

TO YOUR NEW HOME

Welcome Home

Winter 2019

Denver

HELPING YOU SETTLE IN AFTER YOUR MOVE

**NEWCOMER AND
COMMUNITY
Information**

**HELPFUL
TIPS**
*Decorating,
Remodeling,
Painting and
Organizing
Your New
Home*

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WHERE COLOR COMES FROM.

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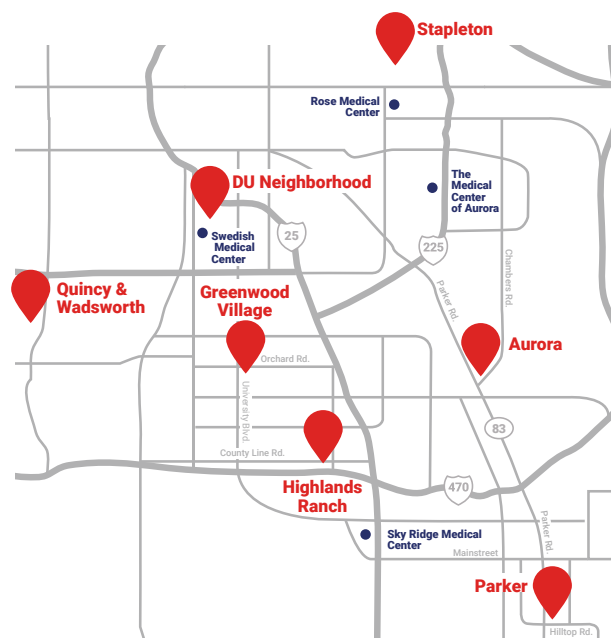
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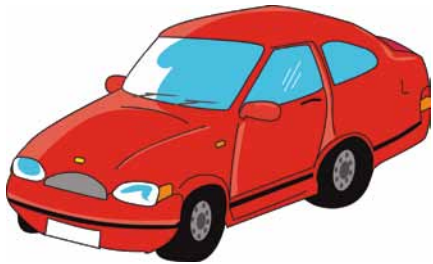


After The Move Checklist



Things to do when the movers leave

Now that the movers have come and gone, you can congratulate yourself on a job well done. You know how much planning and organization went into making it all happen and you deserve a chance to sit and relax. But don't throw away that checklist just yet. There are still plenty of things to do before you can completely be settled. Here are a few important things to do besides unpacking.



✓ You will need to update your driver's license and get new tags and plates for your cars. Check with your local Division of Motor Vehicles for more details, or refer to our Newcomer and Community Information inside this magazine.

✓ Be sure that the post office is going to forward your mail to your new address. You can do this online, or you can fill out a form at your local post office and maybe even meet some new neighbors while standing in line!



✓ Make sure all of your insurance policies are up to date. You may need new policies for your house, auto and health, particularly if you have moved to a new state.

✓ A great way to learn about your new community is to order a subscription to the local newspaper. Many even offer discounts for new subscribers and they often have local neighborhood editions inserted weekly. This is a great way

to learn the ins and outs of your new neighborhood.

✓ Search out new health professionals such as doctors, dentists, and even vets. These are things you will want to have in place before any emergency pops up. Neighbors and co-workers are always a good referral source for these types of services.

✓ Most likely you will need to register to vote. Even if you have just moved from one county to another within the same state, most states will require that you register in your new county. For more information, you can refer to our Newcomer and Community Information inside this magazine.



✓ Make a visit to the neighborhood bank or credit union to set up new accounts, have money transferred, get credit and debit cards, and order those checks with your new address.

✓ Visit your local library and get a library card. The kids can even get their own with their new address on it! The local library is another great place to meet other families in your new neighborhood.

✓ Visit your neighborhood schools and get your children enrolled as soon as possible. You may also want to consider enrolling them in an online or charter school, as most states offer this type of education at no cost because it is a public school. Either way, the sooner you get your children enrolled and involved in the community, the faster they will adapt to their new environment.



✓ Find a place in your new home to keep all your receipts and documents related to your move all in one file. You will need to know where everything is in the event you need to make an insurance claim with the movers or when you file your income taxes the next spring.

✓ Keep in mind that your insurance policies may have a limited time that you can file a claim regarding items damaged during your move. You should run a check of all your electronics and major appliances to make sure they have survived the move and are in good working order. These are most likely all items that would be expensive to replace, so you should make sure they are all working as soon as you can.

Remember that moving is the third most stressful life event, according to the Employee Relocation Council. Settling in will be a gradual process, but your patience will be rewarded in the long run.

The quicker you can cross these things off your checklist, the sooner you can begin to relax and truly enjoy your new home and community.



WELCOME HOME OF DENVER



WINTER 2019-20

After the Move Checklist 3

The quicker you can cross these things off your checklist, the sooner you can begin to relax and truly enjoy your new home.

Will Your Remodeling Project Pay Off? 6

Find out if your remodeling project makes sense for you.

Love Your New Home, But Hate Your Doors? 7

Updating the look of your interior doors is one of the best whole home improvement projects you can make.

Security Tips for New Homeowners 8

12 tips to stay safe and protect your investment.

12 Reasons Why Top Quality Paint is Worth the Money 11

Here are some painting tips from the Paint Quality Institute.

Decorating a Large Wall Space 14

American Furniture Warehouse shares 3 design strategies designers use to create a beautiful and unique design in a large space.

Organize Your Kitchen, Bathroom, Pantry & More! 15

Roll'em Out Shelves can help you organize your new home in 4 easy steps!

Making One Room into Two – With a Murphy Bed 17

Find out how a Murphy Bed makes better use of the space in your new home.

Quality Health Care Resources for Your Entire Family 20

Denver area HealthONE physicians offer advice while helping with all aspects of your family's health needs.

Newcomer and Community Information 23

We have done all the research to help you settle into your new community.

Winter Adventure Awaits at Colorado's State Parks 31

Colorado's 41 state parks offer excellent opportunities for winter activities, including snowshoeing and cross-country skiing.

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Think
Green!



As you enjoy the information and advertising offers in **Welcome Home of Denver** to help with your move, keep in mind we make a concerted effort to bring this to you in an environmentally responsible way.

This starts with the paper we use for this edition. The wood fiber to make the paper comes from sustainable forests. For every tree harvested to make this paper, a new tree is grown. In addition, this has been independently certified to the Forest Stewardship Council (FSC) standard.

The printer we utilize also has many initiatives and programs including certifications with Forest Stewardship Council (FSC) Rainforest Alliance (RAC) and Partnership for a Clean Environment (PACE). What's more, the printer uses soy base inks as well as direct-to-plate imaging and digital proofing, which saves film, chemicals and energy.

We provide just this one copy of the magazine for your use. Please go to our website for future issues at www.welcomهومemag.com. This way you can view future quarterly editions, including advertiser offers and coupons.

We hope you enjoy the magazine and remember to please recycle. Visit www.earth911.com for recycling information.



Welcome Home of Denver



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Will Your Remodeling Project PAY OFF?

There are financial factors to consider before you choose a home improvement project and smart homeowners will consider resale value before making a major remodeling investment. Each year REMODELING magazine publishes a study that can help homeowners determine the return on investment for their home improvement projects.

This Cost vs. Value Report contrasts the cost of home improvements with their recouped value if the house is sold today. They compare construction costs for several projects, with estimates of the projects' value in a current market resale scenario. Real estate professionals in residential markets across the country provided return-on-investment estimates.

Landscaping and fresh paint may lure house hunters inside, but once in the door, buyers of existing homes look for functionality, durability, and convenience. That's why it's so important for a resale to be modernized.

Kitchens and baths are among the most popular home improvement projects, which can drive the return on investment. Reports often show that many remodeling dollars are spent



Reports often show that many remodeling dollars are spent within the first two years of move in.

within the first two years of move in. Under those circumstances repair and replacement projects such as windows or siding may get first attention if they require maintenance. As the housing stock ages, and existing homes continue to sell more than 6 million units a year, those projects may see an increased return on investment. To perform as an amenity, your home's improvement projects should complement and match the style of the existing property.

The resale value of each project is an estimate based on a current market resale scenario. This can be misleading because many newly remodeled homes are not put on the market so soon.

Smart homeowners will ask many questions before starting any remodel or home

improvement project. Get advice from both realtors and contractors to decide which home improvement projects make sense for your special circumstances and to insure you get the greatest return on your investment.

Information provided by "Remodeling 2019 Cost vs. Value Report." Complete data from this report can be downloaded free at www.cost-vs-value.com.

HOW DOES REMODELING PAY OFF?

(cost recouped, for resale now national average)

Garage Door Replacement	97.5%
Manufactured Stone Veneer	94.9%
Minor Kitchen Remodel	80.5%
Deck Addition (Wood)	75.6%
Siding Replacement (Vinyl)	75.6%
Entry Door Replacement (Steel)	74.9%
Window Replacement (Vinyl)	73.4%
Window Replacement (Wood)	70.8%
Deck Addition (Composite)	69.1%
Roofing Replacement (Asphalt)	68.2%
Bathroom Remodel	67.2%
Universal Design Bathroom	62.5%
Major Kitchen Remodel	62.1%
Bathroom Addition	60.6%
Master Suite Addition	59.4%
Backyard Patio	55.2%

Love Your New Home, But Hate Your Doors?

