



SHERIDAN NEWS

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Is Someone Watching Your Neighborhood? Maybe They Should Be!

Have you ever seen suspicious activity in your neighborhood? The Sheridan Police Department would like you to be the eyes and ears of law enforcement through involvement in the Neighborhood Watch Program. Recently revitalized in the Fort Logan neighborhood, 3800 block of South King Street, the Sheridan Neighborhood Watch program has engaged about a dozen citizens to help fight crime and bond with their community. At the October 27 organizational meeting, residents learned how to identify and report suspicious neighborhood activity making their environment safer and improving their quality of life. Additionally, they considered how to draw upon their individual compassion lending their neighbors a hand and "watching out for each other."

Sponsored by the National Sheriffs' Association (NSA), Neighborhood Watch is one of the oldest and most effective crime prevention programs in the country, tracing its roots back to colonial days when night watchmen patrolled the streets. The modern

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Sheridan Council Finalizes Leadership Transition

Mayor, **Dallas Hall**, honored outgoing Council Members, **Cynthia Radke** and **Don Smith** at the November 30, 2011 public meeting at City Hall. These valuable public servants were given recognition plaques and a round of applause by the numerous citizens in attendance, as well as remaining Council Members. Following the recognition, the Honorable Judge James Kimmel installed three Sheridan City Council members: **R. Landau de Laguna**, Ward 1; **Chanele Beacham**, Ward 2 and incumbent, **Tara Beiter-Fluhr**, Ward 3. After appropriate protocol, the newly-formed City Council unanimously elected Beiter-Fluhr as Mayor Pro-tem. After the conclusion of the public meeting a reception was given to acknowledge the service of the outgoing representatives and welcome the new policymakers to office.

Sheridan City Council meetings are open to the public and are held at 7 p.m., the second and fourth Wednesdays of each month, in City Hall, 4101 S. Federal Blvd.

For more information, visit the City web site at www.ci.sheridan.co.us.



Judge James Kimmel & Tara Beiter-Fluhr



R. Landau de Laguna & Chanele Beacham

Meet Council Member Chuck West

Chuck West just plain "enjoys people," and always has. He started his tenure working with people as a service station attendant for Hudson Oil. Soon, he changed companies and, due to his excellent people skills, was promoted to the supervisor of 21 Gas-A-Mat stations

in three different states. West has not only served people in the business arena, he has also been a City of Sheridan public servant for more than three terms, serving as City Treasurer twice. With two years remaining on his current term, West encourages his Ward 2

constituents, "Please bring me your city-related problems, and I will work with council and staff members to see what we can do to resolve them. If they cannot be resolved, I will get back to you and tell you why and give you other resources if available."

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Mark Your Calendar

City Council Work Session
Wed., January 4, 6:30 p.m.

City Council Meeting
Wed., January 11, 7 p.m.

CANDO Meeting
Tue., January 13, 8-9 a.m.

City Council Work Session
Tue., January 17, 6:30 p.m.

**Sheridan Housing Authority
City Council Meeting
Sheridan Redevelopment Agency**
Wed., January 25, 6:30 p.m.

Is Someone Watching Your Neighborhood?,

continued from front page

version of Neighborhood Watch counts on citizen organizations to keep a trained eye and ear on their communities, while demonstrating their presence at all times of day and night.

Why does Neighborhood Watch work? As a resident of Sheridan you know your neighborhood best. You know what regularly occurs there and who is regularly seen there. When something isn't right, you are the first to notice, especially if you have received specialized Neighborhood Watch training. Citizens have unlimited availability to observe their neighborhoods and can be an important piece of the puzzle that keeps their community safe. Studies conducted over the last century have proven that collective action by residents is one of the most effective crime prevention strategies.

The City of Sheridan's Neighborhood Watch program will be expanded into blocks or small neighborhoods that have active volunteers and a sense of cohesiveness. Training will be provided and signs will be erected letting criminals know that the area is engaged with the Sheridan Police Department taking extra strides to keep their community safe. If you are interested in starting a Neighborhood Watch program, please contact Officer **Chuck Owens** at 303-762-2234 or cowens@sheridangov.org. You can also visit the City of Sheridan website at www.ci.sheridan.co.us to learn more.



How To Make Resolutions You'll Actually Keep

Making a New Year's resolution is like setting any other type of goal. You have to choose wisely if you want to achieve something significant. Remember that a good resolution, like a solid goal, usually has a few definable characteristics:

- **Focus.** Set a definite target: "Lose 10 pounds by June" is better than "Lose some weight."
- **Challenge.** Your resolution should be neither too hard, nor too easy.
- **Commitment.** Share your resolutions with others who will help you work on them.
- **Presence.** Write down your resolutions in detail, and post your list where you'll see it often.
- **Vision.** Visualize the results you want to achieve every day.

