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04

RENOVATE!
 advice from local pros for
 successful home remodeling



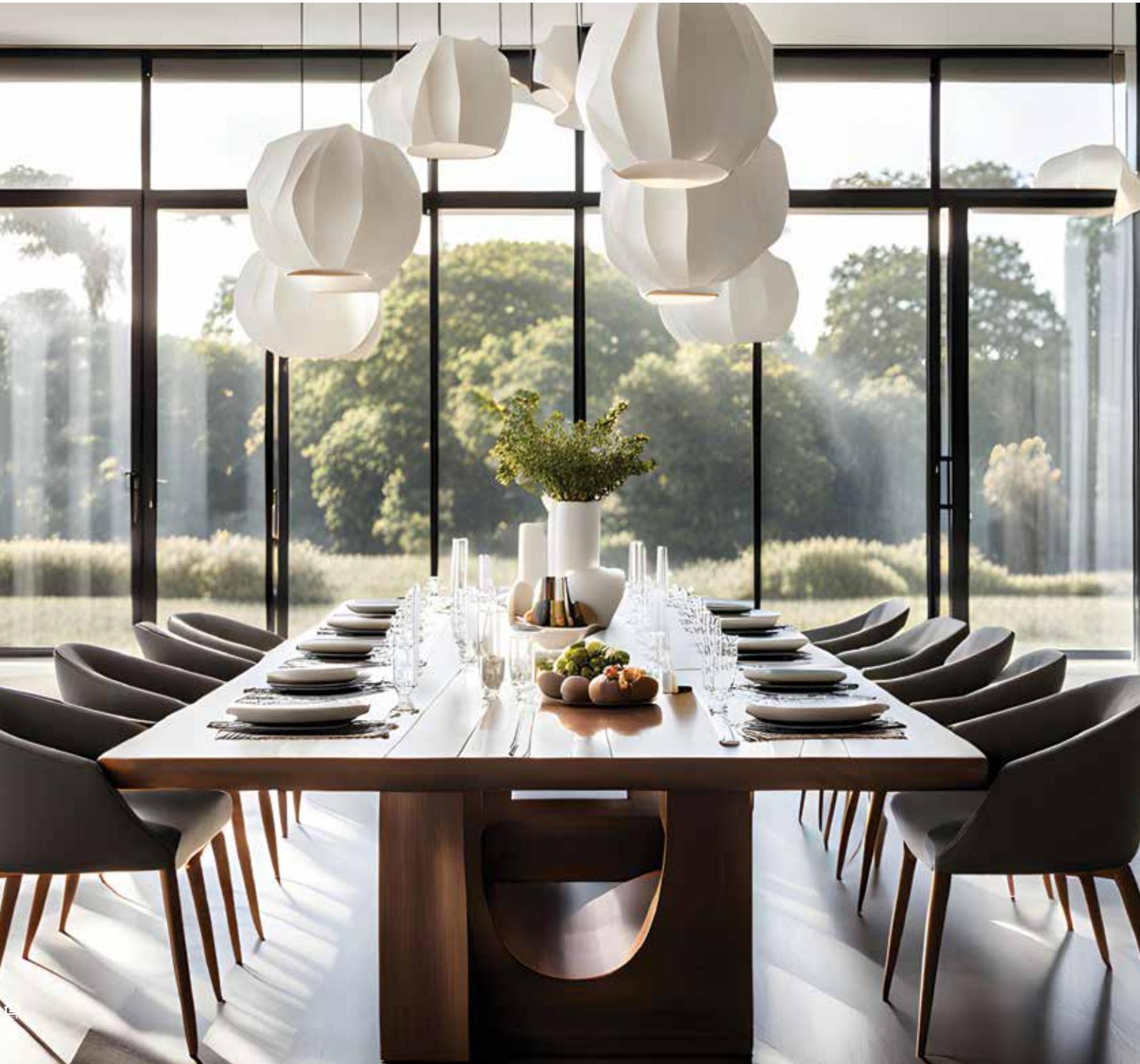
NOURISHING COMMUNITIES
 solutions for Coloradans suffering
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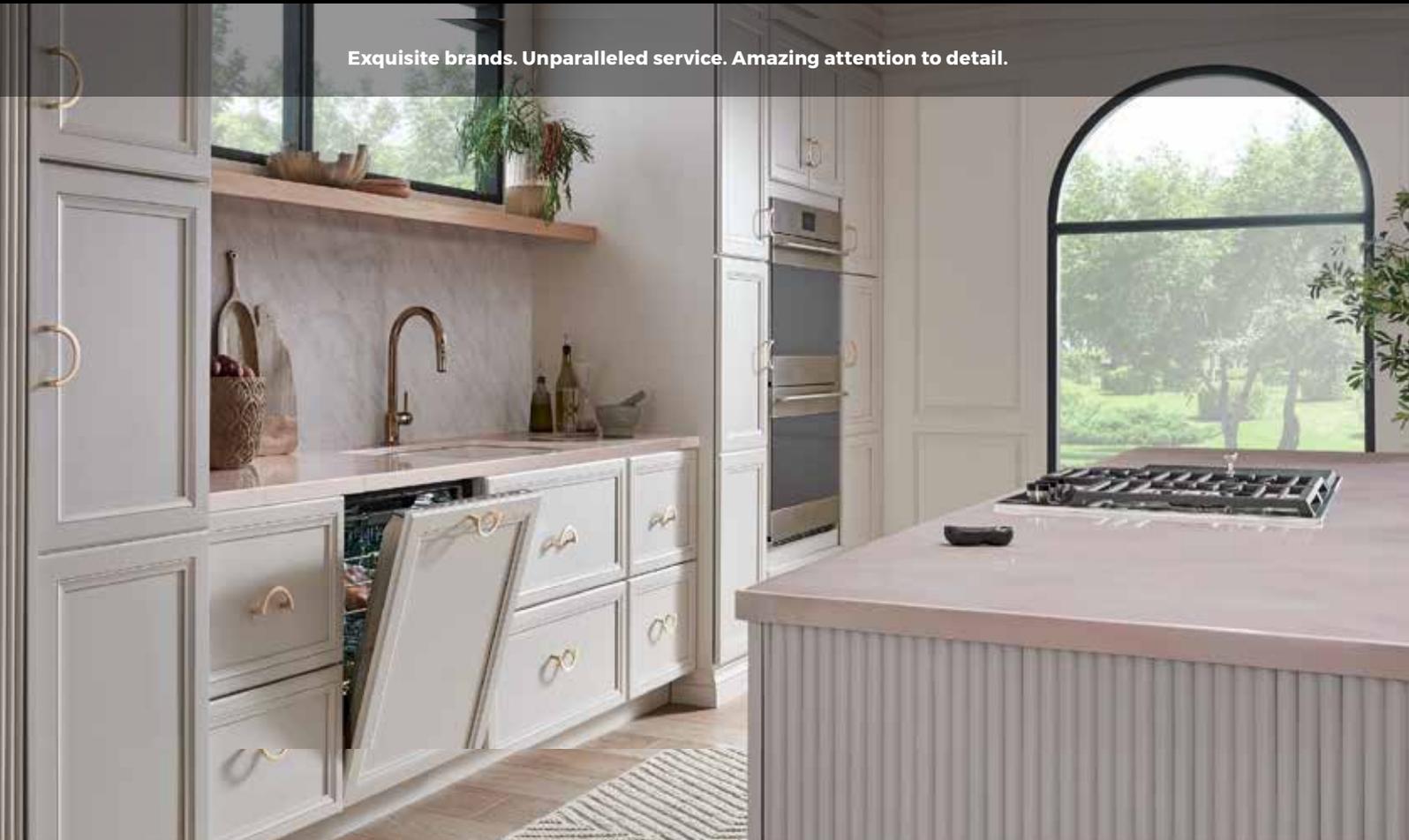


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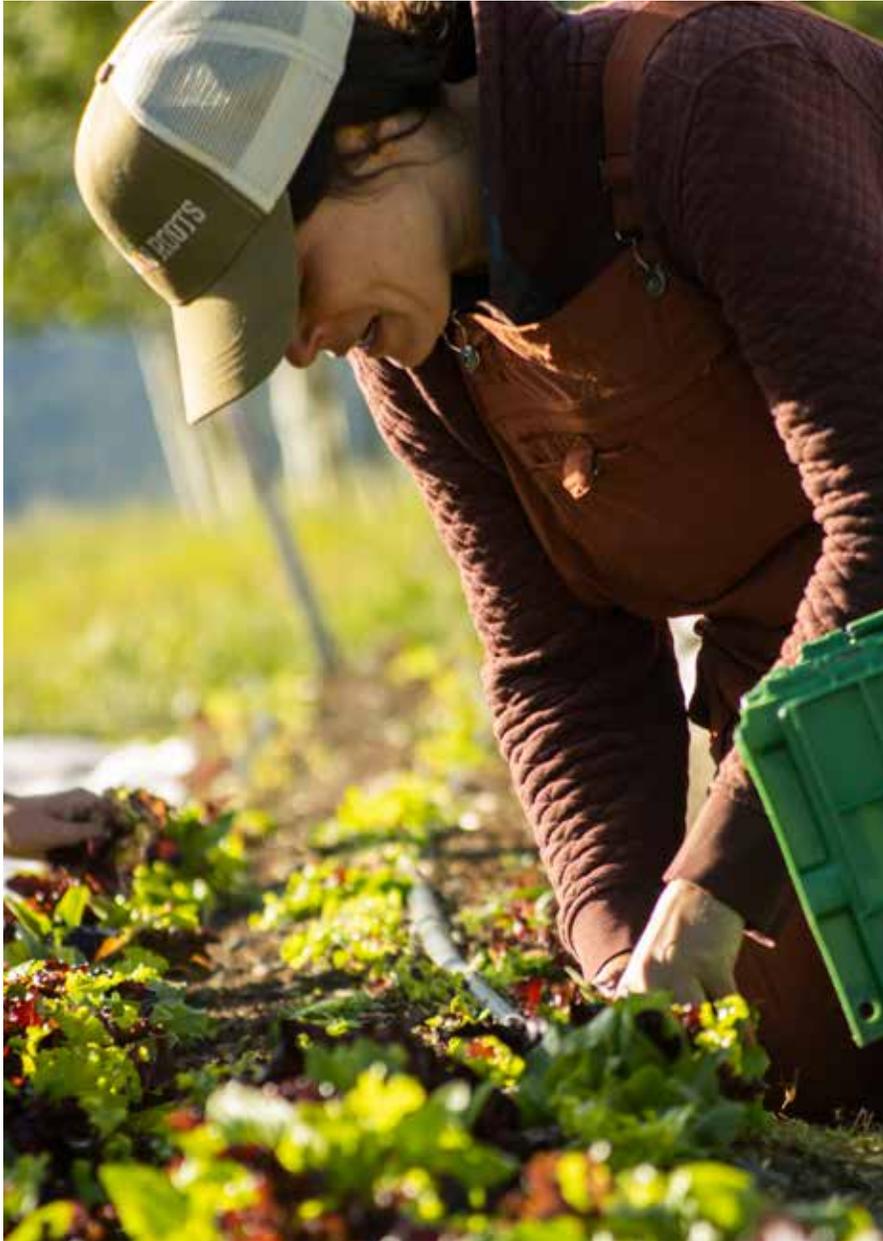


