



Columbine West Civic Association Newsletter ©



A Covenant
Protected
Community

CWCA — Your Homeowners' Organization

Vol. 37 No. 02

February 2015

Circulation: 1,555



Looking Forward To...



Sidewalks Cleared of Snow and Ice

We Are Good Neighbors

Several tips for safe shoveling include: 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 chem-

continued on page 2

Share The Love Food Drive

The 7th Annual "Share the Love" canned food-drive to be held Sat. morning, Feb. 14th, 2015 at the Columbine High School parking lot. The food collection will continue at St. Frances Cabrini, before and after all Masses on Sat., Feb. 14th, and Sun., Feb. 15th. All foods collected will go to Cabrini's Cupboard and Inter-faith Ministry. This is easy; just bring any non-perishable food items with you when you come to Mass and drop it off at a table or in one of our food collection bins. Or you could just drive by Columbine High School on Saturday morning and someone will come to your car and get your food items. We also hope to help St. Anthony of Padua with whatever they need for their food pantry. Please bring non-perishable food items or personal care items to "Share the Love." Happy Valentine's Day.



Delivery Volunteers Urgently Needed

Our community newsletter is vital to getting information into the hands of our residents. We have had the good fortune of the routes being filled for many years. Now we have some delivery volunteers needing a substitute to cover for health issues or out-of-town travels. Delivering is very easy. You pick up the newsletters at the beginning of the month and plan on having them delivered by the 7th of the month. Please give some thought to helping as a substitute or taking on your own route. If you can help fill this much needed volunteer slot, please give a call to 303-904-8218 and leave a message or contact cwcatalk@gmail.com.

CWCA Calendar of Events

- Feb. 2nd, Groundhog Day
- Feb. 10th, 7 p.m., CWCA Monthly Meeting, Dutch Creek Elem.
- Feb. 14th, Share the Love Food Drive, Col. H.S. Parking Lot
Happy Valentine's Day
- Mar. 8th, Daylight Saving Time
- Mar. 10th, 7 p.m., CWCA Monthly Meeting, Dutch Creek Elem.
- Apr. 1st, CWCA Membership Dues Drive
- Apr. 5th, Happy Easter
- Apr. 14th, 7 p.m. CWCA Monthly Meeting, Dutch Creek Elem.
Officer Nominations
- April 22nd, Earth Day
- May-September 2014, Yard of the Month
- May 10th, Mother's Day
- May 12th, 7 p.m. CWCA Monthly Meeting, Dutch Creek Elem.

Next CWCA Meetings

7:00 p.m. Dutch Creek Elem.

Feb 10th, Mar 10th, Apr 14th, May 12th

A Moment With The Board

At the January 13th CWCA meeting at Dutch Creek Elementary business was conducted as usual. One conversation this month focused on Membership Dues and the Annual Membership Drive. CWCA dues are effective for the calendar year, Jan. 1, 2015 thru Dec. 31, 2015. The dues drive has been a way to remind homeowners of the dues and help those who wish to become current before any member activities, such as Dumpster Day. If you are accustomed to paying your dues at the end of the year, you will only be current until the next year begins. The Calendar of Events will start to reflect the upcoming events that are planned for Columbine West. We will be advertising Annual Dues Drive, Dumpster Day, FREE Swim Nights at the pool, National Night Out and our new addition of a Fall Festival the first weekend of October. Plan on attending any or all that peak your interest.

The association is in need of a new person or team to handle the Newsletter Delivery Coordinator position. This position is very important to continue keeping the residents informed in a timely manner of community events and covenants. We are also in need of route delivery people for a permanent route or as a substitute. Contact us if you can help with this important volunteer position. Please call the CWCA voicemail at (303-904-8218) or email us at cwcatalk@gmail.com. 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 the next one is February 10th, 7:00 p.m. at Dutch Creek Elementary, second Tuesday of the Month.

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, Gary McCombs

Board Members: FILLED

COHOPE Delegate

Cindy Coats and Floating Board Member

Newsletter Delivery Coordinators: 303-972-2387

Newsletter Editor: Natasha McCombs, ncmcombs@yahoo.com

Website Coordinator: John Basila

Newsletter Ad Manager: Colorado Lasertype

Garden Committee Chair: Mel Ochs

Schools

Dutch Creek Elementary 7304 W. Roxbury Pl.

Ken Caryl Middle School 6509 W. Ken Caryl Ave.

Columbine High School 6201 S. Pierce St.

