



March 2024

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A Publication of the Westgold Meadows Homeowners Association

Denver Restaurant Week

For two decades, VISIT DENVER's Denver Restaurant Week has been serving up a much-anticipated experience for locals and visitors alike to celebrate the city's thriving culinary scene with restaurants now helmed by Michelin-starred and James Beard Award-winning chefs.

Back for our 20th Anniversary!

It's the perfect chance to try out new spots where restaurants offer special menus over the 10-day, two-weekend format. You'll find every type of cuisine such as Colorado grass-fed beef and lamb, international fusions, fresh seafood that's flown in daily, and innovative vegetarian options, spiced up with local ingredients like the famous green chile.

Price Points: There are four price points this year (with both to-go and in-person options): \$25, \$35, \$45 and \$55 for multi-course meals. The tiered pricing structure allows restaurants to provide great deals for diners and a robust representation of Denver's increasingly renowned culinary offerings.

VISIT DENVER's program was originally created to showcase the city's dining scene to local residents over a traditionally slow time of year for the restaurant industry. In its inaugural year, the program had 83 participating restaurants. In 2023, more than 200 restaurants signed up.

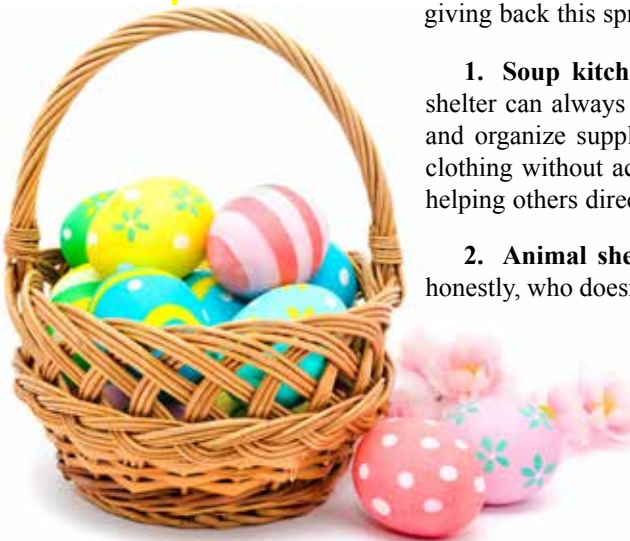
Tables fill up fast during Denver Restaurant Week. Diners are encouraged to make a reservation, try some earlier or later seatings or even Monday, Tuesday or Wednesday options. It's also important to remember to cancel any reservations you don't plan on using so other diners can use it. The delicious menus these restaurants have prepared are also great deals. Be sure to tip your servers generously.

—<https://denverrestaurantweek.com>

5 Ways To Give Back During Spring Break

Spring break is a good time to vacation or binge-watch Netflix, but it's also a great time to give back to your community. Here are just a few ways you can volunteer your time during spring break.

For many students, spring break is about relaxing, partying, or catching up with friends. For others, it's a good time to help out their communities. If you are passionate about helping others but aren't quite sure where to find volunteer opportunities, start locally. Here are just a few places where you can spend time giving back this spring break.



1. Soup kitchen/homeless shelter. Your local homeless shelter can always use people to help prep meals, serve food, and organize supplies. Although you could donate money or clothing without actually going to a shelter, the experience of helping others directly can be very positive and humbling.

2. Animal shelter. If you love puppies and kittens (and honestly, who doesn't?), then you should call your local animal shelter. Many locations ask volunteers to walk the dogs for exercise, help groom the pets to prepare them for adoption, and provide customer service to visitors. Some locations will even allow volunteers to play with the animals to teach them how to socialize well.

3. Hospital. If you are passionate about helping people and have an interest in the medical field, then a hospital would be a great opportunity for you. This is also a good choice for volunteering because there are so many things you can do. If you like working with kids, there is the pediatric unit; if you like a fast-paced environment, then you might enjoy the ER. Contact your local hospital to inquire about volunteer opportunities that match your skills and interests.

4. Coaching. If you're a sports buff who also likes to work with kids, then you could volunteer to help with a team. No matter the sport, children's teams are always in need of coaches or people to help at practices. It's often hard for parents to volunteer for their children's teams due to work and other responsibilities. So both the kids and the parents would appreciate your help. Local YMCA or Boys and Girls Club are good places to investigate.

