



Columbine West Civic Association Newsletter[®]

CWCA – Your Homeowners' Organization



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March 2010

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Dutch Creek Spirit Nights

Everyone needs to eat, so why not plan on having dinner prepared for you by Chick-Fil-A and support our local elementary? Join your friends and teachers and bring the whole family on **Thursday, March 18th from 4-8 p.m.** Chick-Fil-A is located in the Jefferson Village, on Kipling between Chatfield Ave. and C-470. If you cannot make that event, why not head over to Robert's Deli on **Wednesday, March 24th from 4-8 p.m.** Robert's is located at the corner of Ken Caryl Ave. and Pierce. Robert's recently expanded and remodeled into a full service restaurant and bar. Take the opportunity to spend some time with the school community outside of the school walls.

Dutch Creek is planning to entertain the school community again this year with their Spring Carnival. The Carnival will be on **Friday, April 9th from 4:30-7:30 p.m.** The PTSA is supplying food and drinks. There will be numerous booths for games and tickets can be purchased at the door. Come out and support your local school and catch up with your neighbors. Around Earth Day, we will have DCES (Dutch Creek Elementary School) clean-up day on **Saturday, April 24th from 7:00 a.m. to 3:00 p.m.** People are welcome to come for the whole day or any section of the day to bring what they can do. Last year, we shoveled gravel, cleaned up the flower beds, and pulled weeds. We are interested in the ideas of community members.

Dutch Creek has already seen the delivery of the first dumpster that will be used in the upcoming remodeling/construction planned for this summer. Dutch Creek Principal, **Ms. Pennel**, would like to apologize to the community in advance for the parking lot not looking very nice this summer. Remodeling monies come from the Bond funds that were approved in the 2005 election. Thank you to the voters that helped support the schools, while Dutch Creek will see updates on their electrical, lighting, and given a partial HVAC remodel.



Fill Out Your Neighborhood Survey

Columbine West Civic Association eagerly awaits the community's input on the 2010 survey that was included in the February newsletter. Surveys have been trickling in and the newly created Survey Monkey has been used by some residents. Please take a few moments to fill out the survey; the information gathered will be used to help set dates and plan for events that will be offered to the neighborhood in the coming months. The Board members will be convening in late March to put the calendar together. **Don't delay, fill out the survey.** They are looking for community input to help guide the committees and plan activities. If there is a particular event you would like to see repeated, mention that, as well as suggestions for other activities. There is also space available for additional comments. If you would like a comment printed in the newsletter or get involved on a committee, make a special notation of that. Columbine West can only work towards improving by getting

continued on page 2

Celebrate the 40th Anniversary of Earth Day

For the 40th anniversary of Earth Day in 2010, April 22nd, the world is in greater peril than ever, but there is also unprecedented opportunity to build a new future. Earth Day has the power to bring about historic advances in climate policy, renewable energy and green jobs and catalyze millions who make personal commitments to sustainability – A Billion Acts of Green[™] – mobilizing the power of people to create change by taking

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CWCA Calendar of Events

- **Mar. 3rd, 2010, 6 p.m.,** Garden Club Meeting, Tucker's House
- **Mar. 9th, 2010, 7 p.m.,** CWCA Meeting, Dutch Creek Elem.
- **Mar. 14th,** Daylight Savings Time
- **Apr. 1st,** Membership Drive Begins
- **Apr. 13th, 7 p.m.,** CWCA Meeting/Nominations, Dutch Creek Elem.
- **May 1st,** Yard of the Month Begins
- **May 10th,** Mother's Day
- **May 11th, 7 p.m.,** CWCA Meeting, Dutch Creek Elem.
- **Jun. 8th, 7 p.m.,** CWCA Meeting, Pool Pavilion

CWCA 2010 Meeting Dates and Locations

Dutch Creek Elementary
7:00 p.m.

March 9th
April 13th
May 11th
June 8th

We need your help!

