

TO YOUR NEW HOME

Welcome Home

Summer 2014

Denver

HELPING YOU SETTLE IN AFTER YOUR MOVE

**NEWCOMER AND
COMMUNITY
Information**

**HELPFUL
TIPS**

*Decorating,
Remodeling,
Painting and
Organizing
Your New
Home*

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After The Move Checklist



Things to do when the movers leave

Now that the movers have come and gone, you can congratulate yourself on a job well done. You know how much planning and organization went into making it all happen and you deserve a chance to sit and relax. But don't throw away that checklist just yet. There are still plenty of things to do before you can completely be settled. Here are a few important things to do besides unpacking.



✓ You will need to update your driver's license and get new tags and plates for your cars. Check with your local Division of Motor Vehicles for more details, or refer to our Newcomer and Community Information inside this magazine.

✓ Be sure that the post office is going to forward your mail to your new address. You can do this online, or you can fill out a form at your local post office and maybe even meet some new neighbors while standing in line!



✓ Make sure all of your insurance policies are up to date. You may need new policies for your house, auto and health, particularly if you have moved to a new state.

✓ A great way to learn about your new community is to order a subscription to the local newspaper. Many even offer discounts for new subscribers and they often have local neighborhood editions inserted weekly. This is a great way

to learn the ins and outs of your new neighborhood.

✓ Search out new health professionals such as doctors, dentists, and even vets. These are things you will want to have in place before any emergency pops up. Neighbors and co-workers are always a good referral source for these types of services.

✓ Most likely you will need to register to vote. Even if you have just moved from one county to another within the same state, most states will require that you register in your new county. For more information, you can refer to our Newcomer and Community Information inside this magazine.



✓ Make a visit to the neighborhood bank to set up new accounts, have money transferred, get credit and debit cards, and order those checks with your new address.

✓ Visit your local library and get a library card. The kids can even get their own with their new address on it! The local library is another great place to meet other families in your new neighborhood.

✓ Visit your neighborhood schools and get your children enrolled as soon as possible. You may also want to consider enrolling them in an online or charter school, as most states offer this type of education at no cost because it is a public school. Either way, the sooner you get your children enrolled and involved in the community, the faster they will adapt to their new environment.

✓ Find a place in your new home to keep all your receipts and documents related to your move all in one file. You will need to know where everything is in the event you need to make an insurance claim with the movers or when you file your income taxes the next spring.



✓ Keep in mind that your insurance policies may have a limited time that you can file a claim regarding items damaged during your move. You should run a check of all your electronics and major appliances to make sure they have survived the move and are in good working order. These are most likely all items that would be expensive to replace, so you should make sure they are all working as soon as you can.

Remember that moving is the third most stressful life event, according to the Employee Relocation Council. Settling in will be a gradual process, but your patience will be rewarded in the long run.

The quicker you can cross these things off your checklist, the sooner you can begin to relax and truly enjoy your new home and community.



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Think
Green!



As you enjoy the information and advertising offers in **Welcome Home of Denver** to help with your move, keep in mind we make a concerted effort to bring this to you in an environmentally responsible way.

This starts with the paper we use for this edition. The wood fiber to make the paper comes from sustainable forests. For every tree harvested to make this paper, a new tree is grown. In addition, this has been independently certified to the Forest Stewardship Council (FSC) standard.

The printer we utilize also has many initiatives and programs including certifications with Forest Stewardship Council (FSC) Rainforest Alliance (RAC) and Partnership for a Clean Environment (PACE). What's more, the printer uses soy base inks as well as direct-to-plate imaging and digital proofing, which saves film, chemicals and energy.

We provide just this one copy of the magazine for your use. Please go to our website for future issues at www.welcomهومemag.com. This way you can view future quarterly editions, including advertiser offers and coupons.

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Drab to Fab in 3 Easy Steps

Give your old things a new life without busting your budget

How exciting to move into your new home! But when your furniture and accessories are unpacked, it can sometimes feel like it is just the same old stuff in a brand new setting.

Unfortunately a move usually means money will be tight for awhile. So how do you freshen up your new space without breaking the bank?

Follow these three steps to breathe new life into your home, room by room:

STEP 1: Evaluate each space. When you live with items for a long time, it can be easy to overlook furniture that is in disrepair, tattered pillows or accessories that are just plain ugly or boring. Step back and give a more critical scan of the place – as if you are visiting someone else's home. Does your home's décor reflect your family's lifestyle? Is your furniture both functional and attractive? Are you still hanging on to hand-me-down furniture that you have been hauling around for the last 20 years? If something is way past its prime, throw it out or replace it with a new piece that better fits your style. Once you review what you have, edit your stuff. Do you display things that you don't really care for but were a gift or perhaps you feel obligated to put it out simply because it was expensive? You're in a new home and deserve a fresh start. Give yourself permission to only live with the things you love and use every day.

STEP 2: Create a "theme" that can unify your entire home. We're not talking animal prints or country roosters. A theme means finding a common element, such as a fabric, a bold accent color or general palette, which can be incorporated in each room that brings a fashionable cohesiveness to the space. Paint is the top choice for an instant and affordable update. Neutrals are the easiest choice for walls and offer the most flexibility, but they don't have to be boring. Instead of tan, select "greige" – a beautiful combination of beige and gray

that provides a fresh and neutral backdrop for any style of furniture. If you want to step out of the box, consider pale lilac or a soft green-yellow. According to Mary Lawlor, the color-marketing manager for Kelly-Moore Paints, "What we expect to see in 2014 is a refreshed lighter palette of colors." She speculates that the trend towards fresh, light colors is a response to previous years' tendency towards darker colors.

STEP 3: Go for it! Starting with the space your family uses most, paint the whole room or consider adding a new hue to just the ceiling. With a fresh backdrop, start experimenting with furniture placement. Moving sofas and chairs away from the walls creates a more intimate setting for conversation and visually makes a room appear larger. Switch things up – how about swapping the living room loveseat with a family room reading chair in your new home? You will be amazed how much difference simply moving your old things around the house makes.

Simple changes = Big impact

- If you don't want to commit to painting an entire room, try just one spectacular wall in a rich, fabulous color like dark chocolate, eggplant, bronze or dark orange.
- Update your lighting, including adding dimmers wherever possible. CFLs are environmentally-friendly and great options to save energy and money.
- Declutter, declutter, declutter.
- A fabulous new area rug in the living or dining room can add a shot of energy.
- Pay special attention to your entryway – as that is the first impression people will get of your space. Make it warm and inviting.
- Consider slipcovers for an immediate new twist on old furniture.
- Fresh flowers are always an instant pick-me-up.



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Benefits of a Home Warranty

Congratulations on your recent move! The stress should be behind you. You have successfully moved all your belongings into your new home and now you're dreaming of worry-free home ownership. Moving was expensive, and you are hoping there will be no unexpected costs or surprises. If you want peace of mind from unexpected home repairs or appliance replacements, you should consider purchasing a home warranty sooner rather than later.

What Is a Home Warranty?

A home warranty is not the same thing as homeowners insurance. It also is not a replacement for homeowners insurance. A home warranty is a contract between a homeowner and a home warranty company that provides for discounted repair and replacement service on a home's major components, such as the furnace, air conditioning, plumbing and electrical system. A home warranty may also cover major appliances such as washers and dryers, refrigerators and swimming pools.

Benefits of a Home Warranty

A home warranty protects against expensive, unforeseen repair bills and provides peace of mind. For a homeowner who doesn't have an emergency fund or who wants to protect their emergency fund, a home warranty can act as a buffer. Home warranties also make sense for people who aren't handy or who don't want to worry about tracking down a contractor when they have a problem. In short, home warranties:

- Add peace of mind about the condition of your new home
- Give budget protection from the high cost of home repairs
- Provide the homeowner with the convenience of service 24 hours a day 7 days a week.

How Does It Work?

When something breaks down, you as the homeowner will call the home warranty company, and the home warranty company will send one of its pre-approved service providers to examine the problem. If the needed repair or replacement is covered by the warranty, the work is completed. The homeowner only pays a small service call fee, usually around \$55.00

What Does It Cost?

A home warranty cost a few hundred dollars a year, paid up front. The cost usually does not vary with the property's age. The home's square footage also does not affect the price in most cases, unless the property is more than 5,000 square feet. The best way to get your questions answered is to call and get a quote. And before you sign anything, be sure to read the entire agreement and understand

what is covered and what is not, before purchasing.

Choose Wisely

Not all home warranty companies are created equal! Do your homework and check out their reputation on consumer websites and with the Better Business Bureau. Choose one that's been in business over 5 years and consider the advantages of working with a local company here in Denver.

