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Welcome Home

Summer 2015

Denver

HELPING YOU SETTLE IN AFTER YOUR MOVE

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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 or credit union 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.



WELCOME HOME OF DENVER



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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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Welcome Home of Denver



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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 a color that ties thing together, consider Guilford Green, Benjamin Moore’s Color of the Year for 2015. “A neutral that’s natural. A silvery green that works with, well, everything. No worries, No second thoughts. Just a brush, dipped in a can, whooshed on a wall, and a whole lot of happily ever after,” says Ellen O’Neill, Creative Director at Benjamin Moore.

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.

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	101.8%
Manufactured Stone Veneer	92.2%
Garage Door Replacement	88.4%
Siding Replacement – Vinyl	80.7%
Deck Addition – Wood	80.5%
Minor Kitchen Remodel	79.3%
Window Replacement – Wood	78.8%
Window Replacement – Vinyl	72.9%
Basement Remodel	72.8%
Entry Door Replacement – Fiberglass	72.0%
Roofing Replacement	71.6%
Bathroom Remodel	70.0%
Deck Addition – Composite	68.0%
Major Kitchen Remodel	67.8%
Garage Addition	64.8%
Two Story Addition	64.1%
Family Room Addition	64.1%
Master Suite Addition	61.7%
Back-up Power Generator	59.9%
Bathroom Addition	57.8%
Home Office Remodel	48.7%

Welcome to the Neighborhood!

Denver Water customers benefit from a water supply that starts as mountain snowmelt. It took a lot of foresight to establish this supply, and will take even more to maintain it. We need your help protecting this precious resource critical to people, food, animals, plants and everything we love about our thriving neighborhoods.



You can't make this stuff, so please use only what you need

This summer, look for one-of-a-kind art installments in metro area bus shelters meant to show that water's presence in our world is the work of Mother Nature. While you can't make water, here are a few things you can do in your new home to use water wisely in Denver's arid climate:

Perform a self-audit:

Check for leaks in your bathroom, kitchen, laundry room and outdoor watering systems. Use the indoor self-audit list on denverwater.org to help guide you through the process.



Repair, replace and retrofit:

Repair or replace leaky toilets, faucets and sprinklers to fix any leaks you find. Some repairs are simple while others require replacing appliances or fixtures. You can find helpful leak repair tips at denverwater.org.

Take advantage of rebates:

Denver Water offers rebates for WaterSense®-labeled toilets and WaterSense®-labeled smart sprinkler system controllers. You can also receive a rebate for replacing sprinkler nozzles with rotary/high-efficiency models. Visit denverwater.org for complete terms and conditions.

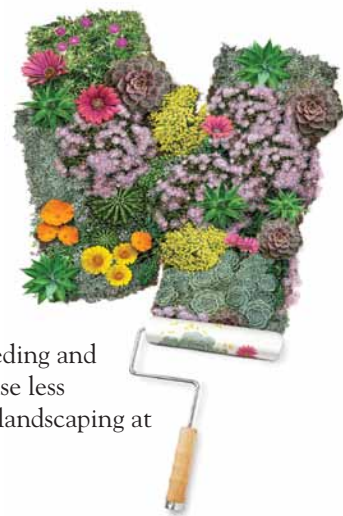


Understand outdoor watering rules and guidelines:

- Water during cooler times of the day — before 10 a.m. and after 6 p.m.
- Limit watering to three days per week.
- Avoid pooling water in gutters, streets and alleys.
- Avoid spraying water on concrete and asphalt.
- Repair leaking sprinkler systems within 10 days.
- Turn off sprinklers while it is raining or during high winds.
- Use a hose nozzle with a shut-off valve when washing your car.

Remodel your yard:

Your yard could be a lot more interesting than grass alone. It could have decks, game courts, vegetable gardens and colorful, drought-resistant flowers. It could provide beautiful views, a quiet respite and a fun space to play – without burdensome weeding and mowing. Even better, it could use less water. Get ideas for water-wise landscaping at denverwater.org.



