



# Columbine West Civic Association Newsletter ©



A Covenant  
Protected  
Community

**CWCA – Your Homeowners' Organization**

**Vol. 36 No. 06**

**June 2014**

**Circulation: 1,555**

## Thank You For...



### Planning to Attend Dumpster/Recycle Day

## We Are Good Neighbors



Recycle Your Unwanted Stuff at Dumpster Day & Help Re-Stock a Local Food Bank, **Saturday June 14th**, 8 a.m. until 12 noon at the parking lot of Church for All Nations, 6500 W Coal Mine Av (east of McDonalds). Event entrance is from Marshall St only. Do not enter through McDonalds' driveway. The event is FREE if membership dues are paid (check or paypal) received by Thurs. June 12<sup>th</sup>. \*\*\* **\$35 for those who pay the day of the event** \*\*\* Cash or Check Only – No credit cards accepted.

The Event is open to Columbine West residents only. Participants must have a picture ID with valid Columbine West address or proof of address from a current Xcel bill. Food donations of canned goods and non-perishables will benefit the Open Arms Food Bank which serves the Columbine area, so please be as generous as possible.

#### **\*\*Recycling areas in the order they will be set up are:**

- Document Shredding – All your important personal documents shredded on-site as you watch if you request.
- Metal Recycling – metal, aluminum, copper, cords/strings of lights, automobile batteries, lawn mowers, appliances such as refrigerators, dishwashers, washers/dryers, stoves, and microwaves, as well as barbeques, are all accepted items, and help pay for this event. Make sure gas and oil have been drained from lawn mowers and power tools prior to recycling.
- Electronic Recycling – TV's, computer monitors, laptops, and hard drives, cell phones, and other electronics will be recycled in an environmentally green way.
- Trash – anything you would normally take to the dump such as bushes, tree limbs, fencing, furniture, scrap lumber, and mattresses can be dropped off.

#### **Newsletter News**

Please consider volunteering for a newsletter delivery route. Summer has some of our current volunteers traveling and we have some volunteers doubling up on routes. Delivering the newsletter is a great way to see the neighborhood, get some landscaping ideas and even meet some neighbors. Newsletter Volunteers are very much appreciated. If you would like to volunteer for a route and get in some constructive walking, please call 303-972-2387.

#### **Next CWCA Meetings**

7:00 p.m. Dutch Creek Elem.  
or \*6:30 p.m. Pool Pavilion

**June 10th\*, July 8th\*, Aug 12th\***

No hazardous waste materials will be accepted. This includes paint, chemical products, gas and oil, and propane containers. Clean out your garages, basements and backyards, and get rid of stuff you no longer need or want. Save money and de-clutter in the process. You can make as many trips as necessary within the 4-hour event. Volunteers will be on hand to help you unload. If you would like to volunteer, please call the voice mail line # **303 904-8218** and leave your name and number. It's a great event. We look forward to seeing you there. The association strives to see our community defined by a sense of shared ownership and collective responsibility. One of CWCA's Mission statements is - *To initiate civic programs that bring the community together and encourage residents to maintain the general appearance of Columbine West.*

#### **2014 CWCA Calendar of Events**

- CWCA Meeting: June 10th 6:30-8p Pool Pavillion
- Big Event/Dumpster/Recycle Day: June 14th, Parking Lot of Church
- Fathers Day: June 15th Hug your Dad!
- Flag Day: June 14th Show your spirit
- Bonfil Blood Drive: June 23rd Columbine United Church
- CWCA Meeting: July 8th 6:30-8p Pool Pavillion
- National Night Out: August 5th 5:30-7:30 Pool Pavilion
- CWCA Meeting: August 12th 6:30-8p Pool Pavilion
- CWCA Meeting: September 7:00p Dutch Creek Elem

### A Moment With The Board

At the May 13th CWCA meeting the Board conducted business as usual. Annual election results... President: John Basila, Vice President: VACANT, Treasurer: Cindy Coats, Secretary: Gary McCombs, Board Positions: Betty Herrick, Ken Sweet, Kathi Waite. Recycle/ Dumpster Day will be June 14<sup>th</sup>, check out article this month for more details. Remember if you have any suggestion of ideas, call the voicemail, drop an email, just contact us. Look forward to hearing from the community. Residents are encouraged to attend any monthly meeting the next one is June 10th, 6:30 p.m. at the Pool Pavillion, second Tuesday of the Month.

