



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 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

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
Election of Officers/Board
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

*"Everyone wants to ride
with you in the limo,
but what you want
is someone who will take the
bus with you when
the limo breaks down."*

—Oprah Winfrey

April 2016

Vol. 38 No. 04 • Circulation: 1555

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



Garage Sale Is Scheduled For May 6th & 7th

Local Realtor and CWCA Vice President, John Basila, is once again sponsoring the Columbine West Community Garage Sale. If you'd like to be included on Maps and receive a directional sign, please register by Thursday May 5th. Sign up via email by sending your name, address and phone number to: CWCAtalk@gmail.com. You may also call the CWCA Voicemail at 303-904-8218. Maps will be provided and directional signs will be placed on main streets. If you have "leftovers", Shiloh House can arrange to pick up any donated household and clothing items. Columbine West supports the efforts of Shiloh House and the work they do with their young boys, who also help us during our community days.

Know Your School's Make-Up Day

Because of the snow day on Feb. 2, schools need to add an additional school day to make up for contact time lost. Many schools will now have a regular school day on May 6, which was originally scheduled as a teacher work day with no school for students. Some Jeffco schools had already planned May 6 as a regular day, so please be sure to check with your school for your make-up day.

Community Garden Entrance Clean-Up Day

Please mark your calendar for the first 2016 garden day, April 30th, 9 a.m. til noon. Plan on meeting at the Zephyr entrance off of Ken Caryl, the large garden lot with entrance sign. Many hands will make lite work. Tasks will include trimming back over growth, mulching and general garden duties for the Spring. If you can it is asked that you bring rakes and shovels. You can call or text the Lead at 303-886-9023. There will be a post on Nextdoor.com, which will have an attachment to a Google form for neighbors to sign up. If you cannot work, drop by and say hello. Thank you in advance for your time.

— Landscape Maintenance Group Lead

A Moment With The Board

The March 8th CWCA meeting of volunteers was at Dutch Creek Elementary, business was conducted as usual. A guest was present and asked about how Covenants could be changed. Currently Columbine West does not allow keeping chickens. Officers recommended that he start with the County since this currently seated Board/Officers has never investigated the process. The social platform of Nextdoor.com reminded residents about the no chicken covenant and has been updated with Covenant information. There has been additional conversation on Nextdoor.com from neighbors discussing the process towards potential changes, deletions or amendments. Annual elections will be at the May 10th meeting, with the slate of election candidates being set at the April 12th meeting. Remember to send in your membership dues for 2016. A newly formatted organizational structure will be implemented by the Officers/ Board members to help streamline volunteer duties within the association. 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 April 12th , 2016 at 7:00 p.m., Dutch Creek Elementary, second Tuesday of the Month.

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 Services	303-271-6620
Voting Information	303-271-8111

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

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 intend to provide any professional service or opinion through this publication.

Questions? Questions?

A homeowner emailed and asked a question regarding the legal enforceability of our Covenants in Columbine West.

The Covenants for Columbine West are enforced by the Columbine West Civic Association. Since we are not an "HOA", there is no state-required separate form for you to sign with regard to our Covenants. The Covenants are a part of your Deed, as filed with the County with each Filing and accepted by each subsequent owner upon transfer of the property. It is the Buyer's responsibility to do their due diligence during a property purchase. Typically, the Title Company will provide the covenant information during the Closing. Our Covenants are also available on our neighborhood websites, cwcatalk@gmail.com. Our entrance signs also display that we are a Covenant Protected Community. At the bottom of your Warranty Deed, is a statement regarding transfer of the property free of liens, etc., except for easements, covenants, restrictions, etc.. This is where a homeowner agrees to accept the property with its Covenants. In a few cases every year, CWCA has to seek court enforcement for unresolved violations. Although there are costs involved, they are recovered from the homeowner as part of the court's Judgment and final stipulation. Virtually every resident agrees to correct any violations in a timely manner. If you'd like further information or wish to discuss our Covenants, please feel free to attend our monthly Board of Director's meeting. We meet at Dutch Creek Elementary on the 2nd Tuesday of each month at 7:00 p.m.. In Summer (June-August) we meet at the Pavilion next to the Pool at 6:30 p.m..