Visit denverwater.org for wise water use tips

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

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.

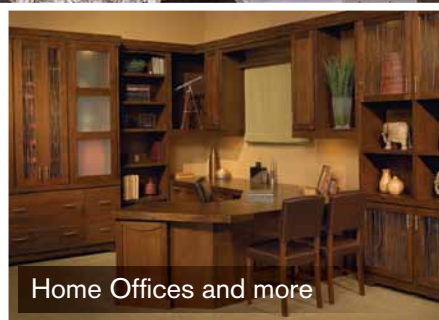
Ask to see a customer list. Call some people on this list. If a company doesn't do good work, people will not likely recommend them. Enjoy your new home and your closets!

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Advertorial

12 Reasons Why Top Quality Paint Is Worth the Money



If you want to change the appearance of your new home's interior, there is no easier way to update your space than with a fresh coat of paint. But, if you're tempted to save a few dollars by trading down to a lower quality interior paint, it's important to know what you're giving up in the process. Here are 12 reasons top quality 100% acrylic latex interior paints are worth the money:

- **Better adhesion.** The superior "binder" in these paints helps them grip any surface.
- **Better hiding capability.** Top quality paints can often conceal the color below in fewer coats, saving the time and money needed to apply additional coats of paint.
- **Better spatter resistance.** These paints are less likely to throw off flecks of paint while you're applying them.
- **Better flow and leveling.** Top quality paints go on evenly; brush and roller marks tend to flow out and become unnoticeable.
- **Better touch-up.** If you have to touch up your paint job at a later date, it won't be noticeable when using a top quality paint.
- **Better stain resistance.** These paints tend to keep dirt and grime from sinking in, making for easy cleaning.

- **Better scrub resistance.** Even if you have to scrub hard to remove a stubborn stain, top quality paint is tough enough to take the scrubbing without damaging the surface of the paint.

- **Better burnish resistance.** Lower quality paints get shiny when they're scrubbed; top quality paints have less of a tendency to do so.
- **Better block resistance.** Ever notice how it's hard to open a window after it's been painted? Top quality paints are less susceptible to sticking.
- **Better print resistance.** Windowsills and other face-up surfaces can be imprinted when objects are placed on them. When painting horizontal surfaces, use of a top quality paint in an eggshell (rather than a glossier) sheen will minimize this problem.
- **Better mildew resistance.** If you don't like mildew, don't compromise on paint quality.
- **Better fade resistance.** You'll probably sweat bullets choosing just the right paint color. Make sure your color lasts by using a fade-resistant top quality 100% acrylic latex interior paint.

For more information and painting tips, visit www.paintquality.com



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Making One Room into Two – With a Murphy Bed

Whether downsizing or moving into a new home with a growing family, you may find yourself wishing to magically change that guest room into an office or craft room as well. A Murphy Bed is a great solution to this dilemma: by disappearing into the wall when guests aren't there, it's giving you the office and storage that you need while still keeping your guests happy with a real bed.

By disappearing into the wall when guests aren't there, it's giving you the office and storage that you need while still keeping your guests happy with a real bed.

The original Murphy Bed was invented by William Murphy in the early 1900's to solve the need to hide his bed while entertaining in his tiny one room apartment in San Francisco. The Murphy, or Wall bed, as it also called, has come a long way since then, with the range of materials and accompanying furniture limited only by your space itself.

What Does a Murphy Bed Look Like?

"Although the web is a good place to start, a Murphy Bed is such a visual product that it needs to be seen to understand all the options that are available. That's why we built our two story showroom which contains over 23 displays," says Steve Beckmann, the owner of Smart Spaces. Now in its eleventh year, Smart Spaces is unique in that its main focus is the Murphy Bed with its accompanying furniture such as offices, closets and entertainment centers. Steve estimates that they have designed and built over 3300 beds, ranging from the simple side bed for a basement to cabinetry containing everything from Hindu shrines to coffee makers.