### "Questions? Questions?"

*Why are residents being asked to "Purge the Spurge?"* The Colorado Noxious Weed Act, §§ 35-5.5-101-119 C.R.S (2003) designates myrtle spurge as a Class A Noxious Weed that must be eradicated. It is a violation of this law to allow myrtle spurge to "produce seed or develop other reproductive propagules. Myrtle Spurge is an ornamental that some people once planted in their yards. It is a perennial that produces new stems from the taproot each year. The plants are 4 to 6 inches tall, have trailing stems, and fleshy, blue-green, triangle-shaped leaves. In the spring they produce clusters of small yellow flowers on top of each stem. Myrtle spurge is not only dangerous to native plants and wildlife; it is dangerous to you and your family. The most common victims of myrtle spurge are children who unassumingly pick the pretty flowers. Myrtle spurge produces a toxic, milky latex which causes severe blister-like burns if it touches your skin. If it gets in your eyes, seek medical attention! Suggested replacement plant is....the Chrome or Cushion Spurge is a popular perennial for spring display, especially nice to use alongside tulips and other spring-flowering bulbs. Outstanding for its display of bright golden-yellow flowers, over a perfect cushion of light green leaves. Excellent for edging, in the rock garden, or in containers. This cousin to the Myrtle Spurge does not have milky substance when picked or cut. This variety is also deer resistant.



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### Columbine West Civic Association

**303-904-8218 • [www.columbinewest.org](http://www.columbinewest.org)  
[www.neighborhoodlink.com/jeffco/cwc](http://www.neighborhoodlink.com/jeffco/cwc)**

#### Officers

**President,** John Basila • 303-904-8218 • [CWCAtalk@gmail.com](mailto:CWCAtalk@gmail.com)

**Vice President,** OPEN

**Treasurer,** Cindy Coats

**Secretary,** Gary McCombs

**Board Members:** FILLED

**COHOPE Delegate**

Cindy Coats and Floating Board Member

**Newsletter Delivery Coordinators:** 303-972-2387

**Newsletter Editor:** Natasha McCombs, [nmccombs@yahoo.com](mailto:nmccombs@yahoo.com)

**Website Coordinator:** John Basila

**Newsletter Ad Manager:** Colorado Lasertype

**Garden Committee Chair:** Mel Ochs

#### 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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### Important Numbers

#### 1) Scrap Metal pick-up, 303-522-8041

Unwanted scrap metals of any kind, freezers, refrigerators, stoves, washers/dryers, microwaves, vacuums, shelving, mowers and car batteries. Metal is found in many household items; please feel free to call before you throw them away. The more we recycle, less piles up in the landfill. Fees are charged where necessary; otherwise this is a FREE service.

#### 2) Rooney Road Recycling, 303-710-9120

For appointments call: 303-316-6262

\$20 drop-off charge/cash or check. \$30 home scheduled pick-up. \*Includes: 75lbs of the following items: paint thinner, fertilizers, waxes, cleaners, oil based paint, anti-freeze, batteries, aerosol cans. In addition to the 75lbs of the above, you are allowed the following: 25 gallons of oil, 10 gal. of latex paint, 5 auto batteries and 5 florescent light bulbs. \*Open by appointment only: Wednesdays & Saturdays (8am to 2pm)

### 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 Service	303-271-6620	Voting Information	303-271-8111

## Local Bonfils Blood Drive

Monday, June 23, 2014

Did you know? Currently, 4% of Colorado's population generously donates blood. Did you know? Bonfils' highest gallon donor has donated 85 gallons of blood or 680 pints, saving and enhancing more than 1900 patients lives. Did you know? Bonfils Blood Center provides blood and blood products to nearly 200 hospitals and healthcare facilities in Colorado and beyond. The need for blood is constant. Red blood cells are useable for only 42 days and platelets are useable for only five days. Please consider donating....

The Bonfils Blood Center, assisted by the Kiwanis Club of Columbine and hosted by Columbine United Church, will be conducting their next community blood drive on Monday June 23rd, 2014, from 10:00 a.m. to 3:30 p.m. at Columbine United Church, located at 6375 South Platte Canyon Road. Childcare will be provided between 10:00 a.m. and 3:30 p.m. for the children of donors. Please note the change in the hours for donation.

We would appreciate donors to schedule an appointment in advance of this drive. For more information or to schedule an appointment for this drive contact Bonfils Appointment Center (303-363-2300) or go online at [www.bonfils.org](http://www.bonfils.org) (reference Group Number 0572).

Kiwanis Club of Columbine has been supporting Bonfils Blood Center for over 30 years. Please consider participating in this long standing tradition!

If you are interested in possibly joining the efforts of the Columbine Kiwanis give them a call. Columbine Kiwanis is group of volunteers dedicated primarily to children in our local community. We also have fun at our meetings which include an interesting speaker and social events. Come check us out. Weekly scheduled meetings Wed at 6:45am at

Roberts Italian Restaurant, 6745 Ken Caryl Ave. Free breakfast for first time visitors.

For information call, Ken Sweet 303-973-8253 or visit our Web Site at [www.columbinekiwanis.org](http://www.columbinekiwanis.org).

### Free Kiwanis Breakfast!

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Telephone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

### NIC Mission Statement

A group of volunteer homeowners who welcome new residents, educate all Columbine West residents about covenants, zoning and county ordinances, while addressing issues pertaining to our community, and look for opportunities to improve and enhance our neighborhood.

