



Columbine West Civic Association Newsletter



CWCA – Your Homeowners' Organization

Vol. 35 No. 08

August 2013

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Thank You For...



Abiding by the NO chickens covenant

We Are Good Neighbors

The Columbine Courier reported back in March 2013 that Jefferson County Planning & Zoning had passed a resolution that would allow residents to have “backyard chickens”. The covenants of CWCA state: ***C-9 LIVESTOCK AND POULTRY - No animals, live-stock, or poultry of any kind shall be raised, bred, or kept on any lot, except that dogs, cats or other household pets may be kept provided that they are not kept, bred and maintained for any commercial use.***

Some neighbors have called the voicemail line to check with CWCA. CWCA Officers and Board members have answered individual questions pertaining to the chickens. When neighbors are found to be in violation of the covenant it will be addressed by CWCA. Think about your responsibility of being a “good neighbor”. The resolution specifically states – ***residents need to check with their HOA/ Civic Association for any existing exclusions within their CC & R's.*** Here is the link to the entire resolution, <http://jeffco.us/planning-and-zoning/regulations/zoning-resolution/>

Reference Zoning regulations, section 5. Details are also available inside the newsletter on page (3).

According to NBC News, “the growing trend of raising backyard chickens in urban settings is backfiring,” as people with dreams of fresh eggs and quaint coops are finding coal in their stocking. Animal shelters across the country are experiencing an inundation of chickens as a result of buyer’s remorse. “Many areas with legalized hen-keeping are experiencing more and more of these birds coming in when they’re no longer wanted,” Posted by Jennifer Squires (Editor), July 8, 2013

Next CWCA Meetings

7:00 p.m. Dutch Creek Elementary

* 6:30 p.m. Pool Pavilion

*Aug 13th, Sept 10th

If not in shelters, chickens often end up on Craigslist, commonly because chicks are difficult to sex, and people accidentally end up with noisy, aggressive roosters. The allure of raising chickens can be intoxicating: fresh eggs, silly chicken behavior, maybe even memories of simpler times. Yet we all need to remember that when you purchased into Columbine West you agreed to abide by the covenants that came with your deed. Some say they never saw them, well, the entrance signs are a reminder, Columbine West Covenant

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.



Protected Community. The association strives to see our community defined by a sense of shared ownership and collective responsibility. Anyone can attend a monthly meeting, held on the second Tuesday, 7p at Dutch Creek Elem, or during the summer months at the Pool Pavilion, 6:30p. 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.*

2013 CWCA Calendar of Events

- Yard of the Month: May - September 2013
- August 6th, 6-9 p.m.: National Night Out, Pool Pavilion
- August 13th, 6:30 p.m.: CWCA Meeting (Pool Pavilion)
- August 21st, 8:00 a.m.: First Day of School
- Sept 10th, 7 p.m.: CWCA Meeting (Dutch Creek Elem.)
- Sept 6th 5-7pm: Dutch Creek PTSA Carnival at the school
- Oct 18th: Splash of Dutch Creek Silent Auction, Craft Fair, Chili Cook-off
- Oct 14th, 7 p.m.: CWCA Meeting (Dutch Creek Elem.)

A Moment With The Board

At the July 9th CWCA Board meeting, some items were discussed. The membership report has a current total of 370 members. The American flag at corner entrance of Zephyr was mysteriously placed by a neighbor, CWCA wishes to thank the owner of the flag. Questions about chickens in Columbine West are being addressed, our covenants prohibit having chickens on your property. Ten to twelve "Welcome bags" are being delivered each month to new neighbors. One Board position and the Vice Pres. office is still available. Everyone is looking forward to National Night Out, please join us on August 6th, 5:30p. The civic association needs more volunteers to help with existing committees, the current core group is doing double duty. 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 August 13th, 6:30 p.m. at the pool pavilion.

