

Columbine West Civic Association

Newsletter ®





March 2016

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Delivery Volunteers

Currently we have routes OPEN and are in need of volunteers. Please contact CWCA via 303-973-2678 (Don Mullins, Newsletter Coordinator) 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 303-973-2678 and leave a message or contact cwcatalk@gmail.com.

CWCA Calendar of Events

Membership Drive Begins: March 1st CWCA Wants You! CWCA Monthly Mtg: March 8th 7 p.m., Dutch Creek Elementary 1st Day of Spring: March 20th

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 For All Nations **Father's Day: June 19th**

1st Day of Summer: June 20th

and harmony through covenant enforcement, community based services, and social activities".

OUR MISSION: "Promote neighborhood beautification

Membership Drive Wants You

The annual CWCA membership drive will be held this year during the month of March. Membership dues and donations determine our budget for the year, allowing us to sponsor many events/activities throughout the year, so the sooner the money begins to come in, the sooner we can begin to plan and determine the size and scope of the events. We encourage all homeowners and renters of Columbine West to join CWCA or renew your existing membership to help support the efforts of the association to create and maintain an inviting and caring community. Your membership dues give the association the opportunity to maintain entrances, enforce covenants, support our local schools, team up with community organizations, and sponsor special events such

as Dumpster Day, National Night Out, Free Swim Nights, and Fall Festival. Please join or renew today. Where are you going to find a better place to live in which the association dues are only \$25 a year and where all the money collected goes back into the community? As you come in one of the entrances, be proud that your money helped fund that entrance, which is a glimpse into our neighborhood and our little piece of heaven on earth. Look for your membership postcard to arrive in late February or early March. Thank you for supporting your local community. You can pay by check or via pay-pal, or you can always just clip out the membership coupon in the monthly newsletter. Dues and/or donations can be mailed to CWCA, PO Box 620026, Littleton Co, 80162.

- Membership Chair

Neighbor, Friend & CWCA Board Member

We said good-bye to a dear friend, resident of Columbine West since it began building in the mid 60's. La Dora and her husband John had their home on Frost Ave., built to their specifications. They loved this neighborhood and La Dora was involved within the community delivering newsletters and then joining the CWCA Board. She always had a smile on her face and a story in her heart. It was a pleasure and honor to have known La Dora. Frances LaDora Morrill, 92, passed away peacefully in Palm Desert, California on January 21, 2016. She was surrounded by her family. She was born and raised in Holbrook, Nebraska. She went to college in Kansas City and was a teacher in a country school near the family farm. La Dora married Maurice Knee in 1943 and moved to Monument Valley, Utah to help run the family trading post. Marla Jeanne and Michael Gary were born soon after. She then met and married the love of her life John Morrill in 1967 and lived in Littleton until John's death 14 years later. She was preceded in death by her parents, Pete and Jennie Ensley, and her sister, Zetta Laverne McKenzie.

A Moment With The Board

The February 9th CWCA meeting of volunteers was at Dutch Creek Elementary, business was conducted as usual. The meeting was lively and constructive. The calendar of events has begun to be set. Continue to watch the calendar unfold this year. CWCA has scheduled, supported and seen volunteers help to run Dumpster Day/ Big Event since 2010. Our current chairperson is stepping down and we are looking for a new chairperson. This is a 'turn key' event. All providors, phone numbers and details are outlined for a new volunteer to jump right in. Dumpster Day has been a neighborhood wide event that residents look forward to each year. It started in the Dutch Creek parking lot and was soon moved to The Church For All Nations. If you are looking for a volunteer opportunity, give us a call or email. The community entrances are in need of some tender loving care. Do you have a green thumb? Do you have some time to invest back into the neighborhood? Would you like to help with some garden work days? Give us a call or email if you would like to get your hands dirty. New homeowners will soon be receiving Welcome Bags filled with useful information pertaining to the neighborhood and the community at-large. Take a look. 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 March 8 th, 2016 at 7:00 p.m., Dutch Creek Elementary, second Tuesday of the Month.