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## CWCA 2014 Membership Drive

Our need to belong is part of what makes us human. Expressing ourselves, our culture, and what we care about in relationships with others is essential to a rich life experience. Presently we have 280 current paid memberships, that is 73% of our annual goal for 2014. The CWCA Board volunteers many hours in maintaining a healthy budget and being a good steward for membership dollars. CWCA is encouraging all residents to become members. Any and all hands are welcomed at any of the events or during the monthly meetings. Drop by, check out the meetings or activities, introduce yourself and meet some neighbors. If you have any questions or concerns, please call 303-904-8218, leave a message and someone will get back to you. You may also email [CWCAtalk@gmail.com](mailto:CWCAtalk@gmail.com). Dues and or donations can be mailed to: Columbine West Civic Association, PO Box 620026, Littleton, CO 80126. Help us help you restore property values and make Columbine West a great place to live.

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## Emergence

June 14, 2014 at The Ellie Caulkins Opera House, Denver. Tickets and info can be found at [tedxmilehigh.com](http://tedxmilehigh.com) TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Meanwhile, independently run TEDx events help share ideas in communities around the world.

Our Mission: Spread ideas. TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. We believe passionately in the power of ideas to change attitudes, lives and, ultimately, the world. On TED.com, we're building a clearinghouse of free knowledge from the world's most inspired thinkers — and a community of curious souls to engage with ideas and each other, both online and at TED and TEDx events around the world, all year long. In fact, everything we do — from our TED Talks videos to the projects sparked by the TED Prize, from the global TEDx community to the TED-Ed lesson series — is driven by this goal: How can we best spread great ideas? TED is owned by a nonprofit, nonpartisan foundation. Our agenda is to make great ideas accessible and spark conversation.

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## Yard of the Month

Summer is almost here and that means we are going to be outdoors working in our yards, flower beds and gardens. It also means that the contest for Yard of the Month has begun. The winning yard for May is located at 7613 W Coal Mine Pl., created by Annie and John Weksler. The Wekslers moved into Columbine West in 1992 after living in Dakota Ridge. Annie, originally from Boston, is a recently retired nurse and spent a few years as an Air Force nurse. John is still working for Call-a-Doctor. He also was a helicopter pilot in Viet Nam. John is from Ohio. The Wekslers have one grown daughter, Mollie. They have changed much of the landscaping from what was originally there. Annie says she sometimes spends eight hours a days working in the yard. Their front yard looks beautiful and has a backyard that mirrors the dedication to landscaping details. If you are curious and drive by the Weksler's take notice of the big tree in the front yard, it is very unique with it's four trunks. Congratulations again to the Wekslers, thank you for being "good neighbors". The Yard of the Month contest is again sponsored this year by John Basila, a Realtor and also president of our Columbine West Civic Organization. John presents the monthly winners with a \$50 prize and they get to display a sign in their yard indicating their honor. Much thanks goes to John for encouraging our neighbors to beautify their homes. Keep your eyes open as you drive, walk or run through the neighborhood. If you see a yard you would like to nominate for this award, let us know by calling 303-904-8218 or contacting us on our website at [www.columbinewest.org](http://www.columbinewest.org).



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### Columbine West Military Members

*"The right way is not always the popular and easy way. Standing for right when it is unpopular is a true test of moral character."*

~ Margaret Chase Smith

Welcome back to Littleton, Cpl. Thomas Castellano, U.S. Marine Corps. We thank you for your service to our country and wish you well in your future endeavors. It was an honor to list you with the rest of the Columbine West Military members.

**Chaplin, Major, William Harrison**, U.S. Army, Operations Chaplain, stationed at Ft. Richardson, Alaska.

**LCpl. Jessica O'Canna**, U.S. Marine Corps., stationed at Cherry Point, NC

**Spc. Jeremy McCombs**, Army National Guard, 1157th Engineer Division, (Firefighter Brigade) deploying to Bulgaria for joint NATO training

**Pvt. Bethany Gardner**, U.S. Army, 282nd Engineering Company, stationed at Ft. Carson Colorado

**GM2 David Tuey**, 24yr, US Navy Weapons Handler. Gunner's Mate Second Class · Stationed in Yokosuka, Kanagawa, Japan

**HM3 Michael Tuey**, 22yr, US Navy, Hospital Corpsman (Doc) reassigned to Quantico, VA

**LCpl. Tyler Mc Manus**, US Marine Corps, reassigned to Okinawa, Japan

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

### CWCA Introduces a New Secretary

Another new face has been added to the CWCA Officers position, we welcome, Gary McCombs. Gary has lived in Columbine West since 1994 with his wife Natasha, while raising their (2) boys. Gary works for United Launch Alliance as a software engineer. He has been volunteering in Boy Scouting for 15+ years, most recently as Scout Master for Troop 459. He enjoys hiking, backpacking, biking and woodworking. A favorite place to find Gary would be by a small waterway flyfishing or maybe bellyboating. When asked what he wanted to help the Board do, he replied "by helping with the Secretarial duties I hope to improve communication within the neighborhood, through multi media platforms".

When asked why he joined the Board, he replied "I believe I have some talents in the area of volunteering and wanted to participate more in the neighborhood". Thank you Gary for bringing your thoughts and perspective to the community through volunteering on the Board as our new Secretary.

