



Columbine West Civic Association Newsletter[®]

CWCA – Your Homeowners' Organization



Vol. 34 No. 01

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Shoes That Keep Track

People with dementia or Alzheimer's who wander off and get lost are a frightening, frustrating problem for family caregivers and nursing facilities. Those who are not located quickly risk dehydration, exposure or injury. But here's one new solution: a locator shoe with a built-in Global Positioning System device that makes it easier to track down its wearer. The shoes, manufactured by GTX Corp., look like typical walking shoes but have a miniature GPS unit implanted in the heel. They sell for about \$300. The shoe works by allowing caregivers or family members to set a perimeter, called a "geo-fence", that allows wearers to move freely around a specific area. When they stray beyond the perimeter, a Google Maps message pops up on a computer or phone to alert caregivers.

— Candy Sagon, AARP Newsletter, Dec. 2011

2012 Free Days

Our 5 Tier I organizations provide free admission to Colorado residents on select days of the year. Free Days are funded in part, by the citizens of the metro area via the SCFD 0.1% sales and use tax. It's a great value, so check out the dates below and enjoy a free day! Additionally, The Tier I organizations (Denver Museum of Nature and Science, Denver Zoo, Denver Art Museum, Denver Botanic Gardens and The Denver Center for the Performing Arts) provide bookmarks listing their free admission days.

Denver Zoo FREE Days: January 6, 7 & 18, February 5, 6 & 16

Denver Museum of Nature and Science: January 9 & 30th, February 27 & April 22 (Earth Day Celebration) more days are listed on their website.

Denver Art Museum: January 7, February 4, March 3 & April 7

Denver Botanic Gardens at Chatfield:

January 6, February 3, March 2 & April 6

Additional days are listed on their website at scfd.org.

Glasses for Less

Busting your budget on eyeglasses? Consider buying your next pair online. Web-based opticians may offer substantial discounts over real-world shops. And some sites let you do virtual try-ons: you upload a photo of yourself, and the site simulates what you'd look like in different frames. You'll need your prescription and pupillary distance (PD) from an eye exam, plus frame size (check the inside of an old pair). Online opticians include: FramesDirect, JustEyewear and WarbyParker.

— Macy Freeman, AARP Newsletter Dec. 2011



The Famous Paper Wrap

In 1837, Lea & Perrins first began exporting Worcestershire Sauce around the world by boat. The lengthy and often rough sea voyages caused some of the bottles to break. The practice of wrapping each bottle in a paper wrap was devised to protect the bottles and prevent damage during transit. Although no longer technically necessary, the custom has endured, and the paper wrap has come to symbolize the rich heritage and premium quality of Lea & Perrins, a tradition dating back to 1835.

Next CWCA Meetings

7.00 p.m. Dutch Creek Elementary
Jan. 10th, Feb. 14th, Mar. 13th

2012 CWCA Calendar of Events

Happy New Year 2012

- **January 10th, 7 p.m.,** CWCA Monthly Meeting, Dutch Creek Elementary
- **February 14th,** Happy Valentines Day
- **February 14th, 7 p.m.,** CWCA Monthly Meeting, Dutch Creek Elementary
- **March 11th,** Daylight Savings, Spring Forward
- **March 13th, 7 p.m.,** CWCA Monthly Meeting,

We need your help!

Delivering the newsletter is completely volunteer based, helping us to save valuable resources. Please join the other 35+ newsletter delivery volunteers and grab your route today. We are always looking for people to add to our substitution list, which helps when someone is ill or out-of-town. If you would like to get in some constructive walking, please call **303-972-2387**.

Open Routes:

- 1) W. Hinsdale Pl., Reed Crt., north of Hinsdale Pl., S. Pierce Ct., south of W. Hinsdale Pl., W. Glasglow, west of Hinsdale Pl. (35 papers)
- 2) W. Fremont Ave., east of S. Allison Way, & east of S. Webster St. (53 papers)



Columbine Kiwanis

December was another busy month. We had a successful blood drive, rang bells for the Salvation Army at 3 King Soopers Stores for 10 days, meals on wheels, plus several other smaller projects. Thank you for those that helped at these events. I believe that we will collect close to \$20,000 for the Salvation Army; the final figures are not in at press time. We had a Christmas part for members and friends.

