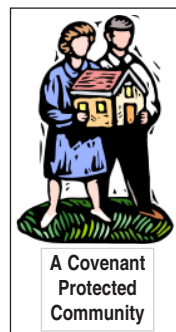




Columbine West Civic Association Newsletter



CWCA – Your Homeowners' Organization

Vol. 35 No. 07

July 2013

Circulation: 1,555



Thank You For...



Participating in Recycling/Dumpster Day

We Are Good Neighbors

What do you get when you take a large parking lot, a roll-off, (2) trash trucks, one electronic recycle truck, a shredder, about a dozen volunteers, plus Shiloh residents and many loads of household trash?? You get one of the most well attended events that Columbine West organizes. This year's event was planned months in advance and orchestrated by CWCA Secretary, Cindy Coats, who also made up packages of homemade cookies for volunteers to enjoy. Thank you Cindy! Residents started to line the street at 7:00 a.m., by 8 a.m. we already had roughly 15 cars in line ready to dump. Mattresses, tree stumps and old fences, oh my. The trash trucks were chewing up the waste material as fast as they could. The Shiloh volunteer hands were so helpful in getting vehicles unloaded quickly, while keeping everyone safe. There was plenty of old electronics being dumped and the scrap metal roll-off ended up overflowing with recyclable goods. So much so that a couple pick-up trucks were loaded too. Comments about the event were very positive, neighbors loved being able to pay \$25 and make as many trips as needed to rid their homes of unwanted items. It was recorded that one family did visit (4) times, now that's getting your \$25 dollars worth. Inside on page (2) you will see a graph that displays how Recycle/Dumpster Day has evolved over the past 4 years. Simply amazing. This event would not be available without the dedication of the CWCA Officers, Board & volunteers. CWCA is an **all volunteer** association that strives to see our community defined by a sense of shared ownership and collective responsibility. Many hands are needed to have events like this one come together. If you didn't get a chance to dump this year, well, there is always next year to plan for. We would like to invite anyone that did dump this year to think about volunteering & joining us next year. Leave your name

Next CWCA Meetings

7:00 p.m. Dutch Creek Elementary

* 6:30 p.m. Pool Pavilion

*July 9th, *Aug 13th, Sept 10th

and number on the voicemail line at 303-904-8218, "**many hands make light work**". Anyone can attend a monthly meeting, held on the second Tuesday, 7 p.m. at Dutch Creek Elem, or during the summer months at the Pool Pavilion, 6:30 p.m. Drop by, say hello, bring questions to the Board 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.*

Newsletter News

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.



Request a Vacation Check

If you're going on vacation, you should request a vacation check on your home by calling the Jefferson County Sheriff's Office at 303-277-0211. Deputies will make an effort

to do extra patrols, and will know how to reach you if there's a problem at home. There is no cost to you and that added attention might just give you a little extra piece of mind. Let's also look out for one another. If you know that your neighbor is on vacation, take a few seconds each day just to look at their doors and windows to see if they are closed. If something doesn't look quite right, call the sheriff. Also, if you see someone in the neighborhood that just doesn't seem to belong, give the sheriff a call and they will check it out. Thanks for being a good neighbor.

2013 CWCA Calendar of Events

- May-September 2013: Yard of the Month
- July 9th, 6:30 p.m.: CWCA Meeting (Pool Pavilion)
- July, Pool Party Cancelled
- August 13th, 6:30 p.m.: CWCA Meeting (Pool Pavilion)
- August 6th, 6-9 p.m.: National Night Out, Pool Pavilion
- Sept 10th, 7 p.m.: CWCA Meeting (Dutch Creek Elem.)

