

## Delving into the Details

### A Word from City Council

Scott Hente, City Councilmember  
and resident of Mountain Shadows



I thought I would discuss some of the nuances that have come to the surface with the recent change in the form of government for the City, sometimes referred to as the “Strong Mayor” or “Mayor/Council” form of municipal government. I think it is noteworthy to discuss this now, especially in light of the discussions ongoing with the

Memorial Health System and rate cases with City Utilities.

To be clear, the Mayor, under our new form of government, does not have any statutory authority over Colorado Springs Utilities or Memorial Health System. Governance of Memorial is conducted by its Board of Trustees (of which neither the Mayor or any City Councilor is a member) and Colorado Springs Utilities is overseen by its Board of Directors, which Section 6-40 (a) of the City Charter defines as the City Council. The same section in the Charter also states, with regards to the Utility Board, that “...the Mayor shall serve as an ex-officio and non-voting member thereof.”

With specific regards to Colorado Springs Utilities, the Mayor has no veto authority over decisions made by the Board/Council. Specifically, Charter Section 3-70 (e) (2) (passed by the voters as part of the “Strong Mayor” ballot item) says: “the Mayor SHALL NOT (emphasis added) have power to disapprove by veto the following listed types of ordinances... an ordinance approving bonds to be issued by any City enterprise; an ordinance pertaining to Article VI, “Utilities...” Stated simply, the Mayor has no say over utility rates and cannot veto any changes in rates. That authority is vested entirely within

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MSCA board members with Blue Sage Restaurant owner Greg Sokoup (center): Blue Sage, 30th at Centennial, hosted a dinner/board meeting.

*No member funds were used for this event.*

### Mountain Shadows Evacuation Drill a Great Success

Living in our beautiful neighborhood, it is hard to imagine being threatened by a wildfire, but that is one danger we face. It is important for all of us to share the responsibility of being prepared to evacuate in the event of such a disaster.

#### Neighbors' Involvement

More than 50 families participated in a simulation of such an event on the morning of Saturday, June 4, answering the emergency notification calls that provided the information on the evacuation. The plan was that the participants were to pack up the family, pets, important papers and supplies (72 hours worth) and follow the instructions to Fire Station 18.

The Office of Emergency Management, Fire and Police Departments started the drill just after 9 a.m. with calls to the residents' home and registered cell phones. Police monitored traffic as fire trucks came into the neighborhood, testing their plans for an emergency.

Every family was timed from the call to when they presented themselves at the front door of Fire Station 18. Each was handed a questionnaire about the experience. All the data will be evaluated to determine if improvements can be made.

The “evacuees” participated in a lively feedback session with sponsoring organizations. Present were members of

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## 2011 MSCA BOARD OF DIRECTORS

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Secretary	Phyllis Jordahl	266-0912
Treasurer	Erin Schneider	265-9304

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	Debby Weaver	216-4312
Development	Ryan Schneider	265-9304
Events	Gary Lager	266-1635
	Shannon Rogers	598-2215
	Crystal Givens	310-678-4502
Wildfire Mitigation	Dick Hansen	598-6338
Membership	Nola McCutchan-Brush	548-9792
Newsletter	Kerry George (editor)	548-1553
	Dick Hansen (ads)	598-6338
	Debby Weaver (design)	216-4312
Neighborhood Watch	OPEN POSITION	
Traffic and Safety	Dave Buckley	522-1375
Webmaster	Ryan Schneider	265-9304
Facebook	Ryan Schneider	265-9304

## Wilson United Methodist Church 6460 Flying W Ranch Road

### Sunday Worship Schedule:

8:00 & 9:30 am—Contemporary Worship  
11:00 am—Traditional Service

### Christmas Eve Worship Schedule:

5:00 pm—Family & Children Candle Light Service  
7:00 pm—Praise and Worship Candle Light Service  
9:00 pm—Traditional Candle Light Service  
11:00 pm—Midnight Candle Light Service

Sunday, December 25 & Sunday, January 1—  
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# ANNOUNCEMENTS & EVENTS

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## MSCA Holiday Lighting Contest — Back and better than ever!!



