

# Monthly Newsletter For CENTENNIAL RIDGE

Sponsored by Tonya Fallows

January 2024

Vol. 06 No. 01 • Circulation: 140

## New Year's Resolutions For Building a Healthy, Happy Life

For many people, the start of a new year marks an opportunity to reflect on their life, and think about where they would like to be in the future. And while New Year resolutions may get a bad rap for encouraging unrealistic goals or placing pressure on us, they can also be a great starting point to prioritize your health and wellness on your own terms. That may look like embracing totally attainable goals that don't focus so much on an overhaul of your current life, but more so make room for slowly adapting new routines and habits that will make you feel great about yourself.

Starting small could look like making an effort to reset your sleep schedule and prioritizing having a bedtime. Or it may start with your home, beginning to organize one room at a time, first focusing on your closet and later getting to your kitchen. Still, it could be as simple as taking control of your thoughts and incorporating inspiring quotes and daily affirmations into your morning routine. In any case, the achievable resolutions below aim to relieve stress, minimize anxiety (not add to it) and improve your overall well-being.

Even if the path to reinventing yourself starts off a little rocky, you can always get back on track at any time throughout the year. Remember 2024 is your year, so treat yourself like it! Here are some examples:

- Start a gratitude journal
- Make time for family
- Build a better budget
- Practice mindfulness
- Cook something new each week
- Read more books
- Create a cleaning schedule you'll stick to
- Commit to a healthier sleep routine
- Join a club
- Learn to love vegetables
- Become a plant owner
- Take the stairs

—<https://www.goodhousekeeping.com/>

## HOA Annual Meeting

January 16, 2024 @ 6:30pm

In Person, Lone Tree HUB Prairie Sky Room  
8827 Lone Tree Parkway, Lone Tree, CO 80124

*Notices have been sent out both  
via email and USPS mail*

## How To Travel On Snow

**Skiing:** With over 30 ski areas to choose from in Colorado, there is truly terrain for every kind of skier and snowboarder. All levels and budgets can be accommodated. There are smaller slopes perfect for learning the craft, and big giant playgrounds that keep everyone in your group entertained for days.

**Cross Country Skiing:** Downhill isn't the only way to enjoy skiing in the Rocky Mountains. Nordic skiing, more often referred to as cross country skiing, is fantastic across the state. There are Nordic centers near all the favorite ski towns and resorts, plus endless miles of trails in the national forests to peruse on your own accord.

**Snowshoeing:** Most of the aforementioned Nordic centers in Colorado provide access to snowshoers on their multi-use trails. Many will even have snowshoe rentals available, as do many ski resorts. It's

not uncommon for ski areas to allow snowshoeing on some of their cat trails (greens), or even have separate trails completely for these winter hikers.

**Snowbiking:** When written as one word, snowbiking technically implies no motor. A Snowbike® is a registered trademark that's used to glide down the slopes, similar to downhill skiing. You can rent snowbikes at a few places locally, and there are even some ski resorts that

allow them on their chairlifts, such as Breckenridge Ski Resort. You then ride down the mountain as you would on your skis or snowboard, except your sitting down on a Snowbike®.

**Snow Biking:** When snow biking is written as two words, it implies it has a motor. These are sort of like snowmobiles and are used in a similar fashion. There are some snow biking competitions and you could use them in the backcountry (uphill, downhill, on the flats) the same as you would a snowmobile. This version is not a registered trademark and technically needs a space between them, snow bike, however, you still might see it improperly referred to as a snowbike with one word.

**Fat Biking:** These are bicycles with fat tires and thick treads that are suitable for riding on packed snow. They are becoming more popular in mountain towns, and you can often see someone riding along for fun or transportation. There are even competitions held. There are some shops in select towns that will rent you a fat bike to use for a fun day off the ski slopes.