—President CWCA

CWCA Elections in May

Elections will be held during the May 10th CWCA Board meeting. The positions of Pres., V.P., Treasurer & Secretary are one year tenure and are part of the annual election process. Those individuals looking toward Pres. & V.P. must have held a Board position to be considered for election. CWCA has (6) positions for Board Members, with three positions having alternating year elections. This year there are (3) Board positions that are coming up for election. These positions ask for a volunteer to make a (2) year commitment, attend monthly meetings and require that Board members reside in the neighborhood and be current paid members. Board members also have an opportunity to attend Co-Hope meetings on a rotational schedule. If you are interested in running for a Board position please contact the voicemail # 303-904-8218 and leave a message indicating your interest. You can also attend the April 12th CWCA meeting at Dutch Creek Elem. and request to be added to the slate for election. 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. You can also contact the CWCA by email at CWCAtalk@gmail.com.

Automated Voicemail Line

Columbine West pays for an automated phone message service that helps a community volunteer to direct calls to the correct individuals within the association. This service is NOT checked daily, but every other week. The voice mail is not in someone's home, but merely a service that we use. **CWCA membership dollars cover the cost of having this service available.** It is important that you as a caller leave a name and number, if you want a response, and to please speak clearly and repeat your information. If research is necessary, it may take a few days to get back with an answer. The voice mail line at 303-904-8218, has been a very helpful tool for the community. You can also contact the CWCA by email at CWCAtalk@gmail.com.

9HealthFair

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 a.m. to noon. Kids can get health fair benefits this year. For the first time, young people can receive free health screenings.

"We have held a 9 Health Fair every spring since 1999," said Peggy Sweet, chair. "We expect this expansion to be very successful." Children and teenagers up to age 18 can get free exams for vision, height and weight, hearing, asthma control, and blood pressure. Only adults, 18 or older, can have blood drawn. 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. Although the health fair is still several weeks away, now is the time to join the medical and non-medical volunteers who make it all happen at Columbine. The health fair's medical coordinator seeks

continued on page 4

TRUST YOUR ROOF TO A KEN-CARYL RESIDENT!

Free Estimates • Licensed • Insured
Shake | Tile | Composite | Repairs | Gutters

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

TILE ROOFS:

Golden Eagle 26,32, 47, 67, 70,73
Mule Deer 3, 6, 30, 31, 34, 39, 42, 43, 47,48
Lindenwood Lane 8, 10, 11, 12, 13, 14, 15, 18, 20, 24

COMPOSITE ROOFS:

Amaranth Drive 2, 21, 33, 38, 41, 43
Lindenwood Lane 2, 4, 6, 7,
Yellow Locust 4, 6, 7, 8, 9



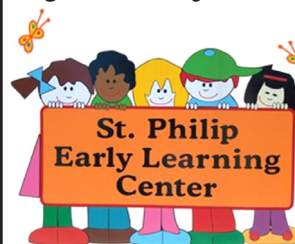
MountainRoofing.net
24 Lindenwood Lane
Littleton, CO 80127



Ken Caryl Valley Resident & Owner – Bruce Wank
"Call me. I've been roofing Ken-Caryl since 2004"

303.995.6433

**Looking for a 4 hour Parent's Day Out,
Preschool or Pre-Kindergarten Program
in your area for the 2016 - 2017 School Year?**



25th Annual Children's
Consignment Sale
April 14, 15 and 16

Visit our website at
www.StPhilipELC.org
or call 303-972-9774

A&M Lawn Service

Landscaping & Lawn Care Services

SPRING SPECIALS

- Sprinkler & Landscape Design & Installation
- Lawn Aeration (Average \$35, 5,000 sq. ft.)
- Power Raking & Vacuuming (Average \$85, 5,000 sq. ft.)
- Spring Fertilization (Average \$35-\$45)
- Sprinkler System Start-up & Repairs (From \$50-\$60)
- Weekly Mowing: **Sign Up For 4, Get 1 FREE!** (Average \$25-\$28)

