

Village Voice

West Fork Village

Knowing our Community

What attracted you to move to West Fork Village?

The Clubhouse with the year around pool was a big draw. However, it was always too cool in both the summer and the winter to swim. The temperature has been great this summer.

Jan

The unique unit design and the clubhouse with year around pool drew me to West Fork. It's the friendly people I've met that have kept me here. I know more people here that any other place I've lived.

Anita

We chose West Fork Village for the location, clubhouse, volleyball, safe neighborhood as well as the unit with attached garage.

Shantae

The atmosphere was in part what drew us to West Fork. Also, safety was a factor along with physical attractiveness. We, also, needed a place that would accept our three dogs.

Maggie & David

I like the pool, hot tub, volleyball court and all my new friends.

Jace

The answer to the question is "**how clean it is.**" The company I work for paid for three months rent for me until I could find exactly where I wanted to live. I drove through West Fork at different times to observe what happens here. What I found was a clean and quiet neighborhood here at West Fork. In fact, I waited to move here until a unit became available. This is where I chose and now choose to live.

Linda



Fall 2012
Volume 1, Issue 4

Inside this issue:

Knowing our community	1
Food for fun	2
Vendor list	2
Wellness Tip	3
Games	4

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.

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

Thank you!!

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).

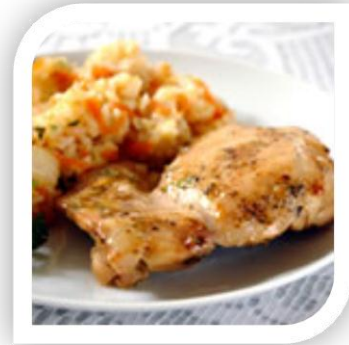
One queen bed, jetted tub, TV, continental breakfast if requested.



Food for fun

Baked Honey Mustard Chicken

- ✓ 6 skinless, boneless chicken breast halves
- ✓ salt and pepper to taste
- ✓ 1/2 cup honey
- ✓ 1/2 cup prepared mustard
- ✓ 1 teaspoon dried basil
- ✓ 1 teaspoon paprika
- ✓ 1/2 teaspoon dried parsley



Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.
3. Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

Prep Time: 15 Minutes
Cook Time: 45 Minutes

Ready In: 1 Hour
Servings: 6

From Allrecipes.com

Vendor Spotlight



With the fall season quickly approaching, we find ourselves inside more working on our computers. We also find ourselves often frustrated with pop-ups, frozen and/or slow moving. If that is you, you will find our Vendor Spotlight very useful. The following are computer services that others in our West Fork Village community have found helpful.

Vendor Name	Vendor Phone Number	*Rating Comments
Greeley Computer Service	(970) 304-1315	4 Thorough; timely
Economical Web Pages	(970) 518-3444	5 Very knowledgeable. Great customer service.

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

If, you have a vendor you'd like to recommend (or advise against), write the vendor name, phone number and a recommendation (or lack of) and place in HOA slot in the mailroom or send email to the onsitemanager@westforkvillage.org. Other possible vendor interests: Movers, Electricians, Window Washer, Carpet Cleaners, Locksmiths etc.

Thanks for your help!

Wellness Tip

YOUR BRAIN ON SUGAR

Researchers point to studies that show that too much sugar (both in the form of natural sucrose and high-fructose corn syrup) not only makes us fat, it also wreaks havoc on our liver, mucks up our metabolism, impairs brain function, and may leave us susceptible to heart disease, diabetes, even cancer.

STRESS EATING For a pick-me-up, you may feel the urge to inhale a bag of M&M's or scarf down a box of cookies. But the impulse goes deeper. To examine the hold sugar can have over us, substance-abuse researchers have performed brain scans on subjects eating something sweet. What they've seen resembles the mind of a drug addict: When tasting sugar, the brain lights up in the same regions as it would in an alcoholic with a bottle of gin. Dopamine—the so-called reward chemical—spikes and reinforces the desire to have more. (Sugar also fuels the calming hormone serotonin.)

