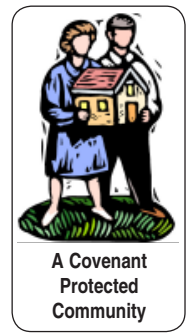




# Columbine West Civic Association Newsletter ©



**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](mailto: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](mailto:cwcatalk@gmail.com).

## CWCA Calendar of Events

**Entrance Cleanup: July 8th, 5-8pm**  
Yukon/Coal Mine

**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.

**National Night Out: TBD**

**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

**July 2016**

**Vol. 38 No. 07 • Circulation: 1555**

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

## FREE Swim Night & Concessions

FREE Swim evenings supported by CWCA membership dollars. This summer we have (2) more nights 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 Saturday, July 9th & Saturday, July 30th, 6 p.m. – 8 p.m. Cannon ball.



## Time is Brain

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away. F.A.S.T. is:

**F= Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**A= Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S= Speech Difficulty** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

**T= Time to call 9-1-1** – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

1. Sudden **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body.
2. Sudden **CONFUSION**, trouble speaking or understanding speech. Sudden **TROUBLE SEEING** in one or both eyes. Sudden **TROUBLE WALKING**, dizziness, loss of balance or coordination. Sudden **SEVERE HEADACHE** with no known cause



*continued on page 3*

## A Moment With The Board

The June 14th CWCA meeting of volunteers was at the Pool Pavillion, where there was approximately 30 residents in attendance for the 3rd month in a row. Thank you all for taking the time to attend and share your thoughts. The Board had asked JCSO to attend our meeting and we had (3) officers available to answer neighbors questions. Lt Happ spoke about current police activity around the 7500 block of Fremont Dr. He told us it was a stolen vehicle they pinned into a culde sac, that then hit a patrol car and the suspect ran from the scene. He was able to tell us that the suspect was caught less than a month later. Other activity around the 7200 block of Webster & 6800 block of Roxbury has been continually monitored. A property at Frost/ Teller is unoccupied and was the site for retrieving a few stolen cars,(3) warrants for arrest and burglary. Thank you JCSO for cleaning up the mess. The Deputies asked neighbors to report any suspicious activity to the Tip Line phone #303-271-5612, please be able to provide a description of the activity, along with license plate number, which is crucial. The recent spray paint tagging and baseball bat to car side mirrors is still an active case investigation. Some other neighbors are concerned about speeding and speed mitigation, speed bumps and more signage. Lt Happ took the address of Ontario Way & Zephyr Way and will be submitting a request for mobile speed trailers to be placed at each of these areas. Be advised it may take 3-4 weeks for the trailers to show up, due to increased need for them throughout the County. The Deputies also spoke about upcoming firework displays and that extra patrols will be in the area. If you can give the JCSO a correct address for illegal fireworks being exploded, it is asked that you please call the non-emergency dispatch #303-271-0211. Deputy Jamie Gonda, our Nextdoor spokesperson, is encouraging us to continue with a National Night Out event. CWCA was partnering with Shiloh House/ Target over the last few years, but they have since made a switch to hold their activity at Clement Park. We would like to try and have an ice cream social. If anyone is interested in heading up this event please contact the CWCAtalk@gmail.com. It was a pleasure to have (3) JCSO deputies at our meeting and everyone walked away with answers. The monthly agenda covered all upcoming events including Free swim nights, Yard of the Month, Dumpster Day & National Night Out. 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 July 12th , 2016 at 6:30 p.m., Columbine West pool pavillion, second Tuesday of the Month.

