

Columbine West Civic Association Newsletter °



CWCA — Your Homeowners' Organization

Delivery Volunteers

Currently we have routes OPEN and are in need of volunteers. Please contact CWCA via voicemail at 303 904-8218 or email CWCAtalk@gmail.com if interested. The newsletter remains the most important way of notifying neighbors about community events. 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

Happy New Year: January 1st What is your Resolution? **CWCA Monthly Mtg: January 12th** 7 p.m., Dutch Creek Elementary **CWCA Monthly Mtg: February 9th** 7 p.m., Dutch Creek Elementary Valentines Day: February 14th Hug a Valentine Presidents Day: February 15th **CWCA Monthly Mtg: March 8th** 7 p.m., Dutch Creek Elementary 1st Day of Spring: March 20th Membership Drive Begins: April 1st CWCA Wants You! **CWCA Monthly Mtg: April 12th** 7 p.m., Dutch Creek Elementary Community Garage Sale: May 6th-7th Call in to sign up! Mother's Day: May 8th **CWCA Monthly Mtg: May 10th** 7 p.m., Dutch Creek Elementary **CWCA Monthly Mtg: June 14th** 6:30 p.m., Pool Pavillion **Dumpster Day: June 18th** Parking Lot, Church of All Nations Father's Day: June 19th 1st Day of Summer: June 20th

January 2016

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OUR MISSION: "Promote neighborhood beautification and harmony through covenant enforcement, community based services, and social activities".

Hello Columbine West!

As your CWCA president I have the pleasure to announce some exciting news regarding your Civic Association. If you notice at the top of this newsletter we have a new CWCA mission statement. You may be wondering why we did this as we already had a mission statement. After receiving more than a few phone calls from confused residents asking what CWCA does we decided to clarify our mission. My family moved here over 20 years ago because our neighborhood is filled with nice houses and friendly people. For this reason our primary mission is dedicated to keeping our neighborhood beautiful for years to come, whether it be though providing community based services, like "Dumpster Day", entrance maintenance, or covenant enforcement. If you have ever driven through a



neighborhood that has no covenants I guarantee you will see things that are, well, rather unpleasant. Conversely, those neighborhoods with dozens of detailed covenants are pretty sterile looking in my opinion. Here at Columbine West we strive to reach a great balance between maintaining a clean but casual look, and providing freedom for each homeowner to be creative with their property within our minimal covenant limitations. Sometimes folks get a little too "casual"

with their property, violate a covenant, and then CWCA steps in with a friendly reminder. None of this covenant enforcement business is much fun for us here at CWCA so that is why we also hold events to build community; another part of our mission. Perhaps you heard about our free pool days this summer, or maybe you attended National Night Out or Fall Festival. All of these things are fun activities designed to get neighbors out there and socialize. We realize many of you have jobs, family commitments, and chores that have to be done, week in and week out. Meeting new people in the area is just not a priority. Your CWCA would like to change that because we believe a solid neighborhood starts with strong social ties. So next time you see a CWCA sponsored activity in the newsletter or on an entrance banner make a point to stop by and greet some of your neighbors. Even though CWCA is run by nothing other than a cadre of dedicated volunteers we ask our neighbors for help in fulfilling our mission through your yearly membership fee, an insanely reasonable \$25, along with potential volunteer involvement. No time to volunteer? Just send in your membership check. That alone helps us immensely. Besides, where else can you get great benefits like Dumpster Day, neighborhood maintenance, and fun social activities for the price of a lunch for two? The organization is always exploring new and exciting avenues to get neighbors together. Have an idea? Send us an email or leave a voice message. And don't forget to come by and visit us when we have our monthly CWCA Board meeting the Second Tuesday of each month. We would love to see you. The association strives to see our community defined by a sense of shared ownership and collective responsibility.

A Moment With The Board

The December 8th CWCA meeting of volunteers was at Dutch Creek Elementary, no business was conducted. The cafeteria was filled with wonderful food and it was an evening to celebrate our neighborhood volunteers. The Board is working hard to encourage new volunteers to step forward and help the community efforts. Currently we have a few newsletter routes OPEN and are in need of volunteers. Please call 303-904-8218 if interested. The newsletter remains the most important way of notifying neighbors about community events, while Nextdoor.com network has proven to be an effective way to remind Columbine West neighbors on upcoming events too. If you have questions, feel free to call the voicemail line or email 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 January 12 th, 2016 at 7:00 p.m., Dutch Creek Elementary, second Tuesday of the Month.

