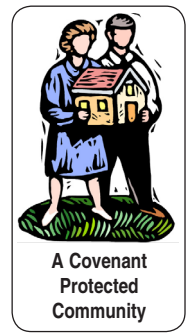




Columbine West Civic Association Newsletter ©



CWCA – Your Homeowners' Organization

Delivery Volunteers

Contact CWCA via 303-973-2678 (Don Mullins, Newsletter Coordinator) or email CWCAtalk@gmail.com if interested in becoming a newsletter carrier. 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.

CWCA Monthly Meeting Date Change!

Please mark your calendars for the date changes of upcoming monthly meetings. The Board/Officers will be meeting the 2nd Wed of each month from Sept thru May. We still meet at Dutch Creek Elementary during the school year. Drop by with questions or suggestions or even offer some volunteer time. Look forward to seeing everyone. You can still contact CWCAtalk@gmail.com any time.

CWCA Calendar of Events

CWCA Monthly Mtg: Sept. 14th
Dutch Creek Elementary 7pm

CWCA Monthly Mtg: Oct. 12th
Dutch Creek Elementary 7pm

CWCA Monthly Mtg: Nov. 9th
Dutch Creek Elem, 7pm

CWCA Monthly Mtg: Dec. 14th
Dutch Creek Elem, 7pm

Holiday Decorating Contest:
Dec. thru Jan.

September 2016

Vol. 38 No. 09 • Circulation: 1555

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

Safety Concerns About Vegetation Covering & Overhanging Sidewalks

CWCA has received a number of complaints concerning vegetation covering sidewalks, so we are hoping to alert homeowners to some of the problems. There are a number of areas in the subdivision where walkers must make a detour off the sidewalk into the street. There can also be bushes and/or trees that have become mature and conflict with “sight lines”, causing unsafe traffic conditions. If you have a stop sign or other road sign on your property, check to make sure drivers have a clear view. This means both height and width. Please help to improve these safety issues. Residents that have a backyard fence that parallels a community sidewalk, (ie. Allison, Frost, Webster and Portland to name a few) please take a walk around your property and see if you have any bushes that are encroaching on the sidewalk, or trees that are hanging down over the sidewalk. Please trim as soon as possible to avoid a safety hazard.

School is in session again and many kids will be traveling the sidewalks on foot and bikes. When bushes are overgrown close to the sidewalk they may prevent a cyclist or motorist from seeing each other. We also want to remind drivers that when the flashing “school zone” lights are on, from usually 20 min. before school starts, it's extremely important to slow down and watch for kids crossing the streets. The school does work with the kids on safety issues, but not ALL children practice safe street crossing. If you find that a student(s) is being very unsafe, you can at anytime contact the front office of the school and report the incident. The neighborhood speed limit is 25 MPH, except in the school zones and over speed bumps. If you have a street light near you that is not working, notify Xcel Energy and they will take corrective action. If we each do our part, our neighborhood will reflect that we care.

Be advised the County has the authority to visit your property and so call “hack away” at your vegetation. Truth be told, they do not necessarily do a pretty job. Homeowners may even incur a fee for the visit. If you have some concerns about an area that needs to be checked out contact CWCAtalk@gmail.com and provide an address. Please help yourself and our community by taking some time to check around your yard and sidewalks.

CWCA 2016 Membership Drive Update

We currently have 344 residents signed up for 2016 membership. The Board had projected the 2016 Budget based on 390, which means we will fall a little short of our goal. All of the scheduled events have come together and been well attended and successful. Thank you to all of those who gave a little back this summer to the community you call home. CWCA is encouraging all residents to become members. Any and all hands are welcomed at any of the events or during the monthly meetings. Drop by, check out the meetings or activities, introduce yourself and meet some neighbors. If you have any questions or concerns you can email CWCAtalk@gmail.com. Dues and or donations can be mailed to: Columbine West Civic Association, PO Box 620026, Littleton, CO 80126. Help us help you. Columbine West is a great place to live.

