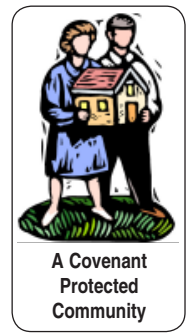




Columbine West Civic Association Newsletter



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: June 14th
6:30 p.m., Pool Pavillion

FREE Swim Night: June 17th
Columbine West Pool 6-8pm

Dumpster Day: June 18th
Church For All Nations

Father's Day: June 19th

1st Day of Summer: June 20th

FREE Swim Night: July 9th, 6-8pm
Columbine West Pool,
7046 S Webster St.

CWCA Monthly Mtg: July 12th
6:30pm, Pool Pavillion

FREE Swim Night: July 30th, 6-8pm
Columbine West Pool,
7046 S Webster St.

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

CWCA Monthly Mtg: Nov. 8th
Dutch Creek Elem, 7pm

CWCA Monthly Mtg: Dec. 13th
Dutch Creek Elem, 7pm

June 2016

Vol. 38 No. 06 • Circulation: 1555

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

CWCA Dumpster Day

When: Saturday June 18th, 8 a.m. until 12 noon

Where: Church for All Nations, 6500 W. Coal Mine Ave.

Event entrance is from Marshall St. only.

Cost: FREE if membership dues (check or paypal) received by Monday, June 13th

***** \$35 for those who pay the day of the event *****

Cash or Check Only – No credit cards accepted.

Event is open to Columbine West residents only. Participants must have a picture ID with valid Columbine West address or proof of address from a current Xcel bill.

Food donations of canned goods and non-perishables will benefit the Open Arms Food Bank which serves the Columbine area, so be as generous as possible.



continued on page 2

South Jeffco Sheriff Will Attend CWCA Meeting



Some residents at the CWCA meeting in May asked if it was possible to schedule a Jeffco Deputy to attend our scheduled June meeting. We are happy to report we will have representation from the Sheriffs office on June 14th, 6:30-8:30 at the pool pavillion at 7046 S Webster St. Homeowners who would like to discuss or get more information on the following: Possible drug house in the neighborhood, increase in drug use in the neighborhood and surrounding areas, registered sex offenders living very near an elementary school, speeding in the neighborhood, possible addition of speed dips in place of speed bumps and recent vandalism (paint balls, etc) in our neighborhood. Please plan on attending and bring questions you may also have for our dedicated JCSO.

FREE Swim Night & Concessions

Last year we had many families comment on the availability of FREE Swim evenings supported by CWCA membership dollars. This year we have scheduled (3) nights again and will also have concessions available. Neighborhood resident, Kris Lomanoco (Ms Kikki), will have an assortment of snacks and goodies to choose from. There will be hot dogs for \$2 w/ chips and drink, grilled chicken bites in a roll for \$4 w/ chips and soda. Also ice cream sandwiches \$1.50, ring pops for \$.75 and assorted candy bars \$1.00. Plan on dropping by the pool, hang out with family and friends for 2 hours and bring your appetite. The dates are Friday, June 17th, Saturday, July 9th & Saturday, July 30th, all of them 6 p.m. – 8 p.m. Cannon ball.



A Moment With The Board

The May 10th CWCA meeting of volunteers was at Dutch Creek Elementary, there was approximately 30 residents in attendance for the second month in a row. Thank you all for taking the time to attend and share your thoughts. Some neighbors are researching how to potentially address changes to the covenants and brought info to the meeting. Thank you Doug Penner for your time spent in researching and talking with neighboring communities. A concerned neighbor spoke about some suspicious activities, reported drug sales and police presence in Columbine West. Some other neighbors are concerned about speeding and speed mitigation, speed bumps and more signage. The monthly agenda covered all upcoming events including Community Garden Day, Free swim nights, Yard of the Month, Dumpster Day & National Night Out. We recapped the garage sale too. Lastly, elections took place and all Board /Officer positions are filled, for the first time in roughly 5 years. Congratulations to our (2) newest Board members, Bob Beers & Dave Romero. Great to see more residents volunteering. A newly formatted organizational structure has been 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 June 14th, 2016 at 6:30 p.m., Columbine West pool pavillion, second Tuesday of the Month.

"Sometimes it takes a good fall to really know where you stand."