City of Sheridan

4101 S. Federal Blvd. • Sheridan, Colorado 80110

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City Clerk	303-438-3306
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Fire Marshall	303-762-2222
Police Department	303-762-2234
Neighborhood Services	303-738-3237
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The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to **Jean at jray@joimail.com**. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

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Council Member Ward 2
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Council Member Ward 3
Ernie Camacho
ecamacho@ci.sheridan.co.us



Council Member Ward 3
Tara Beiter-Fluhr
tbeiter-fluhr@ci.sheridan.co.us

Not Pictured:
Council Member R. Landau de Laguna Ward 1
Council Member Chanele Beacham Ward 2

Meet Chuck West, *continued from front page*



**Council Member Ward 2
Charles West**
cwest@ci.sheridan.co.us

“I love this city,” states West. Moving to Sheridan in 1963 single and alone, West married a woman with four of her own children and a niece whom she was raising. “We purchased a home in 1967 and I still live there today with my third wife, Laura.” All of West’s five children grew up in Sheridan, graduating from Sheridan Public Schools. He now has nine grandchildren and 15 great-grandchildren living in the Denver metropolitan area.

“I appreciate that Sheridan is a small town with a good mixture of residents who are young and old, as well as those coming from a variety of ethnic backgrounds. We work hard in Sheridan to try and include all people in all activities.”

West is “truly happy” to have Mark Campbell as the Police Chief. “Chief Campbell is producing many positive changes in Sheridan, particularly in the area of connecting (not connection) our citizen’s with our law enforcement.” The recent, successful Citizen’s Academy and revitalized Neighborhood Watch program are prime examples of Campbell’s new initiatives. West also believes, “Collectively, Council made an intelligent decision to hire the new City Manager, Devin Granbery. Granbery is a good fit for future Sheridan priorities such as bringing more businesses into the River Point Shopping Area and working with other organizations that support the City, both public and non-profit.” West also believes that Granbery has the needed skills to guide Council in prioritizing and financing the refurbishment of City streets and sidewalks. West sees the revitalization of Sheridan City Hall as another challenge to be met in the near future.

Chuck West realizes, “It is past time to send holiday wishes, so today I pray all Sheridan citizens have a prosperous new year, meeting their heart’s desire.” He also urges all Sheridan residents to, “Watch the City web site, read the City newsletter, come to Council meetings and stay involved with your Ward representative. Leadership needs your input prior to making decisions. We represent you and need to know that you are satisfied with our governing.” Sheridan City Council meetings are open to the public and are held at 7 pm, the second and fourth Wednesdays of each month, in City Hall, 4101 S. Federal Blvd. For more information, visit the City web site at www.ci.sheridan.co.us.

Explore the New Creativity Lab at Sheridan Recreation Center!

South Suburban Parks and Recreation’s Creativity Lab will open in January at the Sheridan Recreation Center, 3325 W. Oxford Ave. **Carolyn Laymon**, creativity mentor, will assist patrons of all ages to express themselves through a variety of fine art and craft materials including paint, pastel, yarn, beads, buttons, fabric, wood blocks and other found objects. Visit on your own, or with friends and family learning new techniques, exploring abstract ideas, energizing your imagination, expressing your thoughts, or just unwinding from the pressures of everyday life. No special art talent is needed, and admission to the lab and materials are free with paid admission to the recreation center. All ages are welcome; however, children under 10 must be accompanied by an adult. Creativity Lab hours will vary, call **303-761-2241** or check the lobby for more information. Visit South Suburban online at www.sspr.org.



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Sheridan Partners with Brothers Redevelopment and Helps Local Homeowners

Sheridan resident, Fawn Cross states, "I want to make sure that anybody who is disabled, young or not, asks for help with their home." Cross moved into Sheridan just over a year ago and was a first-time homeowner with five children, one of which is disabled. She learned about the Help for Homes program through the City of Sheridan's newsletter and applied, seeking assistance with a sagging roof. "There was much paperwork to gather, but the process was relatively easy," shares Cross. "After only a couple of weeks, I heard from Brothers Redevelopment." Not only was the service prompt, the Brothers representative put Cross on the right path from the very start. "The representative informed me that I should first check with my homeowner's insurance regarding the roof, and it turned out that this repair was covered by the insurance." Additionally, Brothers assisted Cross by revamping her bathroom so that it was more handicap friendly. Cross, a relatively young Multiple Sclerosis sufferer, found that daily hygiene activities were sometimes hindered by her muscle weakness and numbness. Through Help for Homes, Brothers was able to refurbish her sink and shower so that she can complete these tasks safely and with more confidence.

