



Columbine West Civic Association Newsletter

CWCA – Your Homeowners' Organization



CWCA Calendar of Events

- **CWCA Monthly Mtg:** April 9th
Dutch Creek Elem, 7:00 p.m.
- **Easter Egg Hunt:** April 13th
DC Pool Pavilion, 11:00am
- **Easter:** April 21st
- **Community Garage Sale:** May 3rd-4th
Columbine West Community
- **Mothers Day:** May 12th. Hug a mom
- **CWCA Monthly Mtg:** May 14th
Dutch Creek Elem, 7:00 p.m.
- **Memorial Day:** May 27th
- **CWCA Monthly Mtg:** June 11th
DC Pool Pavilion, 6:30 p.m.
- **Dumpster Day Event:** June 15th
Church for All Nations, 8am til noon
- **CWCA Monthly Mtg:** July 9th
DC Pool Pavilion, 6:30 p.m.
- **Open Swim Night (x2):** July TBD
DC Pool, 6-8pm
- **National Night Out:** August 6th
DC Pool Pavilion
- **CWCA Monthly Mtg:** August 13th
DC Pool Pavillion, 6:30 p.m.
- **CWCA Monthly Mtg:** Sept 10th
Dutch Creek Elem, 7:00 p.m.
- **CWCA Monthly Mtg:** Oct 8th
Dutch Creek Elem, 7:00 p.m.
- **CWCA Monthly Mtg:** Nov 12th
Dutch Creek Elem, 7:00 p.m.
- **CWCA Monthly Mtg:**
No December Meeting

2019 CWCA Meeting Dates

Apr. 9th, May 14th,

Jun. 11th*, Jul. 9th*, Aug. 13th*,

Sept. 10th, Oct. 8th, Nov. 12th

Dutch Creek Elem, 7 p.m. -8:30 p.m.

*Dutch Creek Pool Pavilion, 6:30 p.m. -8:00 p.m.

April 2019

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

Garage Sale Is Scheduled For May 3rd & 4th

Do you have too much stuff? Need to un-stuff? Have great stuff that some other under-stuffed might enjoy having? Well, we have a deal for you. A Denver Home Realtor, John Basila, is once again sponsoring the Columbine West Community Garage Sale. If you'd like to be included on maps and receive a directional sign, please register by Wednesday May 1st. Sign up via email by sending your name, address and phone number to: www.adenverhome.com or columbinerealtor@gmail.com. You may also call the CWCA Voicemail at 303-904-8218. Maps will be available at most entrances and directional signs will be placed on main streets. If you have "leftovers", Shiloh House can arrange to pick up any donated household and clothing items. Columbine West supports the efforts of Shiloh House and the work they do with their young boys, who also help us during our community days.

The Great Egg Hunt, April 13th



The Great Egg Hunt Kids, get your baskets ready to fill with treats because the Easter Bunny is set to arrive at the Columbine West Pool Pavillion. Parents, bring your cameras for priceless pictures and memories. Search for 1,500 eggs at our free, community egg hunt! Mark your calendars for the

Columbine West Easter Egg Hunt, Saturday, April 13th starting at 11 a.m. The eggs will be hidden at the Columbine West pool park area & the school playground. We will have a small area marked off for those little ones from 0 to under 2 years of age. The older children will have larger areas available for their hunting. The committee is stuffing eggs

with different items including candy, coins and Bunny Bucks. The Bunny Bucks will give the children an opportunity to select a prize from age appropriate tables of goodies. The CWCA encourages families to join the festivities and gather together as one community. Our newest volunteers and Egg Hunt Sponsor is Irene Shick and her family. Irene grew up in Columbine West and attended Dutch Creek Elementary, which is why she felt the overwhelming desire to give back to the community. Let us be hopeful that our weather will cooperate and not force us to an inside venue. Here comes Peter Cottontail, hopping down the Bunny Trail. Please join in the fun.

