



Columbine West Civic Association Newsletter



CWCA – Your Homeowners' Organization

Vol. 35 No. 04

April 2013

Circulation: 1,555



Thank You For...



Supporting the 2013 Membership Dues Drive

We Are Good Neighbors

Since membership dues increased a few years ago, the association has had the opportunity to bring a few more community events to fruition. In the advertising world this concept is referred to as “value added”. What is value added? Value added describes what happens when you take a basic product, e.g. membership, and increase the value of that product (and usually also the price) by adding extras in the process and/or services. So you could pick a raw coffee bean and add value by roasting it and again add value by grinding it, or simply packaging it ready to grind. You could coat some of the roasted beans in chocolate and sell them as confectionery. So, how did CWCA add value to becoming a dues paying member? The most noticeable examples are the re-development of the corner of Zephyr/ Ken Caryl Ave. and the Annual Dumpster/ Recycle Day (Big Event). The corner landscaping project is finished, but still requires annual maintenance, such as weed control and periodic watering throughout the hot/dry summer days. The dumpster/recycle event has given homeowners the opportunity to rid their homes of old documents to be shredded, unwanted metal items, unrepairable electronics and many trash related items no longer needed. Along with the large projects, the calendar reflects the Community Garage Sale, National Night Out, Halloween Decorating Contest and Holiday Lighting Contest. All of these events are funded by the membership fees that are collected from Columbine West residents during the Annual Dues Drive in April. In the past we have even had some new ideas shared on the dues postcard that have helped the Board make decisions on how dues could be allocated during budget reviews. If you are already a dues-paying member, we ask that you renew when your postcard arrives. If you have not paid dues in awhile, we ask that

you reconsider. If you are new to the neighborhood, paying dues is a “value added” opportunity. Thank you for paying dues, CWCA counts on the money your membership provides to make events happen throughout the year. Anyone can attend a monthly meeting, held

Next CWCA Meetings

7:00 p.m. Dutch Creek Elementary

* 6:30 p.m. Pool Pavilion

April 9th, May 14th, *June 11th,

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

Garage Sale: May 3rd, 4th & 5th
Dumpster Day: June 8th

Newsletter Delivery

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.



or possibly volunteer to help on a project. All neighbors are welcomed and encouraged to attend and get involved. One of CWCA's mission statements is – *To initiate civic programs that bring the community together and encourage residents to maintain the general appearance of Columbine West.*

2013 CWCA Calendar of Events

- April 1st: CWCA Membership Dues Drive
- April 9th, 7 p.m.: CWCA Meeting, (Nomination of Officers) Dutch Creek Elementary
- April 22nd: Earth Day
- May 3rd, 4th & 5th: Community Garage Sale
- May 14th: CWCA Meeting (Elections)
- May-September 2013: Yard of the Month
- June 8th: Dumpster/Recycling Day
- June 11th, 6:30 p.m.: CWCA Meeting (Pool Pavilion)
- July 9th, 6:30 p.m.: CWCA Meeting (Pool Pavilion)
- July, TBD: Pool Party (Chairperson Needed)
- August 13th, 6:30 p.m.: CWCA Meeting (Pool Pavilion)

Community Garage Sale: May 3rd, 4th & 5th

Garage sales are a wonderful way to start that whole process of spring cleaning. Many communities here in the south part of Jeffco will be offering neighborhood garage sales. If the weather holds up and we don't get an impromptu storm, the opportunity to make some cash is possible. If your basements and/or garages have been taken over by the "clutter monster", take advantage of the free advertising CWCA provides each homeowner that signs up and lists their house as a participant. Maps, balloon markers and the large banner that hangs from the entrances, help potential buyers find your treasures. If you would like help plan the event, have your name added to the volunteer list or have any questions, please leave a message on the voicemail line at 303-904-8218 or email CWCAtalk@gmail.com. The more hands, the easier the tasks become and reap larger rewards.