A Moment With The Board

At the June 11th CWCA Board meeting, some important items were discussed. A recap on Dumpster/Recycle Day was addressed, tallies are listed in attached graph. Currently our membership number is...364 members as of June 18th. The winners of the (2) Rockies tickets are Philip & Marti Blosser, 8085 W. Geddes Ave. and (2) complimentary 1 time passes to Foothills were won by Victor & Jane Kukel, 7733 W. Plymouth Pl.. Plans are in process for the Annual National Night Out to be held at the Columbine West Pool Pavilion, August 6th, 6-9 p.m. The civic association needs more volunteers to help with existing committees. As with everything we have seen a cyclical turn over of volunteers, please consider making a small time commitment to Columbine West. Residents can attend any monthly meeting, next one is July 9th, 6:30 p.m. at the pool pavilion.

50th Anniversary of Troop #459

August 3rd, 12 noon til 5 p.m., Columbine United Church, 6375 S. Platte Canyon Rd., Littleton. Food, fun & fellowship. Catch up with old friends, meet some new scouts, hear tails of times gone by. Celebrating 50 years of packing lite and traveling far. Contact the Scoutmaster to RSVP at smstr459@gmail.com or call 303-904-3301. Commemorative anniversary T-shirts will be available at the event for \$15.



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Wednesday is "62+" Senior 15% Discount Day!
Regular Office Hours Only • Limited Offer

Sunday Hours: 11am-1:30pm

Regular Office Hours:

Weekdays 7:30-12 / 2-6

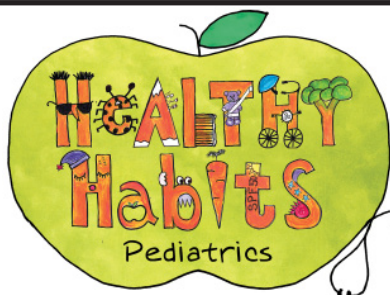
Saturday 8-12

5546 W. Canyon Trail

off Platte Canyon Rd.

in Columbine Hills

www.columbineanimal.com



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Swedish Southwest Health Park (Bowles & Wadsworth)

303- 972-2000 • www.healthyhabitspediatrics.com

Columbine West Civic Association

303-904-8218 • www.columbinewest.org

www.neighborhoodlink.com/jeffco/cwc

Officers

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

Vice President, OPEN

Treasurer, OPEN

Secretary, Cindy Coats

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
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.

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.

Coffee With A Cop

When: July 11, 2013 9:00: a.m. - 11:00 a.m.

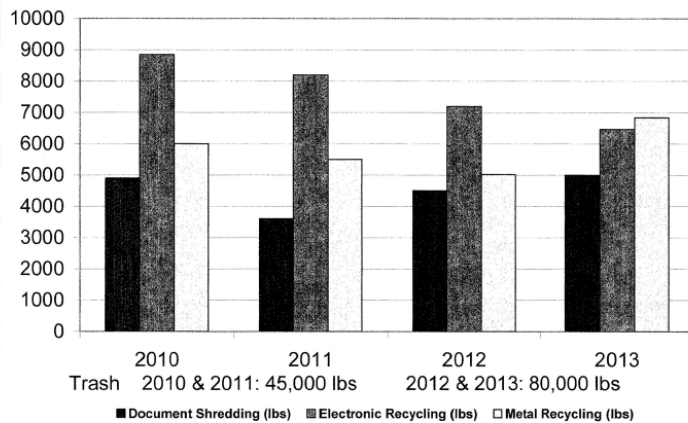
Where: Einstein's, 8246 W. Bowles Ave.

Description: These informal walk-in community events are opportunities for Jeffco residents to speak one-on-one with our agency's command staff, and ask questions about crime and quality-of-life issues in their neighborhoods or on the roadways.

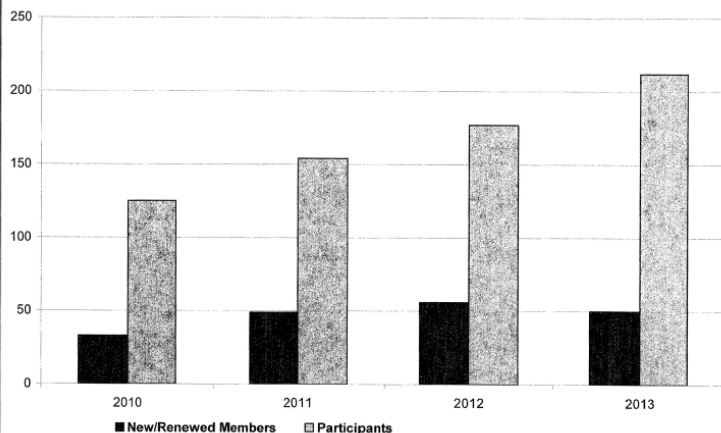
Trash Service Special Savings

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.