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 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 getinfo@ColoradoLasertype.com • www.ColoradoLasertype.com

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors wintend to provide any professional service or opinion through this publication.

Neighbor, Friend, continued from front page



La Dora is survived by her daughter, Marla Jeanne Gallagher, and her son, Michael Knee. Grandchildren: Eleanor Gallagher, Peter Gallagher, Anna Fatali, Elizabeth Gallagher, Emily Gallagher, Nicole Feasby, and Steven Knee. Great Grandchildren: Adriana Gallagher and Angelo Fatali. La Dora enjoyed ballroom dancing, friends, and her home. She had a great backyard and garden that were her pride and joy. She spent her best times in her home and working in the backyard. Her goal was to dance as often as possible and be independent until she couldn't make it on her own any longer. She was 2 weeks shy of her 93rd birthday.

Her memorial was at Drinkwine

Mortuary on Friday, January 29 at 10 a.m. We request that all memorial gifts be made to your favorite charity in her name.

FREE Child Car Seat Safety Check

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

Update: Corner Property at Coal Mine & Pierce

In the fall of 2015 residents from the area attended a Community meeting at Columbine High School to discuss the rezoning of the lot located at the corner of Pierce and Coal Mine. Jefferson County Planning & Zoning had invited the public to hear about a potential property rezoning and discuss a proposed use for this parcel. The library was packed with around 100 curious home and business owners who would be directly impacted by the development of the corner lot. The developer representative discussed their plan for building 3 and 4 story high apartments including a small commercial center facing Coal Mine. Community members asked questions and shared concerns about how a high density community would increase traffic and add new students to overcrowded classrooms. Several months have passed since that Community meeting. Since then the developer has decided not to pursue the purchase/rezoning. In response to the zoning meeting a small group of area homeowners have formed to continue discussion and share thoughts and concerns about the property, its usage, and impacts on the community. Additional information was gathered from Jefferson County Planning & Zoning regarding their direction on the future development. According to the

Master Plan, this corner is designated for multiple purposes among them being high-density housing and commercial. As more people move into South Jeffco our few remaining open parcels have become prime targets for housing or commercial buildings. Columbine West Civic Association has a representative who has been attending the ongoing homeowners meetings and sharing information with the neighborhood as that information becomes available. If and when another developer sets their sights on the corner, information will be shared via the newsletters and on Nextdoor.com.

Once Upon A Mattress, C.H.S. Musical

Due to an unhappy curse, King Sextimus is unable to speak. Meanwhile, his terror-of-a-wife, Queen Aggravian, has taken over control of the kingdom. Most importantly, in an attempt to keep Prince Dauntless single, she has decreed that only the princess that can pass her test may marry her son. Further, no one else in the kingdom may marry until Prince Dauntless does. Lady Larken and Sir Harry are extremely disturbed by this fact since Lady Larken is now pregnant with Sir Harry's baby. Luckily, Sir Harry is able to find an amazing princess, Winnifred the Woebegone. She instantly catches the attention of Prince Dauntless, and in the end, is able to pass the Queen's supposedly impassable sensitivity test. When the Queen still tries to prevent the Prince

Dauntless from marrying, he tells her to 'shut up' which ends up breaking the curse on the king. Now able to speak, King Sextimus regains his rightful position as leader of the kingdom, and all is well.





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 - Delay your need for expensive senior housing, so you don't outlive your money.
 - Live more independently at home, with volunteer services for rides, minor chores or fix-it tasks.
 - Enjoy a strong community of friendships. Social and educational events.