CWCA Elections in May

Elections will be held during the May 14th CWCA Board meeting. The positions of President, Vice President, Treasurer and Secretary are one year tenure and are part of the annual election process. Those individuals looking toward President and Vice President must have held a Board position to be considered for election. CWCA has (6) positions for Board Members, with three positions having alternating year elections. This year there are (3) Board positions that are coming up for election and one open position. These positions ask for a volunteer to make a (2) year commitment, attend monthly meetings and require that Board members reside in the neighborhood and be current paid members. Board members also have an opportunity to attend Co-Hope meetings on a rotational schedule. If you are interested in running for a Board position please contact the voicemail # 303-904-8218 and leave a message indicating your interest. You can also attend the April 9th CWCA meeting at Dutch Creek Elem. and request to be added to the slate for election. 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.

FREE Helping Kids Thrive Seminars

Jeffco Schools is partnering with Jefferson Center for Mental Health to present Helping Kids Thrive parent and community nights. Free seminars will provide helpful parenting tips in a broad range of topics.

West Jefferson Middle, Monday, April 9, 5:00 – 8:30 pm.

Arvada K-8, Thursday, April 16, 5:00 – 8:30 pm.

Summit Ridge Middle, Thursday, April 23, 5:00 – 8:30 pm.

O'Connell Middle, Thursday, April 30, 5:00 – 8:30 pm.

Select two (2) of the following workshops the evening you will attend:

- Empowering Successful Kids
- Parenting with Love & Logic
- Cyber Awareness & Safety

Participants: Registration and Free Sandwiches and Beverages 5:00-5:25 p.m. **Child Care Program (must be potty-trained):** Free supervision with fun activities and dinner on-site. To register for classes, visit <http://www.hktjcmh.org/> or call 303-432-5320. For Spanish registration or translation services, please call 303-432-5286.

Columbine West Civic Association

303-904-8218 • www.columbinewest.org

www.neighborhoodlink.com/jeffco/cwca

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

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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)

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.

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.

9 HealthFair at Columbine United Church

(Editorial Correction). Correction noted on date for Health Fair, CWCA March Newsletter stated the date for the fair as March 13th, well, that's NOT a Saturday. Sorry for the confusion. Please visit them this April 13th.

9HealthFair is coming again to Columbine United Church, 6375 S. Platte Canyon Road. The fair will be held Saturday, April 13th, 2013 from 7:00 a.m. 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.

Celebrate Earth Day, April 22nd: Donate and Make a Difference

You'll love how donating makes you (and everyone) feel. It's true that Savers offers best selection and shopping experience of any thrift store. Each store puts out more than 5,000 fresh items daily. But what you might not know is how Savers partners with local nonprofits and pays them for all the goods donated to the stores. Did you know? Savers has been in the business of recycling and supporting communities for nearly 60 years. Over the past 10 years, they have paid over 140 nonprofit offices \$1.5 billion, which helps to fund their community programs and services. Doing their part to protect the planet, Savers is one of the largest recyclers of used goods in the world, saving more than 600 million pounds of quality merchandise from landfills each year. Unsold items are recycled or sent to developing countries rather than landfills. Lastly, Savers is growing, currently they have more than 285 locations in the U.S, Canada and Australia, which employ over 17,500 people. For more information on how to donate and to find a location near you visit savers.com. Our local savers can be found at 1400 W. Littleton Blvd. 80120, 303-794-6640. To celebrate Earth Day, Savers will be handing out "green bags" to donate with, inside the bag is a 25% coupon for a future visit. Their motto: Good deeds, great deals.



14th ANNUAL CONSIGNMENT SALE

April 5th & 6th FRI 8-6 SAT 8-2

- Top quality used children's clothing (sizes Girls Newborn-18, Boys Newborn-20)
- Children's Toys, Bicycles, and Play Structures
- Baby Equipment, Cribs, Car Seats, and Strollers
- On SAT all items with pink or DISCOUNT tags are 1/2 price

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Regular Office Hours:

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Saturday 8-12

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Spring into action! Shred your old documents

I am sponsoring a **Shred-A-Thon**
at Clement Park, 7306 W Bowles Ave, on
Saturday, May 25th, from 10 a.m. to 1 p.m.
It will be at the Northeast corner parking lot.

The Shredding services will be provided by Curbside Datatrol and they will have a truck there to shred all of the documents on site. The service is free to everyone who comes to the park during those hours.

