



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

Yard of the Month Starts:

(have a favorite yard? Nominate it)

CWCAtalk@gmail.com

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

FREE Swim Night: June 17th

Columbine West Pool 6-8pm

Dumpster Day: June 18th

(Tentative pending Chairperson)

Church For All Nations

Father's Day: June 19th

1st Day of Summer: June 20th

FREE Swim Night: July 9th

Columbine West Pool 6-8pm

CWCA Monthly Mtg: July 12th

6:30pm, Pool Pavillion

FREE Swim Night: July 30th

Columbine West Pool 6-8pm

CWCA Monthly Mtg: August 9th

6:30pm, Pool Pavillion

CWCA Monthly Mtg: Sept. 13th

Dutch Creek Elementary 7pm

CWCA Monthly Mtg: Oct. 11th

Dutch Creek Elementary 7pm

May 2016

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

Dumpster Day Canceled/Postponed

Many neighbors have had the opportunity to participate the last 7 years in a very popular community event, Dumpster Day. This year we have been unable to secure a volunteer chairperson to spearhead the event. The past chairperson has a detailed file including vendors names and phone numbers, along with all the planning tips and tricks, it is a turn key volunteer position. Dumpster Day was scheduled for Saturday, June 18th from 8-noon. If we could get a volunteer to coordinate, the event could potentially go as planned or be rescheduled for another month, maybe August. It has been reported many times, there are limited hands and limited time available by the small dedicated group of volunteers, currently serving CWCA. We regret considering canceling the event, but felt it was important to inform neighbors about the current situation and give everyone who was planning to attend and dispose of items the time to make other arrangements. If anyone would like to spearhead this event, please email us at CWCAtalk@gmail.com. Information has been shared on Nextdoor.com also, you can contact columbinerealtor@gmail.com. Remember that there is a free community document shredding event scheduled for Saturday, May 14, from 10-2 at the Bubble Bay Car Wash near Front Range Christian School. They will also take televisions and computers for a small fee.

Voices From the Past, CW Newsletter 1985

The May 23 CWCA meeting is an important one for the future direction of this Association. The election of new Officers and three Board members will ensure new blood and certain enthusiasm for the activities of the coming year. Positions open are President, Vice President, Treasurer, Recording Secretary and Corresponding Secretary, along with the three Board positions. Every one of these positions is vital to the operation and furtherance of CWCA. The Association serves as a central point for collection and dispersal of civic duties, ideas, complaints, covenant enforcement and action as county liaison. All of these actions, though they may seem small to many, help our neighborhood in a larger sense to be a little better than before. And, it doesn't take too much time or effort, when the Association Officers and Board are enthusiastic in their duties.

Do come to the May 23 meeting to nominate friends and neighbors, or yourself. Volunteering is a great way to get input in the Association. You are definitely needed in CWCA. Sitting back and letting the other guy do it will ensure only one thing - it will get done the other guy's way. Our lifestyle and home values within Columbine West are protected by your participation.

Several people have already been nominated for positions at our last meeting. Attend the May 23 meeting to nominate and elect the leaders of Columbine West Civic Association. It is your Association - support and participate now. How important this Association is to you will predict its future success. Without CWCA we as residents of Columbine West have no collective voice at all. Be heard and seen - May 23rd!

Please attend this important neighborhood meeting.

Editors Note: Recently we were looking at some old newsletter articles, the one to follow is timely. Our Elections are May 10th not the 23rd. We will highlight other articles throughout the year.

A Moment With The Board

The April 12th CWCA meeting of volunteers was at Dutch Creek Elementary, business was not conducted as usual for the first 45 minutes of the meeting. There were about 35 residents in attendance with questions concerning a garage structure being constructed on S Zephyr. Questions were about covenants, enforcement and zoning allowances. The ACC Liason spoke to the homeowners on application processes and approvals. Some asked why the ACC Committee volunteers were not published like the rest of the Board /Officers. The committee names are not published for security reasons, past history has had some members being harrassed for writing up violations. Nextdoor Lead spoke to community members about recent behavior on the Nextdoor site, informed them that postings that are in direct disregard of the Guidelines will be removed. Guidelines will begin being posted in the newsletter under Nextdoor header. Community members would like to see more association news being shared in the newsletter. The Board is currently discussing that. Annual elections will be at the May 10th meeting. The slate of officers is currently, Pres. - Gary McCombs, V.Pres. - John Basila, Treasurer - Cindy Coats & Secretary - OPEN. There are (2) Board Members, Kathi Waite, Ken Sweet running for re-election and one position OPEN to fill, which have a 2 year term commitment. If you are interested in volunteering some time, joining the Board or Secretary position, please contact CWCA. 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. We look forward to hearing from the community. Residents are encouraged to attend any monthly meeting. The next one is May 10th, 2016 at 7:00 p.m., Dutch Creek Elementary, second Tuesday of the Month.