### Garden Committee Update

If you have any questions contact the voicemail 303-904-8218.

## METRO DENVER FARMERS' MARKET

### MARKET ON YOUR CALENDAR

<p><b>Saturdays</b> <b>SOUTHWEST PLAZA</b> MAY 3 - NOVEMBER 1 8am-2pm or Sellout</p> <p><b>Sundays</b> <b>HIGHLANDS RANCH</b> MAY 4 - OCTOBER 26 High Ranch Town Center 10am-2pm or Sellout</p> <p><b>Mondays</b> <b>AURORA</b> JUNE 16 - SEPTEMBER 29 Havana Exchange 10am-2pm or Sellout</p>	<p><b>NEW! Tuesdays</b> <b>BROOMFIELD</b> JUNE 17 - SEPTEMBER 30 Shelly's Garden Country 10am-2pm or Sellout</p> <p><b>Wednesdays</b> <b>LITTLETON</b> JUNE 11 - OCTOBER 29 Aspen Grove Lifestyle Ctr. 10am-2pm or Sellout</p> <p><b>Thursdays</b> <b>WHEAT RIDGE</b> JUNE 12 - OCTOBER 30 10am-2pm or Sellout</p>
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For more information call the  
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## Attorney Needed

Are you a lawyer who would be interested in filling a vacancy? CWCA needs a lawyer to provide a wide range of services, ranging from in person legal advice, telephone advice and brief services (such as a legal letter, phone call or court document). We are a non-profit 501(c)3 and have budget allowances for legal counsel. Interested candidates should have some background in HOA functions. If you have experience/knowledge that might prove beneficial for our organization we would like for you to contact the voicemail line at 303-904-8218, and drop a resume to CWCA P.O. Box 620026, Littleton, CO 80162.

Columbine West Civic Association's mission statement is to "enforce the covenants and to protect the property values of the Columbine West homes". This is achieved by resolving covenant violations, maintaining a safe and peaceful community, initiating civic programs that bring the community together and fostering community pride among Columbine West residents. A candidate does NOT have to be a resident of Columbine West.

## Another Successful Health Fair

The 9HealthFair at Columbine United Church was a huge success. The fair was held Saturday April 26, 2014 from 7:00 to noon. Thank you to each volunteer who worked to make the fair succeed. We were able to help 580 people take charge of their health, because more than 100 people volunteered their time and skills. Most of the volunteers came from the local area. We had many positive comments about the quality and friendliness of our volunteers. Whether you have medical skills or not you can volunteer to help your neighbors. Please remember the 9HealthFair has happened every year since 1980 and can only continue with community support.

— 9 Health Fair Coordinators

## Welcome to the CWCA Board

We would like to introduce one of the newest members to the CWCA Board, **Ken Sweet**. Ken has lived in Columbine West since 1977 with his wife, Peggy, while raising their daughter. Ken is very active with the Columbine Kiwanis group, having been a member for 25+ years and holding the office of President, twice. He owns his business, Kenco Minerals, which has him traveling to far away places doing geophysical surveys for mining companies looking for Gold and Uranium. One of his favorite places is Turkey another is Greece. Ken enjoys sailing and hiking and says his favorite time of year is the present time. When asked what he is looking forward to helping the CWCA Board do, he replied "figuring out how to get more neighbors involved in community events". When asked why he joined the Board, he replied "because I was asked". Thank you Ken for stepping up to volunteer, for bringing your enthusiasm and ideas to the Board and working towards building community.

## Lou is Selling Houses!

8391 Upham Way -- SOLD



## Can I SELL yours?



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6959 Willa Lane -- SOLD



The Shred-A-Thon was a Great Success,  
thanks to all my friends and neighbors  
and to the Bubble Car Wash.  
We will do it again next year!!!



## One Minute Wellness... Sunshine

Colorado is one of the sunniest places on earth! With an average of 300 days of sunshine a year, it is wise to get savvy about sun and its effects. The skin uses sunlight to help manufacture vitamin D, which is important for normal bone formation. But ultraviolet light can be very detrimental.

Within the skin's epidermal (outer) layer are cells that contain the pigment melanin. Melanin protects skin from the sun's ultraviolet rays, which can burn the skin, and over time, could reduce its elasticity and cause a person to age prematurely. Sun tans are produced because the exposure to sunlight causes the skin to produce more melanin and to darken. The tan fades as these cells move toward the surface and are sloughed off. Too much exposure to ultraviolet or UV rays can cause sunburn. UV rays penetrate the outer skin layers and pass into the deeper layers, where they can damage or kill skin cells. Frequent and prolonged exposure to ultraviolet rays over many years is the chief cause of skin cancer. Examine skin regularly for development of suspicious growths or changes in an existing skin lesion. Early detection and treatment are key in increasing the cure rate for skin cancer.

