

The Southwind Times

The Official Publication of the Southwind Civic Association

Mailing Address: 710 E. Geddes Ave. • Centennial, Colorado 80122 • Email: jenriat@gmail.com • Phone: 720-960-2134

September 2025

Vol. 10 No. 09 • Circulation: 360

Letter From The Interim President

Dear Southwind Neighbors, Our next meeting is set for Thursday 08/28 7:00-8:00 PM. Please let me know if you'd like to attend. Please complete the survey at the QR code to let us know what is important to you!

— Jenny Riat, 720-960-2134

Autumnal Equinox

The Autumnal Equinox in September ushers in a change of season. It is observed annually when the sun can be seen directly overhead along the equator. The day marks the end of summer and beginning of fall in the Northern Hemisphere.

The autumn equinox is one of two days when all points on Earth except the polar regions see the sunrise and set at due east and due west. With few exceptions, all latitudes see almost precisely 12 hours of daylight and 12 of darkness.

September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn.

—Rowland E. Robinson

Meeting Agenda Survey

Please complete this survey to let us know what you want us to discuss at our upcoming meeting!



Epic Campus

Southwind Parents: There is a new school close by you may very well want to know more about. EPIC Campus is at 190 East Littleton Blvd. This Campus is an innovation in learning created 3 years ago to give High School students a very high quality hands-on Business and Entrepreneurial experience. This school does not replace their current high school but enhances it with actual business and industry readiness via hands-on practical concrete experiences. Their website can tell you much more than I am able to here. However as your Southwind representative on Centennial's City Wide Neighborhood organization known as CenCon I toured the school with other CenCon members at the end of July. And yes, the school is incredible. The opportunities bring education alive and create for the student

a true springboard into a business or industry. Littleton Public Schools did this one right! **EPIC Campus features Career Path training in: Natural Resources; Health Sciences; Business & Entrepreneurship; Computer Science; Future Educator; Construction Trades; and Aerospace.** Parents, this school just may be the answer to prayers for your treasured learner preparing to leave the nest. You have given them Roots. Now its time to give them Wings.

— Your Neighbor Pete Cooney



Buddy: The Buddy Holly Story

September 12, 2025 – October 19, 2025

Featuring the hits of Buddy Holly and The Crickets. With all other songs, arrangements, and incidental music by Paul Jury

Town Hall Arts Center kicks off our 43rd season with the true story of Buddy Holly and The Crickets! From his meteoric rise to fame to his legendary final performance, Buddy Holly is considered a rock and roll icon, and this high-octane, jukebox biomusical is a perfect celebration of his greatest hits. Dynamic performances of chart-toppers like Peggy Sue, That'll Be the Day, Oh Boy! and many more will allow audiences to experience the passion, determination, and unforgettable music of a man who left an indelible mark on rock history.

—<https://townhallartscenter.org>

Positive Thinking Day

Positive Thinking Day is on September 13 on the National Day Calendar as a day to promote the power of positivity and the impact this simple act can have on your life. Join us as we explain why maintaining a positive mind benefits you and those around you.

Positive thinking is an emotional and mental practice that requires an optimistic outlook on life. It's about choosing to focus on the positive things that empower us despite our circumstances. A positive thinker doesn't ignore negative aspects of their life. Instead, they maintain a hopeful attitude to get them through the disruption.

Excess Harvest

Excess harvest can be handled in several ways: freezing, canning, drying, donating to food banks or charities, sharing with neighbors, making jams or jellies, or composting any unusable portions.

Freezing: Blanching and freezing vegetables like spinach, kale, and zucchini preserves their nutrients and texture for future use.

Canning: This allows for long-term storage of items like tomatoes, pickles, and jams.

Drying: Drying herbs, fruits, and some vegetables (like tomatoes) reduces their size and weight for easy storage.

Pickling: Pickling vegetables in vinegar and spices creates a flavorful and long-lasting preservation method.

Fermenting: Fermenting foods like sauerkraut and kimchi can be a great way to add probiotics to your diet.

Donating: Food banks and charities are often grateful for fresh produce donations.

Sharing with neighbors: A simple act of sharing with those around you can build community and reduce waste.

Selling: If you have a surplus, consider selling at a farmers market or through a local co-op.