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Shopping for Appliances

It Pays to Buy New

When a major household appliance needs replacing or upgrading, you might be tempted to save some money by purchasing a used or refurbished one. However, what you save at the check out counter often could end up costing you in higher utility bills, not to mention potential repair bills.

Today's Appliances Are More Efficient

Major appliances produced today are more efficient than ever because manufacturers continually redesign appliances so that they consume less electricity and water. Appliances carrying the ENERGY STAR label have been certified as more energy efficient than those models without the label. To show you how far appliances have come in terms of energy

and water efficiency, consider this: A 20-cubic foot refrigerator manufactured in 1991 consumes, on average, more than 857 kWh a year while a 22-cubic foot refrigerator manufactured in 2012 consumes only 452 kWh a year – that's costing you more than half again on your electricity bill and a substantial gain in capacity! That amounts to over \$50 savings per year for the typical American household. Also, an average dishwasher manufactured in 1991 consumes 2.67 kWh per cycle compared with one made in 2013 that consumes only 1.30 kWh. That saves the average household \$53 each year on their electricity bill. Some states and utility companies will also offer sizable rebates when you purchase new energy efficient appliances and even when you properly dispose of your odd appliances.

Safety is Important

Efficiency isn't the only reason to choose a new appliance. Safety should be taken into consideration. When you buy a secondhand appliance, you may not know if the previous owner has properly maintained the appliance, which contributes to the life expectancy of an appliance.

Consider Recycling

Appliances are also recyclable. According to the Steel Recycling Institute, 90 percent of major home appliances are recycled so you can rest assured knowing that the old refrigerator isn't going to rust away in a landfill – it may have a new life as a car or even a clothes dryer. On the whole, a new product, when designed with sustainability and recyclability in mind, from a life cycle approach, may be a far better deal than a used one.

Major appliances offer long useful lives too! According to a survey of consumers conducted by AHAM which asked appliance longevity, it showed that average life of a chest freezer is 215 years and an electric range is 16 years.

Don't think twice about buying a new appliance. It makes sense – saving you money, energy, and peace of mind, all while gaining new features!

The Association of Home Appliance Manufacturers (AHAM) is the trade association representing manufacturers of major, portable and floor care home appliances and suppliers to the industry.

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Will Your Remodeling Project PAY OFF?

There are financial factors to consider before you choose a home improvement project and smart homeowners will consider resale value before making a major remodeling investment. Each year REMODELING magazine publishes a study that can help homeowners determine the return on investment for their home improvement projects.

This Cost vs. Value Report contrasts the cost of home improvements with their recouped value if the house is sold today. They compare construction costs for several projects, with estimates of the projects' value in a current market resale scenario. Real estate professionals in residential markets across the country provided return-on-investment estimates.

Landscaping and fresh paint may lure house hunters inside, but once in the door, buyers of existing homes look for functionality, durability, and convenience. That's why it's so important for a resale to be modernized.

Kitchens and baths are among the most popular home improvement projects, which can drive the return on investment. Reports often show



Reports often show that many remodeling dollars are spent within the first two years of move in.

that many remodeling dollars are spent within the first two years of move in. Under those circumstances repair and replacement projects such as windows or siding may get first attention if they require maintenance. As the housing stock ages, and existing homes continue to sell more than 6 million units a year, those projects may see an increased return on investment. To perform as an amenity, your home's improvement projects should complement and match the style of the existing property.

The resale value of each project is an estimate based on a current market resale scenario. This can be misleading because many newly remodeled homes are not put on the market so soon.

Smart homeowners will ask many questions before starting any remodel or home improvement project. Get advice from both realtors and contractors to decide which home improvement projects make sense for your special circumstances and to insure you get the greatest return on your investment.

Information provided by Remodeling magazine Cost vs. Value Report. Visit: www.remodeling-magazine.com

HOW DOES REMODELING PAY OFF?

(cost recouped, for resale now national average)

Entry Door Replacement – Steel	96.6%
Deck Addition – Wood	87.4%
Garage Door Replacement	83.7%
Minor Kitchen Remodel	82.7%
Window Replacement – Wood	79.3%
Window Replacement – Vinyl	78.7%
Siding Replacement – Vinyl	78.2%
Basement Remodel	77.6%
Deck Addition – Composite	74.3%
Major Kitchen Remodel	74.2%
Bathroom Remodel	72.5%
Two Story Addition	71.8%
Entry Door Replacement – Fiberglass	70.8%
Garage Addition	69.3%
Family Room Addition	68.8%
Roofing Replacement	67.6%
Master Suite Addition	67.5%
Back-up Power Generator	67.5%
Bathroom Addition	60.1%
Sunroom Addition	51.7%
Home Office Remodel	48.9%

Custom Closets – What to Look for, and Where

Mark Lestikow, president of The Closet Factory in Denver encourages new movers to use this as an opportunity to change bad habits and get organized right from the start. “Moving into a new home with newly organized closets adds to the pleasure of a happy experience. I would definitely encourage new movers to organize their closets now, to facilitate settling into their new environment and avoid dissatisfactions that may arise from the *honey this doesn't fit syndrome*.”

The following five questions should help you identify the closet, and the closet company right for you.

1. Are there different types of closet systems, or are they all pretty similar? There are two main types of closet units. One is called a wall-hung system, and the other a floor-based system. Ask the closet companies you interview the difference between the two, and which would be most appropriate for your individual needs and expectations.

2. Custom manufactured vs. pre-built systems? Although most closet companies say they are custom, few truly are. A custom closet, as you would expect, is high in quality, offers more efficient space utilization and often is the best value for your investment.

3. Will I have the opportunity to work with a design consultant or see a showroom with examples of product? Having a trained professional designer come to your home is a nice option because they can take your exact measurements and prepare a personalized design that fits your specific needs.

4. What about installation? It is important to distinguish if the installers are employees or independent contractors. There can be a tremendous difference in the final result if a trained employee installs your custom closet versus an untrained independent.

5. How do I pick the right company? The company you choose to install your custom closet is your key decision. All custom closet companies are not the same. Evaluate how you were treated from the first time you called. Were you able to speak with a knowledgeable person immediately, or at least receive a prompt returned call to your inquiry?

Be sure to get a written guarantee, preferably one that will be in effect as long as you live in the house.

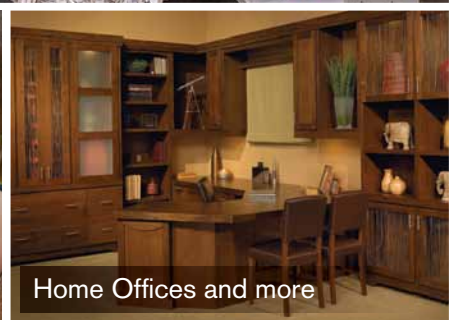
Ask to see a customer list. Call some people on this list. If a company doesn't do good work, people will not likely recommend them. Enjoy your new home and your closets!

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Advertorial

Sleep Better in Your New Home!

Hopefully you're feeling relaxed and satisfied with your decision to buy a new home. You did everything right: you found the perfect home in a top-rated neighborhood, you researched the realtor and secured a great deal on your mortgage. No regrets because you did your homework. The moving stress is behind you and you're finally sleeping well and waking up refreshed, right?

Still not sleeping well?

Unfortunately if you had sleep problems before the move and haven't changed mattresses, there's a good chance that you're still having trouble sleeping. Now is the perfect time to put a good night's rest at the top of your agenda!

There is good news and expert advice waiting for you at any of the Denver area Urban Mattress stores. Local owners Steve Van Diest and Ethan Rietema, two former campus ministers turned Christian entrepreneurs along with Boulder area store owners Rich and Philip, a father-son team are bringing rest and integrity back to the mattress business.

They begin each day with the goal of providing transparency and honesty to every potential customer who walks through the door. Their friendly sales staff will listen to your concerns and priorities, and educate you about your options.

Many of us attach too little importance to the one third of our lives asleep, but there is increasing scientific evidence that truly restorative sleep does more than help us to feel fresh and alert each morning. It has profound health benefits increasing our wellbeing now, and in the future. Given the 8 hours you spend asleep each night, don't you deserve to learn the difference a great mattress can make?

"The number one reason you walk into a mattress store is because you've experienced a major life event. Perhaps it's a divorce or separation," Ethan shared. "Or, you're getting married, having a kid, sending a kid to college, or moving. I've been shocked at how often I have incredibly rich conversations with our customers and am given the privilege to enter their lives."