Licensed & Insured • Family Owned & Operated
Serving Littleton and Jeffco for 37 years

303-791-5551

www.amlandscapingServices.com
amlandscaping@gmail.com

9 Health Fair, *continued from page 3*

volunteers with medical backgrounds or specialties, especially people who can do blood draws. To help, medical volunteers can send an email to: healthfair.cuc@gmail.com.

The Columbine United Church non-medical volunteer coordinator is also seeking people who can give just a half day to help. "No experience or special skill is needed," she said. "We are already hearing from previous volunteers who want to help again. We can match volunteers with jobs that they will enjoy. Also, 9 Health Fair

is offering every volunteer a 20 percent discount on all blood work." To volunteer or get more information, send an email to: healthfair.cucnonmed2@gmail.com. Or go to 9healthfair.org to volunteer. 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 Animal Hospital

& Emergency Clinic Est. 1972

Doctor present all nights, weekends & holidays
Dr. Lee Bregitzer & Associates
303-979-4040

Spring is Heartworm Season. Heartworm & internal parasite specials!

Your Answer to Quality Emergency & Routine Veterinary Services

Vaccinations • Medical • Dental • Geriatrics • Diet • Spay/Neuter
Grooming • Boarding • Surgical • 2nd Opinion • New Laser Surgical Center

Wednesday is "62+" Senior 15% Discount Day!
Regular Office Hours Only • Limited Offer

Sunday Hours: 11am-1:30pm 5546 W. Canyon Trail
Regular Office Hours: off Platte Canyon Rd.
Weekdays 7:30-12 / 2-6 in Columbine Hills
Saturday 8-12 www.columbineanimal.com

Get In The Habit of Good Health

Maintaining your health is a lifetime project. Stay in good shape and maintain a proper weight with these healthy habits:

- **Keep a food diary.** Record what you eat, how much, what time you ate, and why you ate it. This can help you detect trends affecting your weight, health, and mood.
- **Keep an activity diary.** Keep track of your exercise routine, as well as how much and how often you walk or engage in other physical activities. Try to add a little more exercise every week.
- **Prepare to exercise.** Get out your workout clothes at night before going to bed. This will remind you to exercise and eliminate one excuse for skipping it.
- **Shop smart.** Don't go to the grocery store when you're hungry or tired. Make a list of nutritious choices and stick to it, resisting the urge to grab high-calorie snacks as you wander through the aisles.

Nu-LOOK DRIVEWAYS

CONCRETE

Ready for a NEW Curb Appeal?

We are driveway repair and concrete replacement experts with 30 years of professional quality workmanship.

We can save you *lots of money* with our 5,000 psi concrete resurfacing overlay that is stronger than your existing concrete. Your driveway and other concrete areas will look like **Brand New Concrete** was just poured.

Call Today for a **FREE** no-obligation Bid
303 249-8506

Mention this advertisement for up to \$300 in discount savings!



Columbine Community Village

Nonprofit Group for Local Seniors 65+

Helps you stay in your own home & neighborhood
-- More independently and longer.

➤ **Our Goals – To Help Seniors:**

- 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.
- Delay your need for expensive senior housing, so you don't outlive your money.

