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Ravenna & Roxborough Park

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We are always looking for residents to follow up on leads, find great stories and send us ideas. Let's celebrate the great things happening in our community! No contribution is too small. Please email kara.mitchell@strollmag.com with your pictures, suggestions or requests.



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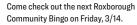




4 March 2025







Upcoming Happenings and **Recent Events**



- Mon, 3/3: Read Across America Day
- Wed, 3/5: Ash Wednesday
- Fri, 3/7: Employee Appreciation Day
- Sun, 3/9: Daylight Savings Time Begins (move clocks forward one hour)
- Mon, 3/17: St. Patrick's Day
- Thurs, 3/20: Spring Equinox
- **Trivia:** Wed, 3/5, 3/12, 3/19, 3/26, 7pm 9pm, Sterling Center at Sterling Ranch, 8155 Piney River Ave, Littleton, CO 80125. Free and open to the public.
- Andy Marquez Fine Art Photography, "All The **Great Images" Show:** Sat 3/8 - Sun 3/9, 11:30am -4pm @ RE/MAX Edge, 8351 N Rampart Range Rd, Roxborough. Free to attend. andymarquez.com
- Deep Clean Your Finances: Thurs, 3/13, 2pm 3:30pm. Join presenter Josh Caucutt, Financial Advisor with Edward Jones, for an empowering discussion focused on an overview of the markets, good stewardship of your resources and strategies to make your money last. Delicious refreshments will be served; free to attend. Location: MorningStar of Littleton, 5344 S Kipling Pkwy, Littleton. RSVP to Cheryl @ 303-972-3030.



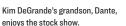


- Roxborough Community Bingo: Fri, 3/14 @ 5:30pm 8:30pm, Roxborough Park Community Center, 6237 Roxborough Dr, Roxborough, CO 80125. Open to the public.
- Stroll and BeLocal B2B Luncheon: Thurs, 3/20, Clock Tower Grill, 9360 Station St, Ste 100, Lone Tree, CO 80124. Reach out to kara. mitchell@strollmag.com for more information and to RSVP.
- Denver Home Show: Fri, 3/21 Sun 3/23, National Western Complex, Denver, CO. Visit denverhomeshow. com for more info and advance tickets.
- ullet Roxborough Running Club, Trail Apples Race (4,8)or 12 mile options): Sat, 3/22 @ 9am, Chatfield State Park, starts at Discovery Pavilion Parking lot. Check-in begins at 8:15am. Register at roxboroughrunningclub. weebly.com. Free to participate.
- SAVE THE DATE, Roxborough Park Annual Easter Egg Hunt: Sat 4/19, 10am @ Haney Park (next to Roxborough Community Center - 6237 Roxborough Dr, Roxborough). Meet the Easter Bunny along with an Easter egg hunt, fun outdoor games, piñatas and a special photo shoot with live chicks and ducklings. Free entry for Roxborough Park residents and their guests. For more information call Kim DeGrande @ 303-908-7566.

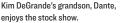


The turkeys enjoy hanging out in yards all around the neighborhood









Long time Roxborough Park residents Polly Lawrence and

Kim DeGrande participate in the gate roping event at the National Western Stock Show, along with Kim's daughter

Angela Powell and her sister Lesley



Scarlett, granddaughter of Kim DeGrande, loves petting and feeding the animals at the stock show.









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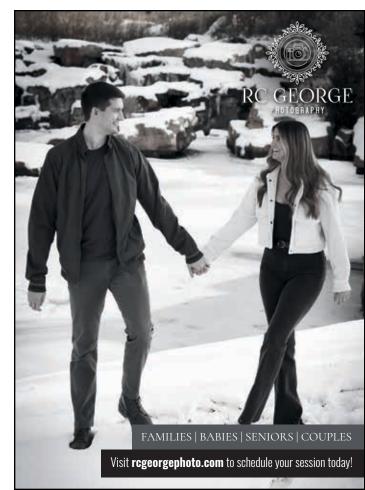
Business owners who sponsor Stroll Ravenna & Roxborough Park gather each month at the Stroll and BeLocal B2B Luncheon to connect and network. January's luncheon was held at Le French DTC.