A Moment With The Board

The August 9th CWCA meeting of volunteers was at the Pool Pavillion, where there was approximately 15 residents in attendance. We were dodging raindrops and anxiously watching storm clouds swirling around us. Some lightening looked amazing from a distance, but we needed to get business done quickly. Thank you to those who took the time to attend and share your thoughts. Currently membership is at 344 which is 88% of the budgeted goal. Memberships can be sent in anytime during the year and is good from Jan 1- Dec 30th. The Social Committee has diligently been making Welcome Bags and delivering them each month to new homeowners. The Association is looking into the possibility of moving the meeting date. Currently we meet on the 2nd Tuesday of the month in a small room at Dutch Creek Elem. The Board would like to gain access to the Library, which would mean a day change. (PTSA meets the 2nd Tuesday of each month in the Library). We are currently waiting to hear from the school facility manager for confirmation and will post date changes in the newsletter and on Nextdoor.com. Remember that the JCSO 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.

If you have questions or any suggestion of ideas feel free to email CWCAtalk@gmail.com. Look forward to hearing from the community. Residents are encouraged to attend any monthly meeting the next one is Sep. 13th, 2016 at 6:30 p.m., Dutch Creek Elementary, 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
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Two Critter Repellents That Seem to Work

A neighbor wrote into CWCA with some helpful information. For 10 years I have been dealing with neighbor cats who think my yard is their potty. Stinky and disgusting. The males spray too. I used a motion activated sprinkler, but that has its problems too as they are expensive (\$60 to \$80 each) and require an always on faucet where the hose breaks under the pressure. Just figured out something far easier and pretty much free with no downside -- COFFEE GROUNDS! I sprinkle my used grounds around my flowers and in my mulch. Seems to work. Environmentally safe too. I do not hate cats, just do not want them in my yard to potty. Worth a try. You can open your windows again. Cleaned up their mess a couple weeks ago and put the grounds out. No more poo and no more pee smell. Also found out baby powder (dollar store kind) will eliminate ants that like to find homes around the edges of your yard and in the cracks of sidewalks and driveways. Also safe to kids and pets!!

Request a Vacation Check

If you're going on vacation, you should request a vacation check on your home by calling the Jefferson County Sheriff's Office at 303-277-0211. Deputies will make an effort to do extra patrols, and will know how to reach you if there's a problem at home. There is no cost to you and that added attention might just give you a little extra piece of mind. Let's also look out for one another. If you know that your neighbor is on vacation, take a few seconds each day just to look at their doors and windows to see if they are closed. If something doesn't look quite right, call the sheriff. Also, if you see someone in the neighborhood that just doesn't seem to belong, give the sheriff a call and they will check it out. Thanks for being a good neighbor.

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 #: _____

Meet the CWCA Officers & Board Members

Pres. Gary McCombs

Gary moved into Columbine West in 1994. Has enjoyed many years raising his two sons, volunteering as Scout Master with Troop 459 and at St. Francis Cabrini church. Gary decided to join the Board in 2014 and became the Sec, recording meetings, voice-mail and email correspondence. He now holds the position of CWCA Pres and is working with all Board/Officers to create a streamline process within the association to help anyone join the association and volunteer in a positive manner.

VP John Basila

John moved into Columbine West in 2001. He is the Broker/Owner/Realtor® with A Denver Home and is an instrument-rated pilot. John is also an active volunteer with Knights of Columbus #9349 at St. Francis Cabrini church. John began attending our meetings in 2009 and joined the Board in 2010. He later served as President from 2011 through 2014. During this time he worked towards creating a data base for tracking neighborhood complaints and concerns. As the current VP he is the Liaison to the Covenant Control Committee and helps to resolve violations. He has sponsored the Yard of the Month contest since 2011 and the Community Garage Sale since 2010.

