

# Village Voice

## West Fork Village

### Knowing our Community

According to Shaunti Feldhahn in her book entitled "For Women Only," men typically (not always but typically) have two (sometimes more) personalities depending on how their personal lives compared to their profession lives. This is most definitely true for West Fork Village resident **Chad Walser**. Chad confesses being very relaxed, laid back and easy going while at home or with family or friends. But on the job, he is authoritative, level headed, analytical, and needing to be on his "A-game" every moment of every day or in his words, "I may not come home at night". Chad chose West Fork Village for the quiet eye appealing neighborhood. This desired location also gives him the opportunity to be "off the beaten path".....away from the stressor of his work. You see, Chad is a Weld County Sheriff's Deputy. He has worked in law enforcement for the past 15 years. As a seasoned law enforcement officer, Deputy Walser spends much of his time recreating traffic accidents. In order to recreate these accidents, mathematical formulas are required. In fact, these formulas are the

key in unlocking the mystery of any traffic accident. He can calculate the speed of a vehicle by skid marks left on the pavement, determine the speed at which your car starts hydroplaning from tire pressure, mathematically prove following too closely, or by the deformation of a vehicle after impact. Deputy Walser may use these calculations three or more times in a 10 hour shift. In the end, his calculations are used to determine cause of the accident for his department as well as for the insurance companies. According to Deputy Walser, at the time of this interview, twenty traffic related deaths have already accrued in Weld County this year....many single car, single occupant accidents! Deputy Walser indicates excessive speed, running red lights/stop signs, and alcohol as the major contributors to Weld County being the deadliest county in Colorado, yearly. His advice: drive the speed limits, pay closer attention (put away cell phones and other distractions) and never drink and drive. One single error in judgment could create a lifetime tragedy that was easily preventable. This easy-going man finds pleasure outside the criminal justice arena by enjoying



outdoors life, playing golf, photography, traveling: especially Jamaica where he and friends enjoyed white sandy beaches and water sports, cooking and flying in his spare time. Flying is a passion for Chad. He confesses being in the air three or four times per month. In fact, becoming an Air Traffic Controller was his first dream but is satisfied with just being "up there" and the variants of his work. Although, Chad feels as though he has two different lives with two different personalities, his hope is with this little glimpse into his life you will see whether he is on the golf course or in his patrol car. He, like the other officers, is dedicated to making Weld County as safe as possible.



### Summer, 2012 Volume 1, Issue 3

#### Inside this issue:

Knowing our community	1
Food for fun	2
Vendor list	2
Wellness Tip	2
Games	3

We still need some of your email addresses. This is so we can easily communicate with you and keep you informed of any changes.

1. Put it into the HOA slot.
2. Give it to the manager.
3. Send an email with your information to

[onsitemanager@westforkvillage.org](mailto:onsitemanager@westforkvillage.org)

Thank you!!



### Newsletter Articles

If you would like to contribute to the "Village Voice" please write it up and put it in the check slot in the mail room or give it to the manager.

## Food for fun

### No-Bake Peanut Butter Cookies

- 1 cup granulated white sugar
- ½ cup brown sugar
- 1 cup white Karo corn syrup
- ½ tsp. salt
- 2 tsp. pure vanilla
- 12oz jar peanut butter (smooth or chunky)
- 5 heaping cups Special K's or similar cereal



### Directions

Measure cereal into a large bowl and set aside.

In a medium saucepan, combine both sugars and white corn syrup, stirring well. Slowly bring to a medium boil stirring until sugars are dissolved (syrup is free from sugar granular).

Remove from heat. Stir in salt, vanilla and peanut butter.

Mix well and pour over the cereal in bowl.

Drop by tablespoons onto wax or parchment paper or press into a greased cookie sheet and cut into squares.

### Variations

(Add to cereal bowl) toasted, flaked coconut, mini-marshmallows, chocolate or peanut butter bits, chopped peanuts, cashews, macadamia or other nuts. Cheerios, Rice Crispies, Cocoa Puffs, Puffed wheat or Rice can be used for all or part of the cereal.