"It generally takes people two or three visits to truly decide what will best work for their space. Our designers have excellent software that help the customer envision how their room can be used. Everything is custom built, and designs can often

take weeks to complete with the designers coming out to measure and offer suggestions to modify the plans."

How Big Does My Small Room Have to Be?

The size of the bed depends on the height of the wall where the Murphy Bed would go. Generally 90" is needed for a queen and king size bed, while full and twin sizes require 85" in height. If the ceilings are lower, then a side Murphy Bed works equally well and is often used in basements and in narrow rooms where the width is an issue.

Once color, material, mattress and handles are decided, the order goes into production which takes place onsite at the store. (Ask the owners for a peek downstairs to see the furniture being made.)

With your bed installed and your new found space, you will wonder why you hadn't bought a Murphy Bed before!

*Mention this article and receive \$100 off your purchase!**

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ONE
ROOM
INTO
TWO**

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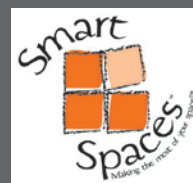
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Reasons to Consider an Online Education For Your Child

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. 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."

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

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

education options in your new city and see what they offer, compared to the traditional school in your new neighborhood.

Moving with Children

Once the boxes are unpacked, the next step is to help your kids settle in their new neighborhood. Here are a few tips that should help make the transition easier.

Search for evidence of kids who live on your street and in your neighborhood. Look for signs that kids live in that house, looking for swing sets, bikes and other toys. Neighbors can be helpful as well, telling you which houses have children living there.

Spend time in a local park. Neighborhood parks are an ideal place to meet not only other kids, but other parents as well. There may even be a park inside your neighborhood where you can spend hours of time outside meeting new friends and learning about your new neighborhood. Get outside and good things will happen!

Host a party for kids. You can invite kids from the neighborhood and from the playground. Invite the parents to come so you can also meet new people, and deliver the party invites in person with your child door to door.

If you keep it simple, it's a great way for you and your child to get to know the area.

Join the neighborhood community center. Most recreation centers and community centers have classes for kids, including recreational programs, sports teams, family swim times and more. Be sure to join along with your child and speak to staff members to see what other opportunities exist in your neighborhood.

Visit the library. We often forget that the local library is a wonderful place to meet other parents and children. Staff here can provide great information on what's going on in the neighborhood and can suggest family-friendly activities in your new neighborhood. Spending time in the children's section of the library and checking out books is a fantastic way to let your children interact with others.

Spend time outside! Sometimes all you need to do to meet the neighbors is to spend time in your front yard. Go for a walk, a bike ride or just hang out



on your front porch. If you do these things we've suggested, you are sure to be discovered by neighborhood kids and families and your child will feel happy and settled into their new home and neighborhood before you know it.



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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.

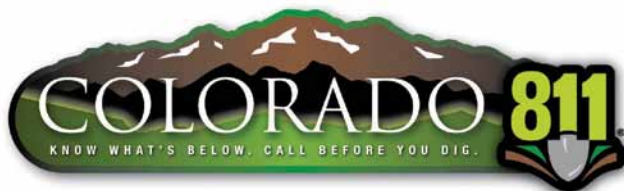
Homeowners, digging and excavating near underground facilities can be dangerous. Lives are lost and excavators and homeowners are seriously injured excavating in Colorado. In addition, underground facilities are damaged. Help protect the lives of loved ones in your family and community and ensure the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



**Know what's below.
Call before you dig.**

**Planning a home improvement job?
Planting a tree? Installing a fence or deck?**

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www.co811.org

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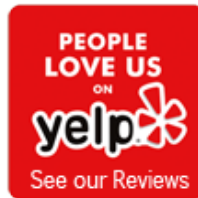
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“Working with TJ and Colorado Premier Garage Doors is one of the very best experiences I have ever had with a contractor. They are honest, do what they say they are going to do and are truly concerned that the job is done right and on time. By far the best customer service I have ever received. I would highly recommend them to anyone.”

