

Stony Creek News

August 2023

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Water Safety Tips

- DO learn to swim. If you like to have a good time doing water activities, being a strong swimmer is a must.
- DO take a friend along. Even though you may be a good swimmer, you never know when you may need help. Having friends around is safer and just more fun!
- DO know your limits. Watch out for the “too’s” - too tired, too cold, too far from safety, too much sun, too much hard activity.
- DO swim in supervised (watched) areas only, and follow all signs and warnings.
- DO wear a life jacket when boating, jet skiing, water skiing, rafting, or fishing.
- DO stay alert to currents. They can change quickly! If you get caught in a strong current, don’t fight it. Swim parallel to the shore until you have passed through it. Near piers, jetties (lines of big rocks), small dams, and docks, the current gets unpredictable and could knock you around. If you find it hard to move around, head to shore. Learn to recognize and watch for dangerous waves and signs of rip currents - water that is a weird color, really choppy, foamy, or filled with pieces of stuff.
- DO keep an eye on the weather. If you spot bad weather (dark clouds, lighting), pack up and take the fun inside.
- DON’T mess around in the water. Pushing or dunking your friends can get easily out of hand.
- DON’T dive into shallow water. If you don’t know how deep the water is, don’t dive.
- DON’T float where you can’t swim. Keep checking to see if the water is too deep, or if you are too far away from the shore or the poolside.

—<https://www.cdc.gov>

Stony Creek Website:
www.stonycreekhoa.org
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10 Things to Do Before School Starts

Soak up the last few weeks of summer with these fun family outings. As you prepare to say goodbye to summer vacation, consider what is left on your list of things to do before school begins. Take a break from back-to-school shopping with these 10 fun ideas. Make the final days and weeks of summer memorable.

- 1. Take a hike.** Maybe you weren’t able to get in as much mountain time with the family as you hoped. Set aside a day for a kid-friendly hike, such as St. Mary’s Glacier. For added fun, pack a lunch to enjoy at the top while you chat with your children about what they loved best about their summer.
- 2. Camp out.** Camping with little ones takes advanced planning, so aim for simple, carefree camping fun in your backyard. Invite a friend or two and play a game of tag with flashlights when it gets dark. Roast hot dogs and marshmallows in an outdoor fire pit or over the grill. Snuggle up under the stars, point out constellations or play a game of “would you rather” with your kids. (Examples: Would you rather have the power to fly or be invisible? Would you rather live in the mountains or at the beach?)



- 3. Bike along Platte River.** There are 28 miles of trail along the Platte River for families to enjoy together, whether you tackle the whole length or just a short portion of it. It’s an outing filled with exercise and fresh air, and you can stop along the way as much as you like. Start the trail at the REI Denver

flagship store and make your way through Denver to enjoy the city from a different perspective. If the kids aren’t much for biking, try a leisurely stroll to admire the art painted along the walls. Point out unique buildings, sculptures, and other features you see along the way.

- 4. Check out a Rockies game.** Spend a day rooting for the home team. With Rockpile tickets priced so low, there’s no reason not to head to the ballpark for a hot dog and some action-packed baseball with the whole family.
- 5. Catch a sunrise.** Whether you’re peering over Lookout Mountain, posted up at Red Rocks Amphitheatre, driving up Guanella Pass, or cozy in your own backyard, a sunrise in Colorado is one of the most wonderful beauties to witness. Wake your kids up early just one morning (if they aren’t already up) to share in the first light of the day. Just think, maybe they’ll go to bed early that night, and you’ll be on your way to an earlier bedtime schedule for school. After sunrise, beat the breakfast rush and grab a stack of pancakes at a great spot near your home, or just enjoy breakfast on your own porch as a family.
- 6. Pick some fruit.** August is the month for sweet strawberries and red raspberries at Berry Patch Farms in Brighton. Load up the car with the entire crew and head out into the fields to pick fresh berries. It’s like an easy treasure hunt with the best payoff ever.

continued on page 2

Ten Things, *continued from front page*

7. **Take a sunset stroll.** Walk around any of the metro area’s beautiful parks in the evening. Choose one with a playground so the kids can play until the sun sets, then stop and admire the last rays as a family. It’s a great time to share hopes for the next school year, too.
8. **Spend the day at a mountain resort.** The winter slopes transform into family-friendly playgrounds each summer, with a plethora of activities the entire crew can enjoy. From scenic chairlift rides to hiking trails and alpine slides, there’s a little something for everyone. Head to the mountains early for one last summer hoorah.
9. **Drive up Trail Ridge Road.** If you have yet to make your way up Trail Ridge Road this season, now is the time. Spend the day enjoying everything that Rocky Mountain National Park has to offer, including hiking around Bear Lake and searching for elk herds. Make the drive up Trail Ridge Road to stand above the treeline and gaze over miles and miles of mountains and sky. Let the kids take their best photos along the way. You must make a reservation to get into Rocky Mountain National Park.
10. **Ride the Georgetown Loop.** A scenic ride on an old mining railroad is an exceptional way to close out the summer with your family. The Georgetown Loop takes reservations online, and for an additional fee, you can enjoy a tour of a mine while learning about the history of gold mining in Colorado.

