



Columbine West Civic Association Newsletter®

CWCA – Your Homeowners' Organization



Vol. 34 No. 11

November 2012

Circulation: 1,555



Thank You For...



Storing Trash Cans Properly out of Sight

We Are Good Neighbors

As we continue to address violations within the development, the issue of trash cans being visible from the street has attracted some debate. While some neighbors don't see it as an issue worth pursuing, many others do. So, what choices as a governing Board do we have? The covenants spell out quite clearly that trash cans should be stored inside a building such as a garage or shed. The board has relaxed this stipulation to allow storage of trash cans behind a wooden fence. It was roughly 4 years ago when the Neighborhood Improvement Committee (NIC) was formed and given the task of addressing this very issue. Some of you might remember the door hangers that were left at your house, explaining the unsightliness of the neighborhood due to so many trash cans being visible. How Realtors had made phone calls and left comments on the CWCA voice mail line expressing their reluctance in bringing potential clients into the neighborhood for viewings. After the initial presentation of the door hanger and friendly letters notifying residents of the

covenant, we saw a dramatic difference in how trash cans were being stored. Now, 4 years later, it has become clear that a reminder is necessary. We are aware that the huge new receptacles from trash companies may be hard to store in the garage. Take some time to check out how your trash cans are stored, and if need be, create a special enclosure for them. Keep in mind that the enclosure cannot be taller than 42", and it must be behind the front setback of the house per Jeffco Zoning regulations. With the high winds that we experience throughout the year, (ie. October 16th & 17th) trash and recycling have a larger tendency to escape and travel around the streets, spreading trash into others yards. Since coyotes, foxes, elk, raccoons,



and other critters are regularly seen in the neighborhood, we know any food smells could lure them closer, creating an unsafe situation for children, pets, and any residents walking in the area. The Board has taken legal recourse on some homeowners for NOT properly storing trash cans out of site. It isn't fun to do, nor do they want to do this. Our volunteers would much rather spend time and membership money on planning community events for the whole development to enjoy. If you have questions about the covenants, please review them, they are posted on the website. Help us to help everyone within Columbine West to see each other as "good neighbors".

Next CWCA Meetings


7:00 p.m. Dutch Creek Elementary
Nov 13th • Dec 11th

2012 CWCA Calendar of Events

- November 4th, Clock set back 1 hr., Daylight Savings Time Ends
- November 6th, Election Day. Remember to VOTE, Check your precinct
- November 11th, Veterans Day
- November 13th, 7 p.m. CWCA Meeting, Dutch Creek Elementary
- December 1st-25th, Holiday Lighting Contest
- December 11th, 7 p.m. CWCA Meeting, Holiday Potluck, Dutch Creek Elementary
- December 31st, New Year's Eve 2013. Cheers!


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Thanks for painting the town
green and supporting the
Paint Round-up!
Another round up will be held next spring



Lou is selling houses! Thinking about selling your home? Call Lou, she can get you moving.



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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

Cindy Coats, *Secretary*

Mary Cole, *Treasurer*

Board Members: 5 Filled, one OPEN

COHOPE Delegate

Cindy Coats and Floating Board Member

Newsletter Delivery Coordinators: 303-972-2387

Newsletter Editor: Natasha McCombs, ncmcombs@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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Check Out the Newsletter

A new community campaign is being presented in the newsletter, each month there will be a new headliner, take a look. Thank you to those neighbors who have stepped up to help deliver the newsletters. Delivering the newsletter is completely volunteer based, helping us to save valuable resources. Neighbors depend on this communication system to stay informed on upcoming events. Please consider joining as a delivery volunteer 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.



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

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.

One Minute Wellness... The Stress Factor

Stress is a major factor impacting health and wellness. When the body reacts with alarm to either real or perceived threats there are hormonal, physiological and biochemical changes taking place instantly. The muscles become tense as the release of adrenaline and other hormones initiates an alarm reaction. Physiological changes occur in response to the stress stimulus. The body needs more glucose for the muscles to function properly, so the liver responds by releasing insulin into the bloodstream. For the glucose to be transformed into energy, extra oxygen is required. The heart begins pumping blood faster to carry this extra supply, leading to a rise in blood pressure. However, the amount of blood available in the body is limited. Therefore, in order to deliver extra blood to select areas, there is a temporary cutoff in blood supply to non-priority areas. Consequently, the digestive system slows or stops altogether, the salivary glands stop secreting, blood vessels in the kidneys and the abdomen constrict and the immune system slows down. Additionally, new studies are showing that stress can shrink your brain cells and prematurely age your immune system. However, **THERE IS HOPE!** Healthy nutrition and consistent exercise can make a **huge** difference. This is a time of year when many folks would rather "hibernate" to stay out of the cold, so there are many very simple ways (in the comfort of your own home) to get a lot of movement. In the next issue I will outline some simple movements that make big impacts on your health!