"At Urban Mattress, we listen carefully and assist our customers in doing their homework to solve their sleep issues... catered to their individual problems."

You're not alone if you feel apprehensive at the thought of shopping for a new bed. Most of us at one time or another have found ourselves on the receiving end of a pushy salesman badgering us into buying an expensive mattress as quickly as possible with little regard to what we want or need.

Van Diest explains "At Urban Mattress, we listen carefully and assist our customers in doing their homework to solve their sleep issues. They tell us what kind of problems they are having, and we offer expert advice, catered to their individual problems. They leave here feeling confident and happy they have made a good choice and often turn to social media to describe their experiences."

Urban Mattress carries a wide variety of mattresses at competitive prices and offer free delivery. They will also educate you whether you buy from them or not. Many articles by Sleep Expert Dr. Neil Stanley can be found on their website and all of their employees have been expertly trained.



People Love Us
On Yelp!

"I had an awesome experience when I found Urban Mattress. The Yelp reviews say it all. Hands down, the best experience you will ever have buying a mattress! They should not even be called "salesmen" because never did I feel like I was being pushed into buying anything from them."

— Nave M.

"I cannot stress how amazing Urban Mattress is. I don't generally write Yelp reviews about non-food establishments but I had such an awesome experience — I wanted to share it with the world! We went into Urban Mattress and Steve helped us. His partner Ethan also showed up and helped out — the two of them are great salesmen. Friendly, funny, and easy to talk to... we left as happy campers."

— Kate S.

You can check out these reviews and many more at www.urbanmattress.com



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A Simple Phone Call Can Save A Life



Simple digging jobs can damage utility lines and disrupt vital services to an entire neighborhood, harm those who dig and result in expensive fines and repair costs.

Homeowners, digging and excavating near underground facilities can be dangerous. Lives are lost and excavators and homeowners are seriously injured excavating in Colorado. In addition, underground facilities are damaged. Help protect the lives of loved ones in your family and community and ensure the smooth operation of our vital public services.

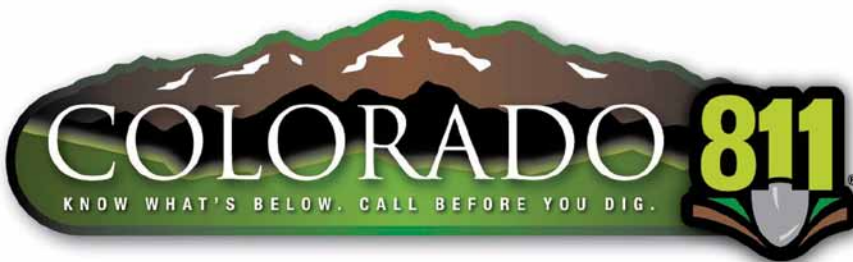
Always call 811 before you dig. Need a locate, but don't want to call? Go to our website www.co811.org and provide an email address and the general information pertaining to your excavation project.

- Colorado's underground utility owners provide a FREE facility locating and marking service. Just call 3 days before you begin your excavation project.
- After the facility is marked, DIG WITH CARE! Please, respect the locate marks and use hand tools when digging within 18" of the paint or flags.
- The locate marks are valid for 30 days or until they can no longer be seen, whichever comes first.
- If the facility is damaged at any time, notify Colorado 811 immediately so that we may contact the utility owner. Remember to first call 911 if someone is injured.

Colorado 811 encourages all contract excavators, landscapers and fencers to call for locates prior to beginning any excavation work.

For more information, call Colorado 811 at 303-232-1991 or visit our web site at: www.co811.org. Thank You.

**ALWAYS
CALL
BEFORE YOU
DIG**



One free, easy call gets your utility lines marked AND helps protect you from injury and expense.









**Safe Digging Is No Accident:
Always Call 811 Before You Dig**

Know what's below. Always call 811 before you dig.
Visit www.co811.org for more information.



COLOR CODE

FOR MARKING
UNDERGROUND UTILITY LINES

-  PROPOSED EXCAVATION
-  TEMPORARY SURVEY MARKINGS
-  ELECTRIC
-  GAS, OIL, STEAM
-  COMMUNICATION, CATV
-  POTABLE WATER
-  IRRIGATION, RECLAIMED WATER, SLURRY LINES
-  SEWER



**BEFORE YOU DIG CALL:
811** www.co811.org

Advertorial

Waste is out. Summer watering rules are in.

Sprinklers don't waste water. People waste water. Don't simply set your automatic sprinklers for the hottest month and forget about them. Adjust your sprinklers throughout the summer to account for temperature and precipitation changes. Then decide on a time very month to adjust your sprinklers.

The summer watering season starts May 1 and ends Oct. 1. There are no assigned watering days, but watering two days a week should be your goal. A third day is okay during hot, dry periods.

Tips to help you use only what you need:

- Clip out the chart for suggested watering times.
- Your lawn might not be as thirsty as you think. Try this: Walk across your lawn, and then look back for footprints. If you don't see any, no water is needed.
- Get to know your timer. Never set it and forget it. Adjust your watering times to account for weather conditions, sunny and shady locations, as well as type of plants. If your lawn looks healthy, try reducing these times by two minutes per zone.

Outdoor watering rules

- No watering between 10 a.m. and 6 p.m. Water during the cooler times of the day.
- Do not allow water to pool in gutters, streets and alleys.
- Don't waste water by letting it spray on streets and sidewalks.
- Don't use sprinkler systems while it is raining or during strong winds.
- Repair leaking sprinkler systems within 10 days.

These rules are mandatory. If these rules aren't followed, Denver Water will first make an educational visit. The second visit could result in a \$50 fine, and repeat offenders could receive a \$100 fine.

		MINUTES TO WATER PER ZONE <small>(for lawns, based on three days per week)</small>			
WATERING MONTHS					
	Fixed Spray Heads	Rotor Heads	Rotary Nozzles	Manual Sprinklers	
JANUARY-APRIL		Water trees and shrubs as needed.			
MAY	12	24	30	18	
JUNE	17	35	43	26	
JULY	18	36	45	27	
AUGUST	14	27	34	20	
SEPTEMBER	11	23	28	17	
OCTOBER-DECEMBER		Water trees and shrubs as needed.			



- Try watering on cycles – five minutes on, five minutes off – to avoid runoff and increase healthy, nourishing penetration into the soil.
- Change your fixed spray sprinkler heads to rotary nozzles, which use less water by slowly delivering multiple rotating streams of water. These nozzles are perfect for slopes and clay soils because they reduce runoff.
- If you don't have an automatic sprinkler system, you can regulate your usage with an inexpensive hose timer.
- Visit denverwater.org/rebates to learn how you can save water and money when you purchase high-efficiency irrigation nozzles and smart irrigation controllers.



Revamp Your Space



Tips from American Furniture Warehouse

Furnishing your new home is an adventure in fashion – where the trends change swiftly and dramatically, same as selecting your wardrobe is centered around current fashion trends. Unfortunately, you cannot change out *all* of your furniture to keep up with constantly changing fashion trends or to update looks you have grown tired of. You can still give your new home a fresh feel, bring in the latest color trends and make your home an exciting retreat without stressing your bank account! Consider these simple designing tips:

Rearrange

Plan one room at a time and complete it before you move to the next. Stand in the middle of the room and think about how you will use the room. Is there enough space to arrange the furniture to best suit how you plan to use the room? Go to www.AFWonline.com and experiment with the room planner if you need assistance with this step.

Other simple rearrangement ideas include moving some furniture away from the walls – this adds a unique

touch and changes the room feel and dimensions. If you are not pleased with the overall layout or feel of your room, you may also consider exchanging pieces from one room to another. Just because you bought a new lamp intended for your bedroom doesn't mean it is not better suited for your living room.



Add New Accessories

Accessories are an affordable way to simply update a room, or completely revamp the feel of a space. A new piece of art hung on a focal wall can add drama and introduce a new color scheme. Use the art as a building block to pull colors into new pillows and a throw on the sofa. Other tips involving accessories:

- Update your lamps – pick shades or bases with bright colors that engage and draw your eyes.
- Add an interesting sculpture or piece of colored glass to your cocktail table or mantle – it can become a focal point of the room.
- An area rug adds color and pattern to the floor, creating warmth and atmosphere.
- A leaner mirror placed opposite a window with a view can open a room and make it appear larger.
- A beautiful floral or a touch of greenery adds warmth to any space.

Utilizing any of these tips allows you the opportunity to add your personality to an otherwise neutral room of furniture. Accessories are a smaller purchase that can change the look of any room quickly and effectively.

