

ROCKY RIDGE

January 2026

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National Western Stock Show & Rodeo

January 10-25, 2026

Each winter, nearly 700,000 people visit the National Western Stock Show, an extravaganza of about 30 rodeos, 11 horse shows, and countless other attractions just a couple of miles from the heart of Denver. For so many visitors from the increasingly urbanized West, the Stock Show offers a rare window into Western tradition and the incredible importance that agriculture and ranching industries have made to revolutionize our daily lives.

For many other visitors, the National Western Stock Show is a pilgrimage, a gathering of the extended family that sustains and defines the West. Since the first Stock Show in 1906, it has been a place where generations of farmers and ranchers – people whose hard work feeds the rest of us – spend time reuniting with old friends, learning about new approaches and techniques in agriculture and ranching, and doing some business, year after year.

The 12-12-12 Rule

The 12-12-12 rule is a simple decluttering method where you find 12 items to throw away, 12 to donate, and 12 to relocate to their proper homes. This approach helps tackle clutter in a manageable way by providing clear goals, and it can be used to refresh a specific area, like a closet or cabinet, or adapted to larger spaces. How to use the 12-12-12 rule:

- Pick 12 to throw away: Find items that are broken, expired, or no longer useful.
- Pick 12 to donate: Select things you no longer need but are in good condition and could benefit someone else, like gently used clothes, books, or toys.
- Pick 12 to relocate: Find misplaced items that belong in another room and return them to their proper place.

Fitness Goals: Setting Up For A Successful Resolution

- **Be Specific & Realistic:** Instead of “get fit,” aim for “walk 15 mins, 3x/week”.
- **Start Small:** Build momentum with achievable mini-goals, like “exercise snacks” throughout the day (stairs, jumping jacks).
- **Find Your Fun:** Choose activities you genuinely enjoy (dancing, hiking, sports) to make it sustainable.
- **Schedule It:** Block out workout times in your calendar like important meetings.

STAYING MOTIVATED

- **Get a Buddy:** An accountability partner or group provides support and consistency.
 - **Track Progress:** Monitor small wins to build confidence and see how far you’ve come.
 - **Reward Yourself:** Celebrate milestones with non-food rewards like new gear or a spa day.
 - **Fuel Your Body:** Ensure you’re eating well and staying hydrated, and don’t forget sleep and rest days.

OVERCOMING OBSTACLES

- **Plan for Setbacks:** Prepare for illness or travel by having backup plans (e.g., hotel gym, walkable area).
 - **Don’t Aim for Perfection:** If you miss a workout, just get back on track with the next one; consistency is key, not a rigid schedule.
- **Focus on Enjoyment:** If exercise feels like a chore, you’re more likely to quit; find joy in the process.

No Spend January

“No Spend January” is a popular financial challenge to cut all non-essential spending for the entire month following the holiday season. The goal is to reset spending habits, save money (often hundreds or thousands of dollars), and focus on essential purchases only.

HOW IT WORKS

The basic principle is to distinguish between “needs” and “wants” and only spend money on necessities.

Essentials (Allowed Spending):

- Rent/mortgage and utilities (electricity, water, etc.)
- Groceries (often with an emphasis on using existing pantry staples)
- Medications and essential toiletries (e.g., body wash, soap)
- Gas for essential travel/commuting
- Paying off existing bills and debt

Non-Essentials (Forbidden Spending):

- Dining out or ordering takeout
- Coffee shops

continued on page 2

No Spend January, *continued from front page*

- New clothing, makeup, or non-essential household decor. Entertainment expenses like movie tickets, concerts, or new books
- Online shopping
- New subscriptions or non-essential services

TIPS FOR SUCCESS

- **Set Clear Goals:** Define your “why” (e.g., building an emergency fund, saving for a vacation, paying off debt) to stay motivated.
- **Plan Ahead:** Create a budget for essentials and make a meal plan using food you already have.
- **Remove Temptations:** Unsubscribe from marketing emails, delete shopping apps, and consider removing saved credit card information from online retailers to add a barrier to impulse buys.
- **Find Free Activities:** Combat boredom by finding free things to do, such as visiting local libraries or museums, hiking, or playing board games.
- **Track Progress:** Monitor your savings to see the tangible results, which can provide a significant boost in motivation.
- The main takeaway is that “No Spend January” is flexible; you set your own realistic rules to challenge yourself and build healthier, more intentional spending habits for the rest of the year.

Advertise in this Newsletter!

The deadline for advertisements is the 15th of the month for the next month’s issue, except for the Jan. issue which is Dec. 6th.



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Email info@newsletterconnections.com to add your teen!

Winter’s Work: Rest, Renewal And Resilience In The Garden

When the garden settles under a blanket of snow, it can feel as though everything is lifeless and still. But in reality, winter is not wasted time; it’s a season of rest and recovery. Just like people and animals, plants benefit from downtime, and the cold months are essential for their long-term survival.

In winter, many plants enter a state called dormancy, nature’s version of sleep. Dormancy is far from passive; it’s an active survival strategy refined over millennia. When temperatures drop and daylight wanes, perennials, shrubs, and trees respond by redirecting their energy from leaves and flowers down into their root systems. This strategically allows plants to conserve resources during harsh conditions while preparing for spring’s explosive growth.

Winter does more than recharge individual plants – it also benefits the larger ecosystem. Freezing temperatures naturally suppress pests and diseases, keeping populations in check. Cycles of freezing and thawing help break down leaves and organic matter, thereby enriching the soil. Snow, often called “the poor man’s fertilizer,” insulates plant roots, adds moisture and slowly releases nitrogen into the ground as it melts. In this way, the cold season is as much about renewal as it is about rest.

