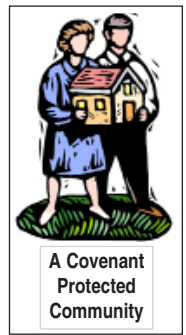




Columbine West Civic Association Newsletter®



CWCA – Your Homeowners' Organization

Vol. 35 No. 03

March 2013

Circulation: 1,555

Thank You For...



Driving Lawfully within the Neighborhood We Are Good Neighbors

Columbine West development is roughly one square mile in dimension. Within that mile there are approximately 90 stop signs, 14 speed bumps, 1 school zone and a few yield signs. The posted residential speed limit is 25 MPH, 20 MPH in the school zone and 15 MPH for the 14 speed bumps. Colorado Department of Transportation has set the speed limits that are considered maximum speeds for the road conditions and safety of those living near the roadways. Having a neighborhood school, Dutch Creek Elementary, means children on sidewalks or in the street riding their bikes, to and from school on a daily basis. Neighborhoods inevitably have slower speed limits because of this and other foot traffic. During our snowy weather those speeds may need to be adjusted down. If the roadways experience a light freeze, then we need to take extra precaution with downhill speed, navigating slippery corners and coming to complete stops at stop signs. Please take extra care to come to a complete stop at any and ALL stop signs, even the ones that seem to have been put there for no reason. Try to remember that the speed bumps are there to control speed, not increase your speed to lessen the bump. Sidewalks are for those who choose to walk, for exercise or transportation, not to be used to evade those cumbersome speed bumps. Some neighbors have asked us to remind the community to pay attention to the fire hydrants in the development. Please do not park in such a way that you block any fire hydrants. As we get closer to daylight savings time, CWCA asks that you pay special attention to your speed and driving habits. We can all be good examples to those young drivers that are getting ready to get behind the wheel.

Next CWCA Meetings

7:00 p.m. Dutch Creek Elementary, * 6:30 p.m. Pool Pavilion

March 12th, April 9th, May 14th,

*June 11th, *July 9th, *August 13th, September 10th

Garage Sale & Dumpster Day

Plans are being made for Community Garage Sale May 3rd, 4th & 5th and Annual Recycle/Dumpster Day in June.

Newsletter Delivery

OPEN ROUTE (W. Portland Ave., S. Allison Way- S. Webster St., S. Yukon Court N & S of W. Portland Ave.) 65 homes. We are in need of this route being filled immediately.



Delivering the newsletter is completely volunteer based, helping CWCA 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

- March 10th: Daylight Savings Begins (Spring Forward)
- March 12th, 7 p.m.: CWCA Meeting, Dutch Creek Elementary
- April 1st: CWCA Membership Dues Drive
- April 9th, 7 p.m.: CWCA Meeting, (Nomination of Officers) Dutch Creek Elementary
- May 3rd, 4th & 5th: Community Garage Sale
- May-September 2013: Yard of the Month
- June 9th: Dumpster/Recycling Day
- June: CWCA Meeting (Pool Pavilion)
- July: CWCA Meeting (Pool Pavilion)
- July, TBD: Pool Party (Chairperson Needed)
- August: CWCA Meeting (Pool Pavilion)

Volunteers Needed

The CWCA Board is always looking for more volunteers on their committees! If you are interested in helping out, but are not interested in being a Board Member, think about joining a committee. We have a Membership Committee, a Budget Committee, Garden Maintenance Committee, Covenants and Architectural Control Committee and a Special Events Committee... so there is bound to be something you are interested in! Email your interest through the website, go to: www.neighborhoodlink.com/jeffco/cwc/or call the voicemail line at 303-904-8218.

"Questions? Questions?"