Columbine Kiwanis is a group of volunteers dedicated primarily to children in our local community. We also have fun at our meetings and at social events; we will have a fun Christmas party. Come check us out. Weekly scheduled meetings are on Wednesdays at 6:45 a.m. at Roberts Italian Restaurant, 6745 Ken Caryl Ave. Free breakfast for first time visitors. For more information, call Ken Sweet at 303-973-8253 or visit our website at www.columbinekiwanis.org.

Columbine Montessori Preschool

Columbine Montessori Preschool will begin accepting reservations for the Fall 2012-2013 school year on the 1st of March, 2012. 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.

CWCA Mission Statement

The Officers and Directors of Columbine West Civic Association (CWCA) are elected by the dues-paying members who make up the civic association. Each board member is a civic association member and serves on the board without any compensation for time and labor. CWCA's primary mission is to enforce the covenants and to protect the property values of the Columbine West homes.

Our main objectives are as follows:

- To resolve covenant violations
- To work cooperatively with Jefferson County Sheriff's Department, Planning and Zoning Department and the Colorado State Patrol to maintain a safe and peaceful community
- To initiate civic programs that bring the community together and encourage residents to maintain the general appearance of Columbine West
- To foster community pride among the Columbine West residents

Thank you to those who have made the commitment to be part of the association. CWCA encourages ALL residents to become current with the membership fees which are effective for 12 months. If you have questions or concerns, would like to volunteer or join the Board, contact the voicemail at 303-904-8218. At anytime community members who would like to volunteer on a project can attend a monthly meeting, which is open to all neighbors, or leave a message on the voice mail line. 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. NEW PAYMENT OPTION! Pay securely online with PayPal, VISA, MC, Discover, and AMEX. Go to: www.neighborhoodlink.com/jeffco/cwc/. If you have a special project you would like to donate to, make that notation on your payment. Thank you for your continuing support in helping to restore property values and make Columbine West a great place to live.

Columbine West Civic Association

303-904-8218 • www.columbinewest.org

www.neighborhoodlink.com/jeffco/cwc

Officers

John Basila, *President* • 303-904-8218 • CWCAtalk@gmail.com

Mary Cole, *Vice President*

OPEN, *Secretary*

Mary Cole, *Treasurer*

Board Members: 5 Board positions FILLED, 1 OPEN

COHOPE Delegate

Cindy Coats and Floating Board Member

Newsletter Delivery Coordinators: 303-972-2387

Newsletter Editor: Natasha McCombs, ncmccombs@yahoo.com

Website Coordinator: John Basila

Newsletter Ad Manager: Colorado Lasertype

Garden Club Coordinator: OPEN

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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Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

Smile! Take Pictures That Showcase Your Creative Talents

Photography has come a long way since the days of flash powder and darkrooms. Now that nearly everyone's cell phone can take pictures, everyone can be a photographer. But not everyone knows how to take a great picture (as too many fuzzy or embarrassing photos on Facebook can attest). Here are some tips for taking good pictures with a little flair:

- **Change your point of view.** Take a pic from ground level, looking up at your subject. Or stand on a chair and point your camera downward. Tilt your camera (or phone) a little for a diagonal shot. Different angles are more eye-catching than the same old picture of Aunt Flo's face from three feet away.
- **Shift your subject's eyes.** Ask Aunt Flo to look behind you, or in a different direction, to make your photo less of a mug shot and more of a character study. Hand your brother a prop, like a book or a toy, and ask him to look at that instead of your lens.
- **Take a series.** A sequence of photos can tell a story or record a moment in time. Try adding one element with every new shot (start with a bride, and then have each bridesmaid come to stand behind her for every subsequent shot). Or photograph the same scene every day for a month to highlight what changes and what remains the same.

This Isn't Your Father's 911

Cell tower

We all know that 911 is the number to call in the United States to get help in an emergency. A 911 call goes to the emergency dispatch center closest to the caller, and trained dispatchers send police, firefighters or paramedics to the caller's location.

The shift to mobile phones and VoIP* lines has significantly changed emergency call-taking. Today in Jefferson County, nearly 80 percent of incoming 911 calls come from mobile phones and VoIP lines, while the rest come from traditional land lines. Calls from land lines have always provided dispatchers with information about the location of the caller. Calls from mobile phones and VoIP phones provide much less.