That's right folks. Last year we took a sabbatical and got so much feedback that we have decided to do our annual contest again this year. *The two top vote getters will receive lunch for two at Blue Sage Restaurant (5152 Centennial Blvd.).*

This year we have a little twist: instead of the board voting, we are going to use our Facebook page and have our "fans" pick them. So take a photo of your house all dolled up and post for all to see (sorry, only self-nominations will be eligible for prizes). If you think your neighbor has the prize-winning house, be sure to tell them to enter.

Go to Facebook now and "like" us so you can vote on all the nominations. We will publish more details via the web page. Voting will go from December 9 to December 19 and the top two vote getters will enjoy lunch with a guest at Blue Sage Restaurant.

Our email address is [msca.news@gmail.com](mailto:msca.news@gmail.com)  
The Facebook contest will be available from our FB page: [www.facebook.com/pages/Mountain-Shadows/102645253136154](http://www.facebook.com/pages/Mountain-Shadows/102645253136154)

Join our Mountain Shadows Facebook page to find updates on what is happening in Mountain Shadows, updates on events coming to our area, and pertinent information for your neighborhood!

**Get Event Notifications by Email**  
Since we publish this newsletter only twice a year, our email notifications are the best way for you to know about new events. Be sure to sign up.  
[www.MSCAweb.com/Email\\_Signup](http://www.MSCAweb.com/Email_Signup)



### 2012 MSCA EVENTS

Watch for more information in the upcoming April edition of this newsletter.

ANNUAL MEETING – April 25, 2012, 7 p.m. at Fire Station 18; 6830 Hadler View.

PAPER SHREDDER – May 2012. MSCA Members can bring paper to be professionally shredded. Remember, annual association dues are a bargain at just \$25.

GARAGE SALES – June 2012. We will again place an ad in *The Gazette* and post the MSCA garage sales on Craig's List. Plan now to add your home to the event.

To get notification of additional community wide and Member-Only events, please sign up at [www.MSCAweb.com/Email\\_Signup](http://www.MSCAweb.com/Email_Signup).

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# SCHOOL NEWS

## Coronado High School PTA *every child one voice*

Who are we? The Coronado High School PTA membership includes over 170 parents, students, teachers, and community members. We meet the first Tuesday of every month to discuss upcoming school events and issues that affect our children.

We don't just provide milk and cookies (although, we do that, too)! The Coronado PTA recently voted to support Proposition 103, the Bright Education Initiative. This initiative will help provide much needed funding to Colorado schools and will be on the November 2011 ballot. We are advocates for our children and work with state and local officials to ensure that our children receive the best education possible. New members are always welcome! For more information contact: [franblayney@hotmail.com](mailto:franblayney@hotmail.com)

## Holmes Middle School News

Another school year is off to a great start at Holmes Middle School.

Results of the state assessment scores (CSAP) demonstrated growth and overall student achievement that

places Holmes Middle School as one of the top public middle schools in the entire Pikes Peak region. We are proud of students and staff, and thankful for the community that supports them.

Parent involvement is very important at Holmes. We have hundreds of parents signed up for volunteer opportunities within the school and would welcome any of you in the community to join us. If you have an interest or talent you can share, let us know. The PTSA (Parent

Teacher Student Association) coordinates volunteer opportunities and provides support to staff and students. We do some fundraising through collection of General

Mills boxtops (drop yours off at the school), and BINGO nights, the next one being January 20th. All are welcome.

Another way for community members to be involved is through the School Accountability Committee (SAC). This group concerns itself with the improvement of education, safety, and learning environment for students. We meet once a month. You can also find out more about the school and read the current newsletter on the frequently updated website [www.d11.org/holmes](http://www.d11.org/holmes).

*Kathy Fox, Holmes PTSA president*

[bkebfax@comcast.net](mailto:bkebfax@comcast.net)

*Emily Boehlke, SAC chairperson*

[boehlkefamily@aol.com](mailto:boehlkefamily@aol.com)



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## Chipeta Elementary School News

Joining the Mountain Shadows neighborhood as the new principal at Chipeta Elementary School is a wonderful experience. What a fantastic place to live and go to school! Although new to this neighborhood, I have lived in District 11 since my husband and I moved to Colorado Springs in the late 90's. In this time, I have taught elementary school in Lewis-Palmer School District 38 and have been an assistant principal in Widefield School District 3. I love the opportunity to finally work where I live!

