

The Southwind Times

The Official Publication of the Southwind Civic Association

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February 2024

Vol. 09 No. 02 • Circulation: 360

“Love is the only force capable of transforming an enemy into friend.”

— Martin Luther King Jr.

February:

- Black History Month
- Ground Hog Day Feb. 2nd
- Superbowl Sunday Feb. 11th
- Valentine’s Day Feb 14th
- National Banana Bread Day Feb 23rd
- National Tell a Fairy Tale Day Feb. 26th

Creative & Budget-Friendly Date Ideas

Courtesy of <https://www.ramseysolutions.com/budgeting/cheap-date-night-ideas>

While it’s nice to go out for drinks and dinner, or dinner and a movie, the same ol’ same ol’ can get stale and boring. With how pricy everything is, dinner doesn’t have the same ring it once did. Here are some date ideas for double dates, date nights in, and date night out.

DOUBLE DATE NIGHT

- **Do a taste test.** Pick up the same kind of food from three places to compare them. Think of small, inexpensive things, like cookies, cakes, or brownies. Or do a blind taste test with flavored jellybeans.
- **Sing karaoke.** Oh boy, talk about a date that takes you out of your comfort zone! Try singing a duet for a super fun (or at least super entertaining) date-night experience.
- **Borrow or rent bikes to do some sightseeing.** The best way to see a city? Take a bike ride! You’ll get some exercise and fresh air, and you’ll cover more ground than you would if you were walking.
- **Go bowling.** Try to find “beat the clock” nights. The earlier you bowl, the less you’ll pay.

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Southwind Civic Association Meeting
February 21, 2024

In A Funk?

Here’s How to Shake It Off

Courtesy of <https://www.webmd.com/balance/ss/slideshow-feel-better>

We all get to feeling a bit in a rut or run down. We all feel the grind. Here are some ways to get shake it off.

REACH OUT

Grabbing drinks or coffee with a friend for a vent session or a phone call with a long-distance relative can help you feel more connected, supported, and less stressed. If your feelings of anxiety or sadness are more regular or cause problems at work or home, talk to your doctor about them. Don’t be afraid to bring in a professional who can better help you tackle your feelings.

HAVE A LITTLE DARK CHOCOLATE AND WATER

Chocolate has chemicals called flavanols that make more blood flow to your brain and may help you think more clearly. Just a small square of the dark stuff—70% cocoa or more—two to three times a week may be all you need. Also, when your body needs water, you can feel tired, cranky, or just a little blah. The colder it is, the drier it is. Hydrate!

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Southwind Civic Association Annual Membership Form

Enclosed are my voluntary dues of \$20 for my 2024 Southwind Civic Association membership (Jan-Dec).

Yes, I am interested in helping to support Southwind and continue our many neighborhood activities:

I/we would like to volunteer to help with a Southwind event.

(Each event requires no more than 1-2 hours of your time)

Contact me/us if additional volunteers are needed for any event.

Name(s): _____

Address: _____

Phone: _____ Email: _____

Please complete this form and mail with your check to:

Southwind Civic Association • 710 E. Geddes Ave. • Centennial CO 80122

Make payment via Venmo: Include your name, street address, and phone number along with your payment to @Southwind Civic Association.

Thank you for your continued support of our terrific neighborhood!

In A Funk, *continued from front page*

EXERCISE AND LISTEN TO SOME TUNES

This does not mean you have to sweat it out at the gym. Just a 10-minute walk can start the body producing endorphins (feel-good hormones). Working out can help manage stress too. Not really into walking? Listen to some of your favorite music. Music has the power to change your brainwaves and help makes natural painkillers that can give your mood a boost.

DO A GOOD DEED

Doing a good deed will also produce endorphins. It's also been shown that helping others raises one's self-esteem.

HUG YOUR DOG

Just being around your pet can make you feel better. One study showed petting a canine or feline companion for a few minutes reduced anxiety and stress as much as a thirty-minute mediation session would.

Date Ideas, *continued from front page*

STAYING IN

- **Have a picnic on the floor.** You don't need good weather to have a picnic. Turn on a YouTube fireplace on the TV, spread a blanket out on the living room floor, and have a cozy picnic! OR eat takeout by candlelight-feels fancy without spending the big bucks.
- **Take a trip down memory lane.** Get out old photos or family home movies and spend some time reminiscing.
- **Plan a vacation you're not taking (yet).** Okay, I admit it. Sitting around with your laptop and planning a vacation that you have no intention of going on right now is actually a lot of fun. And who knows? If you keep saving money on dates, you could be taking that dream vacation sooner than you think.
- **Make an At-Home Spa.** Recreate your own spa experience by drawing a bubble bath, lighting a few candles, and giving each other a soothing massage and mani and ped. Bonus points if you get your partner to put on a face mask.