## 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 #: \_\_\_\_\_

## Time is Brain, *continued from front page*

3. There are two types of strokes: hemorrhagic or ischemic. An ischemic stroke occurs as a result of an obstruction within a blood vessel supplying blood to the brain. It accounts for 87 percent of all stroke cases. A hemorrhagic stroke occurs when a weakened blood vessel ruptures and spills blood into brain tissue. The most common cause for the rupture is uncontrolled hypertension (high blood pressure). The only FDA approved treatment for ischemic strokes is tissue plasminogen activator (tPA, also known as IV rtPA, given through an IV in the arm). tPA works by dissolving the clot and improving blood flow to the part of the brain being deprived of blood flow. If administered within 3 hours (and up to 4.5 hours in certain eligible patients), tPA may improve the chances of recovering from a stroke. A significant number of stroke victims don't get to the hospital in time for tPA treatment; this is why it's so important to identify a stroke immediately. If you're having a stroke, ***it's critical that you get medical attention right away.*** Immediate treatment may minimize the long-term effects of a stroke and prevent death. The most important question you need to answer is the LAST TIME KNOWN TO BE NORMAL. If you see symptoms note the time of day, what was on the TV or Radio etc. You only have a 3-4-hour window from LAST KNOWN NORMAL to get TPA which can break up a clot causing the stroke. REMEMBER 'TIME IS BRAIN' DO NOT delay calling 911 At the first sign of symptoms. *Submitted by Kathi Waite RN, MS, CCRN, SCRNP via American Stroke Association <http://www.strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms> UCM 308528 SubHomePage.jsp*

## What Are Antioxidants?

Antioxidants are nutrients and enzymes that support damage to your body's tissue. They can help reduce cellular damage, which is the common pathway for cancer, aging, and other diseases. Antioxidants slow down or block the effect of free radicals. Free radicals start oxidation, a process that causes damage from oxygen. Free radicals form naturally in the body. Their production is increased by factors such as artificial foods, rancid cooking oils, smoking, alcohol, air pollution, stress, sunlight, and toxins in household and body care products. It is critical to protect against free radicals by incorporating plenty of antioxidants in your diet.

### What foods are rich in Antioxidants?

- Vitamin A and Beta-Carotene: Sweet potatoes, carrots, spinach, kale, collard greens, turnips green, Swiss Chard, Winter Squash, mustard greens, Romaine lettuce
- Vitamin C (ascorbic acid): Papaya, bell peppers, strawberries, broccoli, pineapple, Brussels sprouts, kiwi, oranges, cantaloupe, kale
- Vitamin E (alpha-tocopherol): Sunflower seeds, almonds, spinach, Swiss Chard, turnips, papaya, mustard and collard greens, asparagus, bell peppers
- Lutein: Green leafy vegetables such as collard greens, spinach, kale
- Lycopene: Tomatoes, watermelon, guava, papaya, apricots, pink grapefruit, blood oranges
- Selenium: Cod, tuna, halibut, sardines, shrimp, salmon, beef and Brazil nuts.

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



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Regular Office Hours Only • Limited Offer

**Sunday Hours: 11am-1:30pm**  
Regular Office Hours:  
Weekdays 7:30-12 / 2-6  
Saturday 8-12

5546 W. Canyon Trail  
off Platte Canyon Rd.  
in Columbine Hills  
[www.columbineanimal.com](http://www.columbineanimal.com)

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## Yard of the Month

We are pleased to announce the Yard of the Month for June 2016. Drive by 7992 W. Quarto Dr., where David & Sue Hiegel are the current winners. They have spent a number of years gradually replacing sections of their lawn with bushes and flower beds. David reports that over the last seven years, their external water usage has been cut in half!

Beautiful colors, fragrance and lushness throughout their yard attracts hummingbirds, honey bees and bumble bees. Salvia, sage & lavender, oh my. The incredibly stately Blue Spruce has been there longer than they have.

The Hiegels have lived in Columbine West since 1984, and have a daughter who graduated from Columbine that now lives in Greeley. The Yard of the Month is sponsored by CWCA and neighborhood Realtor, John Basila, who provides the cash prize. If you see a home that should be nominated, call the voicemail line or email cwcatalk@gmail.com.

— John Basila, 303-589-9034



## Community Garden Day

Mychele Smith, Landscape Maintenance Lead, has scheduled July 8th, Friday evening, from 6-8p, to address the Yukon/ Coal Mine entrance. Tasks will include pinning/ repairing ripped landscape cloth, trimming bushes, pulling weeds, raking up debris and replenishing the mulch. All hands are certainly welcome, which makes the job faster and more fun. Try to stop by, if for nothing else to say hi and maybe share a few laughs. Thanks again Mychele for all your time and talents at the entrances. We are good neighbors.