Treasurer Cindy Coats

Cindy moved into Columbine West in 1986. After a long and successful career at Mountain Bell, US West and Qwest, she retired and joined CWCA as chairman of the newly formed NIC (Neighborhood Improvement Committee) volunteering to help create a program to encourage neighborhood beautification.

Cindy has held the position of board member since 2007, served as Secretary for 2 years, and has been the Treasurer since 2013. Cindy chaired the newly created Dumpster Day beginning in 2009, when it was just trash and metal recycling at Dutch Creek Elementary School. She has since spent many hours securing providers and volunteers for the extremely successful annual event that has helped Columbine West residents rid themselves of unwanted yard debris, metal, document shredding and electronic recycling. Cindy also attends Co-Hope monthly meetings and reports back to the community.

Secretary Kelly Fiedler

Kelly moved into Columbine West in 1997 after moving into Colorado in 1996. She has a teenage son at Columbine High School, currently working towards earning his Eagle Scout Award with Troop 640. Kelly is a widow who felt the need to resume some community life and has volunteered for the Board so she can be helpful and learn some new skills.

Board Member – Don Mullins

Moved to Columbine West in 1976. Employed by Martin Marietta as an electrical engineer. Retired from Martin Marietta in 1994. Started as a highly valuable newsletter deliverer for two years before becoming Newsletter Baron! (I always wanted to be a Baron!) Don has also volunteered for 27 years with special

continued on page 4

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

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:

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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24 Lindenwood Lane
Littleton, CO 80127



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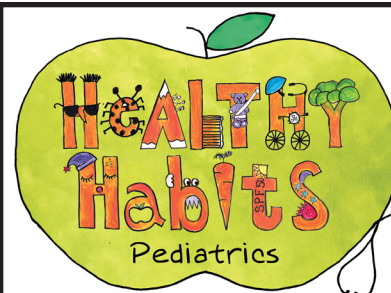
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Meet the CWCA Officers & Board Members, *continued from page 3*

needs participants through South Suburban. He received the Channel 7 Everyday Hero award in December 2013. Don shares his house with Lobo (dog) and last year 2 raccoons enjoyed his dog's food in the kitchen.

Board Member – Kathi Waite

Kathi moved to Columbine West in 1991. She works for University of Colorado hospital as a Critical Care RN and has 3 children. Her two sons are in the Navy and a daughter that studies Fire Science at Red Rocks CC. Kathie remarried 11 years ago to Bill who is a retired Railroad engineer from Montana. She joined the board in 2010 and has been a volunteer working on the Annual Dumpster Day, NNO, both Halloween & Holiday lighting contests along with a newsletter delivery route.

Board Member – Sue Stevens

Sue moved into Columbine West in 2014. She retired and closed her pre-school and family child care home in Louisville, in 2012. Sue and her husband Jerry came to Columbine West to be close to their son & his family, especially their only grandchild. She became a CWCA board member in 2015 and is co-chairing the Welcome Bag committee. Sue recently volunteered with Dumpster Day & Community Garden Days. Sue and Jerry deliver a newsletter route each month.

Board Member – Dave Romero

Dave Romero moved into Columbine West in 2015. Dave works in the Telecommunications Industry as well as operating a small vinyl sign business. Dave joined the board in 2016 after becoming concerned with issues being expressed by neighbors in the community and wanted to get involved.

Board Member – Bob Beers

Moved into the Columbine West neighborhood 23 years ago. Bob recently retired from Xcel Energy and this is the first time as a board member. He has 12 grandchildren who take up most of his time. Bob loves golf, boating and traveling to many Mexico vacation spots.

Ken Sweet- Board Member

Ken moved into Columbine West in 1975. Ken & Peg were the second owners of their house and had a 2 year old daughter at the time. Their daughter is now on her own as a school teacher with a 9 year old son. Ken is a semi-retired consulting minerals geophysicist, primarily for uranium.

