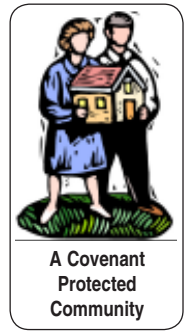




Columbine West Civic Association Newsletter ©



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 Calendar of Events

Garden Clean up Day: Oct. 8th
9a -noon, Roxbury/Pierce entrance
CWCA Monthly Mtg: Oct. 11th
Dutch Creek Elementary 7pm
Halloween Decorating Contest
Love to see your Boo.
CWCA Monthly Mtg: Nov. 8th
Dutch Creek Elem, 7pm
CWCA Monthly Mtg: Dec. 13th
Dutch Creek Elem, 7pm
Holiday Decorating Contest:
Dec. thru Jan.
CWCA Monthly Mtg: Jan. 11th 2017
Volunteer Appreciation Party
CWCA Monthly Mtg: Feb. 15th
Dutch Creek Elem, 7:00p.m.

Garden Clean up Day

Mychelle Smith, our Landscape Maintenance Chair, has scheduled a day to finish up the garden duties for the Fall. The clean up is scheduled for Saturday, October 8th, 9a.m. – noon. The entrance evergreens at Roxbury/Pierce are in desperate need of trimming away from the sidewalk and new mulch applied. Join us if you can.

October 2016

Vol. 38 No. 10 • Circulation: 1555

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

Halloween Decorating Contest

Don't say “Witch” as if it's a bad thing! It's that time of the year again to decide “Witch” Halloween decorations to put up! Break out the broom sticks, spin up the spider webs, conjure up some ghosts and get those skeletons out of your closet! They could make you \$50 richer! CWCA will have judges out at dusk looking at decorations the week before Halloween. Remember to turn on the lights and give us a chance to see just how creative a neighborhood we have. There will be (2) \$50 Gift Certificate prizes



awarded, and a follow up article in the December issue with possible photos that will appear in the newsletter. If you'd like to call in and make sure we check out your house or your neighbor's house, please call the CWCA voicemail at (303-904-8218) or email us at cwcatalk@gmail.com. Leave your name, phone number and street address. Keep Calm and Halloween on!!

Please Post Only (1) Sign

As we all prepare for the upcoming elections it will most likely lead you to posting signs for those who you wish to support. Whether it be local Amendments, candidates or issues along with national candidates, the neighborhood has always had a covenant detailing the posting of signs. The covenants are tied to your property deed that you signed when you purchased your home. The covenants are conveyed to any property being rented through the contracts signed before moving in. The covenants are continually enforced through the efforts of the Covenant Control Group and they are also legally enforced through the Jefferson County Courts.

Covenant C-7 Signs

(Covenant B-9 for those in the Columbine West Hillside Addition):

“No sign of any kind shall be displayed to the public view on any lot except one professional sign of not more than one square foot, one sign of not more than five square feet advertising the property for sale or rent, or signs used by a builder to advertise the property during the construction and sales period.” Can we please be respectful of our neighbors and take the time to make (1) critical decision as to which (1) sign you will display on your property, which also includes your garage door, mailbox or front window. Our neighborhood is showing great pride these days with homeowners remodeling inside and front yards becoming welcoming entrances. When we drive through and walk around, it is so comforting to see “pride of ownership”. Thank you Columbine West for your continued efforts.

A Moment With The Board

The September 14th, CWCA meeting of volunteers was at Dutch Creek Elementary where there was approximately 15 residents in attendance. Thank you to those who took the time to attend and share your thoughts. Our new meeting night is the 2nd Wednesday of the month, we hope this change might help neighbors who couldn't attend find the time to join us. One of our new Board members has stepped into the position of Contest Chair. The next two contests, Halloween & Holiday Lighting will be judged by a new set of eyes, plus a few little eyes, which will be tagging along. Check the articles within the newsletter for more details. A garden day clean up is scheduled for Saturday, October 8th, 9a.m. – noon. The entrance at Roxbury/ Pierce is being trimmed and new mulch applied. Join us if you can. Our Co-Hope representative reported on the last meeting. Capt. Happ spoke about numerous vehicle burglaries with a number of them happening to cars that were left "unlocked". Please remember to lock up your cars, trucks and bicycles. Close your garage doors when you are not in visible sight too. Crimes of opportunity are on the rise.