Prolonged exposure to UV radiation damages the surface tissues of the eye as well as the retina and the lens. Yet while the Food and Drug Administration regulates sunglasses as medical devices, the agency does not stipulate that they must provide any particular level of UV protection. Therefore sunglasses in the store can range from protective to wholly ineffective. In

fact ineffective sun glasses give a false sense of protection thus allowing wearers to open their eyes more which increases susceptibility to harmful rays. So, look for labels and tags indicating that a pair of sunglasses provides at least "98 percent UV protection" or better yet that it "blocks 98 percent of UVA and UVB rays." If there is no label, or it says something vague like "UV absorbing" or "blocks most UV light," don't buy them, no matter how fashionable they are!



10 sun tips: 1) Wear good sunglasses 2) Wear sunscreen that is appropriate for the length of time you will be in the sun and remember to have special sunscreen for protection during water activities 3) Wear a hat and/scarf while hiking 4) Protect your eyes at all times...even in the car (even in the back seat) 5) If you think you will fall asleep in the sun, stay under an umbrella, awning, tree or other such cover 6) When going to high altitude additional protection is necessary 7) Take breaks from the sun if you are at an all day outing 8) Don't be fooled, when it is overcast the sun is still out! 9) If you start to feel faint, weak, nauseous, dizzy, get out of the sun! 10) Help others by reminding them to protect themselves too.

Marybeth Van Horn is a registered nurse, internationally certified personal trainer and certified specialist in performance nutrition who has worked with numerous clients using nutritional supplements for over 20 years. Feel free to contact her with questions at 303-809-1134.



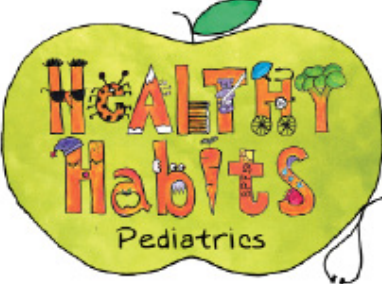
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- We make going to the doctor fun!
- Forward thinking, complementary and culturally open minded
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- Join Hip Hop the frog on a virtual tour of our jungle office on our website!

**Swedish Southwest Health Park (Bowles & Wadsworth)**  
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*—US Consumer Product Safety Commission (CPSC) Pub #516*

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## I Found A Baby Bird! What Do I Do?

This time of year can bring the joy of discovering a bird nest near your home, or the heartbreak of finding one of the baby birds on the ground. If the baby is uninjured, with pink skin or pin-feathers only, try to warm it by setting it on a closed container of warm water (keep the bird dry!), then place it back into the nest. Contrary to urban myth, birds will still care for their young after humans have touched them. If you find the same baby again, it is likely the parents have rejected it for other reasons and it is best to let nature take its course. If the nest has been blown down, you can put a substitute like a berry basket lined with soft material in its place and the parents may continue to care for it.

If the bird you found is almost fully feathered and hopping around, it's a fledgling. That means it's left the nest, but may not be ready to fly. This is an important part of the bird's natural development and they can survive without intervention. It is likely the parents are still nearby and will feed the baby when no one is around. Keep dogs, cats, and kids away from the area for a few days, and that baby should fly off!

If you find a bird (or other animal) with an obvious injury, or a fledgling abandoned for a full day, you might choose to intervene. Keep yourself and your family safe by using precautions against disease transfer or injuries by wearing gloves, using carriers with secure closures, and washing all clothing, hands, and implements used. Do not try to feed or force water on a captive animal. Baby birds can be injured by tweezers or forceps used because of the way they feed. It is best to not

try to raise them yourself, no matter how much your kids beg you! It requires special training, a permit from the state, and feeding almost every hour around the clock! Take the animal to a licensed rehabilitator like [wildbirdrehab.com](http://wildbirdrehab.com). If you do, consider offering help with transportation or expenses as these places are usually non-profits with limited funding. As much as we love wildlife, South Platte Park is not licensed or equipped for them, but we're happy to try to help find someone who can. Give us a call at 303-730-1022 or contact us through [www.sspr.org/nature!](http://www.sspr.org/nature!)

## Outdoor Pools Opening, \$3 Admission

Kick off your summer at Foothills Park & Recreation District's outdoor pools and enjoy \$3 swim admission per person on opening day! Pools opening on Saturday, May 24 are Weaver Hollow Pool (12750 W. Stanford Ave.) and Deer Creek Pool (8637 S. Garrison St.). Opening the following week on Saturday, May 31 are 6th Avenue West Pool (400 Holman Way) and Columbine West Pool (7046 S. Webster St.).

Foothills offers a wide range of open swim hours as well as classes for all ages and abilities. A great way to save money during the summer months is to purchase a Summer Fun Pass, valid May 1 – Aug. 31 and available for purchase at all Foothills facilities. For more information on classes and passes visit [www.foothills.org](http://www.foothills.org) or call 303-409-2100

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off Platte Canyon Rd.  
In Columbine Hills  
[www.columbineanimal.com](http://www.columbineanimal.com)

## Foothills Community Entertainment

Celebrating 24 years of FREE concerts! Foothills Park & Recreation District is proud to offer FREE Foothills Community Entertainment to our District residents and the residents of South Jefferson County thanks to our sponsors Hurricane Grill & Wings, Walmart Neighborhood Market, K12, Scientific & Cultural Facilities District (SCFD) and Music Go Round.