## Family Nights at Foothills Outdoor Pools!

**Mondays: 6:30 - 8pm**  
**WEAVER HOLLOW POOL**

12750 W. Stanford Avenue, Morrison, CO 80465  
(720) 981-3108

**Tuesdays: 6:30 - 8pm**  
**6th AVENUE WEST POOL**

400 Holman Way, Golden, CO 80401  
(303) 278-1000

**Wednesdays: 6:30 - 8pm**  
**DEER CREEK POOL**

8637 S. Garrison Street, Littleton, CO 80128  
(720) 981-8393

**Thursdays: 5 - 8pm**  
**COLUMBINE WEST POOL**

7046 S. Webster Street, Littleton, CO 80128  
(303) 978-9300

**Fee: \$2 individual • \$8 household**



**Foothills**  
Park & Recreation District  
[www.ifoohills.org](http://www.ifoohills.org)

## 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.  
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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

## Western Welcome Week, Presented by Littleton Elks Lodge #1650

**August 13th**

**10am-Noon • Littleton Elks Children's Fishing Derby**

Geneva Park Lake, 2255 W. Berry Ave. (north of the Littleton Center) • FREE to young anglers; toddlers to age 12 • Prizes for smallest, longest, most caught, and more! • Hot dogs, chips, and drinks free to contestants and available for purchase • Bring your own pole and bait • Colorado Department of Wildlife with fishing tips and surprises • Elks Drug Awareness information trailer with "SAY NO" giveaways. • Presented by the Littleton Elks #1650 • 303-794-1811 [www.littletonelks1650.com](http://www.littletonelks1650.com)

**August 14th**

**11am-3pm • Littleton Elks Custom Car Show**

Littleton Elks Lodge, 5749 S. Curtice St. • Come and see some of the finest local hotrods and custom cars around! • Stroll and listen to DJ Perry Washington • Hamburgers, hot dogs, chips and soft drinks available for purchase; bar inside will be open to the public • Proceeds benefit The Town of Littleton Cares—Meals on Wheels • Presented by the Littleton Elks Lodge #1650 • 303-794-1819 [www.littletonelks1650.com](http://www.littletonelks1650.com)

**6pm-11pm • Elks Hometown Pig Roast & Dance**

Littleton Elks Lodge, 5749 S. Curtice St. (parking lot) • Traditional pig roast served buffet-style with baked beans, coleslaw, corn on the cob, and roll from 6pm until gone • Tickets: adults \$10; child's plate with hotdog and chips (age 12 and under) \$5 • No cover charge • Listen and dance to the music of Cactus Jack under the big tent from 7-11pm - beer wagon outside and the bar inside will be open to the public • Presented by the Littleton Elks Lodge #1650 • 303-794-1819 [www.littletonelks1650.com](http://www.littletonelks1650.com)

**9am-11pm • A Day at the Elks Lodge**

Littleton Elks Lodge, 5749 S. Curtice St. • Italian sausage sandwiches \$5 and hot dogs \$2, soda/chips \$1 each from 11am until gone • Music and dancing in the lounge with Perry Washington 1-5pm • Vern's Mini Train Rides out front \$2 • No cover charge • Dance to DJ

*continued on page 7*



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—US Consumer Product Safety

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Call today for your home wiring evaluation!

**(720) 299-4706**





## How Does Your Clematis Grow?

*We would love to see how your Clematis grows, send us a photo and short message on your clematis. We have many new residents that are looking for gardening information.*

Clematis plants are among the most popular and attractive flowering vines grown in the home landscape. These plants include woody, deciduous vines as well as herbaceous and evergreen varieties. They also vary greatly among species, with different flowering forms, colors, and blooming seasons, though most bloom sometime between early spring and fall.

For proper care of clematis, clematis vines prefer sunny locations (at least six hours of sun needed for blooming) but the soil should be kept cool. An easy way to accomplish this is by planting some type of ground cover or shallow-rooted perennial plants around the clematis. A 2-inch layer of mulch can also be incorporated to keep the roots cool and moist. Growing clematis vines must be supported in some fashion as well. The type of support system is usually dependent on the variety grown. For instance, poles are acceptable choices for smaller growing clematis vines, which can range anywhere from 2 to 5 feet in height. Arbors may be more suitable for growing larger types, which can get 8 to 12 feet. Most varieties, however, do quite well growing along a trellis or fence.