Last month the CWCA voice mail line received a call from a concerned neighbor. The caller commented on large chunks of ice that had been broken up from the gutter and tossed into the road. It was requested that CWCA find out if there were any regulations that were being violated. A call to Jefferson County Road & Bridges was placed and some very interesting information was found out. We were told that Jeffco Sheriff's Dept. is working together with Road & Bridges to discourage this practice of disposing of ice chunks. The fact is, it is in direct violation of Code 43-5-301 & 18-9-107, that addresses "obstruction of county road right-of-way" and also carries a misdemeanor penalty. If a potential violator is called into Jeffco's Sheriff office an officer will be dispatched to the neighborhood to check it out and then speak with the homeowners to discuss the code violation. If a homeowner is unavailable a violation notice will be left at the resident with detailed information and phone number to call with questions. In speaking with the Road & Bridges representative we asked the question of how to avoid these ice flows from the beginning. It was advised that homeowners refrain from blowing/shoveling snow off driveways & sidewalks back into the roadways, where it gets packed down by passing traffic. They requested that we advise neighbors to push the snow onto our lawns. If possible clear snow from part of the gutter to allow for runoff. They did make reference to our neighborhood drainage issues and advised us to pay special attention to North facing street areas and those spots in the shadow of fences. Jefferson County snowplow drivers have 21 routes to cover, with employees working 8-12 hour shifts. Major arterials are plowed, followed by emergency routes and then developments, so our streets may not see a plow until 8 hours after the snow has started to pile up. Then they may not return for another 8 hours. If Road & Bridges is contacted about a particularly ice filled area, they will visit the development and lay down ice melt. They will then scrap the roadway and remove the ice to another area to melt. Some residents find it very disconcerting to run over chunks of ice, in trying to avoid them they may be putting themselves and others in harms way. As a good neighbor we ask for everyone's help to curb the impulse to throw ice chunks into the roadways.

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, ncmcombs@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
getinfo@ColoradoLasertype.com • www.ColoradoLasertype.com

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.

To Chair or Not to Chair, That is the Question

CWCA is in need of a dedicated volunteer to fill the upcoming vacated position of Membership Chair. The duties include keeping an updated data base of all current paid memberships. This is important to ensure that those who are registered, get membership benefits. The current chairperson Kathie, has everything computerized, which will make the transition to another volunteer pretty seamless. She will also help to train the new chairperson on the system she uses. We are hoping to get this position filled before the Annual Membership Drive which starts in April. 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.



OB PAINTING INC.
CALL ROB : (303) 986-8198

\$300 off

Exterior or Interior Painting

American family owned.

15 years in business.

10% discount for cash.

Workmans Comp & Liability Insurance

**Special
Thank You
for Veterans:
Additional
10% off**

9 HealthFair at Columbine United Church

9HealthFair is coming again to Columbine United Church, 6375 S. Platte Canyon Rd. The fair will be held Saturday March 13th, 2013 from 7:00 to noon. The blood exams, Chemistry panel, PSA, Vitamin D, Hemoglobin A1C and Blood cell count are being offered. The blood tests and the Colon cancer screening test are the only items that will cost anything. All the other tests are free. Among the other tests offered are: Height, Weight and BMI, Vision checks, Oral exams, Breast, Skin and Stress exams, Pulmonary Function. There will also be informational areas on various health issues.

Every person working the fair is a volunteer. From the person directing traffic in the parking lot to the nurses at Check Out and everyone in between, they have all chosen to give a Saturday morning to helping you take care of your health. If there is anyone who is not familiar with the 9 Health Fair program; it has been running since 1980 sponsored by 9NEWS with the purpose of: promoting health awareness and encouraging individuals to assume responsibility for their health. Anyone who wants more information about 9HealthFair can check their website at www.9HealthFair.org.

Trash Service Special Savings


Last year CWCA reported that Columbine West residents could take advantage of a special discount that is available to ANY Columbine West community member. You do not have to have a paid CWCA membership. Please check into the savings available from Allied Waste, it can help reduce the amount of days we have trashcans at curbside and trucks roaming the neighborhood. Less truck traffic can help keep our neighborhood streets from deteriorating so quickly. Give Allied Waste a call at their Customer Service number 303 286-1200. Allied offers a sizable discount off the regular price of trash and recycling services. Also, make sure that if you are a current customer, call Allied to check if you are getting the discounted rate. Tell them you are a Columbine West resident, that's it, enjoy the savings.

