



February, 2006

Director's Corner:

Dear Neighbors:

It's probably safe to say that few, if any, of us are excited about soon having upwards of 230 homes as our new neighbors. We are all concerned about traffic on Coal Mine, increased movement through our neighborhood and more congestion at local shopping. In every way, the Vintage Reserve development feels like an affront. But we all knew that eventually the Brennan property to our west would be developed; and now we have to deal with it.

To be certain, the residents of Sheridan have experienced the most inconvenience: from the mud, dust, dirt, debris and noise factors, to the "view corridors," which just lead to more houses. Many Columbine Heights residents have expressed serious doubt to the board about Lennar's adherence to agreements we made with Genessee, the original developer, whom Lennar bought out.

It may be helpful to bear in mind that at the time we agreed to this housing development, we were extremely concerned about the even less desirable options. Among those being apartments where there would be even greater density with a percentage of that population ever in flux. The same would be true of town homes. There was also apprehension about a possible Wal-Mart or other significant retail situation. The Genessee plan offered a sense of stability in their clientele and the green belts and trail system were also attractive to us. It may not feel like it now, but we really did score some significant victories in our negotiations with Genessee.

You may recall their original plan called for joining our communities at Sheridan. Their schematic even showed driveways to homes on Sheridan, which was unacceptable to us. We also got them to adjust their density down from the initial layout. Their proposal called for 12 homes along Sheridan. Now there will be seven, four of which are ranch style; and the promised 30-foot landscaped buffer along Sheridan is in the process of being completed. Many of you have inquired about the wall on the west end of Vintage Reserve. The developers and the people who live in the neighborhood to the west agreed upon that wall in order to avoid re-routing an irrigation ditch and also to discourage contact with their horses.

Prior to the Lennar takeover, we were told the land would not be re-contoured. Lennar representatives readily responded to a meeting request when it became obvious the land was being graded. We were told the grading was necessary to satisfy Jefferson County drainage requirements, but they did lower some of the pad sites along Sheridan. We also have an ongoing dialog with the construction manager regarding their debris blowing into our neighborhood and down Coal Mine. If you notice construction-related trash, please contact a board member so we can arrange for a clean up crew to be dispatched. Lennar has expressed their desire to be good neighbors to us and are actually quite accommodating. They have erected a four-foot debris fence in an attempt to keep at least a portion of the trash contained on their site.

It is very difficult for all of us to see this area change and lose so much of its rural charm. Unfortunately, the only thing we can really do about it is to protect our interests in the process. Arapahoe County has labeled Columbine Heights as obsolete and therefore will not be fashioning any new developments like this due to the inordinate proportion of land relative to house size. We feel this distinction makes Columbine Heights even more special and that can never be taken away.

The Columbine Heights Board of Directors

Other News:

- ❖ Thank you to all the attendees at our annual meeting on January 27th at Wilder Elementary. The meeting minutes will be posted on the web site shortly at www.columbineheights.org. Among the items of business was to elect board members. All of the current board members were willing to stand for re-election, except for Joe Stengel whose schedule precludes his participation on a consistent basis. Jeff Held was elected to fill the open slot on the board. As per our bylaws, the board members were elected by the quorum and then the board members elected officers.

The CHOA Board:

President: Will Darken – (720) 981-9126 willhdarken@aol.com

Vice President: Ray Ziehm – (303) 794-1413
rayziehm@aol.com

Secretary/Newsletter: Marta Skovrinski – (303) 798-9877
skovrinski@pcisys.net

Treasurer: Rick Simms – (303) 730-3730
rsimms303@aol.com

ACC Director: Kim McQuarrie – (303) 794- 2797

Member at Large: Jacque Drinkwine – (303) 794-4070
bksplus@hotmail.com

Member at Large: Jeff Held – (303) 738-1812
jeffheld@jeffheld.net

- ❖ Also discussed at the annual meeting was the importance of submitting plans to the Architectural Control Committee (ACC) regarding any changes or additions to the outside of your property, including sheds, fences and roofs. There is an ongoing announcement to that effect in the "Reminders" section of the newsletter.
- ❖ Welcome to our newest neighbors:
Les, 3 Glenridge
Parkers, 7 Maclean
Hepperlens, 6 Robincrest
Innes, 8 Maclean
Kienes, 13 Dutch Creek
- ❖ Thanks to Floyd Shoemaker who passed along this article for inclusion in the newsletter:

February is heart month - Do you know your risk for developing heart disease?

