



Columbine West Civic Association Newsletter[®]

CWCA — Your Homeowners' Organization

Vol. 36 No. 02

February 2014

Circulation: 1,555



A Covenant
Protected
Community



Thank You For...



Keeping Your Sidewalks Clear of Snow and Ice

We Are Good Neighbors

A fresh blanket of snow is a pretty sight. Maybe for a few minutes. Or in a photograph. Or if you are a kid and you're getting a snow-day. But if you're a homeowner, removing this blanket is no cozy chore. Every winter people hurt themselves shoveling snow, ranging from minor aches and pulled muscles to fatal heart attacks. What people often fail to realize is that shoveling is more than just a chore. It puts a lot of stress on the body in a short period of time. Here are several tips for safe shoveling: Use a smaller shovel, make sure your shovel isn't bent, tilting or otherwise damaged, take frequent breaks even if only for a couple of minutes, stop and go inside if you become overheated, drink fluids, don't try to fling snow long distances and especially stop any time you feel pain. Removing the snow is just the first step in the process of making your driveways and walkways snow and ice-free. Dealing with the ice left behind is the next challenge. Ice does not just freeze on the pavement, it freezes to the pavement. Breaking that bond, or keeping it from forming in the first place, is the task of chemical de-icers. A de-icer is a chemical agent that is spread on snow or ice. It does not melt all the snow; it seeps through to the surface of the pavement and melts the ice there, breaking the bond and making it easier to remove the snow. Today, more environmentally friendly and considerably more effective chemicals are available. If you fear you're unable to tackle this tiring task, look into spending a few bucks and having a neighborhood kid shovel after a storm, it's probably money well spent. Those homeowners who have a North facing front yard/ driveway, which inevitably has it's problems with snow melting off during the day, please pay attention to removing the snow before temperatures drop in the evening.



2014 CWCA Calendar of Events

- February 2nd: Super Bowl Sunday
Go Broncos!
- February 9th: Share the Love Food
Collection. Columbine H.S. parking lot
- February 11th: CWCA Meeting
7-8:30p Dutch Creek Elem.
- February 14th: Happy Valentine's Day
- March 9th: Daylight Savings Begins
Spring Forward 1 hour
- March 11th: CWCA Meeting
7-8:30p Dutch Creek Elem
- March 17th: St. Patrick's Day
Erin Go Bragh
- April 1st: April Fool's Day
- April 8th: CWCA Meeting
7-8:30p Dutch Creek Elem
- April 22nd: Earth Day
Be Kind to Mother Nature
- May 2nd, 3rd & 4th: Community
Garage Sale. Check out the Deals
- May 11th: Mothers Day. Hug Your Mom
- May 13th: CWCA Meeting
7-8:30p Dutch Creek Elem

Newsletter News

Newsletter Volunteers are very much appreciated. If you would like to volunteer for a route and get in some constructive walking, please call 303-972-2387.

Next CWCA Meetings

7:00 p.m. Dutch Creek Elem.
Feb. 11, Mar. 11, Apr. 8

With everyone taking care of their own piece, the neighborhood sidewalks will be clear and safe for everyone to travel. Take a moment to watch out for your neighbors when the weather gets nasty. Help them shovel. If you haven't seen a neighbor out and about you can always request a "good will" check from the sheriff's dept. The association strives to see our community defined by a sense of shared ownership and collective responsibility. 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.**

A Moment With The Board

Our January 14th CWCA meeting was the "Open House". The Board ran through the agenda and talked about upcoming projects, community events and committee availabilities. The following events are scheduled: Community Garage Sale 5/2-4 and Dumpster/Recycle Day 6/7. The Big Event cost structure is under review as the charges for recycling have increased. Yard of the Month will begin in May thru September. National Night Out is under revision and needing more committee involvement. The one Board position plus the officers of Vice Pres. & Sec. are still available. CWCA is in need of more volunteers. Remember if you have any suggestion of ideas, call the voicemail, drop an email, just contact us. Look forward to hearing from the community. Residents are encouraged to attend any monthly meeting, February 11th, 7:00 p.m. at Dutch Creek Elem.

