



Columbine West Civic Association Newsletter®

CWCA – Your Homeowners' Organization



Vol. 35 No. 01

January 2013

Circulation: 1,555



Thank You For...



Your Amazing Holiday Decorations

We Are Good Neighbors

The holiday season is always a magical time of year. Blinking and assorted colored lights and shimmering icicles that cascaded down from the eaves of houses in Columbine West provided a bright, happy, and inviting feeling. Candy canes seemed to dance around the yards as the inflatable characters swayed in the breeze. It's as though those neighbors who decorated were opening up their homes and hearts and sharing their holiday spirit with all their neighbors so all could enjoy. The aroma of fresh baked goodies wafted through the air and some treats even made their way into neighbor's gift bags. As a famous saying goes, "It is better to give than to receive".

Driving into or out of the neighborhood at night with the entrances dressed in garland and all the houses lit up brought smiles to our faces, warmed our hearts, and made us proud to live where we do. It takes us back to our childhood memories when our imaginations ran wild with thoughts of hearing Santa and his reindeer on the roof or the anticipation of what was in those presents under the tree. And those "visions of sugarplums dancing in our heads" gave us a temporary reprieve from today's stresses of trying to make a decent living, provide for our families, and balance work and family commitments. Oh, to be young and free again!

CWCA once again sponsored the lighting contest and awarded \$50 gift certificates to 2 lucky households. Due to an early newsletter deadline that was prior to judging, winners will be announced in the February newsletter. Thank you to those who brightened our

Better Mood Foods

It's not uncommon to feel a little down during the holidays. Now, new research suggests that you can fight the holiday blues by eating certain foods. According to findings at the Torrey Pines Institute for Molecular Studies in California, foods like chocolate, blueberries, raspberries, strawberries and some teas – as well as foods rich in omega-3 fatty acids – contain natural ingredients that have mood-enhancing effects. The researchers believe that consuming such foods could positively impact mood.

December nights and took us back in time, even if it was only for a short while.

Next CWCA Meetings

7:00 p.m. Dutch Creek Elementary
Jan 8th • Feb 12th • Mar 12th

Check Out the Newsletter

Each month there will be a new headliner, take a look. CWCA cares about the community and wishes to try and inform all neighbors about community events & covenants. It is hoped that the front page exposure will catch your attention, but we need to remember that newsletters still need to be delivered. 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 extra people, and could use more hands 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.



2013 CWCA Calendar of Events

- January 8th, 7 p.m. CWCA Meeting, Dutch Creek Elementary
- February 12th, 7 p.m. CWCA Meeting, Dutch Creek Elementary
- Feb. 27, 28th & March 1st, 7 p.m. March 2nd 2 p.m. C.H.S. Musical Performance, Seussical
- March 12th, 7 p.m. CWCA Meeting, Dutch Creek Elementary
- April 1st, CWCA Membership Dues Drive
- April 9th, 7 p.m. CWCA Meeting, Dutch Creek Elementary
- May-September 2013, Yard of the Month
- June 2013, Dumpster/Recycling Day



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Sunday Hours: 11am-1:30pm

Regular Office Hours:

Weekdays 7:30-12 / 2-6

Saturday 8-12

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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: 3 Filled, 3 OPEN

COHOPE Delegate

Cindy Coats and Floating Board Member

Newsletter Delivery Coordinators: 303-972-2387

Newsletter Editor: Natasha McCombs, nmccombs@yahoo.com

Website Coordinator: John Basila

Newsletter Ad Manager: Colorado Lasertype

Garden Committee Chair: Mel Ochs

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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Would You Like to be Membership Chair?

The association has had a very talented and dedicated Membership Chair this year, Kathie Wate, who unfortunately has to step down from the position due to work related obligations. So, we are in need of an equally dedicated volunteer to fill this position. Kathie has everything computerized, which will make the transition to another volunteer pretty seamless. She will also help train you on the system she uses. If you would like to become an involved community member within the association, call the voice mail line, 303-904-8218, and leave a message or plan on attending a monthly meeting at Dutch Creek Elementary. The Board meets the 2nd Tuesday of each month at 7 p.m.

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.

