

This Year's Resolution: No More Resolutions

Why not skip all that and get right to the results?

Give us a call. We'll make it happen.



27888 Meadow Drive • Evergreen • 303-679-6267

Step 13™: A Hand Up, Not a Handout™

By Ellen Nelson



Back Row: Dave Cox, Mike Brady, Andy Hernandez, Bill Hicks, Michael Zahn, John Hansen. Front Row: Tony Bustos, Debbie Matthews, Robert Cloyd, Steve Pietala, Wayne Smith. Kneeling: Mike Dunafon & Mick

"I was drunk on Larimer Street 23 years ago," Step 13 founder Bob Coté recalled. "And I had a moment of clarity. I saw that I was slowly committing suicide. I thought, either blow your brains out now or get it together. I poured out my quarter of a bottle of vodka into the gutter."

Coté dragged himself off the Denver streets. And he's brought over four thousand down-and-out people with him.

"Do you know why it's called Step 13?" Coté queried. "It's because that's how many

people I started with. Jesus and his disciples also made thirteen. And the United States had thirteen colonies. I like that."

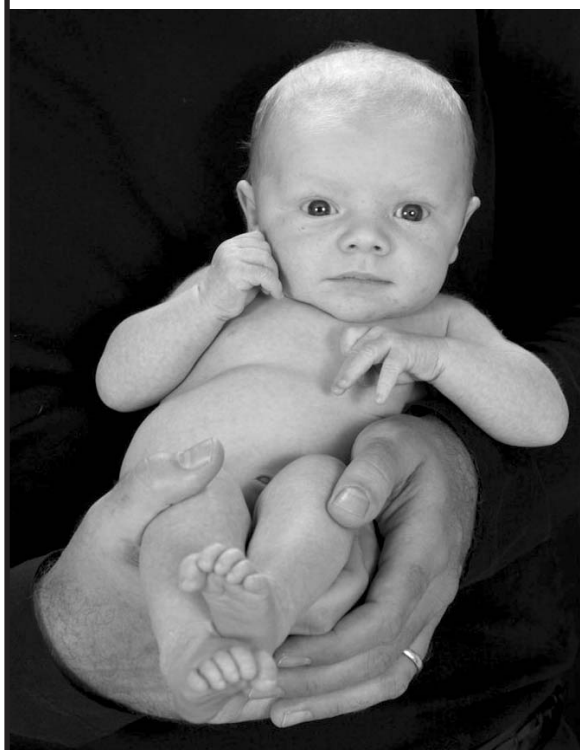
"One of the original thirteen now works for the IRS," Coté laughed. "That's the truth."

Coté's philosophy is simple: work works. But it's not easy. These people have hit bottom and it takes a lot of work to bring themselves up.

"We average fifteen requests per week to enter Step 13. Of the fifteen requests, ten will

See Step 13™ on next page

HAPPY NEW YEAR



WENDYSCHOTT
PHOTOGRAPHY
303.670.5800
www.wendyschottphoto.com

Personalized Service Dependable Protection



Toni Stephens

Combining local service
with dependable insurance protection

Call Toni Stephens
303-674-2220

Auto • Home • Business • Health • Life



All your protection under one roof®

©2005 American Family Mutual Insurance Co. and its Subsidiaries
Home Office • Madison, WI 53783

003712665 4/05



Andy Hernandez Step 13

From Step 13" on previous page

show up and enter the program," the Step 13 Web site explains. "Of the ten, six will leave within thirty days for reasons of their own or breaking program rules, failed urine screens, curfew violations or general rule violations. The remaining four will stay from one to three years and complete the program. In 1998 forty people were in the program from six months to two years. The remaining people had been at Step 13 from two to six months. We average one hundred residents from year to year."

Step 13 has three basic rules at their 45,000 square foot facility at 20th and Larimer: no drugs and alcohol, get a job, and your bunk is your home.