**Snowkiting:** Snowkiting is very similar to kiteboarding on water. However, you'll use skis or a snowboard instead of a surfboard. It's simpler to master kiteboarding since snow supplies less friction than water. Do note that snowkiting lessons do require you already have a snow kite and harness available. Many people attempt snowkiting on frozen lakes, such as Lake Dillon in Summit County. An advantage is that this skill can be later applied to kiteboarding on the water during the warmer, summer weather.

—<https://www.uncovercolorado.com/>



## John Jorgenson Bluegrass Band

Saturday Jan. 13, 2024 8 p.m.

"There's a touch of California breeze in their sounds, but it's bluegrass at its core." Music City Roots

J2B2 is an all-star bluegrass supergroup featuring four legendary, award-winning musicians – John Jorgenson on acoustic guitar, mandolin and vocals; Herb Pedersen on banjo, acoustic guitar and vocals; Mark Fain on bass; and Patrick Sauber on acoustic guitar and vocals – delivering bluegrass like no one has ever heard it before. The four combine forces to form a spot-on union of impeccable musicianship, incomparable songwriting, incredible harmony vocals (a fresh twist combining bluegrass with elements of West Coast folk rock) and seasoned showmanship. This is the "high lonesome sound" of American roots music at its finest.

—<https://www.lonetreeartscenter.org>

## NEWSLETTER CONNECTIONS

Same Great Company, Owner & Employees...

Just A New Name!

303-979-7499

[info@newsletterconnections.com](mailto:info@newsletterconnections.com)  
[NewsletterConnections.com](http://NewsletterConnections.com)



# ROAD HOME

— EXTERIORS —

roofing | windows | siding | gutters | paint | repairs

# 720-592-5341

[www.roadhomeexteriors.com](http://www.roadhomeexteriors.com)

*Your home was likely hit with large damaging hail on May 11. Schedule a free, no obligation inspection today! No project too big or too small!*

## Your HOA Board

Sara Clendenning

Jamie Cooke

Dan Coxall

Sean Mentzer

Dawn Jewell



## Your Management Company

Allen Associates Inc

303-779-0789

## 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](mailto:info@newsletterconnections.com)

To find ad rates and discounts, go to  
[NewsletterConnections.com](http://NewsletterConnections.com) or scan QR code.



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.

## Teen Services

Hire a teen from our neighborhood to help out with household chores. Teens are available for Babysitting, Pet and House Sitting, Lawn Care and Snow Removal.

To add your teen's name, please email Newsletter Connections at [getinfo@NewsletterConnections.com](mailto:info@NewsletterConnections.com) and include the following information: the **neighborhood you live in**, your age, parent email and the categories you would like included. Categories: **(B)** Babysitting; **(\*)** Red Cross Cert for CPR; **(L)** Lawn care; **(S)** Snow removal; **(P)** Pet & House sitting. No recommendation or endorsement of any of the names on this list is implied or stated by the HOA board or Newsletter Connections.

# 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](http://NewsletterConnections.com).

**Furnace inspection w/ CO detection - \$49.99.**  
**Emporia Home Services**, Your local HVAC Company. 303-909-2018. (parts/addit. labor not included)

**Mile High Home Services - Professional Cleaning Service** accepting new clients. Thorough, reliable w/ competitive rates. Please call Susan: 303-794-6805.

**OB PAINTING. Interior/Exterior.** Free Est. Call today! 30 years in business! Rob: 303-986-8198

**DENVER'S PREMIER GAS FIREPLACE SERVICE.** All Brands | 25 Years | Family-Owned & Operated a **SAFE HOME Gas Fireplace Service, Inc.** 303-973-5848 [www.agasfireplacerepair.com](http://www.agasfireplacerepair.com)

Classified ads are \$3.00/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.

## Mom's Unhinged Comedy Show

Sunday, Jan. 21st, 2024 7 p.m @ the Lonetree Arts Center

Join us for a night of laughter as we explore everything from motherhood, midlife crisis, marriage, divorce, online dating, and other things that irritate us. Men are welcome to the show, too. Moms Unhinged is a standup show with an all-mom, and a token dad, lineup of hilarious comedians who have performed all over the world.

