



Columbine West Civic Association Newsletter ©



A Covenant
Protected
Community

CWCA – Your Homeowners' Organization

Vol. 37 No. 07

July 2015

Circulation: 1,555

Looking Forward To...

Attending National Night Out

We Are Good Neighbors

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 4th, from 5:30-7:30 p.m. at the Columbine West Pavilion by the pool. 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. Littleton Fire Station 13 is expected to drop by with their ladder truck and emergency medical vehicle. Event planners are working on last minute details which will include dinner. We will have ice cream, games and a few extra surprises. 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 4th, lock your doors, turn on your porch lights, and come join us at the shelter house by the pool from 5:30-7:30 p.m. for outdoor games, free food, good information, and getting to see fire trucks and police equipment. Neighborhoods throughout Denver are being invited to join forces with thousands of communities nationwide for the 32nd 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 16,520 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. In all, over 38.1 million people participated in NNO 2014. 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

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Next CWCA Meetings

7:00 p.m. Dutch Creek Elem. *6:30 p.m. Pool Pavilion

July 14th*, August 11*, September 8th

Urgent Delivery Volunteers Needed

Currently a route opened up and needs a new delivery person. 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.

Mark Your Calendar: Free Swim Nights

Mark your calendar for remaining (2) FREE swim nights at the Columbine West Pool on Webster, compliments of Columbine West Civic Association. Part of the neighborhood mission statement is – to initiate civic programs that bring the community together. What better way than a FREE evening of swimming. **July 11th & August 9th. You do not need a paid membership to attend. Hey, get to the pool and enjoy the summer. The June 19th rescheduled Swim Night was a huge success having roughly 50-70 residents enjoying the pool from 6-8 p.m. Some were underwater and we might have missed them in the count. Canon ball!**

CWCA Calendar of Events

Yard of the Month: May thru Sept. 2015

July 4th: Fourth of July. Enjoy the fireworks

July 11th: FREE Swim Night. 6-8 p.m. Columbine West Pool

July 14th: CWCA Meeting. 6:30 p.m. Pool Pavilion

August 4th: National Night Out. 5:30 p.m. Pool Pavilion

August 9th: FREE Swim Night. 6-8 p.m. Columbine West Pool

August 11th: CWCA Meeting. 6:30 p.m. Pool Pavilion

Sept. 8th: CWCA Meeting. 7:00 p.m. Dutch Creek Elem.

A Moment With The Board

The June 9th CWCA meeting was at the pool pavilion, the weather was threatening, huge clouds and some thunder, but the Board conducted business as usual and welcomed a visitor to the meeting. Presently there are 299 paid members, that is 78% or our 2015 goal, plus extra donations from generous households. It is hoped to reach our goal at Dumpster Day. Thank you Cindy for planning the Big Event and the weather report for Saturday, June 20th, looks to be cooperating. Plans are underway for National Night Out, Tuesday, August 4th. Thank you Dee Nise Stow for stepping up and volunteering to become the NNO Chairperson. Newsletters are now available for pick up at 7860 W. Portland Ave. The Fall Festival is being planned for the beginning of October, offering a chili cook-off (with prizes), potential neighborhood car show, entertainment plus more items being planned. Watch the newsletter for more details. Come join the neighborhood. 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 July 14th, 6:30 p.m. at the Pool Pavillion, second Tuesday of the Month.

"Volunteers don't get paid, not because they're worthless, but because they're priceless." ~Sherry Anderson

Attending National Night Out,

continued from front page

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.

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 main-

Shiloh House Silent Auction

The Citron Bistro, 3535 S. Yosemite St., Denver, CO 80237, will be hosting a Wine Tasting & Silent Auction on Sat. 7/25, 1p til 4p, 2015. The hord'oerves and desserts will be paired with each wine. Tickets are \$40/person and proceeds will benefit Shiloh House.

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.

