



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

FREE Open Swim Night: July 8th
CW Pool 6p-8p, 7046 S Webster St.
CWCA Monthly Mtg: July 12th
6:30p, Pool Pavilion
FREE Open Swim Night: July 22nd
CW Pool 6p-8p, 7046 S Webster St.
National Night Out: August 1st
5:30p, Pool Pavilion
CWCA Monthly Mtg: August 9th
6:30p, Pool Pavilion
CWCA Monthly Mtg: Sept. 13th
Dutch Creek Elem, 7:00p
CWCA Monthly Mtg: Oct. 11th
Dutch Creek Elem, 7:00p
CWCA Monthly Mtg: Nov. 8th
Dutch Creek Elem, 7:00p
CWCA Monthly Mtg: Dec. 13th
Dutch Creek Elem, 7:00p

CWCA Meeting Dates

July 12th, August 9th,
6:30 p.m.
at the Pool Pavilion

July 2017

Vol. 39 No. 07 • Circulation: 1555

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

Residential Speed Limit is 25 MPH

A study conducted by AAA shows that the fatality rates of autos vs. pedestrians vary from 25% at 25 MPH to a staggering 55% at 45 mph. This is based on standard size sedan and a 30 year old male in good health. So what does that say about children and their survival rates? There has been a tremendous amount of conversation lately surrounding the excessive speed neighbors are noticing on a daily basis. The major thoroughfares such as; Portland Ave., Webster Ave., Zephyr Ave. & Allison/ Ontario are areas that neighbors continue to watch other neighbors exceeding the 25 MPH Residential speed limit. Along with this there are individuals that are disregarding the speed limit for speed bumps (15 MPH) and using the sidewalks to try and circumvent the bumps all together. In addition, many are now NOT stopping at certain neighborhood stop signs. At a recent CWCA monthly meeting we had neighbors voicing their frustrations. Neighbors with young kids are afraid to let the kids play out in their own front yards or ride their bikes on the sidewalks, for fear of an inattentive driver and their excessive driving speed. Does anyone have any idea why we are seeing this kind of behavior on our neighborhood streets? Does anyone have any ideas on how to potentially bring some resolutions to these issues? Let those drivers who do pay attention to the rules take back our neighborhood streets. Let all of us work together to address this problem and work towards a resolution. It is important for us parents to be good role models too. We are the first drivers our kids get to see and recognize how important good driving behavior really is. For those of us who have been driving the streets in Columbine West, please take a second and look at your speedometer as you leave the development. Are you within the 25 MPH Residential speed limit? Our newer cars can be very deceiving and make us think that we are truly driving 25 MPH. Driving the speed limit may take you a moment longer to reach your destination, yet the lives and lively hood of the neighborhood is at stake. The website www.keepkidsalivedrive25.org has information that we will be implementing into the newsletter and around the neighborhood. It is extremely important to keep our kids from being the unintentional recipients of distracted drivers. Please give this your whole attention and be safe out there.



Red, White & You, July 3

July 3, 5-10 p.m. – Red, White & You at Clement Park (7306 W. Bowles Ave. Littleton 80123). Free admission! Event features community exhibitor booths, ticketed bounce houses, food concessions and beer/wine garden for purchase. Free concert featuring Wash Park Band, and fireworks display. For full event details visit www.ifoohills.org/rwy. NEW THIS YEAR: Prohibited at this event for Safety Reasons: Pets and Personal Shade Structures of any kind, including tents and picnic umbrellas.