CWCA welcomes the contribution of our new columnist Marybeth Van Horn. Mary Beth lives in Columbine West and is an RN, CFT is a Certified Personal Trainer. She is a Registered Nurse, Certified Exercise Therapist and Certified Specialist in Performance Nutrition. She has assisted hundreds of individuals in achieving their fitness goals. Her own experience encompasses the loss of over 85 pounds. She was featured in episode one of the series "I Lost It" which aired nationally on the Discovery Health Channel. Feel free to call her cell phone 303-809-1134 with any questions you may have. Thank you Mary Beth for your encouraging words and making a difference in Columbine West by being a good neighbor.

Columbine West Military Members

It is the Soldier, not the campus organizer who has given us freedom to demonstrate. It is the Soldier – Who salutes the flag; Who serves beneath the flag; and Whose coffin is draped by the flag, Who allows the protestor to burn the flag.

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) now @ Camp Lejeune.

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

Tyler Brown, 21yr, US Marine Corp. Stationed at Camp Lejeune, NC

Kristyn Lutz, Lance Corporal, U.S. Marine Corp, Stationed in Camp Pendleton, California

Petty Officer 2nd Class Christopher Hooker, US Navy Aviation Warfare, Search & Rescue, stationed at Buckley, Colorado



Columbine Montessori Preschool

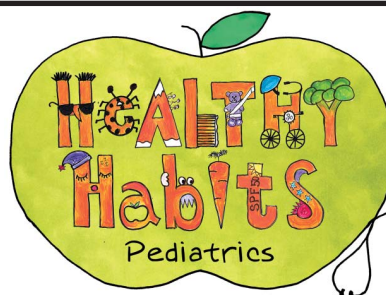
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CWCA Mission Statement

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 Kiwanis News

Columbine Kiwanis is a group of extremely dedicated men and women who focus on volunteering within the Columbine Community. They have projects throughout the calendar year. In the month of November the Kiwanis are scheduled to be greeters and ticket sellers for the Arapahoe Philharmonic Orchestra, Nov. 16th, at Mission Hills Church, 620 SouthPark Drive, Littleton, CO 80120, concerts start at 7:30 p.m. The orchestra will be performing Haydn – March for the Royal Society of Musicians, Haydn – Symphony No.100 (Military) & Prokofiev – Symphony No. 5. Tickets can also be purchased in advance by calling (303) 781-1892 or www.arapahoe-phil.org. The Kiwanis will also be taking donations for the Annual Turkey Roundup. The turkeys will be delivered to the Denver Action Center. If you would like to donate, the Kiwanis will be collecting turkeys at their Wednesday morning meeting on Nov. 21st, at Roberts Italian Restaurant, 6745 Ken Caryl Ave. In return, they would like to give each person who donates a voucher for a FREE breakfast to attend one of their future meetings.

Columbine Kiwanis is group of volunteers dedicated primarily to children in our local community. We also have fun at our meetings which include an interesting speaker and social events. Come check us out. Weekly scheduled meetings Wed at 6:45am at Roberts Italian Restaurant, 6745 Ken Caryl Ave. Free breakfast for first time visitors. Membership Dues are \$33.00 per month including meeting breakfasts. Guest and Interclub Breakfasts are \$6.50 each, payable to the Treasurer. For information call Ken Sweet 303-973-8253 or visit our website at www.columbinekiwanis.org.

*"Happiness is a risk. If you're not a little scared,
then you're not doing it right."*

—Sarah Addison Allen

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Hot Off The Press News From Dutch Creek PTSA

• Nov. 6th Election Day Bake Sale and Hot Dog Lunch

The PTSA will be selling homemade goodies from 7am-7pm & hot dogs from 10am-2pm at Dutch Creek Elementary. When you come into vote please stop by the table and take a look at the selection of goodies. Proceeds will be helping all the students of Dutch Creek Elem. Not hungry?? If you would like to donate cakes, cookies, muffins, breads, candies, homemade preserves or other items, please contact Gena Sternberg at glgralapp@hotmail.com.