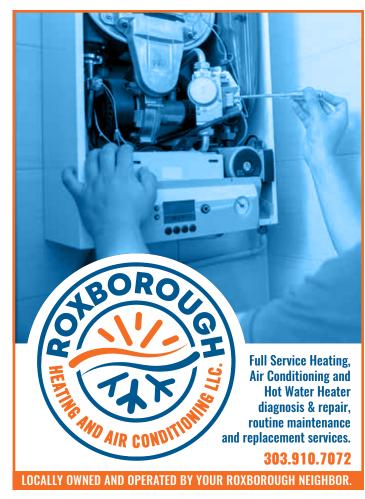
To learn how your business can attend, contact Kara @ 720.588.0007.

Do you have pictures from around the neighborhood of wildlife, events at your home or at the club, from the course, or of your kids that you'd like to share? Email them to kara.mitchell@strollmag.com.











How MZ Electric Powers Homes and Builds Community with Expertise, Integrity, and Heart

Meet Keith and Tara Lynn, the husband/wife duo behind MZ Electric, a trusted name in residential electrical services across the South Denver Metro area for over 15 years. This Littleton family-run business is more than just a service provider—it's a testament to hard work, dedication, and a vision of giving back to the community they call home.

From Humble Beginnings to Trusted Experts

Keith, a Colorado native and graduate of Chatfield Senior High School, discovered his passion for electrical work in the early 1990s right out of high school. Over the years, he honed his skills across residential, commercial, and industrial electrical systems. Tara, originally from New Jersey, brings her background in education and technology to the business, joining MZ Electric in 2011





MZ Electric provides their staff with education on the latest codes, goal setting, financial literacy, and motivational messages.



The Lynn Family: (left to right) Maya, Zach, Tara and Keith





Murphy & Daisy, the MZ Electric Shop Dogs.



after ending her role with Denver Public Schools. Keith needed support with the growing demands of the business, and their family needed a more present mom, so the timing was right. Taking a leap of faith, they tightened their belts and made the decision to join forces. Through the grace of God and the trust of many wonderful clients who gave MZ Electric a chance, the business has grown steadily year after year.

Keith credits much of the company's foundation to his parents. His mom, a CPA, taught him the intricacies of accounting and running a business while his dad, an Air Force veteran turned Snap-On tool man, instilled in him the value of exceptional customer service. Together, they inspired Keith to combine mathematical skill with a peoplefirst approach—a balance that has become the hallmark of MZ Electric.

Tara also splits her time with their thriving karate school, Indie Martial Arts, which is located inside MZ Electric. Having their businesses in near proximity to each other allows their office staff and technicians to have access to kickboxing and fitness equipment at any time. Their children, Maya and Zach—who lend their initials to the company name—have been integral to the family enterprise too. They have both worked in the office and out in the field, as well as at Indie Martial Arts. Maya is currently

studying education at CU Boulder, and Zach will graduate from Chatfield Senior High in May 2025. The Lynns' two adorable pups, Murphy and Daisy, come to work daily with the family and keep the office on its toes. Murphy turned eight in February and Daisy is a COVID puppy. The Lynns hope to one day pass on the business to their children, creating a legacy that reflects their commitment to family, quality and community.

A Mission Rooted in Integrity

Founded in 2009, MZ Electric operates with a mission to enrich the lives of their employees, clients and their community by providing premium home services at unbeatable value. "Our core values—faith, family, and commitment—guide us to only provide five-star service, educating our clients, ensuring the safety and comfort of every home, and treating each customer like family," says Tara. This mission has earned them a reputation as one of the area's most trusted home service providers. Tara says, "Our electricians are the best! They are good people with customer service hearts!"

Services That Shine

MZ Electric specializes in and only performs residential electrical services. Their services include panel upgrades, EV charging circuits, recessed lighting installs and light fixture replacements, ceiling fan installs, smoke & CO



MZ Electric can take care of any of your electrical needs including installing your new light fixtures.



Stroll Ravenna & Roxborough Park 11

detectors, energy saving devices, GFCI & whole house surge protection, troubleshooting, repairs and more.

Their electricians take the time to fully understand client concerns, answer questions thoroughly and provide transparent, upfront pricing before beginning any work. With over 1,000 five-star Google reviews, it's clear that MZ Electric delivers on their promise of exceptional service. They also offer industry-leading warranties and a 100% satisfaction guarantee on every job.