Dumpster Day Statistics



Dumpster Day Participation



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Additional
10% off

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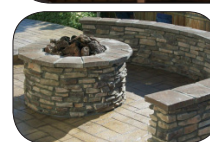


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WED ★ JUL 3 ★ 2013

AT CLEMENT PARK

MUSIC ★ LASER LIGHT SHOW

★ FIREWORKS ★

5 - 10 P.M.

**COMMUNITY BOOTHS ★ FOOD VENDORS
FUN FOR THE ENTIRE FAMILY!**

- ★ FREE Concert with Chris Daniels & the Kings ★ 7:30 p.m.
- ★ Fireworks Display ★ 9:30 p.m.
- by Tri-State Fireworks Company
(fireworks launched South of Amphitheater)

**For more information,
please call 303-409-2612, or
visit www.foothills.org/rwy.**

National Night Out in Columbine West

CWCA is proud to partner with the Jefferson County Sheriff's Office, Shiloh House, and Target to sponsor this year's NNO on Tuesday, August 6th, from 6-9 p.m. at the Columbine West Pavilion by the pool. Neighborhoods throughout Denver are being invited to join forces with thousands of communities nationwide for the 30th Annual National Night Out crime and drug prevention event. Last year's event involved citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from 15,704 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. In all, 37.5 million people participated in NNO 2012. Started in 1983, NNO sends a message to criminals letting them know that neighborhoods are organized and fighting crime together with law enforcement. National Night Out is designed to: (1) Heighten crime and drug prevention awareness; (2) Generate support for, and participation in, local anti-crime programs; (3) Strengthen neighborhood spirit and police-community partnerships; and (4) Send a message to criminals letting them know that neighborhoods are organized and fighting back. Members of the Sheriff's Office will be available to answer questions and showcase some of their special equipment. This is a great opportunity to exchange ideas concerning effective strategies for fighting crime in our community. Shiloh House is a non-profit organization that offers residential and non-residential treatment for boys and young men whose lives have been impacted by abuse, neglect, and trauma. Event planners are working on last minute details which will include dinner, ice cream, and games. Littleton Fire Station 13 is expected to drop by with their ladder truck and emergency medical vehicle. Feel free to bring a dessert to share. Join us and get to know your neighbors and members of law enforcement and have some fun. So, on August 6th, lock your doors, turn on your porch lights, and come join us at the shelter house by the pool from 6:00 to 9:00 p.m. for outdoor games, free food, good information, and getting to see fire trucks and police equipment.

Columbine West Military Members

*"There are some who've forgotten why we have a military.
It's not to promote war, it's to be prepared for peace."*

— President Ronald Reagan

Pfc. Jeremy McCombs, 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. 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

Columbine H.S. Rebel Spirit Flags

Due to popular demand, we have a new batch of CHS Rebels spirit lawn/porch/garden flags and flag holders (sold separately) back in stock! Great gift idea for yourself, graduating senior, family, friends, alumni, grandparents or continuation. See this flyer for more details! Flags: \$15.00, Holders \$10.00

To get your flag, contact Lori Elvera (Band Booster Parent) via email at Flags@ColumbineHSMusic.com.

"Questions? Questions?"