One of our main goals or purposes as a school is to help our children to navigate the social and academic landscape around them as they conceptualize themselves, their purpose, and their sense of belonging in the world. Our collective responsibility is to grasp the hope and potential within each child. We must support our children, inspire them, and excite them by igniting their passion for learning. Our obligation is to work together for each child, as we do nothing less than shape the complexion of tomorrow.

With this in mind, we make decisions about creating our school culture and ensuring high levels of learning and growth for all of our students. A significant contributing factor is the strength of the community at Chipeta Elementary. The partnership with parents and the community is a powerful reason for our success. Whether or not you have children in our school, I encourage you to get involved. Volunteer opportunities abound! We value community participation on our School Accountability Committee (SAC). The members of this committee learn about the decisions and direction of the school and provide input. Please contact our school office at 328-5500 if you are interested.

Please visit our school website to stay apprised of what is happening at Chipeta Elementary School via our on-line calendar of events and our monthly newsletters. The school website is [www.d11.org/chipeta](http://www.d11.org/chipeta).

*Sarah T. Scott, Principal,  
Chipeta Elementary School*

## Trailblazer Elementary

We are off to another great start at Trailblazer this year, our 14th year in your neighborhood! Trailblazer has about 380 students this year in Kindergarten through 6th grade. We also host a private preschool that currently prepares 23 three- and four-year olds for Kindergarten.

We all – students, teachers, and families – are excited to be back; we truly are “a community working together to create lifelong learners and inspire students to reach their potential by honoring their unique talents.” Through the hard work of exceptional teachers and the use of Collaboration and the Response to Intervention

(RtI) model, all of our students receive top-quality Tier I (classroom) instruction and appropriate and timely intervention or extension (Tiers II and III).

Our Art and Spanish programs continue this year, with a focus on the Spanish speaking countries of the Caribbean. Coach Gioia keeps our children physically fit in PE; Track Day was a fun-filled success on September 30th. We have an exceptional Music program that provides the opportunity for our First and Fourth Graders to perform musical productions.

There are numerous ways to become involved at Trailblazer. We have an active and passionate Parent/Teacher Association (PTA) that sponsors many exciting events for students and their families. You may have seen us out pulling weeds on October 1st for our Trailblazer Pride Day. PTA also sponsors fundraisers, a Halloween Hop, a school carnival and so much more. Please join us in the fun!

If you are interested in watching our progress and influencing our leadership team regarding policies, practices, and procedures related to student achievement, budget, climate/culture, etc., please consider joining our School Accountability Committee (SAC). The SAC and the PTA are great ways to become a part of our school community. For more information about our school and upcoming events, visit our website at: [www.d11.org/trailblazer](http://www.d11.org/trailblazer) or call 328-6300.

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# WHAT'S HAPPENING IN MOUNTAIN SHADOWS?

## The Joys of Snow Removal

We all know that being a home owner means never having to say "I've got nothing to do!" So this is about another item on that long, long list of chores and maintenance jobs that go along with that great

house that you're living in.

First, here's what the City of Colorado Springs has to say about it:

- Residential property owners are responsible for clearing any sidewalks in front of their property within 24 hours of when snow stops falling. The City will initially

give written notice to property owners who fail to clear their sidewalks in a timely manner. Ultimately, the Engineering Inspection Division can impose fines for those who do not comply (see City Code Chapter 3, Article 4 – Sidewalks).

- Due to recent funding reductions City street plowing policies have been adjusted. The Streets Division's major focus is to respond to Primary and Secondary areas as first response in a snow event and residential streets will begin to be plowed after six inches of snow accumulation has occurred.

The bad news here is that most of our streets are residential. Streets that are school bus routes qualify as Secondary areas. The rest of us will have to take care of it ourselves or live with . You can submit a request with the City, to be addressed on a time and resource available basis. [www.springsgov.com/Page.aspx?NavID=924](http://www.springsgov.com/Page.aspx?NavID=924) Remember that the MSCA can't provide snow removal.