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 October 12th, 2016 at 7:00 p.m., Dutch Creek Elementary, second Wednesday of the Month.

Give Yourself Permission to Succeed

Many people fail in their goals because they don't allow themselves to succeed. Sometimes you need to consciously give yourself permission to get what you want. Here's how to open your life up to greater success:

- Spend time with people who support you unconditionally. We're sometimes blind to many of our assets. Hanging out with people who believe in you helps give you a clearer view of your strengths.
- Don't cling to the past. Most of us have long-established patterns of behavior and thinking that have helped us in life—at one time. But people and circumstances change. Adapt your behavior and thinking to fit the present situation. Otherwise, old habits may impede your success.
- Devote some time each day to nothing. You can get in the way of your own success by being addicted to ceaseless activity. Give yourself permission to do nothing without feeling guilty about the downtime. This allows you to step back and assess where you're heading and how you're doing it.

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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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 #: _____

CWCA 2016 Membership

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.

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 700 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.

Volcanoes on Mars? Maybe

The Curiosity rover has made an unexpected discovery on Mars that's making scientists re-examine what they know about the history of the red planet.

As reported on the ScienceDaily website, Curiosity drilled into a rock at a location on the Martian landscape known as "Buckskin," collecting powder that was analyzed by X-ray diffraction. Scientists identified the powder as tridymite, a silicate mineral.

What's surprising? Tridymite is associated with volcanism—which wasn't thought to be a feature of Mars. The discovery has scientists wondering whether active volcanoes were at one time present on Mars despite its lower temperature. Mars, it seems, is still full of surprises.

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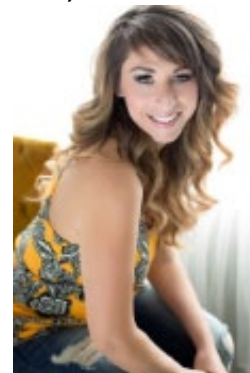
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Kiwanis Korner

Calendar of Events

- Oct. 08 Sat Second Wind
- Oct. 9 at 9 am 5K Run/Walk to support CHS Challenge Program
- Oct. 16 Sun Crop Walk
- Oct. 22 Sat Kiwanis One Day

On the morning of October 5th, at 7:30a.m., at the Kiwanis regular meeting, they will have John Anderson presenting to the group about 'Alive at 25'. Vehicle crashes are the #1 cause of death for people between the ages of 16 and 24. The National Safety Council, a leader in driver improvement training for more than 40 years, developed DDC-Alive at 25 to specifically target drivers in this age group. This highly interactive program encourages young drivers between the ages of 16 and 24 to take responsibility for their driving behavior. Skill practices and on-the-spot defensive driving techniques help change bravado to confidence. Our DDC-Alive at 25 instructors use personal examples and even humor to get their point across. They use workbook exercises, interactive media segments, group discussions, role-playing, and short lectures to help young drivers develop convictions and strategies that will keep them safer on the road. Their mission is 'Saving lives through education'.

Huge Thank You for a Successful September 12th Blood Drive. Thanks to those who helped make our blood drive a success. We collected 58 units of blood and had a great opportunity to work with the Columbine Key Club members.

5 K Run/Walk to Support Columbine High School Challenge

Program. The Columbine HS Key Club is organizing a 5 K run-walk to raise funds for the CHS Challenge program for special needs students. The walk is on Sunday, Oct. 9 at 9 am in Clement Park, (One day after Second Wind) with our Key Club Youth.

Many members have signed up to help, but what they really need is people to participate. Cost is \$20. Can a few good Kiwanians walk the walk, and a few others pledge some dollars for the walkers? Also, publicize this event to friends and family. Sign up on the Columbine Web page. Registration online closes October 6th. www.chsrebels.net.

Foothills CROP Hunger Walk. Kiwanis will be helping with the logistics for the walk on Sunday October 16th. The walk is at Clement Park. The time commitment would be from 1 to 4:00 p.m. Here is the link for the walk if you need more information. <https://www.crophungerwalk.org/lakewoodco/>

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:

continued on page 5

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Kiwanis Corner, *continued from page 4*

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.

Sea Sponge Could Hold Key to Fighting Deadly Infections

MRSA (methicillin-resistant *Staphylococcus aureus*) is a bacterial infection that kills an average of 11,000 patients every year in the United States. But scientists now believe they've discovered an Antarctic sea sponge that produces a chemical compound capable of stopping it.