"Love is not enough. It must be the foundation, the cornerstone – but not the complete structure. It is much too pliable, too yielding."
– Bette Davis

Potential Rezoning of Neighboring Property

On January 6th, at the Columbine Library, local residents, homeowners & a CWCA Board member gathered to hear information about the potential rezoning of the property on Coal Mine Avenue, where High Country Kennels has been operating. The owners of High Country Kennels have decided to close up operation and sell the property. Freedom Service Dogs, presently located in the warehouse section of Englewood, has put a contract on the property, hoping to close within 6 months if a rezoning is approved. Freedom Service Dogs is a nonprofit organization that enhances the lives of people with disabilities by rescuing dogs and custom training them for individual client needs. Clients include children, veterans and active duty soldiers, and other adults. Their disabilities include Autism, Traumatic Brain Injury, Cerebral Palsy, Spinal Cord Injuries, Muscular Dystrophy, Multiple Sclerosis, and Post Traumatic Stress Disorder (PTSD). At any given point Freedom Dogs have upwards of 50+ people on a waiting list who struggle for on average more than a year as they seek funding to provide a service dog to suit their specialized needs. Freedom Service Dogs has received numerous commendations, national press features, and government resolutions in support of their innovative work. Founded in 1987 they have been matching dogs with veterans successfully for 26 years. The property will have to undergo a rezoning to allow for the organization to operate. CWCA has asked Freedom Service Dog representatives to attend one of our homeowners meeting to help us bring as much pertinent information as possible to the community. They are committed to being "good neighbors" as well. Watch for a date in the newsletter, most likely the March meeting but could get pushed until April depending on their schedule. We would like to have any and all interested community members represented.

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, Cindy Coats

Secretary, Cindy Coats

Board Members: 5 Filled, 1 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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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.

Automated Voicemail Line

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. CWCA membership dollars cover the cost of having this service available. 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 voicemail 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.

CWCA Holiday Lighting/Decorating Contest

It was wonderful to see Columbine West all lit up for the holidays. It showcased our community and made the neighborhood festive and bright for the season. Two lucky winners were selected in our annual contest. Homeowners Russ & Rhonda Slade, along with their children, Preston & Rhianna, who live at 7226 S Pierce Ct

They worked on the decorations for about a month and 2 days for the roof lights. They try to add something new every year and this year it was the Bumbles. They were thrilled to have their Christmas decorations chosen as a winner this year. Congratulations also goes to homeowners Jim & Sheila Norkett who live at 7002 Yukon St. It took them a few days to get the decorations up, with all hands on deck. They have lived in the neighborhood for about 3 years and were very happy and appreciative to have their home chosen. Both families really enjoyed the prize of a \$50 gift card to King Soopers. Till next year... Have a wonderful New Year's celebration and be safe out there.

A Ripe Pear is a Sweet Pear

A little known fact about the pear is that it is one of the few fruits that does not ripen on the tree. The pear is harvested when it is mature, but not yet ripe, and, if left at room temperature, it slowly reaches a sweet and succulent maturity as it ripens from the inside out. As tempting as the pear might be right from the grocer's stand, a little bit of patience and know-how will ensure the pear reaches its peak flavor. So, how do you know when the pear has ripened to sweet and juicy perfection? While a Bartlett's skin color brightens as it ripens, most varieties of pears show little change in color. The best way to judge ripeness for non-Bartlett varieties is to Check the Neck™: Apply gentle pressure to the neck of the pear with your thumb. If it yields to pressure, it's ripe. Easy, isn't it? www.USAPears.org

National Pet Dental Health Month

Fluffy or Fido's bad breath can be more than a nuisance – it could mean a serious risk to your pet's health. Periodontal disease is the most common clinical condition in cats and dogs, but it's completely preventable. Make an appointment with your vet to ensure your pet stays in good dental health for years to come.