Stage 2 Drought Declared: 2013 Drought Watering Rules

In the next 12 months, we need to save 16 billion gallons of water. Denver Water is doing what it can to increase supply, but we need customers to save as much water as possible to help avoid a Stage 3 drought, which would ban outdoor lawn watering. Single-family properties with addresses ending in **odd numbers: Saturday, Wednesday**. While single-family properties with addresses ending in **even numbers: Sunday, Thursday**. Do not water between 10 a.m. & 6 p.m. Do not waste water by allowing it to pool in gutters, streets and alleys. Do not waste water by letting it spray on concrete and asphalt. Repair leaking sprinkler systems within 10 days and do not water while it is raining or during high winds. These rules are mandatory. In a drought, we need to save as much water as possible, so the fines are higher than normal years. A 1st violation will be a warning, 2nd violation will be a \$250 fine 7 a 3rd violation will be a \$500 fine. These fines apply to single-family properties and continued violations can result in suspension of service. Water use enforcement will patrol the city, educating customers and enforcing these rules. If you see water waste and wish to report it, call Denver Water at 303-893-2444 or report online at www.denverwater.org.

Dutch Creek

Dutch Creek Elementary is a well-rounded school that balances addressing social, emotional, and academic needs of students. We believe in meeting every learner where they begin and differentiating instruction to move each student forward to meet or exceed grade level expectations. Students value their teachers for providing rigorous content and meaningful connections. Students enjoy our intramural basketball, drama club, art club, choir, and student leadership. This year, our new Teacher Librarian has added a strong technology emphasis which is blending well with: the document cameras and projectors we have in every classroom, smart boards in many classrooms, and many laptops. Students show what they know using a variety of technology tools. As a staff, we believe in collaboration, consistent expectations, and reinforcing the positive to build a truly child-centered learning environment.

Important Voice-mail Line Information

Columbine West pays for an automated phone message service that helps a community volunteer to direct calls to the correct individuals within the association. This service is NOT checked daily, but at least 3-times a week. The voice mail is not in someone's home, but merely a service that we use. It is important that you as a caller leave a name and number, if you want a response, and to please speak clearly and repeat your information. If research is necessary, it may take a few days to get back with an answer. The voice mail line at 303-904-8218, has been a very helpful tool for the community. You can also contact the CWCA by email at CWCATALK@GMAIL.COM.

LITTLETON TAEKWONDO

Quality & Experience Since 1993



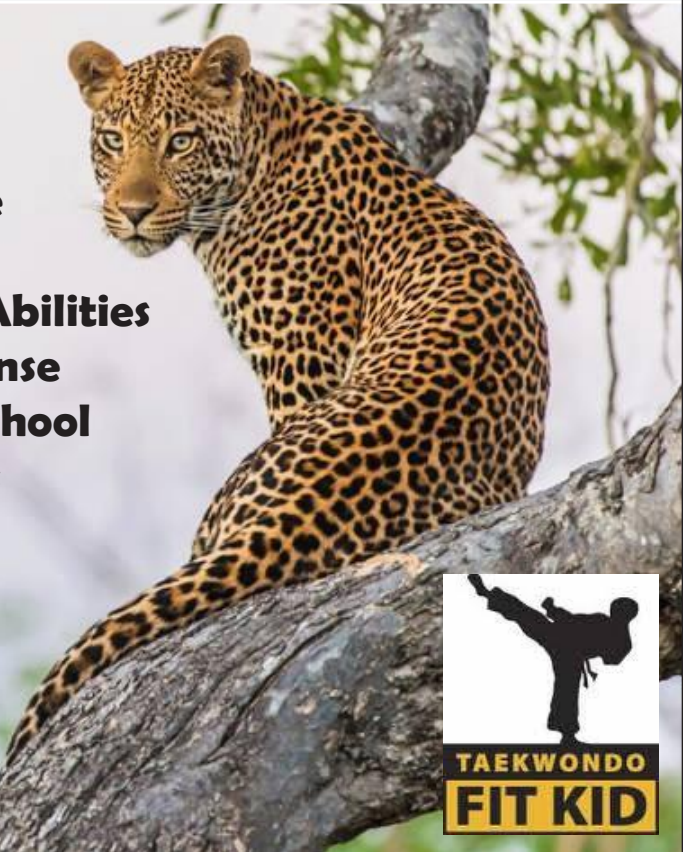
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- **Fitness**
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Free Trial Lesson
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20 YEAR ANNIVERSARY

6709 W. Coal Mine Ave @ Pierce
(Next to Walgreens)



Temporary Stage 1 Fire Restrictions issued for areas within Unincorporated Jefferson County

Jefferson County, CO. - Effective at 5 p.m. on June 11, 2013, Sheriff Mink ordered Stage 1 Fire Restrictions for all areas of unincorporated Jefferson County, to include all federal lands.

