23	SF 24	SF 25
SF 26	HOU 27	HOU 28	HOU 6:40 29	HOU 6:40 30	LAD 6:40 31	

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						LAD tbd 1
LAD 2:10 2	CIN 3	CIN 4	CIN 5	SD 6:40 6	SD 6:40 7	SD tbd 8
SD 2:10 9		WAS 6:40 11	WAS 6:40 12	WAS 1:10 13	PHI 6:40 14	PHI tbd 15
PHI 2:10 16	TOR 17	TOR 18	TOR 19	WAS 20	WAS 21	WAS 22
WAS 23		BOS 25	BOS 26		GIANTS 28	GIANTS 29
					SF 6:40	SF tbd

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		LAD 6:40 2	LAD 6:10 3	LAD 6:10 4	AZ 5	AZ 6
AZ 7	SD 8	SD 9	SD 10	LAD 11	LAD 12	LAD 13
LAD 14	All-Star Break				CHC 6:40 19	CHC tbd 20
CHC 2:10 21	MIA 6:40 22	MIA 6:40 23	MIA 6:40 24	MIA 1:10 25	MIL 6:40 26	MIL tbd 27
MIL 2:10 28	ATL 29	ATL 30	ATL 31			

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				ATL 1	PIT 2	PIT 3
PIT 4		NYM 6	NYM 7	NYM 8	PIT 6:40 9	PIT tbd 10
PIT 2:10 11	SD 6:40 12	SD 6:40 13	SD 1:10 14		BAL 16	BAL 17
BAL 18	PHI 19	PHI 20	PHI 21	PHI 22	MIA 23	MIA 24
MIA 25	GIANTS 26	GIANTS 27	GIANTS 28		CIN 6:40 30	CIN tbd 31

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
CIN 2:10 1	LAD 2:10 2	LAD 6:40 3	LAD 6:40 4		SD 5	SD 6
SD 8	SF 9	SF 10	SF 11		AZ 13	AZ 14
AZ 15	STL 6:40 16	STL 6:40 17	STL 6:40 18	STL 1:10 19	AZ 6:10 20	AZ tbd 21
AZ 2:10 22		BOS 6:40 24	BOS 6:40 25		LAD 26	LAD 27
LAD 29						

Shaded = Home, White = Away



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Helping Our Community with Your Donation – Share the Gift of Life

No time to volunteer? No money for a favorite cause? No problem! You likely have a priceless gift to share. It's easy, quick, safe, and free for donors. One donation can benefit up to three recipients. Anyone ages 16 and up can do it. What is this gift you ask? Blood donation! Whole blood and blood components (plasma, platelets) are in constant demand. Bonfils Blood Center collects all donations to provide to hospital patients.

With several convenient locations and evening and weekend hours, Bonfils is able to accommodate just about any busy schedule. Visit <http://www.bonfils.org/> or call 303-363-2300 to find out if you're eligible to donate, find a location, and schedule an appointment. You don't need an appointment but may prefer to make one since there are busy times. The Highlands Ranch Bonfils is the closest to our neighborhood but there are several throughout the city to choose from.

Whole blood donors can expect to spend about 45 minutes to an hour at Bonfils from start to finish; the part where the needle is in your arm lasts around 5-10 min (15 min maximum). Plasma and platelet donors will spend 1 ½ to 2 hours from start to finish with the needle in your arm a majority of that time. After your donation, relax for a few minutes in the canteen with a newspaper or magazine and a variety of drinks and snacks to please any palate. I always look forward to having Lorna Doone cookies with a cup of peppermint tea and a cranberry juice. There are many other salty and sweet snacks and hot and cold beverages to choose from, including ice cream sandwiches! Often Bonfils provides donor appreciation gifts. I have beach towels, a scarf, a messenger bag, and several long and short sleeve t-shirts I've gotten much use out of. The caring staff does their best to make your donation seamless and enjoyable.

Prior to donating a pint of blood, eat a good meal and drink lots of water. Be sure you are feeling well. The better hydrated you are, the faster your blood will flow out and the quicker your body will replace that pint. The day before donating blood drink lots of water and dial back the caffeine just a bit for optimum recovery time. Try to avoid aspirin and NSAID pain relievers (Motrin, Advil, Aleve) three days before donating; acetaminophen (Tylenol) is fine.

Some little fun facts: those who've recently indulged in alcoholic beverages or those nursing a hangover are able to donate (but may not feel as good afterwards); smokers are always welcome; pregnant women cannot give blood but breastfeeding mothers can; donors who've had tattoos or piercings are welcome to donate after a year from the time the body art was done; donors must weigh at least 115 lbs and donors weighing over 350 lbs must call first to ensure proper accommodations; every pint of blood is tested for communicable diseases including hepatitis and HIV.

Whole blood is the standard donation but there are options. Certain blood types are best suited for specific types of donations. Some blood types are needed as whole donations and others are better suited for plasma or platelets. However, it's always up to you what type of donation you prefer to give. The knowledgeable phlebotomists are there to answer any questions. Each kind of donation is different with regard to the frequency it can be donated. Whole blood is every 56 days whereas plasma can be given every 28 days and platelets every eight days. It doesn't matter if you go every often or sporadically. Just donate whenever you have time.