—Hayley Williams

Dumpster Day, *continued from front page*

Please note some changes to the offered services. There will be NO Shredding available. There will be NO Electronic recycling available. CWCA membership is currently down this year and combined with increased trash costs, this means we can not offer the same level of service as in past years. There will be (2) trash trucks that will alternate dumps and give us potentially 4 loads of trash. There will be at least (1) metal dumpster, maybe (2) to accommodate all the metal waste to recycle. Remember from years past, we CANNOT accept concrete, paint, oil, batteries or other hazardous materials. Please no mattresses or hot tubs this year. We want to help all those who want to dump. **You can make as many trips as necessary within the 4-hour event. Volunteers will be on hand to help you unload. If you would like to volunteer, please call the voice mail line 303-904-8218 and leave your name and number. It's a great event. We look forward to seeing you there.** The association strives to see our community defined by a sense of shared ownership and collective responsibility.

Columbine West Civic Association

303-904-8218

neighborhoodlink.com/Columbine_West

Officers

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

Treasurer, Cindy Coats; **Secretary,** Kelly Fiedler

Board Members: K. Waite, K. Sweet, S. Stevens,
B. Beers & D. Romero, D. Mullins

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
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.

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 #: _____



Community Garden Day: Mulch Madness

April 30th was the original date to spruce up the entrance at Zephyr/Ken Caryl. You might remember, we had a rather soggy day followed by a few inches of snow. The date was rescheduled to May 14th and we once again had a cool, cloudy day, but no snow. The entrance is complete and looks wonderful. A big thanks to the 20 neighbors who came and moved/spread 30 yards of mulch, mowed, and trimmed vegetation. Thank you also to the neighbors who donated pizza, water, and brownies. Thanks for being great neighbors.

— Mychele Smith, Landscape Maintenance Lead



Foothills 2016 Entertainment Series FREE at Clement Park !

Corner of Bowles & Pierce in Littleton

A series of grant funded concerts & theatre performances that are free, open to the public and family friendly!

June

- **THU, JUN 2 (7 – 8:30 p.m.)**
Potcheen – Celtic Rock
- **THU, JUN 9 (7 – 8:30 p.m.)**
Moors & McCumber – Folk Duo
- **THU, JUN 16 (7 – 8:30 p.m.)**
Rebecca Folsom – Americana Songstress
- **THU, JUN 23 (7 – 8:30 p.m.)**
Crystal Swing Band – Big Band Swing

July

- **FRI, JUL 1 (5 – 10 p.m.)**
Red, White & YOU – featuring Wash Park Band – Funk Rock Dance
- **THU, JUL 14 (7 – 8:30 p.m.)**
Groove Nation Orchestra – Rock & Funk
- **SAT, JUL 16 (6 – 8 p.m.)**
Denver Municipal Band Wind Festival “Cannon Concert”
- **THU, JUL 21 (7 – 8:30 p.m.)**
Atomga – Afrobeat Dance Music
- **FRI, JUL 22 & SAT, JUL 23 (7 – 8:30 p.m.)**

August

- **THU, AUG 4 (7 – 8:30 p.m.)**
Music Go Round Youth Showcase

www.foothills.org/concerts



Red, White & YOU!

**FRIDAY
JUL 1 ★ 2016**
at CLEMENT PARK

Admission is FREE!

**Music ★ Fireworks
★ Family Fun ★
5 – 10 p.m.**

**Community Booths
Food Vendors
Fun for the Entire Family!**

★ Concert begins 6:30 p.m.

★ Fireworks Display ★
9:30 p.m.

www.foothills.org/rwy

METRO DENVER FARMERS' MARKET MARKET ON YOUR CALENDAR

Saturdays

SOUTHWEST PLAZA
MAY 7 - OCT. 29
Southeast Parking Lot
Wadsworth & Bowles
8am-2pm or Sellout

Saturdays

LAKEWOOD
JUNE 18 - OCT. 1
9077 W Alameda Ave
Alameda & Garrison
(Mile Hi Church)
10am-2pm or Sellout

Sundays

HIGHLANDS RANCH
MAY 8 - OCT. 30
Highlands Ranch Town Ctr.
9288 Dorchester St.
10am-2pm or Sellout

Wednesdays LITTLETON

JUNE 15 - OCT. 12
Aspen Grove Lifestyle Ctr.
7301 S. Santa Fe Dr.
10am-2pm or Sellout

Thursdays

BROADRIDGE PLAZA
JUNE 16 - OCT. 13
Broadway and Ridge Rd.
6905 S. Broadway
10am-2pm or Sellout

Check out our great recipes online!