Add An Artistic Accent

A painted chest or antique armoire is a fashion statement when it is added to most furniture styles. These should not match your existing décor, but instead stand out as an artistic expression complementing your other furnishings. An example of this would be adding a Ningbo (Asian) antique painted piece to a very clean con-

temporary room. The result will be a unique fashion statement that will be charming, as well as create conversation among your friends!

Explore your creative side...ask a creative friend to join you...or take advantage of the experienced, professional sales associates at

American Furniture Warehouse to partner with you to pull it all together. They provide the lowest prices on all furniture and accessories, and can help you develop a look you want within *any* budget. Even if your look demands a lot of items, with a good plan, you can buy as you have the money available and be assured it will all come together when complete.

Advertorial



*A*merican Furniture Warehouse has been Colorado owned and operated for over 35 years.
 AFW welcomes you to the neighborhood—
 We invite you to check out Colorado's largest and best selection
 of in-stock furniture and accessories.

*We Make Beautiful Homes Happen For Less, Every Day
 shop 24-hours a day at www.AFWonline.com*

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(303) 795-0928

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 I-25 & HWY 119 - LONGMONT/FIRESTONE
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GRAND JUNCTION
 HWY 6 & 50
(970)208-1290

WESTMINSTER
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(303) 425-4359

S.W. LAKEWOOD
 5390 S. WADSWORTH BLVD.
(303) 933-3975

FORT COLLINS
 I-25 AND HWY. 14
(970) 221-1981

GLENWOOD SPRINGS
 3200 S. GLEN AVE.
(970) 928-9422

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Explore Your New Neighborhood & City!



Ride a red bike, save on parking, ride to work and explore Denver and Boulder

Imagine the convenience of hopping on a red bike near your home or office anytime you feel like it. You can run errands, grab lunch, ride to the bus or light rail, or just spin around town – It is great way to explore your new neighborhood and city! You could also use the bike with out-of-town visitors or ride to events and attractions.

That's the convenience of B-cycle. Your bike is there when you need it and gone when you don't. Even if you have a bike, it makes sense. You don't have to maintain the bike, store it, or worry about theft. You can use it for one-way or round-trip, a bike is waiting for you at any B-station.

There are 82 stations located throughout downtown Denver, Cherry Creek, Highlands, Capitol Hill, and the Baker neighborhoods. Denver B-cycle also has stations at all of the major cultural facilities & attractions like the Denver Zoo, Denver Museum of Nature & Science, Elitch Gardens and Cherry Creek Mall.

Boulder B-cycle has 22 stations, soon to be 39, located in downtown Boulder, east Boulder, north Boulder, along the

Boulder Creek Path and adjacent to the University of Colorado Boulder Campus.

As a B-cycle member, you just swipe your membership card, select your bike, and go. Denver & Boulder B-cycle are open year round, giving you a transportation option that you can use all four seasons! And if you are a Denver B-cycle member and commute to Boulder, your card works in Boulder and vice versa.

Our signature red bikes have all the amenities you need – a great basket for carrying bags and groceries, pedal powered safety lights, a bell, and even a handy lock if you want to lock the bike up between stations.

For just \$65 you can have 365 days of B-cycle in Denver and Boulder. Your membership works for 365 days from the day you activate it. Rides longer than the allotted grace period of 30 minutes will incur additional usage fees.

B-cycle is good for the environment, healthy for you, and so convenient. No more looking for a parking space or hassling to store your own bike. With your B-cycle membership, you just hop on the bike and go!



Get 365 days of B-cycle
for \$65 – that is just
under \$6 a month or
only 18 cents a day!

DENVER B cycle

- **Denver residents** – Denver B-cycle membership costs \$65. To join, go to DenverBcycle.com, click on the Join Now button and enter the Promo Code Welcome14. Or call 303-825-3325 for more information.

BOULDER B cycle

- **Boulder residents** – Boulder B-cycle membership costs \$65. To join, go to BoulderBcycle.com, click on the Join Now button and enter the Promo Code Welcome14. Or call 303-532-4412 for more information.

Your First Appointment: Women's Care for Teen Girls

By Beth Lewkowski, M.D.



For young women, their first gynecological appointment can seem intimidating, invasive and uncomfortable, but this doesn't have to be the case. Finding a partner in reproductive health is an important milestone for teen girls.

Before a young woman's first gynecologist visit, it is important for parents to discuss what options their daughter

has when choosing a doctor (e.g. male vs. female) and what to expect during this appointment. Especially during this initial appointment, it is helpful to find a doctor with whom you and your teen feel comfortable discussing menstruation, body development, the HPV vaccine and pregnancy prevention.

During a teen's visit, doctors at Mountain Vista OB/GYN and Midwifery typically talk with both the parent and the daughter about what to expect during the examination, as well as the patient's current lifestyle choices that may impact their reproductive health. Depending on the girl's age and lifestyle, she may not need a pelvic exam during her first visit. In

addition, pap smears are not generally performed until after age 21.

The key to these initial appointments is education and to ensure young women are on the right track for reproductive health from the beginning. Gynecologists, like me, strive to be a trusted confidant for young women with whom they can candidly discuss their many health questions.

The American College of Obstetricians and Gynecologists recommends that the first women's health visit occur between ages 13 and 15. After the first appointment, it is recommended that teens continue with annual gynecological checkups.



Dr. Beth Lewkowski is a board certified physician who specializes in obstetrics and gynecology. Dr. Lewkowski's interests, in addition to general obstetric/gynecologic care, include laparoscopic/minimally invasive surgery and adolescent healthcare.

For more information or to book an appointment, please visit MountainVistaOBGYNMidwifery.com.

Osteopathy: Treating the Patient's Mind, Body and Spirit

By Brianna Seefeldt, D.O.



At our practice, we believe in treating all aspects of patient health - body, mind and spirit. This is a practice known as Osteopathic medicine. Doctors of Osteopathy (D.O.s), like me, believe that the body will heal itself if it is functioning properly as a whole, with correct alignment and balance.

This may sound unique if you are accustomed to a

traditional medical experience, but in actuality D.O.s are not so different from other physicians. We attend medical school, learn the same materials and also work alongside one other in hospitals and clinics. As a D.O., for instance, I run a standard family practice, treating every member of the family from birth to old age.

In addition to traditional medical treatments, D.O.s often use hands-on techniques called manipulations to treat and prevent illness and injury. These manipulations include moving your muscles and joints using gentle pressures and resistance to improve the patient's movement and balance. People of all ages

can benefit from these types of manipulations from a baby in the womb, to a senior citizen suffering from arthritis.

One of the primary benefits of osteopathic medicine is that it can act as an alternative to pharmaceuticals and surgery for chronic medical conditions like asthma, sinus disorders, back pain, carpal tunnel syndrome, migraines, menstrual pain and much more.

If you are interested in Osteopathic medicine, and to better understand if it is right for you, speak with your family physician or feel free to make an appointment with us to discuss your options.



Dr. Brianna Seefeldt is a board certified physician in family medicine. She is a Licensed Physician with extensive accomplishments related to all three levels of the COMLEX-USA examination series created by the National Board of Osteopathic Medical Examiners (NBOME). For more information or to book an appointment, please visit wholefamilybelmar.com.

Reasons to Consider an Online Education for Your Child

Now that the move is finally over, you may be worrying whether your child's transition to your new neighborhood school will be as successful. Will you like the new teacher and administration at the new school? Will they understand that your child may not learn the same way as the others? Will the new kids be friendly?

You do have a choice whether or not to send your child to the traditional public neighborhood school. No matter where you live you can enroll your child in an online school of your choice at no cost because it is a public school. And there are many reasons why an online education just might be the perfect choice for your child and your family.

What is an Online Education?

Online education combines creativity, problem solving and communication with technology to give students the skills necessary to thrive in today's technology-driven world. Because students already use technology, online education is the ultimate tool for 21st century learners.

The foundation of online education is the virtual classroom. Benefits of the virtual classroom include:

- Flexibility in scheduling, live teacher instruction and feedback, and the opportunity to work independently
- The opportunity for students to interact with the teacher and classmates by oral and written communication
- Recorded virtual classes – all classes are recorded and archived for reviewing/playback purposes

Online education is similar to a home school online, but the online school provides the curriculum. Your child can receive the same quality education online that they would in a public school classroom. The curriculum is the same and the school year is the same, with increased flexibility in day-to-day activities.

Online education was created to fit the needs of students today and their families as well as outside demands. Online education has created a whole new kind of school experience for your child that is focused on student development and centered on community.