**FREE Open Swim Nights:
July 8th & July 22nd, 6-8p**

A Moment With The Board

The June 14th monthly meeting was attended by Officers/Board members and a few residents. Our monthly meeting was held at the pool pavilion, starting at 6:30 p.m. We had a beautiful evening meeting. The sun and the clouds were bringing on an amazing light show, while allowing us to savor the last few days of Spring. Currently we have 342 memberships. The 2017 CWCA Budget is currently based on 345 memberships. Memberships are important to keep all of the scheduled events happening without disruption. Have you seen the new 'blue shirts' that identify CWCA Officers/ Board members? We will be wearing them at Dumpster Day and will continue to be seen wearing them at community events. Dumpster Day gives members & non-members an opportunity to remove unwanted trash from their property. The event has become a welcomed event costing \$35 at the gate if you are not already a registered CWCA member. There are 2 more FREE swim evenings at the Columbine West Pool offered July 8th & July 22nd. These evenings will have Lifeguards on Duty and the pool is for Columbine West residents. Bring the family, your neighbors, your dinner and a chill attitude. Please take the time to enjoy these special scheduled pool times. August will bring back the National Night Out event to be held at the pool pavilion. 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 July 12th, 2017 at 6:30 p.m., Columbine West Pool Pavillion, second Wednesday of the Month.

National Night Out is August 1st

CWCA is proud to partner with the Jefferson County Sheriff's Office, Shiloh House, and Target in sponsoring this year's NNO on Tuesday, August 1st, from 5:30-7:30 p.m. at the Columbine West Pavilion by the pool. Members of the Sheriff's Office will be available to answer questions and showcase some of their special equipment. This is a great opportunity to exchange ideas concerning effective strategies for fighting crime in our community. Littleton Fire Station 13 is expected to drop by with their ladder truck and emergency medical vehicle. Event planners are working on last minute details which will include dinner. We will have ice cream, games and a few extra surprises. Feel free to bring a dessert to share. Join us and get to know your neighbors and members of law enforcement and have some fun.

So, on August 1st, lock your doors, turn on your porch lights, and come join us at the shelter house by the pool from 5:30-7:30 p.m. for outdoor games, food, good information, and getting to see fire trucks and police equipment. Neighborhoods throughout Denver are being invited to join forces with thousands of communities nationwide for the 34th Annual National Night Out crime and drug prevention event.

Last year's National Night Out events involved citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from 16,520 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. In all, over 38.1 million people

continued on page 3

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, T. Cooper

COHOPE Delegate

Cindy Coats and Floating Board Member

Newsletter Delivery Coordinators: 303-904-8218

Newsletter Editor: Natasha McCombs, ncmccombs@yahoo.com

Website Coordinator: John Basila

Newsletter Ad Manager: Colorado Lasertype

Schools

Dutch Creek Elementary	7304 W. Roxbury Pl.
Ken Caryl Middle School	6509 W. Ken Caryl Ave.
Columbine High School	6201 S. Pierce St.

The newsletter is published monthly. Deadline for news is the 13th and ads is the 15th of each month for the next month's issue except the Jan. issue which is Dec. 6th. **All articles must be approved by the editor for publication, or as space permits.** To submit an article, please call a board member or e-mail the editor. All "Letters to the Editor" must be signed and include a daytime phone number in case there are any questions. Letters may be printed without the author's name if requested.

For advertising, contact Colorado Lasertype, 303-979-7499

getinfo@ColoradoLasertype.com • www.ColoradoLasertype.com

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

Jefferson County Numbers

Information	303-279-6511
Motor Vehicles	303-271-8100
Animal Control	303-271-5070
Highways &	
Clerk & Recorder	303-271-8168
Transportation	303-271-8495
Colorado State Patrol	303-239-4500
Planning & Zoning	303-271-8700
County Commissioners	303-271-8525
Sheriff – Emergency	911
County Administrator	303-271-8500
Traffic Complaints	303-271-5677
Extension Services	303-271-6620
Voting Information	303-271-8111

Columbine West Civic Association Membership Form

Please fill out the membership coupon and mail it with your \$25 check to CWCA.