Gas Line Replacements

Columbine West will be experiencing some gas main lines being replaced this Spring. A locate company has marked those properties affected. Be aware of these workers and use caution in the construction zones.

CWCA 2013 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. 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, sponsors special events such as the Community Garage Sale, and help neighbors dispose of unwanted materials by providing a Dumpster Day. With 1490 homes in the development, the registration of 398 households in 2012, helped to support the budget and important events that benefit the entire community. The all volunteer Board & Officers have donated countless hours to try and bring about a better sense of community, an informative newsletter communication system, as well as landscaping efforts and neighborhood cleanup. Any and all hands are always welcomed at any of the events or during the monthly meetings. Drop by, check out the meetings or activities, introduce yourself and meet some neighbors. Look for membership coupons to arrive in the mail the beginning of April.



**Well...
it was either
the cat or
the windows.**

**Why not avoid some of life's tough choices?
Call CRYSTAL WINDOW & BLIND CLEANING Today!!
Call Now for Easter - 303-922-4655**

Locally Owned & Operated



Five-year
workmanship
warranty

American Dream Decks, Inc.

Decks, Pergolas, Shade Arbors,
Patio Covers, Fencing,
Stamped Concrete

303-954-0201



Lou is Selling Houses!

UNDER CONTRACT
On the market less than 24 hours!
Together we can sell your home, call Lou today



equity
COLORADO

Lou Bissett
303.921.5367
Realtor, Equity Colorado





professional services
CLEANING EXPERTS

JESUS & LETICIA LARA
Owner Operated

Residential Cleaning
Commercial Cleaning
Carpet Cleaning

303•920•7143

jl_cleaning@live.com

Bonded & Insured



February is Pet Dental Health Month

* **FREE** professional dental exam

* **15% off** complete dental cleaning

& **FREE DENTAL CHEWS** for your pet's fresh breath and to control tartar accumulation for healthy teeth & gums
(Good until 3/31/13, not valid with any other offer)

303-979-4040 Day/
Night
"Oral care adds years!"

VOTED
"BEST OF
THE BEST
2011-2012"

**Columbine Animal Hospital
& Emergency Clinic**

5546 W. Canyon Trail • Off Platte Canyon Rd. in Columbine Hills
www.ColumbineAnimal.com



Columbine Community Village

For Seniors Staying in Your Own Home

- ▶ **A Nonprofit Community — Neighbors Helping Neighbors:**
 - Healthy Social Life & Supportive Community
 - Convenient Transportation
 - Safer at Home — Reduced Risk of Falls & Injury
- ▶ **Single phone number to call for a volunteer — Rides to doctor or store, household fix-it chores, and more.**

You're Invited! — Public Info Meetings

- **Saturday March 9, 2:00 pm to 3:00 pm**
- **Saturday April 13, 2:00 pm to 3:00 pm**

Columbine Public Library

7706 W. Bowles Ave. (by Clement Park)

- ▶ Endorsed by Jefferson County Aging Well Project
- ▶ Nonprofit Org. — Financed by Member Dues, Gifts & Grants
- ▶ Members: Seniors Age 55+ in South Jeffco (86 part of Arapahoe)

Call 303-730-6432 or See ColumbineCV.org

Change Your World By Hosting An Exchange Student

*Nonprofit seeks volunteer host families
for foreign exchange students*

Center for Cultural Interchange (CCI), the well-respected, non-profit student exchange organization, seeks volunteer host families to host exchange students for the 2012-13 school year. Each year, CCI provides over 1000 exchange students from over 50 countries the opportunity to study in local public high schools for a five-month semester or a 10-month Academic High School Year.