## Vendor Spotlight

With the temperature rising and the continual use of the A/C, here's a couple vendors our neighbors recommend when or if you have troubles:



Vendor Name	Vendor Phone Number	*Rating Comments
Aire Serv.	(970) 356-7072	5 Very pleased with their service
McCreery & Sun	(970) 339-5740	4 Quick response, very knowledgeable
J Ryan Heating & A/C	(970) 381-3682	5 Quick response, courteous, fair price

\*Ratings: 1 (poor)-5 (excellent)

## Wellness Tip

### Easy Ways to Burn More Fat

- **Fight Fat with Fiber.** Research shows that some fibers can increase fat burn by as much as 30%. People who eat the most fiber, gain the least weight. Aim for 25 grams per day.
- **Eat Iron Rich Foods.** Iron is essential for carrying the oxygen your muscles need to burn fat. Low iron means low energy and low metabolism.
- **Get more Vitamin D.** It's essential for preserving muscle tissue. Salmon, tuna, fortified milk, and eggs are good sources.
- **Drink Milk.** Consuming calcium through dairy foods such as fat-free milk and low-fat yogurt may also reduce fat absorption from other foods.
- **Eat Watermelon.** The amino acid arginine in watermelon might promote weight loss. It appears to oxidize fat and glucose. It's also found in seafood, nuts, and seeds.
- **Stay Hydrated.** All your body's chemistry depends on hydration – including metabolism. Your metabolism may drop by 2% when dehydrated.
- **Go Organic when you can.** Researchers report that dieters with the most pollutants in their cells had a greater than normal dip in metabolism when trying to lose weight.



## Guest Suites... There's Always Room for One More!

Do you have out-of-town guest coming for a visit? Book a suite at just \$60 and \$75 a night.

Your visitors will enjoy full access to the Clubhouse facilities including the pool, sauna, fitness room and fireside lounge. Guests will enjoy a complimentary continental breakfast in the Guest Suite breakfast nook every morning of their stay (if booked and requested in advance).

Not only will your visitors love their luxurious accommodations, but you will avoid the headache of deep cleaning your home and navigating extra piles of luggage. Call (970) 378- 7502 to reserve your suite today.

### Guest Suite A The Family Suite

\$75.00/night + tax  
(Sleeps 4).

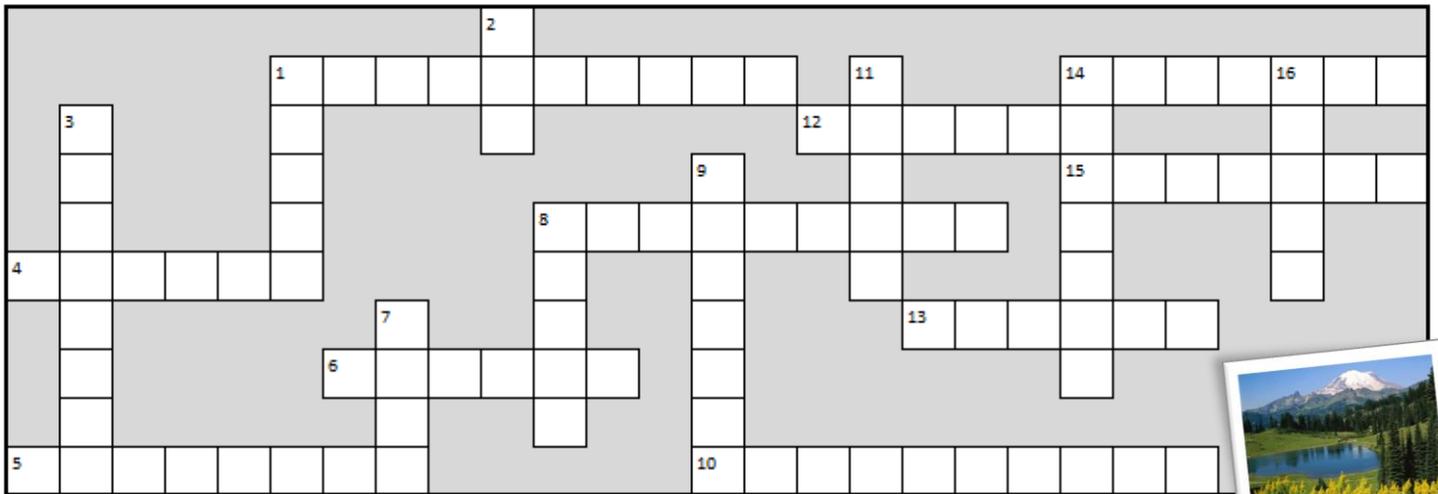
Two queen beds, jetted tub, computer desk, TV, large closet, continental breakfast if requested.

### Guest Suite B The Honeymoon Suite

\$60.00/night + tax  
(Sleeps 2).

One queen bed, jetted tub, TV, continental breakfast if requested.