Questions? Questions? "What are Little Free Libraries"?

My wife, Ellin, and I have been members of the Columbine West Civic Association for over 40 years. We recently joined an organization called "Little Free Libraries" where the goal is to set up small library stations (in neighborhoods) outside a house and

anyone who goes by can take a book (or more) and drop off a book as well. We have had it operating for a couple of months but have not promoted it and we would love to get more "traffic" and bring more people to take and/or exchange what is there. We have fiction, non-fiction, and children's books. We also have a few DVD's in it and again, it is open to anyone who goes by. We are located in a cul-de-sac so the main people who use it are in our immediate neighborhood thus the purpose of this email. We live at 7539 S. Quay Ct and our house backs up to Ken Caryl Ave. At the beginning of every month we try to take out titles that haven't moved and get new titles in it - and trust me, we have all kinds of titles waiting to go out there. You can find more information about this organization at: www. littlefreelibrary.org. Thank you. - Gordon

Columbine West Civic Association Membership Form

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 #.		

Columbine West Civic Association

303-904-8218

neighborhoodlink.com/Columbine_West 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: 303-904-8218 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 Ken Caryl Middle School Columbine High School 7304 W. Roxbury Pl.6509 W. Ken Caryl Ave.6201 S. Pierce St.

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

For advertising, contact Colorado Lasertype, 303-979-7499 getinfo@ColoradoLasertype.com • www.ColoradoLasertype.com

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Schedule a free car seat check through Child Passenger Safety Hotline 303-734-8305. lfrcarseats@littletongov.org

CWCA Holiday Lighting/ Decorating Contest

It's wonderful to see Columbine West

all lit up for the holidays. It showcases our community and makes the neighborhood festive and bright for the season. Two lucky winners will be selected in our annual contest. CWCA members will be driving around the neighborhood to take note of the best decorated homes, but if you'd like to make sure your house or your neighbor's gets looked at, please call the hotline at 303-904-8218 and let us know the address. The prizes will be \$50 for (2) homeowners. Because of our early deadline in December for the January newsletter, you'll just have to be surprised of the winners in the February newsletter.

Behind the Badge: Six Pillars of 21st Century Policing

A year ago, the President established a task force charged with identifying best practices and offering recommendations on how policing practices can promote effective crime reduction while building public trust. The task force met seven times within 90 days in the endeavor to strengthen community policing and trust among law enforcement officers and the communities they serve, especially in light of recent events that have underscored the need for, and importance of, lasting collaborative relationships between local police and the public.

Six months after its publication in May 2015, we would like to reflect on their identified main topic areas, known as pillars of 21st century policing: building trust and legitimacy, policy and oversight, technology and social media, community policing and crime reduction, officer training and education, and officer safety and wellness. The strong relationship we share with our community is a continual source of inspiration and encouragement, and is why we are committed to evaluating our status to the task force's recommendations as well as national accreditation standards.

Building Trust and Legitimacy - Pillar One

The law enforcement culture should:

- Embrace a guardian, rather than warrior, mindset to build trust and legitimacy both within agencies and with the public.
- Adopt procedural justice as the guiding principle for internal and external policies and practices.
- Establish a culture of transparency and accountability to build public trust and legitimacy.
- Proactively promote public trust by initiating positive enforcement activities to engage communities.
- Consider the potential damage to public trust when implementing crime fighting strategies.



- Track the level of trust in police by their communities just as they measure change in crime. Annual community surveys can measure how policing in that community affects public trust.
- Strive to create a workforce that encompasses a broad range of diversity including race, gender, language, life experience and culture.

Policy and Oversight - Pillar Two

The law enforcement community should:

- Collaborate with community members, especially those affected by crime, to develop policies and strategies.
- Have clear and comprehensive policies on the use of force, mass demonstration, consent before searches, gender identification, racial profiling, and performance measures.
- Periodically review policies and procedures, conduct non-punitive peer reviews of critical incidents and establish civilian oversight mechanisms with their communities.
- Adopt identification procedures that implement scientifically supported practices that eliminate or minimize bias or influence.
- Collect, maintain, and analyze demographic data on all detentions
- Refrain from requiring officers to issue a predetermined number of tickets, citations, arrests, or summons. *continued on page 4*



in Columbine Hills

www.columbineanimal.com

Weekdays 7:30-12 / 2-6

Saturday 8-12

Behind the Badge: Six Pillars of 21st Century Policing, continued from page 3

Technology and Social Media - Pillar Three

Law enforcement agencies should:

- Consult with the national standards of research and development of new technology including auditory, visual, and biometric data and the development of segregated radio spectrum.
- The compatibility, interoperability, and implementation of technology should maintain civil and human rights protections.
- Adopt model policies and best practices for technology based on community engagement that increases trust and access.