"Host families make all of the difference," said Allison Graham, Outreach and Training Manager. "They influence a young adult's life, changing world views, and making dreams come true. When the family is so willing to give, they have just as many rewarding and enriching experiences as the student."

Volunteer host families come from varied economic, religious and racial backgrounds and include working parents, empty nesters, singles and single parents. They are to provide:

- Open communication, encouragement, patience and sound advice
- A separate bed, which can be in a shared room with a host sibling of similar age and same gender, and a quiet place to study
- Three daily meals
- Local transportation (students are not permitted to drive while on the program)
- Treatment as a member of the family, which may include household rules, responsibilities and privileges.

While host families are not compensated, the Internal Revenue Service has authorized families to claim a \$50 per month charitable contribution deduction on their itemized tax returns.

Students have their own accident and health insurance and bring their own spending money. Students are encouraged to participate in school-sponsored activities, community service and environmental programs. CCI provides regular communication and support to both host families and students. Host family applications are being accepted now through August 15.

For more information, visit <http://www.cci-exchange.com/usprograms/host.aspx>, or contact the Denver Area Coordinator, Clare Canny at (303) 870-8786 or email ccanny.cci@greenheart@gmail.com.

Established in 1985, Center for Cultural Interchange (CCI) is a non-profit international educational exchange organization dedicated to the promotion of cultural understanding, academic development, environmental consciousness and world peace. CCI is recognized by the U.S. Department of State as an official exchange visitor program sponsor. Based in Chicago, Illinois, CCI organizes high school exchange, short-term group homestay, intern and trainee, work & travel in the U.S. and study, teach, work, volunteer, and language programs in over 30 countries around the world.

"Change is not a bolt of lightning that arrives with a zap. It is a bridge built brick by brick, every day, with sweat and humility and slips. It is hard work, and slow work, but it can be thrilling to watch it take shape."

—Sarah Hepola

Disposing of Hazardous Waste

Disposing of hazardous waste can be a challenge, especially if you don't know where you can take it. We have come up with a list of places and information to help make it easier for you. (Please make sure to call and check before you take your items to the store in case their policies have changed).

Rooney Road Recycling: <http://www.rooneyroadrecycling.org/recycling-disposal-services/hazardous-materials/>. They recycle most household hazardous waste materials and electronics.

Auto Zone: Will recycle all batteries and most stores will recycle used oil. The closest store to Columbine West is: 6667 W. Ottawa Ave (303) 972-0601

Lowe's: At our local Lowe's you can recycle CFL's, rechargeable batteries, and old cell phones. There is a bin by the Returns counter to put them in. The closest Lowe's to Columbine West is: 5258 S. Wadsworth Blvd. (720) 981-0100

Batteries Plus: <http://www.batteriesplus.com/t-batteries-plus-recycles.aspx>. They will recycle almost all types of batteries, portable electronic devices, and portable tools. The closest store to Columbine West is: 8601 W. Cross Drive. (303)973-4000

Pepboys: Will only recycle oil. The closest Pepboys to Columbine West is: 5134 S Wadsworth Blvd. (303) 932-0606.

If you have printer cartridges to recycle, most of the Jefferson County schools have a drop-off site inside the school. Please call the school before you stop by. Also, Jefferson County has provided some additional information on disposing of hazardous waste at: http://www.co.jefferson.co.us/health/health_T111_R63.htm