We need volunteers to deliver the CWCA newsletter to the neighbors who live on and near your street. The time involved is usually less than a half an hour a month. We receive this newsletter for free each month. In return, our commitment to the publisher of the newsletter, Colorado Lasertype, is that the newsletter will be delivered in a timely manner to all the homes in the neighborhood. Columbine West is a large neighborhood but if each person does one small thing, we can get it done! **Please call 303-972-2387** to volunteer. We need you!!

We need substitute volunteers to help cover routes when people are ill or out-of-town.

Neighborhood Survey, *continued from front page*

feedback from the community. If you would like to volunteer some time and talent, include that on the survey response or call the voicemail line at **303-904-8218**. Help us continue to make our neighborhood a great place to live. Please fold, stamp, and return as soon as possible to the address on the back of the survey, or fill out the survey online at <http://www.surveymonkey.com/s/HD2693K>.

Earth Day, *continued from front page*

small steps in our homes, our schools and our businesses that add up to an enormous collective action.

Earth Day 40 is a pivotal opportunity for people, corporations, and governments to join together to create a global green economy. Our coordinated efforts now will be recognized by future generations as a turning point.

Visit www.earthday.net/earthday2010.

The Global Days of Service will feature Volunteer Actions by tens of thousands of global participants from April 17 – 18, 2010. These projects in parks, beaches, schools and forests will focus on climate change solutions like tree planting, energy efficiency retrofits, water protection, urban gardens and forest restoration. Produced with the help of Earth Day Network, along with local community organizations and governments, the activities will address current challenges and will help cities and organizations streamline their energy needs, and 'green up' their communities. Suitable for individuals of all ages, including children and families, these activities encourage active lifestyles and healthful living, while also connecting volunteers with the green solutions. Volunteer activities will be quantified through an events registration tool and carried out through our local partners around the world.

CWCA 2010 Membership Drive Starts in April

The annual membership drive will once again be looking for CWCA neighbors to sign-up and join the efforts of the association to create an inviting and caring community. Our past year saw new programs become stronger and shared ideas are being implemented in new additions for this year. Your membership dues give the association the opportunity to maintain entrances, enforce covenants, deal with impact of foreclosures, support our local schools, team up with community organizations, sponsor special events and help neighbors dispose of unwanted materials with the much anticipated Dumpster Day. With 1,490 homes, our past year registration of 423 households was a very supportive beginning to what we hope to see expanded this year. Many hands have worked an unlimited amount of volunteer hours to try and bring about a better sense of community, consistent covenant enforcement and an informative newsletter communication system. CWCA encourages ALL residents to become current with the membership fees. If you have questions or concerns, please contact **Nora Lund at 303-979-0498**. For volunteer opportunities, contact **Deb Tucker at 303-973-4230**. Your \$25 fee is the best value in town. **Dues and/or donations can be mailed to: Columbine West Civic Association, P.O. Box 620026, Littleton, CO 80162.** Help us help you restore property values and make **Columbine West a great place to live.**

Columbine West Civic Association

303-904-8218 • www.neighborhoodlink.com/jeffco/cwc

Officers

Nora Lund, *President* • 303-904-8218 • CWCAtalk@gmail.com

Joyce Hooker, *Vice President*, dnjhooker@msn.com

Marcia Patullo, *Secretary*

Mary Cole, *Treasurer*

Board Members

Check Facebook for information on Neighbors Helping Neighbors.

COHOPE Delegate

Cindy Coats and

Floating Board Member

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303-972-2387

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Amanda O'Bryan

Newsletter Ad Manager

Colorado Lasertype

Garden Club Coordinator

Deb Tucker • 303-973-4230 • tuckerinn6@msn.com

Schools

Dutch Creek Elementary

7304 W. Roxbury Pl.

Ken Caryl Middle School

6509 W. Ken Caryl Ave.

Columbine High School

6201 S. Pierce St.

The newsletter is published monthly. Deadline for news is the 13th and ads is the 15th of each month for the next month's issue except the Jan. issue which is Dec. 6th. **All articles must be approved by the editor for publication, or as space permits.** To submit an article, please call a board member or e-mail the editor. All "Letters to the Editor" must be signed and include a daytime phone number in case there are any questions. Letters may be printed without the author's name if requested.