The newsletter is published monthly. Deadline for news is the 13th and ads is the 15th of each month for the next month's issue except the Jan. issue which is Dec. 6th. **All articles must be approved by the editor for publication, or as space permits.** To submit an article, please call a board member or e-mail the editor. All "Letters to the Editor" must be signed and include a daytime phone number in case there are any questions. Letters may be printed without the author's name if requested.

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"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has".

— Margaret Mead

Sidewalks Cleared, *continued from front page*

icals are available. If you fear you're unable to tackle this tiring task, look into spending a few bucks and employ a neighborhood kid to shovel after a storm, it's probably money well spent. Most recently a call on the voicemail line asked "Why are there homeowners who don't shovel their sidewalks?" This neighbor was concerned for the safety of those who walk the neighborhood as well as the children walking to school. Each year about this time we can get small snowfalls over the course of a week or so and the snow adds up. On the North facing sidewalks the snow rarely gets a chance to melt, until the temperature rises. As good neighbors in Columbine West we would like to encourage homeowners to clear their sidewalks after a snowfall, therefore allowing walkers to stay on the sidewalks and out of the streets. 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.*

NEXTDOOR.COM

Nextdoor is the private social network for you, your neighbors and your community. It's the easiest way for you and your neighbors to talk online and make all of your lives better in the real world. And it's free. Thousands of neighborhoods are already using Nextdoor to build happier, safer places to call home. Columbine West Civic Association will be posting information on Nextdoor.com to alert registered neighbors to upcoming events or community issues. 108 Jefferson County neighborhoods have already started Nextdoor websites. Please join the chat. Columbine West has now surpassed 100 neighbors registered. Lets keep adding. You need to be invited by a neighbor who is already registered to join the site. Leave your email or street address at CWCAtalk@gmail.com and we can send an invite. It is that easy.

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 |

Behind the Badge: Suicide Prevention

Families have holiday traditions that go back generations. Some traditions are anticipated every year. Others, however, remind us all how important it is to identify the warning signs of suicide during this time of year. Thankfully, crisis support never takes a holiday.

According to the National Suicide Prevention Lifeline, common identifiers can help determine whether you or someone you know may be at risk of committing suicide. Jefferson County Sheriff's Office invites you to take a moment to learn the warning signs, as well as what you can do to help a person who might be considering the act of harming oneself.

5 Most Common Warning Signs of Suicide:

1. Attempting self-harm or self-injury. Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself. Seeking access to firearms, available pills, or other suspicious means.
2. Extreme feelings of loss or hopelessness. Talking or writing about death, dying, or suicide. Feeling trapped, with no way out. Expressing no reason for living or purpose in life.
3. Uncharacteristic changes in mood and behavior. Feeling rage or uncontrolled anger, or seeking revenge. Acting reckless or engaging in risky activities.
4. Increasing alcohol or drug use. Isolating oneself. Withdrawing from friends, family and society. Feeling anxious, agitated, unable to sleep, or sleeping excessively.
5. Putting affairs in order. Calling friends or family to say goodbye. Tying up loose ends. Making changes to a will.

5 Things To Do If You See Warning Signs:

1. Take the person seriously.
2. Understand that even if they appear to be joking they may be telling you his or her plans. Call 911 if the danger is immediate.
3. If the danger is imminent, reach out for help by calling a suicide crisis line such as the National Suicide Prevention Lifeline. You are now leaving the jeffco.us website to an external site at 1-800-273-TALK (8255).
4. Encourage the person to seek mental help from a counselor or by contacting the Jefferson Center for Mental Health. You are now leaving the jeffco.us website to an external site at 303-425-0300.
5. Don't give up on the person. Check in with him or her constantly. Let the person know that you want him or her to be safe and well, and that professional treatment is the best way to do just that.

Weather Watch

The Jeffco weather team is watching the weather. Our transportation staff is preparing buses for a cold morning. Parents are asked to make sure students are dressed for low temperatures. Kids sometimes come to school thinking they will be inside most of the day, but emergencies do happen which forces students outside. Parents should check to make sure their emergency contact information is updated in Jeffco Connect, so we can reach them about any school closures. Check out www.jeffcopublicschools.org, and the district's social media sites for additional weather-related news.



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## New Contest

CWCA is bringing you a new contest starting in 2015 called "Parting Shot". Here is how it works:

1. A CWCA representative will be looking for a select home with an interesting feature or decoration. The feature will be photographed. That photograph will be featured on the last page of the next newsletter (hence "Parting Shot").
2. If the photographed feature is in your yard we urge you to call or email CWCA. Calls must include homeowners name, address, and contact information. Timing is important! Call/emails must be received before the 1<sup>st</sup> of the following month to be eligible. The resident who correctly identifies their property will win a prize.
3. The winning contestant will need to pick up their prize at the monthly CWCA board meeting, the second Tuesday of the month, held at Dutch Creek Elementary at 7pm. CWCA will verify ID and address (bring a Driver's License) and award the prize.