In fact, community is a vital element of most online schools. Receiving an education online doesn't mean your child won't participate in the social activities vital to their development. Not all online schools have a community behind them, but successful programs encourage relationships within the education community, between students, families and teachers.

Students Learn at Their Own Pace

Individualized learning is another important part of an online education.

He's gone from staring into space to exploring it.

Colorado Connections Academy is a tuition-free, fully accredited **online public school** for grades K-12. And when students enroll, they connect—with exciting classes, enriching activities and enthusiastic, certified teachers. That's why our students get wrapped up in learning like never before. To learn if it's right for you, or to find an information session in your area, visit ConnectionsAcademy.com or call **800-382-6019**.



Accredited by the North Central Association Commission on Accreditation and School Improvement (NCA CASI), an accrediting division of AdvancED.



Students are placed in courses that will benefit their abilities and interests. Teachers differentiate according to student needs as they progress at their own pace. One parent with a child attending an online school in Colorado was quoted as saying “The online education is perfect for him because no one needs to see when he is struggling and he can get help privately.”

And an online principal agrees. “Not all students learn in the same way and not all students thrive in the same environment. We wanted to be able to provide a product for all the students that live within our school district and our state. In order to do that, the old bricks and mortar thing that kids have been doing for years and years is not enough any more.”

“Online education is perfect for him because no one needs to see when he is struggling and he can get help privately.”

A Step Ahead for College

Perhaps most important is the increasing necessity for students to gain experience learning in the virtual world before they arrive at college. The majority of colleges/universities now offer programs in both face-to-face and online formats. Students that graduate from high school today who are not exposed to online education before they graduate may find themselves at a disadvantage due to their inexperience with digital learning. As one college freshmen attending college in Colorado noted, “I could not believe how lost some of the kids were at my dorm the first couple of weeks. They did not know how to post to discussion boards or submit assignments. In every class of mine at UNC this semester I have to do some items in the online course shell as well hand things into the teacher when our class meets.” Colleges are offering fulltime online classes, hybrid classes—where students meet face-to-face and also do work online, as well as classes using online resources or supplemental material. Many online college classes offer

textbooks digitally instead of requiring students to purchase a hard copy.

Providing opportunities for middle or high school students to explore online education *now* has two main benefits: enhancing the student's post-graduation pursuits and potential; and helping students develop the awareness necessary to protect them in our digital world. In a survey conducted by the National Cyber Security Alliance, McAfee and Zogby International in 2011, nearly 1/3 of the respondents did not feel that their children were receiv-

ing an education that would prepare them to use technology, safely, securely, ethically and productively.

So don't just automatically enroll your child in your new neighborhood school. You really do have options and an online education could be just the right choice for you, your child and your family! Check out your online education options in your new city and see what they offer, compared to the traditional school in your new neighborhood. Visit www.cde.state.co.us/onlinelearning/schools.htm

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Yes, You Can Join a Credit Union!

It used to be that a person could only open an account at a credit union because they or a family member was employed by a certain company, or they worked for the government. That has changed because now just about anyone will

find they are eligible to join a credit union.

Here are the top 5 reasons to join a credit union.

As you begin to settle into your new community and wade through the numerous options available, you just may find that credit union membership is the answer to all your financial needs.

1. Better interest rates and lower fees.

Credit unions are usually able to offer their members better interest rates and lower fees. When you're getting better interest rates and paying lower fees, you get to keep and save more of YOUR money, helping you take-charge of your financial life.

2. Full line of products and services.

Most credit unions can give you the same services as a bank—like checking, savings, investment funds, mortgage loans, car loans and even school loans—and credit unions will offer online financial services and bilingual capabilities as well.

3. Convenient.

Credit unions are financial cooperatives, and that means they cooperate—with their members and with other credit unions. Through that cooperation, credit unions have one of the largest ATM networks in the U.S. Credit union members have convenient access to 25,000 surcharge-free ATMs in the U.S., 800,000 ATMs worldwide and more than 2,300 lobby locations in the U.S. and even some foreign countries.

4. Member-owned.

Credit unions are owned by their members and they operate to make profits for each individual, no matter how big or small their account balance.

5. Expertise.

Credit unions know what they're doing. They have the expertise and will give you the personal attention you need to help you make important financial decisions that will benefit your bottom line, not theirs. Credit unions treat you like the boss, because at a credit union you're not just a customer you're an owner.

Check out the credit unions in your community and discover why they rank high in customer satisfaction surveys. Also, check out Westerra Credit Union, page 5 and Bellco Credit Union, page 23.

Taxes: Can you write off your recent move?

It's expensive to move. Once the excitement of your new home wears off, you may find yourself dealing with bills for movers, boxes, storage and utility hookups. The stress of a move might be reduced by the fact that the IRS may help offset some of those costs. If your recent move satisfies **three** criteria, some expenses are deductible.

Moving for a job

If you need to relocate for employment, your move may be deductible. There are no restrictions on this provision. It doesn't matter if it's your first job, your 10th position, your current role if your office has moved, or if you have been recently unemployed. As long as you or a jointly filing spouse need to move for work, this requirement is fulfilled.

The 50-mile rule

The distance between your new career opportunity and your former home must be at least 50 miles greater than your previous commute. For example, if your commute used to be five miles, your new job must be at least 55 miles from your previous residence. This applies to either spouse.

Full-time employment

You or your spouse must be employed full-time for a minimum of 39 weeks during the year following the move. You do not have to remain with the same employer, however. The move qualifies as long as your employment is in the area of your new residence.

If you are self-employed, you must work full-time at least 78 weeks

in the two years following the move.

If your move satisfies all the criteria, congratulations. It is tax deductible!

What moving expenses can you write off?

- **Packing and shipping expenses**

This includes the cost of boxes, packing materials, moving companies, and insurance. Storage of 30 days or less is also included. And, don't forget Fido! Expenses related to transporting household pets are deductible.

- **Travel costs**

Costs incurred while traveling to your new residence (once) are eligible. This includes charges for lodging (not food) and either the actual cost of your oil and gas OR 24 cents per mile.

- **Utilities**

Any charges (penalties or hookup fees) for disconnecting utilities at your previous residence and obtaining utility service at the new place are tax deductible.

What next?

- **Receipts**

The IRS loves documentation, so save all receipts related to the move.

- **IRS Form 3903**

By IRS standards, this 'Moving Expenses' form is clear and easy to understand. Once it's filled out, the write-off amount will show up on page 1 of your 1040.

For more information:

<http://www.irs.gov/uac/Form-3903,-Moving-Expenses>

<http://www.irs.gov/publications/p521/>

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Enter to Win



a \$250 Gift Card
from 

Just fill out the card located on page 25 of this Summer edition of Welcome Home.



On September 15, 2014 we will hold a drawing and select one lucky winner to receive a \$250 Gift Card from American Furniture Warehouse!

For complete details, visit www.welcomemomag.com or send a self-addressed envelope to Publisher/Welcome Home Magazine of Denver, 79 Spyglass Drive, Littleton, CO 80123.

Enter to Win



a \$250 Gift Card
from **urban mattress**

Just fill out the card located on page 25 of this Summer edition of Welcome Home.



On September 15, 2014 we will hold a drawing and select one lucky winner to receive a \$250 Gift Card from Urban Mattress!

For complete details, visit www.welcomemomag.com or send a self-addressed envelope to Publisher/Welcome Home Magazine of Denver, 79 Spyglass Drive, Littleton, CO 80123.



Welcome to your new home in the Denver metropolitan area. The following information should be helpful whether you are a newcomer or simply moving within the area. Keep this reference guide in a handy place so you can refer to it often.

The advertisers in this magazine all supply products and services that you may need soon after moving. Many even provide coupons and special offers. If you'd like to request more information from any of our advertisers, please refer to the Free Information Card that is located on page 25 of the magazine.

Colorado.gov

Visit this fact-filled official Colorado Web site for any detailed information you may need regarding Colorado laws, drivers licenses, employment, education and much more.

USA.gov

This is the Federal Citizen Information Center. Log on to the official gateway to all government information. As the U.S. government's official web portal, USA.gov makes it easy for the public to get U.S. government information and services on the web.

Ten Digit Dialing

As a newcomer, you need to be aware that Colorado has ten-digit local dialing. It's really very easy. Just remember to dial the area code before the seven-digit local number. Dialing "1" before the ten digits is only needed when placing a long distance call. Keeping this in mind could prevent you from seeing unnecessary long-distance charges on your telephone bill. Remember, too, that you shouldn't dial a "0" when placing a ten-digit local call. Doing so will only route your call directly to a telephone operator.

