

Monthly Newsletter For CENTENNIAL RIDGE

Sponsored by Tonya Fallows

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National Western Stock Show & Rodeo

January 10-25, 2026

Each winter, nearly 700,000 people visit the National Western Stock Show, an extravaganza of about 30 rodeos, 11 horse shows, and countless other attractions just a couple of miles from the heart of Denver. For so many visitors from the increasingly urbanized West, the Stock Show offers a rare window into Western tradition and the incredible importance that agriculture and ranching industries have made to revolutionize our daily lives.

For many other visitors, the National Western Stock Show is a pilgrimage, a gathering of the extended family that sustains and defines the West. Since the first Stock Show in 1906, it has been a place where generations of farmers and ranchers – people whose hard work feeds the rest of us – spend time reuniting with old friends, learning about new approaches and techniques in agriculture and ranching, and doing some business, year after year.

The 12-12-12 Rule

The 12-12-12 rule is a simple decluttering method where you find 12 items to throw away, 12 to donate, and 12 to relocate to their proper homes. This approach helps tackle clutter in a manageable way by providing clear goals, and it can be used to refresh a specific area, like a closet or cabinet, or adapted to larger spaces. How to use the 12-12-12 rule:

- Pick 12 to throw away: Find items that are broken, expired, or no longer useful.
- Pick 12 to donate: Select things you no longer need but are in good condition and could benefit someone else, like gently used clothes, books, or toys.
- Pick 12 to relocate: Find misplaced items that belong in another room and return them to their proper place.

Fitness Goals: Setting Up For A Successful Resolution

- **Be Specific & Realistic:** Instead of “get fit,” aim for “walk 15 mins, 3x/week”.
- **Start Small:** Build momentum with achievable mini-goals, like “exercise snacks” throughout the day (stairs, jumping jacks).
- **Find Your Fun:** Choose activities you genuinely enjoy (dancing, hiking, sports) to make it sustainable.
- **Schedule It:** Block out workout times in your calendar like important meetings.

STAYING MOTIVATED

- **Get a Buddy:** An accountability partner or group provides support and consistency.
 - **Track Progress:** Monitor small wins to build confidence and see how far you’ve come.
 - **Reward Yourself:** Celebrate milestones with non-food rewards like new gear or a spa day.
 - **Fuel Your Body:** Ensure you’re eating well and staying hydrated, and don’t forget sleep and rest days.

OVERCOMING OBSTACLES

- **Plan for Setbacks:** Prepare for illness or travel by having backup plans (e.g., hotel gym, walkable area).
 - **Don’t Aim for Perfection:** If you miss a workout, just get back on track with the next one; consistency is key, not a rigid schedule.
- **Focus on Enjoyment:** If exercise feels like a chore, you’re more likely to quit; find joy in the process.

No Spend January

“No Spend January” is a popular financial challenge to cut all non-essential spending for the entire month following the holiday season. The goal is to reset spending habits, save money (often hundreds or thousands of dollars), and focus on essential purchases only.

HOW IT WORKS

The basic principle is to distinguish between “needs” and “wants” and only spend money on necessities.

Essentials (Allowed Spending):

- Rent/mortgage and utilities (electricity, water, etc.)
- Groceries (often with an emphasis on using existing pantry staples)
- Medications and essential toiletries (e.g., body wash, soap)
- Gas for essential travel/commuting
- Paying off existing bills and debt

Non-Essentials (Forbidden Spending):

- Dining out or ordering takeout
- Coffee shops

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No Spend January, *continued from front page*

- New clothing, makeup, or non-essential household decor. Entertainment expenses like movie tickets, concerts, or new books
- Online shopping
- New subscriptions or non-essential services

TIPS FOR SUCCESS

- **Set Clear Goals:** Define your “why” (e.g., building an emergency fund, saving for a vacation, paying off debt) to stay motivated.
- **Plan Ahead:** Create a budget for essentials and make a meal plan using food you already have.
- **Remove Temptations:** Unsubscribe from marketing emails, delete shopping apps, and consider removing saved credit card information from online retailers to add a barrier to impulse buys.
- **Find Free Activities:** Combat boredom by finding free things to do, such as visiting local libraries or museums, hiking, or playing board games.
- **Track Progress:** Monitor your savings to see the tangible results, which can provide a significant boost in motivation.
- The main takeaway is that “No Spend January” is flexible; you set your own realistic rules to challenge yourself and build healthier, more intentional spending habits for the rest of the year.

Denver Art Museum Free Days

Tuesday, January 13
 Tuesday, February 10
 Tuesday, March 10
 Sunday, April 26
 Tuesday, May 12
 Tuesday, June 9
 Tuesday, July 14
 Saturday, August 1
 Saturday, September 12
 Tuesday, October 13
 Saturday, November 7
 Tuesday, December 8

Denver Museum of Nature And Science Free Days

Sunday, January 11
 Sunday, February 1
 Monday, February 9
 Friday evening, March 6
 Monday, April 13
 Sunday, April 26
 Thursday, June 19
 Monday, August 24
 Tuesday evening, September 1
 Sunday, October 11
 Saturday evening, November 7
 Monday, November 16

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**



To find ad rates and discounts, go to
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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.

Parent Contact:

Email us to add your name to teen services.

To add your teen's name, please email **Newsletter Connections** at getinfo@coloradolasertype.com and include the following information: the **neighborhood you live in**, your age, parent email or phone number 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.

AKC REGISTERED LABRADOR PUPPES FOR SALE. One black female, one yellow male. Ready for new homes Janaury 27th. Call or text 719-349-0679. Farm raised with lots of love!

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

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

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

Grass or Corn fed beef for sale - farm fresh, all natrual, straight from our CO ranch to your table. Cattle prices are on the rise. Get your beef now in bulk. Sold by 1/4, 1/2 or whole. Call 719-349-0679. KSayles@plainstel.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.

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.

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.

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!

BOOST Your Business In 2026: Connect Directly with Your Neighbors!



303-979-7499



Our February deadline
is January 15th.

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- **Higher Engagement & Memorability:** Studies show people retain information from print ads better than digital ones. The tactile experience creates a stronger, more lasting impression.
- **You Can't Click Away From Print:** A physical newsletter sits on coffee tables, gets pinned to refrigerators, and is shared among family members. Your ad stays visible for days, not seconds.

Centennial Ridge

LONE TREE Update & Recent Market Activity (3 mos)

AVERAGE DAYS (of Solds) in MLS—63

MEDIAN SOLD PRICE IN LONE TREE—\$855,000

AVERAGE SOLD PRICE IN LONE TREE—\$939,580

Centennial Ridge Average SOLD Price - \$796,000 (average of 2 homes)



Tonya Fallows

303-489-5533



HAPPY NEW YEAR!!!!



Its been an interesting Real Estate Market for sure, but we are predicted to be heading to more of a “Housing Reset” moving toward a more **BALANCED** Market with gradually improving affordability, modestly rising home prices, slightly lower mortgage rates, and increasing inventory.

Sellers, please remember that homes that are in great shape and priced appropriately will sell quickly and possibly with multiple offers. Buyers have a lot to choose from and you want to stand out!

Buyers, make sure you are ready with your loan in place when you are out shopping for the best “power” if you are competing. Sellers that have not prepared their home will be prepared to negotiate.

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