What to do about those ugly old doors? Or those new cheap doors that were installed to sell the house?

You could paint your old doors.

Imagine the time to repair, patch, sand, prep and paint each door. Not to mention creating a space and process to paint the average 15-20 doors. Even for professionals, it's a challenge and can take weeks to complete. And when the project is completed, you have paint on the same old tired doors without much return on your investment of time and money.

What about Pre-hung doors?

You could correctly measure, select style and weight, purchase "kit", get "kit" home, unpack "kit". Now remove old trim and jamb without damaging drywall, paint or flooring. Next fit and align the door/jamb, trim/shim to level, securely jamb into door frame, test, adjust and clean up. And on to finish carpentry and the puzzle that is replacing trim and baseboards! Prep, prime and paint. It's a lot of time, effort and money.

Or, replace all your doors in One Day with no construction mess.

"Having a nice house with ugly doors is like having a nice outfit with ugly shoes! We couldn't be happier with the service." — Maggie M. April 2019

Schedule your Free in-home consultation and Showroom visit.

At your home, they will inventory and measure your door sizes to prepare your project scope.

Next, you visit the showroom to design your project – Select styles, colors, weights, materials, hardware and product configurations. They'll explain their unique process, answer questions and provide an estimate.

Your doors are digitally measured!

Here's where the magic starts. A measure technician will use patented digital measurement technology to scan each of your doorways' unique dimensions, recording points with accuracy within 1/1000th of an inch. Like fingerprints, no two door openings are alike. This precision mapping technology ensures a great fit every time.

Your doors are Factory Milled and Painted.

Your measurements are then sent to One Day Doors' factory to custom cut each door with robotic automation. Next your doors are professionally painted and flash-dried by a laser controlled infrared oven, providing a finish that lasts 5X longer than residential paint finish.

It's Installation Time!

Installers are in and out in less than one day. No mess, no fuss. Every door of your home is replaced in less time and typically costs 30% to 50% less than hiring a contractor.

Transform your home with today's best whole home improvement, quickly, easily and affordably.

Call Kathleen and Will Bigler at Denver Doors and Closets, the family owned dealer of One Day Doors & Closets in Denver at 303-500-6703. And visit www.onedaycolorado.com to watch a video and see for yourself how the process works!

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Security Tips for New Homeowners

12 Tips to Stay Safe and Protect Your Investment.

1 Change the locks. There is no telling how many people have a key to the locks on your house – no matter what your realtor says. You should also consider installing deadbolt locks or charlie-bars for additional safety.

2 Don't leave moving boxes on the curb. Leaving these items in plain sight will alert burglars that you've just completed a stressful move, and may not be paying close attention to home security.

3 Be careful when disposing of product packaging. You do not want to advertise recent purchases for your new home.

4 Secure your windows. The second most common entrance for burglars is a window. This includes second story windows that may have access from a garage, roof, or a tree with a strong branch.

5 Trim your trees and shrubs. Overgrown landscape can provide access to second floor windows or create hiding places.

6 Do not store ladders or trash cans outside. They can be used to provide easy access to second floor windows or scale fences.

7 Make friends with the neighbors. Forming relationships with your new neighbors can be beneficial in many ways. You can keep an eye on each other's houses during vacations and learn about neighborhood watch programs.

8 Hang sheer curtains, blinds or other window treatments. This will keep people from the outside looking in and checking out any new electronics or valuable items you may have purchased for your new home.

9 Never hide a key outside. Burglars know all of the good hiding places.

10 Upgrade your smoke alarms and carbon monoxide detectors. Start fresh with new batteries and test them to make sure they work.

11 Install security lighting. A bright, well-lit home is a burglar's worst nightmare. Security lighting around your home will deter anyone looking for a place to hide while they break in. Replace burnt out porch lights and install motion lights.

12 Install a home security system. A home security system with professional monitoring will provide your home with a layer of protection that can't be duplicated. According to the Electronic Security Association Inc, homes that don't have alarm systems are three times more likely to be burglarized than those that do. You can also save money on your homeowners' insurance by equipping your home with a security system.

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Yes, You Can Join a Credit Union!

It used to be that a person could only open an account at a credit union because they or a family member was employed by a certain company, or they worked for the government. That has changed because now just about

Here are the top reasons to join a credit union.

5

anyone will find they are eligible to join a credit union.

As you begin to settle into your new community and wade through the numerous options available, you just may find that credit union membership is the answer to all your financial needs.

1. Better interest rates and lower fees.

Credit unions are usually able to offer their members better interest rates and lower fees. When you're getting better interest rates and paying lower fees, you get to keep and save more of YOUR money, helping you take-charge of your financial life.

2. Full line of products and services.

Most credit unions can give you the same services as a bank—like checking, savings, investment funds, mortgage loans, car loans and even school loans—and credit unions will offer online financial services and bilingual capabilities as well.

3. Convenient.

Credit unions are financial cooperatives, and that means they cooperate—with their members and with other credit unions. Through that cooperation, credit unions have one of the largest ATM networks in the U.S. Credit union members have convenient access to 25,000 surcharge-free ATMs in the U.S., 800,000 ATMs worldwide and more than 2,300 lobby locations in the U.S. and even some foreign countries.

4. Member-owned.

Credit unions are owned by their members and they operate to make profits for each individual, no matter how big or small their account balance.

5. Expertise.

Credit unions know what they're doing. They have the expertise and will give you the personal attention you need to help you make important financial decisions that will benefit your bottom line, not theirs. Credit unions treat you like the boss, because at a credit union you're not just a customer you're an owner.

Check out the credit unions in your community and discover why they rank high in customer satisfaction surveys. Also, check out Westerra Credit Union, page 5.

Protect Your Finances and Your Home With these Post-Move Steps

Buying a home is the largest purchase most people will ever make. In order to protect your finances and your largest financial investment, there are certain post-move steps you might want to consider.

Review your will or trust

A good post-move step is to review your will or trust to make sure that your home is a part of those documents. You will need to make sure that this paperwork includes your new home and that your beneficiaries are updated.

Purchase or adjust your life insurance policy

Whether you are a first-time homebuyer or have a house with a larger mortgage than before, you may want to purchase or increase your life insurance coverage. One way to determine how much life insurance you might need is to make sure it includes coverage for 10 years of income, plus any large debts like your mortgage.

Drop your PMI (Private Mortgage Insurance)

PMI may have been required if you purchased your home with less than 20 percent down. This is an extra payment every month that protects the mortgage lender if you were ever to stop making payments on your home loan. This is money you will never recoup and becomes an even worse negative if the value of your home ever decreases. To remove PMI,



you must have at least 20% equity in your home. You may ask the lender to cancel PMI when you have paid down the mortgage balance to 80% of your home's original appraised value.

Get a Home Warranty

If you didn't get a home warranty as part of the purchase process, you might want to consider getting one now. This will help protect you from the unexpected costs of a major home repair or replacement of major appliances as well as your home's heating and air conditioning systems. You can still get one after you move in, as long as no issues have presented themselves yet. If you don't purchase a home warranty, you should at least work at building up your emergency savings to cover the costs of an unexpected "surprise" so that you don't end up in a financial bind trying to cover the cost of repairs on your own.

Paint project done.

Now, the easy part.

RECYCLE YOUR PAINT

Paint manufacturers created PaintCare to provide convenient places to recycle leftover paint, such as paint retail stores. With 174 drop-off locations throughout Colorado, it's easier than ever to finish the job in an environmentally responsible way. Recycling your paint is free, and PaintCare drop-off sites are conveniently located.

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12 Reasons Why Top Quality Paint Is Worth the Money

If you want to change the appearance of your new home's interior, there is no easier way to update your space than with a fresh coat of paint. But, if you're tempted to save a few dollars by trading down to a lower quality interior paint, it's important to know what you're giving up in the process. Here are 12 reasons top quality 100% acrylic latex interior paints are worth the money:

- **Better adhesion.** The superior "binder" in these paints helps them grip any surface.
- **Better hiding capability.** Top quality paints can often conceal the color below in fewer coats, saving the time and money needed to apply additional coats of paint.
- **Better spatter resistance.** These paints are less likely to throw off flecks of paint while you're applying them.
- **Better flow and leveling.** Top quality paints go on evenly; brush and roller marks tend to flow out and become unnoticeable.
- **Better touch-up.** If you have to touch up your paint job at a later date, it won't be noticeable when using a top quality paint.
- **Better stain resistance.** These paints tend to keep dirt and grime from sinking in, making for easy cleaning.
- **Better scrub resistance.** Even if you have to scrub hard to remove a stubborn stain, top quality paint is tough enough to take the scrubbing without damaging the surface of the paint.
- **Better burnish resistance.** Lower quality paints get shiny when they're scrubbed; top quality paints have less of a tendency to do so.
- **Better block resistance.** Ever notice how it's hard to open a window after it's been painted? Top quality paints are less susceptible to sticking.
- **Better print resistance.** Windowsills and other face-up surfaces can be imprinted when objects are placed on them. When painting horizontal surfaces, use of a top quality paint in an eggshell (rather than a glossier) sheen will minimize this problem.