For advertising, contact Colorado Lasertype, 303-979-7499
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Submit Your Earth-Saving Idea

At SunChips® brand, we believe small steps can bring about big change. So we've teamed up with National Geographic to create the Green Effect™. The five best green ideas will receive \$20,000 in funding, and each will be profiled in National Geographic magazine. Then, each of the five winners will travel to National Geographic headquarters in Washington D.C. to present their idea to environmental leaders. Deadline for inspiring millions of people ends **June 8th**. Visit Greeneffects.com and check out past winners of the competition.

Jefferson County Numbers

Information	303-279-6511	Motor Vehicles	303-271-8100
Animal Control	303-271-5070	Highways &	
Clerk & Recorder	303-271-8168	Transportation	303-271-8495
Colorado State Patrol	303-239-4500	Planning & Zoning	303-271-8700
County Commissioners	303-271-8525	Sheriff - Emergency	911
County Administrator	303-271-8500	Traffic Complaints	303-271-5677
Extension Service	303-271-6620	Voting Information	303-271-8111

Serving Kids Clothing Drive

The Serving Kids program provides near new clothing, shoes, coats, hats, and gloves to Jeffco school children who are in need. The program is sponsored by a coalition of the Jeffco Public Schools associations: The Jefferson Foundation, JCAA (administrators), JCEA (teachers), CSEA (classified employees), and JPTA (parents). Every year, the need continues to grow. This year, over 1,300 children will receive clothing through this entirely volunteer program.

Southwest Plaza and Columbine Courier are teaming with Serving Kids to hold a clothing drive at Southwest Plaza from Valentine's Day weekend through March 14. Southwest Plaza has donated an empty store with racks and shelves and their visual merchandiser will decorate the store for Serving Kids. The Columbine Courier will be running press on the drive and Serving Kids.

Mall stores and the Customer Service desk will collect clothing during the weekdays and in the evenings from Monday to Wednesday.

Volunteers are needed for four hour shifts on Thursday and Friday evenings from 4 p.m. to 8 p.m., and Saturdays and Sundays from 10 a.m. to 2 p.m. or from 2 p.m. to 6 p.m. to cover the store hours and accept incoming clothing donations.

Volunteer shifts start Saturday, February 13 and end at 6 p.m. on Sunday, March 14.

This project is HUGE – and will hopefully involve student and adult volunteers from schools throughout the District. **Katie Tiernan**, katietiernan@jeffersonfoundation.org, is managing the staffing of volunteers. Katie's phone number is 303-982-2210. **Phone or email Katie today to sign up.**

Dutch Creek PTSA Needs Officers

This is the time of the school calendar year when present PTSA leaders will be wrapping up their tenure and looking forward to the new leadership coming in. CWCA was contacted to help convey to the school community how important this program is within the school walls and that new parents are needed to fill the positions of **President** and **Secretary**. A few parents have expressed interest in the positions. When our children first enter through those school doors, we are tugged at our heart-strings. Do we stay or do we go? Questions arise of how we can help without being overly smothering to our kid's growth and development. As a volunteer parent in the building, there is a unique way to bridge the gap. You can be present without being in direct contact with your student. Taking on a volunteer position has many rewards. Working with the administration, staff, students as well as other dedicated parents can bring about a sense of community. Dutch Creek is interested in starting a chess club, brain bowl club and destination imagination. Volunteers are always a welcomed addition to the school. If you feel compelled to be involved, give the PTSA a try. Attend a meeting, scheduled on every 3rd Tuesday of the month from 6:00 to 7:00 p.m. It is the PTSA's intent to have an election and have new officers sworn in by April's meeting. Statistics show that when parents are involved in the school, kids take ownership of their education at a different level than their peers. That sounds like a win-win situation. Contact the Dutch Creek Elementary PTSA if you have any questions about the positions open and required time commitment.

"Never doubt that a small group of committed people can change the world. Indeed, it is the only thing that ever has."