PHOTO COURTESY OF MOUNTAIN ROOTS

FEATURED

28

RENOVATE!

As we all know, the local housing market is hot, but if you've already carved out your little slice of Centennial State heaven, we can help you make your home your very own with a remodel suited perfectly to you and your family. Here's the advice you need before embarking on an extensive—or small—renovation.

By Heather Shoning

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NOURISHING COMMUNITIES

Local organizations are cultivating solutions for the hundreds of thousands of residents who suffer from food insecurity in Colorado.

By Lexi Reich

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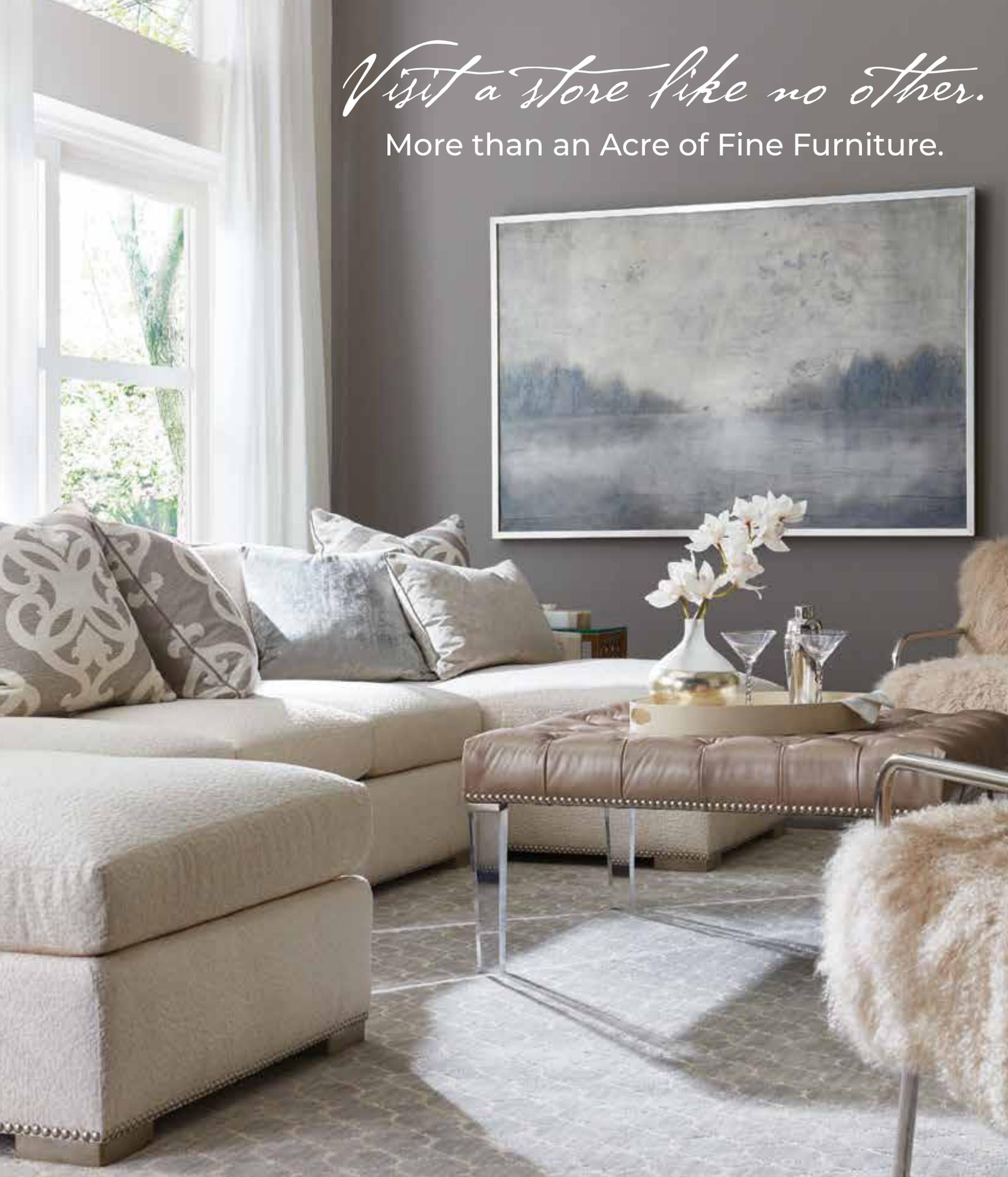
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TALK OF THE TOWN

KNOW SOMEONE who should be featured in AvidLifestyle?

Tell me about them at heather@avidlifestyle.com



PHOTO BY VANESSA MIRANDA

CELEBRATING FIVE YEARS

FIVE YEARS IS BOTH LONG AND SHORT. As demonstrated by our fabulous cover design—AvidLifestyle is celebrating its 5th anniversary! During that time, a lot has changed in our world and our community, but what hasn't changed is our dedication to uniting our residents, influencers, business owners, and movers and shakers. Although I haven't been with the magazine since its inception, I've watched the publication grow and improve with every issue. I'm proud to be a part of such a vibrant and robust voice in and for our community. This issue is packed with topics that resonate with many of us daily, including our homes.

For as long as I can remember, I've been obsessed with home design and remodeling. There's some serious satisfaction that comes with turning "good bones" into a comfortable and beautiful home. As we all know, the local housing market is hot and the prices just keep going up, up, up. If you've already carved out your little slice of Centennial State heaven but long for some home upgrades, this is the issue for you!

Our renovation guide (RENOVATE!, page 28) offers advice and tips on all aspects of home renovation, from financing to figuring out just what you want. There's a lot to consider before you make a significant investment in your property, and it's essential to work with a team of professionals who can guide you to the best outcome.

Perhaps you desire a better-looking and more functional kitchen. We've got inspiration for you! In Kitchens We Love, on page 22, we share three local kitchens that glorify both design aesthetic and workhorse functionality for families who require both.

While your kitchen is under construction, visit the family behind Zig Zag Smokin' Burger and Meatball Eatery & Libations in Greenwood Village. Writer Lexi Reich introduces us to the Hopfenspinger family, which has weathered several storms to keep these local restaurants running (Flavor Fusion and Family Heritage, page 18).

Sadly, many families in Colorado struggle with food insecurity—hundreds of thousands of our friends and neighbors. Local organizations have stepped up to help combat this grave problem in creative ways. Read about how programs from Mountain Roots Food Project, The GrowHaus and more educate and feed residents in Nourishing Communities on page 38.

Hats off to our entire team for making every issue of AvidLifestyle better than the previous one! And thank you to our loyal readers and advertising partners for supporting us now and into the future. We appreciate you all!

Heather Shoning

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AvidLifestyle is a luxury lifestyle magazine serving Denver's south suburbs. And we're excited to add new, experienced writers to our growing list of contributors. Do you have magazine writing experience? Do you know Denver's south suburbs? Can you dig deep for the unique story about the people, places and events that make our community special? If so, we want you! Please email heather@avidlifestyle.com with basic info about yourself and at least three published clips (links are fine).

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APRIL



Ongoing

FIDDLER'S GREEN CONCERTS

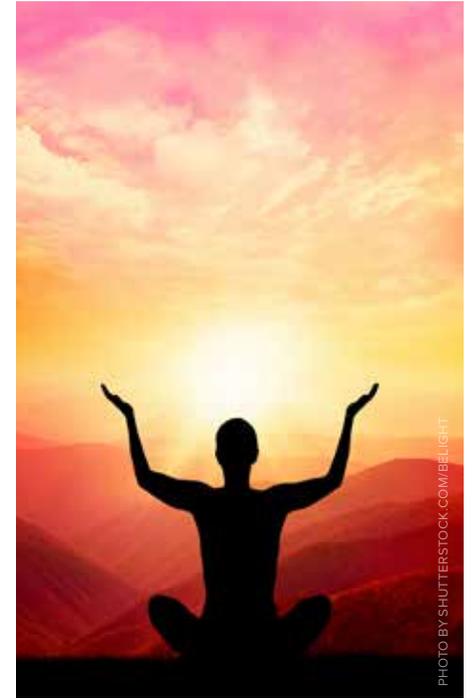
The 2024 season schedule is posted for Fiddler's Green, so check it out and get your tickets early since many events sell out. The calendar, which begins in early May, includes the Pixies & Modest Mouse (June 30), Hootie & The Blowfish (July 10) and Dave Matthews Band (August 23-24). **FIDDLER'S GREEN**, fiddlersgreenamp.com



Save the Date!