Save the Date For Dumpster Day

The date has been set for Saturday, June 15th. All of the vendors which include trash trucks, document shredding, metal recycling dumpster & electronic recycling (some electronics will have a fee associated with them, payable to the vendor). Some items not accepted are: mattresses, tires, cement, paint, hazardous materials and batteries. If you would like to volunteer some time helping with the event please contact CWCAtalk@gmail.com.

A Moment With The Board

The March 12th meeting was held at Dutch Creek Elementary. A big 'shout out' to one of our newest volunteers, Steve Gubbins. Steve has offered up his time to help install banners at our entrances. The banners are another way, besides the newsletter, in announcing upcoming events. The Membership Drive started on March 1st and currently there are 186 residents that have registered. We thank each and everyone of you for supporting the efforts of CWCA. The current Budget is based on 360 households registering. The current Officers updated on their volunteer duties along with discussion on how to facilitate some added layers of communication. There was some discussion on an Entrance Clean Up date, which will be published in the May newsletter. Plans are underway for the Easter Egg Hunt and we would like to thank our neighbors, Irene Shick and her family for offering to Sponsor the event. Irene has (2) sons who are eager to stuff eggs and hide them at the park. You will see new signs posted around the park area on the event day. 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 April 9th at 7:00 p.m., Dutch Creek Elementary School, second Tuesday of the Month. This month we would like to encourage anyone interested in volunteering to join us.

Columbine West Civic Association

303-904-8218

neighborhoodlink.com/Columbine_West

Officers

President, Gary McCombs; **Vice President**, John Basila

Treasurer, Stacey Hall; **Secretary**, Kelly Fiedler

Board Members: K. Waite, K. Sweet,

B. Beers, B. Waite & 2 OPEN positions

COHOPE Delegate: Floating Board Member

Newsletter Delivery Coordinators: 303-904-8218

Newsletter Editor: Natasha McCombs, ncmccombs@yahoo.com

Website Coordinator: Gary Mc Combs

Membership Chair: Brandy Velasquez

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.

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Check out the 9HealthFair

9HealthFair is coming again to Columbine United Church, 6375 S. Platte Canyon Road. It's our 20th Anniversary. The fair will be held Saturday April 13, 2019 from 7:00 a.m. to noon. A Chemistry panel, PSA, Vitamin D, Vitamin B12, Hemoglobin A1C, Testosterone, and Blood cell count are being offered. New this year are Blood typing and hs-CRP. High sensitivity-CRP is a test for inflammation, which can help measure your risk for developing heart disease. The blood tests and the Colon Cancer screening test are the only items that will cost anything. All the other tests and screenings are free, including: Height Weight and BMI, Vision checks, Oral and Hearing exams, Blood Pressure, Stress management, Body in Balance and Pulmonary Function. We are searching for professionals to perform breast exams and skin checks. There will also be informational areas on various health issues, including mental health, addiction, and domestic abuse.

The 9HealthFair website, www.9HealthFair.org became active February 1, 2019 for anyone to register to participate or volunteer. Volunteers are rewarded with 20% discount on lab tests. 9 Health Fair has been running since 1980 sponsored by 9NEWS with the purpose of "promoting health awareness and encouraging individuals to assume responsibility for their health." Anyone who wants more information about 9HealthFair can check the website above.

If you want to help your neighbors, go online and register as a volunteer at Columbine United Church or any other site that is convenient. All sites are in need of Medical personnel, especially trained phlebotomists.

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
Sheriff - Non-Emergency	303-271-0211
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 #: _____

Do You Want to Build a Snowman

This Winter was a great time for building snowmen and/or families. Here are a couple photos that were sent in to us. The Board is exploring the idea of creating a 'Snowman Building Contest', which was an idea dropped to the association. We will announce the contest later in the year. Please watch for upcoming information.