Community Policing and Crime Reduction - Pillar Four

All law enforcement should:

- Work with residents to identify problems and collaborate on implementing solutions that produce meaningful results. Develop and adopt policy and strategy that reinforce the importance of community engagement.
- Engage in multidisciplinary, community team approaches for planning, implementing, and responding to crisis situations.
- Support a culture and practice of policing that reflects the values of protection and dignity of all.
- Avoid using law enforcement tactics that unnecessarily stigmatize youth and marginalize their participation in schools and communities. Affirm and recognize the voices of youth in community decision making, facilitate youth participation in research and problem solving, and develop and fund youth leadership training and life skills through positive youth/police collaboration and interactions.

Training and Education - Pillar Five

Today's law enforcement must be:



March 5, 2016

The Terrace Gardens at Ken Caryl

For more information visit

https://sites.google.com/a/jeffcoschools.us/silent-auction-2016

A business card-sized ad costs as low as 4.3¢ per home or an insert for 9.3¢ per home! A 3-line classified ad can cost as low as 1.2¢ per home!



- Dedicated to engaging community members, particularly those with special expertise, in the training process and provide leadership training to all personnel throughout their careers.
- Actively participate in a postgraduate institute of policing for senior executives with curriculum that prepares participants to lead agencies in the 21st century.
- Including Crisis Intervention Training (CIT) in the Peace Officer and Standards Training (POST) boards which equips officers to deal with individuals in crisis or living with mental disabilities, disease addiction, implicit bias and cultural responsiveness, policing in a democratic society, procedural justice and effective social interaction and tactical skills.

Officer Wellness and Safety - Pillar Six

- Law enforcement agencies are expected to:
- Promote wellness and safety at every level of the organization.
- Adopt policies that require officers to wear seat belts and bullet-proof vests and provide training and awareness of the consequences of failure to do so.

At the Jefferson County Sheriff's Office the recommendations contained in these pillars have largely been our way of doing business. We pledge to continue to interact with and bring positive change in our communities.

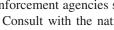
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Looking for an **Inexpensive** way to **Advertise** your business?

Place an ad in our Local Neighborhood Newsletters and work close to home!38

Reach 37 neighborhoods, - 26,840 Homes -



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Columbine West Veterans

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

Jerry Stevens, U.S. Air Force, 1963-1967, Jet Engine Mechanic

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) & 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 Operater (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

Case 15-129613RZ Comment Process

Anyone wanting to submit questions and / or concerns regarding the proposed memory care/assisted living facility, the case is now accepting comments. This is the property where High Country Kennels has been operating, Southwest quadrant of Coal Mine & S Wadsworth, next to 7-11. Documents related to a rezoning have been submitted to Jefferson County Planning and Zoning. The case is now beginning the 1st Referral part of the process. Comments on the 1st Referral should be submitted electronically to the case manager by the due date. Case# 15-129613RZ, Name: 8290 W. Coal Mine Ave Rezoning, Address: 8290 W. Coal Mine Ave. Sw quadrant of W. Coal Mine Ave/ S. Wadsworth Blvd intersection, Type of Application: to rezone from Agricultural (A-1) to Planned Development (PD) to allow memory care and assisted living facility. Case Manager: Alan Tiefenbach. Comments due by January 6th, 2016. Case Manager Contact: atiefenb@jeffco.us 303-271-8738.

Fitness Frenzy, Jan. 4-31

Kick start your Fitness New Year's Resolutions at Foothills Park & Recreation District! Opportunities to sample a number of fitness classes will be available Jan. 4-31 to determine which offerings best suit your needs in a good workout - and you'll be able to do it all for FREE! Also, meet with a Fitness Specialist for free to get started on your fitness journey and get acquainted with Foothills workout facilities and offerings. Full details available at www.ifoothills.org/events or call 303-409-2114.