Some of us have great corner lots that our neighbors look at and say, "I wish I had a big yard like that!" Now our neighbors will say "I'm glad I don't have that much sidewalk to shovel!" Here're some things to keep in mind:

- First, shoveling snow is serious exercise. Make sure that you're fit for it! Don't strain your back, heart or shoulders moving all that white stuff.
- Avoid strain with proper shovels and equipment
- Really avoid strain and help the economy by hiring neighborhood kids to do it for you!
- Nobody cares if your driveway is shoveled or not, except for you. Think about doing the sidewalk first.
- Remember that it is much better and easier to get rid of snow quickly, BEFORE foot traffic packs it down

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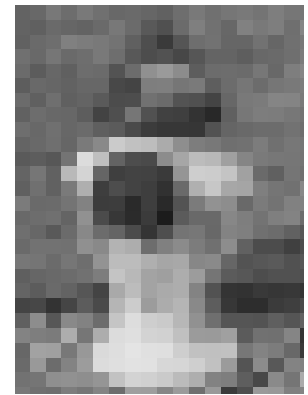
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## Covenants in a Nutshell

Some of you have asked great questions about our neighborhood covenants. Since many of you may have the same questions, here are a few key points that apply to all of the homes in Mountain Shadows:

- Covenants exist to ensure property values and quality of life are maintained (double digit DECREASES in property values of non-covenanted communities vs. covenanted communities over a period of 15-20 years).
- Covenants are legal contracts between neighbors.
- Covenants are, without question, enforceable in court, to include arrest warrants for those who don't appear or fail to follow the judge's order.
- Judgments against an offending neighbor will appear on that individual's official record.
- Who enforces covenants within Mountain Shadows? YOU or your duly elected Approval Authority. (Check [www.MSCAweb.com](http://www.MSCAweb.com) for listings.)
- Your association, MSCA, provides guidance and advice but has no enforcement authority.
- First step if you have a problem: Talk to your neighbor. Chances are this will solve the problem.

Questions? Need more information? Contact Dave Buckley, 338-0600 or Debby Weaver at [Debby@WeaverDesign.com](mailto:Debby@WeaverDesign.com).



## Like New Again

In April we highlighted an effort to paint fire hydrants in Filing 19, part of Evergreen. The restored hydrants are along Tamora Way, Ravina Ct., and Karamy Ct. Since April, the Filing 19 team (Mark Trentlage and Allan Emery) have painted 24 additional hydrants along Rossmere, Trevor Lane, Talleson, Brogans Bluff, Wilson Rd., and Sandray Ct.

Their objective was to not only beautify the neighborhood, but to spark the interest of others to paint hydrants. Now eight additional hydrants have been painted by other homeowners. Permission must first be granted under the City Utilities "Adopt a Hydrant" program. Utilities provides the paint, instructions, and more. For further info, contact Daryl Jaworski at 668-5793 or [dcjaworski@csu.com](mailto:dcjaworski@csu.com). Before purchasing the upgrade paint, contact MSCA about reimbursement at [msca.news@gmail.com](mailto:msca.news@gmail.com).

## Mountain Shadows Specialist & Resident



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City Council.

Adding to the confusion over this whole matter is an apparent contradiction within the Charter. Section 4-10 states, among other things, that “the Mayor shall execute all contracts...” which basically states that the Mayor is the signatory authority. But it puts the Mayor in an untenable position; he is required to sign contracts (and bond ordinances) of which he had no part in and of which he did not get a say in. And what if he were to

refuse to sign them? Then in effect he is vetoing them, which is prohibited under the previously cited Charter section.

To his credit, the Mayor realized this contradiction early on and even referred to it in his State of the City Speech, where he suggested that the Council President should be the signatory authority for Memorial and Utility matters. But he also stated that this suggestion would require a Charter change.

When the Mayor’s signature is required on a Memorial or utility issue, I attach a memo (in my role as Council President or CSU Board Chairman) stating that the Council as a whole has approved the document for his signature and that I have personally reviewed it as well. So right now, the way things are in the Charter only affects two people: me and the Mayor. And we have worked out a process between us that allows him to follow the wishes of Council and sign when appropriate. But in the long run, we owe future Councils, Mayors, and our citizens a more efficient and less contradictory Charter.