MZ Electric takes pride in its team of exceptional electricians who combine expertise with a genuine commitment to outstanding customer service. Each electrician undergoes a background check, drug testing and a personality assessment before joining the team. They are always professionally uniformed, ensuring trust and professionalism. The team





arrives in clearly marked vehicles, providing clients with peace of mind and confidence in who is coming to

Making a Difference Locally

The Lynns' commitment to the community extends beyond their services. MZ Electric provides scholarships and sponsorships to Indie Martial Arts, Chatfield Senior High School & Dakota Ridge High School team sports, and other local organizations. They also support Wounded Warrior, the Denver Rescue Mission, and have been a part of a myriad of community service projects with Women's Bean Project in Denver. Through partnerships with local schools, the company introduces students to careers in the trades, offering internships and apprenticeships to cultivate the next generation of electricians.

Overcoming Challenges

Like many small businesses, MZ Electric has faced its share of challenges. During the COVID-19 pandemic, the importance of skilled trades became more apparent than ever. Keith and Tara have worked tirelessly to change the image of tradespeople. Tara says, "Our electricians are brilliant! People often misjudge men and women in the trades because of poor past experiences and because they weren't great at sitting still in the traditional classroom. There is not a profession that can survive today without the help of electricians!" Recruiting skilled electricians is another challenge they've tackled head-on. MZ Electric takes pride in building a strong team culture, offering training in both technical skills and personal development which attracts and keeps talent. They provide their staff with education on the latest codes, goal setting, financial literacy, and motivational messages. Tara shares, "Our culture is so important to us. We take really great care of our team members and they become part of our family. When our people are happy and healthy, meeting their life goals, they are more likely to take the best care possible of our clients!"

Looking Ahead

As MZ Electric approaches its 16th anniversary in May 2025, the Lynns are focused on expanding their training center and creating more opportunities for young people to explore careers in the trades. They're always on the lookout for hardworking individuals ready to turn a job into a lifelong career. "Our amazing experts with decades of experience are wonderful humans who can teach anyone interested how to become an electrician. But we can't teach HEART!" say the Lynns.

A Business Built on Faith and Family

MZ Electric isn't just a business—it's a neighbor, a friend, and a family. Keith and Tara are often seen around town. from grocery shopping at King Soopers and Costco, to local school events where they are always ready with a helping hand and a smile. The Lynns say, "Our team members are literally the kindest, most hard working people around. They (we) are all faithful, family-folks, just like you!"

Advice for Homeowners

Keith and Tara emphasize the importance of regular electrical maintenance. "Your electrical panel is the heartbeat of your home. Google is great for minor fixes and improvements, but be sure to have the experts check things out from time to time. Electricity is not something to mess around with!" Trust the experts at MZ Electric to keep your home safe and bright for years to come. If you're looking for a reliable, communityfocused electrician, look no further than MZ Electric—a shining example of what it means to truly care for both clients and the community.

For more information or to schedule service, visit mzelectric.com or call 303.578.4791 Monday through Friday, 8 a.m. to 5 p.m.





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eet the Stauffer-Kille family eet the Staumer-Ame Rose and Leslie - transplants from Florida who moved to the Roxborough Park neighborhood in July 2020. The couple found the neighborhood while still renting an apartment after starting new jobs in the Denver Area. As a way to learn the lay of the land, they hiked different state parks on weekends and fell in love with Roxborough State Park. While gazing at the layers of red rocks from the top of South Rim, Rose thought "Wow, what a place to live!", pausing to soak in the silence and pristine beauty of the area drenched in sunlight and blue skies. They met up with local real estate agent Melinda Enriquez (Your Denver Family Home Group of Keller Williams) who showed them options in both the Village and the Park, and were stoked to imagine living in this nature sanctuary.

Both women came from nomadic backgrounds moving around frequently while growing up, Rose as a missionary

kid and Leslie as a military kid. This made them fast friends, as they shared an innate understanding of adventure, trying new things fearlessly, and a deep love of performing music. Leslie's fondest memories of childhood were Army posts in Fairbanks, Alaska, and Colorado Springs. When the pair decided to leave Florida permanently, Leslie pined for either location from her past. Rose stated her clear sentiment that she would not survive in Alaska, but would be happy to start a new life in Colorado! When their home in Florida sold unexpectedly during the COVID19 Pandemic lock down, they now had the capacity to buy a new home sooner than later. Finding a new build of a duplex condo home in Roxborough felt too good to be true, and they seized it at the low interest rates.