YOGA ON THE ROCKS

Downward Dog with a view? Count us in! Yoga on the Rocks at Red Rocks is back this summer, complete with live music. But these events commonly sell out, so check online for tickets right away. **RED ROCKS**, redrocksonline.com



Ongoing

GALLERY GLIMPSES: CURATORIAL INSIGHTS

A celebration of Colorado art, one gallery at a time! Every first Thursday of the month in 2024, from 11 a.m. to 4 p.m., visitors will have the opportunity to engage directly with Kirkland Museum's curatorial staff in an intimate and immersive experience focused on the paintings by Colorado artists on display in a single gallery. This fosters a deeper connection to the artworks and the artists who created them. This enlightening experience comes at no extra cost and requires no advance registration. In the event of high interest, guests will be accommodated in smaller, more intimate groups to ensure the most enriching experience possible. **DENVER**, kirklandmuseum.org



PHOTO BY WES MAGYAR

April 1-7

ASPEN SHORTSFEST

Short-film fanatics often make the yearly trek up to gorgeous Aspen for this weeklong festival, showcasing dozens of short films from around the world. The big event also includes panels, workshops and other programs that spotlight the art and craft of making shorts. **ASPEN**, aspenfilm.org



PHOTO COURTESY OF APEN SHORTSFEST

April 5, 28

NORMA TELL & SAZÓN SIX

Hear a tasteful repertoire of jazz, Latin beats and American standards. Norma Tell sings in English, Spanish and Portuguese, adding international flavor to the performances. April 5 performance is at Heather Gardens/Rendezvous Restaurant from 6:30–9:30 p.m. Tickets are \$12. Dinner is available from 4:00–6:00 p.m. for an additional charge. Call ahead for reservations or see the band April 28, seating at 6:00 p.m., music starts at 7:00 p.m. at DAZZLE (at Denver Center for Performing Arts); advance reservations are recommended; call 303.839.5100. Heather Gardens, 720-282-3443; **DAZZLE** (at Denver Center For Performing Arts), dazzledenver.com



PHOTO COURTESY OF NORMA TELL

April 5

MURDER & MYSTERY SHOW

Cherokee Ranch and Castle is the perfect setting for a “whodunit” set in the 1920s. There will be chocolate. There will be eggs. And there will be MURDER! Well, what’s the fun of a party without a mystery to solve? There may even be a visit from the Easter Bunny himself. And, of course, there will be a prize for whoever can solve any mysteries that may present themselves. The event includes food and a cash bar, and attendees are encouraged to wear springtime garden-party attire. Register early, as it should sell out.

CHEROKEE RANCH & CASTLE, cherokeeranch.org

April 11–14

WOMEN+FILM FESTIVAL

Get ready for a lineup of the best new films to inspire and transform, paired with exciting events supporting local talent. This annual festival, presented by Denver Film, showcases the best in women-centric programming—movies by and about women but for everyone to enjoy. The festival’s founder, Barbara Bridges, says it’s “an important platform to shine the light on women working behind the scenes to create change.” Screenings are at **SIE FILMCENTER**, denverfilm.org

April 5–May 5

“EMMA”

Ever the romantic, Emma Woodhouse prides herself on being the best matchmaker in town. Goaded by her friend George Knightley, she sets out on a quest to set up the adorable ingénue Harriet with a fitting suitor. But love has its own agenda with plenty of twists and turns in store—including a few for Emma herself. This rendition of “Emma” is a joyous, irreverent take in conversation with the Regency novel. In a new adaptation that’s a bit zany and refreshingly contemporary, playwright Kate Hamill infuses the language and perspectives of today into Austen’s beloved characters. You may be surprised by who says what—and how.

MARVIN & JUDI WOLF THEATRE, denvercenter.org



PHOTO COURTESY OF DCPA

April 18

CURTAIN CALL AT THE MANSION

Prepare for an unforgettable night of soul-stirring blues music at the historic Highlands Ranch Mansion. Join in and welcome the incredibly talented artist, Michael Friedman, performing strictly blues! Cash bar available.

HIGHLANDS RANCH MANSION, hrcaonline.org



PHOTO BY CARLY HAUPT

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April 18

PINK MARTINI WITH YOUR COLORADO SYMPHONY

Brimming with “fizzy spirit and breezy sophistication” (Chicago Sun-Times), Pink Martini is a glamorous and global phenomenon. Say “oui” to an exhilarating evening featuring a mix of Brazilian samba, Parisian café music, cabaret and vintage jazz as this Denver favorite returns, featuring lead singer China Forbes.

BOETTCHER CONCERT HALL,
coloradosymphony.org



PHOTO BY SHUTTERSTOCK.COM/NATURES CHARM

April 19

TAKT TRIO

Celebrating György Ligeti’s centennial anniversary, TAKT Trio presents the composer’s trio for violin, horn and piano, alongside Brahms’ horn trio as well as a new work by composer Hilda Paredes, reconsidering this medium for the 21st century. Co-presented with Friends of Chamber Music and DU’s Lamont School of Music. **DENVER,** newmancenterpresents.com



April 19–June 2

“WHERE DID WE SIT ON THE BUS?”

This musical journey captures both the innocence of youth and the pressures that come with being the child of immigrants. It asks, “What is my place? Where do I fit in?” It builds from the ground up, one step at a time, taking audiences through a soulful musical experience as its hero finds hope and meaning through art. Recommended for ages 11+.

DENVER, denvercenter.org



April 20

EARTH DAY HARVEST AND PLANTING

Celebrate Earth Day by restoring riparian habitat along East Plum Creek and planting willows, trees and other vegetation at a crossing in the Heir and Gannon open spaces. This conservation project is perfect for scout groups working on their conservation badges. Volunteers are needed. Registration is required to participate in the volunteer project. **CASTLE ROCK,** crgov.com



PHOTO BY SHUTTERSTOCK.COM/HARIN TA DETTA

FIND PETE'S GOLD

PETE HAS HIDDEN AN OUNCE OF GOLD IN IDAHO SPRINGS. JOIN THE SEARCH BY SCANNING THIS QR CODE



Find the Gold



April 20

MICHAEL CARBONARO

After hundreds of sold-out performances and critical acclaim from his inaugural theatrical tour, Michael Carbonaro takes the stage with a brand-new show. From his hit television series "The Carbonaro Effect" on truTV, America's favorite trickster makes a triumphant return to live performances in "Carbonaro: Lies On Stage," conjuring up a concoction of unbelievable magic, hysterical offbeat shenanigans and wonder for audiences of all ages. **PACE CENTER**, parkerarts.org



PHOTO BY SHUTTERSTOCK.COM/IFER GREGORY



PHOTO BY SHUTTERSTOCK.COM/REONEN PIRRO GRAPPHY

April 26

MEXICO MEETS ASIA

The chilies and spices of Mexico are no stranger to influencing Asian dishes and inspiring chefs and cooks worldwide to create a unique cuisine. Along the Mexican border, culinary ingredients from South America and Asia are married together to create a perfect balance of spice, salt, umami and tart. Experience this new combination of old flavors and learn the ropes of this flavorful fusion cuisine. Think Japanese fish tacos with fresh pico de gallo and ginger margaritas. Must be 21 to attend. **CENTENNIAL**, uncorkedkitchen.com

April 27

LONE TREE SESSIONS: AVERY* SUNSHINE

Avery*Sunshine takes no detours in creating melodic music for the masses. She makes music that satisfies the soul, leaving her audience full and invigorated. Born Denise White in Chester, Pennsylvania, with her roots grounded in the church, the singer, pianist and composer has created a signature sound that mixes soul, jazz, R&B and gospel. Avery's sound is uplifting, vibrant and, precisely as her namesake suggests, full of sunshine. She brings people together through her riveting performances, candid and often humorous stage banter, and optimistic anthems about love and life. **LONE TREE ARTS CENTER**, lonetreeartscenter.org



PHOTO BY DEREK BLANKS

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ZIG ZAG SMOKIN' BURGER and MEATBALL EATERY & LIBATIONS
embody the heart of family in Greenwood Village

By Lexi Reich

Photography Courtesy of Zig Zag Smokin' Burger and Meatball Eatery & Libations

IN GREENWOOD VILLAGE, a local food-industry family has stirred the culinary pot. **Zig Zag Smokin' Burger and Meatball Eatery & Libations** aren't just your average eateries; they are culinary journeys driven by blending tradition with innovation, which originally began as separate concepts but now operate as a blended dining experience. Owner Brock Hopfenspirger, a scion of a restaurant family, has a strong ethos behind his blended dining destinations. Today, the dual-restaurant concept stands as a beacon of authenticity—a place where meals are a celebration of flavor, family and friendship.

"We have countless regulars and families that visit us on a weekly, if not daily, basis," says Hopfenspirger. "Guests like that really help push the business forward and remind me why I got into this industry in the first place."

For Hopfenspirger, the restaurant business isn't just a passion—it's in his DNA. Raised in a family where restaurants were a way of

life, he gained invaluable lessons from his parents who were the visionaries behind the iconic Gunther Toody's Diner. After years of industry experience and formal education, Hopfenspirger embarked on his own culinary journey, eventually establishing his two restaurants, which now occupy the very space that once housed one of the original Gunther Toody's.