“Colorado Premier Garage Doors and Gate Systems is my last stop for garage and/or gate needs. TJ and his staff did an absolutely amazing job on a custom gate for my home. He was extremely detailed in his explanation of my options, as well as what the entire process would entail. They delivered a perfect, high-quality product in a timely manner and were so easy to work with.”

“I have dealt with many garage companies, but this one has won me over. I had a spring snap, couldn't get my car out of the garage. I called TJ and he had sent someone over within hours and fixed it. The technician was courteous and the price wasn't too bad either. If you are looking for garage repairs, then this is the company for you.”

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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 reasons to join a credit union.

5

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.

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,-](http://www.irs.gov/uac/Form-3903,-Moving-Expenses)

[Moving-Expenses](http://www.irs.gov/publications/p521/)

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

Beat the Heat – Heat Exhaustion versus Heat Stroke

By Megan Press, M.D., Aspen Medical Group



Colorado generally has a mild climate, but the summer months can still be dangerously hot, especially if you are hiking, biking or swimming outdoors. If you plan to be active outside in the summer, you can suffer the effects of heat regardless of your health. Exertional heat illness is the technical term for what we know as heat exhaustion and heat stroke.

These illnesses may sound similar, but they are very different.

Heat exhaustion (moderate heat injury) refers to the inability of the body to appropriately circulate blood due to strenuous physical exercise and environmental heat. Acute dehydration is usually present but not required in order to be diagnosed with this condition. Symptoms include rapid heartbeat, fatigue, extreme weakness, sweating, headache, confusion, gastrointestinal symptoms (nausea, vomiting, and diarrhea) and/or muscle cramps.

Heat stroke (severe heat injury) is hyperthermia with the potential for organ damage including neurological signs. Symptoms of heat stroke include altered consciousness, confusion, irritability, emotional instability, coma or seizure. Organ damage for heat stroke will vary, but may affect your muscles, kidneys and/or liver. Heat stroke is an emergency; if you suspect you are

suffering from a heat stroke, it is advised to seek medical care immediately to reduce body temperature and prevent permanent damage.

Fortunately, these diagnoses are preventable. It is critical to stay hydrated, especially with a beverage that includes electrolytes, since water is not enough if you are sweating profusely. You may also add lemon juice to regular water for maximum hydration. Avoid alcohol if you plan to be outside for an extended period of time. Finally, be sure to acclimate slowly. First, work out at a low intensity and spend less time outdoors, then gradually increase both as you get more comfortable.

Be sure to consult with your doctor prior to starting any extensive exercise regimen. If you would like to make an appointment with Dr. Press, please call (303) 394-9355 or visit www.aspenmedgroup.org.

Dr. Press is a board certified physician in internal medicine. She is experienced in managing the variety of healthcare needs of her patients, along with a dedication to preventive care. She serves as a partner in helping patients stay healthy by promoting exercise and good nutrition and using evidence-based medicine to guide her practice. She completed medical school along with her residency in Ohio, and consequently has a passion for the Cincinnati Bengals football team.



(303) 394-9355
<http://www.aspenmedgroup.org>

Four Ways to Combat Altitude Sickness

By Cristian Dinescu, M.D., Timberline Internal Medicine



The Rocky Mountains sit in the heart of Colorado, and if the weather permits, many of us enjoy outdoor activities like hiking, skiing, or climbing. A challenge you may have to overcome after moving to Colorado is altitude sickness, or Acute Mountain Sickness (AMS). Altitude sickness is caused by suddenly being at a high altitude where the air pressure is

lower and your body does not get enough oxygen, causing you to breathe faster. If you have COPD (Chronic Obstructive Pulmonary Disease) or are a smoker, you are at higher risk for altitude sickness.