Columbine Kiwanis

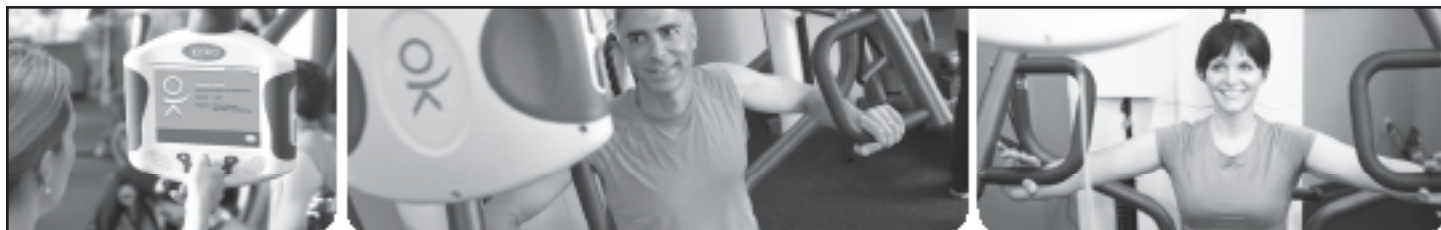
Columbine Kiwanis is group of volunteers dedicated primarily to children in our local community. We also have fun at our meetings which include an interesting speaker and social events. Come check us out. Weekly scheduled meetings are on Wednesdays at 6:45 a.m. at Roberts Italian Restaurant, 6745 Ken 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 Web Site at www.columbinekiwanis.org.

Please Keep Clipping

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.



What if there was a magical technology that made it easy to be fit? Now, there is...



Koko FitClub is the first to bring strength training, cardio exercise and nutrition planning together, customizing it precisely to your body and your goals. It's fast, motivating and so effective, it's patented.

It starts with our Koko FitCheck system that privately and precisely measures your lean muscle level, each time you come in. Using your FitCheck results we create a custom Koko exercise program for strength and cardio and a nutrition plan to fuel you for the fastest results.

The Koko Smarttraining system of customized exercise and customized nutrition means being fit and healthy doesn't have to be that hard anymore.

Be our Guest
Visit kokofitclub.com
to schedule your
complimentary Koko
Smarttraining Session.



Fit. Figured Out.

NOW OPEN Koko FitClub Columbine
6750 S. Pierce St Littleton, CO 80128
Coal Mine Shopping Center
303-346-9696

COMING APRIL 2013 Koko FitClub Ken-Caryl
13452 W. Ken Caryl Ave, Suite A-1
Littleton, CO 80127

Columbine Montessori Preschool

Benefit From Our Experience. Over 30 Years of Proven Pre K & Kindergarten Success.

Morning or Afternoon Session • Individualized Curriculum • No Day Care • Age 3-Kindergarten • Multiple Staff • Licensed Facility • Open Enrollment • 1, 4, 5-day and Kindergarten Programs

Now Registering For Fall

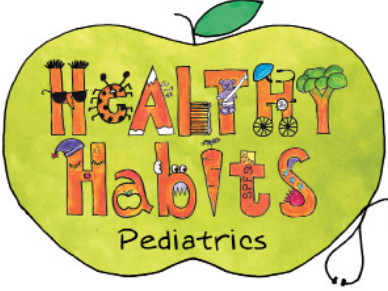
Specializing in Creating Confidence

303-979-7190
for an Observation

6653 West Chatfield Ave.
Chatfield & Fanny, behind St. Gregory's
and St. Francis Cabrini Church

www.columbinemontessori.com

AMERICAN MONTESSORI SOCIETY
certified Montessori educators



*Health Care for the
Habit Forming Years*

Mike Brazelton, M.D., FAAP

- Our environment is built on knowledge, innovation, honesty and fun
- Up-to-date preventative practices
- Screening and early detection of illnesses
- Forward thinking, complementary and culturally open minded
- Let us help your kids get ready for tomorrow, today

Swedish Southwest Health Park (Bowles & Wadsworth)
303- 972-2000 • www.healthyhabitspediatrics.com



**Where we are
Cultivating ...
a Fresher Approach
to Assisted Living in Littleton.**

**We specialize in providing an enriching
and vibrant lifestyle for each resident
to maintain and encourage their
independence.**

- No upfront fees or deposits -
- Licensed Nurses around the clock -
- Complete Diabetic Care -
- Restaurant style dining (various kitchen) -
- Certified Exercise Programs -
- Locally and privately owned -

**The Gardens are in bloom.
Call for a personal tour 303-873-6116
6130 W. Ken Caryl Avenue
www.GardensAtColumbine.com**

One Minute Wellness...