5. Tutoring. While you're on spring break, there's a good chance the children in your town are on break too. With a whole week off from school, it's easy for them to forget what they just learned (the same goes for college students!). If you happen to be skilled in a certain subject, then you should consider tutoring. You could help children or fellow college students understand any tricky subjects that they're struggling with. Contact the career services office or a local community center to ask about tutoring opportunities. You could also offer to help kids with homework or read to a class if school is in session that week.

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Give Back During Spring Break,

continued from front page

Extra option: volunteering abroad. If you're feeling adventurous and have money saved up, then you should consider volunteering abroad! There are many volunteer opportunities available around the world, such as teaching English, helping with environmental projects, and providing care to children. Some common places to volunteer abroad are Costa Rica, Kenya, India, and Italy. Of course, you can find volunteer opportunities anywhere, including around the United States through Alternative Spring Break. Programs can be found online or through your college. The cost could be included in the price of your tuition, or special scholarships may be available.

—<https://www.collegeexpress.com>



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Community Manager: Karen Culter
kculter@associacolorado.com - 303-962-1636
Assistant Community Manager: Donna Nicholas,
720-257-9272 donna.nicholas@associacolorado.com

Mailing Addresses

Payment Mail Address:

Westgold Meadows Homeowners Association Inc.
c/o Colorado Assoc Services
PO Box 94045, Las Vegas, NV, 89193-4045

Board Meeting Schedule

4th Tuesday of each month
6:00 p.m. at the Cabana, 11656 W. Cross Ave., Littleton or via Zoom

News Articles

The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to the editor at: wgmboardmember5@gmail.com. All articles must be approved by the editor for publication, or as space permits.

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March Garden Calendar

PLANT: Indoors, after March 15th, start seeds under grow lights. Perennials like lupine and delphinium and annuals like cardinal vine, hyacinth bean vine, marigolds, zinnia, nasturtium and many more.

As soon as ground can be worked, till in 1" to 2" of composted cotton burrs or aged manure into your vegetable garden.

Mid-March plant peas and sweet peas directly in the garden, soak the seeds overnight. Lettuce can be planted next, then radishes. Fall-bearing raspberries can be planted mid-March. Some varieties are: Heritage, Fall Gold, Fall Red, September, Pathfinder or Trailblazer.

Garden centers will have small bare root trees and shrubs and bare-root roses on sale to tempt and tantalize you. Go ahead and succumb. These can be planted from now through April. If you're planting in March look for a time when we have predictions of three or four mild, pleasant days. Soak the roots overnight in a bucket to give plants a good start.

Late March fertilize evergreens and deciduous trees.

LAWN: Core aerate the lawn or have it done by a qualified lawn service. Aeration can be done anytime during the growing season, but to get your lawn off to a good start do it in March. Before aeration make sure the soil is moist to get 3" plugs. Leave plugs on the lawn. If you had crabgrass problems last year apply a pre-emergent herbicide. However, once you've applied a pre-emergent you won't be able to put down grass seed. The herbicide will block the seed from taking root.

TOOLS: Get your lawn mower ready. Clean and sharpen the blade, drain gas and oil, and replace the sparkplug. If your hand tools weren't cleaned last fall, do it now.

—By Eileen Tully, Colorado Master Gardener

Sausage Breakfast Casserole

INGREDIENTS

- Butter or nonstick spray
- 1 lb. breakfast sausage
- 1 red bell pepper, chopped
- 4 scallions, chopped, white & green parts divided
- 10 eggs
- 1 1/4 c. heavy cream
- 1 tbsp. dijon mustard
- 2 tsp. hot sauce (optional)
- 1 1/2 tsp. salt
- 1 tsp. black pepper
- 2 c. shredded sharp cheddar cheese, divided
- 1 (30-oz.) pkg of frozen, shredded hash browns, thawed

DIRECTIONS

1. Preheat the oven to 350°F. Grease a 13-by-9-inch (or other 3-quart) baking dish with butter or nonstick spray.

2. Heat a large skillet over med-high heat. Add sausage, breaking it up into small pieces with a wooden spoon. Cook the meat until no pink pieces remain, 6 to 8 minutes. Add the bell pepper and white and light green parts of the scallions, and cook 3 more mins. Transfer mixture to a plate to cool slightly.