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

Columbine West Civic Association

303-904-8218

www.neighborhoodlink.com/jeffco/cwc

Officers

President, Gary McCombs; **Vice President,** John Basila

Treasurer, Cindy Coats; **Secretary,** OPEN

Board Members: K. Waite, K. Sweet, S. Stevens,

H. Niekirk, D. Mullins, OPEN SEAT

COHOPE Delegate

Cindy Coats and Floating Board Member

Newsletter Delivery Coordinators: 303-972-2387

Newsletter Editor: Natasha McCombs, ncmccombs@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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Beware of Grandparent Scam

What follows was posted today on our Facebook page and Twitter feeds regarding this despicable crime victimizing our elder population: Imagine someone tricking your sweet grandma or grandpa into giving them \$2,300. How about \$23,000? How about \$69,000? Each of these crimes happened to three elderly Jeffco residents in the past two weeks, and that's why we're reaching out on social media to ask the public to PLEASE tell their older loved ones about this scam. Fraudsters are praying on the kindness and ignorance of our senior residents to steal their money via the scam of calling and pretending to be a grandchild and telling the grandparents that they need to wire money immediately to get them out of jail. On June 12, an 83-year-old woman lost \$23,000 making three separate transactions. Also on June 12, an 85-year-old man lost \$2,300 on one transaction, and a concerned Walmart employee declined a second transaction for \$3,600 because he believed it to be a scam. Between May 29 and June 14, a 93-year-old woman lost \$69,000 on 16 different transactions. These "Hello, Grandma" scams, as they're called, have been around for a long time, but we've recently seen an uptick in Jefferson County. Nationwide, such frauds are up 67 percent, according to the federal government, because it's so easy to spoof a phone number that cannot be traced. So we're asking our social media followers to share this information so that no one else falls for this scam. If you think you've been a victim of such a scam, please call us at 303-277-0211.

— Gordon Neuenfeldt, Jefferson County Sheriff's Office

Covenant Violation Reporting Update

CWCA's Covenant Enforcement Committee is currently comprised of a small handful of dedicated resident volunteers and as such there is a limit to what they can accomplish in violation resolution. Due to a lack of volunteers CWCA will no longer be able to accept anonymous covenant violation reports from residents. Residents will need to provide a name, address, and contact information as CWCA frequently needs to get clarification when a complaint is reported. CWCA is sensitive to resident's privacy so no personal information will ever be disclosed outside the CWCA Covenant Enforcement Committee. In the past CWCA was able to be a liaison on behalf of residents when contacting the Sheriff's office or County Zoning. The association regrets they can no longer provide this service until more volunteers are located.

CWCA needs volunteer assistance in verifying and processing covenant and zoning violations. A very few people currently perform these duties and for a neighborhood of 1500 homes there currently is not enough time and hands to ensure adequate and timely enforcement. We need volunteers to assist us with the following:

- Monitoring sectors of the neighborhood for possible violations
- Verification of reported covenant violations
- Follow-up after violation letters have been sent to verify resolution

Volunteers remain anonymous and are not required to be in contact with potential violators. Training will be provided. CWCA is looking for a few good neighbors who are vested in our community. The more we work together, the cleaner and safer our

neighborhood will be. If you are interested in helping our community, please contact CWCA via voicemail at 303 904-8218 or e-mail at CWCAtalk@gmail.com.

— CWCA Officers

CWCA 2015 Membership Drive Update

We currently have 299 residents signed up for the 2015 membership. Your membership dues give the Association the opportunity to maintain entrances, enforce covenants, support our local schools, team up with community organizations, sponsor special events such as the Community Garage Sale, National Night Out, Fall Festival and help neighbors dispose of unwanted materials by providing a Dumpster Day. CWCA is encouraging all residents to become members. Any and all hands are welcomed at any of the events or during the monthly meetings. Drop by, check out the meetings or activities, introduce yourself and meet some neighbors. If you have any questions or concerns, please call 303-904-8218, leave a message and someone will get back to you. You may also email CWCAtalk@gmail.com. Dues and or donations can be mailed to: Columbine West Civic Association, PO Box 620026, Littleton, CO 80126. Help us help you restore property values and make Columbine West a great place to live.

"Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in."

~Author Unknown

New this Summer! Family Nights at Foothills Outdoor Pools!