**Send to: CWCA
P.O. Box 620026
Littleton CO 80162**

Name(s): _____

Address: _____

Phone #: _____

Night Out..., *continued from page 2*

participated in NNO 2016. Started in 1983, NNO sends a message to criminals letting them know that neighborhoods are organized and fighting crime together with law enforcement. National Night Out is designed to: (1) Heighten crime and drug prevention awareness; (2) Generate support for, and participation in, local anti-crime programs; (3) Strengthen neighborhood spirit and police-community partnerships; and (4) Send a message to criminals letting them know that neighborhoods are organized and fighting back.

FREE Swim Nights

The Columbine West Pool, located by the elementary school, is part of Foothills Parks & Recreation Dept. We have been very lucky to have a community pool that allows residents to register for swim lessons or enjoy our warm summers poolside. FHP&R has chosen to continue operating the pool within our community, even though the district subsidizes it heavily. Last year we had many families comment on the availability of FREE Swim Evenings supported by CWCA membership dollars. We have two more nights scheduled. Plan on dropping by the pool, hang out with family and friends for 2 hours. The dates are Saturday, July 8th & Saturday, July 22th, all of them 6p – 8p. Get to the pool. Cannon ball.

Yard of the Month Returns

July's Yard Of The Month winners are Phillip & Melissa Stauffer. The Stauffers moved to Columbine West in 2011. The front yard of 7929 W Portland Ave used to have a rock feature, and over the past few years they have transformed it into beautiful beds with a variety of blooming plants. The Stauffers were nominated by one of their neighbors. The Yard of the Month is sponsored by resident Realtor® John Basila. Winners receive a cash prize and a sign is placed in their yard. Congratulations to the family. The Stauffers will have a "Yard of the Month" sign in their front yard and also receive a cash award. The Yard of the Month contest is sponsored by local Realtor® John Basila. If you would like to nominate one of your neighbors, please email John: columbinerealtor@gmail.com



Family Nights

at Foothills Outdoor Pools!

Mondays: 6:30 – 8pm

WEAVER HOLLOW POOL • (720) 981-3108
12750 W. Stanford Avenue, Morrison, CO 80465

Tuesdays: 6:30 – 8pm

6th AVENUE WEST POOL • (303) 278-1000
400 Holman Way, Golden, CO 80401

Wednesdays: 6:30 – 8pm

DEER CREEK POOL • (720) 981-8393
8637 S. Garrison Street, Littleton, CO 80128

Thursdays: 5 – 8pm

COLUMBINE WEST POOL • (303) 978-9300
7046 S. Webster Street, Littleton, CO 80128

excludes Memorial Day & July 4 holidays



Foothills
Park & Recreation District
www.ifoohills.org



**Home insurance from
someone you can trust.**

Call me today.

Ken Kelley
303-781-1110
333 W. Hampden Ave.
Englewood



Subject to terms, conditions and availability. © 2015 Allstate Insurance Co.

26004



Doctor present all nights, weekends & holidays

Dr. Lee Bregitzer & Associates

303-979-4040

Your Answer to Quality Emergency & Routine Veterinary Services

Vaccinations • Medical • Dental • Geriatrics • Diet • Spay/Neuter
Grooming • Boarding • Surgical • 2nd Opinion

Wednesday is "62+" Senior 15% Discount Day!
Regular Office Hours Only • Limited Offer

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

5546 W. Canyon Trail
off Platte Canyon Rd.
in Columbine Hills
www.columbineanimal.com

Numbers To Call For Information:

CWCA:

- Questions regarding Covenants/violations
- Questions/volunteers for neighborhood activities/committees

Sheriff: (dispatch 303-271-0211)

- Speeding in the neighborhood
- Running stop signs
- Not stopping at crosswalks
- Illegal activity

- Loud noise/music
- Unlicensed or inoperable vehicles on the street
- Suspicious people or vehicles in the neighborhood
- Semi-trailers parked in the neighborhood

Animal Control: (303-271-5070)

- Barking dogs
- Dogs not on leashes
- Vicious dogs
- Sick wild animals including skunks, raccoons, rabbits, squirrels, foxes, coyotes

Zoning: (303-271-8700)

