

The Southwind Times

The Official Publication of the Southwind Civic Association

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Celebrate Saint Patrick's Day

Downtown Denver

Saturday, March 15, 2025

Perhaps the biggest St. Patty's Day event in Colorado, the Denver St. Patrick's Day parade is a long-time tradition in the Mile High City that both locals and tourists enjoy every year. In its 61st year, the parade will be bigger and better than ever before with hundreds of colorful floats, dancers, performers, and music, all honoring our police, fire, and first responders. The parade begins at 9:30 am at Wynkoop and 19th.

—<https://www.uncovercolorado.com>

Denver Restaurant Week

Fri.–Sun., March 7-16, 2025

The Mile High City hosts its 21st annual Denver Restaurant Week this month, featuring hundreds of participating eateries that offer set-price menus. For either \$25, \$35, \$45, or \$55 you'll have a three-course meal experience at an array of restaurants around town. Everything from international cuisines to award-winning chef creations and even food halls is included in this 10-day event, so be sure to poke around and try out somewhere new.

—<https://denverrestaurantweek.com>

Neighborhood Survey

SWCA wants to hear from you!

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



Grocery Shopping Habits You Need To Change To Save Money

Looking to cut down on costs? Avoid making these mistakes at the supermarket.

You're shopping while hungry. You've probably heard you should never go grocery shopping on an empty stomach. There's a good reason for that: Hunger and cravings can drive your decisions, overshadowing clear-minded logic and leading to an increase in impulse buys.

SOLUTION: Fuel up first! Schedule your shopping trips after mealtimes or eat a quick, healthy snack beforehand.

You're going in without a list. Strolling up and down each aisle looking for dinner inspiration may be a relaxing practice, in theory, but it's an activity that can cost you.

That's because grocery stores are designed with the goal of persuading you to add more goods to your cart. As you walk past brightly colored cereal boxes and big red discount signs, immersed in the scents of freshly baked pastries and a catchy pop playlist, you may be convinced to treat yourself and end up spending way more than you originally planned.

SOLUTION: Come in with a game plan. Before you leave the house, think about

what you want to eat for the week, then write out a shopping list organized by category (e.g. produce, dairy, meat and seafood, pantry). Now you're ready to navigate through the store like a pro, avoiding as many distractions as possible.

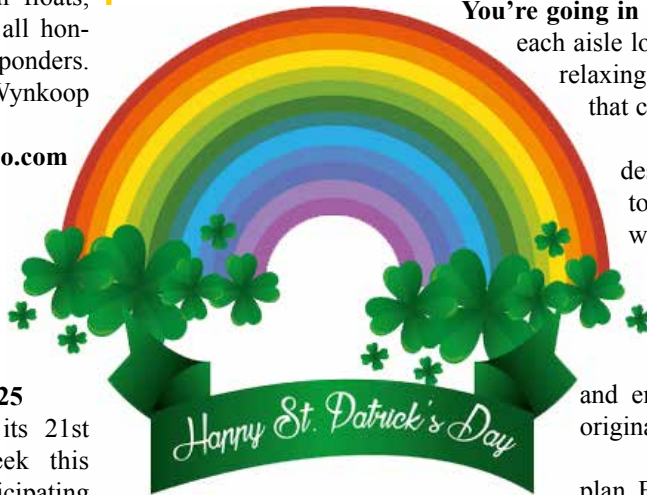
You didn't shop your kitchen first. Starting with a meal plan is great, but it loses most of its value if you jot something down without taking inventory of what ingredients are in your house first. Without checking to see if you already have a container of breadcrumbs in the pantry or bag of peas in the freezer, you're most likely going to double up on purchases, needlessly spending.

SOLUTION: Before heading out, cross any ingredients you have at home (and therefore don't need to buy) off your list. Even better: Shop your kitchen before making a list, so you can flag which foods you already have at home that need to be used up ASAP and brainstorm delicious ways to feature them in meals throughout the week. For example, if you see an extra carton of Greek yogurt in the fridge, consider slating protein-packed pancakes and air fryer fish taco bowls into this week's rotation.

You're not looking at unit prices. Once you get to the store — with shopping list in hand — you're ready to start evaluating the costs of everything. If you're making your decisions based exclusively on the purchase prices, you may not actually be getting the best deal. A quick side-by-side comparison in the grain aisle may tell you one brand of rice is clearly cheaper, but pick up the bag and you may find it weighs so much less than its more expensive counterpart.

SOLUTION: Base your decisions off the unit price rather than the purchase price. That means dividing the total cost by a standard unit of measurement (think: ounces, grams) to better calculate how much a good costs. This standardization makes it easier to properly compare prices. To continue with the rice example, if

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Grocery Shopping, *continued from front page*

brand A costs \$4 for 8 ounces and brand B costs \$6 for 16 ounces, it becomes clear that brand B is actually the better financial selection, costing nearly 13 cents less per ounce.

You're not scoping out the deals. Waiting until you get to the store to see the sales puts you in a position where you'll have to pivot and improvise what you'll be cooking for the week. Plus, you may miss out on an opportunity to score big savings at one grocery store, since instead you go to another.

SOLUTION: Do a little digging for deals and discounts before you make your shopping list. Check the circulars in your mailbox or online to see the weekly specials available at the supermarkets near you. Subscribe to email newsletters, download grocery store apps and sign up for free memberships, which often unlock exclusive savings. For instance, Amazon Prime members have access to special deals at Whole Foods. Other grocery stores offer special customer appreciation discounts on purchases made at certain times. And, many stores have senior discount days that offer a certain percentage off as well.

