

The Southwind Times

The Official Publication of the Southwind Civic Association

Mailing Address: 710 E. Geddes Ave. • Centennial, Colorado 80122 • Email: Southwindcivic@gmail.com • 706-662-2167

Got Help?

Babysitting:

- Ella Gomez, 303-250-1109 (CPR Cert. First Aid Cert.)
- Elsa Rodriguez: 303-868-9671 (CPR Cert. First Aid Cert.)

Yard Work:

- Elijah Gomez: 303-250-1109

“Be so busy loving your life that you have no time for hate, regret, or fear.” — Unknown

Reflections of 2023: A Note From The President of Southwind Civic Association

As I think back over this past year, I realize just how lucky I am to live in a neighborhood like ours. The memories we’ve made with our friends and neighbors have been incredible. From Southwind’s Fourth of July Parade and Contests and our neighborhood garage sale to Hot Cider being passed out on Halloween. We have wonderful neighbors who participate and volunteer their time to make these events fun for all.

Changing gears just a little, my husband and I had our first baby in March. Being a new mom, I started to look at life slightly differently, as I’m sure all new moms do. I’m starting to think of the memories I want to make with my daughter and the memories we’re all currently making with our neighbors and friends. I hope this coming year, 2024, we’ll be able to add a Fall Festival and Cookies with Santa to our neighborhood calendar. I hope even more people participate in the Fourth of July Parade and enjoy Halloween Cider. For those who haven’t been to an event, please take a

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**Southwind Civic
Association Meeting**
Now on winter break and will resume on
February 21, 2024.

January 2024

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10 Easy Things To Start The New Year Right

As we begin to roll towards January, we start to think of New Year’s resolutions. Instead of adding more stress to your life by listing 10 huge goals to accomplish in the next year, why not start the new year right with 10 small things you can do to give you a feeling of instant success? Here are some suggestions to get you started:



1. **Add a little spirituality to your daily life.** Say a little prayer each morning or keep a daily journal. Be on the lookout for the beauty of nature and stop to appreciate it wherever you find it.
2. **Take a look at your physical environment.** Are there papers and receipts you need to file or throw away? Toys or books that need to

be put up? Take just 10 minutes a day to work on straightening up your environment, whether that be your office or home. You’ll be amazed at what you can accomplish in such a short time!

3. **Tell one person each week that you love them.** It’s too easy to forget to tell people that we care about them. This year, make it a special promise to yourself that you’ll tell at least one person, each week, that you love them and that you’re grateful to have them in your life.

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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!

10 Easy Things, *continued from front page*

4. **Buy a plant.** Not only will you be creating better air quality for your home or office but plants brighten your space. While you're at it, buy a nice pot to plant it in, and place your new plant somewhere where it will give you joy.
5. **Find out how much money you need.** Whether you're saving for a trip or retirement, take time to calculate how much you need to save. You'll find many retirement calculators on financial websites, like Quicken.com or Fidelity.com. Check out <https://www.worldpackers.com/articles/how-to-save-money-for-travel>, to read how to save for a trip. Start the new year right by knowing where you are heading, financially.
6. **Spend time with your best friend.** A one-hour lunch, a walk in the park, even a Costco run ... it doesn't matter what you do together, as long as you spend time with each other. Not only will you get a sense of companionship and love, but you'll be going a long way towards stress relief.
7. **Buy a new bed pillow.** Too many of us have old pillows on our beds that don't support our necks properly as we sleep. For under \$25, you can find a huge selection of pillows at most department stores. Keep your old pillow to add firmness and support when you're reading in bed.
8. **Take a television break.** One night a week, choose to have a "no television" night. Read a book. Work on a craft project. Play a game. Write a story. Take a walk. Involve your family and friends to come up with creative and fun things you can do on your "no television" night.
9. **Find out what your blood pressure is.** Many shopping centers have blood pressure machines you can use for free.
10. **Expand your thinking with new experiences.** Try something new weekly or monthly, whether that's a new restaurant, hobby, exercise class, or place to walk or visit. A new challenge can build new skill sets, no matter what age. Conquering that challenge can increase confidence.

Southwind Civic Association

710 E. Geddes Ave. • Centennial, Colorado 80122

BOARD OF DIRECTORS:

President: Victoria Hank, 706-662-2167
Treasurer: Mary Schulz, 303-797-2775
Members at Large: Diane RaPue, Shirley Nixon,
 Mary Elizabeth Vernon, Alice Walter

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.



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Classified ads are \$4.00/line (about 40 characters/line). Contact Newsletter Connections at 303-979-7499 or Info@NewsletterConnections.com to place an ad. To view our display ad prices, visit our website at NewsletterConnections.com. The deadline for placing a classified or display ad is the 15th of the month for the next month's issue (i.e., 15th of Sept. for Oct. issue), except the January issue, which has a deadline of December 6th. Residents placing ads to sell household items are not charged a fee.

Who Said What...