Performances are family friendly and held in Clement Park (7306 W. Bowles Ave. Littleton, CO 80123) at the Grant Family Amphitheater. Bring blankets or lawn chairs, parking is free, glass containers are prohibited, dogs on leash welcome. Street Eats 5280 is the official food vendor selling food at all Thursday shows. [www.ifoohills.org/concerts](http://www.ifoohills.org/concerts)

## June Concerts

- Thursday, June 5, 7-8:30 p.m. – My Blue Sky, Tribute to Allman Brothers Music
- Thursday, June 12, 7-8:30 p.m. – Party of Peasants (Bluegrass)
- Thursday, June 19, 7-8:30 p.m. – Moors and McCumber (Americana/Blues)
- Saturday, June 21, 6-8 p.m. – Battle of the Bands
- Thursday, June 26, 7-8:30 p.m. – Littleton Drum Studio's local talent showcase

## Pool Parties at Foothills Pools

Cool off at Foothills Park & Recreation District's June pool parties. Admission fee is only \$3 per person during pool party hours. Organized games, activities, food and prizes will be happening at the following locations and times:

- Saturday, June 14, 1-3 p.m. – Pool Party at Lilley Gulch Recreation Center (6147 S. Holland Way, Littleton 80123)
- Saturday, June 21, 11 a.m. – 1 p.m. – Pool Party at Columbine West Pool (7046 S. Webster St. Littleton 80123)
- Saturday, June 28, 12-2 p.m. – Pool Party at 6th Avenue West Pool (400 Holman Way, Golden 80401)

For more information, call 303-409-2100 or visit [www.ifoohills.org/events](http://www.ifoohills.org/events).

## Father's Day Special, June 15

All dads swim free during open swim hours when accompanied with their child(ren) at Foothills Park & Recreation District's indoor and outdoor pools on Sunday, June 15, 2014. Open swim hours vary at each site, call for hours. For more information call 303-409-2333 or visit [www.ifoohills.org/events](http://www.ifoohills.org/events).

- 6th Avenue West Pool (400 Holman Way, Golden 80401)
- Columbine West Pool (7046 S. Webster St. Littleton 80123)
- Deer Creek Pool (8637 S. Garrison St. Littleton 80128)
- Lilley Gulch Recreation Center Pool (6147 S. Holland Way, Littleton 80123)
- Ridge Recreation Center (6613 S. Ward St., Littleton 80127)
- Weaver Hollow Pool (12750 W. Stanford Ave., Morrison 80465)



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#### COMPOSITE ROOF:

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## Win the support you need for your creative ideas

You may have lots of great ideas for innovation in your organization, but you need your boss' support to get them off the ground. These strategies should help you win management over:

- **Be persistent.** Don't pester your boss endlessly, but do show your determination to bring your ideas to life. If you give up too easily, management won't take your plans seriously.
- **Produce something.** Your ideas can't be purely theoretical if you want to get attention. Build a prototype, launch a pilot program, or perform an experiment that produces tangible results for others to see and evaluate.
- **Limit risk.** Managers like creativity, but they often shy away from waste and risk. Look for ways to test your concepts before a full-scale launch. Spread expenses out so you're not spending too much money at one time. Share resources to avoid blowing your budget all at once.
- **Collaborate.** You don't have to go it alone. Bring in other employees and departments to help and contribute. You need to show that you're capable of leading a team, not just generating pie-in-the-sky ideas on your own.
- **Go outside.** Your ideas will get more respect if you can show that other people and organizations have adopted similar approaches. Get out of your workplace and explore your community and industry. You'll get more ideas, see creativity at work, and be able to point to successful applications of your concepts elsewhere.

## Planning A Trip? Buy Your Tickets Early

Most of us realize that buying airline tickets ahead of time is cheaper than paying top dollar at the last minute. But how far in advance should you make your reservation to get the best deal?

The website cheapair.com analyzed pricing data from more than 4 million flights and came up with the magic number: Start planning your trip 54 days in advance to get the cheapest airfare, at least for domestic flights. And don't forget to send a postcard.

## That Daily Cup Of Joe Isn't Just For Grown-Ups Anymore

You're not the only person who needs a daily dose of caffeine in some form. A study by the U.S. Centers for Disease Control and Prevention reports that 73 percent of young people (up to age 22) consume caffeine on an average day, a figure that's stayed steady over the decade from 1999 to 2010.

And it's not just from soda. In fact, caffeine from soda consumption has dropped in the last 10 years, from 62 percent to 38 percent. Kids nowadays are drinking more coffee than before, an increase from 10 percent in 1999 to 24 percent in 2010. They're also getting caffeine from sweetened tea drinks and other beverages, including energy drinks. Although statistics for energy drinks weren't available from the early years of the study, by 2010 they represented 6 percent of the caffeine intake of the children studied.