Calling 911 Today

When you call 911 from a mobile or VoIP phone, the call-taker will usually only know your phone company and phone number. The call-taker may know the general area you're calling from, but the area could be several square miles. You'll have to provide specific information so that the call-taker can send help to the right place. If you're in a building, try to provide the street address. If you're on a roadway, try to provide the cross streets, mile marker information or a well-known landmark. We can't help you if we can't find you!

e911: Why We're Calling You in an Emergency

In Jefferson County, the e911 system (sometimes called "reverse 911") allows us to call citizens to warn them of danger. With it, we can simultaneously call multiple phones within an area that we designate, to warn residents of flood, fire, tornadoes, chemical spills, or dangerous suspects. Within moments, calls reach the affected community to deliver warnings and critical safety instructions.

If you receive an e911 call, the voice on the line will let you know it's a message from the Sheriff's Office. Also, your caller ID should display our agency's name and a call-back number. The e911 system works with all phones that have a TDD line (for the hearing impaired). If you have a telephone zapper used to block out telemarketers, or if your phone is blocked to unknown callers, you will not receive e911 calls.

Opt In to e911

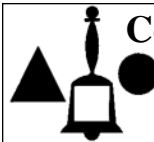
The e911 system calls numbers from two databases. One is the county's 911 database, with all listed and unlisted land lines. If you have a land line, it is automatically included in this database.

The second is a new database of mobile phone and VoIP numbers - established in 2009 - whose owners have opted in to receive the calls. If you don't have a traditional land line phone, or would like to receive a cell phone call in addition to the call on your land line phone, consider registering for this free service. To register, visit our website: www.jeffcosheriff.com.

— Sheriff Ted Mink

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



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What's in Your 72-Hour Kit?

In March 2003, a heavy snowstorm hit Colorado, leaving as much as 11 feet of snow in mountain areas of Jeffco and paralyzing the Denver metro area. Some Jeffco residents were forced to break apart furniture for firewood because they were without power for so long. Deputies used Sno-Cats, SUVs and showshoes to try to reach residents stranded without heat, medication or food.

If a disaster occurs in your community, local government and disaster-relief groups work hard to help you. But you need to be ready as well. You should know how to respond to severe weather or any disaster that can naturally occur in our area: winter storms, wildfires, flood, tornadoes and extreme heat or cold. Depending on the disaster, you may be stuck at home for days, or you may have to evacuate for an extended period.

As winter closes in, our Emergency Management team urges residents to be ready to be self-sufficient for at least 72 hours. They suggest assembling a 72-hour emergency kit, individually tailored to meet the basic survival needs of your family. Store it somewhere safe, yet easily accessible. Here are some items you may want to include in your 72-hour kit.

Sample preparedness kit from the American Red Cross

Basic Emergency Needs

- Water (1 gallon/day per person)
- Non-perishable foods, manual can opener
- Essential medications
- Battery-powered radio
- First aid kit and manual
- Sleeping bags and blankets
- Waterproof/windproof matches
- Flashlight with batteries, or wind-up flashlight
- Water purification tablets
- Utility knife
- Emergency candles

continued on page 5

Columbine West Military Members

"God of our fathers, who by land and sea have ever led us to victory, please continue your inspiring guidance in this the greatest of all conflicts. Strengthen my soul so that the weakening instinct of self-preservation, which besets all of us in battle, shall not blind me to my duty to my own manhood, to the glory of my calling, and to my responsibility to my fellow soldiers. Grant to our armed forces that disciplined valor and mutual confidence which insures success in war. Let me not mourn for the men who have died fighting, but rather let me be glad that such heroes have lived. If it be my lot to die, let me do so with courage and honor in a manner which will bring the greatest harm to the enemy, and please, oh Lord, protect and guide those I shall leave behind.

Give us the victory, Lord."

— General George S. Patton quotes

GM2 David Tuey, 24yr, US Navy Weapons Handler. Gunner's Mate Second Class • Stationed in Yokosuka, Kanagawa, Japan

HM3 Michael Tuey, 22yr, US Navy, Hospital Corpsman (Doc) Attached to the 3rd Battalion 2nd Marine Division-Expeditionary forces, Helmand Province, Afghanistan.