Read more at Gardening Know How: Growing Clematis – Tips For Care Of Clematis <http://www.gardeningknowhow.com/ornamental/vines/clematis/growing-clematis.htm>  
Read more at Gardening Know How: Growing Clematis – Tips For Care Of Clematis <http://www.gardeningknowhow.com/ornamental/vines/clematis/growing-clematis.htm>



## ATTENTION Small or Large Business Owners!

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[getinfo@ColoradoLasertype.com](mailto:getinfo@ColoradoLasertype.com)

[www.ColoradoLasertype.com](http://www.ColoradoLasertype.com)

## 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*

**Roy A. Bundy (Al Bundy)**, USAF, 1968-1972, Max Airlift, Vietnam, PI, Calif. & Japan.

**Jim Slora**, U.S. Air Force, 1961-1965, Special Weapons Maintenance, 1910th Command Sq., Lowry AFB, Co.

**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

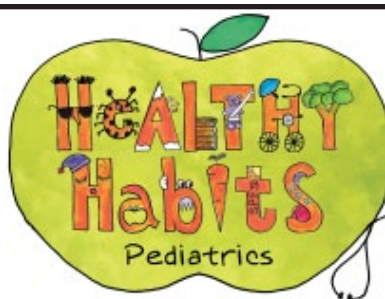
**David E. Garcia**, USMC, 1963-67 (Vietnam War), Radioteletype Operator (RATT), 1st Marine Air Wing, returned to Yuma, AZ.

**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



### Health Care for the Habit Forming Years

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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.

### 2. When is a private message more appropriate than posting to the main newsfeed?

Personal disputes between neighbors should always be settled by private message (or offline), and neighbors should generally use private messages whenever they want to call someone's attention to something they have done wrong rather than posting to the neighborhood. Nextdoor should not be used as a way to shame neighbors. If a member is concerned about how Nextdoor is being managed in their neighborhood (including asking why a message was flagged or removed), they should always communicate their concerns via private message to the Leads of their neighborhood rather than posting to the neighborhood as a whole through the main newsfeed. Similarly, if a member has feedback about a neighbor's posting style or frequency, they should provide that feedback privately rather than publicly criticizing the member in the main feed. Finally, if someone is trying to work out the timing of when to pick up an item a neighbor is selling or giving away or having a dialog with a neighbor on the newsfeed that has become simply a back and forth between two people, those discussions should be conducted via private message.

### 3. Why don't you allow profanity?

Some people are comfortable with profanity; others are not. Out of respect for the people who are not, and in order to keep discussion helpful, neighborly, and polite, we request that members refrain from using profanity -- at least in the main newsfeed. If you create a group, however, using colorful language is more allowable, as long as the Guidelines are still being followed in other respects.

Please join the chat. Columbine West has now surpassed 550 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.

## Western Welcome Week,

*continued from page 5*

Rick Bradley under the "big top" 5:30-9pm, beer wagon and food truck - Mile High Cajun for your eating pleasure • The Lodge will be open to the public • Presented by Littleton Elks Lodge #1650 and Elks Ladies Auxiliary • 303-794-1819www.littletonelks1650.com

### Website Listings

<http://westernwelcomeweek.org/events/fishing-derby/>

<http://westernwelcomeweek.org/events/elks-car-show/>

<http://westernwelcomeweek.org/events/elks-pig-roast/>

<http://westernwelcomeweek.org/events/day-at-elks/>

## Lou is selling houses!

**New Listing: 227 Helena Cir.**  
\$350,000. Beautiful, Updated Ranch



**Coming Soon:**  
2400 Coal Mine



**Lou Bissett**  
Equity Colorado Real Estate  
**303.921.5367**  
[lou@loubissett.com](mailto:lou@loubissett.com)



## 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**

## Kiwanis Korner

### CALENDAR OF EVENTS

July 2	Sat Action Center food rescue
July 22-24	Bandimere Fundraiser
July 25- Aug 15	School supply distribution
Aug 21 Sun	KPBI Rock "N" Roll Car show Fundraiser
Aug 26 Fri	Bessie's Hope Theater Fund Raiser
Aug 28	Summer Picnic, Ronald McDonald House