- **Better mildew resistance.** If you don't like mildew, don't compromise on paint quality.
- **Better fade resistance.** You'll probably sweat bullets choosing just the right paint color. Make sure your color lasts by using a fade-resistant top quality 100% acrylic latex interior paint.

For more information and painting tips, visit www.paintquality.com



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Choosing a Gas Log Fireplace

As you sit back and start to think about your new property and what kind of extras might be a good investment as well as adding comfort for your family, you may want to take a look at your fireplace.

If your new house has a fireplace, you need to make sure it is in good working order. Then you may want to consider changing to gas logs or installing a gas insert to update your fireplace. These are popular options

and will increase the property value by more than the amount it will take to add one of them. Both types of units are available for natural gas or propane.

When shopping for Gas Logs or a Gas Insert you will need to have an operable wood burning fireplace. The new gas appliance will be installed into the existing fireplace. Your decision will come down to several factors including looks vs. efficiency. Gas logs are decorative and burn with glass



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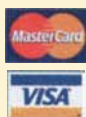
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doors open. An Insert has a blower to produce heat and is burned with the sealed door closed. The insert is designed to heat the room.

Gas logs have a realistic-looking yellow flame. For this, you will need a chimney that is in good working order so that the carbon monoxide gas is vented to the outside. These logs will simulate a wood-burning fire and are more decorative than the insert.

“These are popular options and will increase the property value by more than the amount it will take to add one of them.”

The Gas Insert will not give you that roaring fire effect and the flame will not be as high as you would have with the vented logs. This type of gas log burns with a hot blue flame that is designed with two flue liners. One liner will bring in fresh air; the other liner will exhaust the combustion gases. The insert will be 70% to 80% efficient. The Gas Insert is perfect for a room that needs more heat or has cold air coming down the chimney.

A natural gas pipe must be installed to the fireplace for the new gas appliance and can usually be added to the existing natural gas pipe system in the house. It is important to use a licensed company for this installation.

Consider installing carbon monoxide detectors if the house has any type of gas or wood burning fireplace.

Sleep Better in Your New Home!

Hopefully you are feeling relaxed and satisfied with your decision to buy a new home. You did everything right. You found the perfect home in a top-rated neighborhood. You researched the realtor and secured a great deal on your mortgage. No regrets because you did your homework. The moving stress is behind you and you're finally sleeping well and waking up refreshed, right?

Still not sleeping well?

Unfortunately, if you had sleep problems before the move and haven't changed mattresses, there's a good chance that you're still having trouble sleeping. Now is the perfect time to put a good night's sleep at the top of your agenda!

There is good news and expert advice waiting for you at any of the Denver area SleepNation stores. Sean Sutton and his wife, Nyssa, opened up their first store in Park Meadows in 2011. Since then they have added 4 additional stores, including a brand new location in Littleton.

No matter where you have moved in the Denver area – there is a SleepNation store in your new neighborhood!

SleepNation is one of the only locally-owned mattress companies in Colorado. "We are local and reasonably priced," said Sutton. "We study sleep, not sales. We have a non-aggressive style and are not pushy. We saw the need for a niche product in this industry. All of our beds are plant based. Typically ECO-Friendly means expensive, but not here!"

Sean and his team fully understand how important sleep is to you. They believe that the best mattresses don't have to bust your budget either. Their inventory is full of extensive variety of unique, affordable mattresses that provide healthy sleep for any budget. And with production conveniently located in Denver, they don't have to pay any shipping fees on top of the product cost, and they use this to pass savings onto their customers.



People Love Us On Google & Yelp!

"Great shop. Ken was super helpful and helped me stay within my budget. Great eco friendly and plant based options!"

— Brett B.

"When I arrived in Denver after moving, Sean was in the store to help me. He talked me through some different options and I never once felt pressured or uncomfortable. The customer service in this store is above and beyond anything I found in Chicago — I'm so happy I made the decision to get a mattress after I moved!!!"

— Ashley E

**Better Mattress...
Better Price...
Better Sleep**



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Decorating a Large Wall Space

By Rachel Sellers, Content Writer, American Furniture Warehouse

There's nothing more intimidating than a blank page, except for a large blank wall in your home. It presents endless possibilities, but the freedom can also be overwhelming without the know-how to decorate a large space. Here are three strategies designers use to create a beautiful and unique design in a large space.



Layering

Filling a large space on your wall doesn't require committing to one extra-large piece. Layering multiple decor pieces on a wall is a simple way to make a big visual impact while creating a look that is totally one-of-a-kind (and doesn't come with an extra-large price tag). The layered look is visually intriguing and is a great way to create a focal point in any room.

To create a layered look, start by choosing a large piece of artwork or wall decor, then balance it with the rest of the room. Create a symmetrical look by lining it up with other pieces or features of the room or deliberately offset it for a more contemporary, casual look.

Next, select a few smaller pieces that coordinate with the large piece, like signs, mirrors, clocks, metal wall art, or tapestries with different shapes, sizes, or textures. The chosen pieces should have a color scheme or theme similar to the large artwork to create a cohesive look. Arrange the smaller pieces around your larger piece to complete the look.

Decorative Texture

If the layered look isn't for you, consider adding a large-scale textural feature to your space, like a tapestry, rug, or cowhide. While some may think of rugs and cowhides as floor-only accessories, they're just as beautiful when hung on a wall. They add loads of texture and pattern to a typically textureless space and their larger size makes a big visual impact. Combine a favorite piece of art with a rug, cowhide, or tapestry to add emphasis and make it really pop.

Another great way to add texture to a wall is by incorporating wainscoting or other decorative wood overlays. Wainscoting in particular adds a lot of dimension as well as a sense of elegance to a space thanks to its association with grand Victorian houses.



Gallery Wall

Similar to layering pieces on your wall, creating a gallery wall is another great way to decorate a large space, but with a more focused collection of pieces. It offers a chance to show off a variety of family photos, a collection of artworks, and other personal pieces in a way that is both curated and unique. Because it makes a big impact, a gallery wall is a great choice for a focal area.

The first step in creating a gallery wall is deciding on pieces to include in the wall. Have an overall theme in mind when choosing pieces and be sure to repeat similar colors throughout the pieces to create a look that feels curated instead of chaotic. Don't forget that a gallery wall can also incorporate shelves for displaying prized artifacts and other personal touches.



After choosing pieces, decide on a layout for the gallery wall. Will everything be on a grid? Or will it be a little more freeform? Arrange the pieces on the floor to easily get a sense of how different layouts will look before hanging things. After the layout is decided, go ahead and start hanging.

Decorating a large blank wall doesn't have to be intimidating. Whether the wall is layered with smaller wall decor pieces, embellished with textural features like a rug, or has a curated gallery wall, decorating a large wall provides the opportunity to create a unique space.

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Organizationally challenged?



Now's the time to bring order to your home – and your life

Anyone who has ever moved into a new home knows the giddiness of starting fresh and getting the opportunity to finally get organized!

But all too often, we rush to unpack and then spend weeks, months, if not years, trying to organize and re-organize our stuff.

Don't let this happen to you. Take the time to create a game plan and then follow through. Have a designated place for every item you own BEFORE you unpack one box.

Get started

Hopefully, you already purged unused, broken or unneeded items BEFORE you moved. This not only saves time, money and precious space, it allows you to move into your new home without additional clutter.

Beginning with the kitchen — lay out a plan to store items closest to the area you will use them.

- Place cookware adjacent to the stove while glassware and dishes should be stored near the sink and dishwasher.
- Keep sandwich bags, foil, plastic wrap and parchment paper in one drawer for quick access to pack lunches or wrap up leftovers.

- Use risers or lazy-susans to display spices, canned goods and other pantry items in cupboards to avoid things getting lost in the back.
- Consider a grocery inventory list on the fridge or inside a cupboard to avoid duplicate items.
- If you love to bake, create a special area to house all your baking dishes, mixers, rolling pin, flour, sugar, etc. in one place.
- For fine china and crystal that is not used daily, pack carefully and store elsewhere, such as the basement, garage or a buffet so it doesn't take up precious real estate in your kitchen.

In living areas, seek out furniture that not only is beautiful but functional to help with your storage needs. For example, a trunk that can be filled with blankets and extra pillows can make a great cocktail table. Built-ins can artfully display sentimental items, framed photos, books and plants.

Keep bathrooms clutter-free for easy clean-up. Install medicine cabinets and make full use of cabinetry to store essentials. Stock each bathroom with a mini cleaning kit: surface, glass and toilet bowl cleaners, sponges, paper towels, etc. Stowed in a handled bucket under the sink, this portable kit will make keeping up with daily and weekly cleaning a snap.

Avoid turning your entryway into a dumping ground by installing hooks for coats and backpacks, put out a basket or

boot tray for footwear and have a small table with a beautiful bowl or soap dish to keep keys from getting lost. A nearby wastebasket catches junk mail.

