Save our Library... An Editorial

As a long-time resident of Mission Viejo, a parent of a student attending Mission Viejo Elementary, and a concerned citizen of Aurora, I feel strongly that we do what’s necessary to keep our library system healthy and thriving.

We are all aware of the traditional services our libraries provide... books, publications, and yes, even DVD checkout. We also know it’s a place we can go to read, study and access the internet. Many libraries (including Mission Viejo) also provide many other services and resources for the community. They provide a venue for many public gatherings, meetings and even voting. Additionally, during this summer our child participated in a reading program hosted by two outstanding librarians with a love of books and reading. They did an amazing job of keeping the kids engaged in reading during the summer break... something I celebrate as a parent!

For residents here in Mission, there’s also the underlying issue of the overall community impact. We’ve lost so many businesses in the surrounding area... Grocery Warehouse, Heartwood Recreation Center and several others. These empty buildings are not encouraging when it comes to our home values, bringing in new business, or neighborhood aesthetics in general. Bottom line, we can’t afford for one more positive, functioning entity to close their doors.

As with anything worth keeping, this venture is not free. Currently, Aurora Libraries are funded by city sales tax revenues. The proposal on November’s ballot will establish a General Improvement District (GID), which would provide dedicated funding for the Aurora Library System. The projected increase to us homeowners would be in the form of a tax levy attached to our property taxes. The basic formula is 4.29 mills, which equates to approximately $5.69/month or $68/year for a home valued/assessed at $200,000. It’s also important to note that most Front Range residents, (outside of Aurora and Denver), are served by library districts that have dedicated property tax funding. I hear many residents say they utilize libraries in the Arapahoe County district, because their resources and services are superior in comparison. We could have them too... and right in our backyard!

In my humble opinion, it’s a worthwhile investment for our community, one that endorses the importance of literacy, and provides a safe haven for citizens who want to enhance their knowledge through reading. Go to www.saveauroralibraries.com for more information.

— Dena Appleton, Mission Viejo Resident (15 years+)

Editor’s Note:

Last month we called on residents to submit editorials on the upcoming general improvement district issue for Aurora libraries. We received two editorials in favor of the proposal and none that were opposed to the measure. The two editorials follow. Please note that we still have an informal web survey on our website at http://www.missionviejohoa.org. Let us know if you will be supporting this measure or not.

The Cleanup Continues...

On May 16, about 50 volunteers began the process of removing dead bushes and weeds from the Chambers Road perimeter. In addition, that day mulch was added to part of that area. Even though the volunteers worked as hard as they could, and the help of bobcats and a dump truck was donated by Kris Zerr Construction, we were not able to remove all of the dead bushes. On Saturday, October 17, we plan to finish the project. We need volunteers, trucks, chain saws, shovels, brooms, trowels and energy. We will be working that day from 9 until 3. If you can help all day, or only part of the day, please call Sharon Wolseth at 303-693-1132 or you can email Sharon at swolseth@yahoo.com. The old saying goes, “Many hands make light work.” We hope to see many of you there on October 17.

Vote YES on 4A This Election Day

Mission Viejo Library will close permanently on January 1, 2010 unless voters approve a new library district. The City of Aurora government is funded by local sales tax. Police, fire, streets and water have priority, leaving meager resources for parks, recreation and libraries. The slowed economy, internet shopping and outside spending have impacted City coffers, necessitating large budget cuts.

Libraries are part of the public education system and benefit all ages and economic groups. Information access and community programs like toddler story time, summer reading, homework help, Wi-Fi, internet computers, CD’s, DVD’s, lectures, book clubs,
Vote YES, continued from front page

meeting rooms, knitting circles as well as traditional books, magazines and newspapers ensure informed, educated citizens and neighbors, necessary in a Democratic society.

Closing the Mission Viejo Library across the street from the empty Heartwood Club will lower property values and create safety issues. Three remaining libraries in Aurora would try to serve 300,000 residents of the third largest city in the state with inadequate staffing and the lowest materials budget on the Front Range. These are not numbers to be proud of and will discourage economic growth.