Learn More! - Public Info Meetings

- Saturday March 12, 1:30 2:30 pm
- Saturday April 9, 1:30 2:30 pm

at Columbine Public Library 7706 W Bowles Ave, Littleton

Call 303-730-6432, or go to ColumbineCV.org

Nonprofit - Supported by Member Dues & Community Giving

Foothills Park & Recreation Dept., Vision 2030 and Mil Levy 2016

At a recent meeting of community members the question arose, "How many residents do you think come into contact with Foothills property or facilities"? Foothills has been in Jefferson County since 1959, it is a special government district and has its own separate taxing authority. It serves roughly 93,000 residents over 24.6 sq miles. Currently the budget to operate all of Foothills property and facilities is \$24.836 million. That number may initially sound adequate and beg the question as to why they will be seeking a new mil levy. When the budget was explained to a focus group of neighbors and community members at The Ridge this past month, we heard how 70% of the budget is earned income, while the remaining 30% is supported by tax dollars from residents. Foothills employs 103 full-time employees and an additional 700 part-time. It is the largest employer of Jefferson County youths. These employees hold positions within 300,000 sq ft in 10 buildings, parks and golf courses. In addition to all of the above there is 13.5 miles of regional trail corridors. It may be impossible to know if every single resident comes into contact with Foothills Park & Recreation Dept property or facilities, but it is suspected that we all benefit from their stewardship. Here in Columbine West we have a Foothills owned and managed outdoor pool on Webster. The 2014 financial information showed that the pool generated \$44,900 in revenue, yet it cost \$112,500 in expenses, such as lifeguards, water, electricity and maintenance, which shows a deficit of \$65,000. Why then does Foothills continue to keep the pool operating? Foothills believes in the community as a whole. They understand the importance of leisure activities and community meeting areas, plus the need

to encourage healthy lifestyles. Our community pool allows our youth to participate in outdoor activites, maybe learn to swim and gather with friends to have some fun...cannon ball. Another article will be included in the April newsletter to share more information on Foothills needs. Editors Note: Before the newsletter deadline we received updated information from FHPRD. Thank you for taking the time to attend a meeting with us to discuss the District's financial situation and the potential of a mill levy election. At the meeting you attended, we presented a case for an increase, the timing of the process and essentially asked the group for feedback about the demonstrated need, your thoughts about the potential success and if you had an interest in helping. Though the group essentially agreed that the need was demonstrated and that they individually were supportive, very few offered to help, and some expressed concern about being successful based upon recent increases in property taxes. In the following days, many of us who had attended the meeting had discussions on what we heard and developed some thoughts and a recommendation. The recommendation was to postpone the mill levy election to a future date, likely November, 2017. This recommendation was made for the following reasons:

- The residents of the District have recently been notified that their overall tax bill has increased over 20%. This includes a recent tax increase by the Jefferson County Library.
- The overall national political climate currently is very extreme, which could have a negative effect on a local election.
 continued on page 5





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Mil Levy 2016, continued from page 4

- The time frame to properly disseminate information and engage citizens to advocate for the mill levy between now and May is very limited.
- The November, 2017 coordinated election will likely be more positive in regard to timing with other issues that may be on the ballot.

So what does this mean for us between now and November, 2017? We will continue to do the fantastic job that we have done since 2008 to make sure our revenue streams are strong and we hold the line on expenses. Remember only 30% of our revenues come from property taxes... the rest comes from our earned income revenue streams. We will continue to try to educate the public about our needs and the opportunities available to our District with increased funding. The bottom line is, in order to ensure that we are successful with a mill levy election, we need to make sure that there are no distractions from the need for a mill levy increase. More funding will make our parks and services to the public better... and this message needs to be clear!

- Ron Hopp

Music In Our Schools Month

An annual celebration sponsored by the National Association for Music Education, Music In Our Schools Month engages music educators, students, and communities from around the country in promoting the benefits of high-quality music education programs in schools.