Mondays: 6:30 - 8pm
WILSON HOLLOW POOL
12750 W. Stanford Avenue, Montrose, CO 81405
(720) 581-3100

Tuesdays: 6:30 - 8pm
4th AVENUE WEST POOL
400 Hansen Way, Golden, CO 80401
(303) 278-1000

Wednesdays: 6:30 - 8pm
OUR TRUCK POOL
8527 S. Garfield Street, Littleton, CO 80120
(720) 581-4338

Thursdays: 5 - 8pm
COLUMBINE WEST POOL
7045 S. Meador Street, Littleton, CO 80120
(303) 578-3300

Fee: \$2 individual • \$8 household

Foothills
Park & Recreation District
www.foothills.org

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(720) 299-4706



Jefferson County Clarifies The Use and Possession of Fireworks

With the Fourth of July rapidly approaching, the Jefferson County Sheriff's Office would like to clarify Colorado law as it applies to the use and possession of fireworks in the unincorporated areas of Jefferson County. A good rule of thumb: any device that explodes or leaves the ground is illegal in Colorado. Illegal fireworks include but are not limited to firecrackers, cherry bombs, bottle rockets, M-80's and Roman candles. It is illegal to sell, use or possess non-permissible fireworks in unincorporated Jefferson County. Additionally, all fireworks are prohibited in Jefferson County Open Space Parks, Denver Mountain Parks and Forest Service lands. Colorado law defines permissible fireworks as any device that does not explode or leave the ground. Examples of permissible fireworks are cylindrical or cone fountains, sparklers, toy smoke devices, snakes and glow worms. Keep in mind; while permissible fireworks may seem harmless, they continue to account for many fireworks-related injuries each year. The Jefferson County fireworks hotline, 303-271-8200, may be used to report the use of illegal fireworks, to find fireworks stand locations, and to find commercial firework displays. Jefferson County deputies will strictly enforce illegal fireworks violations in the unincorporated areas of the county this coming holiday. Any person who violates the laws pertaining to the sale, possession and use of fireworks commits a class three misdemeanor and may face a fine of up to \$750. For more information on fireworks safety, visit our Web site at www.jeffcosheriff.com. The Jefferson County Sheriff's Office wishes everyone a happy and safe Independence Day.



Youth & Family Volunteer Opportunities with VOC

Through October, join Volunteers for Outdoor Colorado in family-friendly projects. Opportunities range from gardening and tree-planting projects, to invasive weed removal and light trail work. Ages 6 and up, with adults. Various locations, Denver. 303-715-1010. voc.org/family-volunteering-ages-6

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.

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, CO

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, VA

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



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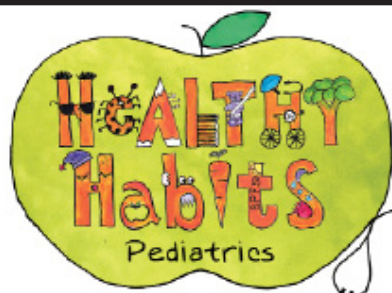
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- Screening and early detection of illnesses
- We make going to the doctor fun!
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- Let us help your kids get ready for tomorrow, today
- Join Hip Hop the frog on a virtual tour of our jungle office on our website!

Swedish Southwest Health Park (Bowles & Wadsworth)
303- 972-2000 • www.healthyhabitspediatrics.com

METRO DENVER FARMERS' MARKET
MARKET ON YOUR CALENDAR

Saturdays
SOUTHWEST PLAZA
MAY 2 - OCTOBER 31
Southeast Parking Lot
Wadsworth & Bowles
8am-2pm or Sellout

Saturdays
LAKEWOOD
JUNE 27 - SEPTEMBER 26
9077 W Alameda Ave
Alameda & Garrison
(Mile Hi Church)
10am-2pm or Sellout

Sundays
HIGHLANDS RANCH
MAY 3 - NOVEMBER 1
Highlands Ranch Town Center
9288 Dorchester St.
10am-2pm or Sellout

Wednesdays
LITTLETON
JUNE 17 - OCTOBER 28
Aspen Grove Lifestyle Ctr.
7301 S. Santa Fe Dr.
10am-2pm or Sellout