He is also active in our local Columbine Kiwanis Club, having been president twice and now holds the position of co-publisher of the the Columbine Kiwanis newsletter.

Ken has worked the annual Dumpster day event, fondly referred to as the metal man. Both Ken and his wife have been delivering a newsletter route for many years.



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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

Yard of the Month

Look for the Yard of the Month for September as you drive North on S. Webster St. from Ken Caryl, you'll find a number of very colorful flowerbeds beautifying 7371 S Webster St. The homeowner, Jerry Wier, has lived in Columbine West for 29 years, and raised his son in the home. He enjoys the neighborhood and says he has a lot of great neighbors. Jerry got the gardening bug from his Grandmother when he was young, and has continued the tradition ever since. His flower beds include Marigolds and African Daisies, among other varieties. Jerry wins a cash prize and will have a sign in his yard for the next month. The Yard of the Month is sponsored by CWCA and neighborhood Realtor, John Basila, who provides the cash prize. This is the last month for the contest, see ya in 2017. If you see a home that should be nominated, call the voicemail line or email cwcatalk@gmail.com.



— John Basila, 303-589-9034

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.

Please join the chat. Columbine West has now surpassed 660 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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Saturdays

SOUTHWEST PLAZA
MAY 7 - OCT. 29
Southeast Parking Lot
Wadsworth & Bowles
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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
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Broadway and Ridge Rd.
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Growing Clematis in Columbine West

In the July newsletter we asked neighbors if they would share with us the ins and outs on how they have been growing Clematis plants. Our good neighbor, John DeJournett, who lives at 7542 W Ottawa Pl., has his answer to the question along with photos.

John says "This clematis is more than 10 years old. This year has produced the largest and most numerous blossoms ever. The vines go to the top of an 8' trellis and hang over from there. The plant faces east, and it's base is behind an about 30" high brick wall, so it stays cool. It's heavily mulched with leaves and grass clippings and gets an occasional drink of Miracle Grow. Late fall I try to prune off most of the thin stems, keeping the main stems intact. Photos are early a.m. I've lived here since 1979 and always enjoy reading the newsletter".



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 Communication 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, V A-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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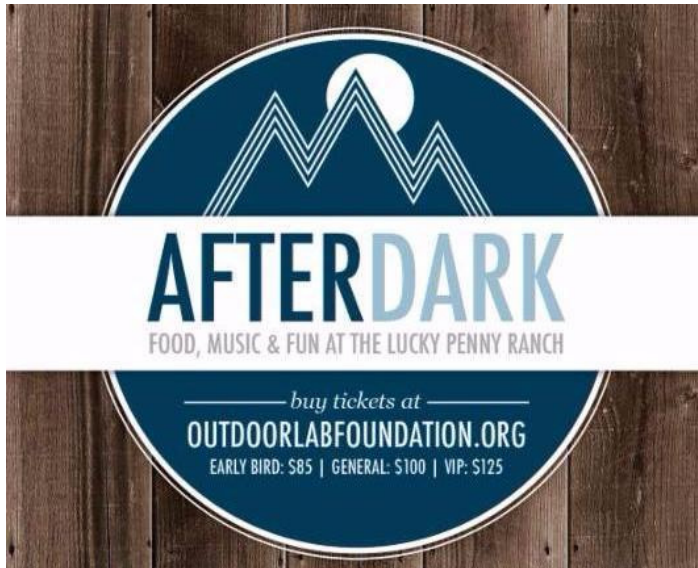
(720) 299-4706



Kiwanis Korner

Calendar of Events

- Mon., Sept 12: Blood Drive
- Sept 17-18: Sunnyside Fund Raiser
- Tues., Sept 20: 240 Union "Dine Out for School Supplies"
- Fri., Sept 23: Arapahoe Philharmonic South Suburban
- Sat., Sept 24: Arapahoe Philharmonic St. Luke's United Methodist
- Sat., Oct 08: Second Wind
- Sun., Oct 16: Crop Walk
- Sat. Oct 22: Kiwanis One Day



3rd Annual After Dark

September 24th, 2016, 4pm to 10pm

Lucky Penny Ranch, Evergreen, CO

Tickets cost \$100.