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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 voicemail line at 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.

Columbine Kiwanis: TLC Meals on Wheels

TLC Meals on Wheels is a private, non-profit organization supported by donations. They enrich the lives of seniors and others by providing nutritious meals and services that promote dignity, well-being, and independence. Monday through Friday, volunteers deliver a hot lunch to neighbors in need. Their service supports those whose age or disability makes it difficult to provide their own balanced nutrition. It also helps them stay in the security and comfort of their own home. In short, they address both hunger for food and hunger for personal contact. Each day, Monday through Friday, their cooks prepare a fresh, hot lunch in their kitchen, and volunteer drivers take these to their clients. Generally their clients are older than 60 (the average age is 82), but they serve persons under that age if disabilities create a need for their service.

No one is restricted from their service due to financial status. They charge \$4 per meal. All food is prepared without salt and diabetic needs are accommodated. TLC Meals on Wheels delivers to homes in Centennial, Littleton, Englewood, Sheridan, western Centennial, west Arapahoe County, and south Jefferson County. With the support of the Meals on Wheels program, older adults often remain independent in their homes for many years. Other clients have only short-term needs for meal delivery. They serve everyone who truly needs meals. Columbine Kiwanis Club volunteers deliver these meals in our area every Monday, every other Tuesday and every other Friday. That is over 100 trips per year delivering over 1000 meals. Our volunteer drivers spend between 2 and 3 hours per trip by the time we pick up the meals, deliver them, and get back home. With a driver and assistant on every trip that means we are spending between 450 and 700 hours per year with this project.

Columbine Kiwanis is a 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 Web Site at www.columbinekiwanis.org.

New CWCA Chairperson

The association welcomes a new chairperson, **Betty Herrick**, who will be fulfilling the duties of Neighborhood Improvement Committee (NIC). Betty has lived in Columbine West since 1976, raised her family of 7 children (5 boys and 2 girls) here and has been a Realtor with Re/Max Leader since 1984. When Betty is not chasing around after clients, showing properties or closing deals, she loves to travel, especially cruising the Caribbean. When asked why she loves Columbine West and decided to become a volunteer she remarked, "the CWCA members are dedicated to keeping the property values up and the neighborhood community involved". We welcome Betty to CWCA and are looking forward to her input, dedication to details and genuinely warm smile and embrace. The association relies on volunteers to make all the events run smoothly. The association relies on volunteers to take on a task and fulfill a need. The association asks homeowners to volunteer however or whenever you can. Remember the monthly meetings are open to everyone, stop by and say hello to Betty.

National Gardening Month

Gardeners know that nurturing plants is good for us: Our attitudes toward health and nutrition improve, kids who garden do better in school, and community gardens help community spirit grow. Join your family and neighbors to help make America greener, healthier, and more livable.

Coffee: More Uses Than You Might Imagine

Before you toss those used coffee grounds in the trash, consider this: A report in the Journal of Agricultural and Food Chemistry says that coffee grounds are rich in antioxidants and other healthy substances. Scientists speculate that coffee grounds (about 20 million pounds of which are produced every year) could be "harvested" for antioxidants, and still used for farm fertilizers and other uses instead of being dumped in landfills. Note: Filter, plunger, and espresso-type coffeemakers seem to leave the most antioxidants in their grounds, while mocha coffeemakers leave the smallest amount.

Trash Service Special Savings

Many more trash cans are visible at curbside on Mondays, this is due in part from the trash service special Columbine West residents can take advantage of. A special discount 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.

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You're Invited! -- Public Info Meetings

- **Saturday April 13, 2:00 pm (ends 3:00 pm)**
- **Saturday May 11, 2:30 pm (ends 3:30 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 (& part of Arapco)**

303-730-6432 or www.ColumbineCV.org

One Minute Wellness...

10 Most Common Weight Loss Mistakes

1. Using a scale as the only measure. Think about it, the only thing the scale measures is weight or, in other words, gravity's effect on your body. This number is measuring everything in your body such as your organs, muscles, fat, your body fluids and the waste that is sitting in your body. So, if it is fat you are trying to lose, and tone you are trying to gain, the scale only tells a small part of the story.