LCpl. Tyler Mc Manus, US Marine Corps, stationed in Washington D.C.

Cpl. James Casey Hawkins, US Marine Corps, stationed in Helmand Province, Afghanistan.

What's in Your 72-Hour Kit? *continued from page 4*

- Extra eyeglasses/contact lenses
 - Extra clothing
- Other Emergency Needs**
- Extra pet food, pet supplies, pet medications, etc.
 - Pen and paper
 - Cash
 - Addresses and phone numbers
 - Work gloves
 - Basic tools
 - Copies of all legal papers, including: marriage license, home mortgage, property/auto ownership documents, wills, jewelry appraisals, driver's licenses, insurance policies and bank accounts.

Your Household

Plan how your family will stay in contact if separated. Make sure everyone knows the actual phone numbers they need, in case they don't have access to the data stored in their mobile phones. If you or a loved one has a disability and need additional assistance at your home during a disaster or evacuation, call 911.

Ask an out-of-state relative or friend to serve as the "family contact." (After a disaster, it's often easier to call long distance than to place calls within the disaster zone.) Make sure everyone in the family knows the name, address, and phone number of the contact person.

Neighbors

Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors with disabilities or illnesses, the

elderly, or people with small children. Make plans for child care in case parents can't get home. If you live alone, coordinate with neighbors and create a plan to check on one another's welfare.

For more information on preparing for an emergency, including how to identify emergency outdoor water sources, and how to assemble first aid or car survival kits, visit www.ready.jeffco.us or call 303-271-4900. You can also visit the statewide resource readycolorado.com.

— Sheriff Ted Mink

National Blood Donor Month

Bad weather, busy post-holiday schedules, increased cold and flu symptoms, and even the winter blues are common excuses for not donating blood during the winter months. January has been observed as National Blood Donor Month since 1970, and the need is just as important now as it was then.

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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Garden Window
Casement Window

DOORS

Steel Entry Door
Fiberglass Entry Door
Sliding Patio Door
Garage Door

SIDING

Vinyl Siding
Soffit & Overhang
Architectural Accents
Insulation
Shutters
Stone
Stucco
Painting

ROOFING

Roof Tear Off
Re-Roof
Architectural Shingles
3 Tab Shingles
Ice Guard
Ridge Vent
Gutters & Downspouts

Jefferson County Public Library Previews 2012 Hours of Operation

Jefferson County Public Library (JCPL) announced that it will implement new service hours in 2012. These and other changes will enable the Library to bring 2012 expenses in line with revenues and balance the Library's budget.

Beginning in 2012, all JCPL libraries, including Arvada, Belmar, Columbine, Conifer, Edgewater, Evergreen, Golden, Lakewood, Standley Lake and Wheat Ridge, will provide service on Mondays. Outreach initiatives, including our Traveling Children's Library, Bookmobile, eTrain mobile computer training lab and Homebound Services, will operate on Mondays as well. Hours at all library locations will be changing as a result of budget reductions; however, the Online Library (jeffcolibrary.org) will remain open 24 hours a day, seven days a week.

Library service will continue unchanged through the end of 2011. The following service schedule will begin at the Columbine Library on Monday, January 2, 2012:

Columbine Library, 7706 W. Bowles Ave., Littleton, 80123

Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
12-8	12-8	9-5	9-5	10-5	10-5	12-5

Details about the new hours are available in JCPL locations and on the Library's website at jeffcolibrary.org.

*"A vigorous five-mile walk will do more good
for an unhappy but otherwise healthy adult than
all the medicine and psychology in the world."*

— Paul Dudley White

Teen Services

To add your teen's name, please email **Colorado Lasertype** at getinfo@coloradolaser.com 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.