Enjoy live music, games, delicious food and drinks with all your favorite Outdoor Lab friends! Purchase your ticket now to take advantage of early bird pricing! All proceeds raised will directly benefit the Outdoor Lab Foundation. General admission ticket includes all you can eat food catered by Moe's Original BBQ, and an open bar sponsored by Breckenridge Brewery of Colorado!

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 at 303-973-8253 or visit our Web Site at www.columbinekiwanis.org.

UPDATES FROM

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Broker Associate

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georgiannadirga@aol.com



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

Homes Currently Under Contract

6926 S. Wadsworth Ct.	tri-level	1,718 sq. ft.	\$314,900
7479 W. Fremont Ave.	tri-level	2,365 sq.ft.	\$349,000
7282 S. Vance St.	ranch	2,403 sq.ft.	\$358,000
7418 W. Fremont Dr.	ranch	2,252 sq.ft.	\$360,000
7771 W. Ottawa Pl.	bi-level	1,989 sq.ft.	\$368,500
6930 S. Yukon Way	2 story	2,736 sq.ft.	\$379,900
7216 S. Yarrow Ct.	multi-level	2,413 sq.ft.	\$385,000
7221 S. Yarrow Ct.	tri-level	2,851 sq.ft.	\$412,000
7213 S. Yukon St.	multi-level	2,911 sq.ft.	\$414,900
7318 S. Zephyr Way	2 story	3,266 sq.ft.	\$456,000

Homes Currently For Sale

7095 W. Fremont Pl.	Multi-level	1,587 sq.ft.	\$300,000
7367 W. Fremont Dr.	Multi-level	2,408 sq.ft.	\$375,000
6881 S. Reed Ct.	2 story	3,757 sq.ft.	\$568,900
Homes Sold from Jul. 17th - Aug. 18th, 2016			
7129 S. Reed Ct.	bi-level	1,882 sq. ft.	\$300,000
7158 W. Frost Dr.	1 story	2,576 sq. ft.	\$333,000
7883 W. Quarto Ave.	bi-level	2,017 sq. ft.	\$345,000
7073 W. Roxbury Pl.	bi-level	1,744 sq. ft.	\$360,000



Based on information from IRES®, Inc. for the period 7/17/16 through 8/18/16. Sales are not necessarily those of Shorewood Real Estate.

Everyone Should Have An Emergency Snack Pack

We need to eat 3 meals and 3 snacks a day to stabilize our blood sugar levels, for our metabolism, mind, mood and mental clarity. If we are always on the road driving or traveling this makes it very difficult to eat every 3 hours. This also makes it difficult to make healthy choices because either they may not be available or you might be so ravenous when you actually eat that you make poor choices.

The solution is to prepare ahead and have food available in your car, hotel, workspace or wherever you may be. The key is to keep your pack stocked so you always have options on hand. Make an inventory list and keep it in the cooler. That way you can always have healthy food on hand.

GETTING PREPARED:

- Buy a cooler.
- Stock the cooler.
- Make a list (see below).
- Check your inventory often & replenish food.
- Go to the store.
- * It is important to buy natural/organic products. Meat should be hormone, antibiotic-free and fish wild caught.