Our Kiwanis Rocky Mountain District has chosen the Ronald McDonald house as one of our district projects. Since 1979, Ronald McDonald House Charities of Denver, has offered a loving home away from home to families needing to be near their seriously ill or injured children while they're being treated at metropolitan area hospitals. Their main focus is providing comfortable, low-cost housing to out-of-town mothers and fathers needing to be near their hospitalized children. Their second residence, the Aurora House opened in March 2008. Only 7 years earlier a new Denver House was built. They have a lot of needs that we can support including preparing meals. We need a club member to be our Ronald McDonald House coordinator. After her talk, there was a lot of interest in working with them. Ron Zinter, Columbine Kiwanis President, presented a check to Joanna Busack from The Ronald McDonald.

#### 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 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.*

For information call, Ken Sweet 303-973-8253 or visit our website at [www.columbinekiwanis.org](http://www.columbinekiwanis.org).

## Share These Fun Facts About Independence Day

Here are some fun facts to share with your family and friends on the Fourth of July while waiting for the hot dogs to cook on the grill:

- Three presidents died on July Fourth: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July Fourth, in 1872.
- The Massachusetts General Court was the first state legislature to recognize July Fourth as a state celebration, in 1781.
- The first recorded use of the name "Independence Day" occurred in 1791.
- The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. It became a federal paid holiday in 1931.

## 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](mailto:georgiannadirga@aol.com)



**Currently,  
six homes  
are for  
sale in  
Columbine  
West.**



#### Homes Sold from May 17th - Jun. 18th, 2016

6915 S. Wadsworth Ct.	bi-level	2,004 sq. ft.	\$325,000
7421 S. Upham St.	tri-level	1,587 sq. ft.	\$330,000
7480 W. Fremont Ave.	bi-level	1,649 sq. ft.	\$334,900
7478 S. Teller St.	bi-level	1,596 sq. ft.	\$335,000
8191 W. Quarto Dr.	multi-level	2,390 sq. ft.	\$365,000
7157 S. Pierce Ct.	2 story	2,054 sq. ft.	\$365,000
6864 S. Webster St.	multi-level	2,284 sq. ft.	\$367,500
7210 S. Webster St.	bi-level	1,937 sq. ft.	\$376,800
7358 W. Fremont Dr.	bi-level	1,937 sq. ft.	\$381,000
7280 S. Webster St.	2 story	2,134 sq. ft.	\$387,000
6976 S. Ammons St.	2 story	3,075 sq. ft.	\$400,000
8221 W. Portland Ave.	2 story	3,331 sq. ft.	\$466,000
8191 W. Quarto Dr.	multi-level	2,390 sq. ft.	\$365,000
7157 S. Pierce Ct.	2 story	2,054 sq. ft.	\$365,000
6864 S. Webster St.	multi-level	2,284 sq. ft.	\$367,500
7210 S. Webster St.	bi-level	1,937 sq. ft.	\$376,800

#### Homes Currently Under Contract

7429 S. Teller St.	1 story	1,984 sq. ft.	\$300,000
6958 W. Frost Pl.	1 story	1,909 sq. ft.	\$320,000
8072 W. Quarto Dr.	multi-level	2,304 sq. ft.	\$355,000
6893 S. Allison Wy.	raised ranch	2,290 sq. ft.	\$375,000
6895 S. Wadsworth Ct.	multi-level	2,277 sq. ft.	\$379,900

#### Homes Currently For Sale

7095 W. Fremont Pl.	multi-level	1,587 sq. ft.	\$300,000
7883 W. Quarto Ave.	bi-level	2,017 sq. ft.	\$345,000
7479 W. Fremont Ave.	tri-level	2,365 sq. ft.	\$365,000
7367 W. Fremont Dr.	multi-level	2,408 sq. ft.	\$380,000
7221 S. Yarrow St.	tri-level	2,851 sq. ft.	\$420,000
7213 S. Yukon St.	multi-level	2,911 sq. ft.	\$434,900

Based on information from IRES®, Inc. for the period 5/17/16 through 6/18/16. 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](mailto:getinfo@ColoradoLasertype.com) to place an ad. To view our display ad prices, visit our website at [www.ColoradoLasertype.com](http://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.