Zig Zag embodies New American flair, offering an array of burgers, sandwiches, salads and entrees complemented by craft cocktails and house-made sodas. The ambiance exudes modern elegance with warm leather accents and an inviting bar. On the flip side, Meatball Eatery beckons with a speakeasy charm, boasting prohibition-style libations amidst dim lighting and brick walls. But the fusion of these concepts wasn't just strategic—it was born out of necessity. Hopfenspirger, alongside his brother Cole Hopfenspirger and wife Brittany Hopfenspirger, opened Zig Zag in August 2018 and Meatball Eatery the following

November, only to face the unprecedented challenges of the pandemic in 2020.

"Zig Zag and Meatball Eatery started as two different restaurant concepts, totally walled off from one another with different entrances and all," Hopfenspirger explains. "Then Covid happened and totally changed how we operated. We combined the two menus and brought the concepts together. This gives our guests a huge variety of menu options, cocktails and even different ambiances to enjoy."

Despite closures and uncertainties, the resilience of the team and unwavering community support saw them through, leading to a resurgence of success. Just when things were looking up, the family, the team and the restaurants were dealt another blow—the sudden death of co-owner Cole Hopfenspirger in January 2023. Once again, the family and team were forced to be steadfast. >>>

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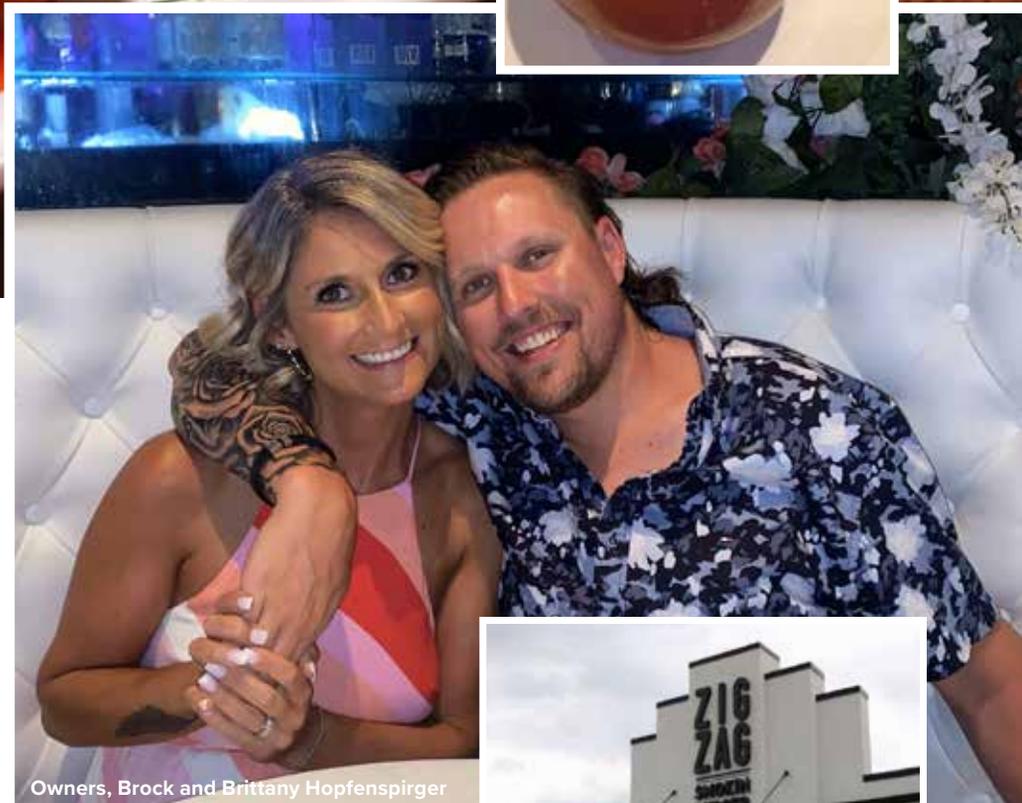
From the iconic cheeseburger to the acclaimed chicken sandwich, the menu caters to every palate, while the nightly Supper Club offerings elevate the dining experience with signature entrees crafted from scratch. Don't miss the create-your-own spaghetti and meatballs featuring four different house-made sauces and three different house-made meatballs all placed on a selection of pasta, risotto or vegetables. The bar program boasts an array of cocktails, blending seasonal favorites with classic concoctions, to imbibe with the meal.

"Our bar program is second to none in the Denver market," Hopfenspirger says. "We only use fresh squeezed juices, house-made syrups and old-school bartending techniques."

Find favorites like the Zig Zag Zombie, served flaming tableside; the Gypsy Tears, made with Irish whiskey, Montenegro Amari, strawberry syrup and fresh lemon juice; and the Tequilan Me Smalls, served with tequila, Aperol, St. Germain, honey syrup, fresh orange juice and fresh lemon juice.

Amidst a sea of chain restaurants, Zig Zag and Meatball Eatery stand tall by prioritizing quality, creativity and familial warmth.

"It is tough being a small, family-owned restaurant but I wouldn't change that for the world," Hopfenspirger says. "We have a great staff at Zig Zag and Meatball, many of which have worked with us since the day we opened."



Owners, Brock and Brittany Hopfenspirger

Working with my managers and wife every day is very fulfilling, and we strive to deliver a wonderful dining experience to every guest that walks through our doors."

While the loss of Cole Hopfenspirger has left a void, the legacy of resilience and community remains the driving force behind the Hopfenspirger's continued success. So, the next time you find yourself craving a burger, zigzag your way to Zig Zag Smokin' Burger and Meatball Eatery & Libations—where every bite tells a story. 🦋



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Kitchens We Love

Pull up a barstool and sink your teeth into these recipes for **SUCCESS IN KITCHEN DESIGN**

By Heather Shoning



Be sure to read more about kitchen design and trends in our Renovation Guide on page 28.

OFTEN REFERRED TO AS the heart of the home, kitchens are more like the central hub that holds a family or household together. They're functional, hardworking and beautiful—or at least we long for our kitchens to be all those things and more. And with the proper guidance, forethought and an eye for design, yours can be just that. Atelier Interior Design, Inspire Kitchen Design Studio and Thurston Kitchen + Bath share local kitchens that meet all these requirements so you can file away ideas and inspiration for your own dream kitchen.

MUSHROOM DELIGHT

Katie Schroder, owner and lead interior designer of **Atelier Interior Design**, thinks of mushrooms when she thinks about this kitchen. Perhaps because, like the superfood, this is a super kitchen with ample storage, high-end appliances and timeless style with a blend of old and new looks—oh, and, of course, that color palette with shades of mushroom. “The homeowners like Scandinavian design and midcentury modern, but they also have antiques, so those styles needed to converge in this space,” Schroder says. What was once a “postage stamp,” as she says her grandmother would have called it, with everything on the back wall, is now a well-designed space with creative storage and lots of countertop space, thanks to the oversized island.

Schroder captured an under-utilized closet adjacent to the kitchen to create a pantry back-to-back with a built-in hutch. The designer looked to the backsplash tile for color inspiration for the hutch, plus other striking black elements, including the pendant fixtures that decidedly blend traditional and modern aesthetics.

Some designers might have taken the off-center window as a hindrance to the room's design, but not Schroder. She harnessed it. “We made the window functional without getting rid of it—we didn't want to lose the light,” she says. So, she designed floating shelves for the things the homeowners access frequently—and it's a perfect spot for growing herbs for cooking. >>>

ATELIER INTERIOR DESIGN

atelierid.com

Appliances: Ferguson Bath, Kitchen & Lighting Gallery

Backsplash Tile: The Floor Club

Cabinetry: Abacus Cabinetry

Countertops: Daltile

Light Fixtures: Arteriors

Window Covering: The Shade Store



PHOTO BY SHAUNA INTELISANO

OPEN PLAN LIVING

Like many older homes in the south Denver suburbs, this one had a choppy floor plan, and the homeowners wanted a kitchen that would flow from one space to the next for better entertaining possibilities. The wife's sister had recently had her kitchen remodeled, and while she didn't want exactly the same style, she wanted quality and a partner to lead her through the process. That partner, the person who designed her sister's kitchen, was Angela Otten, owner and lead designer at **Inspire Kitchen Design Studio**.

Otten focuses on architectural design, so she plotted ways to open the space to the adjoining living and dining areas without sacrificing storage or functionality. The new layout absorbed an unused sitting area and required changes to the existing window plan to create a balanced look. She teamed up with Kristina Sterling of **Seek Interior Design**, who selected finishes and furnishings. Together, they turned a dark space with dated finishes and dropped soffits into a bright, airy space with custom features, maximum storage and a timeless look.

Remarkable features include the island, which has a custom stone detail to differentiate the seating side while also helping keep the long island from looking like a runway, as Otten puts it. "It made it feel more substantial as you're looking at it from the ends," she says. "It adds a little extra thought and detail to it and distinguishes the working space from the entertaining space." The custom range hood is also a standout element explicitly designed *not* to stand out. Instead, it features a soft, warm gray-washed wood surround and corbels highlighting the leathered quartzite backsplash. Touches of black and bronze top off the clean, classic design that will be in vogue for years to come.



INSPIRE KITCHEN DESIGN STUDIO

inspirekds.com

SEEK INTERIOR DESIGN

seekinteriordesign.com



PHOTO BY SHAUNA INTELISANO

Builder: The Saxton Corporation
Appliances: Mountain High Appliance
Cabinetry: Homestead Cabinet & Furniture
Countertops: The Stone Collection
Light Fixtures: Ultra Design Center
Dining Chairs: Charles Eisen & Associates



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PHOTO BY TIM MURPHY WITH FOTO IMAGERY

SQUARED-UP SPACE

Nobody puts this homeowner in a corner, but that's precisely where she had to stand to cook in the former kitchen layout—the range was angled in the corner, taking up precious space and creating an awkward layout. Kelly Jenkins, design project manager at **Thurston Kitchen + Bath**, helped the homeowner reclaim her kitchen and organize it for some serious cooking. Instead of a traditional shaker cabinet style, Jenkins specified cabinet details to suit the client's desire for a transitional style. "The eighth-inch recessed panel made it cleaner and more contemporary. And then we did the notch around the outside, which made it a little more traditional, so it doesn't look like everybody's shaker kitchen," she says.