In order to combat altitude sickness, be sure to do the following:

1. Drink plenty of water to make sure you are well hydrated. In higher altitudes, water vapor is lost from the lungs, resulting in dehydration. Avoid caffeine and alcohol, as that can increase the likelihood of dehydration.
2. Be aware of the early symptoms of altitude sickness. These may include the following: headache, nausea, dizziness,

exhaustion, becoming easily winded, loss of appetite, trouble sleeping and even losing consciousness.

3. Talk to your doctor to consider a prescription for acetazolamide or some over the counter ibuprofen. Acetazolamide is a diuretic which can eliminate the fluid going into your lungs due to the pressure difference.
4. Listen to your body. If you are noticing severe symptoms, call (720) 282-8010 or visit timberlineinternalmedicine.com to schedule an appointment.

Usually symptoms develop above 10,000 feet, or even earlier if you have lung disease. If you plan to hike to a high elevation, do so gradually to give time for your body and your lungs to acclimate.

Dr. Cristian Dinescu is a board certified internist who has been with Timberline Internal Medicine since January 2015. Dr. Dinescu is experienced in providing comprehensive primary care to various age groups in both public and private practices. A husband and father of three children, Dr. Dinescu is an avid outdoorsman and enjoys fishing, hunting, skiing, music, soccer and playing tennis.



(720) 282-8010
<http://timberlineinternalmedicine.com>

NEWCOMER AND COMMUNITY INFORMATION



Welcome to your new home in the Denver metropolitan area. The following information should be helpful whether you are a new-comer 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.

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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 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 23.)

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:



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NEWCOMER AND COMMUNITY INFORMATION

- 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..... 303-795-5954
 - 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 RMIIA..... 1-800-355-9524

Auto Clubs

AAA Auto Club-Colorado..... 303-753-8800

Road Conditions

For updated road conditions throughout 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

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 Ground Transportation 303-342-4059
 Lost and Found..... 303-342-4062
 RTD's Skyride..... 303-299-6000
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 Zone Cab..... 303-444-8888

Train Service

Amtrak - Union Station Info 303-534-2812

Bus Service:

The bus service is provided by Regional Transport 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), BroncosRide 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@drcog.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.

Need an emissions test? visit one of Envirotest's

14 convenient testing locations throughout the Denver-Boulder metro area.

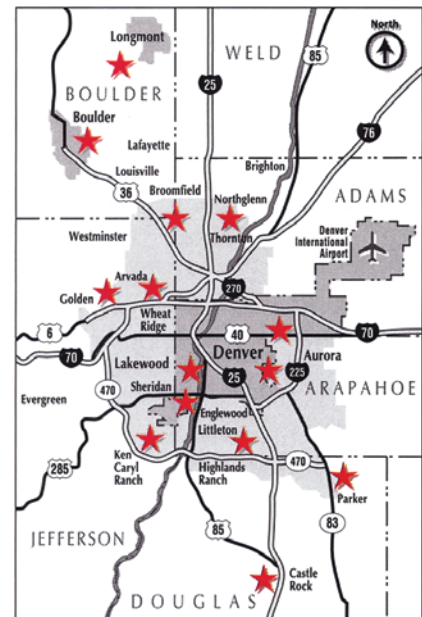
STATION LOCATIONS

★ 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

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On September 15, 2015 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.welcomemag.com or send a self-addressed envelope to Publisher/Welcome Home Magazine of Denver, 79 Spyglass Drive, Littleton, CO 80123.

Credit Unions

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

U.S. Postal Service

Postal Answer Line1-800-275-8777
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



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

NEWCOMER AND COMMUNITY INFORMATION

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

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/Installation1-866-837-9762

Business Solutions Centers –

Customer Service & Billing1-800-481-4700

Other

Call Before You Dig/Utility Notification

Center of Colorado.....1-800-922-1987

Web sitexcelenergy.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 Care303-893-2444
 After Hours Emergencies303-628-6000

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

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 Department720-865-6900

Recycling Hotlines

Denver Recycles720-865-6900
 Governor's Office of Energy Management
 and Conservation303-866-2100
 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

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



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NEWCOMER AND COMMUNITY INFORMATION

for all kinds of community services. Also visit 211colorado.org.