*As always, if you would like to discuss this matter or any other issue affecting Colorado Springs, please do not hesitate to contact me at [shente@springsgov.com](mailto:shente@springsgov.com) or at 385-5457.*

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and makes icy patches.

- Salt on those icy patches is a very good thing. Sand and birdseed work, too.
- Please remember all the kiddos (and parents!) that are off to the bus stops early in the morning. Having a clear path to walk in and clear areas at the bus stops to wait in is a huge help. Watching a six-year-old neighbor and Mom doing a slip'n'slide down your sidewalk isn't really all that fun, even if the 24 hour limit isn't up.

Look at the bright side; another outdoor exercise benefit of living in Colorado is coming right up! Unless we have a year as dry as last year (hope not), we're going to have the white, flaky cold stuff coming at us for the next four or five months. Get ready for it and enjoy!

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## Two Easy Steps to Home Defense

Due to the state of the economy and the desperation felt by many, more robberies are predicted. Sheriff Terry Maketa advises residents to take two simple home safety precautions.

*First, change the locks on your front doors if the door has a window in it or along the side.* Crooks can easily break those windows and gain entrance. Keyed dead bolt locks (that is, locks with an interior key that is removed when the homeowner is gone) are the best kind of locks. If a window is broken and the door has a keyed dead-bolt, intruders cannot simply reach in and turn the lock. They must either try to force the door open or squeeze in through the broken window. This attracts more attention and has the potential to leave more forensic evidence behind. The cost of a new dead-bolt ranges from \$19 to \$60 depending upon whether you install it yourself or hire someone to do it for you.

*Second, add a peep hole to your front door,* which should either be covered or changed out for new safety versions. Intruders may carry “reverse peep hole viewers” to see if homeowners are in the home. They simply place the viewer against the front door peep-

hole and look in. If residents are home, intruders wait for another day.

A traditional peep hole shows a “shadow” when a resident puts his eye to it. This tells a robber that you are home and does not allow you time to defend yourself if they choose to “boot” a door — forcing a door open with a boot or battering ram. Install a peep hole viewer that allow you to stand 7 feet away from the door. For homeowners who have “double doors” for entrance doors, you should consider upper and lower door locks where metal bolts are pushed up or down in the floor or door frame for added resis-

tance against a door being forced open. Homeowners in the Upper Skyway area recently had their dead bolt fly ten feet across their living room when their split door was hit. They had not taken the added precaution of securing the door with metal bolts up and down and made themselves an easy target.

Take steps now before you face an intruder or come home to a burglarized home. The cost of upgraded security can be quite low and may be offset on your homeowner’s insurance.

*Submitted by Helen Sabin, Mountain Shadows resident and owner of Academy Firearms Instruction*

## Get Connected, Stay Connected

MSCA recently participated in what is arguably the most important event any community could participate in — a disaster preparedness drill (see the full article on page 1).

One important topic covered was our communication and connection with each other. We are all neighbors of the best community in Colorado Springs. MSCA is made up of 1,700 homes, but how many of us have actually gotten to know one another? It is a rhetorical question, of course, but think

about it! It is very likely you know few residents beyond your immediate neighbors. What would you do if you heard of a fire approaching our houses? How could you warn your neighbors or perhaps the little old lady living by herself on the next street whom you met one time? You look out and see flames feasting at your deck. What would you do?

Sunny Smaldino, spokesperson for the fire department, told the residents to learn about potential fire or other threats by signing on to the Fire

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## CHIPPER EVENT UPDATE

Thank you to everyone who participated in the Free Wildfire Mitigation Chipping Event this year. Chipping started Oct. 10 and finished Oct. 13. I received this message from Andrew Notbohm, Wildland Fuel Program Coordinator, City Fire Department: “We chipped at 47 homes removing 90 yards of mulch or approximately 10.5 tons of material. According to our records that’s almost 3x what we did last year; 21 homes, 36 yards, 3.5 tons. Great work!”