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Columbine Community Village

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 - Healthy Social Life & Supportive Community
 - Convenient Transportation, Minor Household Fix-it
 - Safer at Home – Volunteer Help Reduces Fall Risk
- **Single phone number to call for a volunteer – Rides to doctor or store, household fix-it chores, and more.**

You're Invited! - Public Info Meetings

- Saturday February 8, 1:00 – 2:00 pm
- Saturday March 1, 1:00 – 2:00 pm

Columbine Public Library

7706 W. Bowles Ave. (by Clement Park)

- Endorsed by Jefferson County Aging Well Project
- Nonprofit – Financed by Member Dues, Gifts & Grants
- Serving South Jefferson County (& western Arapco)

303-730-6432 or www.ColumbineCV.org

Columbine West Military Members

"To be born free is an accident. To live free is a privilege. To die free is a responsibility."

— Brig. General James Sehorn

LCpl. Jessica O'Canna, U.S. Marine Corps., stationed at Cherry Point, NC

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

Spc. 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) reassigned to Quantico, VA

LCpl. Tyler Mc Manus, US Marine Corps, reassigned to Okinawa, Japan

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

Cpl. 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

FoodCorps Approach

FoodCorps is a nationwide team of leaders that connects kids to real food and helps them grow up healthy. We do that by placing motivated leaders in limited-resource communities for a year of public service. Working under the direction of local partner organizations, we implement a three-ingredient recipe for healthy kids. Our Service Members: Teach kids about what healthy food is and where it comes from, Build and tend school gardens and Bring high-quality local food into public school cafeterias. We envision a nation of well-nourished children: children who know what healthy food is, how it grows and where it comes from, and who have access to it every day. These children, having grown up in a healthy food environment, will learn better, live longer, and liberate their generation from diet-related disease. We envision a bright future for our Service Members: emerging leaders who, having invested a year of public service creating healthy food environments for children, will go on to become farmers, chefs, educators and public health leaders. These visionaries, armed with the skills to improve school food, will improve all food. Our mission is: Through the hands and minds of emerging leaders, FoodCorps strives to give all youth an enduring relationship with healthy food. Applications for the 2014 - 2015 service year will be available January 10th, 2014 and the deadline for them to be completed will be March 30, 2014. If you have any further questions about FoodCorps recruitment or the service member application process, please visit our FAQs page. If you have other questions not answered within our FAQs, please contact serve@foodcorps.org or visit <https://foodcorps.org/become-a-service-member>. "A small investment in FoodCorps buys something big: a program that is starting to roll back the \$147 billion it costs us each year to deal with the health consequences of obesity."

—Mark Bittman, New York Times journalist



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One Minute Wellness... Lose the Weight or Lose the Scale?

The scale can be fickle. Your weight on the scale can change throughout the day and your weight will usually be higher in the afternoon even if you don't eat for hours. Weight loss reflects water loss, fat loss and muscle loss too! The number you see is only a measure of the gravitational pull on your body!

Muscle contributes to about 75% of your over-all metabolism. An efficient metabolism helps burn calories. Added muscle tone can help you burn up to an additional 50 calories per hour! This helps you become a "fat fighting machine"! Building lean muscle in the early stages of fitness and fat reducing programs can slow initial weight loss (on the scale) down for about a week or two. This can get frustrating, but in the long run, pays off. The object is to decrease fat and increase muscle, so the weight on the scale becomes less important than the size of your clothes.

Generally, most personal trainers, use body fat reduction and inches lost as the markers for a successful program. However, you can lose in those categories but also lose muscle mass which is not the goal for the long run. Loss of muscle tone will only mean your metabolism has slowed down and you will gain weight back rather quickly when you are not on your "diet" anymore. Most "diets" fail in the long run because muscle tone is lost in the process of reducing weight.