— Margaret Mead

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Clubs West 2010 Swim Team Registration

Our local swim team has posted the registration information for the 2010 summer swim program. On April 17th from 10-2 p.m. at Lilley Gulch Recreation Center and on April 18th from 12-4 p.m. at The Ridge, interested and returning swimmers can sign-up to become part of the Clubs West Swim Team. All levels of swimming abilities are accepted and encouraged to participate. The team is made up of extremely talented and inspiring swimmers. The swimmers are coached by qualified individuals along with assistant junior coaches that are local high school students. A fun swim will be offered on April 23rd at the Ridge from 7-9 p.m. for interested swimmers to check out the team. For further information or questions, please feel free to contact **Heather Volmer** at 720-922-8790. Check out the Clubs West website at <http://clubswest.topcities.com/>.

Home Improvement/Landscaping Contest

The 4th Annual Home Improvement/Landscaping Contest will be offered again this year by **Gary Birkholtz**, owner of Chatfield Time Rentals. We are extremely thankful to Gary for offering this contest and its prizes, in light of the unpredictable economy. Think of Chatfield Time Rentals when you are in need of his services. The HIL contest does not actually have a start date – you determine that. To be included in this year's contest, the only time requirement is to have before and after pictures in by September 1st. Even if you completed a project years ago, you may submit photos for consideration. Many thanks, to Gary for being a great neighbor, and continuing to care about Columbine West Civic Association.

Yard of the Month

CWCA is fortunate to have "Yard of the Month", continuing this upcoming summer. **Jenny James** has again graciously offered to sponsor this fun and worthwhile program. The only change we are making to the program is the nomination part. Last year, the newsletter carriers had the honor of making nomination each month while they walked their routes. This year, we would like to extend the nomination process to the whole community. During your walks through the neighborhood this summer, if you would like to nominate a candidate, please call the hotline at **303-904-8218**. We will start the program the 1st of May. Thank you for your help and thank you Jenny James for your support in our community!

Garden Club News

The Garden Club will come out of hibernation and have their first meeting of the season on March 3rd at 6:00 p.m. at the Tucker's home. Come join us, new and old members! We'll have some munchies and start discussing the calendar of events, larger watering tank, watering schedule, and division of duties along with areas of concentration for the year. If you'd like something else on the agenda, please contact **Deb Tucker** attuckerinn6@msn.com or call **303-973-4230**. Note: I have not received many offers to help with Garden Club activities. If we cannot secure the hands to help, some events will not be available for the year.

Garden Club Schedule of Events – 2010

March 3rd, 6 p.m.:	Garden Club Meeting Tucker's House
May 1st:	Yard of the Month Begins



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COHOPE Update

Guest speakers for the February meeting were Jefferson County Commissioners **Kathy Hartman, Faye Griffin, and Kevin McCaskey**. Presenting the same slide show that was shown at the community town hall meetings last fall, the commissioners identified the main initiatives for 2010; Jefferson County Parkway, FasTracks West Line, and Renewable Energy.

Many questions, fears, and disagreements surround the Jefferson County Parkway. Commissioner McCaskey shared that since the 35-17 vote to approve the segment, an authority made up of representatives from Jefferson County, Arvada, and Boulder have been working to identify a private partner(s) to fund the parkway. Questions from COHOPE members were numerous, such as: *Is the Jefferson County Parkway necessary? Will it be a foreign investor? Will they bring their own workforce? What impact will it have on surrounding roads? What is the benefit to Jefferson County?* McCaskey answered that the project will be open to any and all investors, both inside and outside the country. It is expected that the project will create many new jobs for Colorado workers. While the possibility exists that a foreign company would bring some of their own workforce, local equipment and workers would be necessary to do the majority of the work. McCaskey added that once the Parkway is complete, the speed limit on nearby roads will be reduced. But that is expected to be a positive step in improving safety for residents as well as school children near Indiana St., the main thoroughfare being used today. As for the benefit to Jefferson County, commercial development along the parkway will bring the county much needed revenue in the form of property and sales taxes.