—<https://www.lonetreeartscenter.org>

## Breckenridge International Snow Sculpture Championships

Breckenridge's International Snow Sculpture Championships is a world-renowned snow sculpting competition where teams from around the world descend on Breckenridge, Colorado to hand-carve 25-ton blocks of snow into enormous, intricate works of art. Artists are only allowed to use hand tools, creativity and inspiration to bring their ideas to life. No power tools allowed! Teams sculpt countless hours across five days (totaling around 94 hours), resulting in a temporary outdoor art gallery in historic downtown Breckenridge!

Join us at the 2024 International Snow Sculpture Championships.

Sculpting Week: January 22-26

Viewing Week: January 26-31

—<https://gobreck.com>

## Plan For Vacation Day, January 31

National Plan for Vacation Day is an annual event that encourages people to plan and use their vacation time for the year ahead. The day aims to raise awareness about the benefits of taking regular time off from work to improve overall mental health and happiness.



**Providing Services The Military Way, With Respect, Integrity & Trust!**

American & Veteran Owned  
Residential & Commercial Services

Hank McClellan  
**720.549.0911**

**MENTION THIS AD AND GET 10% OFF!** [centennial@jdog.com](mailto:centennial@jdog.com)  
[jdogsouthdenver.com](http://jdogsouthdenver.com)



**PETERSEN CUSTOM GLASS, LLC**

SERVING LONE TREE & COLORADO FRONT RANGE

**720.810.1160**  
[www.petersenglass.com](http://www.petersenglass.com)

10226 Progress Lane, Parker, CO 80134

**VETERAN OWNED & OPERATED**

✓ Wine Rooms ✓ Mirror Walls ✓ Shower Enclosures ✓ Windows  
✓ Mirrors ✓ Home Office Enclosures ✓ Custom Glass ✓ Window Screens

### TAX SEASON IS HERE!



**Tax Preparation:** Accurate and efficient filing to ensure you get the most out of your returns.

**Tax Planning:** Strategic planning to minimize liabilities and optimize financial outcomes.

**Bookkeeping:** Stay organized with meticulous bookkeeping services tailored to your needs.

**New Business Start-Up:** Navigate the complexities of tax compliance for a smooth business launch.

LOCAL EXPERTISE      RELIABLE SERVICE



[www.jnltax.com](http://www.jnltax.com)



[info@jnltax.com](mailto:info@jnltax.com)



303-835-6913



6500 South Quebec St,  
Suite 300, Centennial CO

# Centennial Ridge

## LONE TREE Update & Recent Market Activity (3 mos)

AVERAGE DAYS (of Solds) in MLS—41

MEDIAN PRICE IN LONE TREE—\$910,000



*Tonya Fallows*

303-489-5533



## HAPPY NEW YEAR!!!

As we close out 2023, and look back at the challenges the Real Estate Market experienced throughout the year, we are so grateful for all of our family, friends and clients and to be able to help you with your Real Estate needs. We are quite optimistic for the market in 2024, and quite frankly one of the greatest gifts we see currently is an increase in Housing Inventory which is up almost 7% compared to this time in last year! The Active Inventory is fantastic news for Buyers during the Winter months to see more homes for sale, and negotiate some favorable prices and terms. The second gift of the New Year is lower Interest Rates, which is helping affordability tremendously, and we see smart Buyers out looking at homes even in the snow. Sellers, this is a great time to show off your home! We see the homes that are in great condition and priced correctly attracting offers within a week or two of listing. The homes that need some work or are priced too aggressively seem to linger on the market while buyers wait for two to three price reductions. Sellers, if you need to sell, make sure you look great and are priced well!

As always, if you have any questions,  
please give me a call!

Neighborhood Specialist-Tonya Fallows, Your Colorado Dream Home Team. 303/489-5533 tfallows@remax.net