Volunteers Needed

The CWCA Board is always looking for more volunteers on committees! If you are interested in helping out, but are not interested in being a Board Member, think about joining a committee. There is 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! We need community engagement, enthusiastic individuals that can be proud to be part of something larger than themselves. Join other neighbors that are seeing the direct usefulness and relevancy of their volunteering efforts. We are all stretched. Between longer work days and family commitments, it's challenging enough to get through the day. All you need to do is email your interest through the website, go to: www.neighborhoodlink.com/jeffco/cwc/ or call the voicemail line at # 303-904-8218. No matter how limited your time, you can find something to do somewhere. All you have to ask yourself is, "Why not?".

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
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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.



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Weekdays 7:30-12 / 2-6

Saturday 8-12

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Jefferson County Zoning Resolution on Backyard Chickens

C. Urban Agriculture

1. Chickens - To provide for the keeping of chickens on single family detached, Two-family dwelling or duplex residential lots. The maximum total number which may be kept shall be 6. Roosters are not permitted. (orig. 3-26-13)
 - a. Conditions and Requirements - (1) A Miscellaneous Permit must be obtained from Planning and Zoning for the keeping of chickens. For this use, the miscellaneous permit shall only be applicable to the current owner or lessee and does not run with the property. (orig. 3-26-13)
 - (a) Chicken coop enclosures must be predator resistant. (orig. 3-26-13)
 - (b) Coops and runs may not be located within the front yard. (orig. 3-26-13)
 - (c) Chickens are to be kept for personal use. (orig. 3-26-13)
 - (d) Adjacent lots and any registered HOA shall be notified in writing of the use. (orig. 3-26-13)
 - (e) If the request is from a lessee, the property owner shall give permission in writing prior to the application and must sign the permit application. (orig. 3-26-13)
2. Applications shall be referred to Jefferson County Animal Control for comment. (orig. 3-26-13)
3. The County may revoke the Miscellaneous Permit at any time for failure to comply with the provisions of this Zoning Resolution concerning the keeping of chickens and/or confirmed violation(s) of any federal, state, or local law, ordinance, or regulation. (orig. 3-26-13)
4. Some districts already allow chickens and other poultry, in those districts, these standards may be followed for the keeping of chickens only. If expanded uses are desired as allowed by zoning, i.e. keeping turkeys, the standards in the underlying district will apply. (orig. 3-26-13)
 - a. Lot and Building Standards - (1) Coops and runs shall meet all setback requirements, unless they meet the following conditions:
 - (a) No openings of the coop structure shall be allowed that exceed the height of the screening on sides of the coop which are adjacent to other property boundaries; and (orig. 3-26-13)
 - (b) The coops and enclosure are screened from neighbors' view by a minimum 5 foot high solid, closed fence. (orig. 3-26-13)

Specific Exclusions and Limitations

1. Exclusions - In no event shall any of the following be kept:
 - (a) Roosters. (orig. 3-26-13)
 - (b) Other types of fowl or birds, such as turkeys, geese, ducks, pigeons, etc. (orig. 3-26-13)
2. On-site Slaughtering of the chickens is prohibited. (orig. 3-26-13)



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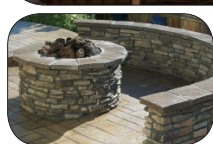
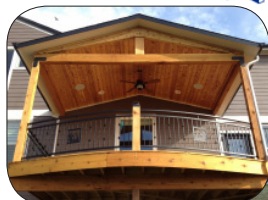


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National Night Out in Columbine West

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 5:30-8:30pm 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.

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.

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.

Columbine West Military Members

"Sharing knowledge can seem like a burden to some but on the contrary, it is a reflection of teamwork and leadership."