Residents must keep their living space neat, cook, and clean their dishes. They pay \$40/week rent and usually start on the ground floor with a single bed in the large, open-spaced dorm. "As someone progresses through the program they move into their own room within Step," the Step 13 Web site continued. "This builds self-esteem, and men

new to the program have positive role models all around them."

Coté receives requests from addicted men from all walks of life. "One size does not fit all, we had a veterinarian, engineers, and folks who are illiterate and haven't completed high school. They have to sign an agreement to commit to their education. If they are illiterate, they take remedial classes at Emily Griffith Opportunity School and get their GED. They all go through a basic computer class in our in-house computer lab and they must take a course called 'Your Credit Counts.' Most of these guys' credit is shot so they take the course to see where they're at and start rebuilding their credit."

Eye doctors and physicians volunteer their time at the in-house clinics. "Our dental clinic will open any day now," Coté promised. Their spiritual health is treated in the chapel donated by the Anschutz Foundation.

The average time to complete the program is 18 months. "They have everything they need to make it," Coté said. Step 13 has an impressive 38% success rate.

Step 13 relies on outside opportunities such as Dunafon Castle to employ the residents and maintains several in-house businesses, including DetailWorks, their car and truck detailing business; and LogoWorks, a silkscreen/embroidery/engraving service run by Coté's once-addicted daughter.

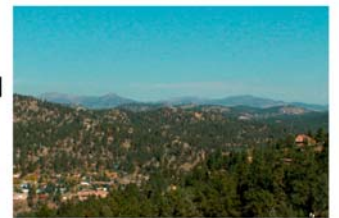
"In 1989 I sent a guy, Gilbert, to the auto auction to help wash cars," Coté recalled. "He ended up running the place!"

See Step 13 on page 34



Absolutely Gorgeous Mtn Home

3 XL Bed/4Bath, Beautiful Views on .69 of an Acres w/ an Extra 1/2 Acre Available, Master Suite has Stunning Walk-In Roman Shower, Wonderful Billard Room, Media Room w/ Full Bar, 5,267 sqft, Radiant Heat Throughout



**27065 Mountain Park Rd
\$ 950,000**

Sharyn Curnow
303-378-9915

**WYCOFF
MORTGAGE
ASSOCIATES**



Purchase ReFi Equity Rehab
Lots Construction Investment

3 0 3 4 6 8 3 3 2 0

www.wycoffmortgage.com info@wycoffmortgage.com

OFFERING
COUPLE MASSAGES FOR THE
VALENTINE SEASON

AFTER THE RAIN
THERAPEUTIC MASSAGE

SWEEDISH DEEP TISSUE
HOT STONE MASSAGE
SPORTS MASSAGE
REFLEXOLOGY
RAIN DROP
FACIALS
REIKI

KIM HANCOCK & PAM SPEIGHT
CERTIFIED MASSAGE
THERAPISTS & OWNERS

303-679-3244

GIFT BASKETS
WITH 1 HOUR MASSAGE
GIFT CERTIFICATES

BUFFALO PARK PLAZA BUILDING ~ 28577 BUFFALO PARK ROAD, SUITE 240 ~ EVERGREEN, CO 80439

www.douglasturner.com

Estate Planning, Business Law,
Real Estate & Child Support Collection

Douglas A. Turner
Attorney

602 Park Point Drive, Suite 240 Golden, Colorado 80401
(303) 273-2923; (800) 850-0607

Rolling Ridge
Creating Dream Decks
Deck Company, Inc.

WINTER, SPRING,
SUMMER OR FALL...
WE'RE OPEN YEAR-ROUND
SO GIVE US A CALL.

Call Now for
Free Consultation!
303-670-4919

www.rollingridgedeck.com

Trex
DECK OF A LIFETIME!
ProGold

BBB
2001-2003
Gold Star Award

LILY GULCH SOAPS
Evergreen, Colorado

Unique Valentine gifts that are sure to warm the heart!

To place an order from our online store visit www.lilygulchsoaps.com
Local order pickup available. Call 303-670-8467 for more information.

Digital Feet LLC
The Perfect Fit

Enjoy the slopes this year with your custom fitted ski boot orthotics by Digital Feet.