"Parting Shot" is a new contest for 2015 that we hope will create a community building experience. So keep a sharp eye on the back page of the newsletter each month; you or a neighbor just might be the next winner!

## ATTENTION Business Owners!

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BEHIND SPROUTS

## "Question, Question from Nextdoor.com"

"I just got off the phone with Republic Services after reading about them in the Columbine West newsletter. The lad that I spoke with was very friendly and they are about half the price (~\$15/mo) that we are paying now. I was wondering why so few people around us seem to be using them? Does anyone have any positive/negative experiences with them"? Thanks.

## Trash Service Special Savings

\*\*\*Please check your recent Republic Services bill to make sure you are receiving the Columbine West discount\*\*\* 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 Republic Services, 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. Republic offers a sizable discount off the regular price of trash and recycling services. Also, make sure that if you are a current customer, call Republic Services to check if you are getting the discounted rate. Tell them you are a Columbine West resident, that's it, enjoy the savings.

## 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

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**(720) 299-4706**



## Congratulations Holiday Lighting/Decorating Winners

So many homes within Columbine West were show casing light displays this year. As promised we are sharing with you the two lucky winners who were chosen from the many houses that were looked at by our panel of judges. Neither winner is 1st or 2nd, just equally chosen for their time and talents in decorating their home. If you drove past 7844 W. Quarto Ave., the home of Russ & Cathy Yoder, then you saw one of our winners. The Yoder's moved to Columbine in April 2013, moving from Conifer where they had lived for 36 years and raised their children. Russ started to install the lights on the Thanksgiving weekend since the weather was so nice. He added to it over the next few weeks, a little at a time. The Yoders love Columbine West and were very happy to be one of the 2014 winners. The next winner was located at 7290 S. Upham St, the home of Jason & Jacquie Horton. The Horton's have lived in Columbine West for about 3 years. Jason spent about 4 days putting up the lights and decorations, with the help of their children. The kids were so excited that they were one of the winners. Each winner received a \$50 prize. Thanks again for all the wonderfully decorated homes that brightly shined and allowed residents and guests to see our community holiday spirit.



### If you or your loved one fell on the ice, could you...

- \* Tell the paramedic your prescriptions and supplements
- \* Tell the doctor the last time you were in the hospital and what the diagnosis was
- \* Coordinate your care for your recovery



### You're invited to attend this Medical Advocacy Workshop

- \* Understand what medical advocacy is and
- \* Start completing a provided medical advocacy book

#### PLEASE RSVP!!

9200 W. Cross Drive, Suite 330  
Littleton, CO 80123  
720-504-0820 or  
ronda.zivalich@raymondjames.com

Saturday, March 14, 2015—9:00 a.m. to 10:00 a.m.

*Continental Breakfast will be served*

Wednesday, March 18th, 2015 - 6:00 p.m. to 7:00 p.m.

*Wine & Cheese will be served*



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## Columbine West Military Members

*"He has honor if he holds himself to an ideal of conduct though it is inconvenient, unprofitable, or dangerous to do so". — Walter Lippmann*

**Pvt. Francis (Mik) Benson**, U.S. Army, 1st PLT War Eagles, Ft. Jackson, SC

**LCpl. Evan Doop**, U.S. Marine Corps, stationed at 29 Palms, California

**Chaplin, Major, William Harrison**, U.S. Army, Operations Chaplain, stationed at Ft. Richardson, Alaska.

**LCpl. Jessica O'Canna**, U.S. Marine Corps., stationed at Cherry Point, North Carolina

**Spc. Jeremy McCombs**, Army National Guard, 1157th Engineer Division, (Firefighter Brigade) stationed in Ft. Carson.

**Spc. Bethany Gardner**, U.S. Army, 282 Engineering Company, stationed at Ft. Carson Colorado

**GM2 David Tuey** LCS-10, Combat Ship Training, San Diego Naval Base, CA

**HM3 Michael Tuey**, 22yr, US Navy, Hospital Corpsman (Doc) reassigned to Quantico, Virginia

**Cpl. Kristyn Lutz**, U.S. Marine Corp, Stationed in Camp Pendleton, California



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## Kiwanis Club of Columbine

### Kiwanis Blood Drive: Mon., March 9th 2015

The Bonfils Blood Center, assisted by the Kiwanis Club of Columbine and hosted by Columbine United Church, will be conducting their next community blood drive on Monday, March 9th, 2015, from 1:00 p.m. to 6:30 p.m. at Columbine United Church, located at 6375 South Platte Canyon Road. Childcare will be provided between 1:00 p.m. and 6:30 p.m. for the children of donors. Please note the change in the hours for donation.