# Foothills 2014

## Community Entertainment

### FREE at Clement Park

(near the corner of Bowie & Pierce in Littleton)

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THE PARK AND  
ENJOY OUR  
FREE  
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### Concerts

**JUNE**

- **WED. JUN 4 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **FRI. JUN 6 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **WED. JUN 11 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **FRI. JUN 13 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **WED. JUN 18 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **FRI. JUN 20 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute

**JULY**

- **WED. JUL 2 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **FRI. JUL 4 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **WED. JUL 9 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **FRI. JUL 11 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **WED. JUL 16 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **FRI. JUL 18 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute

**AUGUST**

- **WED. AUG 6 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **FRI. AUG 8 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **WED. AUG 13 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **FRI. AUG 15 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **WED. AUG 20 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute
- **FRI. AUG 22 (7-9PM) paid**  
The Blue Vag - Blues Brothers Tribute

### Theatre

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**A Summer Night's Dream**  
**JUL 19 • JUL 26 • AUG 1 • AUG 8**

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## CWCA Mission Statement

The Officers and Directors of Columbine West Civic Association (CWCA) are elected by the dues-paying members who make up the civic association. Each board member is a civic association member and serves on the board without any compensation for time and labor. CWCA's primary mission is to enforce the covenants and to protect the property values of the Columbine West homes.

### Our main objectives are as follows:

- To resolve covenant violations
- To work cooperatively with Jefferson County Sheriff's Department, Planning and Zoning Department and the Colorado State Patrol to maintain a safe and peaceful community
- To initiate civic programs that bring the community together and encourage residents to maintain the general appearance of Columbine West
- To foster community pride among the Columbine West residents

**Thank you** to those who have made the commitment to be part of the association. CWCA encourages ALL residents to become current with the membership fees which are effective for 12 months. If you have questions or concerns, would like to volunteer or join the Board, contact the voicemail at 303-904-8218. At anytime community members who would like to volunteer on a project can attend a monthly meeting, which is open to all neighbors, or leave a message on the voice mail line. Your \$25 fee is the best value in town. Dues and/or donations can be mailed to: Columbine West Civic Association, P.O. Box 620026, Littleton, CO 80162. NEW PAYMENT OPTION! Pay securely online with PayPal, VISA, MC, Discover, and AMEX. Go to: [www.neighborhoodlink.com/jeffco/cwc/](http://www.neighborhoodlink.com/jeffco/cwc/). If you have a special project you would like to donate to, make that notation on your payment. Thank you for your continuing support in helping to restore property values and make Columbine West a great place to live.

## Get Better At Networking With These Tips

Everyone knows the old saying, "It's not what you know, it's who you know." Networking is a big part of success, but it's more than just collecting business cards and chatting at cocktail parties. Follow these steps to build a network that will support you in the long run:

- **Help other people.** Networking shouldn't be self-centered. You'll collect more contacts if you concentrate on what you can do for other people (sharing information, providing introductions, volunteering your services) rather than on what you want out of them.
- **Start on a modest scale.** You don't need to amass a list of 100 new contacts at a single networking event. Begin with a reasonable goal, like one or two new names. Rely on your current friends and contacts at first, then branch out slowly to gather more.
- **Use the power of the name.** When meeting potential additions to your network, be sure to get their names and use yours. Train yourself to remember names so you don't fumble and embarrass yourself at a second meeting. When introducing yourself, speak your name clearly so people will pick up on it and remember it later.
- **Connect people within your network.** One of the most powerful ways to network is to put contacts in touch with other people in a position to help them. Always be looking for introductions you could make, proving that you're genuinely interested in helping the people you meet instead of getting something from them.
- **Be flexible.** Planning out what you want to say to a new contact or what you want to accomplish at a conference is fine. Just don't lock yourself in. Reciting a canned "elevator speech" to everyone you meet won't impress many listeners. Adjust to the situation, be warm and genuine, and accept that you'll have good days and poor ones when networking.

# Your Columbine West Resident Realtor

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### Homes Sold from 4/17/2014 - 5/16/2014

6976 S. Wadsworth Ct.	Split level	2,481 sq. ft.	\$305,500
7230 S. Yarrow St.	Bi-level	2,525 sq. ft.	\$275,000
7003 S. Yukon St.	Bi-level	1,948 sq. ft.	\$296,000
7163 S. Ammons Ct.	Tri-level	2,695 sq. ft.	\$320,000
6976 S. Wadsworth Ct.	Split level	2,481 sq. ft.	\$305,000
7243 S. Allison Way	Multi-level	2,633 sq. ft.	\$293,000

### Homes currently For Sale

6993 W HINSDALE Dr.	1 story	2,046 sq. ft.	\$229,950
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### Homes currently Under Contract