Both women have masters degrees in Clinical Social work, and Leslie went on to obtain a Doctoral degree in Education.Their careers have spanned decades and they currently both work full time as psychotherapists - Leslie in a private practice with LifeStance, and Rose with the VA healthcare system in mental health, based out of the VA clinic in Golden, CO. They hope to retire together in 2-3 years, and expand their time to hike, travel, and socialize with family and friends around the country, including Hawaii, Las Vegas, Virginia, North Carolina, California, and Florida. They hope to remain in Colorado as long as they can.

"We may not be from Colorado, but we got here as fast as we could," Rose likes to quip from a plaque she saw. They have both adopted their new home with gusto, and the attachment is strengthened by the deep friendships that have formed with next door neighbors, street neighbors, and park residents. "We feel like we belong here," Rose muses after a lifetime of uprooting, settling, moving, settling, uprooting, etc.

Rose and Leslie met at a new job in 2009, with a company in St. Pete

employing "counselors in a cage" Leslie likes to say of the vast room of office cubicles where the women were placed side by side as new employees. They worked at a national call center for EAP's (Employee Assistance Programs) matching callers to therapists for mental health and substance abuse counseling. Leslie was still caregiving her elderly father (after her mother passed away) and when Rose moved in, they both continued caring for Command Sgt. Major Kille, a 3-war Army combat veteran (WWII, Korea, Vietnam) for a total of five years before he passed away at home at the age of 92, on Veterans Day 2013.

Rose and Leslie were able to legally marry in Florida in 2015. Both had been in past domestic partnerships and Rose has a grown daughter, age 36, from her first marriage. They are looking forward to becoming grandparents in June, as daughter Chelsea and her husband are expecting their first baby! Another reason why retirement is looking good - Chelsea and her husband reside in Kauai (Hawaii) where he is from, so trips to see the grandchild will be forthcoming in earnest.

Rose and Leslie are cat people, a seemingly rarer phenomena in Colorado where dogs rule, for many good reasons! Each brought a cat to the relationship, both deceased now, but Aristotle did make the move to



Two things Rose & Leslie love-- their truck and the beautiful red rocks in the neighborhood.

Colorado and had to adjust to being a house cat in the new home due to wildlife challenges! In 2023, the partners succumbed to Cat Fever, and adopted twin sister cats - Athena and Calyx - whom lived up to their status as Double Trouble. Thank goodness the cats are adorable, since they wreak havoc on the furniture with their claws and like to explore EVERYTHING. They love to sits on laps when watching TV, and they sleep in the home office where Rose often works her job, soothed by the sounds of talk therapy coming from the computer. "Spa Music" is played on

the smart speaker everyday to create a quiet soothing atmosphere.

Leslie is a gifted musician - she plays keyboards, piano and pipe organ, is a singer songwriter, and has spent her entire life making music and performing. She recorded 4 CDs of all original songs over the decades, has performed solo and with bands. Rose also has a background in performance art, namely singing, acting, and dance. After meeting, Rose and Leslie formed a singing group called Shimmering Muse - playing gigs in local Florida venues around St Pete. They featured tight 3 part harmonies of pop songs,





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Rose and Leslie adopted twin sister cats, Athena & Calyx,

musical theatre, and jazz standards with Leslie always on the keyboard too.

In 2014, the pair started a nonprofit performing arts company called Synchrony Arts, producing and directing an adult cast of performers with various intellectual and developmental disabilities in an annual musical production. It was performed to the local community every October, and reprised in Orlando at an annual state conference in the summer, taking each "show on the road." This was a huge undertaking on top of full time jobs, and after 6 years, it was retired when the pair left Florida. Since moving to Colorado, the pair now performs house concerts, mostly to neighbors.

