

# Panorama Ridge

Homeowner's Association

June 2023

Vol. 13 No. 06 • Circulation: 240

## Summer Fun Kids Can Do On Their Own

Kids are out of school for the summer. They start out excited, but that can fade quickly into boredom. Here are some ideas to keep them busy.

- Build with Legos
- Make marshmallow and toothpick houses
- Play hide and seek
- Make paper airplanes – Have a contest to see whose flies the farthest
- Jump on the trampoline
- Write a story
- Stack cups game
- Watch learn-to-draw videos
- Play Simon Says
- Have a staring contest
- Play Would You Rather
- Hula hoop
- Play hopscotch
- Blow bubbles (Set up a bubble refill station for hours of fun – with less mess!)
- Put on a fashion show
- DIY Tic-Tac-Toe

## Men's Health Week, June 14–20

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, the news media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

*Any man can be a father,  
but it takes someone special to be a dad.*  
—Anne Geddes

## Father's Day Activities For Every Kind of Dad

**Host a Game Night:** He taught you all his poker, Uno and Monopoly tricks, now it's time to literally beat him at his own game. Odds are the student won't become the master when it comes to card and board games with Pa, but you'll have a ton of fun trying to out weasel him, that's for sure.

**Pack a Picnic:** Fix up a lunch of his favorite foods (hello, roast beef on rye) and enjoy a picnic outside in your local park, or stay closer to home and eat al fresco in the garden or the front yard.

**Have a Movie Night:** Let Dad pick the film (even if it's some obscure historical documentary you have no interest in). Let him choose the snacks, too.

**Share Some Memories:** Make a greatest hits video of your family over the years and get everyone seated to watch it together. Make sure to play it on the big screen so everyone can see exactly how nervous you were at graduation. Cue the waterworks.

**Work Out Together:** Keep your dad in tip-top shape by cueing up a HIIT class on YouTube and getting a sweat on together. (Or if that's too much for him, try to get him to join you in your Sunday night vinyasa class.)

**Go Golfing:** Let him show off his stroke while you hone your skills. Alternatively, you can take him to a nearby Top Golf where you can also grab some bites and drinks.

**Fire Up the Grill:** Let Dad try out those new barbecue tools that you just gifted him and offer up these yummy BBQ side recipes to boot. You'll be looking at one very happy grill-master when all is said and done.

**Play a Video Game Together:** Even if he isn't the most technological-savvy, we bet he can get on board with Call of Duty: Black Ops 3.

**Enjoy the Great Outdoors:** If you and your dad always bonded over camping trips or park visits, surprise him with an exciting day enjoying the great outdoors. You can either hit up a longtime favorite or test out a new location. 'Tis the season for hiking, fishing and cycling, after all.

**Take a Hike:** If you're not prepared to go all in on a full weekend of roughing it in a tent, don't worry—we all have our limits, after all. Instead, pack a satisfying picnic spread and schedule a day hike for some invigorating physical activity and time spent in nature. Bonus points if you make the experience extra special by picking a hike that culminates in an amazing scenic view.

**Go for Ice Cream:** Sometimes the best celebrations are the simplest ones—like treating someone to ice cream. Whether it's your own dad or the father of your kids, the guest of honor will surely appreciate this sweet and nostalgic activity involving everyone's favorite frozen childhood treat (preferably enjoyed at an old-timey ice cream parlor).

**Go Fishing:** Historically, your old man's favorite activity was filed in the 'snoozefest' category, but Father's Day is a perfect occasion to give it another go. In fact, you might be surprised by how much the adult you enjoys the quiet connection that comes from being out on the water, chatting with someone you love while you wait for a whopper to bite.



## National Rivers Month

The United States is home to about 2.9 million miles of river. One out of every three people gets their drinking water from a river or stream. People spend about \$97 billion each year on river-related recreation and tourism, and fish and wild-life depend on rivers, especially during breeding and migration.

## Community Health Improvement Week, June 6–12

Community Health Improvement Week honors health professionals who work closely with public health organizations, area leaders, hospitals, and clinics to guide neighborhood, urban, and suburban areas to improve overall health.



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## Advertising

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.


To place an ad, call **Colorado Lasertype, 303-979-7499**  
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## Facts About Your Father's Day Gift

Father's Day is June 20 this year, and the 65 million fathers in the United States (give or take a few million) will bask in familial attention and be showered with gifts—mostly neckties. So where did neckties come from? The earliest known version dates back to 210 B.C., when the Chinese emperor Shih Huang Ti was buried in the ancient Chinese capital Tian. The 7,500 terra cotta warriors built to guard him in the afterlife all wore neck cloths, for reasons unknown.

Similarly, the Roman emperor Trajan erected a marble column in 113 A.D. commemorating a military victory; the 2,500 soldiers depicted all wore some form of cloth neck covering. The modern necktie evolved from the small, knotted neckerchiefs worn by Croatian mercenaries working for the French in the Thirty Years' War. The word cravat derives from a combination of the French "Croate" and the Croatians' own name for themselves, "Hrvati."

With the rise of the business class in the 19th century, demand grew for neckwear that was durable, comfortable, and easy to tie.