Alexis A.		B/P	303-972-7404
Rhiannin B.		B/P	720-981-0278
Julia C.	14	B*	303-795-8431
Colton C.	15	P/L/S	303-829-8673
Emily C.	13	B*/P	303-763-7565
Jordan H.	17	B*/P	720-884-6321
Jessica H.	12	B*/P	303-932-1184
Allison H.	16	B*/P	303-521-1070
Alison H.	15	P	303-905-7942
Brandon L.	15	L	303-932-6583
Dustin L.	14	L	303-932-6583
Megan M.	15	B/P	720-587-9267
Jessie O.	17	B*/P/L	303-870-4345
Brittany S.	14	B	720-922-0881
Angie W.	13	B/S	720-276-6311
Nick W.	15	P/L/S	303-697-8307
Jordan	12	B*/P	303-973-9912

Columbine West 2011 July-December Residential Statistical Review

Address	Bed/Bth	Total SqFt	DOM	List Price	Sold Price	Address	Bed/Bth	Total SqFt	DOM	List Price	Sold Price
6935 S Webster St*	3/2	2,022	83	\$169,900	\$171,000	7382 S Vance St	3/3	2,568	17	\$174,900	\$193,250
7929 W Portland Ave*	3/3	2,374	40	\$235,000	\$228,000	8098 W Frost Pl	5/4	3,147	40	\$293,000	\$289,000
7549 W Frost Dr*	4/3	2,956	68	\$249,900	\$248,965	7334 S Yukon Ct*	4/4	3,473	40	\$300,000	\$289,000
7613 W Quarto Ave*	4/3	2,416	19	\$220,000	\$216,500	7064 W Roxbury Pl*	4/2	2,426	72	\$250,000	\$238,200
7722 W Geddes Pl	4/3	2,705	149	\$249,900	\$245,000	7262 S Allison Way*	5/3	2,443	93	\$275,000	\$275,000
7145 W Rowland Ave*	4/4	2,292	38	\$263,500	\$260,000	6938 W Roxbury Ave	4/3	1,945	95	\$219,900	\$209,000
7280 S Webster St*	3/3	2,100	300	\$119,900	\$122,500	7212 S Yarrow Ct*	3/3	2,836	209	\$189,997	\$195,000
7904 W Plymouth Pl*	4/3	2,539	66	\$265,000	\$254,700	7439 S Teller St*	3/3	2,016	97	\$166,500	\$154,500
7119 W Frost Dr*	3/2	2,032	171	\$194,900	\$188,500	7669 W Portland Ave*	4/3	2,154	49	\$250,000	\$250,000
7762 W Ottawa Pl	3/3	2,820	29	\$188,700	\$192,000	7200 S Webster St*	3/3	2,100	83	\$180,000	\$178,000
7639 W Ontario Pl	4/3	2,312	53	\$259,900	\$248,500	6989 S Allison Way*	3/3	2,325	12	\$197,000	\$197,500
7099 S Allison Way*	3/2	2,331	10	\$209,900	\$212,000	7210 S Yarrow St*	4/3	2,667	136	\$259,900	\$264,800
6986 W Fremont Pl*	4/2	1,633	13	\$200,000	\$200,000	7018 W Frost Pl*	4/2	2,060	78	\$219,900	\$198,000
7055 W Rowland Ave*	4/2	2,176	1	\$199,900	\$205,900	8075 W Fremont Dr*	4/3	3,403	221	\$271,900	\$265,000
7993 W Plymouth Pl*	4/4	3,697	798	\$300,000	\$238,000	7723 W Coal Mine Pl*	3/3	2,341	2	\$250,000	\$248,500
7231 S Yarrow St*	3/2	1,892	15	\$217,000	\$205,000	7313 S Teller Ct*	4/3	1,973	14	\$220,000	\$220,000
8148 W Frost Pl	4/3	3,791	67	\$294,900	\$284,000	6986 S Ammons St*	4/3	2,539	30	\$261,990	\$260,000

CLASSIFIEDS

Classified ads are \$2.95/line for 2012. Contact **Colorado Lasertype** at 303-979-7499 or getinfo@coloradolasertype.com to place an ad. To view our display ad prices, visit our website at www.coloradolasertype.com. 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.

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Andersen replacement windows. Why do vinyl when you can do a fibrex window for the same price. Jonathan 303-332-9812. DenverWindow.com

Companion care. Cooking, light house-keeping, errands, & doctor appmnts. CPR & first aid certified. Salina, 303-437-2936.