I have applied for another free Chipping Event for next year. There will be a Chipper Date reminder in the April 2012 newsletter. I will also provide you the specific pickup start date by email, and a reminder as we approach the pickup date.

Contact Dick Hansen, 598-6338 or hansenrr@comcast.net to be included in the 2012 Chipper Event.

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Office of Emergency Management, Police and Fire Departments including Battalion Chief Schannel of CSFD. They discussed with the neighbors what was good about the drill and what needed improvement. They planned to take the input from the discussion along with the feedback forms and evaluate the lessons learned from our evacuation to improve upon their plan.

### Lessons Learned

The residents discussed the enormity of what they had learned and the weaknesses in their own planning. Many admitted that they had not gathered all their important documents, medicines, clothes, and food for themselves and their pets as if they were forced to evacuate for 72 hours and find alternative housing. Lt. Mandel, CSPD, stressed that *“At a minimum residents should have the following ready in the case of disaster: Advanced medical directives and medical data, required medicines, pets, food and water, clothing for 72 hours, small first aid kits, money and credit cards, keys, important documents, pictures and visual inventory for insurance purposes, cameras, cell phones with phone numbers for family and friends.”* He stated that you should be prepared even if you are asked to shelter in place. The question was asked of the participants *“Are you prepared?”* No one answered yes.

Many cited the City Emergency Preparedness and Safety Guide as an excellent resource for preparing for the evacuation. Copies can be obtained by calling 598-6338.

### What If There Was a Real Emergency?

One of the major differences between our drill and a real evacuation is that notification calls will not specify routes out of the neighborhood. Some roads could be closed in a disaster and CSPD Lt. Jesse Ortiz recommended that residents know alternative ways out. The other difference is that an evacuation call would provide information on available shelters. It was highly recommended that each family have a communications plan for friends and family. Sunny Smaldino, CSFD spokesperson, advised that families with children in case of separation during an evacuation. An emergency notification could instead tell residents to shelter in place until further instructions.

### Further Steps You Can Take

Sunny also recommended that residents familiarized themselves with the social media outlets such as Facebook and Twitter which the city uses to provide constant updates. She also recommended registering cell phones with the city's emergency notification system and strongly recommended that the residents participate in the Wildland Mitigation program. *“Our motto is to share the responsibility,”* she said.

Chief Schannel and Captain Ortiz, CSFD, stressed that citizens must be prepared. *“We cannot do this by ourselves! ... For all of Colorado Springs, we have one engine per one hundred houses. It is up to citizens to take personal responsibility for their own safety and to follow directions from first responders.”*

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Thanks to Francine Hansen who lives on Trevor in our neighborhood for these pics.



Thanks to Ken Weaver who lives on Rossmere in our neighborhood for these pics.



## We Need Your Pictures!

We all know the old adage, “a picture is worth a thousand words.” Well, pictures also catch our eye and make reading more enjoyable. If you have any interesting pictures you would like to share with MSCA readers, we would love to see them. Please send your picture JPGs to Kerry George at [kerryanngeorge@aol.com](mailto:kerryanngeorge@aol.com) and make sure you give us your name so that we can give you proper credit.



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# COMMUNITY NEWS

## 2011 Quality of Life Indicators Report for the Pikes Peak Region

The Quality of Life Indicators Report for the Pikes Peak Region is an unbiased, objective compilation of facts and statistics about these and other factors that create the quality of life we enjoy in our community. From the 132 pages of measurable data in the report, the community is able to identify trends, set priorities and make informed decisions about policies and actions that deserve investments of time, talent and resources.

Through QLI Vision Councils, the report tracks our region's status in ten key sections of life in our community: Growing a Vibrant Economy, Promoting Social Wellbeing, Preserving the Natural Environment, Sustaining a Healthy Community, Achieving Educational Excellence, Enjoying Arts, Culture and Recreation, Moving Around Efficiently, Keeping the Community Safe, Built Environment and Fostering Community Engagement. They are the key indicators that help define our overall quality of life.

To see the full report you can go to the website [www.pikespeakqualityoflife.org](http://www.pikespeakqualityoflife.org).

