



Powderhorn News

The monthly newsletter for the residents of Powderhorn

January 2026

Vol. 21 No. 01 • Circulation: 640

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

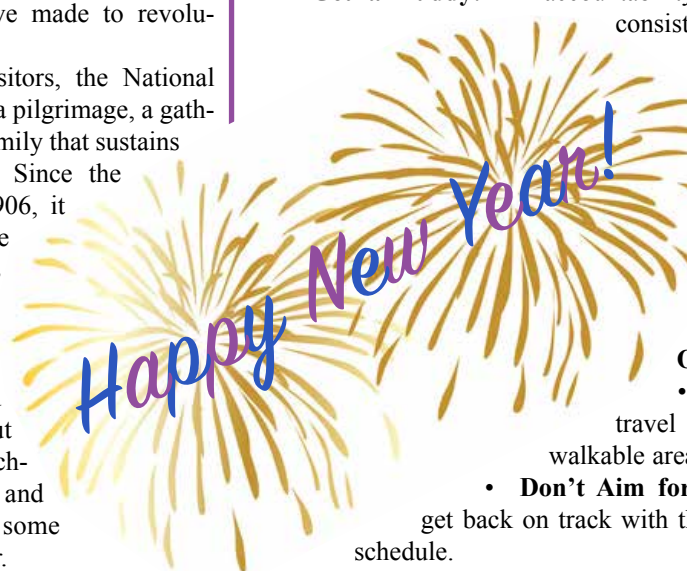
- **Be Specific & Realistic:** Instead of “get fit,” aim for “walk 15 mins, 3x/week”.
- **Start Small:** Build momentum with achievable mini-goals, like “exercise snacks” throughout the day (stairs, jumping jacks).
- **Find Your Fun:** Choose activities you genuinely enjoy (dancing, hiking, sports) to 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

continued on page 2

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 Zoo Free Days

Friday, January 9
 Sunday, January 25
 Sunday, February 22
 Sunday, April 19
 Wednesday, November 11
 Saturday, November 14
 Sunday, November 22

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.

This Space Intentionally Left Blank for Teen Services

Denver Botanic Gardens’ York Street And Chatfield Farms Free Days

Monday, January 19 (Martin Luther King, Jr. Day)
 Thursday, February 12
 Thursday, March 19
 Wednesday, April 22 (Earth Day)
 Tuesday, June 9
 Wednesday, July 1
 Tuesday, August 25
 Friday, November 27 (Thanksgiving Friday)



**Switch To BAM Fiber Internet.
Say Goodbye To Rate Hikes!**

**Price Lock Guarantee.
No Expiration – Ever.**

CALL BAM Today!
303-551-6152
bambroadband.com



Where To Ice Skate Around Denver This Winter

DENVER:

McGregor Skate Ice Rink, 1901 Wazee St., Denver

Nov. 28 to Jan. 25. The only option to skate downtown this year is at the McGregor Square plaza, near Coors Field. Admission is \$15 for adults and \$9 for children, including skate rentals.

LAKESWOOD:

The Rink at Belmar, 439 S. Teller St, Lakewood

Nov. 21 to Jan. 4. The Rink at Belmar is in Lakewood's shopping district. Admission is \$12 for adults and \$10 for kids, including skate rentals. There also are winter wagon rides around Belmar, which depart from the plaza where the rink is located. "Drinks Around the Rink" will offer beverages for sale from Great Divide Brewery & Roadhouse, Little India, Tstreet and Wasabi Sushi Bar. The rink opens at 4 p.m. on weekdays and noon on Saturday and Sunday. Closing times vary and can be found on their website.

ARVADA:

Skating in the Square, Olde Town Square at 57th and Olde Wadsworth Blvd., Arvada

Nov. 26 to Jan. 29. The skating rink in Olde Town Arvada is open seven days a week and you can skate under the lights of the Olde Town Tree.

The rink opens at 4 p.m. Mon-Fri and 11 a.m. on Saturday and Sunday. The closing times vary, as well as the holiday hours, and can be found on the website. Admission plus skate rentals costs \$10 for adults and \$7 for kids 11 and under.

EVERGREEN:

Evergreen Lake, 29612 Upper Bear Creek Rd., Evergreen

Evergreen Parks and Recreation is offering ice skating and other winter activities at Evergreen Lake. It costs \$15 per person, or \$20 with skate rental. Children 4 and under are free, or rent the whole rink for \$150 per hour. Annual passes cost \$200. The rinks may close due to weather.