According to the UPI website, researchers studying the defense mechanisms of sea sponges—as well as algae and underwater invertebrate organisms—found the compound, named darwinolide, in *Dendrilla membranosa*. It works by penetrating MRSA's protective biofilm, a coating of proteins, carbohydrates, and DNA that current antibiotics can't get through.

Harvesting the sponges from the sea floor is neither practical nor environmentally sound, so the scientists are looking for a way to produce the compound synthetically. Fortunately, UPI states, most chemical compounds found in nature can be reproduced in the lab by chemists.

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.

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

Spc. 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



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Get Your Imagination Going When You Paint

You don't have to be a Picasso to find satisfaction and enjoyment in creating art. When you're searching for ideas or subjects to paint, consider these approaches:

- Seek inspiration. Spend some looking at art—paintings, sculpture, drawings. Listen to music to stimulate your creative juices.
- Start small. If you're hesitant, or blocked, don't tackle a big art project. Start with something small and easy. Work on one section of a painting you're planning, and don't think of the rest of the project. You'll accomplish something concrete, and your success may give you the momentum you need to continue.
- Switch things around. If you usually paint or draw horizontally, switch to vertical. Instead of painting what you see, paint what you feel. If you draw with your right hand, try switching to your left. A small change can make a big difference.
- Try an exercise. Pick a common saying: "Once in a blue moon," for instance. Draw or paint what the saying means to you. What kind of rare occurrence springs to your mind? How would the world look under blue moonlight? Choose other clichés and catchphrases to illustrate, and you'll keep your perceptions sharper.

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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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

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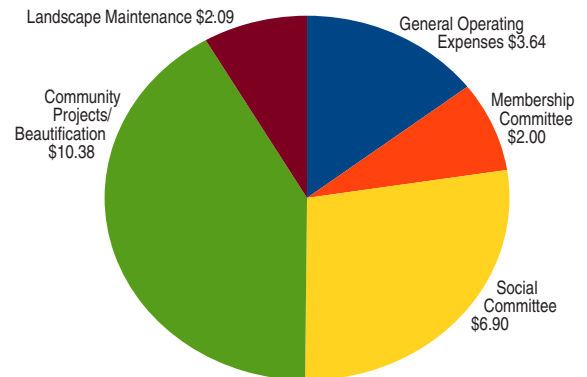
 

What Your \$25 CWCA Membership Goes Towards

When a resident pays twenty five dollars to become a CWCA member for the year just how is that money spent? We here on the CWCA board have been asked that question a few times so I thought it was time to share that information. The chart below shows spending breakdown by category by membership dollar amount. The five categories roughly reflect our mission statement, also shown above, to beautify the neighborhood, provide community based services, and social activities. Also included are CWCA operating expenses. Being an all volunteer organization helps keep our operating expenses low so your membership fee is better used for things that you care about as opposed to paying for professional management services. Let me go into some detail on each category. Landscape maintenance is for purchasing supplies for entrances. This can be mulch, plants, paint, weed/bug spraying, watering and the like. It does not reflect labor for those activities; that is solicited from the residents when we have cleanup days. Community projects/Beautification mainly covers covenant control but can also cover larger projects. We live in a beautiful subdivision and keeping it that way takes significant effort by a small cadre of dedicated volunteers known as the Covenant Control Group. Formerly known as the Architectural Control Committee, or ACC, this group has recently been split from the ACC to provide better task focus. The ACC will now focus on handling building requests and modifications and ACC members will be the standing board. Covenant control is costly due to letter postage, specialized tracking tools, and court fees. Social Committee provides for neighborhood events like Dumpster Day, contests, and open pool days. Dumpster Day is by far one of the most expensive activities and also one of the best attended. Membership committee expenses are centered around the yearly membership drive and welcome bags for new residents. General operating expenses make up the balance, going towards insurance, building use fees, and general supplies. With slightly less than 400 members out of almost 1500 residents the CWCA has limited budget to perform our mission. Of the 400 registered annual members there are 4 Officers, 6 Board members and a few active Committee Chairs. All of the volunteers have times when they are out of town or away on business, which then leaves their duties unattended. Each one of our volunteers are dedicated to their specific job and not necessar-

ily trained on another to be able to fill in the gaps. Our largest team of 30 volunteers are those who deliver the newsletters to your door each month. Many of our volunteers have jobs so their available time to perform CWCA duties are limited. As president I have a vision for the future and that vision is to increase membership so we can provide more social activities but also to double our volunteer base. I have heard many great suggestions from residents for new activities such as block parties and an annual easter egg hunt but without the budget, and especially the volunteer base, we just can't grow to our potential. If you are not currently a CWCA member please consider joining us. If you are a member we would love to hear your ideas for new social activities and we would love even more to get you involved as a volunteer. Call us or email us, our contact information is listed in this newsletter.