Columbine West Veterans

"America's Veterans have served their country 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



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Behind the Badge: Alcohol Intoxication When To Call For Help

You're sipping your soft drink and yawning into the wee hours until last call. You have the car keys and know the best route home. You have offered to be the designated driver because you are the responsible one ready to take action when, and if, things go awry. But what can go wrong, you think? The answer is plenty! Intoxicated people often engage in a wide variety of risky activities, such as driving, antagonizing others or damaging property. While you can be trusted to ensure your companions' safety, what will you do if a situation gets out of hand? Would you know when it is time to seek help from either medical personnel or law enforcement? If it is your friend who is behaving in an unsafe way, intervening can be awkward. But again, your safety, and ultimately theirs, is at stake. You have a right to speak up if you feel that someone is acting in an inappropriate way. If there is danger or if you are unsure what to do, error on the side of caution and call 911. Don't let yourself become a part of something tragic! We're all in this together. If you find that your friend repeatedly drinks to the point where they are unable to care for themselves, making decisions with poor judgment, or acting aggressively, it may be time to think about your own boundaries and limits. When your friend sobers up, talk about your concerns to hopefully help them determine if additional professional help is needed.



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Membership Benefits

Membership has its advantages. Columbine West Civic Association is a Covenant Controlled Community. Your support is essential to our neighborhood's high standards. We hope you will continue your support for CWCA for just \$25 for the calendar year.

CWCA Membership Benefits -

Here are some of the benefits of being a member:

- FREE Swim Nights at Columbine West Pool
- Halloween Decorating Contest
- Holiday Lighting Contest
- Free teen services listings in monthly newsletter
- Discounted clean-up day (Dumpster Day)
- Free monthly newsletter hand delivered to doorstep
- Covenant monitoring and enforcement
- Representation of our neighborhood at public hearings regarding zoning, planning, development, safety and other local and county issues
- Ensure public area maintenance is completed by Jefferson County
- Sponsorship of Community Garage Sales
- Maintenance of CWCA entrances
- Opportunities to meet neighbors



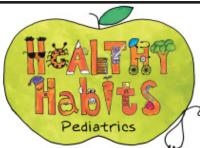




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One Minute Wellness... Home Exercises

Many people conjure up particular images when the word "exercise" comes up in conversation. We think of indoor sports, gymnasiums, outdoor sports and activities, weight lifting and so on. One thing that I have found helpful when trying to motivate myself to exercise is to tell myself that it would be a good idea for me to get to moving (and to get stronger). I once heard that "movement is life" and as a nurse of many years I saw that played out first hand. I have seen that inactivity due to illness, injury, life circumstances, sedentary jobs, depression or any number of other factors can and will lead to undesirable effects on the body and the mind. It's as if a part of you dies when you stop moving. Areas of the body and the mind become sluggish, lack circulation and just don't function after a while. Simply put, "the body was designed for movement". At one point in my career I worked with quadriplegics. They were not able to exercise on their own, so the medical team moved their bodies for them. This is a dramatic example of the importance of movement!

Movement should be designed for your individual body and life-style. Some people are able to go for a walk, some are not. Some people have back problems, knee problems, problems with their feet. Some people can scale mountains. Regardless of your ability there are ways to move and become active right where you are. Remember magazine articles, web sites and such do not apply to everyone equally, so avoid the quick fixes that they promote. That being said, I would like to offer a few options that can be done at home and if practiced consistently, can make a difference.

 Sit on the edge of a firm chair with feet apart. Stand up and sit down without stopping for as many times as you can. Rest and then try again. If this bothers your knees widen them apart with toes out. If it still bothers your knees, stop and try something different.

- 2. While sitting on the edge of a chair you can "march" your legs while moving your arms up and down in front of you or at your sides.
- 3. Stand with arms straight. Make small arm rotations in complete circles for as long as you can, first with arms in front then out to your sides.
- 4. Try standing and reaching as far down one side of your body towards your knees as you can and then come up. Repeat this a few times, then switch sides.
- 5. Try standing with your legs bent and reaching down towards your knees, going down and up a few times. Be sure to come up all the way. Eventually you will be reaching lower and may eventually be able to reach up overhead. In a short while you will be able to do more and more repetitions.
- 6. To strengthen your abdominal muscles, sit on the edge of a firm chair and lean your torso back just a little, then lift your legs off the ground and hold as long as you can.