Retaining the original flooring was important, so the cabinetry required a custom color and glazed finish to suit the space. The custom range hood is an industrial-style focal point that blends seamlessly yet punctuates the design. But the real magic in this kitchen is the hardworking functionality, which is perfect for the homeowner who loves to cook. It includes restaurant-style appliances, a pantry with five rollout shelves, a small appliance cabinet with a touch-latch to keep the countertops clutter-free, and a wine and coffee bar with pocket doors. Additionally, deep drawers flank the range for pots and pans storage, plus there's a 10-foot island with an integrated sink, a dishwasher, double waste bins and additional storage on the seating side. 🌿

THURSTON KITCHEN + BATH
thurstonkb.com



PHOTO BY TIM MURPHY WITH FOTO IMAGERY

Appliances: Sub-Zero Wolf
Cabinetry: Decor Cabinetry
Range Hood: Raw Urth Designs

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Architect: Tomecek Studio Architecture





RENOVATE!

PHOTO BY SPACEKRAFT MEDIA FOR ASCENT CONTRACTING



What you need to know to turn your little slice of Centennial State heaven into a home perfectly suited to your family's needs and design aesthetic

By Heather Shoning

WE ARE SO LUCKY IN THE Denver metro area to have an array of high-quality, high-integrity companies to help us renovate our homes. And it's a great time to invest in the home you have—not only to increase its market value, but also to increase its livability for you and your family. Let's face it: That's what really matters right up until the moment you decide you want to sell it, anyway.

If you've never done it before, tackling a large—or even a small—remodeling project can be daunting. Our aim is to help you work through some questions you might have, start thinking like a pro about your project and engage the right team to help you start it off on a solid foundation.

We have confidence that you can create the home of your dreams with its heavenly Colorado backdrop. And once you do, be sure you and your renovation team let us know! Maybe your home will be published in these pages soon!



THESE PROFESSIONALS WEIGH IN

John Pavlakovich
PROSPERITY HOME MORTGAGE
phmloans.com

Dawn Wilkinson
SIX WALLS INTERIOR DESIGN
six-walls.com

Justin Bride
ASCENT CONTRACTING
ascentcontractinginc.com

Joseph Nguyen
DREAM MAKERS LANDSCAPE
dreammakerslandscape.com

The kitchen pros at
KITCHEN DISTRIBUTORS
kitchendistributors.com

The appliance pros at
MOUNTAIN HIGH APPLIANCE
mountainhighappliance.com



PHOTO BY SHUTTERSTOCK.COM/GROUND PICTURE

ASSEMBLE YOUR TEAM

Whether you do this before, during or after you've secured funding for your project, it's an important step that requires time. Many remodeling projects take a long time to produce, so you're going to have a long relationship with the firm you select—you need to be sure you like the people on your team and that you trust them. You're putting (probably) your most significant investment—your home—into their hands.

A referral from a friend or neighbor and seeing the workmanship is always a great place to start. Look for a contractor with a good reputation and extensive experience in the type of remodeling you need. Review the contractor's portfolio to see examples of their past projects. This will give you an idea of their style, quality of work and whether they have experience with projects similar to yours. Always ask for references even if you have a referral. Legitimate and quality contractors should be able to invite you to tour past projects to see their workmanship and gauge their expertise.

Depending on the project scope, you may need an architect, engineer, contractor or builder, and an interior designer. Dawn Wilkinson, CEO and president of **Six Walls Interior Design**, stresses that homeowners should be aware that a renovation really is a team project. "One person isn't responsible for making the entire project happen," she says. "For instance, your general contractor's job often does not include making decisions with you on selections of materials. But it is *definitely* their job to help build a budget for the construction." A designer helps you make the selections, which in turn, makes the general contractor's job easier, and it allows them to provide a more accurate budget based on a detailed binder of information from your designer.

Some firms handle everything in-house—sometimes called design-build—, others have a team of independent professionals who work together on projects, and some might just give you a short list of referrals. For instance, if you first engage an architect, he or she might do the architectural plans for you, then give you a list of a few contractors they know and trust. Then, the onus is on you to interview and select one. You might need to do the same thing if you need an interior designer, too. Either way of going about assembling your team is fine, just be aware that you might need to invest significant time in this process.

Another consideration to take into account when selecting your team is communication style. You are likely to have a lot of decisions to make throughout this process, and—especially if you haven't done many renovations in your lifetime—you're probably going to have a lot of questions and concerns. Make sure your team members are responsive, listen to your ideas and concerns, and communicate clearly about timelines, budget and any potential issues that may arise. But how will you know until it's too late? This is a great topic to address with referrals and references. >>> *Continued on page 32.*

FINANCING OPTIONS

Several factors go into determining the best financing option for a home renovation. As rates fluctuate, it's important to consider whether it makes sense to use liquid capital or to borrow money, which is where a good lender comes in handy. John Pavlakovich of **Prosperity Home Mortgage**, a Berkshire Hathaway affiliate, mainly deals in primary and secondary mortgages, but the company has a division for home equity loans.

Pavlakovich says the easiest resource for funding a renovation is your home's equity. He also indicates that equity is the fastest way to access the funds—it can be two to three weeks. So, how do you know how much you might be able to borrow? Pavlakovich explains, "You take the value of your home times eighty percent, then subtract any outstanding mortgages."

A standard home equity loan uses the above calculation, and that's how much you borrow and repay over a fixed term with a fixed interest rate. Similar to a home equity loan, a home equity line of credit—often referred to as a HELOC—functions more like a credit card with a revolving line of credit. You can borrow up to a certain limit, and you only pay interest on the amount you use.

Another financing option is a cash-out refinance loan. With this type of loan product, you can refinance your existing mortgage for a higher amount than what you owe and receive the difference in cash. This option allows you to access equity while also potentially securing a lower interest rate—based on rates at the time you take out the loan, of course. A good lender will help you sort out your options and steer you in the right direction. And getting prequalified will help you set realistic budget expectations for your renovation project.



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ASSEMBLE YOUR TEAM *continued...*

Be sure your team members are properly licensed and insured and that your contractor is familiar with local building codes and regulations and will obtain any necessary permits for the project. Inquire about warranties—a reputable contractor should guarantee the work for a specific period of time, oftentimes one year. Finally, get everything in writing. A detailed contract should outline the scope of work, timeline, payment schedule and any other important terms and conditions.



WHAT ARE YOU RENOVATING?

Most of the time, homeowners commit to renovations because of a basic and very specific need. This kitchen is dated, dark and doesn't function well. The kids are growing up and we need a separate space for them to have friends over and do homework. Mom can't take care of herself the way she used to, so we need a suite for her to move into. The reasons are varied and unique to each family and home. But as a part of filling that singular need, you might also take advantage of the opportunity to increase the value of your home in ways you might not have considered. Justin Bride, owner of **Ascent Contracting** suggests looking at the neighborhood and specifically square footage of the homes around you. "I'm always a proponent of adding enough square footage to the project to make sure that the property value is in line with property values of similar homes or some of the better homes in the neighborhood," he says. If your home is already one of the largest in your area, maybe it doesn't make sense to add more space. But if it's one of the smaller homes, an addition can give you a lot of bang for your buck.

Bride also suggests that items that create greater curb appeal are good investments. "That can include a fresh and attractive front façade of the house," he says. "And that can often include new, large, dramatic windows. Sometimes that can include a new roof line, especially at the front porch. After the homeowner has checked the box for whether or not square footage is important, the next box to check off is curb appeal and providing an element of grandeur into the home."

You might be thinking: Why would I be considering these things if I really just want a new kitchen? Well, if you're making the investment of time and money, why not just

»»» *Continued on page 36.*



THE DESIGN INQUISITION

OK, it's not *really* that intense, but your team should be trying to get to know you so they can learn about your design aesthetic, how you live and how you want to live in your home. Dawn Wilkinson, of Six Walls Interior Design, says engaging in conversation and gathering information in person helps both the homeowner and the designer establish their communication style. "It's really critical from the very beginning so that they know that they can trust us with sensitive information," she says. "When people are sharing what their budget is or what their lifestyle is in their home, that's a lot of information, and they're entrusting with us to be good stewards of it."

During the onboarding process, the Six Walls team aims to learn as much as possible about family structure and dynamics and how the different people who live there currently—or those who may live there in the future—impact the decision-making process and also the design elements they might present to the homeowners.

As the conversation around design style, aesthetics, colors and more, gets underway, Wilkinson says her team finds homeowners generally fall into two camps. One client may love spending hours pinning inspiration photos, while for another it might be better for a designer to spend time with the client in his or her current home. Either way, one thing Wilkinson stresses is that it's important for homeowners to share what they *dislike* as much as what they like. It creates an information amalgamation that makes it easier to decipher a client's wishes. Communication—it's key.

BUDGET AND TIMELINE

As you can imagine, renovation projects run the gamut for both budget and timeline, but it's important to have a realistic starting point. Remodeling Magazine puts out industry stats regarding project budgets in metros across the country in its Cost vs. Value Report. Many local high-end remodeling companies say the numbers are 5- to 10-percent lower than the projects they produce. The most recent numbers for the Denver metro area were released in 2021, and they say the average job cost for an upscale bathroom addition is slightly more than \$100,000; an upscale major kitchen remodel comes in at more than \$150,000; and an upscale master suite addition is more than \$300,000.