NON-REFRIGERATED ITEMS:

- Wild caught canned wild salmon, tuna, sardines or packaged chicken
- Flax, brown rice or seed crackers
- Organic popcorn (low or no butter and salt)
- Organic oatmeal packets (low or no sugar)
- Jerky - Bison, grass-fed beef, salmon and or turkey
- Nuts and seeds (2 handfuls daily or 1 packet of nut butter) - Almonds, walnuts, pecans, macadamia nuts, cashews, pistachios. Pumpkin and sunflower seeds
- Nut butter packets - almond, pecan, macadamia nuts
- Coconut butter packets

- Whole food or raw food protein bars – Raw Revolution, go macro bars, LÄRABAR ALT
- Protein powder (just add water – Buy packets of different protein, rice or pea protein Vega sport, RAW Garden of Life brand)
- Packages of natural soups – 1 serving daily
- Artichoke hearts – jarred
- Roasted red peppers – jarred
- Olives – jarred

EASY-TO-PREPARE, ON-THE-GO SNACKS:

- Garbanzo beans with olive oil, lemon, garlic and salt
- Hard-boiled Eggs (No more than 2 a day or 6 a week)
- Hummus – try single-serve packets
- Vegetables (Unlimited) – Baby carrots, cut up zucchini, cucumbers, peppers and celery, cherry tomatoes and bell peppers.
- Fruit (No more than 2 servings daily) – Apples, pears, bananas, cherries, berries, sliced pineapple or watermelon.

DRINKS:

- Glass or BPA-free water bottle (this should really always be on hand)
- An assortment of tea bags
- Mineral water
- Vega sport electrolyte packets

STAPLE ITEMS FOR PACK:

- Ziploc baggies
- Fork, Spoon, Knife and Can Opener
- Bowl, Plate, Napkins

* These are general guidelines. For customized nutrition support schedule a Free 15-minute consultation with Jessica Paulos, Master Nutritionist at 720-979-8844.

Lou is selling houses!

FOR SALE: 8089 Marshall \$335K



SOLD! 227 Helena Cir.



Coming Soon: 7400 Coal Mine
3 bedroom, 4 Bath, 2 car garage



Lou Bissett
Equity Colorado Real Estate
303.921.5367
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.

Alcohol/Drug Intervention Services: Have a loved one suffering from addiction? Call Lifted From The Rut. Rob 970-331-4469

Quinn Mechanical is a licensed technician on **furnace, a/c and boiler needs** for 22 years. 720-435-5336.

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

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.

Call Dan the Handy Man! 720-833-8691. I can help with your large or small projects.

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

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

Professional housecleaning available. Great refs, reasonable rates. Call Gigi 303-523-0792.

A&M Lawn Service - Fall 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.

Lone Wolf Sprinklers. 30+ yrs. exp. Repairs, start-ups, updates & winterizing. Free est. O: 720-362-2563 C: 720-934-6701.

Small Paint Jobs Only 303-738-9203

House & Carpet Cleaning Services: 3/292-0115

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

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

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

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

Highlands Pride Painting: 303-738-9203

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

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.

Coleman Makes The Great Outdoor Fun

Making quality products for lasting memories is the cornerstone of the Coleman Company Inc., makers of outdoor gear. In fact, Coleman has always sought to make life a bit brighter, quite literally.

"It all started with a lantern 117 years ago", says Dave Allen, president of Coleman USA, adding that outdoor gear on the time was move survival and farming oriented.

In 1899, company founder Willaim Coffin (W.C.) Coleman walked by a pharmacy in Blocton, Alabama, and saw a new white-gas-powered lantern called the Efficient Lamp, that burned with a brighter white flame than the smoky yellow kerosene lamps that were standard at the time.

Coleman, who had poor eyesight, was so impressed that he became a salesman for the company. In 1900, Coleman relocated to Kingfisher, Oklahoma Territory, to sell the lamps, but found the residents were weary of them due to bad experiences with similar products and slimy salesmen. To earn their trust, Coleman started a lamp rental service named Hydro-Carbon Light Company, where customers paid \$1 a week to rent Efficient Lamps, while Coleman maintained them. Business took off, and Coleman eventually purchased the patent for the Efficient Lamp and moved the Hydro-Carbon Light Company's headquarters to Wichita, Kansas.