• Holiday Ornament Sale

The PTSA is starting to organize for our Holiday Ornament Sale scheduled for Dec. 7th. Ornaments will be decorated by the kids and made available to purchase. If you have craft materials that you would like to donate, or looking for a reason to clean out the spare bedroom closet in preparation for family visitors, please contact Gena Sternberg at glgralapp@hotmail.com. We could use things like non-toxic paint, glitter, sequins, yarn, pipe cleaners, glue, old holiday cards, wrapping paper, tissue paper, ribbon, stickers.

• Box Tops and Labels for Education

Those colorful little coupons found on boxes of cereal, dairy products, cookie mixes, crackers, canned soup, and even some office products, are worth 10 cents each and really add up. Check the bottom of Kleenex boxes too. Please clip them and send them to school with a student, or contact Kiersy DeGiovanni at kiersy@hotmail.com and we will send somebody to pick them up from you.

• Student Leadership Canned Food Drive

Dutch Creek's Student Leadership is sponsoring a canned food drive "with a twist" which will benefit needy residents of the Dutch Creek community. In addition to canned foods, the kids will also be collecting personal hygiene items, pantry goods and cleaning/laundry supplies. If you would like to make a donation and don't have a student to send it with please contact the school (303-982-4546).

Thank You For Supporting Dutch Creek Elementary. This school year our student body requested that family, friends, and members of the community pledge money directly to the school, instead of selling wrapping paper, overpriced candy, or similar items. The "Pledge Drive" was a success and best of all 100% of the proceeds went directly to the school. Proceeds from the PTSA fundraisers allow us to supply the school staff with valuable educational tools like interactive SMART Boards and computers. By supporting our fundraisers and drives, you help us continue this practice. *The next PTSA meeting is 11/13 at 6-7 p.m. in the school library.* Everyone is welcome and childcare is available for paid members of PTSA.

Fall Pet Food & Supplies Drive

Help provide support for the companion animals of senior citizens, people with disabilities and those facing life-challenging illnesses through a pet food and supplies drive to be held from October 6th – November 10th. Collection bins will be at various locations across the Denver metro area. To find your closest location, please visit www.PAWSColorado.org. Our biggest needs are for bags of dry dog and cat food as well as kitty litter. Together we can help sustain the very important human animal bond. For more information please call 303-693-1587 or visit www.PAWSColorado.org. **To protect the health of our client's companion animals, we are unable to accept open or repackaged food or used pet supplies.**



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Alexis A.	15	B/P/S	303-587-9439
Colton C.	16	S/P	303-829-8673
Hunter E.	14	S/P	303-933-9850
Madison L.	13	B/P	303-641-3571
Kayla G.	13	P	303-972-7895
Karissa G.	13	P	303-972-7895
Jordan H.	17	B*/P	720-884-6321
Angie W.	15	B/S	720-569-0552

Kellogg Says 'Thanks' To Loyal Consumers With New Family Rewards Program

Highlights:

- New Kellogg's Family Rewards allows families to enter sweepstakes and build up points for rewards
- Earn discounts, toys, books, apparel, sports equipment, gift cards, and a chance to win free groceries and more for busy families
- Winners of \$200 free groceries selected daily with the new Kellogg Family Rewards program - www.KelloggsFamilyRewards.com

Loyalty is a two-way street. Consumers demonstrate loyalty and commitment to their favorite brands. And companies in turn provide benefits or rewards to continue earning their trust day in and day out. That is the driving force behind Kellogg's Family Rewards, Kellogg Company's new U.S. consumer-loyalty program.

"Kellogg's cereals, frozen foods and snacks can be found in more than 93 percent of all U.S. homes," said Larry Bruck, Kellogg senior vice president, Global Media and Marketing. "We are honored to be such a trusted brand and developed Kellogg's Family Rewards as our way of saying thanks to our consumers. It is a fun and easy way for families to earn rewards through each Kellogg product they purchase."

Consumers can log onto a new website, www.KelloggsFamilyRewards.com, to register and enter unique codes found inside packages of their favorite Kellogg products sold in the U.S. Consumers then become eligible to earn a variety of rewards as well as a daily chance to win \$200 free groceries. Program members can earn additional reward points and a chance to win prizes through special bonus offers on specially marked products.

