

The Southwind Times

The Official Publication of the Southwind Civic Association

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How To Keep Your New Year Resolution

- **Make it realistic:** Set goals that you believe you can achieve. For example, don't resolve to never eat your favorite food again.
- **Plan ahead:** Don't wait until New Year's Eve to make your resolution.
- **Set small, actionable goals:** Use the SMART method to create goals that are specific, measurable, attainable, relevant, and time bound.
- **Find accountability partners:** Ask friends and family to support you and cheer you on.
- **Create a reward system:** Reward yourself for meeting short-term goals.
- **Track your progress:** Keep track of each small success.
- **Be flexible:** If your current approach isn't working, reevaluate your strategies and develop a new plan.
- **Have compassion for yourself:** Don't beat yourself up if you don't meet your goals.
- **Practice positive thinking:** Remind yourself how your "bad behavior" will affect your goal.

*I love beginnings.
If I were in charge of calendars,
every day would be January 1.
—Jerry Spinelli*

Neighborhood Survey

SWCA wants to hear from you!

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



The National Western Stock Show & Rodeo

The National Western Stock Show & Rodeo, Jan. 11–26, 2025, celebrates Denver's rich cowtown roots and is a cherished Colorado tradition since 1906.

Held every January at the National Western Complex, it's the nation's premier livestock, rodeo and horse show, serving agricultural producers and consumers throughout the world. Enjoy rodeos featuring top-notch bull riders, horse shows, livestock competitions and auctions. And don't miss acres of shopping at Colorado's largest Western trade show. Make a night of it!

EVENT HIGHLIGHTS:

All events take place at the National Western Complex, unless otherwise noted. Bulls and broncs, cowboys and cowgirls – rodeo's top athletes from around the country roll into Denver for the first major pro rodeo of the season. Don't miss the match-up between two and four-legged athletes, from barrel racers to mutton busters. The circuit also includes fan-favorite MLK Jr African American Heritage Rodeo.

Mexican Rodeo Extravaganza, Jan. 12, 2025

Filled with cultural pageantry, the Mexican Rodeo Extravaganza features Mexican-style bull riding, bareback riding, trick roping and Mariachis, all choreographed by Jerry Diaz, a fourth-generation champion charro.

Xtreme Dog Shows, Jan. 20 & 21, 2025

Dog lovers unite for a show full of amazing tricks, aerial stunts and comedy antics, all performed by man's best friend. Meet the stars of Xtreme Dogs at the Pat & Chat following each performance. National Western's hottest family event. Xtreme dogs competition at National Western Stock Show.

Olympics-style Horse Jumping Events, Jan 17 & 20, 2025

The National Western Stock Show hosts two prestigious horse jumping competitions, the Grand Prix and Gambler's Choice. These events combine show jumping technique and precision that require absolute cooperation and teamwork between horse and rider. These exciting events attract top equine athletes and riders from across the nation.

—<https://www.denver.org/milehighholidays/national-western-stock-show/>

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.



Happy New Year!

National Plan For Vacation Day

National Plan for Vacation Day, on the last Tuesday in January, reminds us to plan our vacation at the start of the year for the rest of the year. The early bird gets to pack their bags and fly away to a little fun and relaxation!

National Park Service Free Days In 2025

- Martin Luther King, Jr. Day, Jan. 20
- The first day of National Park Week, April 19
- Juneteenth National Independence Day, June 19,
- The Great American Outdoors Act Signing Day, Aug. 4
- National Public Lands Day, Sept. 27
- Veterans Day, Nov. 11

There are more than 400 national parks across the United States with at least one in every state. Only about 100 of those parks charge an entrance fee.

Breckenridge Snow Sculptures

Breckenridge doesn't just host some of the state's best ski terrains during the snowy months, they also welcome the International Snow Sculpture Championships, one of the most interesting winter festivals around. This highly anticipated week-long event showcases 12 teams from around the world who battle it out to be crowned the best snow sculptors.

This is no ordinary contest. Each 4-person team must hand-carve 25-ton blocks of snow into massive sculpted works of art only using hand tools (no power tools are allowed!) to fashion their masterpieces.

During carving week, each team slowly brings their vision to life in preparation for viewing week. This is the time visitors have a chance to ogle at the completed sculpture displays. The creations aren't around for long though, as they are taken down on the last day of the event.

Where: Riverwalk Center in downtown Breckenridge
When: Monday-Wednesday, January 20-January 29, 2025
—<https://www.uncovercolorado.com>

Head To The Hot Springs

While any time of the year is a good time to visit one of Colorado's many hot springs, January is a great way to experience the coldest part of winter in Mother Earth's hottest geothermal pools. The Centennial State is home to several primitive, commercial, and even clothing-optional hot springs. Popular sites include Strawberry Park Hot Springs, Glenwood Hot Springs, and Mount Princeton Hot Springs.