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 Englewood & Littleton).....303-795-0142
 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



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 Aurora303-695-2600 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 Center303-659-5800 pvmc.org
Centennial - HealthONE - Centennial Medical Plaza303-600-3000 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 Center303-320-2121 rosemcd.com
Denver - Denver Health Medical Center303-436-6000 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 Center303-399-8020 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

Duro-Tuff Window Well Covers™



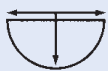
The actual weight of this man is 410 lbs - she'll only admit to 100 lbs.



On Tom Martino's exclusive referral list @ troubleshooter.com

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cocoverco.com



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- ◆ Protects against well flooding from clogged & overflowing gutters
- ◆ Keep out wildlife
- ◆ Keep wells clean

NEWCOMER AND COMMUNITY INFORMATION

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.

Golf in Colorado

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

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

Tourism

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



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
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

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

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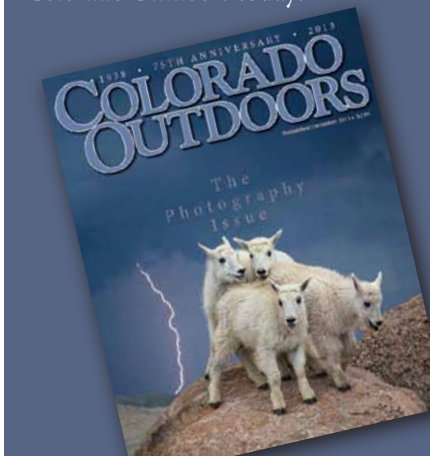
a \$250 Gift Card from American Furniture Warehouse

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Filled with informative articles and stunning photography, *Colorado Outdoors* is the perfect magazine for the hunter, angler and outdoor lover. For only \$10.50 your subscription includes six issues as well as your choice of a hunting or fishing guide. For \$13, you'll receive six issues and both guides. And if you subscribe to *Colorado Outdoors* right now you'll receive one free issue for a total of seven issues! Go to bit.ly/SubscribeCOOutdoors, enter the coupon code "free issue" before checkout and start enjoying *Colorado Outdoors* today!



- Colorado Symphony Orchestra 303-623-7876
coloradosymphony.org
- Denver Performing Arts Complex. 303-893-4100
denvercenter.org
- Museum of Contemporary Art..... 303-298-7554
mcardenver.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.go
- WaterWorld 303-427-7873
waterworldcolorado.com

Colorado Breweries

www.colorado.com/Breweries.aspx

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



Colorado Ski Resorts

- Arapahoe Basin..... 888-272-7246
- Aspen Highlands 800-308-6935
- Aspen Mountain 800-308-6935
- Buttermilk 800-525-6200
- Copper Mountain..... 800-458-8386
- Crested Butte..... 800-544-8448
- Eldora 800-440-8700
- Howelsen 970-879-8499
- Loveland 303-571-5580
- Monarch..... 888-996-7669
- Powderhorn 970-268-5700
- Purgatory 970-247-9000
- Silverton..... 970-387-5706
- Ski Cooper 800-707-6114
- Ski Granby Ranch..... 888-850-4615
- Snowmass 800-525-6200
- Steamboat 970-879-6111
- Sunlight..... 800-445-7931
- Telluride..... 970-728-6900
- Winter Park..... 970-726-5514
- Wolf Creek 970-264-5639

General Information, snow report, free guide 303-837-0793
www.coloradoski.com

Denver Metro State Parks

Wherever you live in Colorado, there is a state park nearby. Residents of the Denver metro area can take advantage of nine state parks within a one hour drive of downtown Denver. To learn more about these nine parks or to find other gems, visit www.cpw.state.co.us.