The new district will ask homeowners to pay $5.69 monthly on a $200,000 home. That's about $17 yearly for each member of a family of four, far less than weekly visits to Starbucks or a Netflix account. This mill levy is an average of library spending between Arapahoe and Douglas Counties and would restore previous cuts in service at the seven Aurora Libraries.

More information is available at SaveAuroraLibraries.com. Please vote YES on 4A. It’s the right thing to do for yourself, your neighborhood, your community and Aurora.

— Thank you, Babette Hills, City employee since 1982, Mission Viejo homeowner since 1984

“Just living is not enough. One must have sunshine, freedom and a little flower.”

— Hans Christian Andersen
Survey Results

Our 2009 HOA member survey results are now posted on our website. The comments and results will be used to guide the Association in the future. We would like to thank all of those who contributed to the survey.

To view the results see: http://www.missionviejohoa.org/Survey%20Results.htm.

School & Community: We Need Each Other
by André Pearson, Principal, Mission Viejo Elementary

As the new school year begins, I want to thank each and every member of the community for the warm welcome that I have received in my first year as the principal of Mission Viejo Elementary School. The first month of school has been smooth and exciting! As with every new school year, the staff and students have begun with great energy, enthusiasm and high expectations. There are great things happening at your community school, but I need everyone in the community to contribute in educating and raising the children in the Mission Viejo Community.

Parents and children are not the only ones who benefit from good schools. Everyone in the community gains from good schools. A good school increases property values and improves the quality of life for all members of the community. The local school is an integral part of the community. The school and community are mirrors of each other – the success of the school depends on the community and the success of the community depends on the school! When a community takes an interest in the school, it shows. It shows from the appearance of the school to the faces of the students.

From my many conversations with community members, it is evident that this community is filled with very talented individuals. I want to encourage you to bring your talents and passions to your school. Over the next three months, I would like to develop a list of “Community Speakers.” If you have expertise in a certain career field and have a positive message about education, please contact us and request to be added to our list of “Community Speakers.” This list will then be provided to all teachers so that they may contact you to arrange a time for you to come to individual classrooms and make brief presentations as well as answer student questions. If you are interested in being on this list, please contact Ms. Connie Wedewer at 720-886-8000 to give her the following information: 1) Name, 2) Career Field/Area of Expertise, 3) e-mail address, 4) phone number, and 5) preferred grade level(s). This list will also be used should we decide to have “Career Day” in the future.

Not only do I want you to be a resource to the school, but I also believe the school can also be an invaluable resource to the community. I want students (and staff) to be involved in volunteer work to aid community organizations with their projects, and learn invaluable lessons in the process. Not only can these experiences help students choose a career path, they cement the value of volunteering in their minds. This spirit of volunteerism will benefit the community for many years to come. If you are involved in an organization that could use the help of student volunteers, please contact Ms. Wedewer with your needs and desires.

It is my sincere desire to make Mission Viejo Elementary one of the very best schools in the Cherry Creek School District regarding academic achievement and community involvement. I believe you can not have one without the other!
The BirthPlace at Parker Adventist Hospital may feel like a five-star hotel, but beyond the beautiful birthing suites and afternoon tea is a team of highly trained medical specialists backed by the most advanced technology.

Our partnership with The Children’s Hospital and the University of Colorado Hospital provides every mom and child access to round-the-clock perinatal and neonatal experts. These experts also oversee Parker’s neonatal intensive care unit, ensuring that babies born as early as 28 weeks can be cared for in our Level IIIA NICU.

These are just a few of the reasons that moms rank us in the 97th percentile for patient satisfaction! To take a tour of the BirthPlace – and get a free growth chart – call 303-777-6877.

I knew where to go.
Mission Viejo PTSCO News
CALLING ALL VETERANS!!