In 1903, Coleman renamed the lamp the Arc Lamp, and started manufacturing it in Wichita by 1905. By 1913, he renamed his business the Coleman Lamp Company. In 1914, Coleman released a more powerful 300-candlepower lantern that provided light in every direction for 300 ft. It could light up all four corners of a barn, which

lengthened the workday for farmers and ranchers. According to Allen, "This significantly boosted productivity, and fundamentally changed the work dynamic in rural America. Additionally, the U.S. government declared this lantern an "essential item" for World War I troops, and nearly 70,000 of them were distributed to American forces.

After WWII, Coleman began tailoring all of its products toward camping, due to an era of prosperity and more families had more money to spend. By the time W.C. Coleman died in 1957, Allen says, "he had built the worlds largest camping and outdoor company, manufacturing products enjoyed by millions worldwide". Today, Coleman's logo bears a lantern as an homage to its beginnings. Edited from Costco Connections, May 2016.

—by Hana Medina

#1 Broker in the Columbine Area!

Columbine West Statistics for August 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	\$365,000	2
Tri-level	None	None	0
Bi-level	None	None	0

Current Homes UNDER CONTRACT in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$358,000	\$360,000	2
2-story	\$456,000	\$456,000	1
4-level	\$385,000	\$414,900	2
Tri-level	\$314,900	\$412,000	4
Bi-level	\$368,500	\$368,500	1

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

	Lowest	Highest	How Many?
Ranch Style	\$274,000	\$340,000	5
2-story	\$294,000	\$466,000	7
4-level	\$323,150	\$390,000	6
Tri-level	\$292,000	\$355,000	5
Bi-level	\$315,000	\$381,000	15

The statistical information is based on MLS data August 16, 2016. Not all of the properties were listed and/or sold by Duffy & Associates, LLC

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

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DUANE@DUANECDUFFY.COM

WWW.DUANECDUFFY.COM

The Good, Bad & Covenants

It is the sellers' responsibility to disclose covenants and we have had many new homeowners negatively impacted by the lack of disclosure or clarity around the covenants in Columbine West. Numerous individuals have brought it to the Boards attention that they were never informed of the covenants. CWCA is therefore being blamed. In light of this situation, CWCA is trying to be proactive and help protect future home buyers. When a For Sale sign goes up in the yard our Board member John Basila, a local Realtor, makes a very important phone call. John has volunteered his services to the CWCA community to personally check each newly posted home for sale to see if the current owner has listed that Columbine West is a "covenant protected community". Thank you John, addressing this topic is a valuable service to the neighborhood and will help advise potential buyers about the covenants. Many times the Board hears that our neighborhood has voluntary membership. This is true. As a homeowner you do not need to be a member of the Columbine West Civic Association, but adhering to the covenants is not voluntary. The covenants are tied to your land deed and are enforceable, whether or not you are an association member. The covenants were put in place by the original land developer when Columbine West was becoming a community. CWCA has a limited amount of covenants that are reported on, which have been successfully mediated for compliance. If at any time you would like a copy of the covenants, please email CWCAtalk@gmail.com, leave your name and address and a copy will be sent. Those who may be selling their home will benefit from neighbors adhering to the covenants and keeping trash cans and miscellaneous debris hidden from view. Potential home buyers want to see a well kept neighborhood, this helps them to know that their home will retain value. Current homeowners benefit from incoming owners knowing about the covenants. Check out our website at: www.columbinewest.org.

Teen Services

To add your teen's name, please email **Colorado Lasertype** at getinfo@coloradolaser.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.

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
Thenan H.	14	P/L/S	720-378-2013
Jordan L.	14	P	720-206-5068
Cassie P.	15	B*	720-550-8970
Rhianna S.	15	B*/P	303-972-7730
Mary U.	14	B*/P	720-490-6837
Emily W.	12	B	303-249-5806

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: _____