Barr Lake – Birds! See more than 370 bird species at this 1,900-acre prairie reservoir in northeast Denver. Enjoy great family fishing, weekend picnics, and talking with a naturalist. The level 8.8-mile multi-use trail is a good way to see the park, by bicycle or horseback. Anglers fish in the lake while kayakers and canoeists enjoy calm waters because boat motors are limited to 10 horsepower.

Castlewood Canyon - A dramatic, steep-walled canyon etched into the Colorado prairie is the focus of this park along Cherry Creek. A designated Colorado Natural Area, the park offers outstanding bird and wildlife watching. Fourteen miles of trails, from easy to strenuous, traverse the park. Rock climbers will discover walls up to 60 feet high and canyon-face climbing for all skill levels.

Chatfield - Fun on land and water. The reservoir is a popular destination for swimming, fishing, water and jet skiing, sailing and boating. It's one of the most popular parks in the Denver metro area. Amenities include four campgrounds, boat rentals, a floating restaurant and a marina. Chatfield offers 26 miles of trails (12 of them paved) for hiking, biking and horseback riding. Pets are allowed on trails with a leash.

Cherry Creek – Offering a recreational oasis amid the hectic urban world, this park's 35 miles of multi-use trails, attracts walkers, hikers, bikers, inline skaters and families. The cool waters of Cherry Creek Reservoir attract water-skiers, anglers and boaters while families crowd the swim beach on warm weekends. There's also a modern campground with 133 sites. Other amenities include an amphitheater, boat ramps, marina, model airplane field, family shooting range, horse rental, and dog-off-leash area.

Eldorado Canyon - In Boulder's backyard, this stunning canyon offers outstanding rock climbing, with 1.6 billion years of geology on display. Eldorado is a Mecca for rock climbers from around the world. Trails for hiking and mountain biking vary from easy to difficult and connect with Boulder's trail system. Picnic and fish in South Boulder Creek and watch for mule deer, elk, golden eagles, wild turkeys and other wildlife.

Golden Gate Canyon - Just 30 miles west of Denver, Golden Gate Canyon offers visitors a mountain getaway, including a 100-mile view of the Continental Divide from Panorama Point Scenic Overlook. More than 35 miles of trails offer hiking from casual to difficult. Mountain bikes and horses are allowed on multi-use trails. There's camping, hunting, rock climbing, campfire and kids' programs and six fishing ponds that are stocked regularly.

Roxborough - Hiking and nature study are foremost at this park. Hikers will find a variety of scenic trails of varying difficulty. The diversity of flora and fauna is particularly rich because of varying elevations and the park's location where the mountains meet the prairie. The visitor center offers an active education, interpretation and nature-study program.

St. Vrain - St. Vrain a wonderful park for nature study or a day of outdoor recreation, along with some spectacular Front Range sunsets! Ten ponds are currently open to public use and are a great place for kids to fish. The eight campgrounds are open year-round, though reservations are recommended spring through fall.

Staunton - Colorado's newest state park offers outdoor lovers a mosaic of meadows, granite cliffs, mountain forests and swift streams. View stunning scenery, recreation and nature appreciation within an easy drive of Denver. Here you can experience 20+ miles of trails, fishing in ponds and streams and climbing is allowed in the Staunton Rocks area.



Roxborough State Park

Colorado's great outdoors are closer than you think. There are 9 state parks within an hour drive of Denver and 42 parks statewide. Take a quick trip for a weekday getaway, attend a guided naturalist hike or bring a tent and stay the night. Make this summer an adventure at your local Colorado state park.

cpw.state.co.us

BEAR DANCE

The Golf Club at Bear Dance Adds another CLASSIC Course to the Award Winning Family



Bear Dance, Why this place is Different...