Thursdays
WHEAT RIDGE
JUNE 18 - OCTOBER 29
4252 Wadsworth Blvd.
10am-2pm or Sellout

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

Plant a Fairy Garden

Encourage your child's creative side by planting a fairy garden with them using these helpful tips. Everyone needs a garden, especially children...and fairies. Miniature fairy gardens – complete with plants and tiny objects any fairy needs – naturally appeal to little fingers and a child's creativity. Fairies once were thought to bring luck, prosperity and health to those whose gardens they inhabit. Children will love creating a whimsical tiny home to attract fairies to come and stay. Establishing these gardens is easy. It just requires a belief in the magic of little people. Create fairy gardens outdoors near a rock, under a shrub or in a secluded corner. Because they are not limited by seasons, they also can be built indoors in a flowerpot, a dinner plate, mixing bowl, piece of wood or any discarded material. Begin the garden with any type of low ground cover, such as leaves, bark or mulch. Although many garden nurseries carry non-plant items such as tiny homes, figures and other fairy garden accessories, children can use their own creativity to build shelters and other items out of rocks, twigs, bark, berries or flower petals for tiny fairies to hide from large creatures. Because each fairy garden is as unique as its creator, older children might ambitiously create hills and paths with gravel, pebbles and eggshells. Miniature plants lend more interest to fairies' new habitats. Be on the lookout for other useful items such as:

- Rose hips to be hollowed out for cups
- Berries for color
- Grass for floors or to hide the garden
- Milkweed and corn silk
- Cattails
- Poppy pods
- Beans & seeds

Fairy garden creation is not limited to children. Parents and

grandparents who assist children will rediscover their own inner child and renewed creativity.

Books to inspire a magical fairy garden:

- Fairies! A True Story by Shirley Raye Redmond
- Fairy Chronicles series by J. H. Sweet
- Fairy Houses ... Everywhere! by Barry and Tracy Kane
- Fairy Realm by Emily Rodda
- Finding Fairies by Michelle Roehm McCann
- Flower Fairies of the Trees (poems) by Cicely Mary Barker
- Lily's Pesky Plant by Kirsten Larsen
- The Night Fairy by Laura Amy Schlitz

— Joan Hinkemeyer

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 accumulated 200 neighbors registered. Let's 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.

Lou is Selling Houses!

Bi-level home in Columbine West



Under Contract!

Thanks for supporting this year's SHRED A THON and ELECTRONIC RECYCLE. We filled the shredder truck and a 27 foot recycle truck! Great job neighbors!



Lou Bissett

Equity Colorado Real Estate

303.921.5367

lou@loubissett.com



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RECENT PROJECTS WE'VE DONE IN OUR KEN-CARYL COMMUNITY

TILE ROOF:

Golden Eagle 28, 32, 47, 67, 70, 73

Mule Deer 3, 8, 30, 31, 34, 38, 42, 43, 47, 48

Underwood Lane 8, 10, 11, 12, 13, 14, 15, 18, 20, 24

COMPOSITE ROOF:

Amaziah Drive 2, 21, 33, 38, 41, 43

Underwood Lane 2, 4, 6, 7,

Yellow Locust 4, 6, 7, 8, 9



MountainRoofing.net
24 Underwood Lane
Littleton, CO 80127



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One Minute Wellness... "Burn Out" vs "Over Training"

The difference between "Burn Out" and "Over Training" may seem subtle but the distinction is important.

When a person is burned out on their exercise routine, they are bored, tired and have little interest in pushing themselves. Burn out results from having no variety in the exercise routine or from exhausting all available workout rotations over a prolonged period of time.

One option for overcoming "Burn Out" is to get a workout partner if you haven't got one or to change your workout partner. When changing workout partners, the new energy and different conversation can be refreshing. The adjustment period is worth it. If switching to working out alone, it is nice to listen to the music you like and not have to talk at all. These seemingly minor adjustments can translate into months of enjoyment.

Group classes offer variety. It has been said that you will work 50% harder in a class because you have to keep up with the group. The instructors are often very motivating and fun. They think of things you wouldn't think of on your own that help keep the time spent enjoyable.