Good progress has been made on the FasTracks West line

extending from Union Station to the Jefferson County Administration building in Golden. When the project is complete, there will be a parking facility at the Administration building to accommodate riders so as not to overwhelm the parking lots needed for county business.

Approximately 50 county buildings will have Solar panels installed on rooftops and energy efficient windows put in to save money, conserve energy, and create jobs. Jefferson County also has the only hybrid snowplow in the country. This snowplow was put to use in Wheat Ridge and Golden this winter and will pay for itself after just 90,000 miles.

Commissioner Hartman also mentioned the bill being considered in the Colorado 2010 Legislative session that will require banks that are in possession of foreclosed homes to insure and maintain the property, set up lock boxes, and provide a number for homeowners to report problems and complaints regarding these properties. Hopefully this should reduce the number of vacant run-down properties during the foreclosure process.

Columbine Montessori Preschool

Columbine Montessori Preschool will begin accepting reservations for the Fall 2010-2011 school year on the 1st of March, 2010. Please call the school at **303-979-7190** to schedule an observation appointment. Columbine Montessori offers an academic preschool program through kindergarten. Visit our website at columbinemontessori.com.

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Questions, Questions!

"Why are there still signs in yards advertising roofing companies?" The hailstorm in July damaged many roofs in our community. Residents displayed the signs in exchange for a rebate from the roofing company. Although covenant C7 states that signs can only be displayed during the construction period, CWCA chose to be lenient due to the fact that the new roofs improved our community and consequently our property values. If your roof has been replaced and your time commitment has been fulfilled for displaying the contractors sign, it may be time to remove it from the yard. All efforts to improve the neighborhood is a great direction to pursue.

"Why is there a fee when paying property taxes online with a credit card?" The fee is charged by the credit card company and should be paid by the credit card holder, not the taxpayers of Jefferson County.

Our voicemail line, **303-904-8218**, received 6 calls during the month of January. We will continue to post questions as we have space available.

National Sleep Awareness Week, March 7-13

What's keeping you up at night? According to the National Sleep Foundation, more than a quarter of Americans (27%) say their sleep has been disturbed at least a few nights a week in the past month due to personal financial concerns (16%), the U.S. economy (15%), and/or employment concerns (10%). Recognize the dangers of inadequate sleep, and renew your commitment to getting a good night's rest.

Vacant Homes In Columbine West?

If you know of a home that is vacant in Columbine West, notify CWCA on our voicemail line at **303-904-8218** (be sure to provide the address of the property). We will help monitor the property, but may be limited legally from taking any action depending on the stage of the foreclosure. If you witness suspicious activity on this property (or any other Columbine West property), call the Jefferson County Dispatch at **303-277-0211**. If possible, report it as it happens. To report a crime in progress, call 911. The Sheriff's Office needs your eyes and ears to help identify illegal activity. To report zoning violations such as noxious weeds or weeds over 12" or excess trash, please contact Jefferson County Planning and Zoning at **303-271-8725**.

Important Numbers:

1) Paint Disposal 303-316-6262

\$13 drop-off charge, \$20 home scheduled pick-up

*Includes: 75 lbs of the following items: paint thinner, fertilizers, waxes, cleaners, oil based paint, anti-freeze, batteries, aerosol cans. In addition to the 75 lbs of the above, you are allowed the following: 25 gal. of oil, 10 gal. of latex paint, 5 auto batteries and 5 florescent light bulbs.

*Open by appointment only: Wed. & Sat. (8 a.m. to 2 p.m.)

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Who Was St. Patrick?

St. Patrick, the patron saint of Ireland, is one of Christianity's most widely known figures. But for all his celebrity, his life remains somewhat of a mystery. Many of the stories traditionally associated with St. Patrick, including the famous account of his banishing all the snakes from Ireland, are false, the products of hundreds of years of exaggerated storytelling.