For more information call the
Metro Denver Farmers' Market Hotline

303-887-FARM

www.denverfarmersmarket.com



Yard of the Month

We are pleased to announce the first Yard of the Month for May 2016. Drive by 8103 W. Plymouth Pl., the home of Mike & Penny Evans. The Evans have lived in Columbine West for 31 years. They have two children, Kelsey and Keenan, that graduated from Columbine High

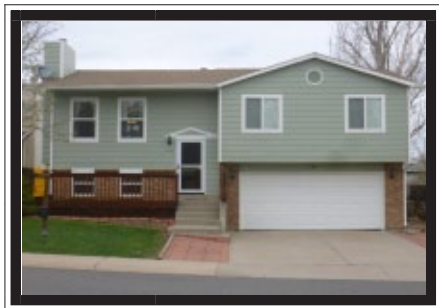


School. Keenan is finishing his degree at CU Denver and is on the staff for the Blue Knights. After many years of effort trying to maintain a healthy lawn, Mike & Penny decided to try something new last year with the help of a local landscape company named Artsapes. This plan includes a Dry Stream Bed design with Lavender, Black Eyed Susan, Cat Mint and Spirea. The new xeriscape design uses a lot less water and requires minimal maintenance, giving them more free time to walk through the neighborhood and pursue their hobbies. Penny will be retiring this Fall from King Soopers after 40 years of service. Mike plays in a few bands, with jazz group Lost Soul, taking most of his time. They play at Wazee Supper Club, La Cour and Summit Steak House on a regular basis. Their site is lostsouljazz.com for more information.



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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


Foothills Entertainment Series

Performances are family friendly and held in Clement Park (7306 W. Bowles Ave. Littleton, CO 80123) at the Grant Family Amphitheater. Concerts are free thanks to grant funding and community business sponsors. Bring blankets or lawn chairs, parking is free, glass containers are prohibited, dogs on leash welcome. For the full line up, visit www.foothills.org/concerts.

- Thursday, June 2, 7-8:30 p.m. – Potcheen (Celtic rock)
- Thursday, June 9, 7-8:30 p.m. – Moors & McCumber (folk duo)
- Thursday, June 16, 7-8:30 p.m. – Rebecca Folsom (Americana songstress)
- Thursday, June 23, 7-8:30 p.m. – Crystal Swing Band (big band swing)

Kids Hit Range Balls FREE in June

During the month of June, kids hit range balls FREE Monday-Friday from 1-3 p.m. at Foothills Golf Course (3901 S. Carr St., Denver 80235) and Meadows Golf Club (6937 South Simms St., Littleton 80127). www.foothillsgolf.org



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Julie Cordova, M.D.
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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:

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



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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

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 : Share helpful information

7. When is posting to a group more appropriate than posting to the newsfeed?

Use groups instead of the main newsfeed when you want to have in depth discussions with neighbors about interests, hobbies, politics, religion, HOA issues, the rules for your Nextdoor website, or other issues that may not be relevant or of interest to everyone in the neighborhood. Groups allow neighbors who share these interests to have deep discussions about them without bothering the folks who are not interested. In addition, groups should be used when organizations want to plan activities or as an outlet for people who want to send regular updates to their neighbors on topics like real estates prices or a "thought for the day." By publishing these posts to a group, the folks who are interested can subscribe and receive these messages, while folks who are not interested are not disturbed.

9. What do you mean when you say to avoid campaigning?

Nextdoor is certainly a place where one can let your neighbors know about local issues and causes that you believe in. However, there is an important difference between keeping your neighbors informed about relevant local issues and using Nextdoor to promote your stance on a certain issue or encourage neighbors to take a particular action.

Please join the chat. Columbine West has now surpassed 490 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.

Lou is selling houses!

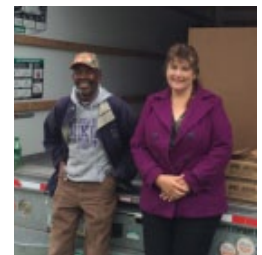
New Listing Coming Soon
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Beautiful, Updated Ranch



Lou Bissett
Equity Colorado Real Estate
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lou@loubissett.com

equity
COLORADO

Thank you Neighbors, the Shredding Event was a success! We shred 3 tons of paper and filled the truck with electronics. See you next year!



Differences in Gluten Reactions

CELIAC DISEASE

Celiac Disease is an inherited, autoimmune disease in which the lining of the small intestine is damaged from eating gluten and other proteins found in wheat, barley and rye. The intestines contain a projection called villi that absorb nutrients. In undiagnosed or untreated celiac disease, these villi become flattened. This process affects the ability to absorb nutrients properly. Symptoms may include: abdominal discomfort, bloating, gas, indigestion, constipation, diarrhea, nausea, vomiting, unexplained weight loss, anemia, bone and joint pain, depression, fatigue, malnutrition, growth delay in children, and canker sores. Testing: A blood test can determine if celiac antibodies are present. If you test positive for the antibodies you may also need a small intestinal biopsy to confirm the diagnosis.