Rose also is a self-published author of a trilogy of books in the fantasy genre. The books were published in 2020, 2021, and 2022, and are a continuous story of a young women



Leslie and Rose performing together





Hiking with their best friend (Ginger Watts) at Mount Falcon

France 2023

who tumbles into alternate dimension, where she finds a thriving community of magical beings and people, struggling to keep their peaceful way of life intact. The series is part coming of age, part overcoming obstacles and struggles, and finding a destiny. An avid fan of fantasy, Rose became tired of dystopian themes with dark, dire circumstances, and wanted to add to the genre an utopian alternative. She recently was a vendor of her books at the Holiday Market in December held at Arrowhead Golf Club. Visit rosestaufferauthor. com to learn more about her books and to subscribe to her newsletter. You can also follow her on Instagram at rosestauffer.author.

Rose and Leslie love to organize block parties, and they plan a progressive dinner with four homes around Halloween each year. Fortunately, the neighbors are willing participants and good friendships

have been forged. Everyone enjoys the the food, wine, getting better acquainted, and the live music. The block has grown into a close-knit community. Neighbors now look out for one another, watching pets during short trips, collecting mail, and sharing practical tips and suggestions. They come together to marvel at celestial events like full moons, comets, or the aurora borealis, often exchanging night videos of local wildlife like bears, cougars, and foxes. Whether it's shoveling each other's driveways after a snowfall or giving someone a lift to the airport, the sense of camaraderie and mutual support has made their neighborhood truly special.

We'd love to feature your family in an upcoming issue. Reach out to kara mitchell@strollmag.com

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Cheesy Beer Dip

A perfect dip for pretzels, tortilla chips or veggie

INGREDIENTS

- $\frac{1}{4}$ cup unsalted butter
- 1/4 cup all-purpose flour
- 1 teaspoon onion powder
- $\hbox{-}1\, teaspoon\, garlic \, powder \,$
- $\frac{1}{8}$ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 cup milk
- 3/3 cup beer

• 1 teaspoon Dijon mustard

- 1 teaspoon Dijon mustard • 1 teaspoon Worcestershire sauce
- 2 cups shredded sharp cheddar cheese

MARCH RECIPE

• 1 cup shredded Gruyère cheese or Swiss cheese

INSTRUCTIONS

1. In a medium saucepan, melt butter, flour, onion powder, garlic powder, cayenne pepper, and salt over medium heat. Cook for about 1 minute.

2. Stir in milk and beer a bit at a time, whisking until smooth after each addition. Continue cooking over medium heat.

3. Add in mustard and Worcestershire sauce. Cook sauce until thick and bubbly.
4. Turn off the heat and add sharp cheddar and Gruyère or Swiss cheese.
Stir until melted and smooth.
5. Serve warm with vegetables, tortilla chips or soft pretzels.

TIPS

Cheese: Shredding the cheese yourself creates a smooth sauce. Pre-shredded cheeses can have additives that keep

them from melting smoothly. Do not overheat the cheese, or it can become grainy in texture. Cheeses with bolder flavors like sharp cheddar, will make for a tastier dip.

Beer: A darker beer will have a more bitter beer flavor, while a lighter beer will produce a lighter beer flavor. Either will work for this recipe, so use what you like best or have on hand.

Dark Beers like stout or malt, will produce a deep, slightly bitter flavor. Great for serving with your favorite bread.

Light Beers like ales, pilsners, and IPAs will give a lighter flavor. These pair well with vegetables.

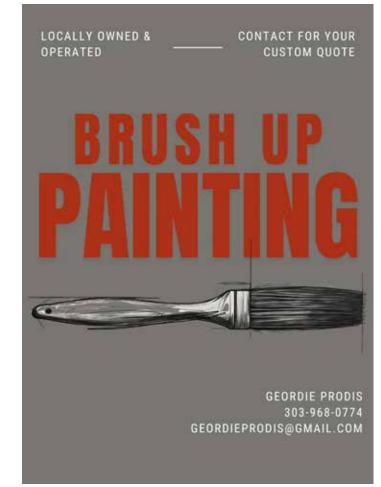
Non-alcoholic beer works well in this recipe too. It is great served with any dipper.

Do you have a yummy recipe to share with your neighbors? Send them to kara.mitchell@strollmag.com.











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MEET NOLA

The Best Snuggler and Cuddler Around

The DeGrande family (Rick & Kim) have called the Roxborough area home for an impressive 33 years. They have been drawn to its wildlife, friendly neighbors, and the striking red rock landscapes. This month, we'd like to introduce you to Nola, their 8-year-old black and white pup, and a delightful companion who has charmed everyone lucky enough to meet her.

