

# The Southwind Times

The Official Publication of the Southwind Civic Association

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February 2025

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## Valentine's Bazaar At Aspen Grove

February 7, 2025, 4:00 p.m. to 8:00 p.m.

February 7, 2025, 11:00 a.m. to 6:00 p.m.

The Denver BAZAAR returns to Aspen Grove for a two-day FREE Valentine's BAZAAR on February 7 & 8 for the love of all things local! The BAZAAR will be located in space 450, next to Lululemon.

This indoor market will feature 50+ carefully curated vendors, focusing on jewelry, confections, art, fashion, and other giftable items. It will also feature tastings, live music, and craft cocktails.

General Admission,  
FREE Entry, All Ages!

*Though February is short, it is filled with lots of love and sweet surprises.*

– Charmaine J. Forde

## National Love Your Pet Day

**February 20th:** National Love Your Pet Day is a day to show extra love and appreciation for your pets. It's a reminder to take some time to play with them, show affection, and do something special for them.

## Neighborhood Survey

**SWCA wants to hear from you!**

Please take this survey to tell us what you need from your Southwind Civic Association!



## National Wear Red Day

National Wear Red Day, Friday February 7, is an annual campaign to raise awareness about heart disease in women. The national campaign urges women to learn their risk for heart disease and to take steps to lower their risk. What increases a woman's chances of heart disease? Smoking, sedentary lifestyle, family history, diabetes, stress, inflammatory diseases like rheumatoid arthritis and Crohn's complications during pregnancy menopause.

We can prevent or reverse many of these risks by taking action. Speaking with our physician also helps to further lower our risk of heart attack and stroke by making and following a plan.

**Quit smoking/vaping.** Ask for help if you need it. Your physician has many tools at her side to make quitting a success.

**Change your lifestyle.** Become more active and improve your eating habits. This will help with many risk factors including stress, family history, and other health conditions.

**Get routine physical exams.** Heart disease and stroke kill one in three women. These diseases are 80 percent preventable according to Go Red for Women's official website.

– [www.goredforwomen.org](http://www.goredforwomen.org)

## Snow Removal From Your Private Property

Many local laws require residents to clear sidewalks within 24 hours after a snowstorm to allow safe use by pedestrians. This is particularly important along school pedestrian routes to prevent children from having to walk in the street.

Owners must place snow from their sidewalks onto their front yard or other areas of their own property, and not into the street. This practice reduces the number of icy areas on streets and ensures proper drainage flow into the storm sewer once snow melts.

–<https://www.codot.gov/travel/snow-removal>

## Mardi Gras 4Paws

**February 10: Celebrate Mardi Gras while giving back to man's best friend**

The town of Frisco celebrates Mardi Gras with a twist by hosting a costumed canine parade and street party for dogs and their families. All proceeds from the event go to the non-profit Hope for Animals – Clear Creek Rescue, which helps abandoned, lost and suffering animals through rescue, shelter and public education. Register for the parade or come enjoy live music, “Yappy Hour” and a costume contest to crown the king and queen pup of the parade.

–<https://www.uchealth.org/today/things-to-do-in-colorado-in-february/>

## Black History Month

February is Black History Month, a four-week-long celebration during which we shine a light on—and seek to learn more about—the people, events, experiences, and contributions of Black America throughout the past 400-plus years.

## White Chicken Enchiladas

### Ingredients:

- 3 Tbsp. canola oil, divided
- 12 whole corn tortillas
- 1 large onion, diced
- 1 whole jalapeño, seeded and finely diced
- 2 1/2 cups cooked, shredded chicken
- 3 (4-oz.) cans whole green chiles, diced and divided
- 1 tsp. paprika, divided
- 2 cups reserved broth from chicken, divided
- 1/2 cup heavy cream
- 2 Tbsp. butter
- 2 Tbsp. flour
- 1 cup sour cream
- 2 1/2 cups grated monterey jack cheese, divided, plus more to top
- Salt and pepper, to taste
- Cilantro, chopped
- Picante sauce (optional)

### Directions:

1. In a small skillet, heat 2 tablespoons of canola oil over medium-high heat. Fry the tortillas for no longer than 20 seconds, just to soften (do not allow to become crisp). Place the tortillas on a large towel or stack of paper towels to drain.

2. Heat the remaining 1 tablespoon of canola oil in separate skillet over medium heat. Add the onion and jalapeño, and sauté for 1 minute, just to start the cooking process. Add the chicken, half of the green chiles, and 1/2 teaspoon of the paprika. Stir together. Add 1/2 cup of the chicken broth and stir. Add the heavy cream and stir, allowing the mixture to bubble and get hot. Turn off the heat and set aside.

3. In a separate large skillet, melt the butter and sprinkle in the flour. Whisk together and cook over medium heat for 1 minute. Pour in the remaining 1 1/2 cups of chicken broth. Whisk together and cook until it begins to bubble, 1 to 2 minutes more. Stir in the remaining half of the chiles. Reduce the heat, then stir in the sour cream. Add 1 1/2 cups of cheese and stir to melt. Add the remaining 1/2 teaspoon of paprika. Check the seasonings and add salt and pepper as needed.