Please join Mission Viejo Elementary for our annual Veterans Day Celebration on Wednesday, November 11 from 8:30 - 12:00. If you are a veteran of the armed forces, we are privileged to extend an invitation to you to join us for this very special community event. We will begin the day at 8:30 a.m. with a special assembly to honor your service to our great nation. After the assembly, we invite you to visit classrooms to share your stories, pictures, medals and uniforms with our students. Around 10:15 - 10:30, our veteran guests will meet back in the gym for a special guest speaker and to receive a special token of appreciation from Mission Viejo and enjoy fellowship with your fellow vets. We will serve a special lunch (I promise no MREs) at 11:00 and wrap the day up at 12:00. You are welcome to stay as long as you like and participate as much as you would like. Whether you stay just for the assembly or stay all day, I promise that you will be blessed by the students’ tribute to our veterans.

If you would like to join us, please RSVP no later than Saturday, October 31 to Sandy Roberts at 303-693-8400 or missionptsco@gmail.com.

If you are not a veteran but would like to join us to honor the brave men and women who have chosen to serve, please feel free to join us at 8:30 in the gym. Please remember to stop by the front office to sign in.

I am looking forward to hearing from all of our vets and having standing room only for this very special event!

P.S. If you have ordered from our Sally Foster fundraiser, orders will be delivered on Wednesday, October 14.

— Sandy Roberts
President, Mission Viejo Elementary PTSCO

New “Space Age” Playground in Mission Viejo Park

At our last Board meeting, representatives from the City of Aurora’s Parks and Recreation gave us a glimpse of their design ideas for renovating the playground at Mission Viejo Park. City staff envision that Mission Viejo Park will be transformed into playground equipment with a space theme. Currently, they are envisioning a miniature scale model of the solar system that might have small monuments placed throughout the park. Additionally, the playground will have solar system panels and the playground area will be split between equipment for 5 - 12 year olds and equipment for less than 5 years old. Landscaping and bench areas will also be enhanced which will include additional shade trees. The City is also considering to add a larger shelter area near the equipment to provide shade breaks for the kids and the adults. Construction is set to hopefully begin this Spring, with completion done by early Summer of 2010. As the project develops, the Mission Viejo HOA will post updates and plans on our website and in our newsletter. If you have any questions about this project, please contact Trent Woolley, Landscape Architect for the Aurora Parks and Open Space Department at 303-739-7174.

“Failure doesn’t mean you are a failure. It just means you haven’t succeeded yet.”
— Robert Schuller
Cherry Creek Schools News – October 2009

For information about Cherry Creek Schools, visit www.CherryCreekSchools.org. For questions or concerns about Cherry Creek Schools, contact Tustin Amole at 720-554-4475.

IMPORTANT DATES FOR 2009-2010

Fall Break - Oct. 26-30, 2009
Winter Break - Dec. 21, 2009 - Jan. 1, 2010
Spring Break - Mar. 29 - Apr. 2, 2010

The district’s 2009-2010 traditional, transitional and 4-track calendars are available on the district’s website at www.cherrycreekschools.org.

H1N1 UPDATE

The Cherry Creek School District has a comprehensive flu plan in place that follows the recommendations of the Tri-County Health Department and Centers for Disease Control. The district continues to work with those health organizations to keep students and staff healthy and safe.

For the latest H1N1 information from Cherry Creek Schools, please visit our website, www.cherrycreekschools.org, and click on the H1N1 Update button.

As always, if your child has flu-like symptoms such as a fever and sore throat or cough, please keep them home from school until they have been fever-free for at least 24 hours.

PARENTS WANT CCSD

The Cherry Creek School District was once again named a “What Parents Want” award-winning school system. Only 16 percent of the nation’s 15,571 public school districts were recognized for meeting the needs of families choosing schools, according to SchoolMatch, the nation’s largest school selection consulting firm. The honor was based on a variety of factors including home property values in the school district, class size and school accreditation.