When you visit The Golf Club at Bear Dance in Larkspur, Colorado you will enjoy a true mountain golf experience offering breathtaking views, rolling hills, contoured greens and you will meet a professional staff culminating over 120 years of experience focused on you, the guest.

Imagine yourself surrounded by the mountainous beauty of Ponderosa pines, oak lined ridges and draws, and native grass valleys. Imagine a golf course with dramatic elevation changes and stunning Rocky Mountain views just minutes away from Denver and Colorado Springs. Imagine a chance encounter with native wildlife never more than a tee shot away. Rated as Colorado's best and most challenging public golf course for 2014 & 2015, Bear Dance offers golfers of every skill level an unforgettable experience. With generous tree-lined fairways and intricate rolling greens, you will enjoy a private and serene round of golf that will remind you why you love this game.

Spend a day with family and friends and you'll reflect on the day, always remembering this place, these people and this award winning property. Starting with the impact of service you receive as

you pull into the property, it will become apparent that this professional staff is ready to make your day memorable.

A group of people await your arrival to show you they care:

Stuart Bruening is the designer, owner and leader. He developed something special based on his philosophies of value, service and relationships. "If you take care of every guest as if they were family and show them how appreciative you are of their loyalty, you will have a solid foundation to build upon." His vision is to make every relationship lasting and every golf experience memorable. When he accomplishes this goal, he knows he has created a very special place.

Stuart built a team of proven leaders whose tenure makes his vision a reality. Dave Cahalane, the former President of the Golf Course Superintendents Association of America (GCSAA) and the Head Agronomist at Bear Dance, is responsible for the pristine playing conditions and the champion in environmental awareness.

Michel Autret, Food and Beverage Director, creatively offers amazing dining experiences. Executive Chef, Michael Hendricks strives daily to offer something for everyone. From the avid golfer, to the elegant diner, as well as the wedding couple who wants the dream, this duo goes the mile.

Mark Pfingston, Head Golf Professional and Merchandiser of the Year, leads the golf operations staff in making every day memorable.

The Golf Club at Bear Dance has partnered with the Colorado Section PGA and is the home site for more than 750 of its members and apprentices, combining the history and tradition of the PGA and the game of golf, coupled with a truly unique, one-of-a-kind golf experience.

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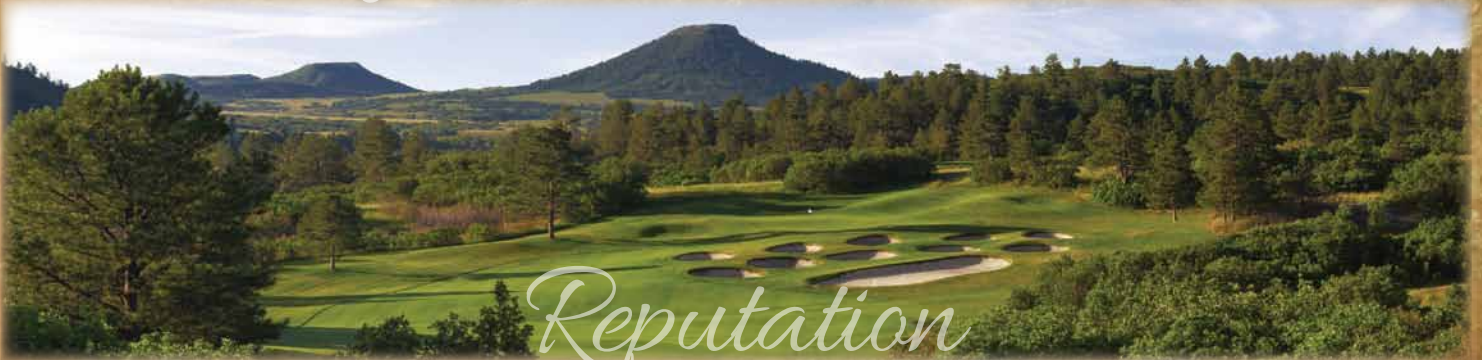


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