The gluteus muscles (butt muscles) are great indicators for muscle tone. The bottom edge your buttocks should be in line with the bottom edge of your pubic bone (in front). So sagging below that is an indicator of muscle loss. Obese people sag from excess fat and

from loss of muscle tone so their butt looks bigger. Some obese people can't even identify where the bottom of their buttocks is because the fat extends into the lower leg. Overly thin people with low muscle tone notice their pants sag at the butt. They may be thin but they certainly are not toned! I have seen people who exercise regularly and yet their pants sag at the buttocks. This means something is out of balance. It is correctable but they need assistance, which is why they hire a trainer.

Draw an imaginary line from the bottom edge of the rib cage to the front edge of the hip bones. Every inch of protrusion past that mark is an indicator of 10 pounds of excess weight. So, if your abdomen is protruding 4 inches out, it is an indication that you need to lose about 40 lbs. In addition to keeping track of body fat loss and lean muscle (maintenance or gain) I encourage my clients to get on-going photos of their progress. Changes in posture and correction of muscle imbalances in the body cannot be monitored on scales. It would do no good to let people lose rapid weight, but also become fatigued because of muscle loss or to get stronger but continue with spine or joint issues due to muscle imbalances.

Marybeth Van Horn is a registered nurse, internationally certified personal trainer and certified specialist in performance nutrition who has worked with numerous clients using nutritional supplements for over 20 years. Feel free to contact her with questions at 303-809-1134.

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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 effective 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.

Please Keep Clipping Box Tops

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. 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. New products added to the program are Hershey's® Cookies 'n' Creme, Vanilla Chex® Old El Paso® Stand 'n Stuff® Soft Taco Dinner Kit, Nature Valley® Soft-Baked Oatmeal Squares, Reese's® Peanut Butter & Chocolate Premium Cupcake Mix and Betty Crocker® Helper® Ultimate Skillet Dinners.

Please clip and send Box Tops to school with a student, or contact Keirsy DeGiovanni at keirsy@hotmail.com and we will send somebody to pick them up from you. What is Growing Local Learning? Box Tops for Education® and ACME, ALBERTSONS, CUB, FARM FRESH, JEWEL-OSCO, SHAW'S, SHOP 'N SAVE, and SHOPPERS have joined together to create Growing Local Learning®, a program to help shoppers earn cash for their schools. Since Growing Local Learning® started in March 2010, over \$2.6 million has been earned by schools through Growing Local Learning®! Go to <http://www.growinglocallearning.com/> to learn more.

Foothills 101

Learn about your local park & recreation district. Ronald Hopp, Executive Director of Foothills Park & Recreation District, invites you to Foothills 101, an open house to learn about the District's past, present and future. Join us and become an active part of our community in upcoming presentations of: history of the District, services provided, financial information, what does the future look like and how you can help make the District better. No RSVP required, for more information call 303-409-2107.

- Tuesday, February 4, 7 p.m. at Peak Community & Wellness Center (6612 S. Ward Street, Littleton 80127)

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

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

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Columbine Kiwanis

The Columbine Kiwanis 2013 bell ringing surpassed the amount of donations collected in 2012 by roughly 50% more. The end total was \$24,000 and the Salvation Army was extremely grateful for the time and effort each and every volunteer also donated to the bell ringing program in December. The following is a small scenario that was forwarded to the Kiwanis Thank you Ken Sweet and the Columbine Kiwanis for allowing our family to participate in the bell ringing program. We rang our bells, 3 of them, for 2 hours at the King Soopers, Chatfield / Wadsworth. Our complete family, 2 sons, one 18 the other 21 and the family dog had a blast. So many people stopped to ask about our dog, get a free pat and then drop some money in the kettle. The holiday season seemed so much more festive and cheery after our volunteer time. So, my husband and I signed up for another time slot the following weekend, just us and our dog. Yet again we were greeted with many happy customers, stopping to chat, get a free pat on our dog and then donate. But the funniest part was when a young lady came buy to drop in the kettle and our dog started paying an unusual amount of attention to the young lady's purse. Upon closer inspection my husband and I realized that the outside of her purse was accented with rabbit fur. Whoa, thats one of her favorite things to chase, so we reigned her in a bit to keep peace outside of King Soopers. We look forward to bell ringing becoming part of our family's holiday tradition next year. Many thanks. Columbine Kiwanis is group of volunteers dedicated primarily to children in our local community. We also have fun at our meetings which include an interesting speaker and social events. Come check us out. Weekly scheduled meetings are on Wednesdays at 6:45 a.m. at Roberts Italian Restaurant, 6745

Ken Caryl Ave. Free breakfast for first time visitors.