Moving your routine to the pool can be a fun change. The nice thing about working out in a pool is that you can do aerobics and weight lifting together. Then if you have access to a hot tub nearby, you can also do some stretching in hot water.

By contrast, when a person is "Over Training" they often feel "on top of the world". They want to do more and more and seem to be more "fit" than ever before. Here is where several subtleties occur. Often "Over Training" leads to subtle injuries and micro-fractures that just don't seem to get better. Or "Over Training" can lead to frustration about not getting better results for all the effort. People in this category complain that if they want to lose another

5 pounds it seems as if those pounds are cemented on their body and no matter what they do the scale doesn't budge! Family members may be asking, "What's wrong?" but the workout queen or king snaps back, "Nothing!" or "Why?" No one feels comfortable answering the question "Why?" because no one can quite put their finger on what is happening. All the family and friends notice is that their workout fiend is high strung, irritable and "different".

When I work with "Over Trainers" I ask them to take time off. I explain that their bodies are not recovering enough and I tell them that they will actually get better results after a break. I know that this is a difficult thing to ask of them so I ask them to continue

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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 Jan 1st-Dec 31st. 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.

UPDATES FROM Your Columbine West Resident Agent

**Day or night, your real estate needs are my priority.
I live minutes away on W. Fremont.**

There are NO homes for sale in Columbine West that are not currently under contract.

**Ask about my special incentives,
for Columbine West residents, only!**

Homes Currently For Sale
NONE

Homes Under Contract

6933 W. Hinsdale Pl.	Bi-level	1398 sq. ft.	\$275,000
7429 W. Fremont Ave.	Multi-level	2303 sq. ft.	\$275,000
6907 W. Roxbury Ave.	Bi-level	1884 sq. ft.	\$289,900
7028 W. Roxbury Ave.	1 story	2,084 sq. ft.	\$295,000
7470 S. Reed Ct.	1 story	2,550 sq. ft.	\$312,500
7069 S. Allison Way	Bi-level	1,647 sq. ft.	\$319,990
7790 W. Portland Ave.	2 story	2,575 sq. ft.	\$325,000
6963 S. Yukon St.	Bi-level	2,346 sq. ft.	\$325,000
7460 W. Fremont Ave.	Tri-level	2,441 sq. ft.	\$333,900
6811 S. Webster Way.	Multi-level	2,333 sq. ft.	\$345,000
6862 S. Webster Way.	Tri-level	2,390 sq. ft.	\$347,500
7003 S. Yukon St.	Bi-level	1,948 sq. ft.	\$349,000
7892 W. Quarto Dr.	Bi-level	2,520 sq. ft.	\$355,000
7163 S. Ammons Ct.	Multi-level	2,695 sq. ft.	\$359,000
7145 W. Rowland Ave.	2 story	2,296 sq. ft.	\$365,000



Georgianna Dirga

Broker Associate

ERA Herman Group, Real Estate

Cell: **303-579-0564**

georgiannadirga@aol.com



Homes Sold from May 18th, 2015 - June 17th, 2015

7114 W. Hinsdale Dr.	Bi-level	1,584 sq. ft.	\$260,000
6929 S. Allison Way	Bi-level	1,647 sq. ft.	\$291,250
6937 W. Roxbury	Bi-level	1,533 sq. ft.	\$301,000
7667 W. Plymouth Pl.	2 Story	2,3270 sq. ft.	\$307,450
7019 S. Reed Ct.	1 story	1,897 sq. ft.	\$312,500
6963 S. Allison Way	Bi-level	1,984 sq. ft.	\$317,000
7295 S. Upham Ct.	Bi-level	1,985 sq. ft.	\$320,250
6904 S. Webster St.	1 story	2,367 sq. ft.	\$347,000
7811 W. Quarto Dr.	Multi-level	2,374 sq. ft.	\$348,000

Based on information from IRES®, Inc. for the period 5/18/15 through 6/17/15.
Sales are not necessarily those of E.R.A. Herman Group Real Estate.