A note about the process of defining your project and the cost: As you work through the design phase, you'll have the opportunity to add and subtract elements of the project to "value engineer" it to fit your budget. Sometimes, homeowners exceed the "budget" after getting into the design phase and starting to deep dive into what's really important. Just keep in mind what Justin Bride of Ascent Contracting says about meeting the value of area homes—you don't want to overbuild for your neighborhood. Dawn Wilkinson, of Six Walls Interior Design, adds that scope creep—yes, it's a real thing—can happen, and a good design professional will help highlight the areas of impact that extend beyond the originally considered area of work. A sightline from a shiny new kitchen with a newly opened floor plan into a living area with a dated fireplace feature wall can be cause to increase the project scope and, hence, the budget.

»»» *Continued on page 36.*

INSPIRE KITCHEN DESIGN STUDIO



Design is in the details....

Interior design by: Boland Lord Design



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PHOTO COURTESY OF DREAM MAKERS LANDSCAPING

BEYOND THE HOUSE

Thanks to our 300+ days per year of sunshine, (generally) mild temperatures and limited numbers of pesky bugs, Coloradans embrace indoor-outdoor living with the best of 'em! If you're fantasizing about turning your yard into something special, an outdoor project might be on your bingo card. An outdoor living area can significantly increase your home's usable living space, providing room for alfresco dining, entertaining, family movie night and more. Additionally, it provides health benefits associated with being in connection with nature.

A renovated—or completely new—outdoor living area can be a sanctuary for relaxation and rejuvenation. Create a cozy seating area, add comfortable furnishings and incorporate elements like water features or

a fire pit to create a tranquil oasis where you can unwind and enjoy entertaining and family time. Think about the way you want to use the space whether it be for hosting gatherings, barbecues, parties and other social events. Perhaps you just want expanded space for spending quality time with family and loved ones, playing games, having meals together or simply relaxing outdoors. Or maybe you'd like a nice spot for outdoor activities including gardening, yoga or other exercise. Maybe you want all of the above—and with proper planning and guidance, you can have it.

To experience the best of both worlds, homeowners are taking a hybrid approach to indoor-outdoor living. Joseph Nguyen, owner of **Dream Makers Landscape**, says he's seeing many metro



area residents opting for an upscale enclosed patio. “We’re building patio covers and full glass walls that you can fully open,” he says. “We use NanaWall—bi-folding doors that you open completely. They’re frameless, so they look really good.”

Nguyen says many of his clients have kids entering their teen years, and the parents want their home to be the hang-out spot for the kids and their friends. Those projects tend to include such things as sport courts, in-ground trampolines, pools and hot tubs, in addition to the outdoor living areas. >>> *Continued on page 36.*

KITCHEN TRENDS & TIPS

According to home and design website, Houzz, of 2021 remodeling projects, kitchen renovations were the most popular and accounted for the highest budget. Homeowners invested 25 percent more in kitchen upgrades in 2021 than in 2020, and certainly the trend continues as the kitchen isn’t called the “heart of the home” for no reason. We love our kitchens. Here are some top Denver-area trends.

KITCHEN DESIGN TRENDS FROM THE DESIGNERS AT KITCHEN DISTRIBUTORS

Cabinetry lighting has emerged as a top functionality trend, providing both practical illumination and aesthetic appeal. Integrated LED lighting within cabinets and drawers not only improves visibility but also adds a touch of sophistication to the kitchen environment. These subtle yet impactful lighting solutions enhance the overall ambiance while making it easier to locate items stored within cabinets and drawers.

Say goodbye to clutter. Hidden pantries are taking over. Concealed doors are being used to hide walk-in or cabinet-style pantries, maximizing storage space while maintaining a clean and organized kitchen.

The concept of work zones is taking center stage, offering a more flexible and practical approach to organizing cooking spaces. Here’s how work zones could be organized and what tasks typically belong in each one:

Preparation Zone: This area is dedicated to food preparation and often includes the countertop space adjacent to the sink. Key features may include a large, durable work surface for chopping, slicing and mixing ingredients, as well as storage for cutting boards, knives and other utensils. It’s essential to have easy access to water and adequate lighting in this zone.

Cooking Zone: The cooking zone revolves around the stove or cooktop and is designed for tasks such as sautéing, boiling and baking. Nearby storage for pots, pans and cooking utensils is essential for quick and convenient access. Ventilation is also critical in this zone to remove cooking odors and heat.

Storage Zone: This space encompasses cabinets, drawers and the pantry for storing dry goods, canned items, small appliances and cookware. Efficient organization and accessibility are key, with features such as pull-out shelves and adjustable dividers, maximizing storage capacity and usability.

Cleaning Zone: The cleaning zone centers around the sink and dishwasher. Ample countertop space adjacent to the sink allows for easy dishwashing and meal cleanup, while storage for cleaning supplies and trash and recycling bins should be conveniently located nearby.

Service Zone: The service zone functions as a secondary preparation area for serving meals, making drinks or assembling snacks. It may include features such as a beverage center, wine refrigerator or countertop space for setting up a buffet or coffee station.

Tip: When weighing the decision between remodeling an existing kitchen or building a new one, homeowners must prioritize several key factors. First, the existing space and layout play a crucial role in determining the extent of alterations possible. Remodeling projects often require working within the confines of the current structure, while building a new kitchen offers greater flexibility in designing the layout and cabinetry placement from scratch. Second, budget considerations are paramount. Remodeling the existing space may be more cost-effective due to utilizing existing infrastructure, but unexpected challenges can arise, impacting overall costs. Conversely, building a new kitchen allows for allocating budget towards custom cabinetry and premium materials without retrofitting constraints. Finally, functionality and lifestyle needs should guide the decision-making process. Remodeling offers the opportunity to address specific pain points or inefficiencies in the existing layout, while building new kitchen allows for a customized design tailored to suit the homeowner’s lifestyle preferences seamlessly. >>> *Continued on page 36.*

WHAT ARE YOU RENOVATING? *continued ...*

do it once? When you're spending well into six figures, which can be the price tag on a renovation in the Denver metro, leaving the front façade of the home untouched would be remiss. Additionally, consider the big-ticket items in your home that are possibly outdated.

"In the southern suburbs, it was very common in the eighties and nineties to put in wood windows that are possibly double pane, but they've probably exceeded their lifespan," Bride says. "I'm sure all of the seals are starting to go out, the double-paned window panels are starting to get condensation." Plus, window technology is much better today, so why not upgrade to something more efficient and better quality?

As you consider the project scope and your budget, it's important to have a realistic understanding of project costs as well as how long a project might take.

BUDGET AND TIMELINE *continued ...*

Establishing a contingency fund is a great solution to help meet budget creep. Oftentimes, your contractor will build a contingency into your project budget, knowing that these things occur regularly. Make sure you understand how much contingency is figured into your budget—if any.

Project timelines can be just as slippery as the budget. Your contractor will be able to set a realistic timeframe once the drawings and designs are finished. But remember that permitting and changes to the project once it's underway will affect timelines. In recent years, we've also seen major disruptions due to supply chain issues. While much of this problem has subsided, there can still be residual effects of a backlog on certain materials. Be sure to ask your contractor how these issues might affect your project schedule.

Based on the scope and project timeline, you might need to move out of your home for a period or make arrangements to completely vacate some areas of your home. For instance, if you're remodeling your kitchen, will you eat out every night? Do you have a refrigerator in another area of the home where you can at least have staples and snacks on hand? Do you have a friend or family member who will let you "borrow" their kitchen on occasion? Put a plan in place before the construction starts to eliminate headaches and to set clear upfront expectations for your family about how you will be dealing with this disruption to everyday life.

BEYOND THE HOUSE *continued ...*

"We listen to our clients and whatever style they want—modern, traditional, transitional, mid-century—we can design it," Nguyen says. "Many of our projects are designed and engineered. We have a standard—our projects are built to last."

Your outdoor living spaces should be designed for you and the way you want to live outside—and inside—your home, but an added bonus to creating a really great outdoor space is increased property value. It adds curb appeal, improves the overall aesthetics of your home and makes it more attractive to potential buyers if you decide to sell in the future.

"You gain a lot of value, and you have your own sanctuary—it's a place to wind down," Nguyen says.



PHOTO BY EMILY MINTON REDFIELD

TRENDS & TIPS *continued ...*

No kitchen renovation would be complete without the latest in appliance technology.

THE PROS AT MOUNTAIN HIGH APPLIANCE SHARE TRENDS IN ESSENTIAL KITCHEN APPLIANCES

Induction cooktops are hugely popular and have been in the Denver market for years, mainly because of its faster response and speed versus gas. Dual fuel is extremely popular because it gives you the best of both worlds with the gas cooktop performance and the electric oven performance.

The double appliance trend is strong in custom, luxury homes in the Denver area. We see trends for double refrigeration (refrigerator and freezers in the scullery kitchen or service pantry). The appliances in the main kitchen are for show and are nicely organized, while the appliances in the service pantry are the work horses. Some customers opt for the "professional" dishwasher in their service pantry which offer a quick (but loud) cycle. They are great for cleaning up after larger dinners or parties. Multiple ovens, ranges and wall ovens are popular for those that love to cook or have larger families and gatherings. Multi-use ovens with a traditional oven plus other modes of cooking—such as air fry and steam cooking—are gaining popularity for busy families.

Tip: When remodeling—especially if you're not replacing cabinetry—the main consideration is making sure your dream appliance will fit and that you have the necessary utilities to it (i.e. gas or electric). 🐝



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NOURISHING

Tackling food insecurity in Colorado

By Lexi Reich



PHOTO COURTESY OF AMERICORPS

EVERY DAY, HUNDREDS OF THOUSANDS of Coloradans are forced to make the choice between purchasing groceries or other necessities, like medication.