The following activities are prohibited pursuant to Stage 1 Fire Restrictions:

1. Building, maintaining, attending or using any fire or recreational campfire, except a recreational fire within a permanently constructed fire grate in a developed park, campground, private residence, or picnic area.

NOTE: Private residential recreational campfires exempted as described above, are encouraged to contact their local fire agency and advise start and finish times to alleviate smoke check responses.

2. Smoking, except within an enclosed vehicle or building, a developed recreation site, or while stopped in an area of at least six feet in diameter that is barren or cleared of all combustible material. (2009 IFC 320.8).
3. Open burning including "bon- fires" that require a permit from the fire authority having jurisdiction, will not be allowed during these restrictions. (2009 IFC 105.6.30).

4. The use of illegal fireworks, as defined below, are prohibited within Jefferson County. (Illegal fireworks are generally defined as anything that leaves the ground or explodes).

NOTE: Burn permits issued and not executed prior to the effective date of these temporary fire restrictions shall not be authorized unless approved by the issuing agency on the day of execution.

5. Pursuant to County Policy Part 3, Chapter 6, Section 2, authorizing the Declaration of Open Fire Bans, violations of these prohibitions, upon conviction, is punishable by a fine of not more than \$600.00. Such act(s) violate section(s) 102.8 and/or 308.2.1 of the International Fire Code.

Each month, Sheriff Ted Mink shares safety information with citizens in a column titled "Behind the Badge." Topics include crime prevention, personal safety tips, new laws or policies that affect citizens, sheriff's office activities and crime trend alerts. More on the fire ban topic can be found at Jeffco.us.

Garden Committee Update

"In all the universe nothing remains permanent and unchanged but the spirit." - Anton Chekhov

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

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\$500.00 OFF

Full Basement Remodel

\$300.00 OFF

A Complete Interior and/or Exterior Paint Job

Paint is like sunscreen.

Yard of the Month Winner

We have another beautiful yard chosen for the July Yard of the Month. It is located at 8095 W. Ontario. The owners, Gary and Lynette Jones, are the very first owners of the house. They have worked on the yard over the 34 years they have lived in the house. The Jones have three children, five grandchildren and one great-grandchild. Greg is a native of Colorado, having come from Evergreen and Lynette hails from Iowa. Lynette is retired from the University of Denver and Gary retired from being the stadium manager of the old Mile High Stadium. When they were looking to buy a home Gary loved the back yard which has a rather steep up slope. He saw a lot of possibilities of landscaping with terraces. Lynette wasn't so sure about it but he won out, they purchased the home and he carried out his ideas. The backyard is every bit as

pretty as the front. You will enjoy driving by and seeing what they have accomplished. Thank You to Columbine West resident, Realtor & CWCA Pres. John Basila, who has agreed to sponsor this year's contest. The residents who win the "Yard of the Month" contest will receive a \$50 cash prize and get to display a sign in their yard recognizing their award. Beginning May 1st, while you are driving, walking, running or biking through the neighborhood, if you notice a yard that is beautifully maintained and shows unique creativity, nominate them for the award by emailing cwcatalk@gmail.com or by calling the CWCA hotline: 303-904-8218. John will also post photos of the winning homes on columbinewesthomes.com.



See You Soon

Dutch Creek Elementary

Packet Pick-Up Day Wednesday, August 7th

7:00 a.m. – 1:00 p.m. OR 3:30 p.m. - 6:00 p.m.