6822 S Webster Way	2 story	2,058	\$240,000
6976 S Pierce Ct	Bi-Level	1,850	\$276,000
7734 W Plymouth Pl	Bi-Level	1,712	\$240,000
7067 W Roxbury Ave	Bi-Level	1,633	\$254,900
7313 S Vance St	Bi-Level	1,880	\$270,000
7473 S Vance St	Bi-Level	1,642	\$264,000
7832 W Ottawa Pl	Multi-Level	1,962	\$265,000
6966 S Wadsworth Ct	Multi-Level	1,713	\$249,900
6975 S Wadsworth Ct	Multi-Level	2,671	\$324,900
7536 W Ottawa Pl	Tri-Level	2,325	\$305,000

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## Honor Your Father On His Special Day

Fathers play a special, irreplaceable role in people's lives. Let yours know that. This Father's Day, skip the necktie and tell your dad what he really means to you. Some suggestions:

- Write a letter thanking your father. Tell him what he means to you. Read it in front of him and the whole family. You can frame it and even add photos or other mementos.
- Create a thank-you book. Buy a small book of blank pages. On each page, write why you're thankful for him. Example: "Thanks, Dad, for all the help you provided on my algebra homework when I was a kid." Send it around to your siblings and have them contribute the reasons they're grateful.
- Create a review of your father's life. Get family members and old friends to write down their memories of your father. Then write a script incorporating all the stories and present it to him.

## Save Money When You Eat Out

Eating out can get expensive, but no one can stay in all the time. When you want to get out of the house, whether for a quick meal or a special occasion, you can lower your bill with some of these simple tips:

- **Have a snack first.** Eat a little something before you leave so you're not as hungry. You can order a smaller meal or an appetizer at the restaurant.
- **Skip the extras.** Don't order desserts or alcoholic beverages. These can quickly add up and significantly increase your bill.
- **Go for dessert.** Whip up a simple romantic dinner at home - maybe a little pasta with red sauce. Then head out later just for dessert.

## National Rivers Month

More than 250,000 rivers and streams run throughout the United States, flowing for nearly 3.6 million miles and providing drinking water to over 65 percent of Americans. National Rivers Month calls for a cleanup of rivers and streams across the country to ensure safe drinking water and a healthy environment.

## Men's Health Week, June 9-14

Men's Health Week is designed to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policymakers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

# In Columbine West, Results Count!



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"Duane sold our house in a timely manner at a price we were very happy with. We would use him again and were very satisfied with the way he worked with us." — Dan & Emma S.

The statistical information is based on MLS data May 19, 2014.

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

## Columbine West Statistics for May 2014

### Current Homes **FOR SALE** in Columbine West

	Lowest	Highest	How Many?
Ranch Style	\$ 229,950	\$ 229,950	1
4-level	\$ 265,000	\$ 335,000	2
2-story	None	None	0
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
4-level	\$ 249,900	\$ 324,900	2
2-story	\$ 240,000	\$ 240,000	1
Tri-level	\$ 305,000	\$ 305,000	1
Bi-level	\$ 254,000	\$ 276,000	3

### Homes **SOLD** in Columbine West (Jan. 1, 2014 – May 19, 2014)

	Lowest	Highest	How Many?
Ranch Style	\$ 198,000	\$ 269,250	3
4-level	\$ 264,000	\$ 305,000	5
2-story	\$ 295,000	\$ 333,000	3
Tri-level	\$ 320,000	\$ 320,000	1
Bi-level	\$ 194,000	\$ 296,000	9

## Teen Services

To add your teen's name, please email **Colorado Lasertype** at [getinfo@coloradolasertype.com](mailto: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.

Alexis A.	15	B/P/S	303-587-9439
Makenna A.	11	B*	303-935-1444
Rhianna B.	14	B*/L/P	303-956-2020
Gina D.	14	B*	720-833-8094
Dylan & Kate F.	14/12	B/L/S	720-468-3321
Joe H.	15	L/P	720-626-6502
Laura L.	13	B*/P	303-483-3935
Madison L.	13	B/P	303-641-3571
Justin L.	13	B	720-648-6491
Jacob P.	13	B*/P	303-932-2596
Kayla G.	15	P	303-972-7895
Karissa G.	15	P	303-972-7895
Angie W.	15	B/S	720-569-0552
Tim	16	L/S	720-298-1714
Gabe	15	L/S	720-298-1714
Zack	13	L/S	720-298-1714

## 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: \_\_\_\_\_

All reports will remain confidential and you can send this in anonymously, but we are unable to supply progress reports.

## What's new in health: Three exciting developments

- **Peppermint.** Some studies suggest that peppermint oil may be useful in relieving irritable bowel syndrome, whose symptoms include abdominal pain and cramping, bloating, constipation, and diarrhea.
- **Walking.** The benefits of regular, brisk walks are well known, but researchers in Spain say that women who walk for three hours or more a week are less likely to suffer strokes than those who don't walk at all, doing even better than women who engage in other high-intensity workouts throughout the week.

• **Yoga.** Breast cancer survivors dealing with fatigue caused by chemotherapy and radiation may find relief in yoga, according to physicians. One study found that two weekly 90-minute sessions of Hatha yoga helped survivors gradually regain their energy and mental alertness, and also appeared to help them sleep better.

## Columbine West Civic Association Membership Coupon

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 #: \_\_\_\_\_