TAKEN PRISONER BY IRISH RAIDERS

It is known that St. Patrick was born in Britain to wealthy parents near the end of the fourth century. He is believed to have died on March 17, around 460 A.D. Although his father was a Christian deacon, it has been suggested that he probably took on the role because of tax incentives and there is no evidence that Patrick came from a particularly religious family. At the age of sixteen, Patrick was taken prisoner by a group of Irish raiders who were attacking his family's estate. They transported him to Ireland where he spent six years in captivity. (There is some dispute over where this captivity took place. Although many believe he was taken to live in Mount Slemish in County Antrim, it is more likely that he was held in County Mayo near Killala.) During this time, he worked as a shepherd, outdoors and away from people. Lonely and afraid, he turned to his religion for solace, becoming a devout Christian. (It is also believed that Patrick first began to dream of converting the Irish people to Christianity during his captivity.)

GUIDED BY VISIONS

After more than six years as a prisoner, Patrick escaped. According to his writing, a voice – which he believed to be God's – spoke to him in a dream, telling him it was time to leave Ireland.

To do so, Patrick walked nearly 200 miles from County Mayo, where it is believed he was held, to the Irish coast. After escaping to Britain, Patrick reported that he experienced a second revelation—an angel in a dream tells him to return to Ireland as a missionary. Soon after, Patrick began religious training, a course of study that lasted more than fifteen years. After his ordination as a priest, he was sent to Ireland with a dual mission – to minister to Christians already living in Ireland and to begin to convert the Irish. (Interestingly, this mission contradicts the widely held notion that Patrick introduced Christianity to Ireland.)

BONFIRES AND CROSSES

Familiar with the Irish language and culture, Patrick chose to incorporate traditional ritual into his lessons of Christianity instead of attempting to eradicate native Irish beliefs. For instance, he used bonfires to celebrate Easter since the Irish were used to honoring their gods with fire. He also superimposed a sun, a powerful Irish symbol, onto the Christian cross to create what is now called a Celtic cross, so that veneration of the symbol would seem more natural to the Irish. (Although there were a small number of Christians on the island when Patrick arrived, most Irish practiced a nature-based pagan religion. The Irish culture centered around a rich tradition of oral legend and myth. When this is considered, it is no surprise that the story of Patrick's life became exaggerated over the centuries—spinning exciting tales to remember history has always been a part of the Irish way of life.)



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Diabetes: Know What To Look For

The American Diabetes Association estimates that about 23.6 million Americans have diabetes, or 7.8% of the population. More than a million new cases are diagnosed in people over age 20 each year.

Diabetes prevents your body from regulating the amount of sugar in your blood, usually due to the inability of the pancreas to supply adequate amounts of insulin to your system. Insulin helps your body break down sugars and starches into glucose, which the body needs for fuel.

Left untreated, diabetes can lead to heart disease, kidney disease, blindness, damage to the nervous system, and amputation. Diabetes is diagnosed as one of three different types. Here's a quick look at each one:

- **Type 1.** Usually diagnosed in childhood, Type 1 diabetes is caused by the body's inability to produce sufficient insulin. Its symptoms include frequent urination, extreme hunger and thirst, unexplained weight loss, excessive fatigue, and irritability.

- **Type 2.** Sometimes called "adult onset" diabetes, this strikes when the body is unable to metabolize the sugar it produces or if, as in Type 1, the body doesn't manufacture enough insulin. Symptoms include all the conditions of Type 1, along with frequent infections, blurred vision, slow healing of cuts and bruises, tingling or numbness in the hands and feet, and recurring infections of the gum, skin or bladder.

- **Gestational diabetes.** This occurs in some pregnant women, usually around the 28th week or later. The condition usually goes away after birth, but expectant mothers should follow their physician's advice on blood glucose levels carefully to ensure a healthy delivery.

Keep Your Muscles Strong At Any Age

As we grow older, we often lose muscle mass. It's called sarcopenia, which means "vanishing flesh," a name coined in the 1980s. Muscle mass decline typically starts in the 40s but increases after age 50. One study of about 200 men and women ages 64-93 found that it affected 22.6% of the women and 26.8% of the men. You can take steps to avoid sarcopenia. They include:

- **Strength training.** Lifting weights has been shown to increase muscle mass and protect against sarcopenia and may even reverse its most debilitating effects.