2. Starving. Starving is interesting because it comes in many disguises. Of course you can lose inches, body fat and weight by sitting in a confined area and eating mush 3 times a day. But what qualifies this as starving is the fact that your body has to cannibalize its muscle to survive. That is why starving people look so horrible. They have lost massive amounts of muscle in a short period of time. Many diets produce muscle loss, thus, starving your body. You will put more weight on when you go off the diet because you have lost muscle. Muscle fights fat, so when you lose muscle you lose a fat fighting mechanism.

3. Obsessing. One of the hall marks of a person with an eating problem is the desire to be perfect. So, many diets set people up for obsessing about numbers and food. This can create an abnormal attachment to food and to being perfect. What follows is the never-ending "starting over" problem. Thinking you've "blown it" can lead you to remain off your program all day so you can start over tomorrow which robs you of the good that can be done by just stopping right where you are and regrouping for a better end to the day at hand.

4. Looking for one solution. We would all agree that there are billions of dollars spent on diet items and services. The selling point is that once you have found whatever is being sold... you have the answer. Often this produces hopelessness as you try one thing after another and get no lasting results. There are ads suggesting "It's not your fault" (stress is the culprit) or "you just can't do it" (so surgery is the only way). There are no magic pills or diets. Even surgery isn't magic. The truth is that a multi-faceted, individualized approach to weight loss is more likely to achieve success.

5. Stuck thinking. Because one thing "worked" for a while doesn't mean it is the only answer. When you are teachable you are open to new possibilities. Getting out of the rut of numerous attempts to lose weight takes doing something different. It takes a whole new approach. And it takes working with someone who can be objective, educative and motivational to move you out of yourself and onto a new path.

6. Believing it is temporary. Many people just want to get the weight off. How many times have we all heard about the person who lost the weight, only to gain it back again? Generally speaking, if you have or have had a weight problem, you probably have a tendency in that direction. Long term habits and changes will be most important.

7. Doing it alone. There are many people who decide to lose weight and decide they won't tell anyone until they have lost a certain amount of weight. They think, "Who wants other people's opinions about this?" Realistically most people need some sort of accountability and motivation beyond themselves. By week three, most people quit when they are doing it on their own. So, doing it alone is asking for a greater challenge to the whole process. Do you really want to make it harder on yourself?

continued on page 7

One Minute Wellness, continued from page 6

8. Denying your uniqueness. The truth is that you are unique and you have more than just one thing that has brought you to a place of dissatisfaction with your weight. That needs to be addressed with someone who has a lot of experience and who will give you a unique program designed just for you, given your past and present issues. Books and magazines don't know you by name.

9. Believing that you won't have to give up anything.

How many times have we seen that you can eat what you want and still lose weight? No one likes to think about giving up something they enjoy. But the truth is, once you exercise discipline, one day at a time, you won't want that thing you think is so precious now. Eventually you will see that it is holding you back from the joy of your ideal weight.

10. Believing that you won't have to do anything.

It is equally as important to have the discipline to avoid things that keep you fat as it is to take action. So many of us have read about weight loss or have watched the shows about weight loss on TV, but have never taken the necessary action or have never taken it long enough to matter. Knowledge is a very small part of the answer. Action is what really gets results!

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.

Columbine West Military Members

"The characteristic of a genuine heroism is its persistency.

All men have wandering impulses, fits and starts of generosity. But when you have resolved to be great, abide by yourself, and do not weakly try to reconcile yourself with the world. The heroic cannot be common, nor the common heroic."

— Ralph Waldo Emerson

Cpl. Thomas Castellano, U.S. Marine Corps., Stationed in Afghanistan

Pfc. Jeremy Mc Combs, Army National Guard, 1157th Engineer Division, (Firefighter Brigarde) 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. Tyler 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



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Commission (CPSC) Pub #516

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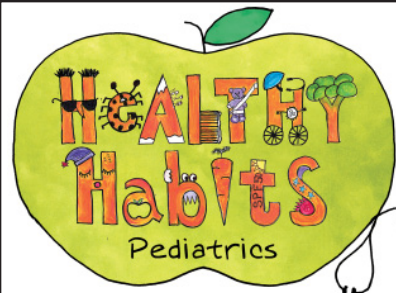
**303-979-7190
for an Observation**