DATE NIGHT OUT

- **Run errands together.** How is running errands romantic, you ask? You leave your kids at home with a sitter. *Yep!* You'll be surprised how much fun you have strolling the aisles of Target or picking up groceries—just the two of you.
- **Test-drive an expensive car.** Enjoy that new car smell without paying the hefty price tag.
- **Watch the sunset or sunrise.** It's sweet and simple and romantic. And best of all, it's free! Go to a park to make it special- perfect on is Jackass Hill Park in Littleton.
- **Visit the Library or Bookshop** If you and your date both find books you want to read, put them on hold for pickup at your local library (and read them for free!).



Southwind Civic Association

710 E. Geddes Ave. • Centennial, Colorado 80122

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The *The Southwind Times* is published monthly
 by the Southwind Civic Association.

News Articles

The deadline for news articles is the 15th of the month before the next month's issue. Please email news articles to **Hank.victorial@gmail.com**. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

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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.

**Newsletter Connections: 303-979-7499 or
 info@newsletterconnections.com**

To find ad rates and discounts, go to
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 Elsa Rodriguez (CPR Cet. First Aid Cert.): 303-868-9671

Yard Work:

Elijah Gomez: 303-250-1109

Groundhog Day

February 2nd is Groundhog Day, on which the emergence of the groundhog (woodchuck) from its burrow is said to foretell the weather for the following six weeks.

Since 1887 an animal in Punxsutawney has been the center of a staged appearance each February 2. In what has become a media event, a groundhog designated Punxsutawney Phil is the center of attention of television weathermen and newspaper photographers. Although promoters of the local festival surrounding Punxsutawney Phil claim that the animals have never been wrong, an examination of the records indicates a correlation of less than 40 percent. (Whether a groundhog does or does not emerge is thought to be related to the amount of fat it was able to store before going into hibernation.)

—<https://www.britannica.com/topic/Groundhog-Day>

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Super Bowl Recipe: Warm Crack Chicken Dip

Americans will eat 1.4 BILLION chicken wings during Super Bowl this year, according to the National Chicken Council. But that's not the most popular Super Bowl food—it's chips and dip. In honor of this, here is a recipe sure to heat up the game.

*Prep Time: 5 mins
Cook Time: 25 mins
Total Time: 30 mins
Yields: 8 people
Author: Plain Chicken*

Ingredients:

- 1 (8-oz) package cream cheese, softened
- 1 (1-oz) package ranch dressing mix
- 1 cup chopped cooked bacon
- 2 cup shredded cheddar cheese
- 1 (16-oz) container sour cream
- 2 cups chopped cooked chicken

Instructions:

- Preheat oven to 400°F. Spray a 2-qt baking dish with cooking spray. Set aside.
- In a bowl, combine all ingredients, mixing well. Transfer to prepared dish.
- Bake uncovered for 25 to 30 minutes, until hot and bubbly.

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15 Lesser-Known Black History Facts

Courtesy of <https://www.paycor.com/resource-center/articles/15-lesser-known-black-history-facts/>

1. William Tucker, son of indentured servants from Great Britain, was the first recorded African child to be born in the colonies in 1624.
2. Vermont was the first colony to ban slavery in 1777.
3. In the 1770s, a Quaker named Anthony Benezet created the first school for African American children.
4. Between 1810-1850, an estimated 100,000 slaves used the Underground Railroad to escape to the North.
5. William Wells Brown's novel, *Clotel; or The President's Daughter*, is the first written by an African American to be published in 1853.
6. Hattie McDaniel became the first Black person to win an Oscar for her supporting role in *Gone With the Wind* in 1940. Sidney Poitier was the first Black man to win, 24 years later, for his leading role in *Lilies of the Field*.
7. In 1864, Rebecca Lee Crumpler graduated from the New England Female Medical College as the first Black woman to receive a medical degree in the U.S.
8. Baseball legend Jackie Robinson had an older brother, Matthew "Mack" Robinson, who broke the Olympic record in 1936 in the 200-meter dash. However, he took home the silver medal because he finished behind Jesse Owens.
9. Before becoming a professional musician, Chuck Berry studied to become a hairdresser and had a degree in cosmetology.
10. Nat King Cole was the first African American to host a TV show when *The Nat King Cole Show* debuted on NBC in 1956.
11. In 1973, Stevie Wonder was the first Black artist to win a Grammy for Album of the Year for *Innervisions*.
12. Founded in 1984, the Bill Pickett Invitational Rodeo celebrates Black cowboys and cowgirls and is the only touring African American rodeo in the world.
13. The theme song to public television's popular children's program, *Reading Rainbow*, is sung by Chaka Kahn.
14. The oldest living Buffalo Soldier, Sergeant Mark Matthews, died at the age of 111 in 2005 and is buried at Arlington National Cemetery.
15. Gabby Douglas became the first Black gymnast to win the Individual All Around in the 2012 London Olympics.

*To share your weakness is to make yourself vulnerable;
to make yourself vulnerable is to show your strength.*

—Crisis Jami



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