— author unknown

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

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. Tylr 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

Yard of the Month Winner

Another couple has worked really hard in their yard and as a result their yard has been chosen as Yard of the Month for August. Their home is located at 7301 S Webster St. and the happy couple are **Ed & Debbie Sander-Cederlof**. They have lived there since 2002 having moved from the townhomes to the north and they love the neighborhood. Ed & Debbie add something to the yard each year and have also fixed up their back yard complete with a pond. Ed and Debbie have two sons, Steven 24 and Eric 21. Eric will be a junior at Mesa College next fall and Steven lives in Englewood. Both boys have gone to Dutch Creek Elementary, Ken Caryl Middle School, and Columbine High School. Ed works for Sturgeon Electric and Debbie spends her time working for Dr. Bobak. They have been in Littleton since 1997 after having lived in California.

Thank You to Columbine West resident, Realtor & CWCA Pres. John Basila, who has agreed to sponsor this years' 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.



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Dutch Creek Elementary

Packet Pick-Up Day Wednesday, August 7th

7:00 am – 1:00 pm OR 3:30pm -6:00 pm

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.jeffcopublicschools.org/calendar/index.html>.

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

One Minute Wellness: Back To School... and into the Kitchen

What do kids think of first when they get home from school? That's easy – SNACKS!

The most important part about after school snacks is that a parent or care provider prepared them. This is arguably the time when an adult can have the most influence on their child's future, as far as nutrition.

I grew up in a home where home-baked goodies on the table were a sign that Mom was in a good mood that day. While it was great to have wonderful cookies, cupcakes, cakes and goodies after school when I was really hungry, I must say that as an adult it has been hard to shake the habit of "treating" myself with such goodies or somehow relating to my need for mothering through bakery items. This has only added to problems I have had with food and body fat.

Conversely, having healthy snacks on a table or counter when kids first enter the kitchen (after school when they are hungry) is a great opportunity for an adult to introduce healthy foods into their daily diet. They will go for those because they are right in front of them while they are hungry and eventually they will associate many good memories with healthy foods.

More so than adults, children need the right kind of carbohydrates to sustain their energy requirements. However, because many children have a hard time getting much, if any protein on a daily basis, it becomes a challenge to balance between protein and good carbohydrates in a low fat snack that is also appealing to kids.

Remember, presentation is everything. With kids, if it has a smiley face, it is probably good.

For your FREE kids and teens snack booklet contact Marybeth.

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.

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.

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 6:45am 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.

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.

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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	
Thursdays WHEAT RIDGE JUNE 13 - OCTOBER 31 4252 Wadsworth Blvd. 10am-3pm or Sellout		Wednesdays LITTLETON JUNE 12 - OCTOBER 30 Aspen Grove Lifestyle Center 7301 S. Santa Fe Dr. 10am-3pm or Sellout	

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

Garden Committee Update

Recently the garden committee chairperson spoke about current lawn conditions within Columbine West. Residents may believe that the watering restrictions are causing lawns to show signs of distress but a newly found culprit is sodworms. These little pests are doing damage nightly to beautiful lawns. If you notice a patch of yard that has turned brown and seems to be growing in size, you too may have an infestation. A couple ways of managing the damage is with insecticidal Spectricide or mixing up an organic recipe from "The Green Gardner, Jerry Baker". You can check with CU Extension for possible treatments too. Don't wait too long, your yard may end up unrepairable.

"No two gardens are the same. No two days are the same in one garden." ~Hugh Johnson. If you would like to have your name added to the volunteer list or have any questions contact the voicemail at 303-904-8218.

Walk or Run?

Walking and running are two of the simplest ways to exercise. Aside from a good pair of shoes, you don't need any training or fancy equipment, just some space and time. But which is better for you?

In some senses, according to a study reported in USA Today, they're equally beneficial, depending on how much time you're willing to invest. Two scientists studied data from over 33,000 runners and 15,000 walkers, monitoring blood pressure, cholesterol, blood sugar, and other vital health indicators over six years. They found that, although walking requires more time than running an equal distance, the health effects come out the same as long as the amount of energy expended is equivalent. Running does burn more calories in less time, but a long, brisk walk can be just as healthy – and easier on your knees.

Lou is Selling Houses!