Match the name to the quote below. Choices: *Buddha, Maya Angelou, Eleanor Roosevelt, Benjamin Franklin, C.S. Lewis, David Bowie, Martin Luther King Jr., Dolly Parton, William Shakespeare, Isabel Allende, Oprah Winfrey*

1. "No matter how hard the past, you can always begin again."
2. "If you don't like something, change it. If you can't change it, change your attitude."
3. "You are never too old to set another goal or to dream a new dream."
4. "I don't want an uneventful and safe life, I prefer an adventurous one."
5. "It is not in the stars to hold our destiny but ourselves."
6. "With a new day comes new strength and new thoughts."
7. "I don't know where I'm going from here, but I promise it won't be boring."
8. "Cheers to a new year and another chance for us to get it right."
9. "You don't have to see the whole staircase, just take the first step."
10. "If you don't like the road you're walking, start paving another one."
11. "Be at war with your vices, at peace with your neighbors, and let every new year find you a better man."

- ANSWERS:**
1. Buddha
 2. Maya Angelou
 3. C.S. Lewis
 4. Isabel Allende
 5. Williams Shakespeare
 6. Eleanor Roosevelt
 7. David Bowie
 8. Oprah Winfrey
 9. Martin Luther King Jr.
 10. Dolly Parton
 11. Benjamin Franklin

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COLORADO FITNESS HEADQUARTERS 720.810.0230 COFITNESSHQ.COM @COFITNESSHQ

Shakespeare Insult Kit

Is one of your New Year's Resolutions to stop cussing? If you're finding that resolution a bit difficult, try replacing your standard cuss words with a more creative vocabulary. To avoid sounding like a theater major, replace "Thou" with "You're a". (No offense to theater majors!)

Combine one word from each of the three columns below, prefaced with "Thou":

Column 1	Column 2	Column 3
artless	base-court	apple-john
bawdy	bat-fowling	baggage
beslubbering	beef-witted	barnacle
bootless	beetle-headed	bladder
churlish	boil-brained	boar-pig
cockered	clapper-clawed	bugbear
clouted	clay-brained	bum-bailey
craven	common-kissing	canker-blossom
currish	crook-pated	clack-dish
dankish	dismal-dreaming	clotpole
dissembling	dizzy-eyed	coxcomb
droning	doghearted	codpiece
errant	dread-bolted	death-token
fawning	earth-vexing	dewberry
fobbing	elf-skinned	flap-dragon
froward	fat-kidneyed	flax-wench
frothy	fen-sucked	flirt-gill
gleeking	flap-mouthed	foot-licker
goatish	fly-bitten	fustilarian
gorbellied	folly-fallen	giglet
impertinent	fool-born	gudgeon
infectious	full-gorged	haggard
jarring	guts-gripping	harpy
loggerheaded	half-faced	hedge-pig
lumpish	hasty-witted	horn-beast
mammering	hedge-born	hugger-mugger
mangled	hell-hated	joithead

From The President, *continued from front page*
 chance and see how much fun you can have. We're also always looking for volunteers of any kind!

I'd like to take this moment to thank every one of our volunteers for making these events happen. From the ladies on our Civic Association committee to every one of the news-letter deliverers, and those who show up at events to help manage and make things happen. Thank you to **Mary Schultz, Diane RaPue, Shirley Nixon, Mary Elizabeth Vernon, Alice Walter, Martin Petters, Chad Larrabee, Wendell Nixon, Robin Schulz, Luca Rodriquez, Paul Schwarzweiler, Libby Malone, Ava Bokody, Annelise Blomdal, Cynthia Schallennmuller, Pete Cooney, and Amber Daniels.** If you see any of these neighbors, please make sure to thank them for their contribution to Southwind, our neighborhood!

I wish everyone a safe and happy New Year. May 2024 bring love and laughter to your homes and cheers to making wonderful new memories!



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Master Your Finances in 2024: A Quick Checklist for Financial Success

As we usher in the new year, it's crucial to take stock of our financial health and set the stage for a prosperous future. Here is a concise financial checklist to ensure you're on the right track in 2024:

1. **Review and Update Your Budget:** Assess your income, expenses, and savings goals. Make necessary adjustments to accommodate any changes in your financial situation.
2. **Evaluate and Adjust Investments:** Analyze your investment portfolio. Ensure it aligns with your risk tolerance and long-term goals. Consider consulting a qualified financial advisor to optimize your investment strategy.
3. **Use FSA Dollars and Make HSA Contributions:** If you have a high deductible health plan (HDHP), explore maximizing your health savings account (HSA) contributions. In 2024, the maximum contribution for an individual HSA is \$4,150, and the maximum for a family is \$8,300. If you are 55 or older, you can contribute an additional \$1,000.
4. **Emergency Fund Boost:** Aim to have at least three to six months' worth of living expenses in your emergency fund. It provides a financial safety net in case of unexpected events.
5. **Retirement Savings Reassessment:** Confirm you're contributing enough to meet your retirement goals. Take advantage of employer-sponsored plans and tax-advantaged accounts.
6. **Insurance Review:** Assess your insurance coverage, including health, life, and property. Adjust based on changes in your circumstances to ensure adequate protection.
7. **Debt Reduction Strategy:** Develop or refine a plan to reduce high-interest debt. Prioritize paying off debts to free up more money for saving and investing.

Remember, financial success is an ongoing process. Revisit this checklist throughout the year and adjust your financial strategy as needed. Rely on us as a resource. We are always available to assist you with deadlines or other issues. We are also happy to collaborate with your CPA, attorney, and other professionals you work with to help ensure that you are prepared for the coming year.

Start today to help secure a brighter financial future in 2024!



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This checklist was created using various sources including generative artificial intelligence output from ChatGPT. All output used in this checklist has been verified by the author/advisor.



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