THE FIX In times of stress, dieters are more likely to binge, studies conclude. That said, a cookie once in a while (say, twice a week) is fine, but on most days go for oatmeal with brown sugar, suggests Jeffrey Fortuna, Ph.D., a health and behavior lecturer at California State University, Fullerton. The whole grains fill you up and the sweetness is just enough to release serotonin.

INEXPLICABLE WEIGHT GAIN You stay away from burgers and drink diet soda. But sugar—both real and artificial—is the secret saboteur. When the pancreas senses sugar, the body releases insulin, which causes cells in the liver, muscle, and fat tissue to take up glucose from the blood, storing it as glycogen for energy. Eat too much at once, though, and insulin levels spike, then drop. The aftermath? You feel tired, then crave more sustenance to perk up. Faux sugars don't help. "Artificial sweeteners travel to the part of the

brain associated with desire but not to the part responsible for reward," says Dr. Gene-Jack Wang, a researcher at Brookhaven National Laboratory in Upton, New York. Nor do they trigger the release of the satiety hormones that real sugar does, so you're more likely to consume more calories.

THE FIX Feed sweet cravings with fruit (the fiber will help keep insulin in check), and sub in sparkling water for diet soda. If you must indulge, go for a small snack made with real sugar, and eat slowly. Add fruit or yogurt to feel fuller and prevent a crash.



BRAIN FOG Blanking out in the middle of a meeting? Research out of the University of California, Los Angeles, suggests that sugar forms free radicals in the brain's membrane and compromises nerve cells' ability to communicate. This could have repercussions in how well we remember instructions, process ideas, and handle our moods, says Fernando Gomez-Pinilla, Ph.D., author of the UCLA study.

THE FIX Stay under the USDA limit of 10 teaspoons (40 grams) of added sugar a day. Read labels and available nutrition information at chains: A 16-ounce Starbucks vanilla latte and Einstein Bros. bagel will max out your day's allotment! A wiser choice: black coffee and plain yogurt with antioxidant-rich blueberries and walnuts, sweetened with honey.

AGING SKIN Sugar causes premature aging, just as cigarettes and UV rays do. With young skin (generally under 35), when skin support structures collagen and elastin break down from sun or other free-radical exposure, cells repair themselves. But when sugar travels into the skin, its components cause nearby amino acids to form cross-links. These cross-links jam the repair mechanism and, over time, leave you with premature wrinkles.

THE FIX Once cross-links form, they won't unhitch, so keep sugar intake to as close to zero as you can. "It's the enemy," says Dr. William Danby, a dermatologist with Dartmouth Medical School in New Hampshire. Avoid soda and processed pastries and trade sugar packets for cinnamon—it slows down cross-linking, as do cloves, oregano, ginger, and garlic.

A SLUGGISH WORKOUT Muscles need sugar for fuel, so carbs (which break up into glucose, a type of simple sugar) can kick-start your morning jog. But fruit or prepackaged snacks touting "natural sweeteners" contain just fructose, which is metabolized in the liver, not the muscles. The result: bloat, or even the runs.

THE FIX A glucose-packed snack with just 4 to 8 grams of fructose—it'll help increase glucose absorption, says Dr. Richard Johnson, professor of medicine at the University of Colorado, Denver. Try a sports drink like Gatorade or trail mix with dried fruit an hour before your workout.

Editor: Rosann Holman
Co-editor: Zulema Ryan

Games

5		9				8	4
2			3	4		1	9
			9		8		
			7	2		4	
3	1					5	7
		4		3	6		
			2		4		
4	6			9	3		2
9	5					1	3

www.westforkvillage.org

5775 W. 29 St., # 1601
Greeley, CO 80634
CONDOMINIUMS



Solution for the "Colorado Mountains" puzzle. Summer 2012