- Unlicensed, expired, or inoperable vehicles on the property
- Speed bumps – new or replacement after paving
- Tree limbs/shrubs obstructing stop signs
- Weeds over 12" high
- Permit for fence (new or replacement), shed, or other structures
- Vehicles for sale

Jefferson County: (303-271-5200)

- Damaged or missing stop signs
- Pot holes
- Ice build-up in the curb
- Snow plowing
- Street sweeping

Xcel Energy: (1-800-895-1999)

- Burned out street lights
- Damaged street lights



USE THIS 10% OFF CODE **SJSAVE10** NOW THROUGH AUGUST 2017

NOW OPEN

- SPA PARTS/CHEMICALS
- POOL PARTS/CHEMICALS
- WATER TESTING
- KIDS' WATER SAFETY
- WATER TOYS
- GOGGLES
- SWIMSUITS
- SWIM DIAPERS

SWIM'N GEAR
3820 S FEDERAL BLVD
SHERIDAN, CO 80770
WWW.SWIMNGEAR.COM
720-833-5757

You're looking.....
So are your customers!

Advertising in your neighborhood newsletter works!

Reach your neighbors or any of our 40 neighborhoods every month with our inexpensive, effective advertising!

Check us out at
www.coloradolasertype.com
303-979-7499
getinfo@ColoradoLasertype.com

Colorado Lasertype
Your neighborhood newsletter publisher

METRO DENVER FARMERS' MARKET

MARKET ON YOUR CALENDAR

Saturdays SOUTHWEST PLAZA MAY 6 - OCT. 28 Southeast Parking Lot Wadsworth & Bowles 8am-2pm or Sellout	Saturdays LAKEWOOD JUNE 17 - OCT. 28 9077 W Alameda Ave Alameda & Garrison (Mile Hi Church) 10am-2pm or Sellout
Sundays HIGHLANDS RANCH MAY 7 - OCT. 29 Highlands Ranch Town Ctr. 9288 Dorchester St. 10am-2pm or Sellout	
Wednesdays LITTLETON JUNE 14 - OCT. 11 Aspen Grove Lifestyle Ctr. 7301 S. Santa Fe Dr. 10am-2pm or Sellout	Thursdays WHEAT RIDGE JULY 6 - SEPT. 28 St James Episcopal Church 8235 W. 44th Ave 10am-2pm or Sellout

Check out our great recipes online!

For more information call the
Metro Denver Farmers' Market Hotline
303-887-FARM
www.denverfarmersmarket.com

Successful Dumpster Day Event

What do you get when you put together CWCA Board/Officers and a dozen extra volunteers? You get a crazy successful community clean up event. The exact numbers are still to be calculated, but we can share a few statistics. The two trash trucks could hold a capacity of 10 & 14 tons, which were filled up twice during the four hour event. The electronic recycling company came prepared with a Budget box truck that they also filled to capacity. The owner of E Waste commented that the CWCA Dumpster Day event was one of the best organized and well attended community events he had ever been a part of. With that comment, he also added that he would like to be invited to return next year. The shredding truck was kept busy with disposing of personal documents during the two hours it was available. Lastly, the metal recycling roll-off was overfilled to capacity. During the last ½ hour of the event we had to begrudgingly off-load a few BBQ grills and some miscellaneous other metal items to the trash trucks. There are so many 'thank yous' to go around. We thank our new neighbors, the Stevens, for stepping up to Chair the event. We thank all of the Board/Officers that were in attendance and wearing our newly minted CWCA Blue shirts, that were printed for us by another Board member. We thank the Shiloh House boys from the Yarrow House and their sponsors. The boys worked extremely hard side by side with our volunteers and we appreciate all their hands. We thank all the extra

neighbors who stepped up and gave of their time on Saturday morning to keep traffic moving, trucks and trailers unloaded and our spirits uplifted. The pizza from Dominos at the end of the event also helped. Thank you also goes to all the neighbors who attended. See ya next year.