WHEAT ALLERGY

A wheat allergy is one of the top 8 food allergies in the United States. Allergic reactions may affect the skin, mouth, lungs, and even the GI tract. Symptoms may include: a rash, wheezing, lip swelling, abdominal pain and diarrhea. Wheat allergies can be determined by testing IGE antibodies through a blood test or a skin prick test.

GLUTEN SENSITIVITY

It is estimated that approximately six percent of the U.S. population or 18 million people suffer from a gluten sensitivity. Symptoms may include: abdominal pain, bloating, diarrhea, gas, brain fog, fatigue, and joint pain. Reactions are delayed reaction and can take anywhere from thirty minutes to forty-eight hours to show up in your body. A guided elimination program can help to identify a gluten sensitivity. It is important to understand the differences between each wheat and gluten reaction so that you can determine if you are being affected from them.

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

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.



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Sunday Hours: 11am-1:30pm

Regular Office Hours:
Weekdays 7:30-12 / 2-6
Saturday 8-12

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in Columbine Hills

www.columbineanimal.com



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303 249-8506

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

Kiwanis Korner

CALENDAR OF EVENTS

June 4th Sat. Action Center
June 20th Blood Drive (Columbine United Church,
Platte Canyon & Christenson Lane)

BUILDERS CLUB / KEY CLUB PIZZA PARTY

The annual end-of-year meeting of Ken Carl Middle School and Columbine High School students took place after school at Robert's Deli on May 9. Five Builder's Club members and one Key Club member attended. We discussed the relationship of these clubs with our Kiwanis club (what we call the K-family), talked about projects, and recruited for next year.

— Sally Kingman and Karen Hunley

COLFAX MARATHON RUN FOR BESSIE'S HOPE 5K

Despite the cold weather, the Colfax 5k run went as planned and ended well. We had Ken and Peggy Sweet, Marian Hollingshead and Susan Markley walking together raising funds for Bessie's Hope, a Charity Partner for the Colfax Marathon. We all came in at the same time with Ken, always the Public Relations person, lagging about ten seconds to snap a picture. Thanks to all of you for your generous, heart-felt support to the cause of senior-youth relationships and nursing home visitations. Your outstanding contributions along with the opportunity to get out together for a good cause contributed to making this a successful first year event. We will continue collecting donations and pledges for those that are interested in supporting Bessie's Hope. Thanks again to all of you that were able to help; your generosity is inspiring!

— Susan

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, primarily to children in our local 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 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. For information call, Ken Sweet 303-973-8253 or visit our website at www.columbinekiwanis.org.

National Zoo and Aquarium Month

Explore your local zoo and aquarium as well as the websites of America's great zoos and aquariums. Many of them have excellent educational resources—photographs, videos, facts, lesson plans, and activities for the whole family.

UPDATES FROM Your Columbine West Resident Agent

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



Currently,
two homes are
for sale in
Columbine
West.



Homes Currently Under Contract

6915 S. Wadsworth Ct.	bi-level	2,004 sq. ft.	\$314,900
7421 S. Upham St.	tri-level	1,587 sq. ft.	\$319,900
7480 W. Fremont Ave.	bi-level	1,649 sq. ft.	\$334,900
7478 S. Teller St.	bi-level	1,596 sq. ft.	\$335,000
7157 S. Pierce Ct.	2 story	2,054 sq. ft.	\$339,500
8191 W. Quarto Dr.	multi-level	2,390 sq. ft.	\$339,900
6864 S. Webster St.	multi-level	2,284 sq. ft.	\$349,000
8072 W. Quarto Dr.	multi-level	2,304 sq. ft.	\$355,000
7358 W. Fremont Dr.	bi-level	1,937 sq. ft.	\$364,900
7280 S. Webster St.	2 story	2,134 sq. ft.	\$365,000
7210 S. Webster St.	bi-level	1,937 sq. ft.	\$365,000
6976 S. Ammons St.	2 story	3,075 sq. ft.	\$389,900
8221 W. Portland Ave.	2 story	3,331 sq. ft.	\$449,000

Homes Sold from Apr. 16th - May 17th, 2016

7604 W. Quarto Ave.	bi-level	1,935 sq. ft.	\$345,00
6862 S. Zephyr St.	tri-level	1,950 sq. ft.	\$355,000
7408 S. Teller St.	bi-level	1,935 sq. ft.	\$368,500
8184 W. Plymouth Pl.	2 story	3,022 sq. ft.	\$421,100
7604 W. Quarto Ave.	bi-level	1,935 sq. ft.	\$345,000
6862 S. Zephyr St.	tri-level	1,950 sq. ft.	\$355,000
7408 S. Teller St.	bi-level	1,935 sq. ft.	\$368,500
8184 W. Plymouth Pl.	2 story	3,022 sq. ft.	\$421,100

Homes Currently For Sale

7095 W. Fremont Pl.	split level	1,587 sq. ft.	\$300,000
6895 S. Wadsworth Ct.	multi-level	2,277 sq. ft.	\$379,900

Based on information from IRES®, Inc. for the period 4/16/16 through 5/17/16. Sales are not necessarily those of E.R.A. Herman Group R.E.