A closet case

One of the most important spaces to organize is in your closets.

- Store outerwear, umbrellas, hats, gloves, scarves in your hallway closet. Don't overstuff it so you have room for visitor's belongings when entertaining. Install hooks inside the door for a tote that you can fill with items going to the dry cleaner. When it's full, just take the tote to your car.
- In your bedroom closets, sort like items together and organize by color BEFORE hanging anything. Use the same hangers – wooden, padded or those velvet-covered slimline ones – for a beautifully cohesive look.
- Keep frequently used items at eye-level.
- No shoe shelves? Store footwear in clear boxes or tape a photo to the outside of each shoebox to save time looking for just the right pair of heels or loafers.
- Optimize your linen closets by storing same-sized sheet sets together in their matching pillowcases. Use tote-able baskets or canvas cubes to store extra tablecloths, napkins and placemats. Another option is hanging cleaned and pressed tablecloths on a skirt or pant hanger in your closet.
- If you have extra closets, store out-of-season clothes there or in long plastic bins under the bed. A well outfitted closet should include shelving, hanging space with varying heights, drawers and/or open storage bins. If your closet falls short, consider investing in a closet organizing system.

So now that you are completely organized, you need to stay that way. Make a habit of putting things away when you're done using them. Each night spend just 10-15 minutes before bed straightening things up, wiping down countertops and returning misplaced items to their rightful home.

Waking up each morning to a clean, orderly home will set a positive tone for the day ahead.

Making One Room into Two – With a Murphy Bed

Downsizing or moving into a new home with a growing family? Have an Airbnb where you need additional, more comfortable beds? A Murphy Bed is a great solution to all of these space challenges. By disappearing into the wall when guests aren't there, it's giving you the office or craft room that you need while still keeping your guests happy with a real bed.

The original Murphy Bed was invented by William Murphy in the early 1900's to solve the need to hide his bed while entertaining in his tiny one room apartment in San Francisco. The Murphy, or Wall Bed, as it is also called, has come a long way since then, with the range of materials and accompanying furniture limited only by your space itself.

WHAT DOES A MURPHY BED LOOK LIKE?

"Although the web is a good place to start, a Murphy Bed is such a visual product that it needs to be seen to understand all the options that are available. That's why we built our 2-story showroom which contains over 30 displays," says Steve Beckmann, the owner of Smart Spaces. Now in its 15th

"Although the web is a good place to start, a Murphy Bed is such a visual product that it needs to be seen to understand all the options that are available."

year, Smart Spaces is unique in that its main focus is on the Murphy Bed with its accompanying furniture such as offices, closets and entertainment centers. Steve estimates that they have designed and built over 4000 beds, ranging from the simple side bed for a basement to cabinetry containing everything from wine bars to secret rooms.

"It generally takes people two or three visits to truly decide what will best work for their space. Our designers have excellent software that help the customer envision how their room can be used. Everything is custom built, and designs can often take weeks to complete with the designers coming out to measure and offer suggestions to modify the plans."

HOW BIG DOES MY SMALL ROOM HAVE TO BE?

The size of the bed depends on the height of the wall where the Murphy

Bed would go. Generally, 90" is needed for a queen and king size bed, while full and twin sizes require 85" in height. If the ceilings are lower, then a side Murphy Bed works equally well and is often used in basements and in narrow rooms where the width is an issue.

Once color, material, mattress and handles are decided, the order goes into production which takes place onsite at the store. (Ask the owners for a peek downstairs to see the beds being made!). The production and install teams are true craftsmen who have been with the company an average of 6 years. A new option available is the Cabinet Murphy Bed, a bed which does not require a wall at all and can be picked up and taken home the same day.

After your bed has been installed, you will wonder why you haven't had one before. In today's world a Murphy Bed goes a long way to make the most of your space.

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Drab to Fab in 3 Easy Steps

Give your old things a new life without busting your budget

How exciting to move into your new home! But when your furniture and accessories are unpacked, it can sometimes feel like it is just the same old stuff in a brand new setting.

Unfortunately a move usually means money will be tight for awhile. So how do you freshen up your new space without breaking the bank?

Follow these three steps to breathe new life into your home, room by room:

STEP 1: Evaluate each space. When you live with items for a long time, it can be easy to overlook furniture that is in disrepair, tattered pillows or accessories that are just plain ugly or boring. Step back and give a more critical scan of the place – as if you are visiting someone else’s home. Does your home’s décor reflect your family’s lifestyle? Is your furniture both functional and attractive? Are you still hanging on to hand-me-down furniture that you have been hauling around for the last 20 years? If something is way past its prime, throw it out or replace it with a new piece that better fits your style. Once you review what you have, edit your stuff. Do you display things that you don’t really care for but were a gift or perhaps you feel obligated to put it out simply because it was expensive? You’re in a new home and deserve a fresh start. Give yourself permission to only live with the things you love and use every day.

STEP 2: Create a “theme” that can unify your entire home. We’re not talking animal prints or country roosters. A theme means finding a common element, such as a fabric, a bold accent color or general palette, which can be incorporated in each room that brings a fashionable cohesiveness to the space. Paint is the top choice for an instant and affordable update. Neutrals are the easiest choice for walls and offer the most flexibility, but they don’t have to be boring. Instead of tan, select “greige” – a beautiful combination of beige and gray that provides a fresh and neutral backdrop for any style of furniture.

If you want to be up to date on the latest paint color trends, take advice from Andrea Magno, Director of Color Marketing and Development at Benjamin Moore. She recently announced First Light 2102-70 as the 2020 color of the year. “This flattering rosy hue represents a new dawn of idealism, design and living. First Light 2102-70 reflects a new definition of the home – a shift in mindset from the material to satisfying the core needs in life: community, comfort, security, self-expression, authenticity and ultimately, optimism.”

STEP 3: Go for it! Starting with the space your family uses most, paint the whole room or consider adding a new hue to just the ceiling. With a fresh backdrop, start experimenting with furniture placement. Moving sofas and chairs away from the walls creates a more intimate setting for conversation and visually makes a room appear larger. Switch things up – how about swapping the living room loveseat with a family room reading chair in your new home? You will be amazed how much difference simply moving your old things around the house makes.

Simple changes = Big impact

- 👉 If you don’t want to commit to painting an entire room, try just one spectacular wall in a rich, fabulous color like dark chocolate, eggplant, bronze or dark orange.
- 👉 Update your lighting, including adding dimmers wherever possible. CFLs are environmentally-friendly and great options to save energy and money.
- 👉 Declutter, declutter, declutter.
- 👉 A fabulous new area rug in the living or dining room can add a shot of energy.
- 👉 Pay special attention to your entryway – as that is the first impression people will get of your space. Make it warm and inviting.
- 👉 Consider slipcovers for an immediate new twist on old furniture.
- 👉 Fresh flowers are always an instant pick-me-up.

Custom Closets – What to Look for, and Where

Mark Lestikow, president of The Closet Factory in Denver encourages new movers to use this as an opportunity to change bad habits and get organized right from the start. “Moving into a new home with newly organized closets adds to the pleasure of a happy experience. I would definitely encourage new movers to organize their closets now, to facilitate settling into their new environment and avoid dissatisfactions that may arise from the honey this doesn’t fit syndrome.”

The following five questions should help you identify the closet, and the closet company right for you.

1. Are there different types of closet systems, or are they all pretty similar? There are two main types of closet units. One is called a wall-hung system, and the other a floor-based system. Ask the closet companies you interview the difference between the two, and which would be most appropriate for your individual needs and expectations.

2. Custom manufactured vs. prebuilt systems? Although most closet companies say they are custom, few truly are. A custom closet, as you would expect, is high in quality, offers more efficient space utilization and often is the best value for your investment.

3. Will I have the opportunity to work with a design consultant or see a showroom with examples of product? Having a trained professional designer come to your home is a nice option because they can take your exact measurements and prepare a personalized design that fits your specific needs.

4. What about installation? It is important to distinguish if the installers are employees or independent contractors. There can be a tremendous difference in the final result if a trained employee installs your custom closet versus an untrained independent.

5. How do I pick the right company? The company you choose to install your custom closet is your key decision. All custom closet companies are not the same. Evaluate how you were treated from the first time you called. Were you able to speak with a knowledgeable person immediately, or at least receive a prompt returned call to your inquiry?

Be sure to get a written guarantee, preferably one that will be in effect as long as you live in the house.

Ask to see a customer list. Call some people on this list. If a company doesn’t do good work, people will not likely recommend them. Enjoy your new home and your closets!



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Put your Type 2 Diabetes into remission

By Dr. Michael Snyder

Half of the U.S. population has diabetes or is at a high risk of it, and the nation's obesity rate is approaching 40 percent. Bariatric surgery offers people struggling with obesity a way to get rid of the weight and diabetes at the same time.

At my practice, I see two types of patients — those with Type 2 diabetes and those with undiagnosed Type 2 diabetes. It's clear that many more people need to be screened. I've also seen firsthand that in the appropriate patient, the surgical treatment of morbid obesity is the essential therapy that can cure a myriad of ills — including diabetes.

