

Stony Creek News

January 2024

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Friday Night Films

Skip the Theater and enjoy Friday Night Nature Films Fireside at South Platte Nature Center. Nature based films are carefully chosen and include a variety of entertaining topics. All are beautifully filmed, most are award winning. Donation suggested for refreshments.

- American Eagles - 01/19/24
- Magic of the Snow Owl - 02/16/24
– <https://register.ssprd.org>

Light Up The New Year

Ring in the new year with us as the Hudson Gardens exhibit transforms into the Light Up the New Year show that includes vibrant displays, a laser garden, and upbeat music. Join your friends and family and immerse yourself in the colorful nautilus forest, color cubes, mesmerizing sphere and more. Dated Tickets are valid for single admission to Light Up the New Year at Hudson Gardens on the date reserved.

- Adults: \$20 Seniors (65+): \$18 Child (ages 3-12): \$15
- 2024 Light Up the New Year Dates: Jan. 2-28
- Doors open at 5:00 p.m.. The last entry is at 8:45 p.m.
- Tickets valid between 5:00-8:45 p.m.
- Lights out at 9:30 p.m.

*Tomorrow is the first blank page
of a 365-page book.*

Write a good one.

–Brad Paisley

Stony Creek Website:
www.stonycreekhoa.org
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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/>



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>

This Space Intentionally Left Blank for Teen Services

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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.

January is my favorite month when the light is plainest, least colored. And I like the feeling of beginnings.

—Anne Truitt

Free Entrance Days In The National Parks

Come experience the national parks! On six days in 2024, all National Park Service sites that charge an entrance fee will offer free admission to everyone. Mark your calendar for these entrance fee-free dates in 2024:

- January 15: Birthday of Martin Luther King, Jr.
- April 20: First day of National Park Week
- June 19: Juneteenth National Independence Day
- August 4: Anniversary Great American Outdoors Act
- September 28: National Public Lands Day
- November 11: Veterans Day

—<https://www.nps.gov/planyourvisit/fee-free-parks.htm>

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Previously: Colorado Lasertype

Post-Holiday Decluttering Tips for a Fresh 2024 Start

As the sparkle of tinsel settles and the echoes of festive treats fade away, the moment has arrived to confront the aftermath. While the joy of receiving holiday gifts is undeniable, it often leaves our homes in a state of clutter. Fear not, for here are a few tips to guide you through the process of post-holiday decluttering, ensuring that your home enters the new year with a refreshed and delightful ambiance.

The Focus Approach: Focus on one space at a time to avoid feeling overwhelmed. Whether it's the living room with holiday remnants or the basement with gift wrap, a systematic approach ensures tangible progress.

Donation Station: Establish a dedicated zone and container for items earmarked for donation, encompassing clothing, toys, and household items. A centralized location streamlines your decluttering impact, ensuring a seamless donation process when you're ready to part with these items.

Ask for Help: Feeling swamped this holiday season? At Stark Real Estate Group, we offer assistance in everything, especially in disposing of those unwanted and outdated items. Let us alleviate the struggle and simplify your space as you enter the new year.

I hope you all enjoyed time with friends and family during the holidays, and I wish you a fantastic year in 2024!

–Stark Real Estate Group, 303-503-5736

Kiwanis Club of Columbine

Kiwanis is a global organization of volunteers dedicated to improving the world one child and one community at a time. Our local club, the Kiwanis Club of Columbine, fulfills that mission in our community with volunteer hours on some fifty active projects and making philanthropic gifts to over twenty different organizations throughout the year.

Anyone is welcome to help on any of our projects or attend any of our social events. You do not need to join the club to participate. We have a lot of fun, meet new people, and do a lot of good things for our community.

Recent project highlights: In December we helped with bell ringing for the Salvation Army, final numbers aren't in yet but we usually raise about \$20,000 for the Salvation Army. It is important to note that all of that money stays local and is used to help people in our community that need it.

In January we can use help at the Sharing with Sheridan Food Pantry. Every Thursday we are providing food for north of 200 families, working with local schools, driving Meals on Wheels, and more.

We have something that will fit anyone's interests and expertise, and we can use your help! Details about our upcoming projects are in our weekly newsletter, contact news@columbinekiwanis.org to get added to our newsletter email distribution. To learn more visit our website at columbinekiwanis.org, or join us for a free breakfast at our weekly meeting any Wednesday at 7 a.m. at 4Gs restaurant, 5950 S Platte Canyon Rd, Littleton. We also have a bimonthly meeting at Columbine library on the second and fourth Tuesday of every month at 12:30 PM. For more information email kensweet@gmail.com.

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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/>

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“Just Do It” Day, January 24

National “Just Do It” Day is a day dedicated to taking action and getting things done. It encourages individuals to overcome procrastination, set goals, and be productive. It serves as a reminder to stop making excuses and start accomplishing tasks and achieving ones goals.

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.



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<h1>Rob Stark</h1>	<h1>(303) 503-5736</h1>
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Rob is a fourth-generation Colorado native who has been a part of the Columbine Knolls community since 1997. Starting as a Certified Residential Appraiser, he later became a broker at RE/MAX in 2006. Over his 31-year career, he has achieved the RE/MAX Diamond Award, Lifetime Achievement, and Hall of Fame. He has also been recognized as 5280 Magazine’s Top Real Estate Agents.



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