We would appreciate donors to schedule an appointment in advance of this drive. For more information or to schedule an appointment for this drive contact Bonfils Appointment Center (303-363-2300) or go online at [www.bonfils.org](http://www.bonfils.org) (reference Group Number 0572). Kiwanis Club of Columbine has been supporting Bonfils Blood Center for over 30 years. Please consider participating in this long standing tradition!

Columbine Kiwanis is a group of extremely dedicated men and women who focus on volunteering within the Columbine Community. They have projects through out the calendar year. The Columbine Kiwanis have a lot to celebrate for the year 2014. They had major social events, fundraising events and many smaller events along with club member individual events. The past year was full of working on service projects while extending their hands together and making new friends in the process. The club accumulated a total of 7439 service hours. Many hands made the program successful. The top 10 service projects include: 9Health Fair, Action Center Food Rescue, Arapahoe Philharmonic, Blood Drive, Colfax Marathon, Columbine Memorial Clean-up, Ft. Logan Flag Pulling, Meals on Wheels, Salvation Army Bell Ringing and Youth Groups.

The Kiwanis donated around \$15,000.00 to various charities including: \$2,000 in Outdoor Lab Scholarships, \$750 to The Action Center, \$2,600 to Youth Groups, \$1,000 to Second Wind Foundation, \$500 to Boys & Girls Club, \$1,000 to Columbine High School Big Idea and \$1,500 to School Supply Drive. Kiwanis volunteer Salvation Army Bell Ringers collected a total of \$22,000 that went directly to the efforts of helping those within our community that are the neediest. Are you interested in joining the efforts of this warm and inviting group? 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. There is typically a speaker during breakfast, who may be addressing an issue facing the community. Columbine Kiwanis is a group of volunteers dedicated primarily to children in our local community.

For information call, Ken Sweet 303-973-8253 or visit our Web Site at [www.columbinekiwanis.org](http://www.columbinekiwanis.org).

### *Free Kiwanis Breakfast!*

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

## Lou is Selling Houses!



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for Enrollment Packet

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## Stay Slip-Proof Throughout The Winter

Many slips and falls in and around workplaces each year are due to weather-related conditions. As winter's ice and snow begin to coat the outdoors, follow these tips to stay safe and slip-free on your way to and from work:

- Plan ahead. Check weather and traffic conditions before you head to work so you can get ready accordingly.
- Go slowly. Perform this simple test before you step out of your car: Stick a foot out to check for a slippery surface in the parking lot. Don't rush into work even if you're late; use handrails on your way into the building if they're available.
- Wear proper shoes. Shoes with flat or low heels are the safest. In slippery weather, a rubber-soled, wide-tread shoe is best. Think about buying shoes with cleats, or cleats to slip onto your shoes or boots. In a pinch, you can wrap rubber bands around each shoe to provide more traction.
- Beware wet floors. When you step into a building, scrape off any ice or snow on your shoes and begin to walk carefully; hard floors will probably be wet and slippery from other traffic.

## Jury Duty Scams

The phone rings, you pick it up, and the caller identifies himself as an official from the Jefferson County Sheriff's Office Warrants Unit. He says you failed to report for jury duty and that a warrant is out for your arrest. The scammer is quick to offer a solution—a fine, payable by credit card that will clear up the problem. This is when you should hang up the phone. It's a scam.

Jury scams have been around for years, but have seen a resurgence in the past few weeks in Jefferson County. As a rule, courts, or the sheriff's office will never ask for confidential information over the phone. Instead, these offices generally correspond with prospective jurors via mail or email, providing written proof.

This scam's bold simplicity may be what makes it so effective. Facing the unexpected threat of arrest, victims are caught off guard and may be quick to part with some funds, or information to defuse the situation. Protecting yourself is key: Never give out personal information when you receive an unsolicited phone call, and most certainly never wire or send money as a result of such call.

The 'jury' here at the Sheriff's Office have a unanimous verdict: when in doubt, hang up.

