



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.

*"You make a living by what you get.
You make a life by what you give."
~Winston Churchill*

CWCA Calendar of Events

CWCA Monthly Mtg: Jan. 11th
Dutch Creek Elem, 7:00pm
Volunteer Appreciation Party
Super Bowl: Feb. 5th
CWCA Monthly Mtg: Feb. 8th
Dutch Creek Elem, 7:00pm
Share the Love: Feb. 11th
CHS Parking Lot 8-12 noon
Food Drive
CWCA Monthly Mtg: March 8th
Dutch Creek Elem, 7:00pm
Daylight Savings: Mar. 12
Spring Forward
CWCA Monthly Mtg: April 12th
Dutch Creek Elem, 7:00pm
CWCA Garage Sale: May TBD
CWCA Monthly Mtg: May 10th
Dutch Creek Elem, 7:00pm
CWCA Dumpster Day: June TBD
Open Swim Nights: June, July &
August, TBD

January 2017

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

Join Us for a Volunteer Appreciation Evening: January 11th, 2017

The Columbine West Civic Association greatly appreciates all its volunteers. Taking the time to recognize volunteers is so very important and also extremely necessary to retain volunteers. Everyone who voluntarily pays their yearly dues is also a dedicated volunteer within CWCA. To show our gratitude we would like to invite you to join us at the monthly meeting in January 2017. The night will be dedicated to showing appreciation to those who give of themselves by giving back to the neighborhood. Keep Calm and Volunteer. Please join the Appreciation Evening, grab some dinner and share in the overwhelming gratitude we have towards each and everyone who volunteers. It has been said before and worth repeating, "Many hands make light work".~ This proverb was first recorded in English in the early 1300s in a knightly romance known as Sir Bevis of Hampton.

CWCA Membership Drive Begins February

In the past year the association has covered a lot of ground. The newsletter volunteers have delivered approximately 18,000 community newsletters. The Board and Officers have attended roughly 18 hours of meetings. A core group of 12-15 volunteers have come together and cleaned up the entrances and supported the efforts of Dumpster Day. We had (2) trash truck loads totaling 21,500 lbs. Expert Roll-off was our metal roll-off provider and collected 4,300 lbs. There was (66) participants in 2016. We had 6 young men from Shiloh House to help with unloading vehicles. Multiple boxes of food donations were taken to Church for All Nations. Yard of the Month congratulated (5) homeowners for their dedication to detail in showing off their creativity. The Dutch Creek Pool was funded for (3) separate Open Swim evenings. Our Annual Halloween & Holiday Lighting contests awarded (4) homeowners during the respective seasons. What is in store for 2017? Please join the efforts of the Columbine West Civic Association by taking a moment to drop your voluntary membership dues into the mail. Or use the Paypal option for a quicker registration. Either way, your membership dues are crucial to the continued seamless operation of community events. The membership year is from Jan 1st – Dec 31st, 2017. The earlier we receive dues the better we can plan for our yearly events. The dues are still \$25.00! Please join the efforts and keep a watchful eye on the Calendar of Events to know what is being offered to Columbine West. Thank you in advance for your participation.



A Moment With The Board

****News Flash****

The January CWCA meeting will be our Annual Appreciation Night.

We would love to have all of our great neighbors that stepped up and volunteered this year come and join us for fun & fellowship. We have plans for dinner and FREE giveaways. We would love to have any of our neighbors that won contests this year come and join us too. If you are making plans to volunteer in 2017, then come on by and join the fun and festivities.

Due to the early deadline for the January newsletter, Dec 8th, we were unable to report what happened at the December CWCA meeting. The February newsletter will have a recap for both the December & January meetings. Thank you all for continuing to read the newsletter, ask questions, attend meetings and give valuable feed back to the Board & Officers. May all of you enjoy the warmth of the holiday season with family and friends. Travel safely wherever you go. We look forward to seeing old friends and new faces in 2017. If you moved into Columbine West in 2016 try and drop by a community meeting, the 2nd Wednesday of each month located at Dutch Creek Elementary during the school year. Happy New Year everyone.