Custom Orthotics For All Your Footwear

- Walking Shoes
- Hiking Boots
- Ski Boots
- Golf Shoes
- Running/Tennis Shoes
- Work Boots

For More Information:
303.674.7889
Located in Mountain View Physical Therapy

Mountain View
PHYSICAL THERAPY

Look for us in our new, expanded Bergen Village Shopping Center location in February 2006!
303.674.7889

SMART SOLUTIONS FOR AN ACTIVE LIFESTYLE

**E
V
E
R
G
R
E
E
N**

ACT EAST- WON'T LAST
SHINY home has been lovingly cared for and is ready for you in the heart of Evergreen! Cub Creek flows through this property that is within walking distance to the Lake and Town. Perched on a warm Southeastern exposure this affordable mountain retreat is smart too with new energy efficient windows and a cozy wood stove. 3 Bedrooms, 1.5 Baths, 1,427 square feet, all City Utilities, START PACKING - THIS IS IT!
247,500
303-674-3343
shephardrealty.com
27780 Hwy 74
Our Family Serving Yours For 50 Years

GOLDMINE!
If Colorado's new Gold is Sunshine - this property is a Goldmine! If the sun is up and out it is brightening and warming this 3 Bedroom/ 1590 square foot home. Everything is Convenient about the North Evergreen location where stores and open space are within walking/biking distance. The Giant master suite on the main level is just a few convenient steps from the core living room/kitchen area.
\$279,900

2001 Built
UNUSUAL to find all these amenities in Evergreen at the REDUCED PRICE of \$285,000. Tall ceilings and large thermo pane windows throughout. 3 Bedrooms, 2 baths, south facing deck, new dog/kid run, oversize garage served by a paved driveway. 1800 SQUARE FEET on a private acre READY TO CLOSE - how about next Friday?
\$285,000

INCOME
INVESTMENT PROPERTY, 4 single family Residential Units, FULLY RENTED, desirable location faces Evergreen Golf Course, all major systems and components have been updated & well maintained. READY TO PROVIDE YOU AN INCOME FROM DAY ONE. Located within walking distance to parks, town & schools.
\$575,000

Shephard Realty, Inc.
303-674-3343

Wayne And Carole Shephard

From Step 13 on page

There is a new crisis that Step 13 is focusing on: the aging resident. "We are slowly accumulating older men with medical problems. They have cancer, emphysema, or arthritis," Coté said. "The street predators prey on them because they're not thinking as well as they used to. They need help now."

Coté and Step 13's work has not gone unnoticed. "President George Bush recognized our 'generosity and willingness to serve others' by making us his 540th 'Daily Point of Light.'" Step 13 continued. "That was a tremendous honor, as was the 'Achievement Against the Odds Award' from The National Center for Neighborhood Enterprise ... Bob Coté, was one of seven people who received the award ... [and] George Magazine voted him 'One of America's Most Virtuous Citizens.'"

And to this day, Step 13 has not accepted any federal, state or local assistance. "We are 52% self-sufficient," Coté continued. "And working on increasing that number. The rest comes from donations (see step13.org). We don't telemarket." He is an outspoken advocate against welfare and Social Security disability payments, suggesting that it is killing addicts on the installment plan.

Coté is proud of the lives he and Step 13 have changed for the better, including his own. "Give them 'Real change, not spare change'."

Call Cindy and receive a **Free Haircut** with Color Service or a **20% Discount** on a Haircut through **March 31st, 2006**

(New clients of salon on 1st visit)

CINDY HENDRICKS, Salon owner for 14 years, has moved to Evergreen. Specializing in the latest trends in Redken Color & Styling for Men & Women. Cindy will be working as an independent stylist at the Salon at the Ridge.

SALON AT THE RIDGE
1552 Bergen Parkway
(upper level of Hiwan Barn
next door to the Blue Quill)
(303) 679-1062 • MONDAY - FRIDAY
(Late Nights Tuesday & Thursday)