To report a fraud, please call the Fraud Reporting Hotline at 303-271-5550 or email: [sheriff@jeffco.us](mailto:sheriff@jeffco.us)

For information on other local scams visit: <http://jeffco.us/sheriff/crime-prevention-safety/scams/>

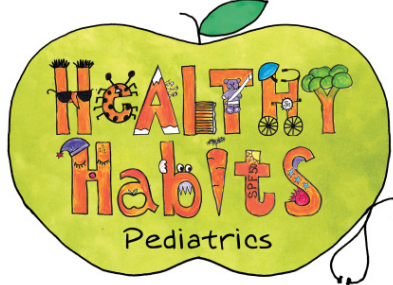
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- Screening and early detection of illnesses
- We make going to the doctor fun!
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**Swedish Southwest Health Park (Bowles & Wadsworth)**  
**303- 972-2000 • [www.healthyhabitspediatrics.com](http://www.healthyhabitspediatrics.com)**

## “Just Like Home”

**Colorado Assisted Living Homes are real homes in real neighborhoods. We have five nurse owned homes in the Columbine Normandy neighborhood.**

Each home accommodates a small number of seniors and offers a full range of carefully planned services for residents' assistance and support. Full time staff which attend to personal services and activities.

We have both private and semi-private rooms available.



~ when the quality of care is important ~

Please call Michelle at  
**303-324-0834**  
to make an appointment  
for our home tours.

## One Minute Wellness...10 Best Weight Loss Tips

Over the years I have worked with numerous people for weight loss. I have observed many things. Quite a while ago the CWCA newsletter published my article with 10 tips for weight loss. Here are ten more of the top tips from my many successful clients.

### 1. Thermodynamics

The Law of Thermodynamics states that there is a relationship between calories in (eaten) vs calories out (expended). You actually expend calories all 24 hours of the day, even while you sleep. The minimum energy required to maintain the body at rest is called your BMR (basal metabolic rate). The base amount of calories needed for you to exist at rest equals the amount of calories that you expend on a daily basis *no matter what*. In order to lose weight there must be a deficit between calories in and calories out. Period! So *the calories that you expend all day during activities (expended calories) add up and weight loss can be accelerated.*

### 2. Start Moving.

*Any and all activity adds to the "calories expended" category.* Taking extra steps daily is an easy way to add activity to your day. However, if you sustain an activity and make the activity a little challenging, you can get even more payoff. Move your arms, move your legs move your arms and legs while you sit in a chair. Step up and down one stair repeatedly. Walk. Just start moving!

### 3. Eat Appropriately.

Eating appropriately means eating according to your goals. *Take into account your age, size, gender, activity level, digestive issues, life-style, etc.* You will probably need professional help to figure this one out. Remember books and magazines don't know you, so your best bet is to find a real live person (who is knowledgeable) to help you.

### 4. Approach it from the inside out.

Your body is made of numerous systems. All these systems are involved in your day to day function and ability to lose or gain weight. You can't affect one system without affecting the other systems in your body. There are no magic pills but when you are looking for results, there are certain "ingredients" that your body needs for muscle tone, recovery, joint lubrication, digestion etc. Most of your nutrition comes from food but *good supplementation can enhance your results.* There

are tons of vitamins and supplements available. All vitamin and supplement companies make claims but the truth is that all supplements are not created equal. Talk to someone who is knowledgeable about supplements *but is not pushing to sell any one brand to you.*

### 5. Find a Mentor.

*Find a person or persons that will be in your corner.* Don't make things harder by talking to people who exert a negative influence on you. If you have someone who just *has* to know about how much weight you've lost and then just *has* to be a know it all and give you advise, avoid them. Find the ones that encourage you and challenge you in a way that makes you feel good about yourself.

### 6. Be Positive.

Eating is often a coping (coping with *stress*) mechanism. How stressed do you feel if you are being yelled at? How motivated are you if someone is constantly pointing out all the wrong things you do? Well, guess what? If you are yelling at yourself in your head, it has the same negative effect. Getting rid of negative thinking is arguably the single most effective tool with regard to losing weight. *Constantly ask yourself "What positive spin can I take on this?"*

### 7. Do it one day at a time.

Thinking about the big picture is usually too much. *Taking one day at a time is much more tolerable.* Start out with a plan for the day. Then work your plan. At the end of the day, review everything. Take notice of what works and what doesn't work and adjust accordingly.

*continued on page 9*



## Columbine Animal Hospital

& Emergency Clinic Est. 1972

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 Weekdays 7:30-12 / 2-6  
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6709 W. Coal Mine Ave @ Pierce ( Next to Walgreens)



## One Minute Wellness...10 Best Weight Loss Tips, *continued from page 8*

### 8. Drinks count.

Our bodies need hydration. Muscles are comprized mostly of water. Muscles fuel metabolism and increased metabolism helps weight loss. Water plays a vital role on a weight loss program. Remember, when thinking about calorie intake, all calories count, even those in our drinks. So choosing water as your preferred beverage will pay off at the end of the day in terms of weight loss.