## Protect Your Family This Season With Flu Vaccinations

The flu is more dangerous than the common cold for children, and the single best way to prevent the flu is to get a flu vaccine each season. Getting a flu vaccination is now much easier than most of the tasks parents pack into their busy days.

The flu vaccine is now available at many doctor's offices and at a variety of locations throughout El Paso County. For a flu clinic locator, visit [www.immunizecolorado.com](http://www.immunizecolorado.com). The Centers for Disease Control and Prevention recommends everyone 6 months of age and older receive a flu vaccine.

Now is a good time of year to get vaccinated, since influenza in the United States typically arrives in the late fall and peaks from late January to mid-March.

An annual immunization boosts your immune system and is the first and most important step in protecting yourself against this serious disease.

There are flu vaccine products available in different forms, including traditional vaccinations and nasal spray, to assist health care providers in administering vaccines to everyone.

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## Avoid Gaining Weight During the Holidays

You can preempt those pounds that creep up over the holidays and winter months simply by eating smarter! Here at Accolade Fitness, Morph PT – a national Colorado-based company that provides affordable personal training and nutrition guidance – we offer these tips that, with daily attention and exercising 3 to 5 days a week, will help you reach and maintain a healthy weight.

**Don't Skip Breakfast;** it's the most important meal of the day! Try a glass of low-fat or fat-free milk with one or two slices of toast and jam to start your day.

**Drink More Water** since many of us don't drink the recommended 2 liters (or 8 – 10 glasses) a day. Water helps you feel full and helps the body flush out toxins.

**Eat Every 2 to 3 Hours** to turn your body into a fat-burning machine. Yes, it sounds like a lot, but your metabolism thrives on small meals every 2 to 3 hours.

**Eat Smaller Portions** to control food intake. Reduce your portions or simply eat half of your meal and save the remaining as a healthy snack two hours later.

**Eat More Protein and Fiber** to help decrease your appetite. Don't let carbs dominate your food intake! Always pair carbs with a protein. For example, eat peanut butter or cheese with an apple or slice of bread. Also, look for complex carbs that are high in fiber such as whole grain breads, many fruits and vegetables, and legumes.

**Prepare Your Own Food** so you know what you are consuming. When you eat food you don't prepare, you risk taking a step back on your path to weight control.

**Say No to Midnight Snacks** and avoid snacking on junk after dinner! If you are attempting to gain lean muscle, a protein shake in fat-free milk or water is the best snack choice before bed.

**Be Consistent** with these tips and **Avoid Binge Eating**, even with healthy


snacks. Since consistency is key, make a list of cravings you have during the week and eat them on your "Reward Day" – a scheduled day where you give yourself permission to eat what you want. Having one bad item a day is worse than having one reward day a week. Plan those holiday dinners to coincide with your reward day, and then get back on track!

**Exercise Regularly** to lose weight and stay healthy. Incorporating resistance training is the best way to reduce

the risk of diabetes or osteoporosis (for women *and men*). Beneficial exercise does not have to be hours of cardio and lifting heavy weights. In fact, some of the most effective exercise includes short, but intense, interval workouts and resistance training using your own body weight, specialized weight machines, and resistance balls and bands.

*Submitted by Duane Johnston,  
Owner, Accolade Fitness*

### Mountain Shadows Real Estate Facts



#### Quick Facts for Mountain Shadows

- # of Active Listings is down 16% and lowest in 6 years
  - # of Sales for the Year are down 9%
  - Average Sales Price is down 6% from 2010
- # of Foreclosures Starts since January 1 is 12 vs. 7 in 2010
- Just over 15% of the homes in our area are selling each month

#### Recent Homes Sold In Mountain Shadows

1. 2144 Ramsgate – Short Sale sold for \$232,000 with \$13,920 in Seller Concessions
2. 5449 Lions Gate – Sold for \$236,000
3. 6355 Savannah – Sold for \$319,000 with \$5000 in Seller Concessions
4. 5660 Vantage Vista – Sold for \$382,000
5. 2465 Green Valley – Sold for \$389,700

The data found within this ad is based on information from PPMLS & El Paso County Trustee. This content is deemed reliable, however PPMLS, El Paso County Trustee and ERA Shields Real Estate do not guarantee its accuracy.