Nola is a Boston Terrier, a breed chosen by the DeGrandes for its boundless energy, playful nature, and love for children. Kim fondly recalls being introduced to Boston Terriers as a child by her aunt and uncle. Their lively personalities and affectionate demeanor left a lasting impression, which led to Nola joining the DeGrande family.

When their older Boston Terrier, Boo, began to slow down with age, the DeGrande family decided it was time to bring a puppy into their lives to keep Boo active and provide some extra companionship. During one of their annual trips to New Orleans before Mardi Gras, they found the perfect puppy that was 8 weeks old and ready for a forever home—a serendipitous moment that led to the name Nola, a nod to the city where she was born.



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PRECIOUS PETS

Nola stands out not just for her sweetness but also for her love of snuggling. Unlike their previous Boston Terriers, Nola is the quintessential lap dog. The moment someone sits down, she makes herself comfortable on their lap. Among the many cherished memories with Nola, watching her cuddle up with the kids and grandkids for a nap tops the list for the DeGrande family. Her love for family shines through in her gentle, affectionate nature, making her an irreplaceable part of their lives.

Her playful side comes out when she's surrounded by her favorite squeaky toys. For Nola, every squeaker is a challenge, and she's on a mission to remove them and all the stuffing from her toys. Her mischievous yet endearing antics bring endless joy to the DeGrande household.

Nola reigns over the DeGrande backyard, where she comes and goes as she pleases through her automatic door. Whether playing with the DeGrandes' granddogs or having doggy social time with Coco, a standard poodle owned by family friend Polly, Nola loves the company of her fourlegged friends.

One of Nola's favorite local places to visit is RoxPaw Animal Clinic here in Roxborough. Though her visits are sometimes for allergies or checkups on her previous tendon surgery, Nola's frequent trips have turned her into a beloved guest among the staff. When it's time for a getaway, Nola's happy place is the family's cabin, where she has three acres to explore. Chasing chipmunks is her ultimate adventure, and she relishes every moment.

With her sweet disposition and undeniable charm, Nola has brought immeasurable joy to the DeGrande family and those who know her. Whether cuddling, playing, or exploring, she embodies the warmth and spirit of the Roxborough community.

























Running for Community ROXBOROUGH RUNNING CLUB

Whether you're a seasoned runner or just starting your fitness journey, Roxborough Running Club welcomes you to lace up your shoes and join a community dedicated to health, connection, and the joy of running.



Since 2014, the Roxborough Running Club has been inspiring and connecting runners and walkers, now boasting over 700 local members and growing. Founded by Wayne Pallas, a long-time Roxborough Park resident, the club has expanded greatly while promoting health, camaraderie, and a passion for running. When asked what inspired him to start the club, Wayne credited the example set by organizations like Same Cafe on Colfax and GraceFull Community Cafe in Littleton, both of which provide free meals sustained by donations. He was also influenced by a local gym that hosts free 5k races every Thanksgiving. Wayne shared that the club began with a simple question to himself: "How will local runners respond if I offer free local races?" From that spark of an idea, the Roxborough Running Club was born and continues to thrive.

A Mission to Inspire Movement

The Roxborough Running Club was created with a clear mission: to

promote the benefits of an active lifestyle, to provide opportunities for training, racing, and socializing that are open to athletes of all ages and abilities, and to foster national/international sports competition. The club brings together a community of runners who share a passion for the sport. Beyond individual fitness, it strives to create meaningful connections and make a positive impact on the broader community.

Free Races and Resources

One of the standout features of the club is its commitment to accessibility. The club organizes five free, chip-timed races each year at Chatfield State Park from November to March. These free events cater to runners of all skill levels, offering three distance options, and rewarding every finisher with a free breakfast burrito and drinks. In addition to races, the club provides free coaching and a monthly fitness newsletter, ensuring that everyone has the tools they need to stay active and motivated.

Overcoming Challenges

Building a thriving community club hasn't come without its challenges. When Chatfield State Park underwent significant renovations a few years ago, many race courses were temporarily closed. The club adapted by creating new routes and using alternative temporary venues. If weather conditions lead to the cancellation of physical races, the competitions are transitioned to a virtual format. The club demonstrates resilience and a commitment to keeping the races on schedule.