If you have questions or any suggestion of ideas feel free to email CWCAtalk@gmail.com. We look forward to hearing from the community. Residents are encouraged to attend any monthly meeting. The next one is January 11 th, 2017 at 7:00 p.m., Dutch Creek Elementary, second Wednesday 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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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.

Foothills Looking to sell 4-Acre Plot

The Columbine Courier has reported that FHPD is once again looking towards removing another land parcel from it's holdings. The plot is located at the entrance to the Stony Creek development, off of Columbine Drive & Wadsworth. The two parcels are known as Stony Creek Plat and Mountain Bell Columbine Complex. The district is under contract with a developer for \$455,000, but the sale is contingent on the County's approval. During the Dec 6th staff briefing, assistant director of Jeffco Planning & Zoning explained the County's involvement in the sale to the county commissioners, mentioning the parcels were originally dedicated in the 1970's to Jeffco to be used as Open Space. The County then quickly conveyed the parcels in 1974 & 75 to the Foothills District. The parcels remained zoned as Open Space. To move ahead with the sale, the County has to sign off on one of two options. The first option would require Foothills to convey the land back to Jeffco and then have the County revert it back without the Open Space requirement. Or Foothills could convey the land back to the County, Jeffco would fill the role as the seller and then it would distribute the proceeds of the sale to the park district. Although the sale also is contingent on the land being rezoned for development, County statute would still require that the proceeds be used by FHPD for the purchase of new open space or for improvements to park facilities. A public meeting is being planned by the Planning & Zoning Dept that can solicit feedback from the community about whether or not the property should be sold and whether or not the property should be rezoned from Open Space. Look for a public meeting to be scheduled by the Planning Commission as early as February.

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 #: _____

9th Annual "Share Your Love"

The community food drive is beginning Sat. morning, Feb. 11th at the Columbine High School parking lot. This is easy, gather any non-perishable food items and just drive by Columbine High School on Saturday morning and someone will come to your car and get your food items. All foods collected will go to Cabrini's Cupboard and other small, local church food pantries. We also hope to help St. Anthony of Padua with whatever they need for their food pantry. This program has been an overwhelming success over the years, even when the weather is cold and snowy. Give however you can and know that every little bit makes a huge difference. Thank you and God Bless.

Calling all Kindergarten Parents

If your child is going to be five years old by Wednesday, Oct. 1, 2017, they can attend kindergarten. All Jeffco neighborhood elementary schools offer full or half-day kindergarten programs. Some schools offer half day kindergarten and before and after-school child care. Registration for the 2017-18 school year for kindergarten is held in January 2017. To find out more information, call the school where you would like to enroll your student. You can also check out the district's webpage. If parents decide to send their child to a school other than their neighborhood school, they should complete the choice enrollment application during round one, between Wed., Jan. 8th to Fri., Jan. 24th. More information can be found on the district's webpage.



Kindergarten Registration at Dutch Creek

Dutch Creek received an "A" rating from schoolgrades.com this year! We also were awarded the Governor's Distinguished Improvement Award in 2014-15. We continue to maintain growth and differentiate instruction for all students, including those on IEP's and ALP's. Students and parents appreciate the caring environment that we provide. Our enrollment is currently 320 students. Before and after school care is available through Foothills Park and Rec. Dutch Creek currently offers many free and fee-based extracurricular activities, such as Chess Club, Choir, Intramural Basketball, After School Karate, Drawing Club, Band, Orchestra, Drama Club, LEGO Club, Art Club, Before School Dahn Mudo Yoga, Monthly New Student Breakfasts, Student Leadership, and Student Ambassadors. We offer full day, fee-based kindergarten for \$300.00/mo, or ½ day kindergarten at no cost. Kindergarten Registration and 1st round choice enrollment will take place simultaneously during the week of January 9th – January 31st. Also, Kindergarten Information night is January 11th from 6-7 p.m. in the library. This is a great opportunity to meet teachers and have questions answered. Childcare is not provided for this event. For enrollment questions or for a tour of the school, please contact the main office. We look forward to meeting you and your family!