Elections in May

Looking for a few fresh faces. New members bring a renewed sense of community to the Board. Elections will be held during the May 14th CWCA Board meeting. This year there are (2) Board positions that are OPEN. Board Members attend each monthly meeting, help with planned activities, work collaboratively on community based decisions and sometimes volunteer to become Chair-people of events. If you are interested in running for a Board position please contact the CWCAtalk@gmail.com and leave a message indicating your interest. You can also attend the April 9th CWCA meeting at Dutch Creek Elementary and request to be added to the slate for election, which will also be included in the May newsletter. The association requires that Board members reside in the neighborhood and be current paid members. CWCA has been able to accomplish many tasks in 2018, due to the commitment of its Board members and dedicated volunteers. We extend a warm 'thank you' to all our past volunteers.

Yard of the Month Returns

CWCA will once again have a "Yard of the Month" contest this Summer. Beginning May 1st, while you are driving, walking, running or biking through the neighborhood, if you notice a yard that is beautifully maintained, shows unique creativity or has that special "X" factor, nominate them for the award by emailing CWCAtalk@gmail.com. The residents who win the "Yard of the Month" contest will receive a cash prize and get to display a sign in their yard recognizing their award. John Basila, A Denver Home Realtor, our Yard of the Month Sponsor, can be reached directly at columbinerealtor@gmail.com, or www.adenverhome.com, if you would like to drop your nomination to him. Our weather has been amazingly beautiful, let us hope the Spring brings us some much needed rain. Stay calm and Garden on.



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60th Western Welcome Week

WWW Arts & Crafts Fair

Saturday, August 17th, 2019

Application for Exhibit Space Instruction Deadline July 1, 2019

If you have questions please contact the Western Welcome Week office at 303-794-4870. Please note: the WWW Arts & Crafts Festival is for handcrafted vendors. If you are a commercial vendor, visit our sponsor page or contact the Western Welcome Week office at 303-794-4870 for commercial booth pricing and availability. If you are a non-profit organization, the application and policies and procedures are below. If you are a concession/food vendor visit the food vendor page.

Kiwanis Club of Columbine

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 throughout the calendar year. Are you interested in joining the efforts of this warm and inviting group? Come check us out. Weekly scheduled meetings are on Wednesdays at 7:00 a.m. at: 4G's Restaurant 5950 S Platte Canyon Rd.; Littleton, CO. 80128. 303-730-4650. Free breakfast for first time visitors. There is typically a speaker during breakfast, who may be addressing an issue facing the community. Please add Club Facebook site <http://www.facebook.com/ColumbineKiwanis>

Columbine West Veterans Spotlight

We asked for any military veterans to drop us a small article about their past military experiences and how their life was enhanced. Our first respondent is Craig Martin, USMC, 1976-1982, Presidential Guard (Carter Administration) & Mountain Survival Instructor.

U.S. Marine, Presidential Guard Service Still Resonates in Craig Martin's Duties for Konica Minolta. Some of the United States Marine Corp.'s leadership traits are dependability, decisiveness, integrity and loyalty. These are also some of the traits that Craig Martin, a Marine and member of the Presidential Guard, has carried over into his roles as an ITSM Project Manager for Konica Minolta and dedicated family man – and they have served him well in both worlds. "My time in the Presidential Guard was a long time ago, but the Marines established values and habits in me that I still live by. Just ask anyone who's a minute late to my meetings," Martin said, half joking. Martin's journey to Konica Minolta began in Denver, Colorado, when he was in sixth grade, was an avid reader of science books and dreamed of becoming a forensic chemist. But when an education grant from the FBI to attend the University of Missouri fell through during his senior year in high school, he entered the Marines to join the Naval Investigative Service (NIS), which is essentially a detective arm for the military and the closest vocation to a forensic chemist offered at the time. Then an unexpected turn came when he was recruited out of boot camp for the Presidential Guard, a Washington, DC-based unit that protects top-secret documents, such as "The Football," a briefcase containing the nuclear arms codes that's always with the President. The unit also participates in parades and ceremonial services, including providing military honors for all Marines buried in Arlington National Cemetery. "The Presidential Guard doesn't protect the President," Martin clarified. "It's a

continued on page 5



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Veterans Spotlight, *continued from page 4*