In 1926, a New York tie maker named Jesse Langsdorf developed a technique that improved the tie's elasticity, which allowed it to more easily revert to its original shape. The "Langsdorf" became the most common form of necktie. Since then, ties have widened as far as 4.5 inches and thinned to three inches (or skinnier) depending on the current style, but whatever their width, they seem to be here to stay.

## Non-Herbicidal Control of Grassy Weeds in Lawns

- Mow as high as practical during the summer months for the particular grass species present in your lawn. Mow bluegrass, buffalograss, tall fescue, fine fescue and ryegrass at 2 1/2 to 3 inches during the summer. The seeds of some weeds require high light intensity to germinate. The shaded environment near the soil surface in a high-mown lawn helps deter weed seed germination. In addition, the higher mowing height produces a healthier grass plant. Crabgrass and other annual grassy weeds are much more common and aggressive in lawns that are mowed less than 2 inches.
- Mow often enough so that no more than one-third of the grass blade is removed in a single mowing. Letting grass grow tall and then cutting it back to a low height reduces turf density, allowing weed seeds to germinate and grow more easily. It is especially important to mow a lawn more frequently in the spring, when the grass is growing faster. A lawn may require mowing every three to five days during the spring and early summer.
- Irrigate properly to help reduce annual weed infestation. Light, frequent irrigation encourages weed seed germination, even if a preemergence herbicide has been applied.
- Fertilize according to the needs of your lawn species.
- Core cultivate (aerate) the lawn at least once a year to reduce compaction and to control thatch.



— <https://extension.colostate.edu/>



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## Fun June Events

### CIVIC CENTER EATS

**Wednesdays & Thursdays, May 17th to September 2023**  
**Denver**

Civic Center EATS is a one-stop shop for some of the best food on wheels you can find in the Mile High City. Located in Denver's Civic Center Park, there will be about 10 to 15 food trucks selling a myriad of delicious meals.

### A TASTE OF COLORADO 2023

**Sundays: May 14, June 4, July 9, August 6**  
**Civic Center Park, Denver**

Four free Sunday festivals held throughout the summer in collaboration with Viva Streets Denver featuring lots of great local food, arts & crafts booths, and live music, now in its 40th year.

### GOPRO MOUNTAIN GAMES

**Thur-Sun, June 8-11, 2023, Vail**

About: Summer GoPro Mountain Games are the biggest festival of adventure sports, art, and music, held annually in Vail. There are competitions in biking, climbing, fishing, kayaking, slacklining, standup paddling, rafting, running, disc golf, and even events for dogs.

### COLORADO MEDIEVAL FESTIVAL

**Fri-Sun, June 9-11, 2023, Loveland**

It's an outdoor medieval-themed festival with live entertainment including knights, swordsmanship, and music. There'll be plenty of food, beer, craft vendors, and a kid zone. No pets are allowed.

### DENVER CHALK ART FESTIVAL

**Sat-Sun, June 10-11, 2023**

**Golden Triangle, Downtown Denver**

Watch over 200 artists spend the weekend making the sidewalks of Golden Triangle come to life with brilliant chalk creations.

### COLORADO SHAKESPEARE FESTIVAL

**Mixed days, June 11 – August 13, 2023, Boulder**

About: With over 60 successful seasons under its belt, the Colorado Shakespeare Festival showcases multiple performances of some of Shakespeare's best plays. It's held on varying days on the CU campus.

### STRAWBERRY DAYS

**Fri-Sun, June 16-18, 2023, Glenwood Springs**

126th annual festival is held the third weekend in June every year. It features live music, stage entertainment, a FamilyFest for kids, arts & crafts, a food court, a carnival, and a parade down Grand Avenue. Of course, there are free strawberries and ice cream after the parade.

### COLORADO RENAISSANCE FESTIVAL

**Saturday & Sunday, June 17 – August 6, 2023**

**650 W Perry Park Ave, Larkspur**

The Renaissance Festival is held over 8 weekends in June, July, and August with medieval events for all ages. It's held from 10 am until 6:30 pm each day, rain or shine. Parking is free and no pets are allowed.

–<https://www.uncovercolorado.com>

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<p><b>Sundays</b>  <b>HIGHLANDS RANCH</b>  MAY 7 - OCTOBER 29  HR Town Center  9288 Dorchester St.  10am-2pm or Sellout</p>	<p><b>Wednesdays</b>  <b>LITTLETON</b>  JUNE 14 - SEPTEMBER 27  Aspen Grove  7301 S. Santa Fe Dr.  10am-2pm or Sellout</p>

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### Free Family Summer Activities

- Go for a nature walk
- Set up an obstacle course
- Visit the fire station
- Build a blanket fort inside
- Make microwave s'mores
- Make a painters tape race track
- Visit the library
- Scavenger hunt
- Visit an aquarium
- Pool day
- Visit a local farm
- Go hiking
- Go camping
- Go fishing
- Fly a kite
- Make a DIY craft
- Finger paint with pudding

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— to care about people and  
about your children.  
— Denzel Washington*

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# Panorama Ridge



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