A three-phase process

I don't believe every bariatric surgery candidate should have surgery, at least not immediately. I look at it as a three-phase process.

First, it's essential to gather the patients' medical team — their doctor, endocrinologist and dietician — to identify the problem and make a plan.

Someone who is newly diagnosed with Type 2 diabetes should work with a registered dietician nutritionist/diabetes educator to strategize about dietary modifications they can make. It's important to cut down on simple carbs and incorporate nutrient-rich foods. Diet and exercise together can decrease your A1C by 1 percent, which is pretty significant, and also reduce complications related to diabetes, like cardiovascular disease and incident of cardiac death, by 58 percent.

In a few patients, making these changes can be an effective way to manage and control diabetes, however, the stats related to weight loss aren't very good, unfortunately. If your BMI is 35 to 40-plus, your chance of losing weight and keeping it off without surgery is 1 to 3 percent over five years.

If the phase one changes are not effective, and if a patient's BMI is over 35, they have Type 2 diabetes, and their A1C isn't controlled, it's time for phase two. I then bring up bariatric surgery because it's time to investigate rational and safe options and start the preparation for a major life change.

If the patient is an appropriate candidate, phase three is bariatric surgery. It's the most effective way to manage diabetes in a patient who is 100-150 pounds overweight. And keeping your weight off post-bariatric surgery is the most effective way to prevent the reoccurrence of diabetes.

Which bariatric surgery is best for diabetes?

My patients often ask me which type of bariatric surgery is best for people with diabetes. A gastric sleeve and a gastric bypass are the most common procedures performed in the U.S. for these indications. The duodenal switch is the third option to be considered to treat diabetes in patients who have been insulin-dependent for 10 years or more.

Bariatric surgery has been shown to put diabetes into remission. Right after surgery, my patients have their sugars normalize; they don't need to take insulin or oral medications. Eventually, their A1C goes from an 11 to a 5. But I never call it a

cure for diabetes — I call it remission. That's because I don't ever want people to think they're done. Keeping diabetes in remission is something you have to keep up with constantly. I always say that getting married is easy, but staying married is hard work. The same thing applies here. Being successful long term takes work. If you aren't compliant with dietary, behavioral care and follow up, diabetes will come back, and it'll come back worse.

Benefits of bariatric surgery for diabetes

The remission rate for diabetes post-bariatric surgery nationally is around 74 percent two years post-bypass surgery. At my practice, the Denver Center for Bariatric Surgery, the rate is even higher — 79.2 percent remission of Type 2 diabetes at two years.

Having diabetes with morbid obesity is not just annoying; it's going to kill you. There are very few things we can fix, but Type 2 diabetes is something we can fix. Having bariatric surgery, even with its attendant risks, is eight times safer than having morbid obesity and not treating it.

In 2016, new medical guidelines endorsing Bariatric Surgery as a treatment for Type 2 diabetes came out. Yet three years later, many people are surprised when I tell them that bariatric surgery can get rid of their diabetes. In effect, bariatric surgeons are treating about 1 percent of the people who could be helped by bariatric surgery. It's time to get the word out: We are here to help.

Michael Snyder, MD, FACS, FASMBS, is a bariatric surgeon who practices at the Denver Center for Bariatric Surgery. He is the Medical Director of the Bariatric Surgery Program at Rose Medical Center and has performed more than 6,000 bariatric surgical procedures. Visit denverbariatrics.com to learn more.



The four expert surgeons of the Denver Center for Bariatric Surgery pictured L to R: Dr. Frank Chae, Dr. John Weaver, Dr. Michael Snyder, and Dr. Matthew Metz

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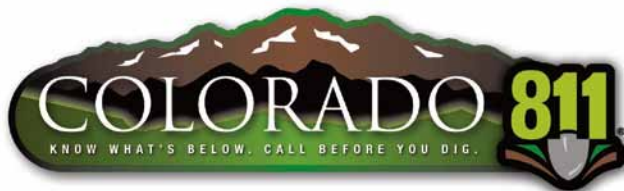
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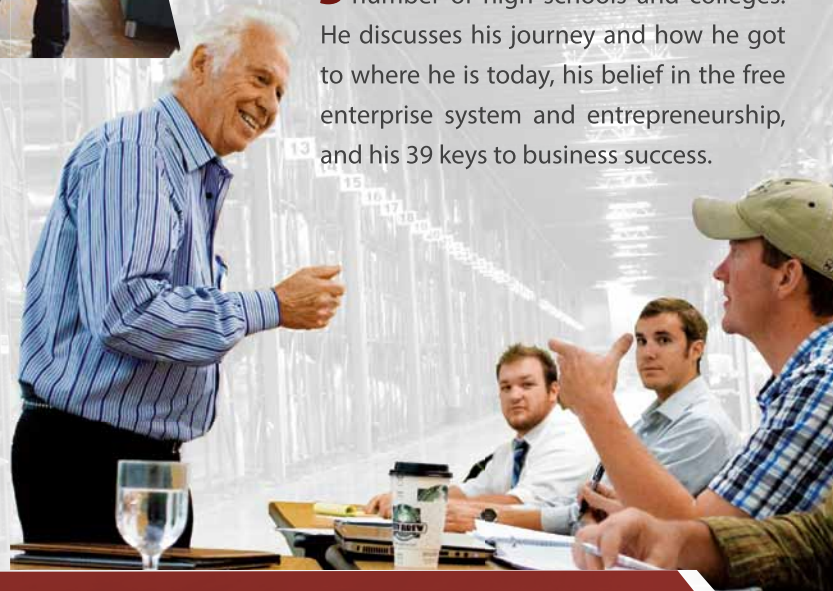
Since 2013, AFW has housed JA Finance Park in our Thornton, Colorado location, which helps students build a foundation for making intelligent personal financial decisions.

Speaking at Schools

Jake gives many talks to students at a number of high schools and colleges. He discusses his journey and how he got to where he is today, his belief in the free enterprise system and entrepreneurship, and his 39 keys to business success.

University of Colorado Denver Business School

In 2013, Jake gifted The Jake Jobs Center for Entrepreneurship (JJCE) at the University of Colorado Denver Business School with \$10 million to help the school expand its entrepreneurship education and research. The JJCE is focused on cross-disciplinary, entrepreneurial concept development as well as graduate and undergraduate entrepreneurial training.



NEWCOMER AND COMMUNITY INFORMATION



Welcome to your new home in the Denver metropolitan area. The following information should be helpful whether you are a newcomer or simply moving within the area. Keep this reference guide in a handy place so you can refer to it often.

The advertisers in this magazine all supply products and services that you may need soon after moving. Many even provide coupons and special offers. If you'd like to request more information from any of our advertisers, please refer to the Free Information Card that is located on page 25 of the magazine.

Colorado.gov

Visit this fact-filled official Colorado web site for any detailed information you may need regarding Colorado laws, drivers licenses, employment, education and much more.

USA.gov

Log on to the official gateway to all government information. As the U.S. government's official web portal, USA.gov makes it easy for the public to get U.S. government information and services on the web.

Ten Digit Dialing

As a newcomer, you need to be aware that Colorado has ten-digit local dialing. It's really very easy. Just remember to dial the area code before the seven-digit local number. Dialing "1" before the ten digits is only needed when placing a long distance call. Keeping this in mind could prevent you from seeing unnecessary long-distance charges on your telephone bill. Remember, too, that you shouldn't dial a "0" when placing a ten-digit local call. Doing so will only route your call directly to a telephone operator.

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Out of state students are not required to obtain Colorado license plates or a Colorado driver license if they have valid plates and a valid license from their home state. Active duty U.S. military personnel and their spouses are also not required to obtain a Colorado driver license if they have a valid license from another state.

A newcomer to Colorado must obtain a Colorado driver license within 30 days after establishing residency. In most cases, if your present license is valid, you will only need to pass a written examination and eye test. For more information call 303-205-5600 or visit colorado.gov/dmv.

Auto Emissions Inspections

Emission testing is required when registering or selling vehicles in the counties of Denver, Boulder, Broomfield, Jefferson, Douglas and partial areas of Adams and Arapahoe counties. Testing can be done at any one of Envirotest's 14 convenient locations, or ask about Rapidscreen Roadside Emissions Testing. For more information on station locations, maps and directions, testing requirements and procedures, company information and job opportunities, visit them on

the web at aircarecolorado.com or call the Air Care Colorado Hotline 303-456-7090 (See ad and article page 29.)

For further questions call the Department of Revenue Emissions at 303-205-5603.

Automobile Registration

To obtain your registration you must register your car in the county where you live and you must bring the following items:

- 1) A valid emissions test and a form DR2087 showing verification of your vehicle I.D. number. Both of these are available from an Emissions Inspection Station.
- 2) Vehicle title and registration.
- 3) Proof of insurance, which must include the year, make, and vehicle identification number (VIN) of the vehicle. Also, be sure to include the policy effective date.

A Colorado State vehicle inspection is required on all vehicles purchased with an out-of-state title. Fees may be paid by check, cash or money order.