Composting: Composting is a great way to recycle any overripe, bruised, or unusable parts of the harvest back into the garden, creating nutrient-rich soil for next year.

Creating a "harvest restaurant": Host a dinner party featuring your excess produce.

Donating to local nursing homes: Some nursing homes appreciate fresh produce for their residents.

Southwind Civic Association

710 E. Geddes Ave. • Centennial, Colorado 80122

BOARD OF DIRECTORS:

Treasurer: Mary Schulz, 303-797-2775

Editor & Chief to SWCA newsletter:..... Jenny Riat, 720-960-2134

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.

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.



See Elk In Rocky Mountain National Park

The elk rut is in full swing at Rocky Mountain National. In late August and into September, the mating season for the Colorado elk begins. The town of Estes Park and Rocky Mountain National Park are some of the best places in the state to witness this truly magnificent display of Mother Nature. The ritual begins with the male elk shedding their velvet to make their antlers nice and sharp to battle other male elk in the quest for a female companion.

The male elk can also be heard bugling for miles away as they make their call for a mate. Herds of elk can be seen in large grassy meadows within the park and even in downtown Estes Park. During "Elktober," it is almost impossible not to see an elk.

This Space Intentionally Left Blank for Teen Services

JKRoofing.com

J&K ROOFING
Calm After the StormSM

**HAIL & RAIN
DAMAGE
WON'T WAIT
UNTIL NEXT YEAR**

Schedule Your
FREE Roof Inspection today!

40+
YEARS OF SERVICE
DAVE LOGAN
10+ YEAR MEMBER

FREE INSPECTION
303-425-7531

ROOFING + WINDOWS + SIDING + SOLAR

CLASSIFIEDS: The perfect way to find local professionals to work on your house! You can also find activities, sale items and more!

Find more professionals to suit your needs on our Service Provider Directory at NewsletterConnections.com.

Farm Raised Pork! Price includes delivery and processing. Processed to fit your family needs: bacon, sausage, hams, roast, chops and ribs. **719-349-0679 or ksayles@plainstel.com**

Lawn Works, LTD: Sprinkler-Blowouts & Repair, Aeration, Overseeding, Lawn-Care, Limited Fall-clean up & Fencing.. (720) 999-2245

Grass or Corn fed beef for sale - farm fresh, straight from our Colorado ranch to your table. All natural and perfect for high protein diets. Sold by quarter, half or whole. Call 719-349-0679. KSayles@plainstel.com

TH Consulting. Providing handyman services and GUTTER CLEANING. Please call Trent 720-226-5586.

OB PAINTING. \$500 off exterior/ 10% off interior. Free Estimates. Rob: 303-908-9063.

Gutie Irrigation, LLC: 20+ yrs of experience. Quality sprinkler install/repair. 720-935-7517.

PAINTING Plus + "Quality Workmanship at an Affordable Price". Specializing in Exterior and Interior, Trim and Siding Replacement and Kitchen Cabinet painting, etc. Many Local References Free Estimates. Call Dave @ Home First Painting Co. **303-909-2357** (See us on Nextdoor)

*All the months are
crude experiments,
out of which the perfect
September is made.*

—Virginia Woolf

New customers A/C inspection \$49.99 (parts/addl labor not incl.) Emporia Home Services, your local HVAC specialist. 303-909-2018

Haul It 4 Less. All junk removal and hot tubs. Furniture, yard debris, garage, rental & estate clean outs. Peter 303-249-1980. www.haulit4less.com

Stecki painting. Inter/ext. Jeff 720-331-7025

The Family Tree Service- Insured safety trim, tree removal, and stump grinding- Free est.- Mention ad for 10% off- 720-201-7971

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.

Selling Colorado One Home at a Time!

Kaeti Bancroft, Broker Owner
BANCROFT PROPERTIES, LLC

bancroft@comcast.net

303.525.2226 - cell

303.794.9191 - office



Women's Council of
REALTORS®



www.MyFrontRangeProperties.com

7851 S. Elati St. • Suite 101 • Littleton, CO 80120



Multiple Listing Service



Fall Into Success With Your Local Neighborhood Newsletter!

**Our October
deadline is
September 15th.**



Locally owned and operated.

info@newsletterconnections.com
NewsletterConnections.com

Reach your community this season with targeted advertising that connects! Showcase your business for engaged neighbors in our trusted newsletter.
IT'S EASY TO GET STARTED!