Fall's Polar Plunge Hit Trees Hard

Travel around the Front Range and you'll notice the trees are looking a bit peaked, with off-colored needles on what are usually two-toned pines. Conifers, junipers and other evergreens look blighted. Whats wrong? Blame the sudden, dramatic temperature drop in early November. Through early and mid-fall, warm temperatures persisted, lulling us and the trees into a false sense of security. Then one push from a typhoon sent a monster cold front from Siberia to Colorado. Our trees will feel its effects for months to come and some of them will show it.

To get ready for winter, trees need to do what is known as "hardening off". Normally, they do it by losing their leaves and gradually getting used to colder temperatures. As the days shorten, nutrients move from the leaves back into the woody stems, sapwood and roots. Once there, the tree stores them to fuel its growth in the following spring. What remains are the true colors of the leaves, creating the spectacular end-of-season show we love. Then the trees form a protective layer between the branch and the start of the leaf's stem, called the petiole. This layer keeps the plant from drying out. It also causes the leaf to tumble to the ground. "When trees don't have a chance to harden off, they don't protect themselves in winter". Last fall, many pines, evergreens and deciduous trees were flash-frozen. They showed damage immediately with straw-colored needles or leaves. Buds and shoots suffered freeze injury that caused the death of buds or the entire plant. The long-term impact won't be seen until spring.

Here is what Coloradans can expect to see: Leaves left on trees from the rapid temperature change, known as marcescence, will linger this season and possibly expect to see them stay on the trees into early summer. That is because there is no protective

layer to push them off. Damage on conifers will appear as brown, white, tan or straw-colored needles. As the winter passed, wind wicked more moisture from them. The starkly obvious contrast between live and dead needles creates a look foresters refer to as "Ghost trees". The damage is random; some will have tufts of brown, others, whole sections that are fading. Trees already under stress, on berms, or in dry locations will have the worst damage. There are some sickly looking conifers out there right now, but good new growth can pull the plant through it if the tree was healthy to begin with.

Monitor deciduous trees for signs of damage, such as black, shriveled twigs, but hold off on any pruning until after the buds open with leaves. Then assess the tree's health in May or June. Finally, contact a certified arborist to help assess your trees this spring. These experts are the equivalent of tree doctors. You can find a certified arborist in our area at isarmc.org.

— Denver Post, Carol O'Meara,
gardeningafterfive.wordpress.com

One Minute Wellness, continued from page 6

to meet with me for stretching and nutritional help during the rest period. For those who don't run out the door at the mere mention of taking time off from their rigorous workout routines there are great rewards waiting to manifest once the body has had time to rest and repair. Marybeth Van Horn is a Columbine West resident. She previously owned and operated local fitness studios as a personal trainer. Marybeth is a Registered Nurse and Certified Specialist in Performance Nutrition. For questions or comments call 303-809-1134.




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Kiwanis Korner**Calendar of Events**

June 29th: Blood Drive at Columbine United Church

July 11th: Action Center Food Rescue (many hands are needed)

July: Palisades Peaches Fundraiser, contact Ken Sweet

July 24th-26th: Bandimere Drinks Fundraiser

September: Summerset Festival Fundraiser

Frequently Asked Questions: *Do you need to be a Kiwanis member to help?* You do not need to be a Kiwanis member to volunteer on any of their projects. *Do you need to be retired to join?* You don't need to be retired to join the Kiwanis. There are students in the Middle/ Senior High that are members of Kiwanis International. *How do I learn about volunteering?* For information call Ken Sweet.

What is the Action Center Food Rescue? Help sort "almost outdated" perishables for distribution to the hungry. It is a worthy cause and a lot of fun. We generally have 10-15 people, carpooling available. We work from 11:00-3:00 at the Action Center, 8755 W. 14th Avenue Lakewood, CO 80215. For information call, Ken Sweet 303-973-8253 or visit our Web Site at www.columbinekiwanis.org.

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. Are you interested in joining the efforts of this warm and inviting group? Come check us out. Weekly scheduled meetings Wed at 6:45 a.m. at Roberts Italian Restaurant, 6745 Ken Caryl Ave. Free breakfast for first time visitors. 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.