Making an Impact

The Roxborough Running Club has grown into a vibrant community where runners along the Front Range can find races and camaraderie. Each summer, they sponsor a six week free kids running camp in Roxborough Village. Last summer's camp saw 35 young participants collectively log over 2,200 miles, far surpassing their initial goal of 900 miles. From the excitement at the



finish line of a race to the bonds formed during the summer youth running camp, the impact of the club is felt in countless ways.

How to Get Involved

The club's success is fueled by the dedication of its Board of Directors, volunteers, and the support of local businesses like Snap Fitness, Valero, Safeway, and Atlas Coffee. For those interested in joining or supporting the club, there are many ways to get involved. The club hosts two fundraisers annually: Colorado Gives Day in December and a GoFundMe campaign in March. Additionally, its new Running Buddies program connects local runners and walkers. To find your new buddy, visit https://roxboroughrunningclub.weebly.com/ running-buddies.html. To learn more about the Roxborough Running Club, visit their website at roxboroughrunningclub.weebly.com or contact Wayne Pallas directly at my.trainer.wayne@gmail.com.

Donate Today

As a 501(c)3 charitable non-profit, Roxborough Running Club relies on donations to fund their events and cover their expenses. Please consider donating so they can continue to bring free events to the Roxborough community and beyond. Visit their March GoFundMe Campaign that kicks up now at https://gofund.me/0f2c4531, scan the Venmo QR code or send a check to Roxborough Running Club, 4563 Coyote Run, Roxborough, CO 80125 to donate today.

Thank you for your support!





To nominate a non-profit, club or community member that is making a difference around the area, reach out to kara.mitchell@strollmag.com.





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FINDING RELIEF

A Provider's Favorite Foot and Heel Pain Solution

WRITTEN BY DR. HALEY HARVEY, DC; OWNER OF H2 HEALTH & WELLNESS. PROUD RESIDENT OF 80125.



ne of my favorite issues to treat with dry needling is heel and/or foot pain. Many people

(sometimes accurately,

but often not) refer to pain in this location as plantar fasciitis. True plantar fasciitis is inflammation of the connective tissue linking the heel bone to the toe bones, causing pain in the heel and the bottom of the foot. It is often caused by repetitive stress to the ligament from excessive activity such as running, walking, or jumping.

In my experience, MOST people who believe they have plantar fasciitis don't! What they are experiencing is muscle dysfunction from trigger points, causing pain and altered biomechanics in the lower leg and foot. Trigger points are taut and painful bands of muscle tissue or fascia.

When trigger points are present within musculature, they often refer pain away from the actual area

of dysfunction. This is especially evident when it comes to pain around the heel. Some of the biggest contributors to plantar fasciitis type pain or heel/foot pain are the muscles of the posterior lower legthe gastrocnemius and soleus. Most commonly, in my clinical experience, trigger points in the gastrocnemius and soleus refer pain to the lower leg around the achilles tendon, heel, and bottom of the foot. The examination determines exactly where treatment is necessary of course.

Usually, people respond well with a quick decrease in pain. After a day or two of possible muscle soreness, the heel and foot pain begins improving. The good inflammation caused by dry needle therapy helps to heal the dysfunctional tissue for a full 72 hours after treatment! Heel and foot pain usually fully resolves in 3-10 visits, depending on contributing lifestyle factors for each patient. Specific stretches, exercises, and adjunct athome therapies such as heat or ice accompany treatment to make sure



proper biomechanics are restored. I love treating heel pain with dry needling because results are awesome and lasting!

If you are experiencing heel or foot pain, stop living in discomfort and contact H2 Health & Wellness at (303) 797-0988 or h2healthandwellness.com.











Meet the Windflowers! Roxborough Park's Very Own Garden Club

Connecting neighbors through community service, events and gardening

PROVIDED BY TANE JONES, PRESIDENT OF THE WINDFLOWERS. AND ITS MEMBERS

Windflowers of Roxborough Park just celebrated its 40th anniversary and is open to residents of the Roxborough Park Neighborhood. Founded in 1984 as a garden club to support members successfully tackle the challenges of our clay soil, mountain winds and our beautiful wildlife, today Windflowers is so much more! While gardening is still an integral part, field trips, social opportunities and getting to know our neighbors are now part of the repertoire.