You can contact your particular county for further information. Operating hours may vary. Check with each office for details.

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NEWCOMER AND COMMUNITY INFORMATION

Driver's License

Residents can apply for a Colorado driver's license by completing the following requirements:

- 1) Pass all required exams, which may include written, vision and road skills.
- 2) Submit previous license, permit, birth certificate or other document that shows proof of identity and current age.
- 3) Reside at a Colorado residence address and provide proof of legal presence.
- 4) Have your photograph and fingerprints taken.
- 5) Pay the required fee.
- 6) Driver's license available at any one of the following offices in the metro area:

Boulder.....	303-442-3006
Castle Rock.....	303-660-7400
Denver-SW.....	303-937-9507
Denver-NE.....	303-373-0161
Evergreen.....	720-497-1182
Lakewood.....	303-205-5609
Littleton.....	303-795-5954
Northglenn.....	720-929-8636
Parker.....	303-627-0985

 For further assistance regarding driver's license information visit colorado.gov

Automobile Insurance

Under Colorado's tort system you are only required to buy liability coverage to pay for medical bills and property damage that you cause when you are at fault in an accident. You may also choose to buy additional medical coverage to help pay for your own injuries. For more information contact RMIIA.....1-800-355-9524

Road Conditions

For updated road conditions throughout Colorado, call the Road and Weather Information Hotline from the Colorado Department of Transportation (CDOT).....5-1-1

Auto Clubs

AAA Auto Club-Colorado.....303-753-8800

Transportation

Colorado Department of Transportation (CDOT) administers a variety of state and federal programs to complete projects that enhance our comprehensive transportation network. For a complete list and description of programs now in full force, visit www.coloradodot.info/programs.

Denver International Airport

Ground Transportation303-342-4059
 Lost and Found303-342-4062
 RTD's Skyride303-299-6000
 SuperShuttle.....800-BLUE-VAN

Taxi Service

Metro Taxi.....303-333-3333
 Yellow Cab303-777-7777

Train Service

Amtrak - Union Station Info.....303-592-6712

Bus Service

The bus service is provided by Regional Transport District (RTD).....303-299-6000
 Provides local, express and regional bus and light rail service throughout the metropolitan area. Also includes Park-n-Ride locations and offers special services such as Skyride bus service

to Denver International Airport (DIA), Broncos-Ride and RockiesRide.

Commuting Options

A program of The Denver Regional Council of Governments, My Way to Go offers reliable, easy, environmentally-friendly, no-nonsense commuting options to Denver area commuters. They can help you find a carpool, vanpool, transit route, or best paths for biking or walking. Visit their website at www.mywaytogo.org. For more information and free personal assistance, call 303-458-7665 or send an e-mail to: waytogo@drcog.org.

Bicycles:

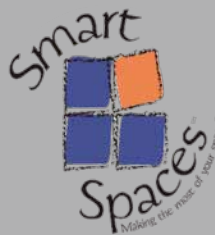
Denver B-cycle and Boulder B-cycle offer over 100 bike stations for you to simply hop on a bike and go!

- **Denver residents:** Call for more information at 303-825-3325 or go to DenverBicycle.com.
- **Boulder residents:** Call for more information at 303-532-4412 or go to BoulderBicycle.com.

Voter Registration

- Voters who move from one county to another in Colorado must re-register to vote in the new county.
- Voters who move within the county must complete a change of address at least 29 days prior to an election.
- Residents can register to vote or change an address at any Driver's License office, City Clerk's office or Motor Vehicle office.

Adams County720-523-6500
 Arapahoe County303-795-4511
 Denver County.....720-865-8683



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 or send a self-addressed envelope to
 Publisher/Welcome Home Magazine of Denver,
 79 Spyglass Drive, Littleton, CO 80123.

Douglas County.....303-660-7444
 Jefferson County.....303-271-8111

Pet Licenses

Dogs and cats living in most of the Denver metro area must be licensed annually and vaccinated against rabies. They must be vaccinated within 30 days, or have been vaccinated within the past 12 months. Most communities have strict leash laws. For more information, call the Animal Control offices in your county.

Adams County 303-288-3294
 Arapahoe County 720-874-6750
 Boulder County 303-441-3626
 Broomfield County..... 303-438-6400
 Denver County..... 303-698-0076
 Douglas County..... 303-660-7529
 Jefferson County..... 303-271-5070



Emergency Numbers

In most areas 9-1-1 will access emergency ambulance, fire or police. Please verify that this is indeed true for your county, as there are some exceptions.

County Sheriffs

Adams County 303-654-1850
 Arapahoe County..... 303-795-4711
 Boulder County 303-441-4444
 Denver Police..... 720-913-2000
 Douglas County 303-660-7505
 Jefferson County 303-277-0211
 Rocky Mountain Poison Center and
 Drug Center 303-739-1123
 Xcel Energy Electric Outage 1-800-895-1999
 Xcel Energy Gas Emergency 1-800-895-2999

Utilities

Gas & Electric: Xcel Energy

24-Hour Emergency

Xcel Energy Electric Outage.. 1-800-895-1999
 Xcel Energy Gas Emergency.. 1-800-895-2999

Residential

24-Hour Customer Service
 and Billing..... 1-800-895-4999
 HomeSmart from Xcel Energy Appliance
 Repair & Replacement..... 1-866-837-9762

NEWCOMER AND COMMUNITY INFORMATION

Business Solutions Centers –
 Customer Service & Billing... 1-800-481-4700
 Other
 Call Before You Dig/Utility Notification
 Center of Colorado 1-800-232-1991
 Web site.....co811.org

Telephone

CenturyLink 800-603-6000
 centurylink.com

Water: The Denver Water Department is the major supplier for the Denver metro area, although there are some exceptions depending upon where you live. For further information on billing and service in your area, contact the Denver Water Customer Service Department.

Customer Care 303-893-2444
 After Hours Emergencies 303-628-6801

U.S. Postal Service

Postal Answer Line 1-800-275-8777
 www.usps.com

Libraries

Arapahoe 303-542-7279
 Aurora 303-739-6600
 Brighton 303-405-3230
 Boulder 303-441-3100
 Denver Public Library, Main 720-865-1111
 Douglas County 303-791-7323
 Englewood 303-762-2560
 Jefferson County 303-235-5275

Credit Unions

Westerra Credit Union 303-321-4209

Free Consumer Guide Smart Energy Living

Learn how to reduce energy consumption, save money and improve Colorado's environment with energy-efficient home improvements from The Colorado Energy Science Center (CESC). To learn more visit energyscience.org

Trash Removal

For customer service questions regarding trash & recycling services in the city and county of Denver (720-913-1311)

Recycling Hotlines

Colorado Energy Office 303-866-2100
 Colorado Department of Public Health
 and Environment (CDPHE) 303-692-2000

Environmental Recycling Hotline: This national hotline provides information on where to recycle waste paper and boxes, glass, scrap metals, plastic, waste oil and tires. It has a database of state recycling programs which lets callers enter their zip code to find recyclers in their area. Visit earth911.com or call 1-800-253-2687

City of Denver 3-1-1 Call Center

Citizens in Denver can now call 3-1-1 as a free service to get answers regarding all city related business including reporting a pothole, purchasing a parking permit, starting a new business or getting a marriage license. Also visit www.denvergov.org.

Dial 2-1-1 For A Community Connection

Colorado 2-1-1 launched in metro Denver and surrounding communities in October 2003. It gives citizens one number to call when they need access to human services such as food bank locations, low cost healthcare for children as well as a direct link to non-emergency help for all kinds of community services. Visit 211colorado.communityos.org

Denver/Boulder Better Business Bureau

The BBB is a membership-based nonprofit organization dedicated to promoting and fostering the highest ethical relationship between businesses and the public through voluntary self-regulation, consumer and business education and service excellence. The BBB offers free information to the community regarding local businesses and charities. Visit denver.bbb.org or telephone 303-758-2100

Chambers of Commerce

For helpful information on schools, cable service, cultural events, community activities, libraries and parks, call your county's Chamber of Commerce.
 Arvada 303-424-0313 arvadachamber.org
 Aurora 303-344-1500 aurorachamber.org
 Boulder 303-442-1044 boulderchamber.com
 Denver 303-534-8500 denverchamber.org
 Golden 303-279-3113 goldenchamber.org
 South Metro Denver 303-795-0142
 (Englewood & Littleton) bestchamber.com



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NEWCOMER AND COMMUNITY INFORMATION

West Metro 303-233-5555 westchamber.org
 Metro North 303-288-1000
 metronorthchamber.com

Volunteer Opportunities

Metro Volunteers 303-282-1234
 metrovolunteers.org
 Boulder County Volunteer
 Connection 303-444-4013
 volunteer.unitedwayfoothills.org
 CareConnect of Boulder County... 303-443-1933
 careconnectbc.org



Schools

Information on the school districts in the seven county Denver metro area may be obtained by contacting:

Colorado Department of Education.....
 303-866-6600 cde.state.co.us

Online Schools

No matter where you live in Colorado, you can enroll your child in an online school of your choice at no cost because it is a public school. For a complete listing of online schools in Colorado, cde.state.co.us/onlinelearning/schools.htm.