**VERTICAL**

- 1 \_\_\_\_\_ Peak is a mountain, a fourteener in Colorado. It is located in the central Swatch Range, west of the Mount Belford group, in the Collegiate Peaks Wilderness. It lies in Chaffee County, approximately 18 miles (29 km) northwest of the town of Buena Vista.
- 2 \_\_\_\_\_ Mountain is a set of three peaks in the San Juan Mountains of western Colorado, about 5 miles south of Ouray. The mountains get their name from the reddish iron ore rocks that cover the surface.
- 3 \_\_\_\_\_ Peak is a fourteen thousand foot mountain peak in Colorado. It is located in the Lizard Head Wilderness in the San Miguel Mountains of the San Juan Mountains, in Dolores County approximately 10 miles (16 km) north of Rico. Is one of the more dramatic peaks in Colorado in terms of local relief and steepness. As a result, it is one of the most challenging climbs among Colorado's fourteeners.
- 7 \_\_\_\_\_ Mountain, elevation 13,684 ft (4,171 m), is a summit in the Arapahoe National Forest southeast of Breckenridge, CO.
- 8 \_\_\_\_\_ Mountain is a mountain in the Rocky Mountains of Colorado. One of the foothills of the Elk Mountains, it is located just south of the town of Aspen.
- 9 \_\_\_\_\_ Mountain is a mountain in Jefferson County. Located one mile north of Conifer, Colorado.
- 11 The Battle of \_\_\_\_\_ Mountain was one of the largest civil uprisings in U.S. history and the largest armed rebellion since the American Civil War. The battle ended after approximately one million rounds were fired, and the U.S. Army intervened by presidential order.
- 14 \_\_\_\_\_ Peak is the thirty-second highest mountain in Colorado. It is located in the Elk Mountains in southern Pitkin County west of Aspen, within the Maroon Bells-Snowmass Wilderness. It is notable for its impressive vertical relief, for example it rises 7,000 feet above the town of Redstone, Colorado 8 miles to the west.

**HORIZONTAL**

- 1 \_\_\_\_\_ Mountain is a mountain in the foothills of the Front Range west of the city of Fort Collins, Colorado, from which it is easily visible, and its name involves an animal.
- 4 \_\_\_\_\_ Peak is a 14,017-ft mountain peak in Colorado. It is located in the Lizard Head Wilderness of the Uncompahgre National Forest, in the southern San Juan Mountains. It is the highest point in San Miguel County.
- 5 \_\_\_\_\_ Peak is a mountain peak over 14,000 ft in Colorado. It is located in the San Juan Mountains in Hinsdale County approximately 7 miles (11 km) south west of Lake City.
- 6 \_\_\_\_\_ Mountain is a mountain located in Park County, Colorado.
- 8 \_\_\_\_\_ Peak is a mountain peak in the Front Range. It is located west of Georgetown along the Continental Divide and along the boundary between Clear Creek and Summit counties. Is ranked as the 131st highest peak in Colorado by the most detailed count.
- 10 \_\_\_\_\_ Rock is an intrusive of rhyodacite volcanic plug located at the west border of the Gunnison National Forest, in the Needle Rock Natural Area near Crawford in Colorado. It stands 800 feet tall above the floor of the Smith Fork of the Gunnison River valley. It originated as the throat of a large volcano about 28 million years ago.
- 12 \_\_\_\_\_ Peak is the highest peak of the Sierra Blanca Massif at the southern tip of the Sangre de Cristo Range in Colorado. It is the fourth highest peak of the Rocky Mountains, and the eighth highest peak in the contiguous United States.
- 13 The \_\_\_\_\_ Bells are two peaks in the Elk Mountains, \_\_\_\_\_ Peak and North \_\_\_\_\_ Peak, separated by about a third of a mile. The mountain is on the border between Pitkin County and Gunnison County, Colorado, about 12 miles southwest of Aspen.
- 14 \_\_\_\_\_ Peak is a 13,172 feet (4,015 m) mountain peak in the San Juan Mountains of southern Colorado.
- 15 \_\_\_\_\_ Peak is the 47th highest mountain peak in Colorado, and 78th highest peak in the United States. It is located in the Elk Mountains in southeastern Pitkin County, approximately 12 miles southwest of Aspen.

**Editor:** Rosann Holman  
**Co-editor:** Zulema Ryan

www.westforkvillage.org

Greely, CO 80634

5775 W. 29 St., # 1601

CONDOMINIUMS



Solution for the last puzzle  
(Spring 2012)



Quality	Safe	Village
Attainable	Good	Association
Community	Comfort	Home
Pretty	West Fork	Luxury
Tranquility	Living	Life