A Tour of the Grocery Store

Many times the entrances and exits to the grocery store lead you right to the deli or bakery section of the store. These are strategically placed next to the floral department at the front of the store. The colorful flowers give you a good feeling and the lighting over the bakery enhances the appearance of the breads and pastries in the cases. Lighting and color are just two marketing tools to entice you towards certain products and sections of the store. The music is another factor. You are meant to feel at home in the store so you will spend more time there. The rather unpleasant aspect of shopping seems to be the checkout line. To soften this portion of the shopping experience, there are magazines and small candies and cookies in individual portions to help ease the pain. All in all you are a target of marketing from the moment you walk in, until the moment until you leave. It is up to you to determine how you will handle this.

Several years ago when I embarked on a large weight loss program I decided to calculate my expenditures on obesity. I pulled out some of the grocery receipts I had stored in my old tax boxes from before the weight loss program. I highlighted all of the things I don't even buy anymore and about 2/3 of the receipts were highlighted! Now, I walk mostly around the periphery of the store. I don't get tricked by labels that read "carb friendly" but have a high fat content or things that say "low fat" but have high carbs. Nor do I care if something is "light" or not. What I look for are foods that provide a good source of the nutrients I am working with for my weekly food plan.

There's the key, a weekly food plan! I generally decide on dinners for the week first because I tend to have more variety in my dinners than the other meals. I usually will have a fish meal, a meat meal, a vegetarian meal, an egg dish, a poultry dish or two and a salad and/or soup meal. I find the basics for these meals and then I find whole grain bread for sandwiches, some protein sources for lunch (Salmon, tuna, turkey, chicken or beef), some eggs, cottage cheese or yogurt and a high protein cereal. Then I am off!

I find I am more efficient in the store since I don't linger through the aisles and I don't feel pulled to candy at the check out line, next to magazines promising weight loss at every turn. Oh, also I sip water while I shop. Call me crazy but I am really enjoying my new found freedom from the pull of the heavy marketing that is a real money grabber at the grocery store.

If you would like more information on healthy eating and weight loss, please contact me. I am always happy to work with people on this most important health issue.

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 frequently presents 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.

Garden Committee Update

"I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day."

~Elwyn Brooks White

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

Columbine West Military Members

"The American spirit wears no political label. In service to others and yes, in sacrifice for our country, there are no Republicans; there are no Democrats; there are only Americans." - Senator John Kerry

Pfc. Jeremy Mc Combs, Army National Guard, 1157th Engineer Division, (Firefighter Brigade) stationed at Ft. Carson Colorado
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 at Camp Lejeune, NC

Cpl. Tylyr Brown, 22yr, US Marine Corp. Stationed in Okinawa, Japan

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 Hills Preschool

Registration for School Year 2013/14

Columbine Hills Preschool (Jefferson County Public Schools) located inside Columbine Hills Elementary School, at 6005 W. Canyon Ave. Littleton, CO. 80128, is accepting registrations for August 2013 starting on January 22, 2013. We offer two, three, or four half-day programs of active learning for children ages 3 to 5. You may choose either a 2.5 or 3 hour option. Our curriculum, "Tools of the Mind", is endorsed by Jefferson County Schools. Colorado Preschool Program scholarships are available for those families who qualify. You are welcome to visit any time. For information please call **Kelly Kennelly or Courtney Berg at 303-982-5619**. You can reach our Website by following this link <https://sites.google.com/a/jeffcoschools.us/columbine-preschool/>

Columbine Montessori Preschool

Columbine Montessori Preschool will begin accepting reservations for the Fall 2013-2014 school year on the 1st of March, 2013. 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.