HAPPY NEW YEARS FROM Your Columbine West nt Agent

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

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

Homes Currently For Sale

	•		
7493 W. Hinsdale Dr.	bi-level	1,752 sq. ft.	\$320,000
7569 W. Frost Dr.	four-level	2,651 sq. ft.	\$339,900
Homes Sold from Novem	ber 17th, 2015	- December 7th,	2015
7880 W. Portland Ave.	tri-level	1,708 sq. ft.	\$269,000
7028 W. Roxbury Ave.	1 story	2,084 sq. ft.	\$270,000
7028 W. Roxbury Ave.	1 story	2,084 sq. ft.	\$270,000
6979 W. Quarto Pl.	multi-level	2,327 sq. ft.	\$295,000
7432 S. Vance St.	1 story	2,252 sq. ft.	\$295,000
6920 S. Yukon Way	2 story	1,855 sq. ft.	\$300,000
7493 W. Hinsdale Dr.	bi-level	1,754 sq. ft.	\$320,000
7525 W. Ottawa Pl.	multi-level	2,354 sq. ft.	\$325,000
6933 S. Allison Way	tri-level	2,368 sq. ft.	\$327,500
7815 W. Ontario Pl.	tri-level	2,234 sq. ft.	\$340,000
7758 W. Plymouth Pl.	tri-level	1,724 sq. ft.	\$350,000





georgiannadirga@aol.com

Homes Under Contract

6875 W. Fremont Pl.	1 story	2,252 sq. ft.	\$300,000
7350 S. Webster St.	1 story	2,380 sq ft.	\$302,000
7280 S. Upham St.	1 story	2,667 sq. ft	\$345,000

Based on information from IRES®, Inc. for the period 11/17/15 through 12/7/15. Sales are not necessarily those of E.R.A. Herman Group R.E.

Kiwanis Korner

Calendar of Events: January 9th, 9 a.m. Action Center

I want to thank all of you for your support of our Shiloh House Project for Christmas. It is a real opportunity for Community outreach and for our Club to work with the Columbine Key Club in making this Christmas a little more special for the seven boys at the Yarrow Home in our neighborhood. As I informed you at the club meeting, these boys have all been removed from their homes and are in the process of transitioning to a more permanent and safe living arrangement, either back in their homes with proper intervention or foster care.

By adopting this house, we will be able to show our genuine Kiwanis care and Christmas spirit by providing each boy with one gift for a need and another for a wish. We are also planning on providing them with some Christmas candy, apples, oranges, homemade cookies, and a few new or gently used Board games. Several items have already been provided and we are well on our way to acquiring commitments for the other needed ones through the sign-up sheet. If you have not yet had an opportunity to sign-up in support of this, please give it strong consideration.

I know that all of you believe as I do, that Christmas is primarily for the children. Believe me, these boys are very much in need of some gentle love and care. I am very happy that this holiday season will be a little brighter for these deserving young gentlemen through our collective efforts. Special thanks to Karen Hunley and the Columbine Key Club for joining me in leading up this project. — **Ron**

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 are on Wednesdays 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.

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



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

Francis (Mik) Benson, U.S. Army, 349th Physiological Operations, Fitzsimmons Reserve Center, Colorado

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 Brigarde) 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, US Navy, Hospital Corpsman (Doc) reassigned to San Diego, Balboa Medical Center

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



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COMPUTER HELP: Repair and maintenance, Virus removal on PC's and laptops, software and hardware installations and upgrades. Microsoft certified. 720-569-2561

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

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

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

Small Paint Jobs Only 303-738-9203

Semi-retired HVAC contractor looking to work closer to home is offering FREE system evaluations to the first (5) callers & no trip charge on any service calls. **303-703-1130**

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

BD.MAINTENANCE - Inside or out. No job is too small. Electrical, plumbing, carpentry, masonry & landscape. 720-854-4736.

Absolute Hot Tubs. Sales, service, chemicals, filters, covers. Kipling/Bowles (By Harbor Freight/JumpStreet). 720-625-0602.

Music lessons. Piano, Guitar or Bass. Trusted teacher since 1996. 303-932-6551

Highlands Pride Painting: 303-738-9203

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

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

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

House & Carpet Cleaning Services: 3/292-0115

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

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

QUEEN PILLOWTOP MATT/BOX SET. Brand new in plastic. Retails \$529, asking \$265. Also, NEW KING SIZE pillowtop set. Retails \$699, asking \$385. 303-742-4860.