Info Meetings - Member or Volunteer Interest

- **Saturday April 9, 1:30 – 2:30 pm**
- **Saturday May 7, 1:30 – 2:30 pm**

at Columbine Public Library
7706 W Bowles Ave, Littleton

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

Supported by Member Dues & Community Giving (IRS 501c3)

Home From The Front Lines: Plan A Happy Return

When a service member returns home from a long deployment, family members are usually called upon to deal with a complicated set of emotions: joy, relief, uncertainty, and even feelings of nervous and fear over how to act. From the Real Warriors website comes this advice for easing the transition and starting over fresh:

- **Be honest with yourself.** Feelings of anxiety about the homecoming are normal. Don't assume that you're a bad spouse because you're nervous about the event.
- **Keep things simple.** Plan for a quiet homecoming day. Keep your expectations reasonable, and don't overschedule reunion events. Throwing a big party the first night, for example, can create unwanted stress for everyone.
- **Expect some changes.** You may both feel out of sync after months or years of not seeing your spouse. Don't expect everything to be exactly the same as before. Give your relationship some time to adjust.
- **Talk with your spouse.** Don't dump all your emotions on him or her at once, but be honest about your feelings, and listen to what your husband or wife has to say. Be patient with each other.
- **Be flexible.** You've both gotten used to being on your own and making your own decisions after a long separation. Don't criticize each other, and respect your spouse's needs.



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 Operator (RATT), 1st Marine Air Wing, returned to Yuma, AZ.

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

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

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

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

UPDATES FROM Your Columbine West Resident Agent

Currently,
ONE home
is for sale in
Columbine
West.

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

**It would be my pleasure to answer any questions
you may have or to simply explore options.**

Georgianna Dirga

Broker Associate

ERA Herman Group, Real Estate

Cell: **303-579-0564**

georgiannadirga@aol.com



Homes Currently For Sale

7095 W. Fremont Pl. split level 1,587 sq. ft. \$310,000

Homes Sold from Feb. 17th – Mar. 18th, 2016

8179 W. Fremont Ave. bi-level 1,893 sq. ft. \$315,000

7075 W. Fremont Pl. bi-level 2,005 sq. ft. \$335,000

7412 S. Vance St. 1 story 2,194 sq. ft. \$340,000

7604 W. Ontario Pl. multi-level 2,304 sq. ft. \$386,900

Homes Currently Under Contract

7028 W. Roxbury Ave. 1 story 2,084 sq. ft. \$270,000

7839 W. Portland Ave. tri-level 2,953 sq. ft. \$332,000

6862 S. Zephyr Pl. tri-level 1,950 sq. ft. \$335,000

7835 W. Ontario Pl. bi-level 2,494 sq. ft. \$385,000

7570 W. Portland Ave. 2 story 2,758 sq. ft. \$390,000

6976 S. Ammons St. multi-level 3,075 sq. ft. \$414,500

7277 S. Allison Wy. 2 story 2,994 sq. ft. \$425,000



Based on information from IRES®, Inc. for the period 2/17/16 through 3/18/16. Sales are not necessarily those of E.R.A. Herman Group R.E.

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.

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

Sp. 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

One Minute Wellness... Restaurant Snags & Savy

A grilled chicken breast with a side of steamed veggies and a plain whole grain roll....sounds healthy, right? Beware! Most restaurant consumers don't realize the amount of hidden fat that is packed into one single night of eating out. I've got news for you, recent information shows that the grilled chicken breast you thought was low cal was likely rubbed with fat before the cooking even began and then it was cooked in butter or olive oil. And those delicious steamed veggies are absolutely cooked in one of the following; butter, olive oil, or even duck fat! Most restaurant veggies are cooked in 4 tablespoons of butter! That's an extra 45 grams of fat and 400 calories added to your seemingly low cal veggies. After all, FAT SELLS in the restaurant industry because fat produces flavor! Now let's talk about that whole grain roll. If it's toasted, it was most likely coated in grease to keep it from sticking while toasting and some restaurants even coat rolls/buns in mayonnaise to get a nice golden color. The bottom line is that you may have a choice in the matter. You can make sure it is clear to your server that you want your chicken and veggies broiled or grilled with absolutely no oil or butter. And if you choose to have a roll, always request that your roll/bun is toasted dry with no butter or oil.