Food insecurity is defined by the USDA as a lack of consistent and equitable access to healthy, safe and affordable foods. According to a 2021 survey by Hunger Free Colorado, one in three Coloradans lack reliable access to nutritious food. Plus, data shows participation in state food assistance programs has surged even beyond the challenges posed by the pandemic.

COMPROMISED COMMUNITIES

Ally Reeder believes access to a culturally acceptable and nutritionally adequate diet is the natural intersection of two things: social justice and farming. As an AmeriCorps service member, her dedication to those entities has found a perfect confluence in food security work.

“Food security is such a prevalent and indiscriminate issue that presents in so many different ways,” she says. “It is something that people experience daily and may not even recognize it.”

Food insecurity manifests in various forms, ranging from outright hunger to subtle dietary deficiencies. Today, rising costs across essential aspects of life, from groceries to healthcare, have exacerbated financial strains for many families. Food, unfortunately,



Communities

PHOTO COURTESY OF MOUNTAIN ROOTS FOOD PROJECT

becomes an easy expense to trim, leading to declined nutrition and heightened stress levels. Consequently, Food Bank of the Rockies reports one in nine children are experiencing food insecurity, which can hinder childhood development.

Yet it's not merely a matter of financial scarcity, but also an issue of accessibility, especially evident in underserved areas designated as food deserts. Non-white and Latinx households experience the greatest disparities when it comes to putting food on the table. Reeder says addressing these multifaceted challenges necessitates a holistic approach, combining education, resource provision and community support. >>>



PHOTO COURTESY OF MOUNTAIN ROOTS FOOD PROJECT

“Food security is such a prevalent and indiscriminate issue that presents in so many different ways.”

—ALLY REEDER

SOWING THE SEEDS

Reeder joined the **Mountain Roots Food Project** last July as an avenue to not only cultivate crops but also foster community bonds and address systemic issues affecting the state's compromised communities.

"Our local food systems, and those who rely on it, are struggling," says Mountain Roots executive director Holly Conn. "The number of farms and farmers continue to decrease in the U.S., and food insecurity levels are rising."

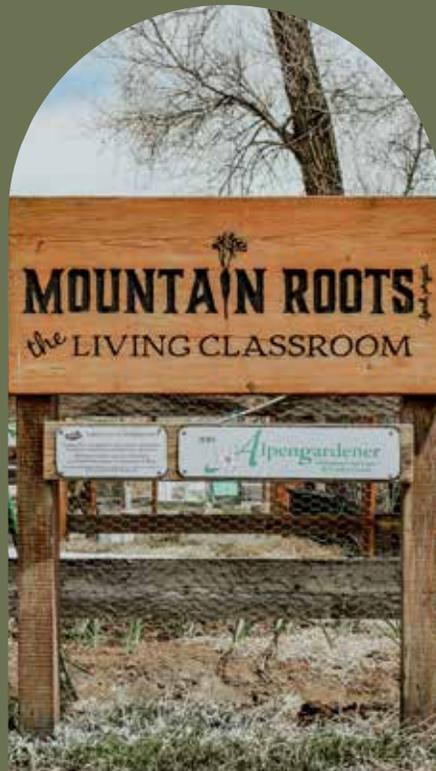
Based in Gunnison, Mountain Roots is spearheading initiatives to combat food insecurity in Colorado through diverse programming funded by grants and community donations. From school-based nutrition education to community cooking classes, the organization works to empower individuals with the knowledge and skills to make healthier food choices.

In 2023, Mountain Roots distributed 6,288 produce boxes, serving more than 250 individuals each week. Its team grew 1,500 pounds of food from community gardens and hosted 38 volunteers who contributed 414 hours within the food security program, where 22 percent of recipients belong to minority groups.

By facilitating access to locally sourced produce, instilling lifelong farming skills and acquainting children with local agriculture, Conn credits Mountain Roots for enabling individuals to obtain fresh food from their own yards and nearby communities, "which is better for our health, the economy and the planet," she says. "Essentially, we're getting back to our roots." >>>



PHOTO COURTESY OF MOUNTAIN ROOTS FOOD PROJECT



PHOTOS COURTESY OF MOUNTAIN ROOTS FOOD PROJECT

"The number of farms and farmers continue to decrease in the U.S., and food insecurity levels are rising."

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ADDRESSING THE ROOT CAUSE

The Colorado Department of Agriculture established the Community Food Access program in the spring of 2022 to improve access to healthy food in communities that lack it. It now includes a refundable tax credit for small food retailers and family farms that make equipment purchases or incur delivery or distribution fees to increase access to healthy food in low income and underserved areas of Colorado.

The state government also supports programs like **Colorado Proud**, which helps consumers recognize products made, grown and raised in Colorado. The database features a community of food-related businesses, with regional favorites like Palisade peach growers. The idea is to stimulate the local economy while promoting fresh food and helping the environment.

In the pursuit of food security, those on the ground emphasize that awareness and education are as crucial as direct assistance.

“If [a family doesn’t] have access to a kitchen, find an alternative such as a crockpot that would allow them to prepare meals,” Reeder says. “Support local food pantries and supply them with more than just canned goods, but actually nutrient-dense items like fresh produce, nuts and whole foods.”

Community-led nonprofits like **The GrowHaus** specialize in serving Denver’s Latinx community with culturally appropriate ingredients they’ll actually use, like rice, beans, tortillas and Maseca (corn flour). Both The GrowHaus and Mountain Roots provide free produce boxes to ensure nutritious food reaches those in need without imposing income qualifications.

“Food security interests me because it affects everyone that eats,” Reeder says. “We hope to improve education and awareness surrounding this issue by addressing food security from more than just a ‘solving hunger’ perspective, but also continuing to educate about nutrition and working to improve equitable access to nutritious food.” 



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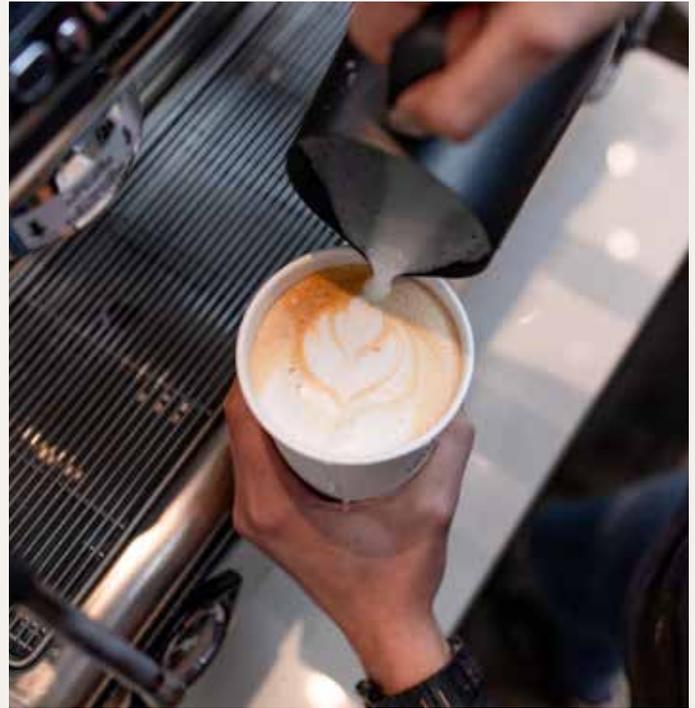
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GIRLFRIEND *Getaway*

THE INVERNESS DENVER offers a healthy itinerary for a girls' staycation

By Heather Shoning

Photography Courtesy of The Inverness Denver



GATHER YOUR GAL PALS and head to one of the area's top resort locations for an action-packed yet relaxing staycation this spring. **The Inverness Denver** offers the perfect place to get away from it all while enjoying all the things you love: friends, food, activities and a luxurious spa!

DAY ONE

Start your stay in a luxurious executive room or suite, which grants you access to the executive lounge. You'll enjoy a dream-inspiring bed with Touch of Down pillows, a down-filled comforter, modern furnishings, breakfast credits and all the top-notch amenities you've come to expect from a Hilton property. If you choose a suite, you'll enjoy a sunken living room and a private balcony. Both room types offer expansive views of the magnificent Rocky Mountains or The Inverness Golf Course.

Now that you're settled, hit the links to get your steps in and enjoy a round of golf with the girls. The Inverness Golf Course is a beautiful, playable and challenging 18-hole championship golf course designed by J. Press Maxwell—one of the pre-eminent golf architects in America. You and your friends will love the course's gentle but unforgiving slopes, rolling hills and deep bunkers.

Power up with some snacks, unique cocktails and, of course, beer at The Inverness Denver's Breckenridge Brewery Ale & Game House. This lively gathering place offers expansive views of the golf course, and it's a local's favorite to gather, relax and enjoy the ambiance. Challenge your girlfriends to traditional pub games, including shuffleboard, darts and billiards, for fun, friendly competition. The outdoor beer garden provides comfortable community-style tables and casual seating and is ideal for enjoying a Colorado craft brew after your round of golf.

Get dressed up for dinner at the resort's Fireside Bar & Grill, where you'll enjoy a delicious dinner with panoramic views, a cozy fireplace and a menu focused on locally sourced ingredients. Share the tuna carpaccio with avocado, house ponzu, micro herb salad and Fresno chiles and pork belly tacos with Chinese five spice, pepper soy glaze, pickled onion, pickled cucumber and sweet vinegar slaw for starters. Hearty dinner options include whole Rocky Mountain trout with toasted almond, brown butter, sherry vinegar, fingerling potatoes, blistered cherry tomatoes and frisée salad or try the Bootheel 7 Ranch burger with bacon and onion jam, aged white cheddar, frisée, house sauce and French fries. A unique selection of local wines, spirits and beers complement the unique cocktails, such as the signature Millionaire Margarita and a smoked old fashioned.