You are going to hear a lot this month about heart disease. The fact that heart disease is the number one killer in America and the fact that more women die from heart disease than men. The fact that your lifelong behaviors and choices are contributing factors to acquiring heart disease. *February is a good month to take action and learn about your heart health and personal risk factors.*

At Centennial Medical Plaza we offer a Heart Score Assessment that includes:

- A cardiac calcium scoring exam. This is a non-invasive procedure that can actually take pictures of your beating heart—something that until recently doctors haven't been able to do! In the past, pictures came out blurry because the heart beats so quickly, but this new, high-

tech machine (we have one at Centennial Medical Plaza) takes pictures 10 times faster than a traditional CAT scan. This new CAT scan is able to see where cholesterol may be building up. After you take the test, your results are read by a radiologist, who determines how much calcification is in each of the vessels that supply blood to the heart.

- Calculation of your body mass index (BMI). BMI is a measurement of body mass that takes into account both height and weight and is used by healthcare professionals to identify people who may be overweight. Your BMI score is an important factor when determining your risk for heart disease.
- Cholesterol screening
- Blood pressure assessment
- Cardiac risk assessment
- Individual nurse counseling session

Dr. Dennis Chalus, a radiologist with Centennial Medical Plaza, tells us that cardiac calcium scoring is not a routine procedure. If you are a male who is aged 45 or older, or a female who is aged 50 or older, and have one of the following risk factors, he recommends you receive a calcium scoring exam:

- Overweight
- Family history of heart disease
- Diabetic
- Smoker
- High cholesterol
- High blood pressure

Dr. Chalus assures patients, "There are no needles — the exam is non-invasive. We simply hook you up to an EKG monitor and take a picture. The exam is easy and only takes about 10 minutes."

Schedule a Heart Score Assessment today by calling Centennial Medical Plaza at 303-699-3040 or visit our Web site at www.centennialmedicalplaza.com.

Reminders:

- In keeping with our covenants, please remember to contact an Architectural Control Committee (ACC) member regarding any external changes to your property, including **sheds, fences, additions and roofs**. The ACC is also a good resource for information on materials for these projects.

ACC Members:

- Kim McQuarrie – (303) 794-2797
- John Backes – (303) 798-5906
- Steve Loo – (303) 798-3944
- Chris Abeyta - (303) 797-3100

- ❖ The greatly increased foot and vehicle traffic we are experiencing means many more people are in our neighborhood and not all of them have honorable intentions. In the wrong hands, your mail can be a valuable commodity. Raising the flag on your mailbox is a beacon to thieves, inviting them to steal your mail and potentially your identity and money. If at all possible, take your outgoing mail to a postal mailbox, especially anything containing checks or other sensitive information. If you must use your mailbox for outgoing mail, do not raise the flag. Mail carriers check the mailbox before placing new mail inside. Collecting your mail promptly is also advisable. Tony, our mail carrier, usually delivers our mail early to mid afternoon. **DON'T INVITE TROUBLE - DO NOT RAISE THE FLAG ON YOUR MAILBOX!**
- ❖ Nobody is as enthusiastic as you are about hearing from, or seeing evidence of, your dog. Please be considerate of others regarding both ends of your pet.
- ❖ Remember to bookmark and visit often our neighborhood web site, www.columbineheights.org for board meeting minutes and other useful information.

Home Repair & Remodeling

Miscellaneous Handyman Services and
Light Remodeling: Plumbing, Electrical,
Cabinets, Decks, Shelving, Painting, Tile
No job too small.

Jim Tobias 303-973-5221
(Normandy Estates Resident for 15 years)



Artwork courtesy of Betty White, 1962