Foothills
Park & Recreation District

Fitness Frenzy

JAN 2 - 31, 2017



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Eat Lots of These Foods to Prevent Prostate Cancer

Prostate cancer is one of the most common forms of cancer in men—more than 180,000 cases are diagnosed each year. Diet can be a factor, doctors say, especially one of foods high in saturated fats found in meat and dairy products. Men may be able to reduce their risk of developing prostate cancer by eating more of these healthy foods:



- **Broccoli.** *Benefits:* Low in carbohydrates and rich in antioxidants and phytochemicals that may prevent cell changes contributing to cancer.
- **Salmon.** *Benefits:* Lots of omega-3 fatty acids that can inhibit prostate cancer.
- **Brazil nuts.** *Benefits:* Selenium; six to eight nuts contain 700 percent of a daily serving.
- **Tomatoes.** *Benefits:* Lycopene. Men who eat 10 portions of tomatoes a week may reduce their risk of prostate cancer by 18 percent
- **Walnuts.** *Benefits:* Walnuts and walnut oil have been shown to reduce levels of the hormone IGF-1, which has been linked to prostate cancer.
- **Coffee.** *Benefits:* Antioxidants, as well as stimulating the body to metabolize sugars more efficiently. Green tea shares similar qualities.
- **Carrots.** *Benefits:* Beta-carotene, which turns into vitamin A and has antioxidant properties.

Honeymoons Are More Active and Adventuresome Than Ever

Spending a honeymoon lounging around a hotel at Niagara Falls is apparently out, and active, “adventure” honeymoons are in. That’s according to a survey by Westin Hotels & Resorts. Newlyweds are 1.5 times more likely to seek the outdoors in their honeymoon destinations than they were five years ago. What kind of activities are they interested in? Couples are 1.6 more likely to go running than in the past, 1.5 percent more are hiking or climbing, and twice as likely to go skiing.

They’re packing more travel into less time, with 70 percent visiting more than one destination in 10 days. Lest you think that they’re forgetting about more traditional honeymoon activities, the survey also found that more than 50 percent say their honeymoon would have been more enjoyable with a better bed.

Entice Children To Go On Walks

Taking a walk is one of the simplest forms of exercise you can imagine. It’s also a fun way to spend time with your family, especially your children. Try these tips for getting them out of the house and on the trail:

- **Make it an adventure.** Don’t just say, “Let’s go for a walk.” Spark your child’s interest with something like, “Let’s look for leaves to collect,” or “Let’s find some animal footprints.” This makes the walk sound like more of an activity and less like a chore.
- **Think ahead.** Before setting off, think about where you want to go. Will it be safe for your child? You don’t want to wear children out, let them get too muddy, or force them to dodge cars and other obstacles. Plan a short walk at first. If children are still enthusiastic, you can always lengthen it.
- **Walk at your child’s pace.** Don’t make it a race (unless your child actually wants to run one). Match your speed to your child’s. Encourage kids to stop and look at things—bugs, rocks, trees, etc. Be willing to go off and explore in a different direction if your child wants.
- **Take your pet.** Most children love animals. If you don’t have a dog of your own, ask your neighbors if they’d like you to take their dog for a walk. Children will get a chance to run and play, making the walk more energetic and enjoyable.
- **Dress appropriately.** Make sure you and your children have the right shoes and other clothes. Sunscreen and hats are a must for bright days. Dress in layers so you can add or remove clothing depending on the temperature. If the weather is wet, wear boots.
- **Pack a bag.** Bring along some snacks—dried fruit and nuts, for example. Don’t forget water and a first aid kit. You can also bring along a ball or other games so you and your kids have something to do once you reach your destination.
- **Give kids a reward.** You don’t want to bribe them, but they’ll be more enthusiastic if they know you’ll take them out for ice cream or do something else fun at the end of your walk.



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Kiwanis Korner

Calendar of Events

Action Center - January 7th

Newly installed Officers are gearing up for a fantastic 2017. What's new with Kiwanis?

Columbine High School Key Club. Last week, Dec 2016, Key Club heard a guest from Make A Wish foundation. Columbine High School is planning a "Wish Week" Jan 30-Feb 3 to raise funds. Key Club, along with Senate and Honor Society, will plan some fund raiser during that week. They may call upon our club to assist. Key Club is planning a bowling night Dec. 9.