Mountain Air Construction is your ONE STOP SHOP.
 We do it all: CONSTRUCTION, MAINTENANCE and LANDSCAPING.

MOUNTAIN AIR



CONSTRUCTION / MAINTENANCE

Clint Bezdek, Owner/Veteran USAF

- | | | | |
|----------------------------|--------------------------------|--------------------------|----------------------------|
| • Locally Owned & Operated | • Basement Finishing | • Aeration/Fertilization | • Roofs & Gutters |
| • Fully Insured | • Kitchen & Bath Remodels | • Drywall & Texture | • Outdoor Decks and Patios |
| • Commercial Maintenance | • Interior & Exterior Painting | • Landscaping/Fencing | • Concrete/Stamped |
| • Residential | • Electrical | • Tile/Flooring | • HVAC |



303-947-6143



\$5.00 OFF

Lawn Aeration

Call for additional discounts on fertilization.

\$300.00 OFF

A Complete Interior and/or Exterior Paint Job

Paint is like sunscreen.



Foothills
Park & Recreation District

www.ifoohills.org

**CHILDREN'S PROGRAMS
SUMMER CAMP**
Ages 5 – 18
swimming • field trips • art
sports • science • drama
leaders in training & more!

**STEP 1: ENROLL
STEP 2: REGISTER**
visit www.ifoohills.org/summercamp
for Enrollment Packet
303-409-2511



Now Open!
In the Ken Caryl Business
Ctr. on Chatfield Ave.
at Shaffer Place

**GarageTown
in Littleton!**

Storage You Own! Build Equity!
Units come with heat, power, lights, water,
wide drive aisles & large overhead doors.

Financing Available!

GarageTown.com
Call Mike at 303-478-4643

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

St. Patrick's Day In The U.S.: The Irish Eyes Have It

Although St. Patrick's Day is not an official holiday in the United States, it is still celebrated here with much enthusiasm, possibly because of the impact of Irish immigrants on our culture. Here's a snapshot of the Irish presence in the U.S., from Census Bureau figures:

- The number of Americans who claim Irish ancestry: 34.3 million.
- Massachusetts has 24 percent of the population claiming Irish ancestry – that's about twice the national average.
- Irish Americans are better educated and better off financially than the population as a whole. Thirty percent of those age 25 and older have a bachelor's degree or higher, and their median annual household income is \$48,900.

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.

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.

Window cleaning. 720-545-5983

DeLuca Landscaping: Paver Patios, Walkways, and Walls. Call Mike (303) 257-7815 www.delucals.com

PtgNet//Mutitasker services. Expert painting, deck restoration, lite remodels, floors. Personal service, all supplies direct cost to you. Call Gary Gerk 303-215-6068.

K-12 TUTOR. 20 + years experience with high success. Diane 303-971-0533.

Jeff's Lawn Mowing Service. Local and affordable. Very reliable. 720-877-4154

Housecleaning. Reliable, responsible, references. Free est. Call Carla 720-236-7792.

Lawn Aeration & Fertilization - \$30.00. Call Rob 303-908-9063.

Small Paint Jobs Only 720-331-7032

Drywall - Basement - Reconstruction, etc. Years of exp. w/ refs. Gary 303-829-6363

GUITAR LESSONS with a professional musician who has 35 years of experience. Please call Ray at 303-972-8243.

FENCE Repair or New. Metro Denver Fences Decks Barns.com Rod 3/972-6528

American Sprinkler and Landscape. asprinkler.com or 720-312-3616.

Lone Wolf Sprinklers. 30+ yrs exp. Repairs & installs. Start ups & winterizing. Free est. **Office: 720-362-2563, Cell: 720-934-6701.**

Tree Trim. Specialist, call Mr. B! Free est., ins., 31 yrs. exp. 303-932-2514

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

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

Tree trimming & removal- Columbine Tree Svc. 303-979-5330. (Firewood. 3/888-7779)

Ultimate House Cleaning. Reliable, flexible & insured. Use your products or mine. Clean once/month \$100.00. 303-978-1028.