A better education for your child.

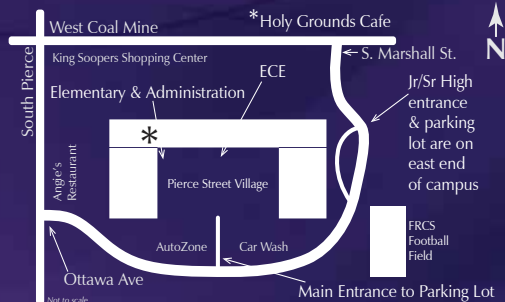
Front Range Christian School - serving children PreK-12 in Littleton for more than 20 years

You want the best for your kids; so do we! In addition to academic excellence, small class sizes, and individual attention, we help kids find who God created them to be! The results? Some of the highest ACT scores in the country, and graduates who succeed in college, career, and life. Discover the difference a Front Range Christian education can make: **Call to schedule a tour today!**



303-531-4541 www.frcs.org/better

*Come tour our school at
6657 W. Ottawa Ave:*



FRONT RANGE
CHRISTIAN SCHOOL

Space currently
available for 1st,
3rd, 5th, 7th, 9th,
and 11th grades!



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

Dan Chism, Sr., USMC, 1963-69, (Vietnam 1965-66), 2nd Battalion, 9th Marines, 3rd Marine Division, stationed Danang, Chulai & Thubi

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

Roy A. Bundy (Al Bundy), USAF, 1968-1972, Max Airlift, Vietnam, Pl, 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

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.

Sgt. Bethany Jagers, U.S. Army, 282 Engineering Company, stationed at Ft. Carson, CO

GM2 David Tuey LCS-10, Combat Ship Training, San Diego Naval Base, CA

HM2 Michael Tuey, IDC, Fleet Marine Force, 2nd Expeditionary Force, Camp Le Jeune, NC

Cpl. Kristyn Lutz, U.S. Marine Corp, Stationed in Camp Pendleton, California

Bringing Buyers and Sellers Together!

Columbine's Trusted Real Estate Services Provider



Another Just Sold



17 Years of Helping Littleton Families!

Joe Sena

The Front Range Real Estate Group

303-885-3752

Joe@JoeSenaHomes.com



www.JoeSenaHomes.com



ALUMINUM WIRING can be DANGEROUS!

IS YOUR HOME WIRED SAFELY?

Most homes built between 1964 & 1974 contain aluminum wiring.

Did you know "homes wired with aluminum wiring are 55 times more likely to have one or more connections reach Fire Hazard Conditions"

—US Consumer Product Safety Commission (CPSC) Pub #516

Your Safety Is Our Business!
Lic #6092 • Insured • Honest & Dependable
Serving all your electrical needs with Local References!

We are fully licensed, insured and certified to permanently repair aluminum wiring and remove your fire hazard. Visit our Web site at www.alwirerepair.com to read about the hazards of aluminum wiring and the CPSC recommended COPALUM repair method.

Call today for your home wiring evaluation!

(720) 299-4706



Concerts in Clement Park - FREE

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

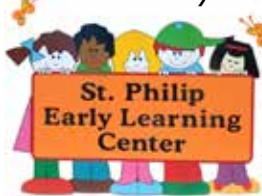
JULY – Thursdays at 7 p.m.

- July 20 – Dakota Blonde
- July 27 – Chris Daniels and The Kings

Garden Work Day

Join volunteers on Tuesday, July 11th at 6:30 p.m. We will meet at the Zephyr entrance to get instructions on which entrances need what kind of tending. Please bring some work gloves and maybe pruning clippers too. We will have trash bags.

Haven't found the perfect 4 hour Parent's Day Out, Preschool or Pre-Kindergarten Program for the 2017 - 2018 School Year?



Please give us a call to set up tour!

