

## **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/>



### **January Westbury Homeowners Meeting**

The next meeting of the general membership of Westbury Homeowner's Association is

**Monday, January 8, 2024,**

**at 10080 W Fair Ave, Littleton, CO 80127**

Come at 6:30 p.m. with a dish to share.

The meeting will begin at 7:00 p.m.

### **Westbury 2024 Calendar of Events**

- **WHOA General Meeting:**  
Monday, January 8, 2024. 6:30 PM Pot Luck and 7:00 PM General Meeting start.  
10080 W Fair Avenue, Littleton, CO 80127

## **Become A "Member In Good Standing" 2024 WHOA \$25 Annual Dues**

Your \$25 dues help promote Westbury events. Dues are voluntary but required if you wish to vote on matters presented at the general membership meetings, run for office or participate in select events. Please make your check payable to WHOA. *Thank you!*

**Homeowner NAME:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

Mail to: WHOA, 10080 W Fair Avenue, Littleton, CO 80127. 720-296-9684.

## 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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## Westbury Homeowners Association

<http://WestburyHOA.US>

**President,** Brendon Cody, 720-296-9684

**Vice President,** Vickie Agler, 303-549-9601

**Secretary,** Madison Johnson, 303-859-7721

**Treasurer,** John Martinez, 303-887-9042

**Members-at-large:** Nathan Overfield 305-394-8221;  
John Martinez 303-887-9042; Donna Cody-Campbell 303-913-2287;  
John Gaudio (Past President) 303-870-1044

**Contact Madison Johnson** for information  
or to include an article in the newsletter  
303-859-7721 or [madisonkjohnson@gmail.com](mailto:madisonkjohnson@gmail.com)

Articles from Westbury homeowners are welcome.  
They will be included at the discretion of the editor  
and must be submitted by the 15th of the month.

## 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](mailto:info@newsletterconnections.com)**

To find ad rates and discounts, go to  
**[NewsletterConnections.com](http://NewsletterConnections.com)** or scan QR code.



[JKRoofing.com](http://JKRoofing.com)



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 Find more professionals to suit your needs on our Service Provider Directory at [NewsletterConnections.com](http://NewsletterConnections.com).

**Tree Pruning and removal Specialists.** Call Mr. B! Free est., ins., 30 yrs. exp. 303-932-2514

**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

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

**Furnace inspection w/ CO detection - \$49.99.** **Emporia Home Services,** Your local HVAC Company. 303-909-2018. (parts/addit. labor not included)

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

Classified ads are \$4.00/line (about 40 characters/line). Contact Newsletter Connections at **303-979-7499** or [info@NewsletterConnections.com](mailto:info@NewsletterConnections.com) to place an ad. To view our display ad prices, visit our website at [NewsletterConnections.com](http://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.

**The National Western Stock Show & Rodeo**

January 6–21, 2024, [nationalwestern.com](http://nationalwestern.com)

Celebrate Denver's rich cowtown roots with a cherished Colorado tradition since 1906. Held every January at the National Western Complex, it's the nation's premier livestock, rodeo and horse show, serving agricultural producers and consumers throughout the world. Enjoy rodeos featuring top-notch bull riders, horse shows, livestock competitions and auctions. And don't miss acres of shopping at Colorado's largest Western trade show.

**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.

To add your teen's name, please email **Newsletter Connections** at [info@NewsletterConnections.com](mailto:info@NewsletterConnections.com) and include the following information: the **neighborhood you live in**, your age, parent email 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.

**NEWSLETTER CONNECTIONS**

Same Great Company, Owner & Employees... Just A New Name!

Contact us if you are interested in placing an ad in this newsletter!

Our February deadline is January 15th.

Previously:



**303-979-7499**

[info@newsletterconnections.com](mailto:info@newsletterconnections.com)  
[NewsletterConnections.com](http://NewsletterConnections.com)





## 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>

## Dog Friendly Shopping

Aspen Grove stores with Dog Friendly Decal welcome you and your leashed furry shopping buddy. When you shop with your furry pup, don't forget to share your experience and tag us when you're posting on social media. #aspengrovelovesdogs

PUPPY LOVE: February 1st through 28th. Dog and cat food donation drive to support Colorado Pet Pantry

— <https://aspengrovecenter.com>

## Back Page of This Westbury Newsletter Available!

Promote your business to your neighbors, with exclusive rights to the back page! As the sponsor of the Westbury newsletter, your business would be the only one of its type permitted to advertise in this newsletter.

The full back page of the Westbury newsletter will be available, starting with the February edition. Give us a call at Newsletter Connections, for more details on this exciting opportunity! 303-979-7499. The February deadline is January 15th. This space is offered on a first come first served basis.



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Monthly Cost Comparison for Gig Speed	COMCAST CABLE	DIRECTLINK FIBER
Gig speed service fee	\$110	\$89
Modem/Wi-Fi Rental	\$14	\$0
Symmetrical Speeds (upload matches download)	not available	\$0
Unlimited Data	\$30	\$0
<b>Total Cost</b>	<b>\$154</b>	<b>\$89</b>

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