Practicing simple movements several times a day can make a difference. Who know, you may end up liking it and becoming motivated to do more and more. Imagine that!

Marybeth Van Horn is a Personal Trainer, Registered Nurse, Exercise Therapist and Certified Specialist in Performance Nutrition. She has assisted hundreds of individuals in achieving their fitness goals. Feel free to call her cell phone 303-809-1134 with any questions you may have.

<u>UPDATES FROM</u> Your Columbine West <u>Resident</u> Agent

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7075 W. Fremont Pl.	bi-level	2,005 sq. ft. \$355,000
7604 W. Ontario Pl.	multi-level	2,307 sq. ft. \$389,900
7277 S. Allison Way	2 story	2,994 sq. ft. \$425,000

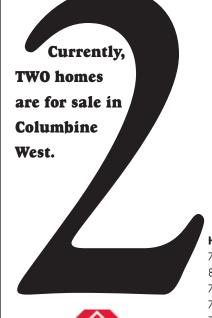
Homes Currently For Sale

7839 W. Portland Äve. tri-level 2,953 sq. ft. \$332,000 7635 W. Ontario Pl. bi-level 2,494 sq. ft. \$385,000

Homes Sold from Jan. 17th – Feb. 13th, 2016

6898 W. Frost Pl. tri-level 1,571 sq. ft. \$292,000 7569 W. Frost Dr. tri-level 2,651 sq. ft. \$320,000 7525 W. Ottawa Pl. multi-level 2,354 sq. ft. \$323,150

Based on information from IRES®, Inc. for the period 1/17/16 through 2/13/16. Sales are not necessarily those of E.R.A. Herman Group R.E.



Nextdoor.com

Nextdoor is the private social network for you, your neighbors and your community. Columbine West Civic Association will be posting information on Nextdoor.com to alert registered neighbors of upcoming events or community issues. 108 Jefferson County neighborhoods have already started Nextdoor websites. Please join the chat. Columbine West has now accumulated 400 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.

9 Health Fair

The 9HealthFair is coming again to Columbine United Church, 6375 S. Platte Canyon Road. The fair will be held Saturday April 9, 2016 from 7:00 to noon. The blood exams, Chemistry panel, PSA, Vitamin D, Hemoglobin A1C and Blood cell count are being offered. The blood tests and the Colon cancer screening test are the only items that will cost anything. All the other tests are free. Among the other tests offered are: Height, Weight and BMI, Vision checks, Oral exams, Breast, Skin and Stress exams, Pulmonary Function. There will also be informational areas on various health issues.

The 9HealthFair website, www.9HealthFair.org will be active February 1, 2016 for anyone to register for participating or volunteering. If there is anyone who is not familiar with the 9 Health Fair program; it has been running since 1980 sponsored by 9NEWS with the purpose of: promoting health awareness and encouraging individuals to assume responsibility for their health. Anyone who wants more information about 9HealthFair can check their website at www.9HealthFair.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

COMMUNITY SHREDDING EVENT



Saturday, May 14, 2016

Where: Bubble Bay Car Wash 6587 W Ottawa Ave., Littleton

Time: 10 am until 2 pm

Shredding will be limited to two file boxes per vehicle.



Rocky Mtn. E Waste will also be there for recycling electronic items.

There will be a small fee for batteries, televisions and

computers that need the data base drive wiped clean.





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A&M Lawn Service - Spring Specials! Lawn Aeration (\$35), Spring fertilization (\$35), Power Raking & Vacuuming (35-45), Sprinkler System Start-Up & Repairs (\$50), Weekly Mowing. Family owned. 303-791-5551.

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

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

Professional Move Managers. Moving to a smaller home, in with family or into a senior community? We organize, sort, downsize, and carefully pack and unpack everything for you. Call 303-562-1950 or visit **www.senior movesmadeeasy.com**

doTERRA: Learn to use essential oils for the health and wellness of your entire family from wellness advocate Amanda Baugher 303-523-2883. mydoterra.com/amandabaugher Amanda.doTERRAWA@outlook.com

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

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

COLORADO TREESCAPES licensed, certified, insured arborists. 17 years providing expert tree care: Removals, Pruning, Plant Health Care, Stump Grinding, Holiday Lighting. A+ BBB Rating. 303-770-4155, www.coloradotreescapes.com.