Stop by to update student information, pay student fees, purchase lunches, purchase a DIVE T-shirt, join PTSA, and drop off student immunization records, medications & forms. Class lists will be posted! The school calendar for the school year 2013-14 can be viewed by accessing: <http://www.jeffco-publicschools.org/calendar/index.html>.

Students return to school on Wednesday, August 21st at 8 a.m. The P.T.S.A. Sponsored Carnival will be held on Friday, September 6th. Enjoy your summer.

Lou is Selling Houses!

Homes are selling very quickly!

Inventory of homes for sale is low which makes this a Seller's market resulting in homes selling quickly and at great prices.

UNDER CONTRACT:



7240 S. Webster St., Littleton



7936 Pierce Way, Littleton

The Shred-A-Thon was a great success and the amount of shredded material came very close to filling this big truck. Thanks to all who participated.



Lou Bissett
303.921.5367
Realtor, Equity Colorado

equity
COLORADO

MARKET ON YOUR CALENDAR

Saturdays SOUTHWEST PLAZA MAY 4 - OCTOBER 26 Southwest Plaza SE Parking Lot Wadsworth & Bowles 8am-2pm or Sellout	Saturdays CALVARY TEMPLE MAY 4 - OCTOBER 12 200 South University 8am-2pm or Sellout	Sundays HIGHLANDS RANCH MAY 5 - OCTOBER 27 Highlands Ranch Town Center Square 9288 Dorchester St. 10am-2pm or Sellout
Mondays HAVANA EXCHANGE JUNE 17 - SEPTEMBER 2 2712-2892 South Havana Street Havana & Yale 10am-3pm or Sellout	Tuesdays HIGHLANDS RANCH JULY 9 - OCTOBER 29 At Highlands Wine Seller 6668 Timberline Rd. 10am-3pm or Sellout	Wednesdays LITTLETON JUNE 12 - OCTOBER 30 Aspen Grove Lifestyle Center 7301 S. Santa Fe Dr. 10am-3pm or Sellout
Thursdays WHEAT RIDGE JUNE 13 - OCTOBER 31 4252 Wadsworth Blvd. 10am-3pm or Sellout		

For more information call the
Metro Denver Farmers' Market Hotline
303-887-FARM
www.denverfarmersmarket.com

One Minute Wellness... Reduce Alcohol Intake

When you are trying to limit extra calories and simple sugars, remember that beverages count. Reducing or eliminating alcohol consumption will greatly increase your chances of limiting calories because alcohol is basically liquid sugar with no nutritional value. Here are some great tips to help you through social events.

- 1. Fill your glass with sparkling water, add a lime.** Here is a no-brainer. No alcohol = no extra calories.
- 2. Sip bottled drinks with tight lips for long periods of time.** No one is really monitoring exactly how many bottles or glasses of beverages you are drinking. You can make one bottle (or one glass) last as long as you want it to last.
- 3. Make a wine "spritzer" (add half sparkling water).** This is refreshing and satisfying. In the end you will have had half the amount that you would have had otherwise.
- 4. Say you are not feeling up to it and need to hold off.** Others will think that "not feeling up to it" means you are sick and won't push you as hard to drink.
- 5. Pour your bottled drink down the bathroom sink, add water.** Drinking water is a good thing, so if you don't mind wasting one drink, it is worth it to help you blend in to the party and keep totally off alcohol.
- 6. Adopt an attitude that you are allergic and let others know.** Many people actually have an allergy to alcohol although they don't know it because they don't break out in hives. Alcohol can create chemical reactions that have negative effects within the body and that is similar to having an allergy.
- 7. Do it one moment at a time. Don't think about the whole evening (or day) ahead.** Learn to enjoy the people more than the substances. You may find that you have more fun!
- 8. Stay busy.** If you are dancing, talking, playing games or just keeping busy with all the people, you will pay less attention on the booze.

continued on page 9

ALUMINUM WIRING can be DANGEROUS!

IS YOUR HOME WIRED SAFELY?

Most homes built between 1964 & 1974 contain aluminum wiring.