CWCA Elections in May

Elections will be held during the May 12th CWCA Board meeting. The 2015 CWCA Slate of Officers, Pres.: Gary McCombs, V.P.: John Basila, Treasurer: Cindy Coats, and Secretary: OPEN. Board Positions; Kathi Waite, Ken Sweet & OPEN. 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 at 303-904-8218 and leave a message indicating your interest. 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.

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

~Author Unknown

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, ncmcombs@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
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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 #: _____

One Minute Wellness...Tracking

The words "journal" and "journey" are derived from the same root, the French word, "jour," which means "day." The original function of a journal is to record day-to-day living including personal commentary and reflections, feelings, and ideas.

Wikipedia says: A diary (journal or notebook) is a record of what has happened over the course of a day or a period. Personal diaries are normally intended to remain private or to have a limited circulation amongst friends or relatives. The word "journal" may be used for "diary," but generally a diary has daily entries, whereas journal-writing can be less frequent. A diary or journal is generally written with the intention of not being published as it stands, but for the author's own use.

Whether it be journaling your thoughts or keeping a tracker, you will find that when you track things you find out more about yourself!

In today's world we have electronic trackers and all kinds of "Apps" to aid us. Some people like these methods. Some of us actually like keeping an old fashion handwritten notebook or calendar.

It has been proven over and over that tracking is a necessary component of any goal. There are many possibilities for tracking through mapping, pictures, listing, or square boxes. Regardless of the method, data tracking does not have to be a laborious exercise in discipline; it can be a wonderful tool for tracking accomplishments! It is a nice way to see the whole process, the journey.

So, grab a piece of paper, find a notebook, get a pen, open the app or do whatever you can do to make a start towards a new goal regarding your wellness. It may be that you wish to lose weight, or gain weight or start exercising. You may want to finally start eating nutritionally. You may have a goal to get off medication and to find natural solutions. You may want to sleep better. Whatever it is that you wish to accomplish, it is time to move forward. Tomorrow is not the time. NOW is the time.

Take a moment to write out or even to just jot down what you wish to achieve. Identify why you want this. Write down how bad things will get if you never address this. Then write down all the rewards and pleasure you will experience if you just take care of this one thing and work toward this one goal. Write out the steps to your goal. Take action! Today take one single step from your "Steps" list. Write and track one day at a time what you are doing each day towards achieving that goal.

You will find that it is as if you had a magic power because you will begin to manifest this in a wonderful way. No more beating yourself up for what you haven't done, how you have failed. This is about success. I invite you to write your success journal! I'd love to hear what you've achieved over the next few weeks. The final goal may take a while but each few weeks you will have mini goals that are achieved along the way!

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.



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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. Columbine West Civic Association will be posting information on Nextdoor.com to alert registered neighbors to upcoming events or community issues. Guideline Update: Treat everyone with respect

1. What do you mean by personal attacks?

It's OK to disagree with someone on Nextdoor. In fact, one of the purposes of Nextdoor is to provide a venue where neighbors can discuss important local issues -- and that will inevitably lead to some disagreements. But when you disagree, it's critical that the discussion remain civil and neighborly on Nextdoor, which means expressing disagreement with the person's position or actions rather than attacking their character or calling them names. For example, describing someone as "dishonest" or a "liar" is never appropriate on Nextdoor,

even if you believe it to be true. Instead, describe what the person did (assuming it's relevant to the neighborhood and not simply a personal dispute), but let others draw their own conclusions as to what it means about someone's character more generally.

Interpreting the Guidelines

16. Who decides how these Guidelines should be interpreted for the neighborhood?

Nextdoor Leads are tasked with applying these Guidelines to their neighborhood. If you have concerns that the Leads of your neighborhood are interpreting these Guidelines wrongly or inconsistently, send the Leads a private message to try and resolve your concerns. If you are unable to do so, then contact Nextdoor Support. Note that it is always considered wrong to complain about how Nextdoor is being run or why a message was flagged or removed on the main newsfeed. But if you wish to discuss these issues with your neighbors, it is considered appropriate to create a group for this purpose so that other members who are interested can join in a discussion of the standards of behavior for Nextdoor in your neighborhood. Please join the chat. Columbine West has now surpassed 425 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.