misnomer. The Secret Service actually protects the President.” Because they attend dinners with the President and other dignitaries, members of the Presidential Guard must take special classes to learn such dinner etiquette as which utensils to use for the various courses of the meals, etc. And when those dignitaries engage in conversation with them, what do they chat about? Martin said the foreign ambassadors ask about the unit’s more modern weaponry, which their countries may not have. One highlight from his Presidential Guard duties, Martin recalled, was during President Jimmy Carter’s administration. While Carter was conducting the 1978 Mideast Peace Talks at Camp David with Egyptian President Anwar Sadat and Israeli Prime Minister Menachem Begin, Martin’s unit was assigned to protect the documents. Some of the unit members would be in the meeting itself while others were in a separate room close by. Still others would be guarding the door to the meeting or assigned to destroy documents, copies, typewriter ribbons, etc. The initially contentious meetings ended with a historic peace agreement that was a highlight of the Carter Administration – and Martin and his comrades served as silent participants in that slice of history. Another highlight of the assignment was the opportunity to meet President Carter. “I had the pleasure of meeting the President, his wife and daughter on a handful of occasions. President Carter was gracious and soft spoken,” Martin recalled. “The encounters were one of numerous greetings he and Mrs. Carter had every day. Yet both made you feel welcome and they gave you their full attention.” After his successful four-year stint with the Presidential Guard, Martin was given the opportunity to select any assignment he’d like. His passion for the mountains led him to choose to serve as a Mountain Survival Instructor at the

Mountain Warfare Training Center at Pickle Meadows, California. Martin served in the military for eight years and returned to Denver and life as a civilian. He got a degree in computer science and started as a programmer. He migrated into training for Microsoft and Sun Microsystems before becoming co-owner of a company that provided managed services and projects working in virtual computers. When that business experienced tremendous success, All-Covered, a nationwide technology services organization, acquired it in 2009. Konica Minolta acquired All-Covered in 2011 and Martin joined the Konica Minolta IT team this year working on the IT Service Management (ITSM) Project. “Every day I look forward to bringing the functionality of BMC’s Remedy ITSM to Konica Minolta employees and our customers,” Martin said of the company’s service delivery tool. Rich Latronica, senior director, BIS Operations, said of Martin: “He’s a very thoughtful guy who’s very meticulous in how he goes about his work. His military background is very apparent in his thought process, in his routine, in his structure. That’s missing in a lot of employees today.” Outside of his Konica Minolta life, Martin volunteers as a “Park Patroller,” assisting the Park Rangers of Jefferson County Open Space which boasts 28 regional parks that cover more than 53,000 acres just west of Denver and is open year round. His responsibilities include providing visitor assistance, first aid, emergency response and resource protection in order to enhance the park visitor experience. Known for his punctuality, Martin has instilled his Marine Corps. values and traits in his three children who have used those lessons to go onto successful careers as a special education teacher, a manager of the medical lab assistants for multiple hospitals and a deputy sheriff. Though he has enjoyed many life experiences that few individuals ever do – from serving in the Presidential Guard to starting and selling a successful business – does he have any regrets that his childhood dream of becoming a forensic chemist never came to pass? “No regrets at all,” Martin replied. “I have a great life with a wonderful wife and three grown children.” But he admitted to moments of “what might have been” – evident by the vast collection of science books that surround him today in his home office just as they filled his room as a boy. Thank you Craig for the wonderful article and your service to our Country. We encourage anyone that would like to be highlighted in upcoming newsletters to drop a short message to us via CWCAtalk@gmail.com. Please include any details that you feel comfortable sharing. It could be how the serviced helped you get a career, spouse, travel or even volunteer aspects. A photo you would like to share would be great too.