Restaurant Tips... Restaurants also add fat to moisten food. Ordering low fat food does not always mean you will get a low fat meal. To get more information on your favorite restaurants check the internet before you go or ask for the nutritional guide when you get to the restaurant. During the summer season people tend to eat out more, so now is the perfect time to be reminded of this information. If you know you are going to be at a restaurant with unavoidable fatty foods you could at least have water, a protein shake and a fiber packet or fiber pill in the afternoon, before your evening meal. This will tame your cravings and control your fat intake. By the way, a glass of wine or a dinner roll will add another 200 calories (each) to your meal. Of course dessert can add another 500 to 1000 calories to your meal. And lastly late night eating at a restaurant is best followed by a nice long walk!



continued on page 7

Spring Pottery Sale



FRI, MAY 6 (9 a.m. – 7 p.m.)

SAT, MAY 7 (8 a.m. – 5 p.m.)

Free Admission

Ridge Recreation Center
(Lower Level)

6613 S. Ward St., Littleton

303-409-2312

www.ifoothills.org

Foothills
Park & Recreation District



Homegrown. Home proud.

Locally owned & locally operated. **Honestly.**

RECEIVE A
10%
DISCOUNT

Seasonal & early booking discounts available!

Valid on all interior and maintenance painting completed between November 1st and March 31st and all exterior painting booked before April 30th!

\$100
REFERRAL
REWARD!

Your referral is our highest compliment!

To show our sincere appreciation for your continued support, Littleton Painters is now offering a \$100 reward check for each exterior referral that hires us!

Interior/Exterior/Maintenance Painting & Wood Replacement
Specializing in South Denver, Littleton, Centennial, Highlands Ranch and surrounding neighborhoods.

LittletonPainters.com / (303) 794-2084

One Minute Wellness, *continued from page 6*

Otherwise you will be sleeping on the 1000 to 2000 calories you just ate!

Restaurant Ideas...At Red Robin a salmon, chicken or turkey burger wrapped in a crispy piece of lettuce hits the spot! Simple yet delicious! No fries with this one but once you drop the "french fry habit", steamed veggies taste "oh so good." Asked for substitutions and they will be most happy to accommodate you.

Red Lobster seemed like a good restaurant option, but we found that it was tricky to find things on the menu that were a good balance. Recently we couldn't find exactly what we wanted on the menu so we asked for the kitchen to broil some white fish without lemon-butter sauce and we ordered salad with balsamic vinegar on the side.

Panera Bread, Mod Market, Einstein's, Chipotle, McDonalds, all have salads and lower calorie options. Yet be aware of salad bars, because each ladle of dressing is a ladle of fat! Each avocado is about 4 fat servings. Bacon bits are a fat source. Most restaurants will accommodate any special request so be sure and have it your way!

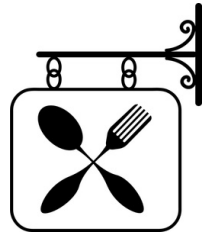
Once you have done your homework, eating out becomes a breeze and you know which restaurants have exactly what you want. No surprises.

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.

Save Your Cash When You Eat Out

Eating in restaurants can get expensive in a hurry. When you want to get out of the house but you don't want to spend a lot, try these tips to lower your tab:

- **Have a snack first.** Eat something healthy before you head out. Then order a smaller meal or an appetizer instead of a full dinner.
- **Skip the extras.** Don't have cocktails or order dessert. These can add up quickly. Have a glass of wine and your own dessert at home instead.
- **Go out for dessert only.** You can prepare an inexpensive yet romantic meal at home, then go out for ice cream or your favorite dessert afterward.



OB PAINTING INC.

CALL ROB : (303) 986-8198

\$300 off

Exterior or Interior Painting

American family owned.

20 years in business.

10% discount for cash.

Workmans Comp & Liability Insurance

Credit cards accepted

Special Thank You
for Veterans:

Additional
10% off

Multiple Home
Discount

COMMUNITY SHREDDING EVENT



Saturday, May 14, 2016, 10am-2pm

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

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.