Phone Directories

YellowBook.com

Contact us by phone.....1.800.YB.YELLOW CenturyLink

To order a Dex directory.....1-800-422-8793

For customer service.....1-800-244-1111

Motor Vehicle Laws

Colorado license plates must be obtained within 30 days after residency has been

NEWCOMER AND COMMUNITY INFORMATION

established. For motor vehicle registration and driver's license purposes, you are considered a resident if you are employed in Colorado, own or operate a business in Colorado, or have rented or purchased an apartment or home.

Non-resident students and Armed Forces personnel are not required to obtain Colorado license plates or a Colorado driver's license if they have valid plates and a valid license from their home state.

A newcomer to Colorado must obtain a Colorado driver's license within 30 days after establishing residency. In most cases, if your present license is valid, you will only need to pass a written examination and eye test. For more information call 303-205-5600 or visit dmv.org/co-colorado

Auto Emissions Inspections

Emission testing is required when registering or selling vehicles in the counties of Denver, Boulder, Broomfield, Jefferson, Douglas and partial areas of Adams and Arapahoe counties. Testing can be done at any one of Envirotest's 14 convenient locations, or ask about Rapidscreen Roadside Emissions Testing. For more information on station locations, maps and directions, testing requirements and procedures, company information and job opportunities, visit them on the web at aircarecolorado.com or call the Air Care Colorado Hotline 303-456-7090 (See ad page 26.)

For further questions call the Department of Revenue Emissions at 303-205-5603.

Automobile Registration

To obtain your registration you must register your car in the county where you live and you must bring the following items:

- 1) A valid emissions test and a form DR2087 showing verification of your vehicle I.D. number. Both of these are available from an Emissions Inspection Station.
- 2) Vehicle title and registration.
- 3) Proof of insurance, which must include the year, make, and vehicle identification number (VIN) of the vehicle. Also, be sure to include the policy effective date.

A Colorado State vehicle inspection is required on all vehicles purchased with an out-of-state title. Fees may be paid by check, cash or money order.

You can contact your particular county for further information. Operating hours may vary. Check with each office for details.

Adams County	720-523-6010
Arapahoe County	303-795-4500
Boulder County	303-413-7710
Broomfield County	303-464-5888
Denver County	303-376-2200
Douglas County	303-660-7440
Jefferson County	303-271-8100

Driver's License

Residents can apply for a Colorado driver's license by completing the following requirements:

- 1) Pass all required exams, which may include written, vision and road skills.

- 2) Submit previous license, permit, birth certificate or other document that shows proof of identity and current age.
- 3) Reside at a Colorado residence address and provide proof of legal presence.
- 4) Have your photograph and fingerprints taken.
- 5) Pay the required fee.
- 6) Driver's license available at any one of the following offices in the metro area:

Boulder	303-442-3006
Castle Rock	303-627-0985
Denver-Central	303-937-9507
Denver-NE	303-373-0161
Evergreen	720-497-1182
Lakewood	303-205-5609
Littleton	303-795-9594
Northglenn & Thornton	720-929-8636
Parker	303-627-0985

 For further assistance regarding driver's license information call 303-205-5607.

Automobile Insurance

Under Colorado's tort system you are only required to buy liability coverage to pay for medical bills and property damage that you cause when you are at fault in an accident. You may also choose to buy additional medical coverage to help pay for your own injuries. For more information contact RMIA..... 1-800-355-9524

Auto Clubs

AAA Auto Club-Colorado	303-753-8800
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Road Conditions

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NEWCOMER AND COMMUNITY INFORMATION

Colorado, call the Road and Weather Information Hotline from the Colorado Department of Transportation (CDOT)..... 5-1-1

Child Car Restraints

It is a Colorado State law that every child under 4 years of age and weighing less than 40 pounds must be in an approved child car seat.

Transportation

Colorado Department of Transportation (CDOT) administers a variety of state and federal programs to complete projects that enhance our comprehensive transportation network. For a complete list and description of programs now in full force, visit www.coloradodot.info/programs.

Denver International Airport

Airport Paging..... 303-342-2300
 Ground Transportation 303-342-4059
 Lost and Found..... 303-342-4062
 RTD's Skyride..... 303-299-6000
 SuperShuttle 800-BLUE-VAN

Taxi Service

Metro Taxi 303-333-3333
 Yellow Cab 303-777-7777
 Zone Cab..... 303-444-8888

Train Service

Amtrak - Union Station Info 303-534-2812

Bus Service:

The bus service is provided by Regional Transportation District (RTD)..... 303-299-6000

Provides local, express and regional bus and light rail service throughout the metropolitan area. Also includes Park-n-Ride locations and

offers special services such as skyride bus service to Denver International Airport (DIA), Bronco-Ride and RockiesRide.

Commuting Options:

A program of The Denver Regional Council of Governments, My Way to Go offers reliable, easy, environmentally-friendly, no-nonsense commuting options to Denver area commuters. They can help you find a carpool, vanpool, transit route, or best paths for biking or walking. Visit their website at www.mywaytogo.org. For more information and free personal assistance, call 303-458-7665 or send an e-mail to: waytogo@drkog.org.

Bicycles:

Denver B-cycle and Boulder B-cycle offer over 100 bike stations for you to simply hop on a bike and go!

■ **Denver residents:** Denver B-cycle membership costs \$65, unlimited rides, 365 days a year. Call for more information at 303-825-3325 or go to DenverBicycle.com. Click on the Join Now button and enter the Promo Code Welcome14.

■ **Boulder residents:** Boulder B-cycle membership costs \$65, unlimited rides, 365 days a year. Call for more information at 303-532-4412 or go to BoulderBicycle.com. Click on the Join Now button and enter the Promo Code Welcome14.

Credit Unions

Westerra Credit Union..... 303-321-4209
 Bellco Credit Union..... 800-235-5261

U.S. Postal Service

Postal Answer Line 1-800-275-8777
www.usps.com

Time & Temperature

Weatherline 303-337-2500

Libraries

Arapahoe..... 303-542-7279
 Aurora..... 303-739-6600
 Brighton 303-659-2572
 Boulder 303-441-3100
 Denver Public Library, Main 720-865-1111
 Douglas County..... 303-791-7323
 Englewood 303-762-2555
 Jefferson County..... 303-235-5275

Voter Registration

- Voters who move from one county to another in Colorado must re-register to vote in the new county.
- Voters who move within the county must complete a change of address at least 29 days prior to an election.
- Residents can register to vote or change an address at any Driver's License office, City Clerk's office or Motor Vehicle office.

Adams County 720-523-6020
 Arapahoe County 303-795-4511
 Denver County 720-913-8600
 Douglas County..... 303-660-7444
 Jefferson County..... 303-271-8111

Need an emissions test? visit one of Envirotest's 14 convenient testing locations throughout the Denver-Boulder metro area.

STATION LOCATIONS

★ Arvada	5185 N. Marshall Street	★ Denver Southeast	10190 E. Warren Avenue
★ Aurora	12042 E. 30th Avenue	★ Golden	15335 W. 44th Avenue
★ Boulder	5655 Airport Boulevard	★ Ken Caryl	10727 Centennial Road
★ Broomfield	11609 Teller Street	★ Longmont	4040 Rogers Road
★ Castle Rock	541 Topeka Way	★ Northglenn	1950 E. 112th Avenue
★ County Line	8494 S. Colorado	★ Parker	10199 Park Glenn Way
★ Denver Central	2300 S. Lipan Street	★ Sheridan	2802 W. Mansfield Avenue

FOR MORE INFORMATION ON STATION LOCATIONS, DIRECTIONS, WAIT TIMES AND RAPIDSCREEN ROADSIDE EMISSIONS TESTING, CALL THE



AIR CARE COLORADO HOTLINE
303-456-7090



www.aircarecolorado.com

Way to Go: Find a better commute

At My Way to Go, it's easy to find a carpool, vanpool, transit route or bike/pedestrian path. Just try it and get started on a better commute today. Visit MyWaytoGo.org.



The Denver region Bike to Work Day, the second largest event of its kind in the United States, is an annual event that encourages people who normally drive alone to work to ride their bicycles instead. It is hoped that trying bicycle commuting in a fun and supportive atmosphere spurs participants into choosing biking on a regular basis. A clean and healthy way to get to work, Bike to Work Day also helps generate momentum for safe and bike-friendly streets and trails.

Last year's event attracted more than 27,000 commuters. And nearly 900 companies took part in the Bike to Work Day Business Challenge.

If you are interested in participating in Bike to Work Day this year, or would like more information, visit waytogo.org/biketowork.