Columbine H.S. Marching Band Uniform Campaign

Columbine H.S. in the midst of a very important campaign to replace the CHS Marching Band uniforms. Marching band uniforms have an estimated life span of about 10 - 12 years and we have been using ours for 15 years. They are showing significant wear and tear and are preventing our band from looking their best. More than 15 years ago, CHS band families raised the funds to purchase the uniforms that countless students have benefitted from over the past 15 years. The Band Boosters have been saving up funds in an account and are about half way to reaching the needed amount of ~\$40,000 to outfit our marching band in new uniforms. The students are very excited about it! **What we need is the support from Band families and interested C.H.S. Band Alumni in the way of monetary donations and donations of time in order to raise \$20,000 by spring time!** We have a dedicated New Uniform Fundraising Committee, headed by Lori Lynn Redmon and Cindy Wildin, but they will only be successful if the **entire** CHS Marching Band Community is willing to do their part. You will be seeing communication coming out about various events and fundraising opportunities targeting the New Uniform Fund. You may be wondering "How can I contribute to this event and support these dedicated students?"

*** "Raffle" Event at the Columbine Area Band Festival on January 28th. Mark your calendars now! This event will feature many different items, some "high end", so come prepared to increase your chances of having your ticket drawn! We are hoping to garner support from future CHS students by holding this at an articulation area event. *** Letter Writing/Donation Request Campaign – We have a written letters that can be sent to family members and corporations requesting tax deductible* monetary donations to help us reach our fundraising goal. ** A donation of any monetary amount from families is much appreciated. Families that give a total of \$400 will receive special recognition with a label sewn on the inside of a new uniform. We encourage all families to consider this. ***Corporate donations – Shari Jeter has authored a letter that can be used to request monetary tax deductible donations from corporations. Many corporations have donation funds available and want to support the community. Please contact us and let us know if you can help us reach out to these groups. *** CHS Spirit Garden Flag Sales – We are ordering Columbine Rebel Garden Flags to sell to all groups in the school. They will be \$15 each and will make wonderful Christmas gifts showing CHS school spirit. Lori Elvera is spearheading this. Contact Fundraising@ColumbineHSMusic.com to place an order and show your Columbine spirit! **Please jump on board as a part of this campaign to outfit our Columbine H.S. Band students in new uniforms.** They can be the best looking band around and feel proud as they represent CHS at competitions and games! If you have any questions or need help getting involved, please e-mail the fundraising committee at fundraising@columbineHSMusic.com. ** *The Columbine Instrumental Music Boosters organization is a Colorado registered non-profit organization. Please check with your tax advisor regarding deductibility of your donations.*

Southside Pizza Celebrates 2nd Anniversary

What happens when two brothers come together to make pizza? You will have to stop by Southside to find out. Local brothers are serving up some great eats, special selection drinks and lively conversation. Tucked away in the King Soopers shopping center, Chatfield and Wadsworth, you will be welcomed from the moment you walk through the door. 7403 West Chatfield Ave., Littleton. Open Daily: 11 a.m. to 10 p.m. 303-972-4000



Columbine Montessori Preschool

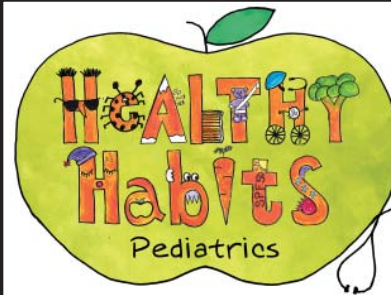
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Teen Services

To add your teen's name, please email **Colorado Lasertype** at getinfo@coloradolasertype.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. | 15 | B/P/S | 303-587-9439 |
| Colton C. | 16 | S/P | 303-829-8673 |
| Hunter E. | 14 | S/P | 303-933-9850 |
| Joe H. | 14 | L/P | 303-933-4879 |
| Jordan H. | 18 | B*/P | 720-884-6321 |
| Madison L. | 13 | B/P | 303-641-3571 |
| Kayla G. | 13 | P | 303-972-7895 |
| Karissa G. | 13 | P | 303-972-7895 |
| Angie W. | 15 | B/S | 720-569-0552 |

One Minute Wellness...

10 Best Tips For Restaurant Eating

Restaurant eating is challenging for anyone on a weight loss program. Here are some tips we have found to be helpful.