Visit our website at
www.StPhilipELC.org
or call 303-972-9774

Our Annual Consignment Sale Dates are
October 6 & 7, 2017

Shakespeare in Clement Park, "The Tempest" - FREE

Presented by Foothills Theatre Company. All performances held at 7 p.m. on: July 21, July 22, July 28 and July 29. All performances held in Clement Park at the Grant Family Amphitheater. Bring blankets or lawn chairs, parking is free, glass containers are prohibited.

Kids Play Golf FREE in July

During the month of July, kids play golf FREE Monday-Friday from 2-4 p.m. at Foothills Golf Course (3901 S. Carr St., **Denver 80235**) and Meadows Golf Club (7007 Meadows Golf Club Dr., Littleton, CO 80127). Tee times can be made day of play. www.ifoohillsgolf.org



OB PAINTING INC.

CALL ROB : (303) 986-8198

\$300 off

Exterior or Interior Painting

American family owned.
20 years in business.
10% discount for cash.

Workmans Comp & Liability Insurance
Credit cards accepted

Special Thank You
for Veterans:

Additional
10% off

Multiple Home
Discount



**When you're ready,
trust Littleton's
most reputable
senior community.**

**The Gardens at Columbine
Assisted Living & Memory Care
Local family owned since 2000**

**Exceptional assisted care in an
independent atmosphere.**

**TOURS BY RESERVATION
303 973-5115**



www.GardensatColumbine.com

**NU-LOOK
DRIVEWAYS**

CONCRETE

Ready for a NEW Curb Appeal?

We are driveway repair and concrete replacement experts with 30 years of professional quality workmanship.

We can save you lots of money with our 5,000 psi concrete resurfacing overlay that is stronger than your existing concrete. Your driveway and other concrete areas will look like Brand New Concrete was just poured.

Call Today for a **FREE** no-obligation Bid

303 249-8506

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

Sunscreen: Is It Safe For Your Skin?

Greetings from South Platte Park and the Carson Nature Center. We hope everyone's summer is into full fun-filled mode! Like many of you, many of our staff work (and play) long hours outside during the summer. Unfortunately a few of us have had sun induced skin issues, thankfully for the most part fairly minor things (knock on wood), and we are hearing and learning more and more about sun precautions.



Several active sunscreen ingredients including Retinyl Palmitate, Oxybenzone, and nanoparticles have been in the news with debates as to their safety. The American Society of Dermatologists and the Skin Cancer Foundation have reviewed studies that suggest these ingredients are dangerous, and they along with the FDA continue to stand behind these sunscreen ingredients. With any news like this, it is often good to do a bit of your own research to see what you're comfortable with. A good article can be found at <http://www.webmd.com/beauty/features/sunscreen-safety-labels-ingredients#1>

What type of sunscreen should you use? Here's several important keys:

- Apply sunscreen generously! Most people are far too skimpy with the amount of sunscreen they use. As a basis, consider the 1 ounce recommended amount when going under the sun in swim attire - that's about the size of a small golf ball in your palm!
- And reapply sunscreen every few hours! Most gets

absorbed or sweated off, even "waterproof" types!

- Use sunscreen with SPF 30 or greater.
- Use sun protecting clothing as aid or in lieu of sunscreen if they make you uncomfortable!

Have a great and safe rest of your summer!

—Phil Waltz, CIT

Nature Center & Outdoor Recreation Coordinator
ssprd.org/nature

**This Space
Intentionally Left Blank
for Teen Services.**

CALL TO EXPLORE YOUR NEIGHBORHOOD DISCOUNTS 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

Real Estate Broker

Shorewood Real Estate

Cell: **303-579-0564**

georgiannadirga@aol.com



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

Homes Currently For Sale

7913 W Plymouth Pl.	2 story	3,381 sq. ft.	\$434,900
8160 W Fremont Ave	2 story	3,010 sq. ft.	\$430,000
7873 W Quarto Ave	2 story	3,075 sq. ft.	\$405,000
6876 W Fremont Pl	tri-level	1,587 sq. ft.	\$399,900
7328 W Fremont Dr	bi-level	2,441 sq. ft.	\$399,500
6963 S Yukon St	bi-level	2,346 sq. ft.	\$380,000
7321 S Upham St.	multi-level	2,083 sq. ft.	\$379,900
7209 W Portland Ave	bi-level	1,920 sq. ft.	\$370,000