-<https://www.bhg.com/>

Centennial's Tree Program Returns For 2025

The City of Centennial's Tree Program is back, offering residents an opportunity to embrace the joys of tree planting while contributing to the community's energy conservation, water preservation and the promotion of tree diversity. Starting today, eight distinctive tree varieties are available for purchase through the program at an affordable price of \$85 (plus tax), on a first-come, first-served basis while supplies last. Before making a purchase, here's what you need to know about the 2025 Tree Program:

Tree Specifications: The trees boast a trunk diameter of 3/4"-1" and stand tall at heights ranging from 5-8 feet. None of them weigh more than 30 lbs.

Planting Guidelines: To participate in the program, residents are required to plant purchased trees on their residential private property within the City of Centennial. Each household is eligible for one tree.

Warranty Information: While the trees are not warranted or guaranteed to survive, they are specifically grown to adapt to the local climate and soil conditions, ensuring a generally high survival rate.

Participant Responsibility: Residents are responsible for picking up and planting their own trees. Additionally, all maintenance, pruning and watering fall under the care of the participants.

Pick-Up Details: Save the date for Saturday, April 19, when trees must be picked up from the Centennial Civic Center (13133 E. Arapahoe Rd.) between 10 a.m. and 2 p.m. Before heading to collect your tree, please review the detailed Preparation and Planting Instructions, providing valuable insights into selecting the right location and necessary preparations.

The Centennial Tree Program aims to enhance the beauty of our neighborhoods and create a sense of environmental stewardship within the City. To purchase a tree or to discover more information, including the tree selection and order details, visit us at centennialco.gov/trees.

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.

Appearance of an advertisement in this publication does not constitute a recommendation or endorsement by the publisher or the association of the goods or services offered therein. The opinions expressed in this newsletter are those of the individual authors and not of the Board of Directors of your association or the publisher. Neither the Board, publisher nor the authors intend to provide any professional service or opinion through this publication.

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.



BOY SCOUTS OF AMERICA

TROOP 873

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WHERE & WHEN

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LITTLETON, CO 80121
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ATTENTION!

PLEASE CONTACT US AT 303-260-7494 IF YOU HAVE ANY QUESTIONS THE DAY OF THE EVENT.

WE WILL BE PICKING UP MESSAGES AS MUCH AS POSSIBLE.

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Emerald Ash Borer Treatment

To effectively treat for Emerald Ash Borer, you should spray your ash trees in early spring, shortly after leaves emerge; this is when the insecticide will be most readily taken up by the tree and protect it from the emerging adult beetles laying eggs throughout the growing season.

Key points about spraying for Emerald Ash Borer:

- **Timing is crucial:** Apply the insecticide when the tree is actively transpiring, meaning after leafing out but before the peak of summer heat.
- **Preventative approach:** Treat ash trees even if you haven't seen signs of infestation, especially if EAB is known to be present in your area.
- **Systemic insecticides:** Most effective EAB treatments are systemic, meaning they are absorbed by the tree and transported throughout its tissues, reaching the larvae feeding beneath the bark.
- **Annual application:** Depending on the insecticide used, you may need to reapply the treatment every year.

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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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Centennial Named #2 Best City To Move To In Colorado for 2025

Centennial is proud to be ranked the #2 Best City to Move to in Colorado for 2025 by ConsumerAffairs! This recognition highlights Centennial's strong economy, high quality of life, and commitment to fostering a connected and thriving community.

ConsumerAffairs analyzed Colorado's 30 largest cities across five key categories—affordability, economic strength, safety, education and health care, and quality of life—to determine the top places to live in 2025. Centennial stood out for its economic strength, low poverty rate, access to health care, and housing affordability, reinforcing its reputation as one of the most desirable places to live in Colorado. For more information on the Best Cities to Move to in Colorado for 2025, please visit the ConsumerAffairs website.

"Centennial continues to be a place where people want to live, work, and thrive," said Mayor Stephanie Piko. "Being ranked #2 in the state reaffirms what we already know—our strong economy, vibrant community and exceptional services make Centennial a truly special place. This recognition reflects the dedication of our residents, businesses and community partners who contribute to making our City an outstanding place to call home."

With a strong economy, excellent community resources, and a high quality of life, Centennial remains a top destination for those looking to put down roots. As the City looks ahead, Centennial remains committed to fostering a welcoming, innovative, and connected community where residents, businesses, and organizations can succeed.

For more information about the City of Centennial, visit centennialco.gov.

The Patriot Guard Riders of Colorado

Founded in 2005, the Patriot Guard Riders of Colorado are a 100% volunteer 501 (c)(3) organization whose primary mission is to ensure dignity and respect at the services of fallen military personnel, Veterans and First Responders. The Patriot Guard Riders of Colorado is a State Chapter of the National Patriot Guard Riders.

We "Stand in Honor" for the fallen service members, Veterans, and first responders by holding American and appropriate service flags at funerals, memorials, celebrations of life, dignified transfers, or interment services at churches, parks, cemeteries, military bases, or wherever the ceremony may be in the state of Colorado at the request of the families.

Are you looking for something to do in your spare time? The Patriot Guard would love to have you join us. You do not have to be a Veteran or own and ride a motorcycle to join us. Our only requirement is RESPECT for the fallen. There are no dues or fees required. Membership is free. You attend missions when you can.

We invite you to sign up, come out, and see what we do. Our missions and events, as well as other information, are posted on our website. The national website to join is <https://patriotguard.org/login/> and be sure to subscribe to Colorado mission notifications. You can also contact our State Captain by email at cosc@patriotguard.org.



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