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TILE ROOFS:
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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:
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Lindenwood Lane 2, 4, 6, 7,
Yellow Locust 4, 6, 7, 8, 9



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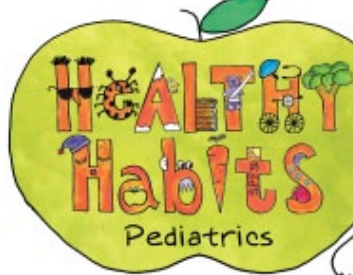
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Understanding Adverse Food Reactions

The three main types of adverse food reactions include: allergies, intolerances, and sensitivities. It is critical to understand the differences between each reaction and to learn the methods to determine if your body is affected from them.



A food allergy is a reaction that occurs when the immune system overreacts to a specific food. The immune system produces IgE antibodies to protect the body. Symptoms can range in severity and may appear immediately. A serious allergic reaction called anaphylaxis is life threatening and requires immediate medical treatment. Allergic reactions may affect the skin, mouth, eyes, lungs, and GI tract. Symptoms can include: a rash, hives, wheezing, and swelling. A skin test or a blood test can indicate whether IgE antibodies are present.

A food intolerance is non-IgE mediated and refers to difficulty in digesting certain foods. Food intolerances are generally caused from an absence of enzymes. The onset of symptoms may be delayed and last hours after consuming the trouble food. Symptoms can include: headaches, migraines, runny nose, and stomach issues. A hydrogen breath test or a blood test determines lactose intolerance. A guided elimination program can help to identify trigger foods.

A food sensitivity is a non-IgE immune cell response, which leads to inflammation in the body. The symptoms are delayed and can take anywhere from thirty minutes to two days to show up in the body. Identifying the specific food can be difficult with delayed reactions. Symptoms can include: bloating, gas, diarrhea, heartburn, joint pain, brain fog, and fatigue. A clinical blood test called ALCAT measures your white blood cells inflammatory response to specific foods. A guided elimination program can also help to identify food sensitivities.

Columbine West Resident, Jessica Lee Paulos, Certified Master Nutrition Therapist. Call 720-979-8844 or email jessica@vitalizedbody.com to schedule a complimentary consultation.

"Families are like fudge—mostly sweet with a few nuts."

—Unknown

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

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Columbine West Military Members

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

— Walter Lippmann

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

Pet Care Advice

The weather is finally warming up. Mosquitoes will start making their appearance soon which means heart worm season is upon us. Yet many Coloradans are uninformed about heart worms and are unaware that their dogs need to be on heart worm prevention. Heart worms are a parasitic roundworm transmitted by infected mosquitoes. Heart worms are dangerous, possibly fatal and costly to treat. The treatment is also potentially dangerous. Luckily preventing heart worms is easy and affordable. While Colorado sees far fewer heart worm positive cases per year than warmer, wetter states like Texas & Louisiana, the number of cases in our state has been steadily rising. The current recommendation from the American Heart worm Association is that dogs living in Colorado should be on heart worm prevention medication year round. From the time that your pooch is bitten by an infected mosquito it takes 6 months for this parasite to develop into a reproducing adult infecting the heart. If a dog has been off of heart worm prevention medication for 6 months or more then the dog should be tested prior to starting prevention. Administering prevention medication to a dog that is heart worm positive is potentially dangerous for that animal. Many heart worm prevention medications also have the added benefit of protecting dogs from intestinal parasites. Intestinal parasites are obviously bad for your pet but these parasites are also zoonotic and can be passed to people. This is a particular risk for children as they tend to not be as thorough about hand washing as we would like. So the monthly de-worming for dogs is a matter of public health as well. Heart worm prevention medication is sensitive to temperature & light. If you are out running errands when you pick up your dog's medication, make sure you don't leave it in a hot car if you are not going straight home. With today's smart-phones it's easy to set up a monthly reminder to give your dog his heart worm pill. Talk to your Veterinarian about heart worm prevention today. More information can be found at Heartwormsociety.org



— CW Resident, Hilary Herron, Veterinary Technician

UPDATES FROM

Your Columbine West Resident Agent

Currently,
four homes are
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.	\$300,000
6864 S. Webster St.	multi-level	2,284 sq. ft.	\$349,900
6976 S. Ammons St.	2 story	3,075 sq. ft.	\$425,000
8221 W. Portland Ave.	2 story	3,331 sq. ft.	\$449,000

Homes Currently Under Contract

8072 W. Quarto Dr.	multi-level	2,084 sq. ft.	\$339,900
7604 W. Quarto Ave.	bi-level	1,935 sq. ft.	\$339,000
7635 W. Ontario Pl.	bi-level	2,494 sq. ft.	\$385,000