- **Aerobic exercise.** Healthy muscle tissue needs capillaries to infuse it with blood. Regular exercise, like a brisk half-hour walk every day, can provide this.

- **Protein.** Inadequate protein in the diet, or difficulties digesting and absorbing protein, may be a factor in susceptibility to sarcopenia. Older adults may need to increase their consumption of protein to maintain their lean body mass.

- **Vitamin E.** Research at Tufts University Nutrition Research Center suggests that Vitamin E may significantly reduce muscle damage in men young and old.

No Mermaids Or Jackalopes, But Some Strange Real-life Critters

Dr. Doolittle's two-headed antelope, the pushmi-pullyu, is one of the most amazing fictional animals in literature. Nature has produced some unusual creatures in real life, many of them now extinct. Here's a quick snapshot of some of them:

- **Quagga.** This half-zebra, half-horse lived in southern Africa until the last one died in captivity in 1883. It had zebra-like stripes on the front of its body, which faded in mid-torso; its rear end was brown.
- **Steller's sea cow.** Discovered in the 1700s by a naturalist named Georg Steller, this sea creature could grow up to 25 feet in length; it weighed more than three tons. Built like an oversized seal, the sea cow had two thick forelegs and a wide tail that resembled a whale's. Though considered extinct, reports of animals matching the description still emanate from Greenland and the Bering Sea.
- **Irish Elk.** Also called the Giant Deer, this animal stood about 7 feet tall at the shoulder and had antlers up to 12 feet wide, weighing approximately 90 pounds. It stomped around Eurasia about 7,700 years ago.

Generate More Ideas With This Simple Technique

Creativity is hard work, but you can strengthen your creative muscles with a simple exercise. Here's how it works:

Step 1: Select a word at random, perhaps by opening the dictionary with your eyes closed and touching the tip of a pencil to the page. The best words are simple, visual, and offer lots of opportunities for connections and association.

Step 2: Think up as many different words associated with your random word as you can. If your word is bottle, think of the different uses of bottles, different shapes, the ways people use bottles, how they are packaged, and so forth.

Step 3: Force some connections. For example, bottles can be filled up. Are you letting the people around you fill up your head with ideas? Empty bottles make noise. How much of what you say amounts to just so much unproductive noise? Bottles are recyclable. What ideas can you adapt and reuse in different forms?

Step 4: List your ideas and think about them. Which ones are most interesting? Which have the greatest potential? Do this exercise on a regular basis, and you'll start seeing ideas and connections everywhere you look.

Adopted Children: Doing Just Fine, Thanks

Adopted children make up about 2% of the child population in the United States, or about 1.8 million kids. According to *Adoption USA: A Chartbook Based on the 2007 National Survey of Adoptive Parents*, published by the Department of Health and Human Services, those kids usually benefit from being adopted. The report describes 85% of them as being in "excellent or very good health," with 81% of their parents saying their relationships are "very warm and close." Only about 15% say the relationship is "more difficult" than they had expected.

Adopted children are also more likely to be read to daily at a young age (68%, vs. 48% of non-adopted children), more likely to be sung to or told stories on a daily basis (73% vs. 39%), and participate more in extracurricular school activities (85% vs. 81%).



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Keller Williams Advantage Realty LLC

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Teen Services

To add your teen's name, please call **Colorado Lasertype** at **303-979-7499** and leave the following information: the **neighborhood you live in**, your age, phone number and the categories you would like included. Categories: **(B)** Baby-sitting * Red Cross Cert. for CPR **(L)** Lawn care **(S)** Snow removal **(P)** Pet & House sitting. No recommendation or endorsement of any of the names on this list is implied or stated by the homeowners association board or Colorado Lasertype.