Outdoor Lab Donations. At the November 30, 2016 meeting of the Kiwanis Club of Columbine, the club presented checks totaling \$3,750 to the (5) Columbine Attendance Area Elementary Schools. These funds will be used at these schools to supplement the cost to attend Outdoor Lab. Each of the 5 schools related the importance of the Outdoor Lab program, and the numerous benefit.

Updated details on Bell Ringing will be included in the February newsletter.

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

Columbine Kiwanis is a group of extremely dedicated men and women who focus on volunteering within the Columbine Community, primarily to children in our local community. They have projects through out the calendar year. Are you interested in joining the efforts of this warm and inviting group? Come check us out. Weekly scheduled meetings Wednesdays at 7:00 a.m. at: 4G's Restaurant 5950 S Platte Canyon Rd.; Littleton, CO. 80128 303-730-4650. Free breakfast for first time visitors. There is typically a speaker during breakfast, who may be addressing an issue facing the community.

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

Turn Failure Into A Positive Force

Failure can be one more step on your road to success—you just have to learn how to turn it around in a positive direction. Here are some creative ways to view failure:

- Failure can push you harder to succeed.
- Failure can strengthen your determination to overcome obstacles.
- Failure can make you braver in the face of opposition.
- Failure can help you learn what you need to do in order to succeed.
- Failure can teach you what your limitations are—and your strengths.
- Failure can encourage you to change your strategy.

National Blood Donor Month

Some give blood because they've been asked to. Some know a family member or a friend who might need blood someday. Some simply believe it's the right thing to do. Whatever your reason, the need is constant and your donation is important to maintaining a healthy and reliable blood supply.



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

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www.columbineanimal.com



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Columbine West Veterans

"America's Veterans have served their country with the belief that democracy and freedom are ideals to be upheld around the world." — John Doolittle

Bill Morrissey, U.S. Army, 1969 -, 1970(Vietnam) 173rd Airborne Infantry Brigade

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 Operater (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

Control Your Appetite After A Day At The Office

Ever notice that you can feel starving after a long day at work even though you've spent it mainly at your desk? Scientists, as reported by *The New York Times*, say it happens because your brain, feeling tired, starts to want more fuel to keep going—even though you haven't exactly been digging ditches for eight or nine hours. The problem is that you're consuming calories your body doesn't actually need because your brain is telling you to.

One way around this dilemma is exercise. In an experiment at the University of Alabama at Birmingham, 38 college students met to discuss what their favorite pizza was. After the discussion, they were allowed to eat as much pizza as they wanted. On another day, they were brought back and given a series of tests from college entrance and graduate-level exams.

Afterward, half the students worked out on treadmills while the rest sat quietly. The entire group was again served all the pizza they wanted, but the treadmill group ate less—about 25 fewer calories than at their previous session. On the other hand, the rest of the group actually ate 100 calories more.

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

Shorewood Real Estate

Cell: **303-579-0564**

georgiannadirga@aol.com



Currently, two homes are for sale in Columbine West.

Homes Currently For Sale

7899 W. Frost Dr.	multi-level	2,387 sq. ft.	\$385,000
7859 W. Frost Dr.	2 tri-level	2,267 sq. ft.	\$429,000

Homes Currently Under Contract

7712 W. Ottawa Pl.	2 tri-level	1,567 sq. ft.	\$307,000
6997 W. Roxbury Ave.	bi-level	1,633 sq. ft.	\$328,000
7326 S. Pierce Ct.	bi-level	1,874 sq. ft.	\$339,900
7989 W. Fremont Ave.	tri-level	2,326 sq. ft.	\$364,500
7943 W. Plymouth Pl.	2 story	2,817 sq. ft.	\$414,500
7235 S. Yarrow St.	multi-level	2,871 sq. ft.	\$429,000

Homes Sold from November 8th to December 8th

6926 S. Wadsworth Ct.	tri-level	1,718 sq. ft.	\$314,900
7257 S. Vance Ct.	2 story	2,576 sq. ft.	\$325,000
7310 S. Upham St.	2 story	1,896 sq. ft.	\$334,000
7461 S. Webster St.	bi-level	1,788 sq. ft.	\$345,000
6871 S. Zephyr Ct.	bi-level	1,917 sq. ft.	\$350,000

Based on information from IRES®, Inc. for the period 11/8/16 through 12/8/16. Sales are not necessarily those of Shorewood Real Estate.