Homes Sold from Mar. 16th – Apr. 16th, 2016

7028 W. Roxbury Ave.	1 story	2,084 sq. ft.	\$274,000
7839 W. Portland Ave.	tri-level	2,953 sq. ft.	\$332,000
7570 W. Portland Ave.	2 story	2,758 sq. ft.	\$379,000
7570 W. Portland Ave.	2 story	2,758 sq. ft.	\$390,000
7277 S. Allison Way	2 story	2,994 sq. ft.	\$425,000



Based on information from IRES®, Inc. for the period 3/16/16 through 4/16/16. Sales are not necessarily those of E.R.A. Herman Group R.E.

Kiwanis Korner

Calendar of Events

May 6th	Action Center
May 7th	Action Center
May 13th	Arapahoe Philharmonic
May 14th	Bessie's Hope 5K Run
May 15th	Colfax Marathon Water Station
May 26?, 27? or 31st?	Linseed Oil Party - Head Start School
May 15th	Colfax Marathon Water Station

Are you ready for Kiwanis' next 100 years? Even as we celebrate a rich century of service and fellowship, we must plan now to ensure that Kiwanis — and most important, the children and communities we serve — flourish long into the future. That's why we're introducing the Kiwanis I-Plan, our strategic plan. Kiwanis inspires and engages men, women, youth, corporations, other nonprofits, partners and communities to make the world a better place for children to thrive. Belonging to Kiwanis means being part of a massive force for positive change in the world. Kiwanis is best expressed through meaningful service in communities around the world. When we work together and with other organizations to address important needs for children, we

change lives, build stronger communities and even improve our own lives. Kiwanians are the most effective "advertisements" for Kiwanis. We represent our image in living color, wear our brand and share our message with the world. That's why it's important for our many Kiwanis voices to "sing from the same songbook" when it comes to brand guidelines and messaging. That's also why it's important to empower members and clubs worldwide with the training and tools they need to share Kiwanis' story as one, unified voice. Our vision:

Kiwanis will be a positive influence in communities worldwide...so that one day, all children will wake up in communities that believe in them, nurture them and provide the support they need to thrive.

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 website at www.columbinekiwanis.org.



Outdoor Pools Opening Soon!

Columbine West • 303-978-9300
Open: JUN 4 – AUG 14

Deer Creek • 720-981-8393
Open: MAY 28 – AUG 14

6TH Avenue West • 303-278-1000
Open: JUN 4 – AUG 14

Weaver Hollow • 720-981-3108
Open: MAY 28 – AUG 21

Indoor Pools Open All Year

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Lilley Gulch Recreation Center • 303-409-2500

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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.

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Planning & Zoning Hearing Scheduled

Case Type: Rezoning

Case Number: 16-103191RZ

Case Name: Mountain Bell Columbine Complex II ODP Amd 1

Where: 7322 S Carr Street

General Location: South Carr Street
and West Ken-Caryl Avenue

Case Manager: Heather Guthersless,
303-271-8716, hguthersl@jeffco.us

Purpose: Rezone from Planned Development (PD)
to Planned Development (PD) to allow two
additional buildings to an existing mini storage facility.

Planning Commission: Wednesday, May 11, 2016 at 6:15 p.m.

Board of County Commissioners:

Tuesday, May 31, 2016 at 8:00 a.m.

Public Testimony will be taken at these Hearings.

Location of Hearings: 100 Jefferson County Pkwy.,
Administration and Courts Building, Golden Colorado

Documents for this case can be accessed
through the Planning & Zoning website:
<http://jeffco.us/planning-and-zoning/active-cases/>
or by contacting the case manager.

Advice On Money From Millionaires & Their Advisors

What do millionaires know about money that the rest of us don't? The U.S. News & World Report website has uncovered some of the secrets that skilled financial managers give their top clients. Keep these tips in mind as you seek your fortune:

- Get in the savings habit. Put away a little money every payday. As soon as it becomes a habit, you'll be able to start building your capital.
- Invest wisely. Make your money work for you by investing in businesses—your own, or someone else's.
- Maintain an emergency fund. This is familiar advice, but always valid, especially if you're self-employed. While you're at it, set up a fund for medical emergencies as well.
- Review your finances regularly. Sit down with a financial planner at least once a year to make sure you're on the right track in terms of expenses, revenue, taxes, and the like.
- Don't lend money. Be firm. Lending money is risky, both to your finances and your friendships.
- Understand why you spend. Examine your spending habits so you can get a better handle on what you're buying and why. You'll make better decisions and make fewer impulsive purchases that aren't worthwhile.