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Kristi A.	15	B*	303-887-2832
Braxton B.	15	B/P/L/S	303-514-6254
Julia C.	13	B*	303-795-8431
Rose G.	13	B*/L/S	303-948-8803
Brandon L.	14	P/L	303-932-6583
Dustin L.	12	P/L	303-932-6583
Jordan H.	15	B*	303-933-4879
Allison H.	15	B*/P	303-932-1184
Alex S.	14	L	720-363-7018
Zachary S.	16	L	720-363-7018
Brittany S.	13	B/P	720-922-0881
Angie W.	13	B/S	720-447-3459
Cassie W.	16	P	303-912-1768
Nick W.	14	P/L/S	303-697-8307
Megan	14	B/P	720-587-9267

NIC Mission Statement

A group of volunteer homeowners who welcome new residents, educate all Columbine West residents about covenants, zoning and county ordinances, while addressing issues pertaining to our community, and look for opportunities to improve and enhance our neighborhood.



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| • Health Care | • Music | • Recreation |
| | • Painting | |

Call us to ask how to get added to one of the categories above!

303-979-7499

Visit our website for advertising information, ad rates, a map of the HOA newsletters we publish and details about our graphic design services.

www.ColoradoLasertype.com

American Red Cross Month

A month to focus on first-aid and emergency care and recognize the role the Red Cross plays in saving the lives of thousands of people around the world. The Red Cross was created by Clara Barton in 1881. In 1943, Red Cross Month was launched with the goal of collecting \$125 million in contributions. By June 1943, donations had reached nearly \$146 million.

CLASSIFIEDS

Classified ads are \$2.95/line for 2010. Call Colorado Lasertype at 303-979-7499 to place an ad. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th.

Lawn Aeration – Most lawns \$30, Fertilizing available. Nathan: **303-249-0251** www.holygroundaerations.com

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Tree Trim. Specialist, call Mr. B! Free est., ins., 20 yrs. exp. **303-932-2514**

FT fireman looking for part time work. I can do all your handyman projects for less than you would expect. I work by the hour and do not upcharge for materials. You know exactly what you pay for! Insured. **Sean 720-320-1177.** [4]

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Drywall & Basement Finishing Services. 26 years experience. Gary **303-829-6363**

Warm spring weather is just around the corner. Call for fresh new landscape ideas. **Property People 303-997-7392.**

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National Cleaning Week, March 21-27

Time for spring cleaning? Set aside each day to attack a different room and clear out unwanted clutter. By week's end, your home will be tidier – inside and out.

Women's History Month

An outgrowth of International Women's Day on March 8th of every year, Women's History Month highlights and celebrates the contributions of women throughout history.

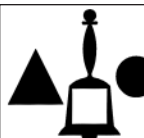


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The statistical information is based on MLS data February 2010.

Not all of the properties were listed and/or sold by Duffy & Associates, LLC.

Columbine West Statistics for February 2010

Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$230,000	\$293,500	3
4-Level	222,000	250,000	4
2-Story	262,000	350,000	7
Tri-Level	190,000	219,900	4
Bi-Level	165,000	229,000	4

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$215,000	\$215,000	1
4-Level	209,000	213,000	2
2-Story	None	None	0
Tri-Level	None	None	0
Bi-Level	185,000	226,900	3

Homes **SOLD** in Columbine West for 2009

	Lowest	Highest	How Many?	Sold 2010
Ranch Style	\$150,000	\$218,000	7	0
4-Level	180,000	255,900	15	0
2-Story	190,000	400,000	11	0
Tri-Level	219,900	219,900	1	0
Bi-Level	150,000	275,000	11	0

B'nai Chaim

B'nai Chaim, a Reform Jewish Congregation serving southwest metro Denver, will conduct Shabbat Services on Mar. 5 and Mar. 19. All services begin at 7:30 p.m. An Oneg Shabbat will follow. All are welcome. On Mar. 12 at 6:15 p.m., there will be a Tot Shabbat service celebrating Shabbat with children from infants through second grade. It's a short service, full of songs and a story, followed by a delicious oneg. Services will be held at Congregation B'nai Chaim 4716 South Coors Lane. Call 303-697-2668 or visit our website at www.bnaichaim.org for more information.

Columbine West Civic Association Membership Coupon

Please fill out the membership coupon
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☐ I would be willing to appear in court as a witness.

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