**14th Annual
Run for Remembrance**
Saturday, May 4, 2019
Race begins at 8am

REBEL PRIDE

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Take Meds Back! Safe Disposal Drop Boxes

The Jefferson County Sheriff's Office has installed four safe disposal sites for residents to drop off unused or expired household medications. Secure medication drop boxes are now available at the following locations:

- Sheriff's Office Lobby, 200 Jefferson Co. Pkwy, Golden
- Jail Lobby, 200 Jefferson County Parkway, Golden
- South Precinct, 11139 Bradford Road, Littleton
- Mountain Precinct, 4990 County Highway 73, Evergreen

Drop boxes are the best option for families and individuals to safely dispose of potentially harmful medications. Prescription medications, over-the-counter medications, and vitamins can be disposed of in the drop box. However, Sharps items, chemotherapy medication, and marijuana products may not be disposed of in drop boxes. Healthcare facility waste is also not permitted.

The average American household contains four pounds of prescription and over-the-counter medications. Sheriff Jeff Shrader explains "this excess of medications enables opportunities for misuse and abuse, which can have very serious consequences. If medication is taken incorrectly or by people it was not intended for, it could even lead to death."

The Sheriff's Office obtained its drop boxes through the Colorado Household Medication Take-Back Program, administered by the Colorado Department of Public Health & Environment. Medication collected in the boxes is securely packaged and shipped off-site, where it is converted to renewable energy.

If you have any questions, please contact the Sheriff's Office at crimeprevention@jeffco.us.

Crop Hunger Walk

Ending Hunger One Step at a time

The 33rd annual Foothills Colorado Crop Hunger Walk will be on Sunday, May 5, 2019, at Clement Park in Littleton, at 1:30 p.m. Dozens of people will gather for this 5k charity walk that provides food, water, and education to those in need in our community.

Our mission is to end hunger and poverty. All funds raised go to the local non-profit food banks and national charities we support, including The Action Center of Jefferson County, The Arvada Food Bank, Love, Inc. of Littleton, CWS Global, and The Sheridan Food Pantry. You can register to walk online and/or donate online at www.crophungerwalk.org/littletonco. You can form your own team of walkers or join an existing team. You don't have to walk to give. Please join us and support the fight against hunger ... one step at a time.

Do You Know What Water District You Live In?

Why is it important to know and understand your water and sewer district?

- In case of emergencies
- When you get a high bill
- When you have or think you may have a leak
- Many more reasons!

If you think your HOA may be interested in a short presentation from Platte Canyon or Southwest Metropolitan Water & Sanitation District please contact Tayler Newkirk, 303-979-2333 or tmnewkirk@plattecanon.org. Thank you!

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Avoid Alzheimer's With These Tips

Alzheimer's disease is the sixth-leading cause of death in the United States and the only one in the top 10 that cannot be prevented, treated, or cured. However, growing evidence indicates that people can reduce their risk of cognitive decline by making key lifestyle changes. From the Alzheimer's Association come these tips for keeping your mind healthy as you age:

- **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- **Hit the books.** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, a community center, or online.
- **Fuel up right.** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.
- **Catch some z's.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

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Homes currently for sale

7274 S. Teller Ct.	tri-level	2,015 sq. ft.	\$439,500
7327 W. Fremont Dr.	multi-level	1,954 sq. ft.	\$385,000
7438 S. Teller St.	tri-level	1,610 sq. ft.	\$379,000

Homes sold from 2/15 to 3/15

6948 S. Yukon Ct.	2 story	3,055 sq. ft.	\$449,000
7477 W. Fremont Dr.	bi-level	1,849 sq. ft.	\$425,000
7912 W. Quarto Dr.	bi-level	1,968 sq. ft.	\$400,000
7349 S. Quay Ct.	bi-level	1,583 sq. ft.	\$390,000
7057 W. Frost Pl.	multi-level	1,587 sq. ft.	\$380,000

Based on information from IRES®, Inc. for the period 2/16/19 through 3/15/19. Sales are not necessarily those of Shorewood Real Estate.

Currently,
three homes
are for sale
in Columbine
West.