### 9. Think about it differently.

We all want to avoid pain and gain pleasure. If you think any part of your weight loss program is hard or painful, you will avoid it. If you associate a lot of pleasure to what you get by sticking with it, you will move toward the pleasure of a life of healthy eating and exercise.

### 10. Notice what's working and what's not working and adjust accordingly.

Eventually, your body will adapt to any weight loss program. Expect to adjust your program along the way. Seek professional help with those adjustments. It is difficult to be objective about yourself so another "eye" on what you are doing is a great way to see things from another perspective.

*Marybeth Van Horn is a Columbine West resident, registered nurse 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.*

## Celebrate Pi Day!

Pi, Greek letter ( $\pi$ ), is the symbol for the ratio of the circumference of a circle to its diameter. Pi Day is celebrated by math enthusiasts around the world on March 14th, 3/14.  $\pi = 3.1415926535...$  With the use of computers, Pi has been calculated to over 1 trillion digits past the decimal. Pi is an irrational and transcendental number meaning it will continue infinitely without repeating. The symbol for pi was first used in 1706 by William Jones, but was popular after it was adopted by the Swiss mathematician Leonhard Euler in 1737.

## Ask A Few Questions To Save Money

One of the best ways to save money is to ask a few questions before you spend it. Asking openly for a better deal could save you thousands of dollars a year. If the thought of asking for a price break seems embarrassing or intimidating, follow these tips to make the process go smoothly:

- Always be polite.
- Make sure you are talking to the right person – a manager or someone with authority to grant you a better deal.
- Point out the reason that you are asking for the discount: You saw the same item advertised by a competitor for a lower price, for example.
- Ask salespeople for advice on reducing the cost of what you want. Often they know the best way to save money.
- If a salesperson does help you get a better deal, tell the manager. Your gratitude will go a long way toward building a better relationship with the business.

Columbine Area Specialist

**Joe Sena**

**303-885-3752**

**joe@joesenahomes.com**



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**www.JoeSenaHomes.com**

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## 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.

## 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/](http://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.

## Columbine West Veterans Wanted

*"America's Veterans have served their country with the belief that democracy and freedom are ideals to be upheld around the world." — John Doolittle*

**John Wexler**, USN, 1960-1966, Aircraft Carrier Essex, Pensacola, FL., U.S. Army, 1966- 1973 (Vietnam), Helicopter Pilot, Colorado National Guard, 1973- 1987, Buckley AFB, CO. (Retired)

**Annie Wexler**, U.S.A.F, 1968-70, Nurse, George AFB, California

**Sidney Nelson**, USN, 1968-1972(Vietnam) GMG2 Riv Div 591, Brown Water Navy

**Craig Martin**, USMC, 1976-1982, Presidential Guard (Carter Administration) and Mountain Survival Instructor

**Wade Gardner**, U.S.A.F., 1986 - 1990, C-141B Loadmaster, McGuire A.F.B. New Jersey

**Belinda Gardner**, U.S.A.F. 1987 - 1991, 438th Comptroller Squadron, McGuire A.F.B. New Jersey

**David E. Garcia**, USMC, 1963-67 (Vietnam War), Radioteletype Operator (RATT), 1st Marine Air Wing, returned to Yuma, AZ.

**Tony Monte**, USMC, 1968-1975 (Vietnam War)

**Cynthia Draper**, U.S. Navy, 1954-58 (Korean War), Draftsman, (CNATRA) stationed in Pensacola, FL.

**Bob Ferrese**, U.S. Army, July 28, 1942 – October 28, 1945, 3352nd Signal Battalion, Communications System, served in the (ETO) European Theater of Operations

**Ken Sweet**, U.S. Air Force, 1967-71, Fighter Aircraft Electronics, MI

# UPDATES FROM Your Columbine West Resident Agent

**As of 1/16/15 There are no homes for sale in Columbine West that are currently for sale!**

*I have been an active real estate agent for 14 years in Colorado, and am a Columbine West resident. It would be my pleasure to prepare a free, no obligation market analysis of your home.*



**Ask about my special incentives,  
for Columbine West residents, only!**  
**“Your Real Estate Needs Are My Priority”**

### Homes Currently For Sale

None

### Homes Under Contract

- \*7069 S. Allison Way Bi-level 1,647 sq. ft. \$210,000
- \*7758 W. Plymouth Pl. Tri-level 1,724 sq. ft. \$235,000
- \*7410 S. Upham St. Bi-level 1,583 sq. ft. \$249,900
- \*7430 S. Upham St. 1 story 2,252 sq. ft. \$289,900
- \*7099 S. Allison Way 1 story 2,233 sq. ft. \$290,000
- \*7036 S. Pierce Ct. 1 story 2,866 sq. ft. \$315,000
- \*7273 S. Yarrow Way Bi-level 2,552 sq. ft. \$339,000
- \*7736 W. Quarto Dr. Tri-level 2,797 sq. ft. \$352,000

Based on information from Metrolist®, Inc. for the period 8/16/14 through 9/16/14. Note: This representation is based in whole or in part on content supplied by Metrolist®, Inc. Metrolist®, Inc. does not guarantee nor is it in any way responsible for its accuracy. Content maintained by Metrolist®, Inc. may not reflect all real estate activity in the market. THE ASTERISKED (\*) PROPERTIES WERE LISTED AND/OR SOLD BY OTHER COMPANIES.