‘THE PURSUIT OF HAPPINESS’

AUTHOR COMING TO CCSD

This month, students, families and community members are invited to be inspired by Chris Gardner, author of ‘The Pursuit of Happiness.’ The book details his struggle to overcome broken relationships, poverty and homelessness while raising his young son. It became a best-seller and a blockbuster film starring actor Will Smith as Gardner.

On Sat., Oct. 3, Gardner will share his amazing story during a special event taking place from 9 a.m. to 1 p.m. at Overland High School, 12400 E. Jewell Avenue in Aurora. Advance purchase tickets are $5 for students and $8 for adults. They are available at Prairie Middle School, 12600 E. Jewell Avenue, or online at http://www.pms.ccsd.k12.co.us/. Tickets sold at the door on the day of the event will be $5 for students and $12 for adults.

CHERRY CREEK SCHOOLS

EARN ENERGY STAR DESIGNATION

The Cherry Creek School District was named an Energy Star Partner by the U.S. Environmental Protection Agency for its superior energy efficiency and environmental protection. In addition, 18 elementary schools received Energy Star designation for their energy efficiency and conservation efforts. They are: Antelope Ridge, Aspen Crossing, Buffalo Trail, Coyote Hills, Dakota Valley, Dry Creek, Greenwood, Heritage, High Plains, Holly Hills, Holly Ridge, Homestead, Independence, Meadow Point, Red Hawk Ridge, Summit, Village East and Willow Creek.

Read the full story at http://www.ccsd.k12.co.us/News/EnergyStarPartner/.

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LeGare has his sleeves rolled up and is ready to work for Aurora Citizens

Bob is Committed to:

- Public Safety - efficient use of funds for police and fire service
- Economic Development - bring more jobs to Aurora
- Open Space - preserve it for future generations

Bob is:

- A small business owner in Aurora
- An active and effective community volunteer
- A former At-Large City Council Member
- Known for being true to his word

Endorsed by:
Ellen Belef, Joseph Belef, Terry Campbell Caron, Bob Eide, Don Lindemann, Ana Maria Peters-Ruddick, & Tom Tobiassen;
former Aurora Council Members Ruth Fountain, Nadine Caldwell, and Ingrid Lindemann

Let’s Bring Back LeGare! Elect Bob LeGare Aurora City Council At-Large

Committee to Elect Bob LeGare
P.O. Box 441410
Aurora, CO 80044-1410

www.legareforcouncil.com
Email: bob@legareforcouncil.com
Phone: 303.366.0113

Paid for by The Committee to Elect Bob LeGare
Call for Board Members
As the year is winding down, the Mission Viejo HOA would like to invite those in the neighborhood to come forward and lend their ideas, talents and service to the community as future Board members. We will be electing new Board members at our January annual meeting, so now is the perfect time to become acquainted with what we do. The HOA is the voice of the community and we are the only organization dedicated to promoting and protecting your most important assets, your home and your community. Please let us know if you would like to serve on our Board. E-mail us at webmaster@missionviejohoa.org and let us know how you can help with your community service. Thanks.

Music in the Park
Our end of Summer concert event improves each year. This year, the Brass Quintet of the Aurora Symphony Orchestra (ASO) gave an excellent performance with songs like the “Pink Panther Theme.” It was a great evening event “topped” with free root beer floats, two season ticket passes for the upcoming ASO year given away as a door prize and a silent auction on two season tickets to benefit the Mission Viejo Garden Club. Thank you to all in Mission and the Aurora Symphony Orchestra for making this great event possible.

Pro Disposal Yard Signs
Would you like to help the HOA and our Trash Program? There are more residents joining our program but there are a significant number of residents who have dropped out, not made payments or have never signed up. We need to make sure our paid resident count is over 775 customers and one way we can ensure that is to help advertise the program in your part of the neighborhood. Pro Disposal Inc. has generously made some outdoor yard signs for this purpose. Unfortunately, City workers will not allow these signs on City property (i.e. the parkways, greenbelts or right-of-ways) so we need residents to come forward and agree to post a Pro Disposal yard sign for a minimum of two months. Please help us out and let us know if you would be interested. Call us at 303-817-6932 or email us at webmaster@missionviejohoa.org. You will be helping to ensure that our program is sustained and it is helping our community.