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Andi York, Re/Max Professionals Inc. Team Cabalka. O:303-972-9999. C:720-331-4101.

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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

Cold Outside? Protect Yourself From Winter Hazards

When you work outside in cold weather, your body uses 60 percent of its fuel just to keep itself warm. Because of this, you can tire more easily than you notice. As you get more tired, you're more prone to the dangers of winter weather—hypothermia, frostbite, and poor awareness. Here's how to protect yourself during the winter months:



- **Acclimate to low temperatures.** Before you launch fully into outside work, give your body a chance to get used to the cold.
- **Wear layers.** The Occupational Safety and Health Administration recommends that workers wear three specific layers of clothing to stave off the cold and wet:
 - An outer layer that serves as a windbreaker, but allows for ventilation.
 - A second layer that absorbs sweat and still insulates.
 - A third layer close to the skin that is thinner and allows for ventilation.
- **Get extra protection for your hands and head.** A warm hat can help retain the 40 percent of body heat that otherwise would escape from your head. If you have to wear a hard hat, use a liner that covers your ears, cheeks, and chin.
- **Wear the proper gloves.** Make sure they're not too small, which can further restrict blood flow to your fingers, or too large, which won't give you the protection you want.
- **Insulate your feet.** In addition to wearing warm woolen socks, use insulating muffs around your ankles and over the tops of your work shoes.

Small Business Goes Global

Doing business internationally isn't just for the big players anymore. A survey by the foreign exchange organization USForex found that 58 percent of small businesses have overseas customers these days, and 72 percent expect to expand internationally in 2017. They don't see it as a gamble, either: Approximately 96 percent are confident about their ability to attract customers abroad.

What's driving the move? Businesses cited access to higher quality vendors or suppliers (43 percent), as well as high-quality talent (42 percent).



Success is not the key to happiness.

Happiness is the key to success.

If you love what you are doing, you will be successful.

—Herman Cain

#1 Broker in the Columbine Area!

Columbine West Statistics for December 2016

Current Homes FOR SALE in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
2-story	None	None	0
4-level	\$385,000	\$385,000	1
Tri-level	\$429,000	\$429,000	1
Bi-level	None	None	0

Current Homes UNDER CONTRACT in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
2-story	None	None	0
4-level	\$429,000	\$429,000	1
Tri-level	\$307,000	\$364,500	2
Bi-level	\$328,000	\$369,900	3

Homes SOLD in Columbine West (June 1, 2016–Dec. 7, 2016)

	Lowest	Highest	How Many?
Ranch Style	\$255,500	\$366,000	8
2-story	\$325,000	\$456,000	5
4-level	\$315,000	\$416,000	9
Tri-level	330,000	\$405,000	7
Bi-level	\$330,000	\$381,000	11

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 Dec. 7, 2016. Not all of the properties were listed and/or sold by Duffy & Associates, LLC.



DUANE@DUANECDUFFY.COM

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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

Learn About That Aspirin You're Taking

If you're nursing a headache after your New Year's Eve party, aspirin might be the answer. Here's how it came to be:

The Greek physician Hippocrates prescribed the bark and leaves of the willow tree as a pain reliever and fever breaker more than 2,400 years ago because they were rich in a substance called salicin, a naturally occurring compound that is similar to the chemical acetyl-salicylic acid, now commonly known as aspirin.

In 1763, Rev. Edward Stone accidentally had tasted willow tree bark and was surprised by its bitterness. Stone subscribed to the belief that natural maladies often carry their own cures. Because the willow grew in a moist environment where rheumatic complaints were common, he tried it for relief and found it effective.

In the 1820s and 1830s a series of breakthroughs and experiments made extraction from natural ingredients possible. Later the superior chemical components were derived and buffered to make them easier on the stomach and mouth. The Bayer company made aspirin powder available to physicians to give to patients in 1899, and a year later introduced the first water-soluble tablets that cut costs of the pain reliever by half—making it widely available and popular.



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: _____