Senior Services

American Assn. of Retired Persons
 Colorado State Office..... 866-554-5376
 aarp.org/states/co
 DRCOG Area Agency on Aging 303-455-1000
 drcog.org
 CareConnect of Boulder County... 303-443-1933
 careconnectbc.org
 Innovage. 303-300-6906
 myinnovage.org

Denver Metro Area Hospitals

Aurora - HealthONE - The Medical Center of
 Aurora 303-695-2600
 auramed.com
Aurora - HealthONE - Spalding Rehabilitation
 Hospital 303-367-1166
 spaldingrehab.com
Boulder - Boulder Community
 Health 303-440-2273
 bch.org
Brighton - Platte Valley Medical
 Center 303-659-5800
 pvmc.org

Centennial - HealthONE - Centennial Medical
 Plaza 303-699-3000
 auramed.com
Denver - Centura Health - Porter Adventist
 Hospital..... 303-778-1955
 porterhospital.org
Denver - Centura Health - St. Anthony Central
 Hospital..... 720-321-0000
 stanthonyhosp.org
Denver - Children's Hospital 800-624-6553
 childrenscolorado.org
Denver - HealthONE - Presbyterian/St. Luke's
 Medical Center 303-839-6000
 pslmc.com
Denver - HealthONE - Rocky Mountain
 Hospital for Children 720-754-1000
 rockymountainhospitalforchildren.com
Denver - HealthONE - Rose Medical
 Center 303-320-2121
 rosemed.com
Denver - Denver Health Medical
 Center 303-436-4949
 denverhealth.org
Denver - National Jewish 877-225-5654
 nationaljewish.org
Denver - St. Joseph Hospital 303-812-2000
 sclhealth.org
Denver - University of Colorado
 Hospital..... 720-848-0000
 uchealth.org
Denver - Veterans Affairs Medical
 Center 303-399-8020
 denver.va.gov
Englewood - HealthONE - Swedish Medical
 Center 303-788-5000
 swedishhospital.com
Lafayette - Good Samaritan Medical
 Center 303-689-4000 sclhealth.org
Littleton - Centura Health - Littleton
 Adventist Hospital 303-730-8900
 mylittletonhospital.org
Lone Tree - HealthONE - Sky Ridge
 Medical Center 720-225-1000
 skyridgemedcenter.com
Longmont - Longmont United
 Hospital..... 303-651-5111
 luhcares.org
Louisville - Centura Health - Avista Adventist
 Hospital..... 720-636-9237
 avistahospital.org
Parker - Parker Adventist Hospital 303-269-4000
 parkerhospital.org
Thornton - HealthONE - North Suburban
 Medical Center 303-451-7800
 northsuburban.com
Westminster - Centura Health -
 St. Anthony North Hospital..... 720-627-0000
 stanthonynorth.org
Wheat Ridge - Lutheran Medical
 Center 303-425-4500
 sclhealth.org

Daily Newspapers

There are two daily newspapers in the Denver/Boulder metro area. To order a home subscription call:

The Denver Post..... 303-832-3232
 The Daily Camera..... 303-442-1202

Call Before You Dig

Three working days before you begin any activity that requires digging or excavation, call Colorado 811 for location of underground utilities. This is a free service to you. Statewide 8-1-1

Landscaping Help

For help in finding a landscape contractor, visit the Associated Landscape Contractors of Colorado at alcc.com or call 303-757-5611. An ALCC landscape contractor can help improve your yard with design, planting, repairs, maintenance, water features, xeriscape, decks and patios, fencing, walls and sprinkler systems.



Shopping

Aspen Grove
 Santa Fe & Mineral..... 303-794-0640
 Town Center at Aurora Mall
 14200 E. Alameda 303-344-9764
 Belmar
 464 S. Teller St. 303-742-1520
 Cherry Creek Shopping Center -
 1st & University 303-388-3900
 Cherry Creek North - North of
 Cherry Creek Mall 303-394-2904
 Colorado Mills - Colfax & Indiana
 (near I-70) 303-384-3000
 Denver Pavilions - 16th Street Mall
 between Tremont & Welton St. 303-260-6000
 Flatiron Crossing - Boulder Turnpike & Storage
 Tech/Interlocken Loop..... 720-463-4000
 Larimer Square
 1400 Block of Larimer 303-534-2367
 Outlets at Castle Rock - South of
 Denver on I-25 at Exit 184 303-688-4495
 Outlets at Loveland - North of
 Denver on I-25 at Exit 257B.... 970-663-1916
 Outlets at Silverthorne - West of
 Denver on I-70 at Exit 205 866-746-7686
 Park Meadows Shopping Mall
 C470 & I-25..... 303-792-2533
 Southwest Plaza
 Bowles & Wadsworth..... 303-973-5300
 Tabor Center/16th Street Mall
 16th Mall & Lawrence..... 303-628-1000
 Tamarac Square
 7777 E. Hampden Ave..... 877-225-5337
 The Shops at Northfield Stapleton
 8340 Northfield Blvd..... 303-375-5475
 The Streets at SouthGlenn
 University & Arapahoe..... 303-539-7141

Attractions & Entertainment

Buffalo Bill Memorial Museum &
 Grave 303-526-0744 buffalobill.org
 Butterfly Pavilion and Insect Center
 303-469-5441 butterflies.org
 Children's Museum of Denver..... 303-433-7444
 mychildsmuseum.org
 Colorado Sports Hall of Fame..... 720-258-3888
 coloradosports.org
 Colorado State Capitol 303-866-2604
 colorado.gov/capitol

Best Times to Test

If you follow the tips offered below, you can significantly reduce the amount of time it will take to get a vehicle emissions inspection.

New residents of Colorado's Front Range may be aware that there is a vehicle emissions inspection requirement, but may not be aware that there are better times than others to get an emissions inspection.

Because the Air Care Colorado emissions inspection program is operated on a first-come-first-served basis, it can be difficult to predict how long it will take to get an inspection. However, if you follow the tips offered here, **you can significantly reduce the amount of time it will take to get an inspection.**

Vehicles eight model years and older require an emissions inspection every other year, and vehicles model year 1981 and older require an inspection every year. Vehicles that are less than eight years old are exempt from inspection.

Before a vehicle can be registered in Adams, Arapahoe, Broomfield, Boulder, Denver, Douglas, Jefferson, Larimer and

most of Weld counties, they must first get an emissions inspection and usually a Vehicle Identification Number (VIN) inspection.

Motorists can also find up-to-the-minute information, regarding inspection station wait times and

If you want to avoid waiting at an emissions inspection station:

ALWAYS AVOID...

- the LAST MONDAY of the month
- the LAST DAY of the month
- any DAY AFTER a HOLIDAY

BEST TIMES...

- middle two weeks of the month
- Saturdays

directions to conveniently located stations by calling the Air Care Colorado hotline at 303-456-7090 or visiting www.aircarecolorado.com.

To ensure a quick and easy inspection motorists are also encouraged to ensure that their vehicles are well maintained. This includes regular oil and filter changes, having properly inflated tires and functioning gas caps. If the 'check engine' light is lit, vehicles less than 12 years old will fail the inspection, and if the battery has been recently replaced or disconnected, the vehicle may not be 'ready' for an inspection. This simply means that the vehicle must be driven for a few days to complete one or two drive cycles to reset the On Board Diagnostics (OBD) computer before it can be tested. Find more information at www.aircarecolorado.com.

Air Care stations are open:
8 a.m. to 5:30 p.m. weekdays
8 a.m. to noon on Saturdays

Stations are closed Sundays and all state holidays.

Need an emissions test? visit one of Envirotest's

14 convenient testing locations throughout the Denver-Boulder metro area.