Brothers Redevelopment coordinates all approved Help for Homes program upgrades designed to ease mobility for disabled and elderly homeowners, including the construction of wheelchair ramps, the installation of shower grab bars, stair rails and many more accessibility-related renovations. The team can also assist with minor plumbing, electrical and heating repairs and exterior house painting.

Angie Adamo was thrilled with the fresh, new paint job completed on her Bear Creek Village mobile home. After gathering her financial statements and completing the application, with assistance from City of Sheridan's staff, Adamo selected her paint colors. The paint on her mobile home was in bad shape, faded and peeling. Adamo enthusiastically recommends the Help for Homes program, "A lovely family came to my mobile home and worked together to accomplish the whole task in about five hours. They were really sweet, and I was surprised that the work was finished so quickly." Help for Homes also replaced the kitchen-sink faucet improving its function.

Leveraging \$50,000 of Federal Community Development Block Grant funds and

technical assistance from Arapahoe County, Brothers facilitates the Help for Homes program to complete important repairs that improve home safety and/or address code-related concerns. Since funding is limited, home repair projects cannot exceed \$3,500. To receive assistance, homeowners must occupy a home within City of Sheridan's boundaries, meet specific income guidelines, and be a legal resident of the United States. Homeowners who do not meet the Help for Homes criteria will be referred to another potential program. For more information and to receive an application, contact Lenore Gonzales-Pedroza, 303-762-2200, or visit www.ci.sheridan.co.us.



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Sheridan Housing Shares Authority with Englewood

Sheridan residents are lucky to have the specialists at the Englewood Housing Authority administering the City's Section 8 Housing Choice Voucher Program. With over 20 years of experience, Delicia Olguin's extensive knowledge and warm demeanor makes all applicants comfortable and at ease with the qualification process. With the Housing Authority's mission of assisting lower-income families in a non-discriminating manner, with safe, decent and affordable housing opportunities as they strive to achieve self-sufficiency and improve the quality of their lives, the Sheridan Housing Authority administered by Englewood Housing Authority, is committed to operating in an efficient, ethical, fiscally-responsible and professional manner.

There are 92 residents utilizing the Section 8 Voucher Program and Sheridan Housing has a list of over 100 landlords that participate including the Falcon Run Apartments at 3488 W. Quincy Ave. Sheridan residents do not need to be seeking housing to apply, and the process of receiving a subsidy can take as little as six months and as much as five years. Each home, apartment or single-family, is inspected prior to occupancy and must meet Housing Quality Standards. The initial inspection takes place with the landlord and tenant present and annual subsequent inspections with only the tenant to ensure that the property is safe and secure.

Interested citizens can visit the Englewood Housing Authority, 3460 S. Sherman St., Suite 101, weekdays between 8 a.m. and 5 p.m. to submit an initial application and be placed on the waiting list. Each initial family application requires at least one qualifying family member and income and family composition information from of the head of household. However, at this time the waiting list is closed due to widespread program utilization. It is not yet determined when the waiting list may become available.

When the rent subsidy becomes available, a more extensive process, including interview and background check, is conducted. Once approved the voucher recipient has 60 days to seek housing and works directly with the landlord to secure a lease. The tenant will pay the landlord no less than 30%, and no more than 40%, of their gross monthly adjusted income. The Sheridan Housing Authority pays the difference up to the full monthly rent, as long as the rental cost is within the annually established fair market rates.


Once a Sheridan resident is a recipient of a Section 8 subsidy, they are eligible for many other self-sufficiency services offered by Englewood Housing Authority. Delicia Olguin shares, "The real success of the Section 8 Housing Choice Program is when the family no longer needs the subsidy. We are proud of the many

services we offer through our Family Self-Sufficiency Program that assist people to become independent on a permanent basis." The Family Self-Sufficiency Program provides Section 8 Housing participants with job search skills and opportunities; support groups and family social events; education and/or vocation training; homeownership opportunities and other services.


The Sheridan City Council serves at the Housing Authority Board and receives a monthly report from Delcia Olguin prior to the City Council meeting on the fourth Wednesday of each month. Pay close attention to future issues of this newsletter and the City of Sheridan web site at www.ci.sheridan.co.us, to learn when the waiting list is offered again. If you are interested in learning more about the Sheridan Section 8 Housing Choice Voucher Program, please visit:

www.engagewoodhousing.homestead.com





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The Gift of Music Ushered in the Holiday Season

About 45 Sheridan senior citizens shared the spirit of the season at Sheridan Recreation Center on Monday, December 5. Live entertainment included the first-grade choir from Alice Terry Elementary, and song and dance performances by Ms. Senior Colorado. Additionally, 17 organizations were on hand to provide resources and giveaways, specifically for the more mature Sheridan population.