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

Joel Mendelson, USN, 1967-1971, Aircraft Carrier USS Saratoga CVA-60, VA-44, VA-105 Heavy Attack Squadron, Fighter Jets

John Weksler, 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 Weksler, U.S.A.F, 1968-70, Nurse, George AFB, CA

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

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Masonry Restoration: Tuck-pointing, chimney tops, leak fixes. 720-343-9890

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Stecki painting. Inter/ext. Jeff 720-331-7025

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

Small Paint Jobs Only 303-738-9203

Lone Wolf Sprinklers. 30+ yrs exp. Repairs & installs. Start ups & winterizing. Free est. Office: 720-362-2563, Cell: 720-934-6701.

Tree Trim. Specialist, call Mr. B! Free est., ins., 30 yrs. exp. 303-932-2514

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

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.

Yard & garden design, consult & planting www.oakesgardendesign.com 3/999-8228

Highlands Pride Painting: 303-738-9203

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

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

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

House & Carpet Cleaning Services: 3/292-0115

Lisa's Music Studio. Piano, Guitar, Banjo, Ukulele, Viola & Violin. 303-883-1157.

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

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

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Carpet Cleaning - 89.00 dollar special. Call for details 720-299-7782.

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

Yard of the Month

If you utilize the Yukon entrance off of Coal Mine, you've likely seen this month's Yard of the Month. As you turn onto W Ontario Pl, you may have seen the magical transformation of 7745 W Ontario Pl. This labor of love is the work of Michelle and Ray Tritz, who moved to Columbine West almost 25 years ago. The Tritz's raised three

children in this home, and through the years, have removed old and dying pines and replaced them with beds filled with drought resistant roses, daylilies, and petunias. A white picket fence and numerous flowers in pots and planters complete the beauty of this yard. The Tritz family received a cash prize and will display the Yard of the Month sign sponsored by neighborhood Realtor John Basila. Thank you for being good neighbors.



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.

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.	17	L/S/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

Teen Services Updates in August

To ensure accuracy, we update the teen services list each year. If you would like to remain on the list, **you must email Colorado Lasertype at getinfo@coloradolasertype.com by August 15th** or your name will be deleted. Please leave the following information: your name; age; what category you want: **(B)** Babysitting, **(L)** Lawn Care, **(S)** Snow Removal, and **(P)** Pet & House Sitting; whether or not you are Red Cross certified for CPR; and **neighborhood you live in** (this is very important – we publish 36 different newsletters and need to know which one your name is in). **If you have renewed your information after May 1st of this year, you do not need to email us to update.** Thank you.

— Colorado Lasertype

In Columbine West, Results Count!



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“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 June 15, 2015.

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

Columbine West Statistics for June 2015

Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-level	None	None	0
2-story	None	None	0
Tri-level	None	None	0
Bi-level	\$ 275,000	\$ 275,000	1

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 295,000	\$ 312,500	2
4-level	\$ 275,000	\$ 359,000	3
2-story	\$ 325,000	\$ 365,000	2
Tri-level	\$ 333,900	\$ 347,500	2
Bi-level	\$ 289,900	\$ 355,000	5

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

	Lowest	Highest	How Many?
Ranch Style	\$ 289,900	\$ 347,000	4
4-level	\$ 295,000	\$ 365,000	9
2-story	\$ 307,450	\$ 335,000	2
Tri-level	\$ 235,000	\$ 346,000	3
Bi-level	\$ 215,000	\$ 345,000	11

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.

Garden Committee

Keep an eye on the newsletter for upcoming garden duties and an opportunity to help with them. There will be new mulch installed at entrances this year to give the gardens a boost. If you would like to help with the garden duties call the voicemail, 303-904-8218, leave a message or email CWCAtalk@gmail.com

“Nothing is more the child of art than a garden” - Sir Walter Scott



CWCA Parting Shot

“Patriotism is never out of fashion”. Is this your house?

May Parting Shot Winner

Bummer, we never heard back from the resident that had the metal moose in their front yard. The home was on Quarto Dr. Keep an eye on the last page of the newsletter, to see if you might be the next Parting Shot photo.