TOM'S TOP NOTCH PAINTING: Interior/Exterior, Drywall Repairs. Tom Martino approved. 303-523-2941.

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

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

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.

Carpet Repairs - patching, restretching. 44 years experience. I power stretch carpets. **H:303-979-1887, C:303-906-5642**

TAX PREPARATION. Janet Woodhull Tax preparation & consultation. 20+ yrs experience. Very reasonable rates. Your Col. West Neighbor. Call 303-973-9249.

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. New Furnace Install!

Piano, Guitar or Bass Lessons. 17 yrs exp. Great w/ kids! Call Patrick 303-932-6551.

Highlands Pride Painting: 303-738-9203

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

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

A+ Home Improvement Services. Snow removal. 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

'Spring Cleaning' For Mental Health

Sweep out the cobwebs in the attic. Clean out the junk in the garage. And while you're at it, don't forget the cobwebs and clutter in your mind and soul. Try these suggestions for some inner spring cleaning:

- **Turn off the television.** Limit your TV watching to concentrate better on what's going on around you. Read, spend time with friends, or just enjoy the quiet.
- **Let go of anger.** Complaining or venting anger to a sympathetic friend can sometimes make things worse. Don't repress your emotions, but concentrate on constructive responses.
- **De-stress.** Find a time every day to back away from stress. For example, use the time when brushing your teeth at night to acknowledge anything negative experienced that day. Then focus on relaxation and peace.
- **Check your attitude.** We spend lots of time in the morning primping to look good for the day. But few of us take time to mentally prepare for the day. Ask yourself one question as you get ready to meet the world: What kind of employee, or parent, or friend, do I plan to be today?

Create Your Own Definition Of Success

It's easy to get trapped into traditional notions of career success. But a narrow focus might not be your key to happiness. So how do you figure out the best path for you? Here are some suggestions:

- **Move in place.** Don't assume that restlessness in your current position means it's time to move on. Embrace professional development opportunities, and jettison disagreeable tasks to rediscover the core job you love.
- **Move sideways.** If you enjoy your department but don't feel challenged by your role, consider a lateral move that lets you flex new muscles without giving up the comforts of home base.
- **Move for others.** Volunteer for committee work and community projects. Volunteering can help you develop your skills and expand your network, and give you ideas to make your current job more fulfilling.

In Columbine West, Results Count!



Duffy & Associates, LLC

Duane C. Duffy

Cell: **303-229-5911**

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 February 18, 2012.

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

Columbine West Statistics for February 2013

Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 254,900	\$ 254,900	1
4-level	\$ 259,900	\$ 259,900	1
2-story	None	None	0
Tri-level	None	None	0
Bi-level	\$ 229,000	\$ 234,000	2

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-level	\$ 234,900	\$ 264,900	5
2-story	\$ 240,000	\$ 299,900	3
Tri-level	\$ 200,000	\$ 215,000	3
Bi-level	\$ 265,000	\$ 265,000	1

Homes **SOLD** in Columbine West Jan. 1, 2012 – Feb. 18, 2013

	Lowest	Highest	How Many?
Ranch Style	\$ 133,000	\$ 255,000	12
4-level	\$ 170,501	\$ 274,000	19
2-story	\$ 166,699	\$ 345,000	23
Tri-level	\$ 153,500	\$ 244,900	5
Bi-level	\$ 180,000	\$ 264,900	19

National Nutrition Month

Sponsored by the Academy of Nutrition and Dietetics, National Nutrition Month focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Go to the Academy's website for more information.

Music in Our Schools Month

Music in our Schools Month is sponsored by the National Association of Music Education. This month raises awareness of the importance of music education for all children, and reminds citizens that all children should have access to music at school. The celebration grows each year, reaching more and more students, teachers, musicians, and music supporters.

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 #: _____

"I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life."
– Maya Angelou

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.