1975 Cody St., Lakewood, CO
Listed on June 26th, Under Contract on July 7th
Thinking about selling your home,
Call me and "Move Along With Lou!"



Equity
COLORADO

Lou Bissett
303.921.5367
Realtor, Equity Colorado

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.

Bookkeeping - 16+ years exp. Reliable, efficient & accurate. Free consultation. West End Bookkeeping 303-915-4282

Only With Love Only With Light. Spiritual intuitive reading/Reiki Master. 7/331-7032.

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

Highlands Pride Painting: 303-738-9203

NEW FENCE AND FENCE REPAIR. Privacy, Split Rail, Spaced Picket, etc. Fence staining. Expert service! Free est. Insured. Email (preferred) or call: 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

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

Small Paint Jobs Only 303-738-9203

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

WINDOW CLEANING 720-283-8002

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

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

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

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 approv. 303-523-2941.

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

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

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.

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

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.

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

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.

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

Follow These Simple Tips For Healthier Eating

Losing weight can feel like an endless struggle. It takes discipline, a good diet, and plenty of exercise, but all that can be a challenge for busy people. But don't give up. Try these tips for shaving a few pounds from your body:

- Don't starve yourself. You're more likely to make bad food choices when you're overly hungry. Keep a supply of healthy snacks on hand so your stomach doesn't start rumbling between meals.
- Watch your post-exercise consumption. Exercise burns fat, but maybe not as much as you think. Resist the urge to overeat after a workout, thinking you've "earned" something extra.
- Color-code your diet. Fruits and vegetables that are red, orange, or green are healthier alternatives to junk food. Include at least one in every meal. (No, red jelly beans don't count.)
- Cut down on salt. Too much salt in your meals can contribute to weight gain. Substitute other spices to add flavor without adding on extra pounds.
- Drink lots of water. This is common advice, but it bears repeating: Water helps you feel full and also keeps your body in good shape.

American Artist Appreciation Month

America has been the home to some of art history's most talented and celebrated artists, people like Georgia O'Keeffe, Norman Rockwell, Jeff Koons, Mary Cassatt, and many others. Take some time during August to visit a museum and rediscover your favorites – and find some new ones to admire.

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

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 July 17, 2013.

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

Columbine West Statistics for July 2013

Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-level	\$ 295,000	\$ 295,000	1
2-story	\$ 274,900	\$ 327,000	3
Tri-level	\$ 239,700	\$ 316,200	2
Bi-level	\$ 185,000	\$ 269,900	5

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 265,000	\$ 265,000	1
4-level	\$ 325,000	\$ 325,000	1
2-story	\$ 235,000	\$ 310,000	3
Tri-level	\$ 259,000	\$ 259,000	1
Bi-level	\$ 200,000	\$ 270,000	5

Homes **SOLD** in Columbine West 2013

	Lowest	Highest	How Many?
Ranch Style	\$ 210,000	\$ 281,500	4
4-level	\$ 210,000	\$ 286,200	15
2-story	\$190,000	\$ 303,000	10
Tri-level	\$ 200,000	\$ 212,500	3
Bi-level	\$ 185,000	\$ 326,000	11

Make 'Child Labor' Useful and Fun

Giving kids chores around the house helps them feel like an integral part of the family. It also serves to teach them basic life skills – and helps you out to boot. The key is to start them early, even as young as 2 years old. Here are some chores that young children can easily take on:

- Pick up and put away toys and clothes.
- Help carry or sort laundry.
- Help set the table.
- Water plants.

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 #: _____

Come Sing With Us!

Young Voices of Colorado, a premier children's choir, is holding auditions for children who are at least in 2nd grade for the 2013-14 school year. Auditions are held on Thursday, August 8th, 4:30-5:30 p.m. To sign up for an audition please visit our website, www.youngvoices.org.

Dreams are what guide us, art is what defines us, math is what makes it all possible, and love is what lights our way."

— Mike Norton

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.