— Gary McCombs, CWCA President



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Keep Your Kids, And Yourself, Safe This Halloween

Halloween is one of the most popular holidays of the year. Who doesn't love dressing up and getting candy and other treats? You and your family have to be cautious, though. Follow these tips for a happy and safe Halloween:

CHILDREN

- Bring a flashlight.
- Walk, don't run.
- Use sidewalks; if no sidewalk is available, walk on the left side of the road, facing traffic.
- Don't cut across yards or driveways.
- Obey traffic signals.
- Don't go into unfamiliar neighborhoods; approach only houses that are lit.
- Bring a watch you can read in the dark.
- Avoid tripping by wearing costumes that don't drag and shoes that fit.
- Don't wear masks that interfere with your vision.
- Don't carry nonflexible knives, swords or other dangerous props.
- Wear reflective markings or tape on costumes so motorists can see you.
- Avoid unfamiliar pets.
- Carry a cellphone to call home in an emergency.

PARENTS

- Provide dinner before trick-or-treating.
- Accompany young children.
- Look for flame-retardant costumes.
- Know where older children are trick-or-treating.
- Inspect candy for tampering; discard anything suspicious.

HOMEOWNERS

- Remove from your yard any ladders, hoses, dog leashes, flowerpots, or other items that children could trip on.
- Keep pets inside; they may bite if frightened by the noise and commotion.
- If using real candles in a jack-o'-lantern, place your pumpkin away from where trick-or-treaters may stand.
- Keep paper or cloth decorations away from any candle flame.
- Provide healthy alternatives to candy, like fruit rolls, mini-boxes of raisins, or popcorn.
- Consider offering nonfood treats like pencils, stickers, coins, or erasers.

The Birth of The Jack-o'-Lantern

Have you ever wondered how the practice of turning a pumpkin into a scary jack-o'-lantern started? Here's the story:

Jack-o'-lantern sounds Irish because it is. The flickering, carved pumpkin faces that animate the American Halloween derive from an old Irish custom of creating rustic lanterns from vegetables. The Irish child's typical Halloween flashlight was a hollowed-out turnip or potato with a candle inside. When the Irish landed in America in the nineteenth century, they were quick to spot the possibilities in the pumpkin, and a new tradition was born.

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.**

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

Georgianna Dirga

Broker Associate

Shorewood Real Estate

Cell: **303-579-0564**

georgiannadirga@aol.com



Homes Currently Under Contract

6926 S. Wadsworth Ct.	tri-level	1,718 sq. ft.	\$314,900
7914 W. Quarto Ave.	tri-level	2,228 sq. ft.	\$330,000
7064 W. Hinsdale Dr.	tri-level	1,927 sq. ft.	\$330,000
7766 W. Ottawa Dr.	tri-level	2,291 sq. ft.	\$345,000
7367 W. Fremont Dr.	ranch	2,408 sq. ft.	\$355,000
7382 S. Vance St.	ranch	2,568 sq. ft.	\$355,000
7418 W. Fremont Dr.	ranch	2,252 sq. ft.	\$360,000
7213 S. Yarrow Ct.	bi-level	2,553 sq. ft.	\$365,000
7112 W. Glasgow Pl.	ranch	2,380 sq. ft.	\$365,000
7744 W. Quarto Ave.	bi-level	1,850 sq. ft.	\$367,500
7722 W. Quarto Dr.	multi-level	2,370 sq. ft.	\$388,000
6930 S. Yukon Way	2 story	2,736 sq. ft.	\$379,900

CLOSING SOON!

