



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.

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

– Jerry Spinelli



Property Manager

Angela Christensen

Phone: (303) 933-6279

Email: angela@kchoa.com

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
- 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

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.



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Community Association Manager:

Angela Christensen

Direct: 303-933-6279 | angela@kchoa.com

News Articles

The deadline for news articles is the 15th of the month before the next month's issue, except for the Jan. issue which is Dec. 10th. Please email news articles to the editor at klarson@pcms.net. All "Letters to the Editor" must be signed and include a daytime phone number in case there are any questions. Letters may be printed without the author's name if requested.

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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.



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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.

No Spend January, *continued from front page*

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.



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ALPERS FARM

Colorado real estate in **2026** is expected to see shift towards a more balanced and stable environment!

BUYERS:

Increased inventory: After years of low supply, inventory levels are expected to continue rising in 2026, offering more options and reducing pressure from bidding wars. This is a "meaningful shift" toward a healthier, more balanced market.

SELLERS:

Realistic pricing: To attract buyers in a more competitive environment, sellers will need to price their homes according to current data, not the highs seen in 2022. Creative selling strategies, like offering credits to help buyers with mortgage rate "buydowns," may also be effective.

Cheers to fresh starts and dream homes!

If buying or selling is on your 2026 list, call Mo!



Mo Elliott

720.260.4175

GoWithMoElliott
@Gmail.com



GO WITH MO

RE/MAX PROFESSIONALS

Source: Realtor.com