–<https://www.coloradoparent.com>

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Advertising:

The deadline for advertisements is the 15th of the month for the next month’s issue, except for the Jan. issue which is Dec. 6th.

To place an ad, call **Colorado Lasertype, 303-979-7499**

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To find ad rates and discounts, go to www.ColoradoLasertype.com and click on the “Advertising Rates” link.

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August Gardening Calendar

By Eileen Tully, Colorado Master Gardener, CSU

As gardeners, we enter a slower, more easy-going phase in the garden process. There's always something to do in the garden but we don't need to keep up the frenetic pace of planting-mulching-weeding that April and May demand. June's blooms may have faded, but with proper pruning some may make a reappearance in August. July's heat is over and there's still a lot of summer left.



- Peppers can be harvested anytime they achieve the size you need or want.
- Water tomatoes regularly until late August. After that, fruit will ripen more quickly when water is withheld.
- After harvesting and areas become empty sow cover crops, like annual rye grass, often called green manure, to build garden soil.

In August harvesting our gardening efforts has begun, but we can take time to do it right, even enjoy the process. If we pay attention, August presents a wisdom not available any other time of year. The garden is maturing now. We can see our mistakes, our successes, and the intrusions on our efforts that nature presents on her own. In August there's time to look around and appreciate the garden...and then get back to work.

MAJOR CHORES FOR AUGUST

Vegetables:

- Plant spinach and lettuce mid-month for a fall harvest.
- Harvest cucumbers intended for slicing when they are 6 to 8 inches.
- Onions are ready to harvest when their green tops fall over. Lift the bulbs and brush off loose soil. Bring them to a protected area like a porch or covered shed. Lay them out in a single layer on a surface that permits ventilation top and bottom. When the outer skins have turned papery place them in a mesh bag or old panty hose and place them in a dark and cool place.

Lawn:

- Begin lawn renovation and repair. Build up low areas with garden soil and over-seed areas that are thin or bare.
- Attack persistent weeds like bindweed with a 2, 4-D product. But the ultimate goal is to grow a thick healthy turf that will choke out weeds.

Garden:

- Newly planted perennials, trees and shrubs need consistent watering to get established.
- Fertilize roses for the last time around August 15th. Fertilizing later may stimulate new succulent growth that could damage the plant if there is an early frost.
- Divide spring blooming perennials if needed. Ways to tell if a perennial needs to be divided is if the plant has a 'hole' in the middle and doesn't look as attractive as it used to, if blooms decrease or stop altogether or if the plant is crowding out neighboring plants.

Take advantage of plant sales. Usually starting mid-to-late-August and into September many nurseries will have plants sales with prices as much as 50% off.

—<https://tra.extension.colostate.edu>

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Concerts in Clement Park

Littleton plays host to Concerts in Clement Park, a series of FREE evening concerts on Thursdays at 7 p.m. Two Performances left at the Grant Family Amphitheater. Bring your family and friends to picnic in the park and enjoy this wide range of talent. Blankets or lawn chairs are allowed. No glass containers.

Here's the 2023 Concerts In Clement Park schedule:

- August 3 — Michael Friedman Band
- August 10 — Lucky Catch

Parking is free, but please do not park at Columbine Library. Amenities near the Grant Amphitheater include restrooms, playgrounds, walking paths and picnic shelters.

Picnic Shelter rentals are available by calling 303-409-2600. If shelters are not rented, they are available on a first come, first served basis.

—<https://www.ifoohills.org/>

Farmers Market @ Aspen Grove

Shop local! Shop The Metro Denver Farmers' Market at Aspen Grove on Wednesday's from 10:00 am to 2:00 pm through September. The Farmers' Market will be located in the parking lot near Lululemon. It will feature local produce, food, clothing, artists, and more.

—<https://aspengrovecenter.com/>

Swing Night @ Makers Market

Join us each Friday night during the month of August for our Swing Night + Makers Market event out in the parking lot at the BARBOX Garden. Enjoy live music, dancing, and a cool Makers Market and the fun starts on Friday, August 4th.

- Festival Makers Market, presented by Denver's Maker Market, featuring 40+ vendors will be open from 3:00 pm to 8:00 pm.
- Live swing music from 6:00 pm to 8:00 pm
Swingin' Denver will be out teaching free Lindy Hop dance lessons at 6:00 pm and during the band break
- The BARBOX by Breckenridge will be open throughout the event serving up cold beverages
- Food Trucks will be at the event serving up some tasty treats

Bring your own lawn chairs or blankets and make a night of it with family and friends.

The 2023 Swing Nights Band Lineup

- Friday, August 4th: Royal Street Ramblers
- Friday, August 11th: Jeremy Mohney
- Friday, August 18th: Queen City Jazz Band
- Friday, August 25th: Odessa Rose

—<https://aspengrovecenter.com/event/swing-nights/>

Book Lovers Day, Aug. 9.

An unofficial holiday encouraging everyone to celebrate reading and literature. People are advised to put away their smartphones and technological distractions and pick up a book to read.