Homes Currently For Sale

7235 S. Yarrow St.	multi-level	2,871 sq. ft.	\$449,900
6881 S. Reed Ct.	2 story	3,757 sq. ft.	\$559,900
Homes Sold from Aug. 18th - Sep. 16th, 2016			
7479 W. Fremont Ave.	bi-level	1,882 sq. ft.	\$330,000
7282 S. Vance St.	1 story	2,576 sq. ft.	\$366,000
7771 W. Ottawa Pl.	bi-level	2,017 sq. ft.	\$371,000
7216 S. Yarrow Ct.	multi-level	1,744 sq. ft.	\$385,000
7221 S. Yarrow St.	tri-level	2,851 sq. ft.	\$405,000
7213 S. Yukon St.	multi-level	2,911 sq. ft.	\$416,000
7318 S. Zephyr Wy.	2 story	3,266 sq. ft.	\$456,000
7282 W. Frost Dr.	1 story	2,576 sq. ft.	\$333,000
7771 W. Quarto Ave.	bi-level	2,017 sq. ft.	\$345,000
7216 S. W. Roxbury Pl.	bi-level	1,744 sq. ft.	\$360,000



Based on information from IRES®, Inc. for the period 8/18/16 through 9/16/16. Sales are not necessarily those of Shorewood Real Estate.

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.

A Real painter. Real quality work. Real competitive prices. **Quality drywall repair and carpentry work too.** Est. always free. Contact Gary 720-226-4489, 303-215-6068

Kimball console piano \$675, 303-979-2483

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.

House & Carpet Cleaning Services: 3/292-0115

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.

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

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.


Build The Kind of Relationships That Support Your Success

No matter how self-sufficient you are, you won't succeed on your own. You have to build relationships with people who can help you achieve your goals. Here are some guidelines for creating lasting relationships no matter what you're working toward:

- Be as positive and cheerful as possible. Don't criticize, complain, or condemn the people you're working with. Offer helpful feedback, don't share negative thoughts about your personal life, and accept other people's viewpoints and opinions.
- Show gratitude. Give praise and approval to people who are helping you. Make others feel more valuable and important by acknowledging their actions and presence graciously. Supporters will gravitate toward you, and you'll be welcome wherever you go.
- Admire the achievements of others. Don't focus only on your own success. Celebrate the achievements of everyone in your network. Avoid jealousy, and make admiration your goal.
- Be straightforward. Agree or disagree with others when appropriate. Be honest with your opinions. People will feel comfortable in your presence when they know where you stand and what you genuinely believe.
- Pay attention to others. You can pay anyone a great compliment simply by focusing your attention on him or her. Nothing makes a human being feel more special than to be seen and heard.

National Bullying Prevention Month

A campaign held during October, uniting communities nationwide to educate about and raise awareness of bullying prevention, National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners.



**Health Care for the
Habit Forming Years**

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

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

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

#1 Broker in the Columbine Area!

Columbine West Statistics for September 2016

Current Homes FOR SALE in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
2-story	None	None	0
4-level	\$449,900	\$449,900	1
Tri-level	None	None	0
Bi-level	None	None	0

Current Homes UNDER CONTRACT in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$355,000	\$365,000	3
2-story	None	None	0
4-level	\$355,000	\$388,000	2
Tri-level	\$314,900	\$345,000	3
Bi-level	\$367,500	\$367,500	1

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

	Lowest	Highest	How Many?
Ranch Style	\$274,000	\$366,000	6
2-story	\$294,000	\$466,000	8
4-level	\$323,150	\$416,000	8
Tri-level	\$292,000	\$405,000	8
Bi-level	\$315,000	\$381,000	16

The statistical information is based on MLS data Sept. 15, 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

**Realtor with
real estate
law background**

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



DUANE@DUANECDUFFY.COM

WWW.DUANECDUFFY.COM

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.

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

Heart Health Improving for Americans

Americans are taking better care of their hearts, according to the Centers for Disease Control and Prevention. According to a study published in the American Journal of Preventive Medicine, the rate of heart disease in Americans over 40 dropped to 8 percent in 2011-12, down from 10 percent in 2001-02. Among Americans 60 and older, the rate dropped from 19.5 percent to 15 percent in the same time frames. The researchers found no significant change either way in Americans 40-59 years old, however.

One factor influencing the improvement was having access to health insurance, according to the study. Better management of risk factors like high blood pressure, cholesterol, smoking, weight, and diabetes probably contributed to the decline, the report suggested.

"People need to feel safe to be who they are—to speak up when they have an idea, or to speak out when they feel something isn't right."

—Eunice Parisi-Carew

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: _____