"Only the best values are selling. Value is based on price & condition, it is the buyer's perception. To compete in today's market you need an agent who can advise you on value, strategic pricing and who has a full-fledged marketing plan."



**Eddie Hurt**  
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Department's Twitter feed. But that concerned one of the residents, Helen Sabin, who asked a question of the attendees: "How many of you use twitter to stay connected with other neighbors or with friends and relatives?" No one raised a hand. Most in MSCA do NOT Twitter! Most don't text and many don't use Facebook. That was a stunning revelation to the CSFD as tweeting, texting and facebooking to them is as easy as eating a hot fudge sundae.

In real life it isn't so simple and if a disaster does occur in our community we all need to be prepared and we need to think beyond the hypothetical. If it's a fire or criminal activity occurring in the neighborhood you will hopefully call 911, but if you can't what are you going to do?

continued from page 12

During last year's flu season, there were three pediatric deaths from flu in Colorado and 1,027 people from 49 Colorado counties were hospitalized for flu-related illnesses.

Symptoms of the flu can include cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea.

Here are some tips to help stop the spread of germs:

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water to help protect yourself from germs. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

Flu shots are now available at Public Health's Immunization Clinic, for children who are uninsured or under insured ages 6 months through 18 years of age. The vaccine costs \$14. To schedule an appointment, call the clinic at (719) 578-3199 from 8 to 11:45 a.m. and 1 to 3:45 p.m. Monday through Friday.

For more information on flu, visit [www.elpasocountyhealth.org](http://www.elpasocountyhealth.org).

Build your own connections starting with your immediate community, Mountain Shadows. MSCA has a website, [www.MSCAweb.com](http://www.MSCAweb.com), a Facebook page and a Twitter account. The Twitter account is coupled with Facebook so that any item on the Facebook page is broadcast to Twitter.

If you would like to take the "staying connected" concept one step further, note that the City also has twitter feeds. Go to: [www.springsgov.com](http://www.springsgov.com) and search for the word twitter. Once you click on the link for the City twitter page, you'll find twitter feeds for police, fire dept, traffic updates, as well as other twitter sites of interest outside of our city.

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MARY KAY



# ANNOUNCEMENTS & EVENTS

continued from page 3

## Holiday Craft Fair, December 3, Benefits Alpine Autism Center

The Alpine Autism Center is so happy to be a part of this beautiful neighborhood. Thank you to everyone who came to the informational meeting. We provide intensive one-on-one therapy to children with autism. Since the Fall of 2009 we have had a waiting list of children waiting to receive services, so it has been exciting to be able to start offering services to some of those children. We are currently leasing this facility and we have launched a Capital Fundraising Campaign to raise the down payment to purchase the building in 2012. The next events scheduled for this year to help us reach our goal is a Holiday Craft Fair and Open House. This will take place

on Saturday December 3, 2011 from 9 am - 5 pm. We are currently accepting vendors for booth spaces, but they are filling up quickly. This will be a great time to come see the building and do some Christmas shopping as well. All the proceeds from both of these events will benefit our Capital Campaign.

For any questions or more information, please call 719-203-6903 or e-mail [Tana@alpineautism.org](mailto:Tana@alpineautism.org). Thank you again for allowing us to be a part of this neighborhood.

MSCA Board meetings are held at Fire Station 18, behind Walgreens (Flying W Ranch Rd. at Centennial) and are open to all Mountain Shadows residents. Check [www.MSCAWeb.com](http://www.MSCAWeb.com) for dates and times.

**Mountain Shadows  
FACEBOOK page!**  
Join our Mountain Shadows Facebook page to find updates on what is happening in the Mountain Shadows Community, updates on events coming to our area, and pertinent information for your neighborhood!



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- Install Appliances
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## NEW MEMBER APPLICATION

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Please make checks payable to the Mountain Shadows Community Association.  
Mail this form to: MSCA Membership Committee • P. O. Box 49072 • Colorado Springs, CO 80949

**Remember: dues are annual. Call 598-6338 to check the status of your membership.**

**The mission of the Mountain Shadows Community Association is to enhance the quality of life and promote the well being of the community.**

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