Some plants require a certain amount of cold before they can germinate (a process called cold stratification) or flower. Many beloved garden plants, from peonies to fruit trees, require a specific number of “chilling hours” below 45°F to break bud properly come spring. Without this cold period, flowering may be sparse or entirely absent. It’s nature’s quality control mechanism, ensuring plants don’t waste energy blooming during

unreliable warm spells that could end in frost damage.

Colorado native plants are masters of winter survival. Species like penstemon, blanket flower and pasque flower have evolved alongside our dramatic temperature swings and intense sun exposure. Their dormancy strategies are finely tuned to our semi-arid climate, where winter moisture slowly percolates into the soil while plants rest. By incorporating natives into your garden, you’re working with plants that have perfected the art of thriving through Colorado’s challenging winters, emerging each spring with a vigor that comes from generations of adaptation.

For those who love their gardens, winter can feel like a long wait. But it’s worth remembering that this downtime is essential. Resist the urge to overprotect perennials from the cold; many need the chill. Instead, embrace winter as nature’s way of giving your garden a chance to recharge. While the plants are resting, we can do the same – dreaming, planning and preparing for the vibrant burst of life that spring will bring.

— **By Pam Rosendal, Colorado Master Gardener**

National Clean Off Your Desk Day

January 13 is an opportunity to begin your new year with a clean and organized workspace. Whether your desk is in a private or shared office, cubicle, home or a make-shift desk on the counter, having your workspace uncluttered and organized will help you work more efficiently. A clean workspace improves productivity and inspires us, too. It often gives us a sense of serenity.

CLASSIFIEDS: The perfect way to find local professionals to work on your house! You can also find activities, sale items and more!

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Denver Museum Of Nature and Science Free Days

Sunday, January 11
 Sunday, February 1
 Monday, February 9
 Friday evening, March 6
 Monday, April 13
 Sunday, April 26
 Thursday, June 19
 Monday, August 24
 Tuesday evening, September 1
 Sunday, October 11
 Saturday evening, November 7
 Monday, November 16



Denver Art Museum Free Days

Tuesday, January 13
 Tuesday, February 10
 Tuesday, March 10
 Sunday, April 26
 Tuesday, May 12
 Tuesday, June 9
 Tuesday, July 14
 Saturday, August 1
 Saturday, September 12
 Tuesday, October 13
 Saturday, November 7
 Tuesday, December 8

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National Dress Up Your Pet Day

National Dress Up Your Pet Day on January 14th provides a special day to celebrate with your pet and show off their fashion style. Pets do become part of one's family. Whether you take a visit to the groomer or take it a step further and dress up in matching outfits, be sure your pet companion is safe and comfortable.

BOOST Your Business In 2026: Connect Directly with Your Neighbors!



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**Our February deadline
 is January 15th.**

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- **You Can't Click Away From Print:** A physical newsletter sits on coffee tables, gets pinned to refrigerators, and is shared among family members. Your ad stays visible for days, not seconds.

Rocky Ridge Annual Real Estate Report An Overview of 2025



Happy New Year Neighbors! Despite alarmist headlines of the market, appreciation in our neighborhood has largely stalled momentarily, not dropped. We need to look at the big picture: the average price for a home in Rocky Ridge this year is \$480,422, which represents a 21% increase from the 2020 average of \$383,762.

The 2025 average sale price is 2% lower than the average price we saw last year. This plateau was primarily caused by higher inventory. Many sellers were expecting the hyper-hot market of recent years, were simply late to the party.

Macroeconomic factors, including the impact of new tariffs on building costs and the Fed Chair's surprising shift from expected rate cuts to a "higher for longer" outlook, certainly fueled buyer caution. This environment made correct pricing CRITICAL throughout the year. For the patient seller, this market is still a win: buyers are less frenzied but more serious, allowing sellers who price reasonably to secure a nice sale when preparing their home to go on market

**Please call me if you would like to discuss the current value of your home and receive a free Market Analysis. I would appreciate the opportunity to earn your business.
Thank you for your business and referrals!**

2025 Rocky Ridge Market Stats

Neighborhood	Average List Price	Average Sold Price	Average Days on Market	Average \$ Per Sq. Ft	Number of Homes Sold
Rocky Ridge	\$485,624	\$480,422	44	\$267.61	41
All of 80017	\$477,909	\$476,978	41	\$274.57	231
Aurora	\$511,974	\$494,798	49	\$236.92	4,396

Historic Rocky Ridge Average Sold Prices

Neighborhood	2025	2024	2023	2022	2021	2020	2019
Rocky Ridge	\$480,422	\$488,432	\$478,812	\$502,720	\$446,622	\$383,762	\$354,691
All of 80017	\$476,978	\$478,408	\$464,695	\$484,871	\$500,713	\$431,867	\$392,036
Aurora	\$494,798	\$509,427	\$493,790	\$503,939	\$444,872	\$384,674	\$359,306

Based on information from REColorado, Inc. for the period 1/1/25 - 12/05/25. Not all properties were listed and/or sold by Kyle Gilmore at exp Realty llc. This representation is based in whole or in part on content supplied by REColorado, Inc. REColorado, Inc. does not guarantee or is not taking any responsibility for its accuracy. Content provided by REColorado, Inc. may not reflect all real estate activity in the market.

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