- **Don't get overly hungry before going.** Whenever possible have something healthy to eat before you go to a restaurant. If you are really hungry everything will look good to you and it will be hard to stay in control. You will easily be lured into ordering most anything that sounds good.
- **Turn the desert and/or alcohol display over as soon as you sit down.** When you first sit down you see a very colorful and appealing card with all kinds of food items, desert items or drinks. That is meant to get you thinking of all those things while you are at the height of your hunger. Then it is more likely that you will order those things right away or be thinking about the desert all through your meal.
- **Do not get an appetizer, eat a lot of bread or have a lot of alcohol.** If you stick with just the meal, you are better off than if you have a bunch of add-ons. Appetizers and drinks look very appealing when you are very hungry and you know they can get those out to you quickly. Why not just order the meal right away and say you would appreciate it if they could get it out to you quickly.
- **Order water first and drink it.** You would be surprised at how filling water can be. Drink at least two glasses while you are at the restaurant. When possible ask for a pitcher of water at the table.
- **Order it your way.** Most restaurant meals are about 1000 calories, on average. Check the menu and nutritional information out before you head out to the restaurant whenever possible. Choose your "tried and true" restaurants (The ones you have looked up and feel comfortable ordering from) whenever asked where you would like to go. Remember you can ask for it your way, no butter, no mayo, extra meat, extra veggies etc.
- **Share it.** One way of being sure you have cut the calories is to cut the serving in half. Share it!
- **Ask for a take out container with your order.** When ordering ask for the take out container. Then when you are served, go ahead and split the meal and save half for later.
- **Enjoy the people you are with.** One problem with many

continued on page 5

CLASSIFIEDS

Classified ads are \$2.95/line for 2013. 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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One Minute Wellness, continued from page 4

people is that they are so concerned with the food that they don't really hear what anyone has to say while they are at the restaurant. One test is to ask yourself "If the food wasn't good would I have enjoyed the experience anyway?"

- **Drink juice during dessert.** If others in your party are eating dessert, have plenty of ice in a glass of juice and chew on the ice through the dessert.

- **Learn non-comments.** When people ask you why you aren't eating or drinking certain things, just change the subject or ask them something about themselves. Don't engage in any explanations about yourself, your weight or your nutritional program. It just opens you up to conversation that may make you vulnerable.

Marybeth Van Horn is a Personal Trainer, Registered Nurse, 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. Marybeth is a well known motivator and teacher. She has been asked to present seminars to numerous groups in Colorado, including classes at DU. 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.

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 affective 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.

In Columbine West, Results Count!



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CALL DUANE FOR YOUR FREE MARKET ANALYSIS OF YOUR HOME!

The statistical information is based on MLS data December 9, 2012.

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

Columbine West Statistics for December 2012

Current Homes **FOR SALE** in Columbine West

| | Lowest | Highest | How Many? |
|-------------|------------|------------|-----------|
| Ranch Style | \$ 259,900 | \$ 259,900 | 1 |
| 4-level | \$ 250,000 | \$ 269,950 | 2 |
| 2-story | None | None | 0 |
| Tri-level | None | None | 0 |
| Bi-level | \$ 234,000 | \$ 265,000 | 2 |

Current Homes **UNDER CONTRACT** in Columbine West

| | Lowest | Highest | How Many? |
|-------------|------------|------------|-----------|
| Ranch Style | \$ 233,000 | \$ 255,000 | 2 |
| 4-level | \$ 234,900 | \$ 299,950 | 4 |
| 2-story | \$ 182,000 | \$ 350,000 | 4 |
| Tri-level | \$ 200,000 | \$ 249,900 | 2 |
| Bi-level | \$ 232,900 | \$ 232,900 | 1 |

Homes **SOLD** in Columbine West Jan. 1, 2012 – Dec. 9, 2012

| | Lowest | Highest | How Many? |
|-------------|------------|------------|-----------|
| Ranch Style | \$ 133,000 | \$ 253,500 | 10 |
| 4-level | \$ 170,501 | \$ 274,000 | 16 |
| 2-story | \$ 166,699 | \$ 303,500 | 19 |
| Tri-level | \$ 153,500 | \$ 235,000 | 4 |
| Bi-level | \$ 180,000 | \$ 264,900 | 18 |

Columbine West Military Members

“True soldiers of hope do not do what they do for glory, fame and to be superior over others, they do what they do because of the love in their hearts and souls and for the greater good of mankind, together we salute our true soldiers of hope and may God protect them as they go on their journey.” - **Rick Quinn**

Pvt. Bethany Gardner, U.S. Army, 282nd Engineering Company, stationed at Ft. Carson Colorado

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.

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

LCpl. Kristyn Lutz, 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 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 #: _____

Garden Committee Update

“Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul.”

~ **John Muir**

If you would like to have your name added to the volunteer list or have any questions contact the voicemail 303-904-8218.

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.