4. Preheat the oven to 350°F.

5. To assemble, spoon the chicken mixture on top of the tortillas, one by one. Top with plenty of cheese and roll up. Place seam side down in a 13-by-9-inch casserole dish.

6. Pour the cheese mixture all over the top of the tortillas. Top with extra cheese if you'd like, then bake for 30 minutes. Sprinkle generously with chopped cilantro.

7. Serve with picante sauce, if desired.

—<https://www.thepioneerwoman.com>

## Orchid Show At Denver Botanic Gardens

Visit the Denver Botanic Gardens for their annual orchid show and see beautiful displays of delicate orchids. The orchid show takes place indoors at the York Street location, so this makes a great option for a cold day activity.

When: January 10, 2025 – February 17, 2025

## 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  
**NewsletterConnections.com** or scan QR code.



## Loveland Sweetheart Festival

What better way to celebrate this most romantic time of the year, than with the 7th Loveland Sweetheart Festival? Spend Valentine's Day in America's Sweetheart City with celebrations happening in the downtown historic district.

The exact date is Friday to Saturday, February 14th to 15th, 2025. The festival is an extension of a long-time tradition of celebrating couples and loved ones with the Loveland Sweetheart Classic 4-mile race. The festival will be held in the new Foundry Plaza and features something for everyone. With a variety of events including:

- Lock Your Love on the Love Lock Sculpture
- Laser light show
- Live entertainment
- Palace of sweets – held inside the state's largest inflatable igloo
- For the Love of Beer Tent
- Kids activities and rides
- Art gallery walk
- Tunnel of love
- Sweetheart Classic 4-mile race
- Little Miss Valentine and Little Mr. Cupid Contest
- The four-mile Sweetheart Classic is one of the biggest events of the weekend. Whether you're single or a couple this year, the Sweetheart Classic is a great way to get some exercise and meet new friends.

—<https://loveland.org>

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*February teaches us the value of patience as we eagerly await the arrival of spring's vibrant colors.*  
 —Suzanne Woods Fisher

*You've gotta dance like there's nobody watching,  
 Love like you'll never be hurt,  
 Sing like there's nobody listening,  
 And live like it's heaven on earth.*  
 —William W. Purkey

## Museum Free Days

There are plenty of free admission days in Denver for the month of February.

- Denver Art Museum: February 14th
- Denver Museum of Nature and Science: February 6th and February 26th
- MCA Denver: February 4th
- Museo de Los Americas: February 3rd
- Denver Botanic Gardens: February 16th (through lottery only)
- Denver Zoo: February 5th

—<https://secretdenver.com/things-to-do-february-denver/>

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## Got Help?

**Babysitting:**

Elsa Rodriguez (CPR Cert. First Aid Cert.): 303-868-9671

**Lawn Aeration:**

Wyatt Callow: 909-331-5470

Does your son or daughter babysit, rake leaves, shovel snow, walk dogs, pet sit, or more? If you or a family member wants to add their name to the list for neighborhood job opportunities, please contact Jenny at 720-960-2134.

*Selling Colorado One Home at a Time!*

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## Stay Active in Cold Weather

When winter blows in, you can pull the blankets over your head and go back to sleep – or you can suit up and head out for an outdoor winter adventure! There’s no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

### TIPS AND BENEFITS TO KEEP IN MIND:

- There’s no heat and humidity to deal with. Winter’s chill might even make you feel awake and invigorated.
- You may be able to work out longer in cold weather, which means you can burn even more calories.
- It’s a great way to take in the sunlight (in small doses). Not only can light improve many people’s moods, it also helps you get some vitamin D.
- Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

### TRY THESE OUTDOOR ACTIVITIES:

- Brisk walking or hiking
- Jogging or running
- Shoveling snow
- Ice skating
- Sledding
- Cross-country skiing
- Snowshoeing



### STAY WARM, STAY SAFE:

Staying warm and dry when heading out to exercise in cold weather is all about layers. A little preparation can keep you safe from cold weather hazards like hypothermia and frostbite.

Cold temperatures, strong winds and damp conditions (like rain and snow) can steal your body heat. For example, according to the National Weather Service, a 30-degree day with 30-mile-an-hour wind feels like about 15 degrees. And if you get wet (from rain, snow or perspiration) that effect is magnified. That’s why layers of clothing are so important. They help trap the heat and form a kind of insulation against the elements.

Resist your instinct to start layering with cotton. Once cotton becomes wet with sweat or snow, the moisture is trapped and will make you feel colder and heavier. For your first layer, you want something that pulls moisture away from your skin, like the moisture wicking fabrics used in high-performance sportswear. Next, add a layer of fleece; top it off with a thin waterproof layer.

### TRY THESE INDOOR ACTIVITIES:

- Home workout circuit
- Dancing
- Active housework such as vacuuming and sweeping
- Mall walking
- Bowling
- Roller skating
- Yoga or other fun group classes at your local gym, studio or community center
- Stair climbing



–<https://www.heart.org/en/healthy-living>

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March ad deadline is February 14th