If you're looking for a free activity and are willing to hike a little bit, head out to a primitive hot spring and maybe even enjoy the natural pools all to yourself. No matter if you opt for developed or undeveloped, be sure to bring your swimsuit, a towel, warm layers, and extra water to rehydrate after your dip.
—<https://www.uncovercolorado.com>

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.victoria1@gmail.com**. No endorsement of any product or service is implied or stated by its inclusion in the newsletter.

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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.

Denver Art Museum Free Days in 2025

Engage with art, explore onsite activities, and experience exhibitions on view all while enjoying free general admission!

- Tuesday, January 14
- Saturday, February 22
- Tuesday, March 11
- Tuesday, April 8
- Sunday, April 27
- Tuesday, May 13
- Tuesday, June 10
- Tuesday, July 8
- Sunday, July 27
- Tuesday, August 12
- Saturday, September 6
- Tuesday, September 9
- Tuesday, October 14
- Saturday, November 8
- Tuesday, December 9

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.

Denver Museum Of Nature And Science, 2025 Free Days

- Sun., January 12
- Sun., February 2
- Fri. evening, March 7 (Girls & Science)
- Mon., April 7
- Sun., April 27 (Día del Niño, in collaboration with the Mexican Cultural Center)
- Mon., May 12
- Thur., June 19 (Juneteenth)
- Mon., August 25
- Mon., September 15
- Sun., October 12 (Out! at the Museum)
- Sat. evening, November 8 (Night at the Museums for Denver Arts Week)
- Mon., December 8

I'm only 29, I don't need to worry about retirement yet...
 We disagree! There is POWER in compounding interest!
 The money you earn from investments will start to generate its own earnings.
 The earlier you start, the longer you allow compound interest to work its magic. Even small, consistent investments can grow significantly over time because of this effect.
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Favorite Snowed In Movies From Rotten Tomatoes

Let the Right One In (2008): Critics Consensus: Let the Right One In reinvigorates the seemingly tired vampire genre by effectively mixing scares with intelligent storytelling.

Groundhog Day (1993): Critics Consensus: Smart, sweet, and inventive, Groundhog Day highlights Murray's dramatic gifts while still leaving plenty of room for laughs.

Monsters, Inc. (2001): Critics Consensus: Clever, funny, and delightful to look at, Monsters, Inc. delivers another resounding example of how Pixar elevated the bar for modern all-ages animation.

The Crash Reel (2013): Critics Consensus: Smart, compassionate, and moving, The Crash Reel uses the familiar sport-doc formula to subvert expectations and ask challenging questions about ambition and achievement.

Snowpiercer (2013): Critics Consensus: Snowpiercer offers an audaciously ambitious action spectacular for filmgoers numb to effects-driven blockbusters.

March of the Penguins (2005): Critics Consensus: Only the most hardened soul won't be moved by this heartwarming doc.

Winter's Bone (2010): Critics Consensus: Bleak, haunting, and yet still somehow hopeful, Winter's Bone is writer-director Debra Granik's best work yet -- and it boasts an incredible, starmaking performance from Jennifer Lawrence.

Force majeure (2014): Critics Consensus: Gleeefully uncomfortable, Force Majeure is a relationship drama that's hard to watch -- and just as difficult to ignore.

Touching the Void (2003): Critics Consensus: Gripping even though the outcome is known.

Fargo (1996): Critics Consensus: Violent, quirky, and darkly funny, Fargo delivers an original crime story and a wonderful performance by McDormand.

Inside Llewyn Davis (2013): Critics Consensus: Smart, funny, and profoundly melancholy, Inside Llewyn Davis finds the Coen brothers in fine form.

Eternal Sunshine of the Spotless Mind (2004): Critics Consensus: Propelled by Charlie Kaufman's smart, imaginative script and Michel Gondry's equally daring directorial touch, Eternal Sunshine is a twisty yet heartfelt look at relationships and heartache.

Bridge of Spies (2015): Critics Consensus: Bridge of Spies finds new life in Hollywood's classic Cold War espionage thriller formula, thanks to reliably outstanding work from Steven Spielberg and Tom Hanks.

Transiberian (2008): Critics Consensus: Traditional in form yet effective in execution, this taut thriller updates the "danger on a train" scenario with atmospheric sense.

A Simple Plan (1998): Critics Consensus: A riveting crime thriller full of emotional tension.

Frozen (2013): Critics Consensus: Beautifully animated, smartly written, and stocked with singalong songs, Frozen adds another worthy entry to the Disney canon.

–<https://editorial.rottentomatoes.com>



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a year of happiness, health, and
prosperity in 2025!*

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