3

Georgianna Dirga
Real Estate Broker,
Shorewood Real Estate

303-579-0564

georgiannadirga@aol.com

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

Animal Control: (303-271-5070)

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

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
- Ice build-up in the curb
- Pot holes
- Snow plowing
- Street sweeping

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

- Burned out or Damaged Street lights

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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

Jack Woodman, U.S. Army, 1967 -, 1968(Vietnam) 1st Logistical Command HQ

Clayton W. Neubert, USMC, 1965-1969, 6234 A-6A A/C fire control tech DIANE com-nav., 1st MAW Da Nang RVN, 2nd MAW Cherry Pt., N.C./ Army 1979- 1987. Signal Branch, Comm. Officer/ S-1 244 Engr. Bn.

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

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.

Edward Ernest McManus III SMC 2003-2007, 2009-2010 (OIF) 3rd Amphibious Assault Battalion, Camp Pendleton, CA.; Camp Lejeune, NC.

Amanda Jolene McManus - US Air Force 2002-2003; Pharmacy Technician, 3rd Medical Group, Elemendorf AFB (now JBER), Anchorage, Alaska.

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.

Ken Sweet, U.S. Air Force, 1967-71, Fighter Aircraft Electronics, MI

Have a Safe Ride at The Amusement Park

Planning a visit to an amusement park this year? You want your family to be safe as they go on the rollercoaster, merry-go-round, and other rides. Here's some advice from the University of Michigan's Health Blog on how you and your children can ride safely:

- Talk to your children. Make sure they keep an eye out for ride operators who aren't paying attention—talking on their phones, for example. Discuss the need to speak up if they spot unsafe conditions, such as a safety strap that's frayed or doesn't close properly.
- Follow the rules. Don't try to sneak your child onto a ride he or she isn't old enough or tall enough for. You're risking serious injury.
- Plan to stay connected. Tell your kids not to wander around if they get separated from you. Show them what a park attendant looks like so they know whom to approach. Have them keep your cell phone number in a pocket in addition to their own phones in case a phone gets lost. Take a photo of each member of your group to show park attendants so they know whom and what to look for.
- Check in often. Don't rely on phones alone to stay in touch. Designate an area where you can meet once an hour to make sure everyone is safe.
- Watch for strangers. Remind your children about the dangers of talking to people they don't know, even if they seem friendly or helpful. Someone who overhears your child's name could pretend to be an old family friend or relative, leading to a hazardous situation.
- Dress appropriately. Don't let children wear loose clothing that can get caught on equipment, or sandals that don't protect their feet (or that might get lost).
- Stay hydrated. Tell kids to drink plenty of water and eat something other than junk foods. Also, apply sunscreen at least 20 minutes before entering the park, and every two hours afterward.

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Try these Tips For Working Better

- **Focus for 45 minutes, then take a break.** You can't work full out for eight hours straight. Train yourself to concentrate on one task for 45 minutes or so, then take a break of 15 minutes before diving back in.
- **Spark conversations with questions.** You'll learn more about people and their jobs by asking them questions instead of just talking constantly about what you do.
- **Pause before responding.** Whether it's in an email or during a conversation, resist the urge to respond immediately to other people's questions. Take the time to figure out what the other person is really trying to say, then compose a measured reply.

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: _____

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.

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

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Columbine West Statistics for March 2019

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	None	None	0
Bi-level	None	None	0

Current Homes UNDER CONTRACT in Columbine West

	Lowest	Highest	How Many?
Ranch Style	None	None	0
2-story	\$419,000	\$419,000	1
4-level	\$445,000	\$445,800	1
Tri-level	\$379,000	\$439,500	2
Bi-level	\$320,000	\$400,000	3

Homes SOLD in Columbine West (Sept. 1, 2018–March 14, 2019)

	Lowest	Highest	How Many?
Ranch Style	\$355,000	\$402,000	3
2-story	\$376,500	\$449,000	8
4-level	\$335,000	\$455,000	13
Tri-level	\$390,000	\$400,000	2
Bi-level	\$365,000	\$430,000	15

The statistical information is based on MLS data March 14, 2019. Not all of the properties were listed and/or sold by Duffy & Associates, LLC.

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