**A&M Lawn Service - Summer Specials!** Lawn Aeration: avg \$35/5,000 sq ft., Spring fertilization: \$35-45, Power Raking & Vacuuming: avg \$85/5,000 sq ft., Sprinkler System Start-Up & Repairs from \$50-60, Weekly Mowing avg \$25 - 28. Family owned. 303-791-5551.

**Tutoring:** Special Education teacher has openings for math or reading tutoring. Call Christine 303-904-7384.

**Rental needed.** Senior couple needs to rent single level house or townhome. Lived in Columbine since 1976. Doug 303-525-7233

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

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

**Small Paint Jobs Only 303-738-9203**

**Yard & garden design, consult & planting** [www.oakesgardendesign.com](http://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

**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](http://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

**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

**Highlands Pride Painting: 303-738-9203**

**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](http://mydoterra.com/amandabaugher) [Amanda.doTERRA@outlook.com](mailto: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.

## Can You Drink The Water?

The water crisis in Flint, Michigan, has many people concerned about the quality of their tap water. If you're one of them, take these steps first to protect you and your family from exposure to bacteria, lead, or disinfectant products in tap water:

- Let water run for at least 30 seconds. Water just out of the faucet can pick up lead if it's been sitting in pipes for several hours, so run your tap briefly before drinking or getting water for cooking.
- Don't use hot water. Hot water leaches lead from pipes faster than cold, so don't use it for drinking or cooking.
- Boil suspect water for three to five minutes. If you want to disinfect water, boiling it for three to five minutes evaporates chlorine (the chemical used to kill bacteria) and chlorination byproducts.
- Analyze it. If your water smells funny, leaves stains in your sink or laundry, or is cloudy, have it tested as soon as possible.

## National Organic Honey Month

National Organic Honey Month celebrates honeybees and their contribution to the food system while also raising awareness about the decline in honeybee populations and the threats they face in the form of toxic agricultural chemicals.



## Your Commute May Improve Your Health

You may not like going to work in the morning, but the way you get there can have a positive influence on your overall health. The journal *Lancet Diabetes & Endocrinology* has published a study that found middle-aged people who walk, ride a bike, or even take public transportation to their workplace tend to have a lower body mass index (BMI) than those who regularly drive.

The reason is simple: More physical activity keeps weight down and results in better overall health. Although walking or biking may be impossible for many people, the physical activity involved in just getting to the bus stop or train station can have a significant positive effect.

*"Good leaders set examples for their followers to follow and it is only when leaders themselves make a certain degree of sacrifices do we see the followers or rather the people willingly come forward to do their mite for the overall betterment of the state or society."*

— Anonymous

# #1 Broker in the Columbine Area!

## Columbine West Statistics for June 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	\$300,000	1
Tri-level	\$420,000	\$420,000	1
Bi-level	\$345,000	\$345,000	1

### Current Homes UNDER CONTRACT in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$300,000	\$320,000	2
2-story	None	None	0
4-level	\$355,000	\$379,900	2
Tri-level	\$319,900	\$319,900	1
Bi-level	\$335,000	\$364,900	2

### Homes SOLD in Columbine West (Jan. 1, 2016–June 15, 2016)

	Lowest	Highest	How Many?
Ranch Style	\$274,000	\$340,000	2
2-story	\$294,000	\$466,000	7
4-level	\$323,150	\$386,900	4
Tri-level	\$292,000	\$355,000	4
Bi-level	\$315,000	\$376,800	10

## 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 June 15, 2016. Not all of the properties were listed and/or sold by Duffy & Associates, LLC.



**DUANE@DUANECDUFFY.COM**

**WWW.DUANECDUFFY.COM**

*"A fit, healthy body—that is the best fashion statement."*

*—Jess C. Scott*

*"Children must be taught how to think, not what to think."*

*—Margaret Mead*

## Teen Services

To add your teen's name, please email **Colorado Lasertype** at [getinfo@coloradolasertype.com](mailto: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.

Thenan A.	14	P/L/S	720-378-2013
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
Mary U.	14	B*/P	720-490-6837
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](mailto: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: \_\_\_\_\_