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September ad deadline is August 15th

Prepare for Back to School

Back To School Shopping

Get your kids involved in back to school shopping and it won't seem like such a chore. Set spending limits for items such as clothing, shoes and backpacks and allow them to pick out what they like best, whether online or in a store. By doing this early, you'll avoid long lines at stores and anxiety at home in the days before classes commence.

If your child must wear a uniform, make sure they have what they need before the first day. And don't forget to set up a comfortable home study space if they will be distance learning.

Create a Message Center

Life can be chaotic during the school year with all those online class meetings, sports practices and rehearsals. Create a message center so everyone in the family can keep track of schedules and appointments. You can build a home message center or purchase one that is ready to go.

Stock up on Supplies

Whether you homeschool your child or send them off to a private or public school, there's a good chance they'll need some supplies. Many schools provide a list of everything your child will need. Stock up on pencils, erasers, markers and rulers now so they are ready to go on day one. And keep your school supplies organized so you can find everything when you need them.

Get a Lap Desk

A lap desk is perfect for doing school assignments on the go. It can function as a laptop stand, travel desk, breakfast table, kids study desk and much more. There's also extra storage space under the desktop. And the legs fold in flat, making

these trays easy to store and portable. It's the perfect accessory for your school technology.

Prepare for Morning

Now's the time to prepare for those hectic early mornings. Get in the habit now of making lunches the night before. About two weeks before school starts, have your children go to bed a little earlier each night and wake up to an alarm clock so they're ready for the first day.

Get An Insulated Lunch Box

Back to school also means packing your child's lunch each morning. This insulated lunch box will keep everything cool (or warm) until they're ready to eat.

Make Sure Work is Completed

Was your child assigned school work to complete over the summer? Make sure they've done their reading and any summer homework packets.

Create a Backpack Station

Set up a backpack and coat station. This can be installed in an entryway or mudroom as a designated spot for kids to hang their belongings when they come home each day. It can also help cut down on clutter.

Choose Outfits

Get your kids in the habit of choosing clothes for the week on Sunday. Have your child lay out his or her clothes that they plan to wear the night before. Not only will this make mornings less chaotic, but it may even help cut down on your laundry throughout the week.

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Emerald Ash Borer: What You Can Do?

An estimated 15 percent or more of all urban and community trees in Colorado are ash species susceptible to being killed by EAB. A majority of these trees are on private land.

The most important action homeowners all over Colorado can take now is to determine if they have ash trees. Other actions homeowners can take to help mitigate EAB are outlined below.

Know the Signs of EAB Infestation

Determining an EAB presence is often difficult to the untrained eye. Symptoms include:

- Sparse leaves or branches in the upper part of the tree
- Vertical splits in bark possibly showing S-shaped galleries underneath
- Increased woodpecker activity
- Miniature leaves at the tips of branches late in the summer

Ash Tree Replacement

Ash trees have been widely planted in Colorado, but because EAB is always fatal to untreated ash trees, avoid planting any true ash species (genus Fraxinus). Instead, consider the following recommendations:

- Focus on tree and landscape-plant diversity. No one tree species should comprise more than 10 percent of the planted trees growing in any urban or community setting.
- “Plant ahead” and get new trees in the ground that can someday replace ash trees lost to EAB and the shade and other benefits they provided.
- An ash tree replacement tool, which includes a list of trees suitable for ash replacement, is available on the Colorado Tree Coalition website.

Management Options for Homeowners

While effective insecticides are available to protect ash trees from EAB, other management strategies also exist for dealing with the pest:

- Monitoring trees for the presence of EAB
- Removing and/or replacing ash trees
- Planting new trees preemptively in an effort to get them established before the arrival of EAB

Decisions about how to manage ash trees should take into account the overall health of each tree and its value to the property owner. The closer ash trees are to an area of known infestation, the higher the risk that they will become infested by EAB through natural spread.

Chemical Treatment

Consumers should educate themselves when purchasing chemical products to protect trees against EAB, and talk to a professional forester, extension agent or arborist before applying any treatment. For more information about chemical treatment options, view Insecticide Options for Protecting Ash Trees from Emerald Ash Borer (http://www.emeraldashborer.info/documents/Multistate_EAB_Insecticide_Fact_Sheet.pdf).

Don't Move Firewood!

Never transport hardwood firewood or any other raw wood products from ash trees, as this is the most likely method of accidental spread.

–<https://csfs.colostate.edu/forest-management/eab-what-you-can-do/>

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*I will look for the flowers by the side of the road;
I will laugh and love and be strong.
I will try to lighten another's load this day as I fare along.*
-Mary S. Edgar

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live moderately, cultivate cheerfulness,
and maintain an interest in life.*
-William Londen

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<p>Sundays HIGHLANDS RANCH MAY 7 - OCTOBER 29 HR Town Center 9288 Dorchester St. 10am-2pm or Sellout</p>	<p>Wednesdays LITTLETON JUNE 14 - SEPTEMBER 27 Aspen Grove 7301 S. Santa Fe Dr. 10am-2pm or Sellout</p>

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