### Georgianna Dirga

Broker Associate

ERA Herman Group, Real Estate

Cell: **303-579-0564**

[georgiannadirga@aol.com](mailto:georgiannadirga@aol.com)



### Homes Sold from December 8th, 2014 - January 16th, 2015

- \*8045 W. Ontario Pl. 2 story 3,122 sq. ft. \$275,000
- \*7133 S. Ammons Ct. 2 story 3,617 sq. ft. \$299,900
- \*7865 W. Ontario Pl. Bi-level 1,920 sq. ft. \$345,000

## CLASSIFIEDS: The perfect way to advertise your small or large business! Ads are inexpensive and reach many homes! Call or email us today!

Classified ads are \$3.00/line for 2015 (about 40 characters/line). Contact Colorado Lasertype at 303-979-7499 or [getinfo@ColoradoLasertype.com](mailto:getinfo@ColoradoLasertype.com) to place an ad. To view our display ad prices, visit our website at [www.ColoradoLasertype.com](http://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 4th.

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

**VIBROACOUSTIC THERAPY:** Vibration and music delivered comfortably on a Sound Lounge has been shown to aid sleep, weight loss, pain/stress. Contact: Marybeth Van Horn, RN **303-809-1134**

**MD Improvements, LLC.** Want to improve your home. From painting to entire remodels. Free estimates. Call Matt 303-870-4038.

**VOLUNTEER** with Columbine Community Village. Nonprofit helps seniors stay in their own homes & neighborhoods. ColumbineCV.org, 303-730-6432

**GUITAR LESSONS** with a professional musician who has 40 yrs exp. Learning music can be fun! Please call Ray 303-972-8243.

**Drywall - Basement finishes - Remodeling.** Years of exp. w/ refs. Gary 303-829-6363

**Highlands Pride Painting: 303-738-9203**

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

**Absolute Hot tubs.** Family owned and operated. Spa repair & maintenance company w/ 14 yrs exp. on all makes & models. We offer prompt, reliable service w/ great prices. Darin 720-625-0602. Insured.

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

**Columbine Tree - Trimming & Removal.** Stump grinding. 45 yrs exp. 303-979-5330.

**Prof. house cleaning serv.** Accepting new clients. Thorough, reliab. w/ competitive rates. Excel. Refs. Susan 303-794-6805.

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

**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.

**Keri's Colors and Painting. 720-331-7032**

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

**DRAIN PROs PLUMBING:** Free camera insp. w/ drain cleaning. Lic. & ins. Drains starting at \$79. Leawood Based. 7/352-9442

**House & Carpet Cleaning Services: 3/292-0115**

**OB PAINTING.** Interior/Exterior. Gutters/Roofing/Windows. No subs. 303-986-8198

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

**Tom's Top Notch Painting:** Interior/Exterior, Drywall Repairs. Tom Martino approved. 303-523-2941.

**THERAPEUTIC MASSAGE INTRO-DUCTORY OFFER,** by Peaceful Journey Massage, 6638 W. Ottawa Ave (near Coal Mine & Pierce), Suite 145. \$50 for 50 minutes, through February 15th ONLY. Lomilomi, Reiki, Deep Tissue, Swedish, Sports Massage and more! Nancy Jo: 720-708-8424 or Ranae: 303-590-4099, [www.apjmassage.massagetherapy.com](http://www.apjmassage.massagetherapy.com)

**AVON SALES 720-443-3064 Tracy**

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## Columbine Hills Preschool

### Registration Information for the 2015/16 School Year

Columbine Hills Preschool (Jefferson County Public Schools) located at 6005 W. Canyon Ave. Littleton CO 80128 will accept registrations for August, 2015 at the preschool starting Tuesday, January 20, 2015 and will continue as long as space is available. We offer two, and four-day programs of active learning in a developmentally appropriate environment for children ages 3 to 5. We offer 2 1/2 or 3hour sessions. Our program is guided by, The Colorado State Standards and is supported by the "Tools of the Mind Curriculum" which is endorsed by Jefferson County Schools. Colorado Preschool Program scholarships offer free preschool and are available for families who qualify. When you come to register, please bring a copy of your child's birth certificate and immunization record. You are welcome to visit any time.