ALUMINUM WIRING can be DANGEROUS!

Is your home wired safely?
Most homes built between 1964 & 1974 contain aluminum wiring.

Did you know “homes wired with aluminum wiring are 55 times more likely to have one or more connections reach Fire Hazard Conditions”

Your safety is our business!
Lic #6092 • Insured • Honest & Dependable
Serving all your electrical needs with local references!

We are fully licensed, insured and certified to permanently repair aluminum wiring and remove your fire hazard. Visit our Web site at www.alwirerepair.com to read about the hazards of aluminum wiring and the CPSC recommended COPALUM repair method.

Call today for your home wiring evaluation!
(720) 299-4706

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Colorado Lasertype • 303-979-7499
ColoradoLasertype.com for info/rates on our HOA newsletters

A Farmers insurance agent who cares for her Mission Viejo neighbors

Great Auto & Home DISCOUNTS

Call Holly for a free no-obligation quote
303-828-8295
hgreenamyre@farmersagent.com
MAKE A FAMILY TREE, AGES 5 AND UP

October is Family History Month. To celebrate, bring pictures of your family that can be cut and glued, and create a family tree. Registration required. Free.
Oct. 7, 4 p.m.
Tallyn’s Reach Library, 23911 E. Arapahoe Road, Aurora
303-627-3050 or auroralibrary.org

JACK-O-LAUNCH AT PUMPKINFEST

Watch pumpkins hurled hundreds of feet through the air as ingenious architects of gourd-launching devices compete for prizes. In addition, enjoy a fall festival featuring hay rides, scarecrow making, a pumpkin patch, music and more. Admission is free.
Oct. 10, 9 a.m. to 4 p.m.
DeLaney Farm, 170 S. Chambers Road, Aurora
303-739-7756 or auroragov.org/events

READY, SET, GO CAMPING, FOR BROWNIES

Camp overnight at DeLaney Farm inside the Horse Barn! Earn both a Camping and Cooking Badge as you set up camp, cook and enjoy a nature hike. One adult per seven scouts required; no charge for adult. $22/scout. Reserve space by Oct. 12.
Oct. 16 and 17, Friday at 5:30 p.m. to Saturday at 10 a.m.
DeLaney Farm, 170 S. Chambers Road, Aurora
303-739-6666 or auroramuseum.org

IT ALL STARTED HERE AT CAMP HALE, ALL AGES

Discover the story of the 10th Mountain Division during this
continued on page 9
fascinating illustrated talk by Retired Lt. Colonel Earl Clark. Learn about the Division’s unique training at Camp Hale in the Colorado Mountains and its heroic legacy. $3 ($2 Aurora residents.
Oct. 18, 2 to 2:30 p.m.
Aurora History Museum, 15051 E. Alameda Parkway
303-739-6666 or auroramuseum.org

THE POWER OF ONE PERSPECTIVE:
SEE INSIDE THE HUMAN BODY
Dr. Victor Spitzer, director of the University of Colorado Center for Human Simulation, presents slides and diagrams from the Visible Human Project, which uses donated cadavers to investigate the mysteries of the human body. Learn how body slides are digitized, then reconnected, using computer programs to view body organs from all different directions, and how this information is used in medicine and science. Parental caution is advised due to content. Free. No registration required.
Oct. 18, 2 p.m.
Aurora Central Library, 14949 E. Alameda Parkway, Aurora
303-739-6600 or auroralibrary.org

AN OTHERWORLDLY WORKSHOP, GRADES 6 TO 12
Jane Fonfara from Senseworks joins us to make matchbox shrines to carry a bit of the ghostly season with you. Use materials to turn an ordinary matchbox into a memento for your favorite immortal being. Please bring any artifacts or tiny objects to add to your shrine. Registration required. Free.
Oct. 28, 4 p.m.
Mission Viejo Library, 15324 E. Hampden Circle, Aurora
303-326-8600 or auroralibrary.org