All American
Records Management

www.aarmrecords.com

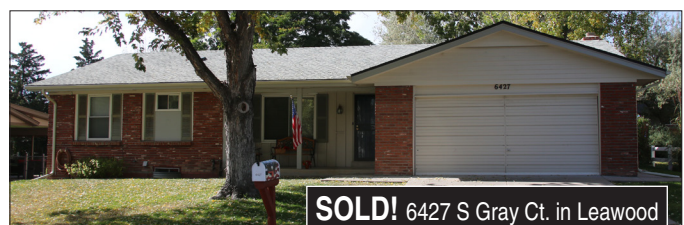


Lou Bissett

Equity Colorado Real Estate

303.921.5367

lou@loubissett.com



SOLD! 6427 S Gray Ct. in Leewood

Kiwanis Korner

Calendar of Events

April 2nd
April 9th
April 12th

Action Center
Health Fair
Arapahoe Philharmonic
Children's program (9 a.m. – 11:45a.m.)
Action Center
Colfax Marathon Water Station

May 6th
May 15th

Columbine Kiwanis is one of a few service organizations that is growing in memberships. In 2015 fiscal year we enthusiastically installed (6) new members. We have heard of other service organizations losing memberships or totally disbanding, yet our group is moving along stronger than ever due to the supportive community we live in. At our recent Rocky Mountain Kiwanis District's Mid-Winter Conference our group was recognized by Kiwanis International as one of only two "distinguished clubs" in the entire Rocky Mountain District for 2014-2015. One of our members also received a Heart of Kiwanis Award. Club member Dawn McEwen received the 2014-15 Award for "Action". Dawn steps up and volunteers in great ways and we are thrilled for her to be recognized.

The Kiwanis provided Easter Baskets filled with goodies to the young men at the Yarrow location of Shiloh House along with the funds for a complete Easter Dinner. Happy Easter everyone.

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.

Columbine Hills Preschool

Registration Information for the 2016/17 School Year

Columbine Hills Preschool (Jefferson County Public Schools) located at 6005 W. Canyon Ave. Littleton CO 80128 is accepting registrations for August, 2016 at the preschool. We offer two, and four-day programs of active learning in a developmentally appropriate environment for children ages 3 to 5. We offer 3hour sessions am or pm. Our program is guided by, The Colorado State Standards and is supported by the "Tools of the Mind Curriculum" which is endorsed by Jefferson County Schools. Colorado Preschool Program scholarships are available for those families who qualify. When you come to register, please bring a copy of your child's birth certificate and immunization record. You are welcome to visit any time.

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



**Columbine's Top Notch Real Estate
Services Provider**

Results you come to expect!

Time is Money, Save both with our proven system



Sold At Record Price In 1 Day

Call, Text, or Email today and be on your way....

The Front Range Real Estate Group

Joe Sena Direct: 303-885-3752
joe@joesenahomes.com

www.JoeSenaHomes.com



ALUMINUM WIRING can be DANGEROUS!

IS YOUR HOME WIRED SAFELY?

Most homes built between 1964 & 1974 contain aluminum wiring.

Did you know "homes wired with aluminum wiring are 55 times more likely to have one or more connections reach Fire Hazard Conditions"

—US Consumer Product Safety

Commission (CPSC) Pub #516

Your Safety Is Our Business!

Lic #6092 • Insured • Honest & Dependable
Serving all your electrical needs
with Local References!

We are fully licensed, insured and certified to permanently repair aluminum wiring and remove your fire hazard. Visit our Web site at www.alwirerepair.com to read about the hazards of aluminum wiring and the CPSC recommended COPALUM repair method.

Call today for your home wiring evaluation!

(720) 299-4706



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

Classified ads are \$3.00/line for 2016 (about 40 characters/line). Contact Colorado Lasertype at 303-979-7499 or getinfo@ColoradoLasertype.com to place an ad. To view our display ad prices, visit our website at www.ColoradoLasertype.com. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th.