Housecleaning available. Dependable, trustworthy, hardworking, with great references. Call Rose 303-501-4042

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

Semi-Retired HVAC contractor looking to work closer to home is offering FREE system evaluations and No Trip Charges on any services 303 703-1130

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

Small Paint Jobs Only 303-738-9203

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

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

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

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.

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

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

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

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

Kiwanis Korner

Calendar of Events

April 9th: Health Fair

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 7:00 a.m. at: 4G's Restaurant 5950 S Platte Canyon Rd.; Littleton, CO. 80128 303-730-4650. 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.

February is Pet Dental Health Month

- * FREE professional dental exam
- * 15% off complete dental cleaning

& FREE DENTAL CHEWS for your pet's fresh breath and to control tartar accumulation for healthy teeth & gums VOTED (Good until 3/31/16, not valid with any other offer) "BEST OF

303-979-4040 Day/Night

"Oral care adds years!"

Columbine Animal Hospital & Emergency Clinic

5546 W. Canyon Trail • Off Platte Canyon Rd. in Columbine Hills

www.ColumbineAnimal.com



THE BEST

2011-2012

In Columbine West, Results Count?



Duffy & Associates, LLC Duane C. Duffy Cell: 303-229-5911 Email: duane@duanecduffy.com





METRO

www.duanecduffy.com

"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 February 16, 2016. Not all of the properties were listed and/or sold by Duffy & Associates, LLC.

Columbine West Statistics for February 2016

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	\$ 332,000	\$ 332,000	1
Bi-level	\$ 385,000	\$ 385,000	1

Current Homes UNDER CONTRACT in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 270,000	\$ 349,000	2
4-level	\$ 389,900	\$ 389,900	1
2-story	\$ 425,000	\$ 425,000	1
Tri-level	None	None	0
Bi-level	\$ 300 000	\$ 355,000	2

Homes SOLD in Columbine West (July 1, 2015 - Feb. 16, 2016)

	Lowest	Highest	How Many?	
Ranch Style	\$ 280,000	\$ 350,000	11	
4-level	\$ 240,000	\$ 368,000	10	
2-story	\$ 294,000	\$ 408,000	7	
Tri-level	\$ 273,000	\$ 368,500	8	
Bi-level	\$ 260,000	\$ 359,000	16	

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
Aleck C.	14	B*/L/S/	P 801-903-7797
Kayla G.	16	P	303-972-7895
Karissa G.	16	P	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
Emily W.	12	В	303-249-5806
Mackenzie	12	B/P	720-271-5449

Clothing Swap

Heritage United Methodist Church is hosting a free opportunity to exchange your clean, gently-used children's clothing for donated clothing from other families. Drop off your outgrown clothes at Heritage UMC (7077 S. Simms St. Littleton 80127) (next door to Chatfield Sr. High in the Ken Caryl area) on Fri., March 11 at 5-7 pm. The volunteers will "tag" your bag or box with your name. The next morning you find your bag or box and select "new" clothing to meet your families needs on Sat., March 12 at 9 to 10:30 am. All excess donated clothing will be given to a local charity. If you need any more information please contact the church at 303-979-8374 or go to HeritageUMC.church. Hope to see you there!

"In the spring, at the end of the day, you should smell like dirt."

—Margaret Atwood

CWCA Covenant Violation Repo	
Mail to: CWCA, P.O. Box 620026, Littleton, CO 8010	62
Description of alleged violation:	
I	
Violator's Address:	
\Box I would be willing to appear in court as a witness.	
Name:	
Address:Phon	ne:
All reports will remain confidential and you can send but we are unable to supply progress reports.	this in anonymously,

[&]quot;Everything you can imagine is real."
—Pablo Picasso