Traffic congestion, travel delays and air pollution all point to a problem the Denver metro area and its commuters face daily. My Way to Go, an innovative web-based trip planning tool recently launched mywaytogo.org, offering area residents a convenient central resource to explore multiple commute options. The Denver Regional Council of Governments (DRCOG) Way to Go program debuts the one-stop shop that allows commuters to easily and comprehensively compare their trip options and make informed choices.



Users can simply enter their trip information to quickly see their commute options and compare travel time, distance, cost and health benefits, including calories burned and such environmental impacts as CO₂ generated. The tool incorporates transit (including bus and light rail), biking, walking, carpooling and vanpooling, comparing each option to driving alone. "This tool is really the first of its kind in the country, comparing different aspects of commute information on multiple modes in just a few quick and easy steps," said DRCOG Executive Director Jennifer Schaufele. "It offers Denver region commuters the best

available multimodal trip planning experience. We believe this will be a game-changer as we work to shift commuting behavior and meet our Metro Vision traffic goals."

DRCOG pioneered ridematching services in the region in the 1970s as a response to the energy crisis using a time-intensive manual tracking system to form carpools. And while the underlying technologies have changed over the years to computer-based systems, the offerings still fell short of the experience the Way to Go team envisioned.

"Market research indicates that one of the key barriers for people even considering other options is the difficulty in finding good information. Visiting multiple websites to explore options, calculate costs and incorporate other variables makes it more work than people think it's worth," said Schaufele. "We're removing that barrier."

The interactive website is easy to use and offers mobile interface on smartphones and tablets without requiring an app.

Commuters can start exploring their options at www.mywaytogo.org; businesses can ask for a demonstration from a Way to Go specialist (303-458-7665) to see how they can help their employees use the new tool.



NEWCOMER AND COMMUNITY INFORMATION

Emergency Numbers

In most areas 9-1-1 will access emergency ambulance, fire or police. Please verify that this is indeed true for your county, as there are some exceptions.

County Sheriffs

Adams County	303-654-1850
Arapahoe County	303-795-4711
Boulder County	303-441-4444
Denver Police	720-913-2000
Douglas County	303-660-7500
Jefferson County	303-277-0211

Rocky Mountain Poison Center	303-739-1123
Xcel Energy Electric Emergency/ Power Outage	1-800-895-1999
Xcel Energy Gas Emergency/ Gas Odor	1-800-895-2999

Utilities

Gas & Electric

Xcel Energy

24-Hour Emergency

Electric Emergency/ Power Outage 1-800-895-1999
Gas Emergency/Gas Odor 1-800-895-2999

Residential

24-Hour Customer Service
and Billing 1-800-895-4999
TDD/TTY Support 1-800-895-4949
Product Information and Sales 1-800-895-4999
HomeSmart from Xcel Energy Appliance
Service/Installation 1-866-837-9762

Business Solutions Centers –

Customer Service & Billing 1-800-481-4700

Other

Call Before You Dig/Utility Notification
Center of Colorado 1-800-922-1987
Web site xceleenergy.com

Telephone

CenturyLink 800-603-6000
centurylink.com

Water

The Denver Water Department is the major supplier for the Denver metro area, although there are some exceptions depending upon where you live. For further information on billing and service in your area, contact the Denver Water Customer Service Department.
Customer Care 303-893-2444
After Hours Emergencies 303-628-6000

Free Consumer Guide Smart Energy Living

Learn how to reduce energy consumption, save money and improve Colorado's environment with energy-efficient home improvements from The Colorado Energy Science Center (CESC). To reserve your free copy of Smart Energy Living, while supplies last, go to: energyscience.org

Recycling Hotlines

Denver Recycles 720-865-6900
Governor's Office of Energy Management
and Conservation 303-866-2100
Colorado Department of Public Health
and Environment (CDPHE) 303-692-2000

Environmental Recycling Hotline: This national hotline provides information on where to recycle

waste paper and boxes, glass, scrap metals, plastic, waste oil and tires. It has an electronic database of state recycling programs which lets callers enter their zip code to find recyclers in their area. Visit earth911.com or call 1-800-253-2687

Trash Removal

Garbage collection is included as a city service in the city of Denver. In all other metro areas, you can retain the services of one of the many private contractors available. In the City and County of Denver, call Solid Waste Department 720-865-6900



Pet Licenses

Dogs and cats living in most of the Denver metro area must be licensed annually and vaccinated against rabies. They must be vaccinated within 30 days, or have been vaccinated within the past 12 months. Most communities have strict leash laws. For more information, call the Animal Control offices in your county.

Adams County	303-288-3294
Arapahoe County	720-874-6750
Boulder County	303-441-3626
Broomfield County	303-438-6400
Denver County	303-698-0076
Douglas County	303-660-7529
Jefferson County	303-271-5070

City of Denver 3-1-1 Call Center

Citizens in Denver can now call 3-1-1 as a free service to get answers regarding all city related business including reporting a pothole, purchasing a parking permit, starting a new business or getting a marriage license. Also visit www.denvergov.org.

Dial 2-1-1 For A Community Connection

Colorado 2-1-1 launched in metro Denver and surrounding communities in October 2003. It gives citizens one number to call when they need access to human services such as food bank locations, low cost healthcare for children as well as a direct link to non-emergency help for all kinds of community services. Also visit 211colorado.org.

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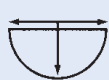


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**Denver/Boulder
Better Business Bureau**

The BBB is a membership-based nonprofit organization dedicated to promoting and fostering the highest ethical relationship between businesses and the public through voluntary self-regulation, consumer and business education and service excellence. The BBB offers free information to the community regarding local businesses and charities. Visit denver.bbb.org or telephone 303-758-2100

Chambers of Commerce

For helpful information on schools, cable service, cultural events, community activities, libraries and parks, call your county's Chamber of Commerce.

- Arvada.....303-424-0313 arvadachamber.org
- Aurora.....303-344-1500 aurorachamber.org
- Boulder.....303-442-1044 boulderchamber.com
- Denver.....303-534-8500 denverchamber.org
- Golden.....303-279-3113 goldenchamber.org
- South Metro Denver (including ... 303-795-0142
Englewood & Littleton)..... bestchamber.com
- West Chamber...303-233-5555 westchamber.org
- Metro North Chamber of Commerce
.....303-288-1000
metronorthchamber.com

Volunteer Opportunities

- Metro Volunteers.....303-282-1234
metrovolunteers.org
- Boulder County Volunteer
Connection.....303-444-4013
volunteerconnection.net
- CareConnect of Boulder County...303-443-1933
careconnectbc.org
- Seniors Helping Seniors.....720-242-5285
seniorshelpingseniors.com

Senior Services

- American Assn. of Retired Persons
Colorado State Office.....888-687-2277
aarp.org/states/co
- Association for Senior Citizens.....303-455-9642
associationforseniorcitizens.com
- DRCOG Area Agency on Aging.....303-455-1000
drcog.org
- CareConnect of Boulder County...303-443-1933
careconnectbc.org
- Seniors Helping Seniors.....720-242-5285
seniorshelpingseniors.com
- Seniors! Inc.303-300-6906 seniorsinc.org

Child Care Referrals

- To get a referral for licensed in-home child care providers and child care centers in your area, call one of the following agencies:
- Metro Denver Child Care
Resource and Referral303-969-9666
frcce.org
 - City of Boulder Children's Youth
& Family Services (Boulder)....303-441-3544
bouldercolorado.gov
 - Jefferson County Child Care Assn. 303-969-8772
jeffcochildcare.org

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NEWCOMER AND COMMUNITY INFORMATION

Schools

There are 18 school districts in the seven-county Denver metropolitan area. Information on these educational systems may be obtained by contacting:

Colorado Department of Education
201 East Colfax Ave., 303-866-6600
Denver, CO 80203 www.cde.state.co.us

Online Schools

No matter where you live in Colorado, you can enroll your child in an online school of your choice at no cost because it is a public school. For a complete listing of online schools in Colorado, visit www.cde.state.co.us/onlinelearning/schools.htm.

