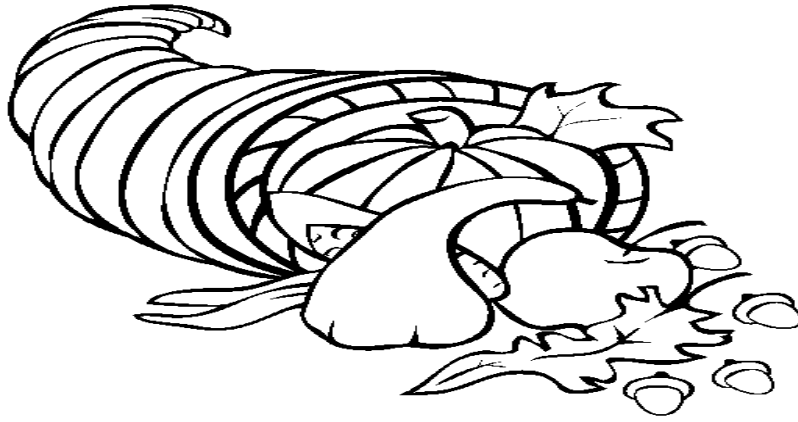




CHEESMAN TOWER WEST

November Fall News

2015

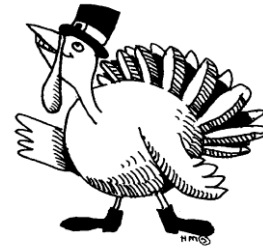
SAVE THIS DATE - ANNUAL MEETING OF THE MEMBERS

FRIDAY, DECEMBER 11, 2015

**6:00 pm in the Cheesman Tower West
Community Room - Notice to Follow**

Recycling Tips - The Finer Points of Recycling Protocol

- If you gather your recyclables in a plastic bag, please do not drop the bag itself into the bin. Most plastic bags are not recyclable. Brown paper bags are recyclable. It is the common plastic bags used by the supermarkets that are not recyclable.
- We are recycling, not composting, please do not put any food or other compostable items in the recycling dumpsters.
- Plastic bottles numbered 1 to 7 (look on the bottom or side of the bottle) are recyclable. Rinsed out plastic food tubs such as those for butter spread, cottage cheese, etc.) are acceptable if they are labeled with the recycling symbol and a number 1 to 7. Unlabeled tubs are not recyclable and should not go into the bins.
- When recycling plastic and glass bottles, please remove the caps and dispose of them in the trash. Bottle caps are not recyclable.
- Batteries, electronics and CFL bulbs are not included in our recycling service with South Waste. Please do not put these items in the bins.



**TIME TO
FALL BACK**

**Sunday
November 1st**



Please make sure that any garbage you throw into the trash chute is properly sealed in a tied-off trash bag. Not only does this reduce odors, it also helps prevent loose trash from sticking to the trash chute. Please don't put overstuffed garbage bags down the chute. It's easy for those bags to get snagged, stuck or to burst.

BOARD OF DIRECTORS

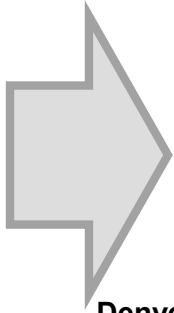
President - Barbara Wagner
Vice President - Doug Beekman
Secretary - Jean Reardon
Treasurer - Donna Bryant
Member at Large - Rita Bastien
Member at Large - Hall Skeen

NEXT MEETING

November 19, 2015
4:00 pm
Cheesman Tower West
Community Room

COMMUNITY CONTACTS

Jean Ronald, CMCA, AMS
Weststar 720-941-9200
Bridget Monk
Ray Arellano
CTW Office 303-832-7454



Denver Free Days November 2015

DENVER ZOO

Monday, November 2, 2015

Friday, November 13, 2015

Thursday, November 19, 2015

Denver Museum of Miniatures, Dolls and Toys

Tuesday, November 3, 2015

Free from 4 - 8 pm

Denver Botanic Gardens at Chatfield

Tuesday, November 3, 2015

Denver Art Museum

and Museum of Contemporary Art Denver

Saturday, November 7, 2015 – Enrichment.

Denver Nature & Science Museum

Monday, November 9, 2015

Amazing hands on museum for the kids.

Fee remains for IMAX films and Planetarium shows.

Denver Botanic Gardens

Friday and Saturday, November 13th and 14th

Holiday Sale

Please Remember the Plumbing, Not the Plumber, this November!

Are you preparing the Thanksgiving Feast this year? Even if the grand meal is being catered, please remember some of these tips to avoid calling in a plumber for the holiday.

- Do not throw potato peels down the garage disposal when preparing the mash potatoes or other potato recipes.
- No grease or gravy down the drain.
- Wrap up your food cuttings, bits and pieces and place these in the trash.
- Our plumbing can become overwhelmed with the extra cooking and added guests. It's a good time to remember the plumbing.



COMMUNITY MANAGER
Jean Ronald CMCA, AMS
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Denver, CO 80224
Tel: 720-941-9200 fax: 720-941-9202

A Little Magic in Our Lives

Most of us already know that a teaspoon of baking soda in the batter will make the muffins rise, but who knew that a pinch of it mixed with scrambled eggs will make them fluffier or added to water will make steamed vegetables stay green?

Aside from cooking, however, everyone knows that an open box of baking soda in the fridge will absorb strong odors. But did you know that baking soda in the bath water can relieve itchy skin caused by bug bites or poison ivy? And that pouring a cup of baking soda followed by a cup of hot vinegar down a stopped up drain will unclog it? Baking soda also can be used to polish tarnished silver, remove rust stains, extinguish a grease fire, and freshen toothbrushes and clean dishwashers and coffee makers. Add it to kitty litter and the laundry to help freshen and deodorize. Sprinkle baking soda on a wet sponge to scrub residue off a cast-iron skillet. A dusting of it around pet food bowls will keep ants away.

A couple of cautions about baking soda, though: Its magic powers fade with time, so check the expiration date on the box. Most important, don't mix it with other cleaning products. The chemical reaction could be toxic.

Holiday Safety - Anytime Safety

- Be careful when tossing personal information (bills, credit card receipts, bank statements, healthcare information, etc.) into the trash. Shred these items to avoid identity theft.
- Do not leave packages, valuables in your vehicle and do not leave your vehicle unlocked.
- If you plan to be away, advise friends and family.
- With the cold weather there is always ice and snow. Slow your pace and take care always.