3. Meanwhile, in a large bowl, whisk together eggs, heavy cream, mustard, hot sauce, salt, black pepper, and about one-half of the remaining green parts of the scallions. Gently fold 1 1/2 cups of cheese, the hash browns, and the sausage mixture into the egg mixture. Transfer to baking dish and smooth it into an even layer.

4. Cover with aluminum foil and bake for 50 minutes. Remove the foil and top with the remaining 1/2 cup of cheese. Increase the oven temperature to 400°F and finish baking until the center of the casserole is set (not jiggly) and the top is slightly golden, 10 to 15 minutes more. Let rest 10 minutes, top with the remaining green parts of the scallions, then serve.

—<https://www.thepioneerwoman.com/>

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Robyn Wise
Class of 2007 (Alumni, Parent & Staff)

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Insecticides Used To Control Emerald Ash Borer

Quick Facts....

- Emerald ash borer wounds ash trees by tunneling areas under the bark. When wounds become extensive, trees show symptoms of decline and, ultimately, are usually killed.
- Several types of insecticide applications can control emerald ash borer.
- Emerald ash borer insecticides move systemically in plants and are typically applied as either soil drenches, trunk sprays or direct injections into the trunk, depending on product.
- Insecticides can prevent new injuries by emerald ash borer and if damage to the tree caused by the insect is not too advanced, trees can recover when insecticides are used.
- Emerald ash borer (EAB) is a beetle that attacks, and can ultimately kill, ash trees (*Fraxinus* species). This includes species of trees that are very commonly planted in Colorado, particularly green ash and white ash, including the popular cultivar 'Autumn Purple'.
- Trees are damaged when the immature stage of the insect, known as a flatheaded borer, develops in the living tissues (cambium) present just under the bark. The tunneling by the insect reduces the ability of the tree to move water and nutrients, producing a progressive weakening of the plant. As the number of these wounds increase over time effects on tree growth become more apparent. Damage usually begins at the top of the tree, and this may result in a thinning of the leaf canopy, as smaller leaves are produced. Twigs and branches may die and in later stages of an infestation the insect may be found in high numbers in the main trunk.

- Once emerald ash borer has begun to infest a tree the injury it causes will increase over time so that the tree will ultimately be killed, unless treated with insecticides. The length of time it will take from the day a tree is first colonized by emerald ash borer until it will die will normally take several years, but the speed of tree decline will depend on many factors. These include the original health of the tree, weather, and the number of emerald ash borers developing in nearby trees.

Insecticides Used to Control Emerald Ash Borer

Individual trees can be protected from emerald ash borer using certain insecticides. These insecticides can be used preventively, applied when the insect is first detected near the neighborhood. Most of the emerald ash borer insecticides can also be used effectively a couple of years after emerald ash borer has first colonized a tree, when populations of the insect are still low and tree damage is minimal. One of the insecticides, emamectin benzoate, has been demonstrated to often allow tree recovery as a "rescue treatment" even when emerald ash borer injuries have begun to produce as much as a 30 percent reduction visible thinning of the leaf canopy of the ash tree.

Emerald ash borer is controlled by the use of certain systemic-types of insecticides that can be taken into the tree in some manner and will then move to areas where it can kill adults (leaves) or the flatheaded borer larvae (cambium). This is a different approach than is used for many other wood boring insects. Most wood borers, and bark beetles, are controlled

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Insecticides, *continued from page 4*

using preventive insecticide sprays applied to the bark that kill the insects after egg hatch before they enter the tree (Fact Sheet 5.530, Shade Tree Borers). Emerald ash borer is not effectively controlled in this manner, but certain systemic insecticides can be very effective that kill either the adults as they feed on leaves and/or the developing larvae underneath the bark.

There are four active ingredients used to control emerald ash borer: imidacloprid, dinotefuran, emamectin benzoate, and azadirachtin. For more information visit <https://extension.colostate.edu/topic-areas/insects/insecticides-used-to-control-emerald-ash-borer-on-residential-shade-trees-5-626/>

— W.S. Cranshaw



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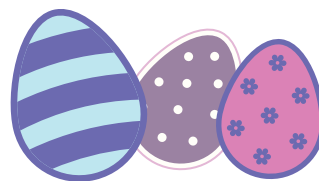
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