PARKER:

Parker Ice Trail at Discovery Park, 20115 E. Mainstreet, Parker

Nov. 28 to Feb. 28. Located next to Parker's library on Mainstreet, this ice trail is one of the only in the country, according to its website. The rink opens at 11 a.m. on Saturday and Sundays and 5 p.m. on weekdays. It closes at 9 p.m. Monday through Saturday and 7 p.m. on Sundays. The trail is meant to imitate a frozen river or canal. People can buy day passes for \$10 or season passes for \$165, with skate rentals included.

AURORA:

The Pond at Southlands, 6100 S. Main St., Aurora

Nov. 7 to March 1. This rink is in Aurora's Town Square shopping center and is open seven days a week. The rink is open Monday through Friday from 4 p.m. to 9 p.m. It opens at 11 a.m. Saturday and Sunday and closes at 10 p.m. Saturday and 7 p.m. Sunday. Admission is \$15.50 online and \$14 in person, including skate rentals. The rink is surrounded by the outdoor mall's shops and restaurants.

—<https://denverite.com>

Availability:

Toddler - PreK





✓ Kindergarten Ready

Primrose students perform at twice the level of their peers.

90% of brain development occurs by your child's 5th birthday. Maximize your child's potential with our Balanced Learning approach.




Schedule Your Tour or Discovery Day Today!

Call today and save \$200 on registration


(New families only, one per family)

720.981.2988

Primrose School of Ken Caryl | 6060 S. DeVinney Way | Littleton, CO 80127




Raising Up Christian Scholars






Faith-Based Education




Raising up Christian Scholars




Community for you and your Child

Christian education is priceless. On top of excellent academics, the faculty and staff at Front Range Christian School poured their lives into teaching students how to bear their hearts, strengthen their souls, and exude Christ-like character.

Robyn Wise
Class of 2007 (Alumni, Parent & Staff)



Scan For Admissions Information



Scan For Tuition & fees Information

Get In Touch

6657 W Ottawa Ave, Littleton, CO 80128, USA

Phone: 303-531-4541 | Email: admissions@frcs.org

www.frcs.org

Winter's Work: Rest, Renewal And Resilience In The Garden

When the garden settles under a blanket of snow, it can feel as though everything is lifeless and still. But in reality, winter is not wasted time; it's a season of rest and recovery. Just like people and animals, plants benefit from downtime, and the cold months are essential for their long-term survival.

In winter, many plants enter a state called dormancy, nature's version of sleep. Dormancy is far from passive; it's an active survival strategy refined over millennia. When temperatures drop and daylight wanes, perennials, shrubs, and trees respond by redirecting their energy from leaves and flowers down into their root systems. This strategically allows plants to conserve resources during harsh conditions while preparing for spring's explosive growth.

Winter does more than recharge individual plants – it also benefits the larger ecosystem. Freezing temperatures naturally suppress pests and diseases, keeping populations in check. Cycles of freezing and thawing help break down leaves and organic matter, thereby enriching the soil. Snow, often called “the poor man's fertilizer,” insulates plant roots, adds moisture and slowly releases nitrogen into the ground as it melts. In this way, the cold season is as much about renewal as it is about rest.

Some plants require a certain amount of cold before they can germinate (a process called cold stratification) or flower. Many beloved garden plants, from peonies to fruit trees, require a specific number of “chilling hours” below 45°F to break bud properly come spring. Without this cold period, flowering may be sparse or entirely absent. It's nature's quality control mechanism, ensuring plants don't waste energy blooming during

unreliable warm spells that could end in frost damage.

Colorado native plants are masters of winter survival. Species like penstemon, blanket flower and pasque flower have evolved alongside our dramatic temperature swings and intense sun exposure. Their dormancy strategies are finely tuned to our semi-arid climate, where winter moisture slowly percolates into the soil while plants rest. By incorporating natives into your garden, you're working with plants that have perfected the art of thriving through Colorado's challenging winters, emerging each spring with a vigor that comes from generations of adaptation.

For those who love their gardens, winter can feel like a long wait. But it's worth remembering that this downtime is essential. Resist the urge to overprotect perennials from the cold; many need the chill. Instead, embrace winter as nature's way of giving your garden a chance to recharge. While the plants are resting, we can do the same – dreaming, planning and preparing for the vibrant burst of life that spring will bring.