303-979-7499

**NEWSLETTER
CONNECTIONS**

Let's Build Beds – Together!

Join J&K Roofing and Sleep in Heavenly Peace - Denver Chapter on Saturday, October 11 for a fun, hands-on bed build at 13000 W 43rd Drive, Golden. No experience needed—just show up ready to help local kids who need a bed to sleep in. It's a family-friendly event that brings the community together for a great cause. No kid sleeps on the floor in our town! Sign up or donate: shpbeds.org/chapter/co-denver

National Hummingbird Day

National Hummingbird Day happens during the first Saturday in September. Hummingbirds are remarkable birds with unique characteristics that fascinate bird watchers and nature lovers, alike. There are over 300 species of hummingbirds throughout the world that belong to the Trochilidae family. The Trochilidae family is known for their small size, beautiful plumage, and amazing flying abilities. This family of birds comes in different sizes, colors, and behaviors that are specific to the location where hummingbirds live.

The average hummingbird is between 2 to 5 inches in length, making it the smallest bird in the world. Known for their beautiful colors, hummingbird feathers are an iridescent mix of greens, blues, reds, and purples. Interestingly, the iridescent color of hummingbird feathers gives the appearance of the feathers changing colors in light.

A hummingbird flaps its wings up to 50 times per second and has amazing flying capabilities. For example, hummingbirds move their wings in a figure-eight pattern, allowing them to "hover" in midair. In addition, these unique flying characteristics allow a hummingbird to feed on a flower while in flight. Unsurprisingly, because hummingbirds move so quickly, they feed frequently on nectar from flowers and insects.

Tips For Leaf Peeping:

Peak fall colors typically occur in late September and early October, but can vary depending on elevation and weather.

- **Check Conditions:** Before heading out, check trail conditions, parking availability, and any potential closures.
- **Consider Mid-Week Trips:** Weekends can be very crowded, especially at popular locations like Kenosha Pass.
- **Explore Beyond the Popular Spots:** Many lesser-known trails and scenic drives offer equally stunning views.
- **Be Prepared:** Bring layers of clothing, as mountain weather can change quickly, according to Follow Tiff's Journey.

National Grandparents Day

On the Sunday following Labor Day, National Grandparents Day honors the love only grandparents can provide. Grandparents and their grandchildren share a special bond. These hugging, caring and patient people in the lives of children offer more than a generous dose of love. Grandparents provide an abundance of wisdom. They also offer guidance and stability.

What is a Spending Account?
It's like a traditional Checking Account...
but better!

High Yield or Cash Back

*You Choose the Spending Account that Fits You Best & Score \$100!**

- Up to 4.00% APY** on High-Yield accounts.
- Up to \$15/month on cash back accounts.
- No fees if you don't meet the requirements.

SCAN & CHOOSE
& COLLECT YOUR \$100! Or visit
metrumcu.org/spending-accounts



metrum
community
credit union

6980 S Holly Circle, Centennial CO 80112
303-770-4468 • www.metrumcu.org

What's a Spending Account? It's what we call a traditional Checking Account. Just like you have a Savings Account, you can have a Spending Account too.

* 1st \$50 paid with new High Yield or Cash Back Spending Account opened and account enrolled with eStatements and debit card order on file. Offer not available to existing primary accounts with checking/spending account opened in the last 12-months.

2nd \$50 bonus will be paid within 1st 90-days after opening when account meets all qualifications and receives a high yield interest or cash back paid to the account.

** Qualifications: Receive up to 4.00% Annual Percentage Yield on a High Yield Spending Account by: (a) complete a total of \$500 or more in direct deposits (ACH) during the statement period (b) post and clear seventeen or more debit and/or credit card purchase

transactions during the month and (c) enroll to receive periodic statement electronically; or up to \$15.00 Cash Back per month with the Cash Back Spending Account by: (a) post and clear seventeen or more debit card purchase transactions during the statement period and (b) enroll to receive periodic statements electronically.

High Yield APY subject to change anytime, see rate sheet for current rates.

Membership required with \$25.00 deposit to Base Share Savings. Offer subject to change without notice.

Federally insured by NCUA.