Homes Sold from May 16th to June 15th

7835 W. Ottawa Pl.	2 story	3,089 sq. ft.	\$390,000
--------------------	---------	---------------	-----------

Homes Currently Under Contract

8125 W Geddes Ave.	2 story	3,671 sq. ft.	\$420,000
8163 W Plymouth Pl.	2 story	2,564 sq. ft.	\$419,000
7133 S Ammons Ct.	2 story	3,617 sq. ft.	\$410,000
7180 S Yarrow St.	multi-level	1,960 sq. ft.	\$385,000
7430 S Upham St.	ranch	2,376 sq. ft.	\$367,795



Based on information from IRES®, Inc. for the period 5/16/17 through 6/15/17. 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 (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. Residents placing ads to sell household items are not charged a fee.

Carpentry - all phases. Over 30yrs exp. Provides home improvement & repairs w/ unmatched quality & affordable rates. Call 303-589-8996 for a free estimate.

Music Lessons for All Ages/Skill Levels. Guitar, bass, drums, keys, and more. Very fun! First lesson free! www.chasedemosmusic.com 720-323-5906.

CARPET CLEANING. \$129.00 for 3 rooms. Ecoclean Home services: 720-299-7782.

Local Home Inspector will "Exceed Your Expectations." Quality, detailed, and competitive rates. **NextStep Inspections** 303-495-3063.

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

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

Irrigation services: Repairs, Redesigns, Start ups & Blow outs, Installs. Call LDscaping & Irrigation 303-476-8365.

House & Carpet Cleaning: 3/292-0115

HANDY MAN 4 U. 35 Years Construction Exper. Light Bulbs to Storage Sheds. 720-717-0030

GUITAR LESSONS with a professional musician who has 40 yrs exp. Learning music can be fun! Please call Ray 303-972-8243.

KERI'S COLORS & PAINTING. 720-331-7032.

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

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

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

OB PAINTING. Interior/Exterior. Free Estimates. Rob: 303-986-8198

Yard & garden design, consult & planting. www.oakesgardendesign.com 303-999-8228

Prof. house cleaning serv. Accepting new clients. Thorough, reliab. w/ competitive rates. Excel. Refs. Susan 303-794-6805.

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.

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

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

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

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

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

Highlands Pride Painting: 303-738-9203

STIMULATING ADULT DAY CARE PROGRAM. Certified specialized adult day program for aging & dependent adults. Person centered activities. Respite, support & education provided to families. Medicaid accepted & transportation available. www.SummitAdultDay.com 720-922-0100. Visit our website for a FREE HALF DAY COUPON.

Tom's Top Notch Painting: Interior/Exterior, Drywall Repairs. Tom Martino approved. 303-523-2941.

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

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.

Watch Your Waist in Your 40s to Avoid Dementia Later

Carrying belly weight during the 40s appears to increase the risk for dementia in the 70s, whereas carrying extra midsection weight later in life isn't as accurate an indicator. Researchers say these findings are disturbing because 50 percent of adults in the United States are considered abdominally obese.

Researchers at Kaiser Permanente studied 6,583 people who were between the ages of 40 and 45. An average of 36 years later, 16 percent of the participants—who had been measured for abdominal density—were diagnosed with dementia. Abdominal obesity increased the risk of dementia regardless of whether people had normal overall weight or were overweight or obese overall—and regardless of the health conditions including diabetes, cardiovascular disease, and stroke.

National Cell Phone Courtesy Month

As the cell phone has developed into the smartphone, it's become one of the biggest distractions of all time. National Cell Phone Courtesy Month was founded in 2002 with the intent of making cell phone users more respectful of their surroundings.