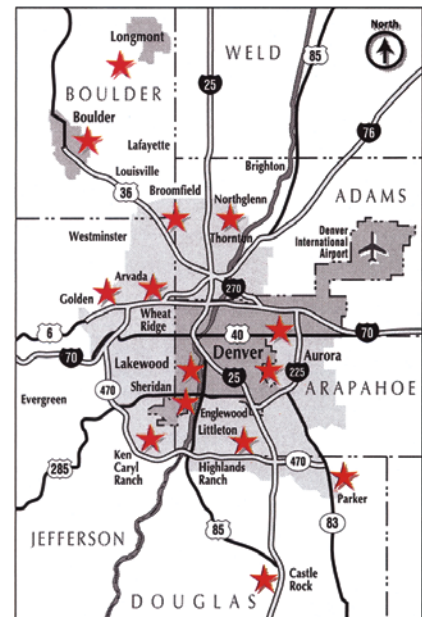
STATION LOCATIONS

★ Arvada	5185 N. Marshall Street	★ Denver Southeast	10190 E. Warren Avenue
★ Aurora	12042 E. 30th Avenue	★ Golden	15335 W. 44th Avenue
★ Boulder	5655 Airport Boulevard	★ Ken Caryl	10727 Centennial Road
★ Broomfield	11609 Teller Street	★ Longmont	4040 Rogers Road
★ Castle Rock	541 Topeka Way	★ Northglenn	1950 E. 112th Avenue
★ County Line	8494 S. Colorado	★ Parker	10199 Park Glenn Way
★ Denver Central	2300 S. Lipan Street	★ Sheridan	2802 W. Mansfield Avenue

FOR MORE INFORMATION ON STATION LOCATIONS, DIRECTIONS, WAIT TIMES AND RAPIDSCREEN ROADSIDE EMISSIONS TESTING, CALL THE



AIR CARE COLORADO HOTLINE
303-456-7090



www.aircarecolorado.com

NEWCOMER AND COMMUNITY INFORMATION

Coors Brewing Company Tours	303-277-2337	coors.com
Denver Art Museum	720-865-5000	denverartmuseum.org
Denver Botanic Gardens	720-865-3500	botanicgardens.org
Denver Coliseum Box Office	720-865-2475	denvercoliseum.com
Denver Firefighters Museum	303-892-1436	denverfirefightersmuseum.org
Denver Museum of Nature & Science	303-370-6000	dmns.org
Denver Zoo	720-337-1400	denverzoo.org
Downtown Aquarium	303-561-4450	aquariumrestaurants.com
Fiddler's Green Amphitheater	303-220-7000	
Four Mile Historic Park	720-865-0800	fourmilepark.org
Gates Planetarium	303-370-6000	dmns.org
History Colorado Center	303-866-3682	historycoloradocenter.org
IMAX Theatre	303-370-6000	dmns.org
Lakeside Amusement Park	303-477-1621	lakesideamusementpark.com
Littleton Historical Museum	303-795-3950	littletongov.org/museum
Molly Brown Museum	303-832-4092	mollybrown.org
National Western Stock Show	303-296-6977	nationalwestern.com
Red Rocks Amphitheater	720-865-2494	redrocksonline.com
Six Flags Elitch Gardens	303-595-4386	elitchgardens.com
Tiny Town Railroad	303-697-6829	tinytownrailroad.com
U.S. Mint	800-872-6488	usmint.gov
WaterWorld	303-427-7873	waterworldcolorado.com

Colorado Breweries

www.colorado.com/colorado-breweries

Arts

Arvada Center for the Arts & Humanities	720-898-7200	arvadacenter.org
Colorado Ballet	303-837-8888	coloradoballet.org
Colorado Creative Industries	303-892-3840	coloradocreativeindustries.org
Colorado Symphony Orchestra	303-623-7876	coloradosymphony.org

Denver Performing Arts Complex	303-893-4100	denvercenter.org
Museum of Contemporary Art	303-298-7554	mcad Denver.org
Opera Colorado	303-778-1500	operacolorado.org

Sports in Denver

For season tickets or information on the following teams and sporting attractions call:

Bandimere Speedway	303-697-6001
Denver Broncos NFL Football	303-649-9000
Colorado Avalanche	303-405-1100
NHL Hockey	
Denver Nuggets	303-405-1100
NBA Basketball	
Colorado Rockies	303-762-5437
Major League Baseball	
The Colorado Rapids	303-825-4625
Major League Soccer	
Colorado Mammoth	303-405-1101
Major League Lacrosse	
Colorado Mountain Club	303-279-3080
Colorado Golf Association	303-366-4653
Colorado Ski Country USA	303-837-0793
Colorado Tennis Association	303-695-4116
University of Colorado Athletic Ticket Office	303-492-8337
University of Denver Athletic Ticket Office	303-871-2336

Golf in Colorado

For a comprehensive online golf course directory go to: golfink.com

Tourism

To receive travel and tourism information for Colorado, call 1-800-COLORADO or visit colorado.com.

Dog Friendly Places in Colorado

Colorado residents love their dogs! Woofalong.com is Colorado's #1 resource for finding dog friendly businesses and activities. Find out which restaurants, breweries, shops, businesses, activities, hikes and trails are available for you and your dog.



Colorado Ski Resorts

Arapahoe Basin	888-272-7246
Aspen Highlands	800-525-6200
Aspen Mountain	800-525-6200
Buttermilk	800-525-6200
Copper Mountain	866-841-2481
Crested Butte	877-547-5143
Eldora	303-440-8700
Howelsen	970-879-8499
Loveland	303-571-5580
Monarch	719-530-5000
Powderhorn	970-268-5700
Purgatory	970-247-9000
Silverton	970-387-5706
Ski Cooper	800-707-6114
Ski Granby Ranch	888-850-4615
Snowmass	800-525-6200
Steamboat	970-879-6111
Sunlight	800-445-7931
Telluride	877-935-5021
Winter Park	970-726-5514
Wolf Creek	800-754-9653

General Information, snow report, free guide www.coloradoski.com

Parks & Recreation Information

For information on Colorado Parks and Wildlife, please visit cpw.state.co.us. There are 41 parks in the state park system—nine in the Denver metro area. They offer fishing, hiking, boating, camping and a subscription offer to *Colorado Outdoors Magazine*.

National Park Service	303-969-2500
U.S. Forest Service	303-275-5350
Rocky Mountain Region	

Hunting & Fishing Licenses

For information on residency requirements and license fees call the Colorado Parks and Wildlife at 303-297-1192 or visit cpw.state.co.us. Licenses can be purchased at any Colorado Parks and Wildlife office or at most sporting goods stores.

Hunting Info Hotline (24 hours) 303-291-7529
Fishing Info Hotline (24 hours) 303-291-7533



Winter Adventure Awaits at Colorado's State Parks

As the snow falls in the Colorado high country, summer hikes and nature walks give way to snowshoeing and cross-country skiing. Colorado's 41 state parks also offer sledding, ice-fishing or cozy stays in our cabins and yurts. Whether you are a seasoned pro, or just getting started, you're sure to have a great time at a nearby state park.

Park staff can provide tips on the best trails and terrain for your choice of activity. Contact the park directly or check conditions on Colorado Parks and Wildlife's web page, cpw.state.co.us, before heading out. Not sure where to go? Try visiting one of these parks:

- ❖ **Golden Gate Canyon State Park:** A variety of snowshoeing and skiing trails are available at Golden Gate Canyon State Park. If you're new to snowshoeing or cross-country skiing, try Reverend's Ridge Campground. The terrain is mostly flat and the unplowed open roadways invite you to learn this great sport.
- ❖ **State Forest State Park:** Begin your trek right from the Moose Visitor Center, where there is a 6-mile groomed trail that runs along the banks of the Michigan River. Other trails in the park offer intermediate and strenuous routes.
- ❖ **Sylvan Lake State Park:** Cross-country skiing and snowshoeing are great ways to enjoy the pristine beauty of Sylvan Lake. Trek around the lake or through the park to experience the winter solitude. Miles of peaceful beauty await you! Snowshoes can be rented at the park's visitor center.
- ❖ **Eleven Mile State Park:** When the snow gets heavy and

makes for difficult ice-skating conditions, switch over to a pair of cross-country skis or snowshoes. The lake surface provides visitors with an excellent opportunity to stay fit during the winter months.

- ❖ **Vega State Park:** This state park offers a great snowshoe trail around the lake and easy access to groomed snowmobile trails on the national forest. Make it a weekend and rent one of five cozy cabins.
- ❖ **Pearl Lake State Park:** Being off the beaten path, Pearl Lake gets plenty of snowfall each winter and is an excellent place to hop on your skis or snowshoes and go. Try something different this winter. Make a reservation to stay in a yurt and ski right from your front door.

- ❖ **Mancos State Park:** Embark on the 5.5 miles of non-motorized trails inside the park, or connect to miles of Forest Service trails.

- ❖ **Steamboat Lake State Park:** The park is popular to explore by cross-country skis and snowshoes. Placer Cove and the Sunrise Vista Campground are zoned "non-motorized" in winter and feature a network of groomed trails.



Come hike with us at a state park on New Year's Day. Find which parks offer guided hikes online or just head out to enjoy the trails and nature on your own. It's a Colorado tradition!

Our common ground

LIVE LIFE OUTSIDE

Colorado is home to 41 state parks, more than 310 state wildlife areas, 39,000 miles of trails and over 23 million acres of public lands to roam free. This land is your land. We're all the caretakers.

cpw.state.co.us



WELCOME TO THE NEIGHBORHOOD

Big Chief Power Recline Sofa **\$1198**



Power Recliner **\$698**

Big Chief Leather Power Recline Sofa \$1198 (1A-136PRS)

Power Loveseat \$1148 (1A-136PRL) | Power Recliner \$698 (1A-136PR)

Table Lamp \$69 Ea. (109-33282)



Bedroom • Children's Furniture • Dining Room • Electronics • Living Room • Outdoor Furniture • Office/Entertainment



Magnolia TV Stand with Hutch **\$1098** (244-SET)

Rectangular Cocktail Table \$278 | 65" Samsung TV \$1799 (QN65Q60RA)



Novella 65-Inch Fireplace TV Console **\$688** (NOV-1965)

(65w x 39h x 16d) | 65" Curved Samsung UHD TV^ \$749 (UN65RU7300)

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