MONSTER MASK MAKING, AGES 5 AND OLDER
Make a mask for Halloween. Registration Required. Free.
Oct. 29, 4 p.m.
Mission Viejo Library, 15324 E. Hampden Circle, Aurora
303-326-8600 or auroralibrary.org

Other Neighborhoods In Colorado Are In Agreement, Our Mission Viejo Trash/Recycling Program Comes from a Reputable Local Company
What does the City of Lone Tree, Wildcat Ridge HOA (next to Highlands Ranch), the Meadowood neighborhood and Mission Viejo have in common? They each have great Trash/Recycling contracts served by a great local Trash company – Pro Disposal Inc. If you are not in the Mission Viejo HOA trash program, you might want to consider joining. The program offers state of the art trash service for its participants, including Single Stream Recycling every other week. The HOA is now in good financial standing as we have already received three rebates! Pricing for the program is just $64.00 for 4 month billing or $176.00 for yearly billing (this equates to one free month of service a year)!
Make the change today! Just fill out the form that is located in this newsletter and fax it in, or sign up on our website. It’s easy to do and you will be helping your community. So come on, save some money, help solve our community’s challenges and join YOUR homeowners’ association.

FREE
SELF-SERVE VACUUMS
LIKE THIS...
FOR YOUR CAR
POWERFUL HEATED DRYERS GET YOUR CAR DRY EVERY TIME!

$2 OFF
OUR ULTIMATE CAR WASH
COLORADO’S #1 EXPRESS CAR WASH • ECO-FRIENDLY • ALL WATER IS RECYCLED

BASIC WASH....$6
SUPER WASH.....$9
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Teen Services
To add your teen’s name, please call Colorado Lasertype at 303-979-7499 and leave the following information: the neighborhood you live in, your age, phone number and the categories you would like included. Categories: (B) Baby-sitting * Red Cross Cert. for CPR (L) Lawn care (S) Snow removal (P) Pet & House sitting. No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype.

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Find a professional to suit your needs while supporting local businesses!

- Automotive
- Carpet & Upholstery
- Computer Services
- Financial Services
- Health Care
- Automotive
- Home Improvement
- Insurance
- Landscaping
- Music
- Painting
- Pet Services
- Plumbing
- Product Sales
- Realtors
- Recreation

Call us to ask how to get added to one of the categories above! 303-979-7499

Visit our website for advertising information, ad rates, a map of the HOA newsletters we publish and details about our graphic design services. www.ColoradoLasertype.com

National Breast Cancer Awareness Month.
First held in October 1985, National Breast Cancer Awareness month aims to provide information about resources and treatment for breast cancer, which is expected to account for more than 40,000 deaths in the U.S. in 2009. About 2.5 million survivors of breast cancer live in the United States today. For more information, go to http://nbcam.org/index.cfm

Spartan’s Club News: Boys and Girls Winter Basketball Season Registration Is Now Taking Place
Grades K-1 $115.00
Grades 2-5 $150.00
Deadline October 17, 2009
Registration fee does not include uniform cost
Season: December - February

EXCITING NEWS FROM THE BASKETBALL DIRECTOR:
The AYL basketball board has approved an ALL GIRLS league for 2009-2010! The league will consist of the same 2nd through 5th grade and will run with the same schedule. If you have any questions, please let the Spartans Club know by emailing them at basketball@spartanyouthclub.com

Living and Working in Mission Viejo to keep Values Up
- 21 year resident of Mission Viejo
- Accredited Buyers Representative
- Weichert University Graduate
- 2007 President of Aurora Association of Realtors®
- Graduate of Real Estate Institute
- Relocation Director for Weichert Realtors® Unique Homes
- Certified Residential Specialist
- E-Pro Certified
- Free Market Analysis on our neighborhood

Cheri A. Long
c: 303-263-2072
o: 303-302-4000
www.CheriLong.com
email: Cheri@CheriLong.com
Classifieds
Classified ads are $3.55/line. Call Colorado Lasertype at 303-979-7499 to place an ad. The deadline for placing a classified or display ad is the 15th of the month for the next month’s issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th.