— By Pam Rosendal, Colorado Master Gardener

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.



JKRoofing.com

J&K
ROOFING
Calm After the StormSM

IS YOUR HOME READY FOR WINTER?

40+ YEARS PROTECTING COLORADO HOMES

FREE INSPECTION
303-425-7531

ROOFING + WINDOWS + SIDING + SOLAR

DAVE LOGAN
10+ YEAR MEMBER

40+ YEARS OF SERVICE
1984-2024



BODYBAR PILATES

EXCLUSIVE
Founding Member
SALE

BODYBAR Pilates Littleton is coming soon and now is the time to snag our **LOWEST RATES EVER -**

FOR LIFE!

Don't miss your chance to become part of a community that is **BALANCED. ATHLETIC. REAL.**

Contact us today! →

<https://bodybarpilates.com/studios/littleton/>

720.822.7944

12482 W Ken Caryl Ave. Suite B3
Littleton, CO 80127

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!

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

Lisa's Music Studio. Piano, Guitar, Banjo, Ukulele, Viola, Violin, Cello, & Drums. 303-883-1157.

Tree by Mr. B. Your pruning&tree need specialists. Doug 303-932-2514, free est, 30+yrs. fully ins.

Highlands Pride Ptg, Inter/Exterior- 303-738-9203

Mike the Plumber - Your reliable neighborhood plumber for 14 yrs. Competitive rates. Free estimate. 720-422-8139

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

Private driver available. Airports and other rides. Call or text Seth at 720-366-7722.

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.

Tutoring - provides homework help, strengthens skills, and/or enrichment. Call/text Nancy, licensed teacher K-6, 303-932-9745 for availability.

Drywall - Basement finishes - Remodeling. Years of exp. w/ refs. Gary 303-829-6363

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.

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.**

Locally owned and operated.

info@newsletterconnections.com
NewsletterConnections.com

- **Highly Targeted & Zero Waste:** Your ad reaches the specific households in your target neighborhoods. Every person who receives the newsletter is a potential customer within a few miles of your door.
- **The Trust Factor:** Local print publications are valued sources of community news and events. Aligning your business with this trusted medium instantly boosts your own credibility and reputation.
- **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.

Kiwanis Club of Columbine

Welcome to the New Year – A good time to make new friends and to help make the world a better place by volunteering.

Our regular service projects continue, including: Salvation Army Bell Ringing. Thank you for those that donated to our “Ding-a’Lings”, provided a smile, and a few cups of coffee. This is being written before the final tally, I anticipate that we will have raised \$18,000 for the Salvation Army. We had a successful blood drive.

Our ongoing events – we can always use help.

- Sheridan Food Bank: Providing food to about 150 families each week Every Thursday.
- Project C.U.R.E.: Sorting and preparing medical supplies for those in need
- Meals on Wheels: Delivering meals Monday through Friday with our volunteer team
- Working with local schools
- Social Events: all welcome

If you’re looking for hands-on service opportunities or want to meet active community members, join us! Details on upcoming projects and events are shared in our weekly newsletter – email info@columbinekiwanis.org to subscribe. Visit columbinekiwanis.org or come for a free breakfast at our weekly meeting every Wednesday at 7 a.m. at 4Gs Restaurant, 5950 S Platte Canyon Rd, Littleton.

The Kiwanis Club of Columbine is a volunteer-led organization of 70 members dedicated to improving the lives of children and families through more than fifty active projects and support for over twenty community organizations each year. All are welcome – no membership required to participate. Join us for service, friendship, and fun as we make a positive impact together.

January looks forward to the new year and back to the old year. He sees past and future. – M.L. Stedman

“SPECIALIZING IN THE POWDERHORN AREA”



Enjoy your Powderhorn Newsletter!
**If you have anything to contribute
or any questions, please let us know.**

**IF YOU ARE PLANNING ON SELLING YOUR HOME...
CALL FOR A FREE MARKET ANALYSIS...
SELL YOUR HOME WITH ME...
ASK ABOUT MY REDUCED LISTING FEE!**

CALL YOUR POWDERHORN AREA REALTOR



Colorado
**HOUSE
BROKERS**
Manes & Associates

Gary Manes, Broker

Cell 303-870-9172



“Proven Performance...Not Just Promises”