Did you know "homes wired with aluminum wiring are 55 times more likely to have one or more connections reach Fire Hazard Conditions"

—US Consumer Product Safety
Commission (CPSC) Pub #516

Your Safety Is Our Business!
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Serving all your electrical needs
with Local References!

We are fully licensed, insured and certified to permanently repair aluminum wiring and remove your fire hazard. Visit our Web site at www.alwirerepair.com to read about the hazards of aluminum wiring and the CPSC recommended COPALUM repair method.

Call today for your home wiring evaluation!

(720) 299-4706



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.

Detailed housecleaning. Honest, prof. reliab, thorough, refs. Diana 720-296-2479

Security Window Well Covers, Steel, baked on finish, color choice. Call Tim 303-587-5822, <http://flyingpigmaw.com>

Reliable Sprinkler Repair! Ask about system tune-ups. Call Victor 303-995-5788 or GreenDragonSprinkler@gmail.com

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

Get paid to collate newsletters a few hours/month. Need to have your own transportation. Located close to home. Call Colorado Lasertype at 303-979-7499.

Highlands Pride Painting: 303-738-9203

NEW FENCE AND FENCE REPAIR. Privacy, Split Rail, Spaced Picket, etc. Free estimates. Insured. Call Matt: 303-981-4935, mattrossthompson@gmail.com

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

I build **FISH TANK STANDS** 303-981-4935

Window cleaning. 720-545-5983

Columbine Garage Door. Service or replace. Family owned. 303-979-8084.

Small Paint Jobs Only 720-331-7032

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

WINDOW CLEANING 720-283-8002

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

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

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: Summer Special - 30% off! Interior/Exterior, Drywall Repairs. Tom Martino approv. 303-523-2941.

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

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

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

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

Tree trimming & removal- Columbine Tree Svc. 303-979-5330. 40 yrs exp.

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**

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

Experienced and affordable photography KrystalReedPhotography.com ~7/-308-0566

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

One Minute Wellness, continued from page 8

9. Think about it differently. See the hang over or the negative effects before taking that first drink. When you take that first step back from all the alcohol it is a whole different view of the party. You might try being an "objective viewer" and observe how over-drinkers look to everyone else.

10. Stick with non-drinkers.

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.

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
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
Jacob P.	13	B*/P	303-932-2596
Kayla G.	13	P	303-972-7895
Karissa G.	13	P	303-972-7895
Angie W.	15	B/S	720-569-0552

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 Wed 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.

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 June 17, 2013.

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

Columbine West Statistics for June 2013

Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-level	\$ 325,000	\$ 325,000	1
2-story	\$ 339,000	\$ 339,000	1
Tri-level	\$ 259,000	\$ 259,000	1
Bi-level	\$ 239,950	\$ 269,900	3

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-level	\$ 246,000	\$ 275,000	4
2-story	\$ 223,000	\$ 310,000	3
Tri-level	\$ 240,000	\$ 240,000	1
Bi-level	\$ 249,995	\$ 249,995	1

Homes **SOLD** in Columbine West 2013

	Lowest	Highest	How Many?
Ranch Style	\$ 210,000	\$ 281,500	4
4-level	\$ 210,000	\$ 281,000	12
2-story	\$190,000	\$ 303,000	9
Tri-level	\$ 200,000	\$ 212,500	3
Bi-level	\$ 185,000	\$ 326,000	10

Please Keep Clipping Box Tops

Local schools can receive earnings from Box Tops on over 800 packages, bonus Box Tops awarded online, qualifying purchases from the Box Tops marketplace, books purchased through Box Tops Reading Room and items purchased off your My Class Essentials registry. With your help, Box Tops has earned over \$300 million for our kids schools.

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 Keirsy DeGiovanni at keirsy@hotmail.com and we will send somebody to pick them up from you.

Columbine West Civic Association Membership Coupon

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

Name(s): _____

Address: _____

Telephone #: _____

National Grilling Month

July is the perfect month to enjoy the sizzle and smoke of cooking on the grill. Get ready to fire it up, and be sure to handle your food – and the fire – safely.

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.