In the evening, the music continued at Sheridan High School, where the mixed choir was heard belting out show tunes, as well as holiday, vocal orchestrations. A healthy chili dinner was served by Sheridan City Council members to nearly 150 guests, and the Sheridan Library invited live reindeer for youngsters to meet and greet. The Sheridan Recreation Center's new Creativity Lab was open and a live bull snake from South Platte Park was available for a close up encounter.

Sheridan Recreation Center will sponsor another event exclusively for senior citizens to commemorate Flag Day in June 2012. The date is yet to be determined. Watch this newsletter for details forthcoming or call Sheridan Recreation Center with your ideas and questions, 303-761-2241.



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Relax at River Point Massage Envy

Massage Envy is not the first business venture for **Bryan Hinckley**, owner of the clinic located in River Point, 3960 River Point Pkwy, Suite E. About six years ago, Bryan was working to get his professional architectural practice off the ground while his wife, Cynthia, traveled with her work and they both scrambled to take care of their young children. The couple was seeking a business involvement that would better mesh with their lifestyle and mutual interests. The idea of owning a franchise was presented to them and Massage Envy was the right fit. "There are many therapeutic benefits of massage; it is not just all about feeling better for the moment. About 90% of all ailments are stress-related and an individual that engages in regular massages can experience long term, positive life changes, both mental and physical," shares Hinckley.

Nationally, the typical Massage Envy customer is a female "baby boomer," that wants to stay vigorous and healthy. However, the Sheridan clinic sees many more male clients than average. "Our clientele is a very active group. I believe that our close proximity to the bike path and golf course draws them to the River Point location," states Hinckley. He does note that in many instances the person's first visit is commonly motivated by their desire to relieve pain, either from an injury or chronic stress. "It is not unusual for an individual to have consistent pain, such as headaches, due to stress that has manifested itself in another place in the body," notes Hinckley. A trained massage therapist can seek out and find the cause of pain, then use their skills to relieve it. Regular massage reduces stress, increases circulation, improves mobility and aids sleep, enhancing one's performance at both work and play.

Other Massage Envy visitors are referred by primary care physicians who suggest that massage may be a way to avoid the constant use of pain medication. Physicians also refer patients who are restricted from taking pain medication due to other physical conditions such as pregnancy. Hinckley points out, "There is a health/wellness trade-off, as

well as a financial trade-off, when a patient chooses the more natural route of massage over the long term use of pain medication." Many clients visit Massage Envy monthly; however, more frequent appointments may be necessary for pain management. Additionally, if a client seeks to reduce pain or increase mobility after an injury, visits may be frequent at the start and lessen as the situation improves.

Massage Envy is open to the public and no membership is required. However, the spa provides reduced rates, guest passes, family add-on packages and nationwide service to all its members. "Our memberships are good at over 735 locations nationwide, so this is a benefit for the business traveler or even the person who works across town from where they live. Our gift cards can be sent to friends and relatives far away and used in their own home town," shares Hinckley. There are many varieties of massage, and regardless of the type, the price is always the same at Massage Envy. Therefore, you can change the type of massage you desire depending on your personal needs. Whether you are a massage enthusiast or someone who is interested in trying massage for the first time, check out Massage Envy, 3960 River Point Pkwy, Suite E, 303-999-3879 or visit massageenvy.com to learn more.



What's Sheridan Celebrating in 2012?

The Sheridan Celebrates Committee is already hard at work to bring community residents the biggest and best Sheridan Celebrates ever. After reviewing the 2011 comments from attendees, examining vendor's electronic surveys, and considering parade survey entry responses, the committee is contemplating many positive changes for 2012. Changes will include a new parade route, additional interactive activities and more food booths. The committees' first responsibility was to determine a theme that would guide the many decisions regarding next year's parade and festival. After discussing and reflecting on various different themes, the committee chose "Sheridan Celebrates Active Lifestyles." This was not an easy decision as there is so much to celebrate in the community of Sheridan. However, the committee felt that this theme reflected the many exciting recreational activities that are part of this wonderful community such as bike riding, golfing, tennis, skateboarding, playing in the park and many others. There will be more exciting Sheridan Celebrates updates in each newsletter. Keep informed and keep involved.

If you have suggestions or ideas for the Sheridan Celebrates Committee, post them on the Sheridan Celebrates Facebook page or call the hotline at 303-438-3321.



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