If you'd like to learn more about us please contact roxwindflowers@gmail.com. You can also follow us on Facebook @Windflowers of Roxborough Park or on Instagram @roxwindflowers.

A Few Helpful Spring Gardening Hints from Windflowers:

Roxborough Park is designated a geographic cold hardiness zone 4. The zone 4 notation means the plant should withstand minimum temperatures down to minus 20 to 30 degrees. As a guide, choose plants that are suitable for zone 4. Some plants labeled zone 5 may survive, or survive only as annuals rather than as perennials. Be sure to select trees, shrubs and flowers in the zone 4 range.

It is best not to plant or transplant before Mother's Day since the soil temperature is normally not warm enough. We've had snow after Mother's Day on many years. You may





We are looking for homes or gardens to feature in future issues. Please reach out to kara.mitchell@strollmag.

remember on Friday May 20, 2022, snow accumulated to 8 inches – this following a 90-degree day on Thursday!

Planting crocus, snow iris, or daffodil bulbs in the fall is the best way to chase away those winter blues since they will peek through the snow in March. They are a tough group, requiring only a sunny spot in your garden, moisture in the spring (melting snow), and dry soil in the summer dormancy.

Although the deer are charming to watch, they can cause considerable damage to our plants. Many nurseries will denote on the plant tag if it is "deer resistant" or "deer proof" but the problem is that the deer seem to adapt to different tastes in different areas. Still, buying plants with these notations may reduce damage or animal consumption of the whole plant. In addition, various sprays are available



at nurseries to help deter the deer, but they must be applied routinely. It is a good idea to confer with our more experienced gardeners for advice.



RESOURCE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

The information contained herein has been obtained through sources deemed reliable by The N2 Company, but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.

Supplied by The A-Team powered by RE/MAX Edge

Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt
6820 Briar Rose Trail	Roxborough Park	\$595,000	\$600,000	01/15/25	96	2	2	1,662
6220 Rain Dance Trail	Roxborough Park	\$1,550,000	\$1,409,400	11/15/24	46	4	5	4,544
10526 Brown Fox Trail	Roxborough Park	\$835,000	\$835,000	10/23/24	20	3	2	3,020
6051 Silver Thorn Run	Roxborough Park	\$1,275,000	\$1,250,000	10/23/24	82	3	3	4,317
7725 Dante Drive	Ravenna	\$4,350,000	\$4,175,000	10/15/24	133	4	7	7,527
8074 Palladio Court	Ravenna	\$2,495,000	\$2,350,000	10/11/24	150	4	4	5,502
8102 Raphael Lane	Ravenna	\$1,495,000	\$1,450,000	09/20/24	201	3	3	4,051
7518 Raphael Lane	Ravenna	\$2,795,000	\$2,650,000	09/17/24	255	5	7	5,976
8153 Paradiso Court	Ravenna	\$4,900,000	\$3,600,000	09/06/24	53	5	7	6,505
7312 Raphael Lane	Ravenna	\$2,650,000	\$2,500,000	09/06/24	293	4	6	5,008
8018 Donatello Court	Ravenna	\$1,999,900	\$1,950,000	09/03/24	75	4	3	4,361
6312 Dakota Ridge Drive	Roxborough Park	\$1,095,000	\$1,110,000	08/30/24	5	4	4	3,673
6786 Old Ranch Trail	Roxborough Park	\$1,050,000	\$1,000,000	08/23/24	35	3	3	3,390
4737 Ponderosa Trail	Roxborough Park	\$1,400,000	\$1,400,000	08/21/24	41	3	4	5,000



Client: RE/MAX EDGE - Kim DeGrande

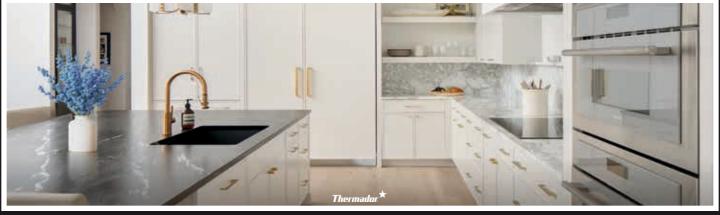
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