For information call, Ken Sweet 303-973-8253 or visit our website at www.columbinekiwanis.org.

Free Kiwanis Breakfast!

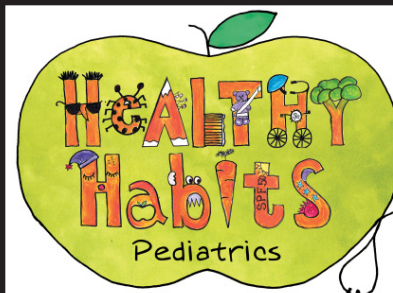
Name(s): _____

Address: _____

Telephone #: _____

E-mail: _____

Every child is an artist. The problem is staying an artist when you grow up.
— Pablo Picasso



**Health Care for the
Habit Forming Years**

Mike Brazelton, M.D., FAAP
Julie Cordova, M.D.
Pam Copp, M.D.

- Our environment is built on knowledge, innovation, honesty and fun
- Up-to-date preventative practices
- Screening and early detection of illnesses
- We make going to the doctor fun!
- Forward thinking, complementary and culturally open minded
- Let us help your kids get ready for tomorrow, today
- Join Hip Hop the frog on a virtual tour of our jungle office on our website!

Swedish Southwest Health Park (Bowles & Wadsworth)
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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 January 15, 2014.

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

Columbine West Statistics for January 2014

Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 214,900	\$ 239,950	2
4-level	None	None	0
2-story	\$ 339,900	\$ 339,900	1
Tri-level	None	None	0
Bi-level	\$ 198,500	\$ 198,500	1

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-level	\$ 280,000	\$ 280,000	1
2-story	\$ 310,000	\$ 310,000	1
Tri-level	None	None	0
Bi-level	\$ 240,000	\$ 264,900	2

Homes **SOLD** in Columbine West (Jan. 1, 2013 – Jan. 15, 2014)

	Lowest	Highest	How Many?
Ranch Style	\$ 182,400	\$ 281,500	12
4-level	\$ 210,000	\$ 312,000	21
2-story	\$ 171,200	\$ 320,000	20
Tri-level	\$ 200,000	\$ 307,500	6
Bi-level	\$ 185,000	\$ 326,000	25

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 & 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
Makenna A.	11	B*	303-935-1444
Gina D.	14	B*	720-833-8094
Dylan & Kate F.	14/12	B/L/S	720-468-3321
Joe H.	15	L/P	720-626-6502
Laura L.	13	B*/P	303-483-3935
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
Tim	16	L/S	720-298-1714
Gabe	15	L/S	720-298-1714
Zack	13	L/S	720-298-1714

CWCA Covenant Violation Report

Date: _____

Mail to: CWCA, P.O. Box 620026, Littleton, CO 80162

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.

Daddy Daughter Valentine Ball, Feb. 8

Reserve your spot now for a night to treat your special little valentine to a night out filled with dancing, games and refreshments at Foothills Park & Recreation District's Daddy Daughter Valentine Ball. Event held at Peak Community & Wellness Center (6612 S. Ward St., Littleton 80127) for girls ages 4-14 and their Dads, Grandpas, Stepdads, and Uncles! Formal attire is welcome (but not required). Refreshments will be provided by Chick-fil-A's C470 & Kipling location. Fee of \$33 is for a couple (District Rate \$25 per couple). \$10 added for each additional family member attending. For information visit www.foothills.org/events or call 303-409-2612.

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: _____ Phone #: _____

If you are not willing to risk the unusual, you will have to settle for the ordinary.

— Jim Rohn