Denver Metro Area Hospitals

Aurora - HealthONE - The Medical Center of Aurora 303-695-2600 auroramed.com
Aurora - HealthONE - Spalding Rehabilitation Hospital ... 303-367-1166 spaldingrehab.com
Boulder - Boulder Community Hospital..... 303-440-2273 bch.org
Brighton - Platte Valley Medical Center 303-659-5800 pvmc.org
Centennial - HealthONE - Centennial Medical Plaza 303-600-3000 auroramed.com
Denver - Centura Health - Porter Adventist Hospital..... 303-778-1955 centura.org
Denver - Centura Health - St. Anthony Central Hospital..... 720-321-0000 centura.org
Denver - Children's Hospital 720-777-1234 thechildrenshospital.org

Denver - HealthONE - Presbyterian/St. Luke's Medical Center 303-839-6000 pslmc.com
Denver - HealthONE - Rose Medical Center 303-320-2121 rosemcd.com
Denver - Denver Health Medical Center 303-436-6000 denverhealth.org
Denver - National Jewish Center.. 303-388-4461 nationaljewish.org
Denver - St. Joseph Hospital 303-837-7111 exempla.org
Denver - University of Colorado Hospital..... 720-848-0500 uch.edu
Denver - Veterans Affairs Medical Center 303-399-8020 denver.va.gov
Englewood - HealthONE - Swedish Medical Center .. 303-788-5000 swedishhospital.com
Lafayette - Good Samaritan Medical Center 303-689-4000 exempla.org
Littleton - Centura Health - Littleton Adventist Hospital 303-730-8900 mylittletonhospital.org
Lone Tree - HealthONE - Sky Ridge Medical Center 720-225-1000 skyridgemedcenter.com
Longmont - Longmont United Hospital..... 303-651-5111 luhcares.org
Louisville - Centura Health - Avista Adventist Hospital..... 303-673-1000 centura.org
Parker - Parker Adventist Hospital 303-269-4000 parkerhospital.org
Thornton - HealthONE - North Suburban Medical Center 303-451-7800 northsuburban.com
Westminster - Centura Health - St. Anthony North Hospital 303-426-2151 stanthonynorth.org
Wheatridge - Lutheran Medical Center 303-425-4500 exempla.org

Daily Newspapers

There are two daily newspapers in the Denver/Boulder metro area. To order a home subscription call:
The Denver Post 303-832-3232
The Daily Camera..... 303-442-1202

Call Before You Dig

Three working days before you begin any activity that requires digging or excavation, call Colorado 811 for location of underground utilities. This is a free service to you. Statewide 8-1-1

Landscaping Help

For help in finding a landscape contractor, visit the Associated Landscape Contractors of Colorado at alcc.com or call 303-757-5611. An ALCC landscape contractor can help improve your yard with design, planting, repairs, maintenance, water features, xeriscape, decks and patios, fencing, walls and sprinkler systems.

Tourism

To receive travel and tourism information for Colorado, call 1-800-COLORADO or visit colorado.com.

Colorado Ski Resorts

For a free guide 303-837-0793

Golf in Colorado

For a comprehensive online golf course directory go to: golfviews.com

Colorado Breweries

www.colorado.com/Breweries.aspx

Sports In Denver

For season tickets or information on the following teams and sporting attractions call:
Bandimere Speedway..... 303-697-4870
Denver Broncos NFL Football 303-649-9000
Colorado Avalanche..... 303-405-1100
NHL Hockey
Denver Nuggets 303-405-1100
NBA Basketball
Colorado Rockies 303-292-0200
Major League Baseball
The Colorado Rapids 303-825-4625
Major League Soccer
Colorado Mammoth 303-405-1100
Major League Lacrosse
Colorado Mountain Club..... 303-279-3080
Colorado Golf Association 303-366-4653
Colorado Ski Country USA..... 303-837-0793
Colorado Tennis Association..... 303-695-4116
University of Colorado Athletic ... 303-492-8337
Ticket Office
University of Denver Athletic 303-871-2336
Ticket Office



Shopping

Aspen Grove
Santa Fe & Mineral..... 303-794-0640
Town Center at Aurora Mall
14200 E. Alameda 303-344-4120
Belmar
7200 W. Alameda 303-742-1520
Cherry Creek Shopping Center -
1st & University 303-388-3900
Cherry Creek North - North of
Cherry Creek Mall 303-394-2903
Colorado Mills - Colfax & Indiana
(near I-70)..... 303-384-3000
Denver Pavilions - 16th Street Mall
between Tremont & Welton Sts. 303-260-6000
Flatiron Crossing - Boulder Turnpike & Storage
Tech/Interlocken Loop..... 720-887-9900
Heritage Square
18301 W. Colfax..... 303-277-0040
Larimer Square
1400 Block of Larimer 303-534-2367

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NEWCOMER AND COMMUNITY INFORMATION

Outlets at Castle Rock - South of Denver on I-25 at Exit 184 303-688-4495
 Outlets at Loveland - North of Denver on I-25 at Exit 257B..... 970-663-1916
 Outlets at Silverthorne - West of Denver on I-70 at Exit 205 970-468-9440
 Park Meadows Shopping Mall C470 & I-25..... 303-792-2533
 Southwest Plaza Bowles & Wadsworth..... 303-973-5300
 Tabor Center/16th Street Mall 16th Mall & Lawrence..... 303-534-6161
 Tamarac Square 7777 E. Hampden Ave..... 303-755-5927
 The Shops at Northfield Stapleton 8340 Northfield Blvd..... 303-375-5464
 The Streets at SouthGlenn University & Arapahoe..... 303-539-7141

Parks & Recreation Information

For information on **Colorado Parks and Wildlife**, please visit cpw.state.co.us. There are 42 parks in the state park system—six in the Denver metro area. They offer fishing, hiking, boating, camping and a subscription offer to *Colorado Outdoors Magazine*.

National Park Service 303-969-2000
 U.S. Forest Service 303-275-5350
 Rocky Mountain Region

Hunting & Fishing Licenses

For information on residency requirements and license fees call the Colorado Division of Wildlife at 303-297-1192 or visit cpw.state.co.us. Licenses can be purchased at the Wildlife Division

Central Regional Office at 6060 Broadway, or at most sporting goods stores.
 Hunting Info Hotline (24 hours) .. 303-291-7529
 Fishing Info Hotline (24 hours)..... 303-291-7533

Arts

Arvada Center for the Arts & Humanities 720-898-7200 arvadacenter.org
 Colorado Ballet 303-837-8888 coloradoballet.org
 Colorado Creative Industries 303-892-3802 coloarts.state.co.us
 Colorado Symphony Orchestra 303-623-7876 coloradosymphony.org
 Denver Performing Arts Complex..... 303-893-4100 denvercenter.org
 Museum of Contemporary Art..... 303-298-7554 mcdenver.org
 Opera Colorado 303-778-1500 operacolorado.org

Attractions & Entertainment

Buffalo Bill Memorial Museum & Grave 303-526-0744 buffalobill.org
 Butterfly Pavilion and Insect Center 303-469-5441 butterflies.org
 Children's Museum of Denver..... 303-433-7444 mychildsmuseum.org
 Comfort Dental Amphitheatre 303-220-7000
 Colorado History Museum 303-866-3682 colorado.com
 Colorado Sports Hall of Fame..... 720-258-3888 coloradosports.org
 Colorado State Capitol 303-866-2604 leg.state.co.us
 Coors Brewing Company Tours 303-277-2337 coors.com

Denver Art Museum 720-865-5000 denverartmuseum.org
 Denver Botanic Gardens 720-865-3500 botanicgardens.org
 Denver Coliseum Box Office..... 720-865-2475 denvercoliseum.com
 Denver Firefighters Museum 303-892-1436 denverfirefightersmuseum.org
 Denver Museum of Nature & Science 303-322-7009 dmns.org
 Denver Zoo 303-376-4800 denverzoo.org
 Downtown Aquarium..... 303-561-4450 aquariumrestaurants.com
 Four Mile Historic Park..... 720-865-0800 fourmilepark.org
 Gates Planetarium 303-322-7009 dmns.org
 Heritage Square 303-285-2990 heritagesquare.info
 IMAX Theatre..... 303-322-7009 dmns.org
 Lakeside Amusement Park..... 303-477-1621 lakesideamusementpark.com
 Littleton Historical Museum 303-795-3950 littletongov.org/museum
 Molly Brown Museum 303-832-4092 mollybrown.org
 National Western Stock Show..... 303-297-1166 nationalwestern.com
 Red Rocks Amphitheater 720-865-4220 redrocksonline.com
 Six Flags Elitch Gardens 303-595-4386 elitchgardens.com
 Tiny Town Railroad 303-697-6829 tinytownrailroad.com
 U.S. Mint..... 303-572-9500 usmint.gov
 WaterWorld..... 303-427-7873 waterworldcolorado.com



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Sylvan Lake State Park



Find options at cpw.state.co.us

- Buy Your Fishing License
- Get Your Annual State Parks Pass
- Reserve Your Campsite, Cabin, or Yurt



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