PRINCESS HOUSE HOME PRODUCTS.
Earn free merchandise as a hostess, earn $30-35/hr as a consultant. Barb 303-699-6438 or www.princesshouse.com/bchelton

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QUEEN PILLOWTOP MATT/BOX SET.

PARTYLITE CANDLES & accessories.

Website
Visit the Mission Viejo HOA website today. Register your email address so you can be updated about information relevant to Mission Viejo via our emailing service, find covenants, membership forms, a map of Mission Viejo, Mission Viejo history and more. Visit us at: www.missionviejohoa.org

Mission Viejo HOA Financial Report
Alan Engels – Mission Viejo HOA Treasurer and Vice President
Beginning Balance 1/1/09 ........................................ $2,813.09

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Mission Viejo Veterinary Hospital
15470 E. Hampden Ave.
Aurora, CO 80013
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The ground breaking ceremony for the Mission Viejo branch library in October 1974, the library was built on land donated to the City by the Mission Viejo Company and was funded by the passage of bonds. From the “Mission Viejo Reporter” November 1974.

IF LOW INTEREST RATES ARE GETTING YOU DOWN
LET'S TALK.

Patrick E Pogue
Financial Advisor
16911 East Quincy Avenue A2
Aurora, CO 80015
303-693-1939
www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING
Sweet Dreams: Get a Better Rest With This Advice

Most people need seven to eight hours of sleep a night (though children and teens need more and older adults frequently sleep less). So when you sleep poorly or not at all, you’ll suffer from the effects. We all have trouble falling asleep occasionally, but you should talk to your doctor if you start exhibiting these symptoms of insomnia:

- Trouble falling asleep when you need to
- Waking up during the night more than once
- Waking up earlier than you want to
- Difficulty getting out of bed once you wake up
- Extreme drowsiness during the daytime hours
- Falling asleep at inappropriate moments
- Physical sensations keeping you awake at night (pain, the need to urinate, etc.)
- Nightmares or stress keeping you awake at night

Medication is one option for better sleep, but before going that route, try some of these behavioral tips:

- Go to bed at the same time every night, and get up at the same hour in the morning.
- Reserve your bed for sleep and relaxation; don’t eat or do work in it.
- Relax before bedtime; avoid any strenuous physical activity for two hours before going to sleep.
- Don’t drink caffeine or sugared beverages in the evening. Alcohol can actually interfere with your ability to get a restful sleep. And don’t eat any heavy meals for two hours or more before bedtime.

Teach Your Children To Think Creatively

We all want our children to be creative, imaginative, outside-the-box thinkers. You can stimulate their minds with enjoyable exercises such as these:

- **Story time.** Have your child cut out some pictures from a magazine or newspaper. Paste the pictures to a poster board, and then ask the child to tell you a story based on what happens in the pictures.
- **Music drawing.** Put some music on your CD player. Give children some paper, crayons, and colored pens or pencils. Ask them to draw a picture of the music – how it makes them feel, what story it tells, what they think of when listening to it.
- **“What am I?”** Ask your child to pretend to be an animal or an object – a bear, a construction crane, a snowflake – and act it out without using any words. Try to guess what he or she is.
- **“What is it?”** Pick some common items from around your house – a broom, a hotpad, table utensils, or whatever is handy. Ask your child to come up with two or three different uses for the item, something it could be used for aside from its intended purpose. Enjoy the creative ideas they generate.

National Customer Service Week, Oct. 5-11.

Created to raise awareness of the importance of customer service, and also an opportunity to say “thanks” to those people who strive to satisfy customers and create a pleasant relationship between buyers and sellers. More information is available at http://www.nationalcustomerserviceweek.com