CWCA Covenant Violation Report		Date: _____
Mail to: CWCA, P.O. Box 620026, Littleton, CO 80162		
Description of alleged violation: _____		
Violator's Address: _____		
<input type="checkbox"/> I would be willing to appear in court as a witness.		
Name: _____	Address: _____	
Phone: _____	E-Mail: _____	

Safety in Faith Summit

Third Annual Jefferson County SAFETY in FAITH Summit this August 17th.

The Jefferson County Sheriff's Office, in partnership with the District Attorney's Office and other law enforcement and fire protection agencies, is sponsoring the third annual Safety in Faith Summit. The Summit is August 17, 8:00 a.m. to 3 p.m. at the Jefferson County Fairgrounds.

This summit offers information and inspiration on safety and security for places of worship. Lunch is provided for participants. The summit is free but registration is required due to limited space. Please register at <http://jeffco.us/sheriff/community/safety>

Don Moseley, the Executive Director of the Ralston House, and Tina Rowe, Renowned Church Safety Trainer, are featured presenters and topics include:

- Identifying Child Sex Perpetrators
- Concealed Handguns in House of Worship
- Considerations of a Volunteer Safety Team
- The First Seven Minutes
- Protecting the Big Picture

The Safety In Faith Summit, the first of its kind, was held in August of 2015. Sheriff Shrader hosts the event annually to help prepare places of worship in protecting congregants.

Drive Away With The Best Deal

Buying a new car is a big decision—and a costly one. To get the best deal, follow this advice from the GOBankingRates.com website:

- **Plan ahead.** Start shopping before you need a new car. Give yourself time to do as much research as you can.
- **Watch your timing.** You can get a better deal if you know when to buy. At the end of the month, salespeople may be more likely to give you a break in order to meet their quota. At the end of the model year, a car dealer might be motivated to clear all the unused cars off his or her lot at a reduced price.
- **Decide on what you want.** Don't go in blind. Before you go to a dealership, be clear on exactly what make and model of car you want—and how much you're willing to spend.
- **Be friendly.** Salespeople will try to build rapport with you, and you can do the same. Focus on what's best for both of you instead of turning the negotiation into a battle.
- **Study pricing.** Be aware of what dealers are offering—and what they aren't. Taxes and fees might not be included in a car's list price. Certain offers may only be available to buyers with top-tier credit. Fees for license, title, and registration can vary from state to state, so check up on those first.



Money is multiplied in practical value depending on the number of W's you control in your life: what you do, when you do it, where you do it, and with whom you do it.

—Timothy Ferriss

#1 Broker in the Columbine Area!

Columbine West Statistics for June 2017

Current Homes FOR SALE in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$375,000	\$375,000	1
2-story	\$405,000	\$434,900	3
4-level	\$379,900	\$379,900	1
Tri-level	\$399,900	\$399,900	1
Bi-level	\$370,000	\$399,500	3

Current Homes UNDER CONTRACT in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$365,000	\$367,795	2
2-story	\$410,000	\$440,000	4
4-level	\$385,000	\$385,000	1
Tri-level	\$375,000	\$375,000	1
Bi-level	\$350,000	\$350,000	1

Homes SOLD in Columbine West (Nov. 1, 2016–June 16, 2017)

	Lowest	Highest	How Many?
Ranch Style	\$350,000	\$385,000	4
2-story	\$325,000	\$465,000	9
4-level	\$279,500	\$425,000	6
Tri-level	\$313,000	\$420,000	7
Bi-level	\$314,000	\$405,000	12

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 "Five Star" Realtor as seen in 5280 Magazine

**Realtor with
real estate
law background**

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

The statistical information is based on MLS data June 16, 2017. Not all of the properties were listed and/or sold by Duffy & Associates, LLC.



DUANE@DUANECDUFFY.COM

WWW.DUANECDUFFY.COM