6653 West Chatfield Ave.

Chatfield & Pierce, behind St. Gregory's
and St. Francis Cabrini Church



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- Our environment is built on knowledge, innovation, honesty and fun
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**We specialize in providing an enriching
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- No upfront fees or deposits -
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- Certified Exercise Programs -
- Locally and privately owned -

The Gardens are in bloom.
Call for a personal tour **303-973-5115**
5130 W. Ken Caryl Avenue
www.GardensAtColumbine.com

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

Foothills Summer Class Registration Begins March 25

Gear up for fun and exciting classes, activities and events this summer with Foothills Park & Recreation District's 2013 summer classes. Foothills offers unique programs for all ages with qualified staff in sports, swimming, ice skating, hockey, art, dance, music, drama, golf, fitness, youth activities & camps, gymnastics and so much more. Foothills Summer Catalog will be available online on March 25, along with online registration at www.ifoohills.org. Foothills Summer Catalog will arrive in mailboxes the week of April 15. Swimming Lesson Registration begins April 22 at 6 a.m. for District residents and on April 29 at 8 a.m. for general public. For more information or to find a facility near you, call 303.409.2100.

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/cwca/. 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.

Garage for rent 10 x 18 \$125.00/month. Near Oxford and Knox Court. Call 303-866-7209 for more info.

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

Spring air duct cleaning & chimney cleaning. Chimney repairs 10% off 7/299-7782.

WINDOW CLEANING 720-283-8002

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

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.

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.

Small Paint Jobs Only 720-331-7032

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

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

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

Lawn Aeration \$30. Fertilization - Extra cost. Call Rob 303-908-9063.

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. 40 yrs exp.

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

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

Window cleaning. 720-545-5983

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

Please Keep Clipping Box Tops

At Juicy Juice we care about kids. We recognize that education plays a key role in their development. That's why we are the exclusive 100% Juice partner with the Box Tops for Education program. In the past 3 years we've given over \$6 million to participating schools. Join in, clip coupons found on our Juicy Juice products and earn money for your school today.

Box Tops and Labels for Education

Those colorful little coupons found on boxes of cereal, juice, 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.

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.

"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

Garden Committee Update

"When the world wearies and society fails to satisfy, there is always the garden." — Minnie Aumonier

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

"Family life is a bit like a runny peach pie – not perfect, but who's complaining?"

— Robert Brault

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 March 19, 2012.

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

Columbine West Statistics for March 2013

Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 239,900	\$ 255,000	3
4-level	\$ 265,000	\$ 274,900	2
2-story	None	None	0
Tri-level	\$ 250,000	\$ 250,000	1
Bi-level	\$ 247,500	\$ 247,500	1

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 281,500	\$ 281,500	1
4-level	\$ 234,900	\$ 284,000	3
2-story	\$ 239,000	\$ 239,000	1
Tri-level	None	None	0
Bi-level	\$ 223,000	\$ 274,900	2

Homes **SOLD** in Columbine West 2013

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-level	\$ 210,000	\$ 272,000	6
2-story	\$ 190,000	\$ 303,000	5
Tri-level	\$ 200,000	\$ 212,500	3
Bi-level	\$ 232,900	\$ 259,900	2

Recover Your Inner Child's Imagination

Children are naturally creative, but you don't have to lose the spark of imagination as you age. Try these tricks to keep your mind young and fresh throughout your life:

- Look at the clouds. Play the childhood game of gazing up at clouds and finding shapes in them. You'll relax your mind and get into the habit of looking for new connections.
- Re-read a favorite book. Pick a book from your childhood and read it again. Has it changed—or has your perspective on it shifted? What lessons does it still have to teach?
- Visit your best places. Go back to some location you loved as a child. Look for what you enjoyed about it, and what's different. Reconnect with your memories and use them to reignite your ambitions.

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 #: _____

2013 Golf Players Card

Pick up your Foothills Park & Recreation District Golf Players Card for year-round golf discounts at Foothills Golf Course and Meadows Golf Club. For information, call 303.409.2250 or visit www.foothillsgolf.org.

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.