We are teaming up with several exceptional partners to offer some truly exciting rewards, including movie tickets, great toys and books, digital rewards such as music and eBooks, gift cards, sports equipment, along with coupons off Kellogg products. The more codes families enter, the more rewards they can receive.

The Kellogg's Family Rewards website went live in June, and packaging containing codes are now on store shelves. The majority of Kellogg Company's products – cereals, frozen foods and snacks – are included in the program. Consumers can learn more about Kellogg's Family Rewards by visiting www.KelloggsFamilyRewards.com. Kellogg's was the proud sponsor of TeamUSA this year at the London Olympic Games.



*We have a
Toy Story to tell ...*

You are invited to contribute to

The Arapahoe Santa Claus Shop

Your neighborhood drop off site is

The Gardens at Columbine

5130 W Ken Caryl Avenue 80128

Please bring new or gently used items no later than

December 9, 2012

The Arapahoe Santa Claus Shop provides toys to families in need of making holidays brighter for their children.

For information call Ted: 720 289-5659



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Garden Committee Update

"Kind hearts are the gardens, Kind thoughts are the roots, Kind words are the flowers, Kind deeds are the fruits, Take care of your garden, And keep out the weeds, Fill it with sunshine, kind words and kind deeds." Longfellow 1807-1882

If you would like to step up and help keep the garden duties scheduled or have your name added to the volunteer list or have any questions contact the voicemail at 303-904-8218.

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Colorado Lasertype www.ColoradoLasertype.com

Coffee With a Cop, Pull Up a Chair

A new series of walk-in community meetings called Coffee With a Cop began in spring 2010. These informal events are opportunities for Jeffco residents to speak one-on-one with our agency's command staff, and ask questions about crime and quality-of-life issues in their neighborhoods or on the roadways.

November 8, Food Court at Southwest Plaza,
8501 W. Bowles Ave., 2 p.m. - 4 p.m.

December 13, Panera Bread, Southwest Plaza,
8501 W. Bowles Ave., 2 p.m. - 4 p.m.

FREE Days

The Denver Zoo free days are by far the most popular Denver free days for families with kids, and are typically held during the fall and winter. Kids love to walk through the zoo and watch the animals, and there are also fun activities for the kids at various locations throughout the zoo, such as the drums at Congo Basin. If you're a Denver resident or you're traveling through Denver during one of the zoo's free days, I highly recommend spending a day at the Denver Zoo. Weather: Since much of the zoo is outdoors and free days are in the colder months, be sure to dress warmly. There are plenty of chances to step inside to warm up also, such as the indoor rainforest at Tropical Discovery. The last few free days are Monday, November 5th, Friday, November 16th & Wednesday, November 28th. Check out the Zoo.

In Columbine West, Results Count!



Duffy & Associates, LLC

Duane C. Duffy

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Email: **dduffy4265@aol.com**

www.duanecduffy.com



"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 October 17, 2012.

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

Columbine West Statistics for September 2012

Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 238,500	\$ 265,000	2
4-level	\$ 278,250	\$ 279,950	3
2-story	\$ 270,000	\$ 350,000	3
Tri-level	\$ 214,900	\$ 214,900	1
Bi-level	None	None	0

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 194,900	\$ 255,000	3
4-level	\$ 234,900	\$ 269,900	3
2-story	\$ 182,000	\$ 272,000	2
Tri-level	None	None	0
Bi-level	\$ 229,000	\$ 232,900	2

Homes **SOLD** in Columbine West Jan. 1, 2012 – Oct. 17, 2012

	Lowest	Highest	How Many?
Ranch Style	\$ 133,000	\$ 253,500	7
4-level	\$ 170,501	\$ 270,000	13
2-story	\$ 166,699	\$ 303,500	17
Tri-level	\$ 153,500	\$ 235,000	4
Bi-level	\$ 180,000	\$ 264,900	17

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)

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 #: _____

CWCA Covenant Violation Report

Mail to: Columbine West Civic Association, P.O. Box 620026, Littleton, CO 80162

Date: _____

Description of alleged violation: _____

Violator's Address: _____ ☐ I would be willing to appear in court as a witness.

Name: _____

Address: _____ Phone: _____

All reports will remain confidential and you can send this in anonymously, but we are unable to supply progress reports.