Crystal Window & Blind Cleaning! Chandeliers & mirrors. Refs, 20 yrs exp. Feel good with clean windows. Call NOW-avoid the rush! Bill & Jerry 303-922-4655

MOBILE BIKE REPAIR. Bike Mechanic will come to you; NO DROP OFF NEEDED. BIKE TUNE UPS \$60. Call or Text Zach, 303-502-6000.

AERATION - \$35 most lawns. Mowing and fertilizing. Free estimates! 720-436-2871 or LawnServiceCenter.com

THERAPEUTIC MASSAGE 60 min \$49, 6638 W. Ottawa Ave. Littleton. Irina Stecki, LMT, call 303-870-2749 or go to www.Irina.MassageTherapy.com

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

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.seniormovesmadeeasy.com

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

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.doTERRA@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.coloradotreespaces.com.

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

House & Carpet Cleaning Services: 3/292-0115

Small Paint Jobs Only 303-738-9203

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.

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

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.



We are a full service firm concerned about our clients' financial success—both personally and business. Our primary goal is centered around strengthening relationships through first class service. Our office is in the heart of South Jefferson County, but our relationships are worldwide. Our fees are designed to be competitive, and we will donate a portion to your local school of choice. Contact us for a free, confidential consultation.

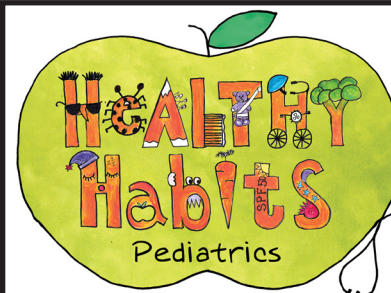
- Individual tax
- Subchapter S Corporation
- Limited Liability Company
- Partnership
- Independent Contractor—1099 reporting
- Entity tax treatment selection
- Tax representation
- Audit

9200 W Cross Dr
Suite 306
Littleton, CO 80123

Scan to
download
my virtual
business
card



OFFICE 303.763.1874
FAX 303.763.1875



**Health Care for the
Habit Forming Years**

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

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

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

In Columbine West, Results Count!



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



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 March 17, 2016.

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

Columbine West Statistics for March 2016

Current Homes **FOR SALE** in Columbine West

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

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 270,000	\$ 270,000	1
4-level	\$ 414,900	\$ 414,900	1
2-story	\$ 425,000	\$ 425,000	1
Tri-level	\$ 332,000	\$ 335,000	2
Bi-level	\$ 385,000	\$ 385,000	1

Homes **SOLD** in Columbine West (July 1, 2015 – Mar. 17, 2016)

	Lowest	Highest	How Many?
Ranch Style	\$ 280,000	\$ 350,000	12
4-level	\$ 240,000	\$ 386,900	11
2-story	\$ 294,000	\$ 408,000	7
Tri-level	\$ 273,000	\$ 368,500	8
Bi-level	\$ 260,000	\$ 359,000	18

*“Success is getting what you want.
 Happiness is wanting what you get.”*

—Dale Carnegie

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
Jordan L.	14	P	720-206-5068
Rhianna L.	14	B*/P	303-483-3935
Rhianna S.	14	B*/P	303-972-7730
Emily W.	12	B	303-249-5806
Mackenzie	12	B/P	720-271-5449

Make New Friends All Through Your Life

Building friendships and creating thriving social circles is a key component of good health throughout your entire life. From Mayo Clinic’s HealthQuest newsletter come these suggestions for making new friends no matter how old you are:

- Take your pet for walks. Make conversation with folks who stop to chat.
- Join a hobby group.
- Volunteer in community groups or at a hospital, church, or school.
- Take a course at your local community college.
- Shape up while meeting new people in an exercise class.
- Get active in a social cause or goal.
- Go out to lunch with a work or social acquaintance at least once a month.
- Ask a small favor of a neighbor or co-worker, and do the same for him or her.
- Volunteer to usher at your local community theater.

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: _____

E-Mail Address: _____