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.

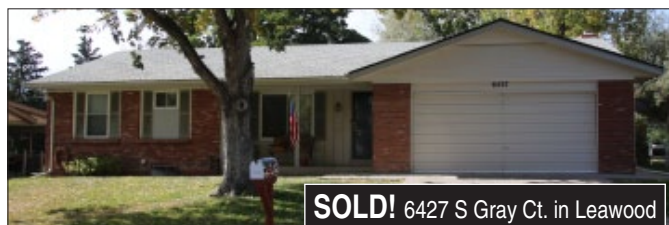
There will be a small fee for batteries, televisions and
computers that need the data base drive wiped clean.



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lou@loubissett.com



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.

TIME TO CATCH UP! K-12 TUTOR. 20+ years experience with high success. (Reading, Math, Writing) Diane 303-971-0533.

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

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

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

Small Paint Jobs Only 303-738-9203

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.

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

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. Leawood 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.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.

COLORADO TREESCAPES licensed, certified, insured arborists. 18 years providing expert tree care: Removals, Pruning, Plant Health Care, Stump Grinding, Holiday Lighting. A+ BBB Rating. 303-770-4155, www.coloradotreescapes.com.

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

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.

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

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.

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.

Give Mom Something Different This Mother's Day

Doesn't your mother deserve more than a generic greeting card on Mother's Day? Here are some ideas for a personal, thoughtful gift she'll treasure:

- **A photo album.** Fill it with photos that mean something to her: pictures of your family, pets, and places you've lived, as well as quotations, ticket stubs, post cards, etc.
- **A tribute video.** It doesn't have to be long or involved. Use your digital camera to record a sincere message. If you have the resources, mix in a montage of photos or her favorite songs.
- **A special class.** Enroll her in a seminar on something she loves or has always wanted to do but has never taken the time to pursue. Do some research so it's a really good fit. Give a gift that goes along with it: A sketchpad if you're signing her up for an art class, for example.



Mother's Day: A Short History

The second Sunday in May was officially proclaimed "Mother's Day" by President Woodrow Wilson in 1914. But it had a long history before then. In the 19th century, Anna Reeves Jarvis organized Mother's Work Day to heighten awareness of local sanitation issues in her home state of West Virginia, and then expanded her efforts to improve health and sanitation during the Civil War. Julia Ward Howe (who wrote the words to "The Battle Hymn of the Republic") promoted a "Mother's Day for Peace" in 1872.

On May 9, 1905, Anna Reeve Jarvis's daughter, Anna Marie Jarvis, privately commemorated her mother's death two years before. Then, in 1908, Jarvis organized a larger celebration of motherhood at her church in Grafton, West Virginia, with more than 400 children and their mothers participating. After that, Jarvis began working for a national day of recognition for mothers. West Virginia recognized Mother's Day first, in 1912, followed by Wilson's proclamation in 1914.

Ironically, the younger Jarvis never had any children of her own.

In Columbine West, Results Count!



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Duane C. Duffy
 Cell: 303-229-5911
 Email: duane@duanecduffy.com



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- 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 April 18, 2016.

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

Columbine West Statistics for April 2016

Current Homes **FOR SALE** in Columbine West

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

Current Homes **UNDER CONTRACT** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
4-level	\$ 339,900	\$ 339,900	1
2-story	\$ 339,500	\$ 449,000	3
Tri-level	\$ 335,000	\$ 335,000	1
Bi-level	\$ 314,900	\$ 385,000	5

Homes **SOLD** in Columbine West (July 1, 2015 – Apr. 18, 2016)

	Lowest	Highest	How Many?
Ranch Style	\$ 274,000	\$ 350,000	13
4-level	\$ 240,000	\$ 386,900	11
2-story	\$ 294,000	\$ 425,000	8
Tri-level	\$ 273,000	\$ 368,500	9
Bi-level	\$ 260,000	\$ 359,000	18

“The thing about family disasters is that you never have to wait long before the next one puts the previous one into perspective.”

—Robert Brault

“Do not sit still; start moving now. In the beginning, you may not go in the direction you want, but as long as you are moving, you are creating alternatives and possibilities.”

—Rodolfo Costa

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
Danielle F.	15	B/P	720-955-5024
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
Cassie P.	15	B*	720-550-8970
Rhianna S.	14	B*/P	303-972-7730
Emily W.	12	B	303-249-5806
Mackenzie	12	B/P	720-271-5449

Teen Services Updates in August

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

— Colorado Lasertype

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: _____