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

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

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

One Minute Wellness...Sleep

Insomnia is an ever growing problem in our society. This has been linked to many causes. Most often we associate insomnia with anxiety or depression. It has been said that trouble falling asleep is usually due to anxiety and trouble staying asleep is due to depression. There are other more serious causes for sleep disturbance, such as sleep appea. This is a condition that is characterized by the cessation of breathing which can occur several times throughout the night. There are several causes for sleep apnea, the most common being obesity but habitual use of sedating drugs and/or alcohol use are common causes for sleep apnea. Snoring can be a sign of something more serious, like obstruction of the nasal passages, but snoring is also associated with obesity and alcohol intake. Both sleep apnea and snoring result in interrupted sleep. During menopause it is not uncommon for women to have interrupted sleep. This is not usually a serious problem but can lead to a pattern of interrupted sleep which then becomes more problematic. Many people have difficulty sleeping because of digestive issues or nighttime urination. Some people wake up several times a night because of pain. To combat insomnia, it is best to follow a routine for bedtime and go to bed at a consistent hour while also taking care to avoiding bright lights for about 30 minutes before bed. This includes avoiding lighting from cell phones, computers and television. Reading at bedtime can be stimulating enough to keep one from falling asleep. Some people find it helpful to journal before retiring for the evening. Some people make a list of the six most important things that need to be done the following day so they can take things off their mind and put them on paper. Tranquil audio tapes are of value too. These are most effective when you are ready for sleep, reclining and in a darkened room. If snoring is a problem seek medical attention, reduce weight and avoid alcohol. To diagnose sleep

apnea, see a doctor and get a sleep study. Once sleep apnea is diagnosed, an oxygen delivery system called CPAP can be used at night. Also elevating the head of the bed on blocks is useful. If nighttime urination is a problem it may help to decrease or eliminate water intake after 7 p.m. Avoid greasy, spicy meals in the evening to reduce acid reflux. Avoid stimulants after noon if you are sensitive to them. Remember, it is not wise to take Ibuprophen on an empty stomach (at bedtime). Creams for pain are a good alternative at bedtime if the pain is muscular in nature. Most importantly, if you are not getting enough sleep on a regular basis. Don't ignore this. It is a health problem that needs some attention. Make an effort to change patterns that are contributing to the problem. Seek medical advice whenever you suspect an underlying medical condition may be the cause of your insomnia. Marybeth Van Horn is a registered nurse, internationally certified personal trainer and certified specialist in performance nutrition who has worked with numerous clients for over 20 years. Feel free to contact her with questions at 303-809-1134.

In Columbine West, Results Count!



"What Sets Duane Apart"

- Multi-Year 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 December 7, 2015. Not all of the properties were listed and/or sold by Duffy & Associates, LLC.

National Bath Safety Month

Bath safety is an essential aspect of general home safety. An average of 370 people across all age groups suffer injuries in the bathtub or shower daily. Learn how to equip your bathtub or shower with safety precautions like grab bars and antiskid strips to prevent serious injury.

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.

Jordan B.	16	B/P	720-254-2587
Kayla G.	16	Р	303-972-7895
Karissa G.	16	Р	303-972-7895
Summer G.	12	B*/P	720-921-4931
Joe H.	17	L/S/P	720-626-6502
Rhianna L.	14	B*/P	303-483-3935
Rhianna S.	14	B*/P	303-972-7730
Mackenzie	12	B/P	720-271-5449

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 350 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.

	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	\$ 355,000	\$ 355,000	1	
	Current Homes	UNDER COM	NTRACT in C	olumbine West	
		Lowest	Highest	How Many?	
	Ranch Style	\$ 270,000	\$ 295,000	2	
	4-level	\$ 295,000	\$ 325,000	2	
	2-story	\$ 300,000	\$ 300,000	1	
	Tri-level	\$ 269,000	\$ 359,000	4	
	Bi-level	\$ 320,000	\$ 320,000	1	
st	Homes SOLD in Co	olumbine We	<u>st (Jan. 1, 20</u>	15 – Dec. 7, 2015)	
s		Lowest	Highest	How Many?	
Ι.	Ranch Style	\$ 286,000	\$ 350,000	15	
	4-level	\$ 240,000	\$ 368,000	19	
	2-story	\$ 307,450	\$ 408,000	9	
	Tri-level	\$ 235,000	\$ 368,500	7	
	Bi-level	\$ 215,000	\$ 350,000	28	

Columbine West Statistics

for December 2015