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.

Columbine Church's VBS: Expedition Norway! June 13 - June 17 from 9am-12pm. Music, games, Bible stories, snacks and a chance to learn about faith in another culture. Cost for the first child in a family is \$25, which includes a music CD. A second child is \$20 and for three or more children is \$50 total. You can sign up and pay online at www.columbinechurch.org/vbs Children age three (potty trained is required) through fifth grade are welcome!

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

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

Small Paint Jobs Only 303-738-9203

THERAPEUTIC MASSAGE 60 min \$49, 6638 W. Ottawa Ave. Littleton Suite 150-4. 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

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

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

Summer 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

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.coloradotreescapescapes.com.

House & Carpet Cleaning Services: 3/292-0115

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.

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

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

Highlands Pride Painting: 303-738-9203

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

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.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.

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

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 Dad Something Special on Father's Day

Fathers play a special role in people's lives. Let them know that. On June 19, skip the tie and tell your dad what he means to you from the bottom of your heart. Some suggestions:

- Write a letter thanking your father. Talk about all he's done and all he means to you. Read it in front of him and the whole family. You can frame it and even add photos or other mementos.
- Write a thank-you book. Buy a small book of blank pages. On each page, record something you're thankful for. Example: "Thanks, Dad, for all the help you provided on my algebra homework when I was a kid." Send it around to your other siblings and have them contribute their own thoughts of gratitude.
- Create a record of your father's life. Get family members and old friends to write down their memories of your father. Then write a script incorporating all the stories and present it to him.

Remain Civil When Your Temper Flares

Even the most mild-mannered co-workers can sometimes find themselves embroiled in arguments, but disagreements don't have to get ugly. If you want to encourage professionalism and civility in your workplace, remember these rules at all times:

- **Don't yell.** If you find yourself raising your voice—or if others are suggesting you calm down—stop talking. Take a few deep breaths and try to resume in a normal tone. If you can't, then break off the discussion until you're calm enough to speak politely.
- **Don't name-call.** A workplace isn't a schoolyard. Name-calling is never appropriate. Neither is telling others to shut up or to stop being stupid, bullheaded, ridiculous, ignorant... you get the idea.
- **Don't look back.** Stay focused on the problem at hand. Don't bring up previous mistakes or start rehashing conflicts that have long been settled. If the current problem is part of a pattern of behavior, arrange to meet privately and discuss the issue.

#1 Broker in the Columbine Area!

Columbine West Statistics for May 2016

Current Homes FOR SALE in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
2-story	None	None	0
4-level	\$300,000	\$379,900	2
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
2-story	\$339,500	\$449,000	4
4-level	\$339,900	\$355,000	3
Tri-level	\$319,900	\$319,900	1
Bi-level	\$314,900	\$365,000	5

Homes SOLD in Columbine West (Jan. 1, 2015–May 16, 2016)

	Lowest	Highest	How Many?
Ranch Style	\$274,000	\$340,000	2
2-story	\$294,000	\$425,000	3
4-level	\$323,150	\$386,900	2
Tri-level	\$292,000	\$355,000	4
Bi-level	\$315,000	\$368,500	7

Duane sells more homes in the Columbine Area than any other broker!

Selling our home was a very smooth process, thanks to Duane. We would highly recommend him to our friends and anyone in need of a very professional Realtor. J. & C. K.

Duane's extensive knowledge of real estate, top success rate in the marketplace, and high level of professionalism, combined with the ultimate goal of satisfying his clients, are all on display from the first time you meet him. T. H.



Top 7% of Realtors as seen in 5280 Magazine

**Realtor with
real estate
law background**

DUANE C. DUFFY
Duffy & Associates, LLC
303-229-5911

The statistical information is based on MLS data May 17, 2016. Not all of the properties were listed and/or sold by Duffy & Associates, LLC.



DUANE@DUANECDUFFY.COM

WWW.DUANECDUFFY.COM

"Health is more than the absence of disease. Health is about jobs and employment, education, the environment, and all of those things that go into making us healthy."

—Joycelyn Elders

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.	17	P	303-972-7895
Karissa G.	17	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: _____