Highlands Pride Painting: 303-738-9203

Graphic Design/Marketing. Flyers, newsletters, ads, postcards, brochures & more. 25+ yrs exper. Nancy 303-972-4687.

HOME IMPROVEMENT: Shepard Construction. Vinyl windows & siding. 14+ yrs in business. Start w/ one window at a time or do them all at once. No job too small. Free est. Call Wayne 303-263-5982.

Small Paint Jobs Only 720-331-7032

Tree trimming & removal- Columbine Tree Svc. 303-979-5330. 33+ yrs exp.

Piano, Guitar or Bass Lessons. 16 yrs exp. Great w/ kids! Call Patrick 303-932-6551.

Carpet, hardwood, slate, tile - Installation, restretch & repairs. Bill at 303-794-1001

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

Sewing Machines Repaired. 30 yrs + exp. Free est. Free p/u & del. All work guaranteed. Call Scott **303-972-4687.**

KENOSHA GLASS Window repair, table tops, mirrors, shower doors. 303-972-7880

Pet Photography and Pet/House Sitting. Affordable, honest, refs. KrystalAR@aol.com KrystalReedPhotography.com 720-308-0566.

Tile, Baths, Kitchen and Basement remodels. Over 30 yrs exp. John 720-271-8045.

Driveway Caulking - Concrete Repairs. Avoid costly replacement. Call Sean **720-422-4236. www.ideal-restoration.com**

QUEEN PILLOWTOP MATT/BOX SET. Brand new in plastic. Retail \$529, asking \$265. Also, **NEW KING SIZE** pillowtop set. Retail \$699, asking \$385. **303-742-4860.**

Tom's Top Notch Painting - int./ext., dry-wall repairs. Tom Martino approved, 5% disc. for Littleton residents 303-523-2941.

Aminals Pet Sitting Service: Pet sitting (in your home). Bonded & ins. Refs. avail. Call Nancy at **303-335-6237**

Mike the Plumber - Your reliable neighborhood plumber for 14 yrs. Competitive rates. Free estimate. **720-422-8139**

Crystal Window & Blind Cleaning! Chandeliers & mirrors. Refs, 20 yrs exp. Feel good with **clean windows.** Call NOW-avoid the rush! Bill & Jerry **303-922-4655**

A+ Home Improvement Services. Pro-painting (ext. & int.), gutter & trim replacement & stucco. No job too small - we do it all! Basement & bath remodels, drywall repairs/texturing, decks, fencing, carpentry, doors, plumbing, electrical, tiles, carpeting & hrdwd flooring. BBB Member. Call A+ for fast, professional service every time. **Steve, 303-979-7858.** Major credit cards accepted. Refs., fully ins. & bonded. **www.A-Plus-Home-Improvement.com**

Cure For The Common Cold?

Colds, sinus infections, and other upper respiratory tract infections are the leading reason for visits to the doctor in the United States. But according to a study reported by Yahoo News, eating yogurt could help you avoid a cold.

Yogurt contains probiotics – bacteria that can benefit the body's immune system. In addition to yogurt, probiotics are found in fermented and non-fermented dairy products and in soy products like miso and soy drinks. A review of data involving more than 3,000 participants found that patients who consumed foods with probiotics for more than one week came down with 12 percent fewer upper respiratory infections than those who were treated with a placebo, or who ate probiotic foods for less than a week.

Mysteries of the Universe

Science can explain the origins of the universe and the secrets of the atom (and even smaller particles). But it can't explain everything. Here are a few mysteries even the brightest scientists don't fully know the answers to:

- **Sleep.** Scientists don't fully agree on why animals (including humans) need to sleep. While it may be connected to the brain's need to refresh itself, plants go into a dormant state that's similar to sleep, and plants don't have brains. And some people get by on 2-4 hours of sleep a night without any negative impact.
- **Planets.** Pluto may or may not be a planet, but a lot of real estate in our solar system is uncharted. The sector between the sun and its closest planet, Mercury, is too bright for astronomers to see, and the outer edges of the solar system are too dark. Whether or not Pluto is a planet, there may be more planets beyond it that we haven't found yet.
- **Ice.** Why is ice slippery? It just is, and various theories developed to explain why we slip and slide on frozen water all have problems. The answer may have something to do with the tendency of ice to melt slightly when pressure is put on it, but tests haven't confirmed that any melting effect is sufficient to decrease friction.