For information & directions to Columbine Hills Preschool, call Kelly Kennelly (303-982-5619).

## Throw A Hit Party With Some Preparation

Throwing parties can be fun for the whole family, but they require ample planning so everyone can have a good time. Keep these simple hints in mind for a successful get-together with family and friends:

- **Appetizers.** Prepare appetizers ahead of time. Heat up baked snacks just before serving.
- **Wine.** Most guests at parties will consume 2 1/2 glasses of wine each. For every two guests who will drink wine, you should buy one bottle. Use wine charms (or differently colored rubber bands) on glasses so guests can keep track of their drinks.
- **Buffet.** Move your serving table away from the wall. Guests will be able to serve themselves from both sides and have room to move around it.



# In Columbine West, Results Count!



Duffy & Associates, LLC

**Duane C. Duffy**

Cell: **303-229-5911**

Email: [dduffy4265@aol.com](mailto:dduffy4265@aol.com)



[www.duanecduffy.com](http://www.duanecduffy.com)

## “What Sets Duane Apart”

- 2014 Five Star Real Estate Award Winner
- Top 7% of all Realtors in Denver metro area
- Realtor with real estate law background (licensed attorney)

*“After a very positive experience when buying a home 14 years ago, we were very happy to enlist Duane’s help again for our most recent home selling and buying adventure. We trust Duane’s integrity, vast knowledge and most of all, the heart with which he does his work.” — Aram & Ellen H.*

*“Duane sold our house in a timely manner at a price we were very happy with. We would use him again and were very satisfied with the way he worked with us.” — Dan & Emma S.*

*The statistical information is based on MLS data January 15, 2015.*

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

## Columbine West Statistics for January 2015

### Current Homes **FOR SALE** in Columbine West

|             | Lowest     | Highest    | How Many? |
|-------------|------------|------------|-----------|
| Ranch Style | \$ 290,000 | \$ 290,000 | 1         |
| 4-level     | None       | None       | 0         |
| 2-story     | None       | None       | 0         |
| Tri-level   | None       | None       | 0         |
| Bi-level    | None       | None       | 0         |

### Current Homes **UNDER CONTRACT** in Columbine Hills

|             | Lowest     | Highest    | How Many? |
|-------------|------------|------------|-----------|
| Ranch Style | \$ 289,900 | \$ 315,000 | 2         |
| 4-level     | None       | None       | 0         |
| 2-story     | None       | None       | 0         |
| Tri-level   | \$ 235,000 | \$ 352,000 | 2         |
| Bi-level    | \$ 210,000 | \$ 339,000 | 3         |

### Homes **SOLD** in Columbine West (Jan. 1, 2014 – Jan. 15, 2015)

|             | Lowest     | Highest    | How Many? |
|-------------|------------|------------|-----------|
| Ranch Style | \$ 198,000 | \$ 305,000 | 7         |
| 4-level     | \$ 260,000 | \$ 325,000 | 19        |
| 2-story     | \$ 242,000 | \$ 334,900 | 13        |
| Tri-level   | \$ 282,500 | \$ 320,000 | 7         |
| Bi-level    | \$ 194,000 | \$ 345,000 | 23        |

## 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 #: \_\_\_\_\_

## 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.

## Teen Services

To add your teen's name, please email **Colorado Lasertype** at [getinfo@coloradolasertype.com](mailto: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.

|            |    |      |              |
|------------|----|------|--------------|
| Makenna A. | 11 | B*   | 303-935-1444 |
| Preston B. | 14 | B    | 720-545-5288 |
| Kayla G.   | 15 | P    | 303-972-7895 |
| Karissa G. | 15 | P    | 303-972-7895 |
| Joe H.     | 15 | L/P  | 720-626-6502 |
| Justin L.  | 13 | B    | 720-648-6491 |
| Rhianna L. | 14 | B*/P | 303-483-3935 |
| Rhianna S. | 13 | B*/P | 303-972-7730 |
| Claire     | 11 | P    | 720-440-7342 |
| Isabella   | 11 | P    | 720-999-2544 |

## CWCA Parting Shot

Girl Scouts are welcome at this house anytime! If this is your home contact CWCA at [CWCAtalk@gmail.com](mailto:CWCAtalk@gmail.com) or leave a message at 303-904-8218. Leave your name, address, and contact information before March 1st to receive your prize. Prize will be awarded to the winning homeowner at the monthly CWCA meeting.