Blood donation is especially close to my heart. I'd been donating blood starting as a freshman in college as a really easy way for a busy, poor student to help someone. I never expected to become a

continued on page 9

Helping Our Community with Your Donation,

continued from page 8

recipient myself. Not until I gave birth to my first son in 2008 and required a blood transfusion of three pints of whole blood did I realize the magnitude of blood donation. Due to placenta accreta, I lost one and a half quarts of blood after delivery. My blood pressure was 66/33. My doctor asked me to consent to a blood transfusion. I'm so thankful I did. I went from incredibly weak and unable to walk on my own to feeling like I'd found the fountain of youth as soon as that first pint began flowing into my veins. It was truly amazing. I'm so grateful to the donors who shared their gift of life with me. After receiving the blood transfusion, I was concerned I'd never be able to donate blood again. However, I'm happy to report that after a one year deferment, I've been going every eight weeks since with newfound passion. I encourage you to find out if you're eligible and if so, please share your gift of life! *Alisa Tjelmeland has a Master of Public Health and lives in Southglenn with her husband and three young sons. She can be reached at ajtjelmeland@aol.com.*

National Gardening Month

Gardeners know that nurturing plants is good for us: Our attitudes toward health and nutrition improve, kids who garden do better in school, and community gardens help community spirit grow. Join your family and neighbors to help make America greener, healthier, and more livable.

Street Sweeping to Commence in April

Street sweeping is scheduled throughout the year for the entire City, except during the winter season. Sweeping typically begins in April and continues into October. Parts of Southglenn that are South of Arapahoe Road are scheduled for Street Sweeping on 4/3-4/4; parts of Southglenn that are North of Arapahoe road are scheduled for 4/4-4/5. We will post reminders on the Southglenn Civic Association Facebook page.

Public Works Field Services Needs Your Help:

- If possible, please move cars off the street during the dates that your street is scheduled for sweeping, therefore, we can sweep the entire curb along your house.
- Raking or blowing leaves into the street is not allowed by the City. The street sweepers will sweep around piles or a row of leaves in the street.
- Please trim your trees and shrubs to a height of 12 feet above the curb to avoid damaging our equipment. The street sweepers will sweep around low hanging branches.
- Please trim your shrubs and vegetation back from the curb. The street sweepers will sweep around vegetation that overhangs the curb and is in the gutter area.

Heritage High School

Join the HHS Theatre Company for this year's Spring One Acts. The show will feature four short plays directed by seniors in the theatre program and feature HHS's up and coming freshman and sophomore talent. The show will play **April 25 and 26 at 7 p.m. in the Theatre**. Tickets are \$5 and will be available at the door.



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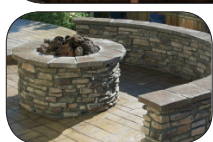
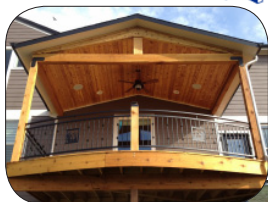
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Teen Services

To add your teen's name, please call **Dorothy Mauro** at 303-798-2823 or **Becky Manning** at 303-730-2833 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 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.	14	B*
Meagan D.	18	B*
Dustin F.	19	P/L/S
Maggie G.	13	P
Ginny H.		B*
Taylor J.	13	B*/P
Brice K.	19	P/L/S
Devin M.		B*
Seth N.	15	B*/P/L
Blake P.	14	P/L/S
Caleb P.	19	B/L
Nick P.	16	B/L
Erica P.	14	B
Elizabeth P.	13	B/P
Alex S.	16	P/L/S
Connor S.	13	P/L/S
Gabriella S.	15	B/P
Alex T.	13	P
Lydia V.		P
Juliana V.		P

Centennial Youth Commission Launches Youth Achievement Awards program

The Centennial Youth Commission has launched a Youth Achievement Awards program. This program intends to honor and recognize high school youth that live in the City of Centennial who have made a significant impact on the Centennial community through volunteer work or other special deeds and actions. Two Centennial youth will be recognized for demonstrating exceptional leadership. Two monetary awards will be given to the recipients. A graduating high school senior will receive a \$1,000 scholarship, from SAFEBuilt Colorado. A student in ninth, tenth or eleventh grade will receive a \$500 award contributed by the Centennial Youth Commission, to be used for educational purposes such as tuition, books or school supplies. Eligibility requirements, selection criteria, applications and instructions can be found at <http://www.centennialcolorado.com/index.aspx?NID=712>. Applications are due Friday, April 19, 2013 by 5:00 p.m. For further information, contact Brad Kearney at (303) 754-3339 or bkearney@centennialcolorado.com.

CLASSIFIEDS

Classified ads are \$2.95/line for 2013. Contact **Colorado Lasertype** at 303-979-7499 or getinfo@coloradolasertype.com to place an ad. To view our display ad prices, visit our website at www.coloradolasertype.com. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue).

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Drug Take Back Day, April 27

The Arapahoe County Sheriff's Office Community Resource Unit, and the Drug Enforcement Administration are joining efforts to help keep families safe while caring for the environment, by properly disposing of outdated and unused medication and keeping it out of our landfills and water supplies. Drug Take Back Day is a community event designed to help our citizens dispose of expired medications in a safe, eco-friendly manner. This program helps protect seniors from accidentally using expired medications as well as safeguard them from the potential for theft of medications from their homes. The abuse of prescription drugs by young adults is on the increase in many communities. Drug Take Back Day also helps reduce the amount of accessible prescription medication available to the youth in our community. There is a Drug Take Back Day scheduled for **Saturday, April 27, 2013 from 10:00 a.m. to 2:00 p.m.** Bring all unused, over-the-counter and prescription medications to The Streets at SouthGlenn - 2220 E. Arapahoe Rd., North of Macy's.



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