In Columbine West, Results Count!



Duffy & Associates, LLC

Duane C. Duffy

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Email: **dduffy4265@aol.com**

www.duanecduffy.com



Columbine West Statistics for December 2011

Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-Level	None	None	0
2-Story	\$ 195,000	\$ 200,000	2
Tri-Level	\$ 185,000	\$ 225,000	2
Bi-Level	\$ 195,000	\$ 244,500	5

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 137,000	\$ 218,000	4
4-Level	\$ 195,000	\$ 259,800	2
2-Story	\$ 175,000	\$ 250,000	5
Tri-Level	\$ 169,999	\$ 200,000	2
Bi-Level	\$ 180,000	\$ 180,000	1

Homes **SOLD** in Columbine West Jan. 1, 2011 to Dec. 13, 2011

	Lowest	Highest	How Many?
Ranch Style	\$ 138,000	\$ 250,000	9
4-Level	\$ 150,500	\$ 266,600	14
2-Story	\$ 122,500	\$ 304,000	18
Tri-Level	\$ 206,000	\$ 206,000	1
Bi-Level	\$ 154,500	\$ 240,000	12

"What Sets Duane Apart"

- Licensed Realtor by the State of Colorado
- Member of South Metro Denver Realtor Association
- Member of Colorado Association of Realtors
- Licensed Attorney by the State of Colorado
- Member of Colorado Bar Association
- Member of Real Estate Section for Colorado Bar Association

CALL DUANE FOR YOUR FREE MARKET ANALYSIS OF YOUR HOME!

*The statistical information is based on MLS data December 13, 2011.
Not all of the properties were listed and/or sold by Duffy & Associates, LLC.*

Important Numbers

1) Scrap Metal pick-up, 303-522-8041

Unwanted scrap metals of any kind, freezers, refrigerators, stoves, washers/dryers, microwaves, vacuums, shelving, mowers and car batteries. Metal is found in many household items; please feel free to call before you throw them away. The more we recycle, less piles up in the landfill. Fees are charged where necessary; otherwise this is a FREE service.

2) Rooney Road Recycling, 303-710-9120

For appointments call: 303-316-6262

\$20 drop-off charge/cash or check. \$30 home scheduled pick-up. *Includes: 75lbs of the following items: paint thinner, fertilizers, waxes, cleaners, oil based paint, anti-freeze, batteries, aerosol cans. In addition to the 75lbs of the above, you are allowed the following: 25 gallons of oil, 10 gal. of latex paint, 5 auto batteries and 5 florescent light bulbs. *Open by appointment only: Wednesdays & Saturdays (8am to 2pm)

Make New Year's Resolutions As A Family

A new year represents a fresh start, an opportunity to set goals and reset your priorities. Don't just make New Year's resolutions for yourself – get your whole family involved. Consider collaborating on these resolutions for the year:

- **Eat dinner as a family.** Families seem to be busier than ever these days, so making room for consistent togetherness time is even more important. Think about cutting back on meetings (you and your spouse) and extracurricular activities (your kids) so everyone can eat dinner together most nights.
- **Build confidence in children's strengths.** Don't spend all your time pointing out your kids' mistakes and weaknesses. Children grow up to be successful and self-reliant because they're sure of their strengths. Give them the confidence to tackle anything.
- **Hold regular family meetings.** These times should be used to discuss schedules, goals, and even grievances. Family meetings can help everyone in the family reconnect and communicate.
- **Make personal resolutions a family affair.** If you've decided you want to do more charitable work, consider making your personal goal a family goal. Volunteering as a family is a powerful way to build self-esteem and build a sense of community in yourself and your kids.

Columbine West Civic Association Membership Coupon

Please fill out the membership coupon and mail it with your \$25 check to CWCA. Send to CWCA, P.O. Box 620026, Littleton CO 80162

Name(s): _____

Address: _____

Telephone #: _____

National Mentoring Month

Focusing national attention on the need for mentors to young people, as well as on how individuals, businesses, government agencies, schools, faith communities, and nonprofits can work together to increase the number of mentors, National Mentoring Month works to assure brighter futures for the next generation.