Head back down to Breckenridge to wind down your evening at the outdoor fire pits. There's nothing better than gathering around the fire to share stories and catch up on news with your besties. >>>



DAY TWO

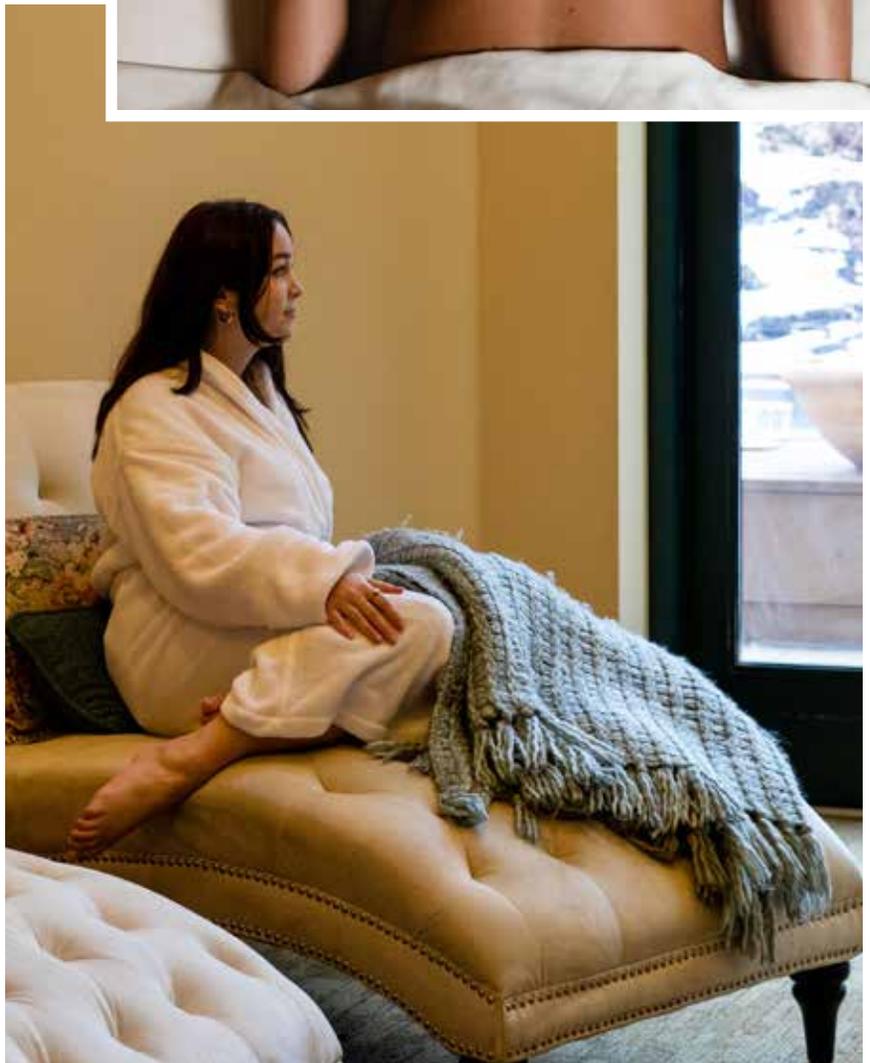
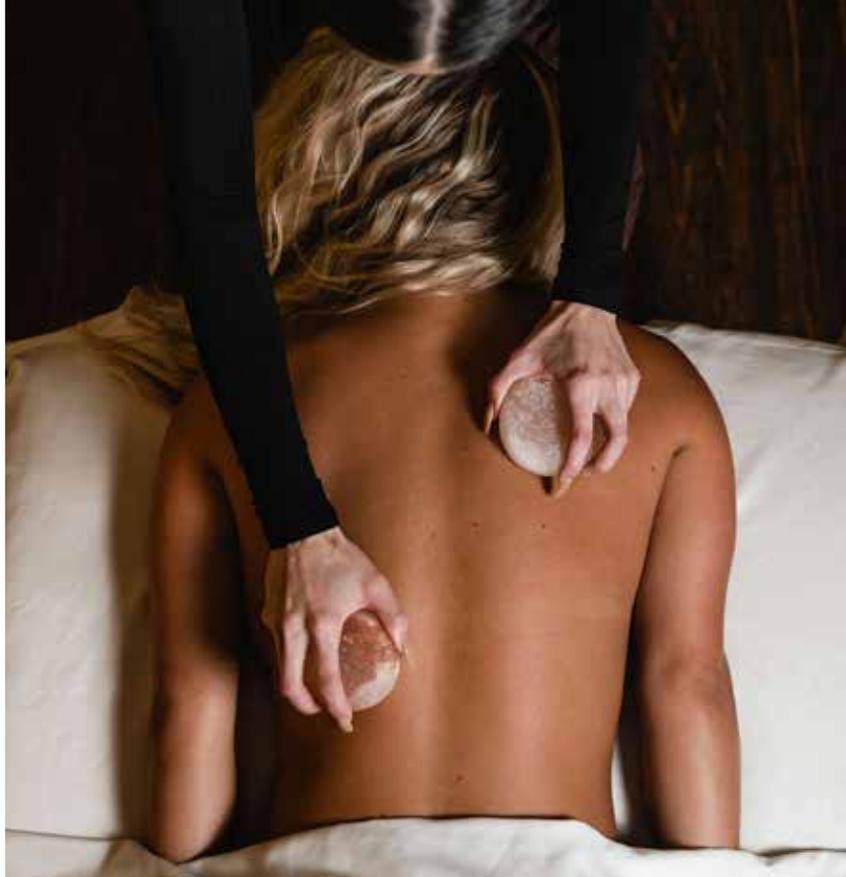
Start the day with a healthy breakfast and power up for some pickleball or tennis. The Club at Inverness features impeccably maintained outdoor courts, including one tennis court, one hybrid court for pickleball and tennis, and two pickleball courts available for free play as well as lessons. Grab your complimentary rackets and tennis balls at the front desk. Take advantage of the 24-hour fitness center with its wide variety of Precor cardio and weight equipment, including spinning bikes, elliptical machines and free weights. Ask at reception to find out about guided classes.

After your matches or workouts, you and the ladies will enjoy a relaxing afternoon in the spa to ease sore muscles. One of the area's hidden gems, The Spa at The Inverness Denver offers a tranquil environment and relaxing retreat with myriad body treatments for a complete afternoon of pampering. Massages include those designed for slumber and recovery, plus you can add enhancements such as CBD massage oil, paraffin and more. Face feeling a little neglected? No problem! Several types of facials are available, and they also have enhancement options.

One of the best ways to enjoy the spa is by having one of the signature body treatments, such as the evergreen body treatment during which you'll receive a full body polish to eliminate outside toxins and impurities and to help promote cell turnover. Then, you'll enjoy a gentle body massage with evergreen oil to awaken your senses with the aroma of evergreen forests. Divine just reading that, right? What busy woman wouldn't love the hot honey foot treatment? It starts with a gentle foot polish using a sweet cream sugar scrub, followed by a wrap with honey heel glaze made of a Texas wildflower honey-based serum that seals in moisture and brings rich color back to tired feet. This service finishes with a relaxing foot rub to ease sore and tired feet.

If you're up for it after your pampering, take your group for a dip in the outdoor pool and relax in a cabana with snacks and beverages with poolside service from the Splash Pool Bar. The indoor pool is comfortably heated and ideal for swimming laps, and the adjacent whirlpool is excellent for winding down or soothing muscles.

Depending on when you visit, The Inverness Denver hosts events, special dinners, live performances and more. Plus, there's the fantastic Sunday brunch outside at Garden Terrace restaurant featuring classic breakfast dishes, seafood, salads, light lunch and the option to enjoy unlimited mimosas (for an extra charge). The Inverness Denver is the perfect staycation spot to relax and unwind for a long weekend with friends. 🦋



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THRIVING, NOT JUST SURVIVING

A NEW ADAPTIVE PROGRAM center at Jefferson County Fairgrounds brings beloved outdoor activities to Coloradans living with disabilities

By Kristin West

Photography Courtesy of NSCD



THE NATIONAL SPORTS CENTER for the Disabled (NSCD) has helped individuals living with disabilities rekindle or discover the joy of outdoor sports for the last 54 years. This spring, the NSCD expands its reach and offers more programs from one new central location, the NSCD Adaptive Program Center at the Jefferson County Fairgrounds.

NSCD president and CEO, Julie Taulman, says the new location will allow them to be more efficient and serve more participants at one time. “Being able to store all our equipment and host groups in one place is going to be key,” she says.

Activities at the NSCD Adaptive Program Center are basically anything you can think of as a Colorado outdoor enthusiast including archery, rock climbing, paddling, hiking and its newest additions, road cycling and mountain biking. Thanks to a private donor, the NSCD was able to fund a fleet of bikes, which will give participants the chance to explore their love or curiosity for mountain biking or cycling—something the organization says everyone should have access to in their lifetime.

The joy of watching individuals have “aha” moments is what inspires the volunteers and staff at the NSCD the most, Taulman says. “Some of the participants are just learning how to live with their new disability, but we are here to teach them how to thrive. We help them learn to engage and socialize, to

become independent and stay healthy, and really be in the outdoors and active,” she says. “When we see someone out paddling or cycling when they thought they would never do that again, that’s what it’s all about.”

In addition to hosting private lessons, group lessons and hospital groups, the adaptive center will host school groups, a program which is grant funded and reaches many children who may not otherwise have access to the NSCD. “We show these kids that there are activities out there for them, that they don’t have to sit on the sidelines or be the sports manager; they can be part of the team,” Taulman says.

Having an adaptive center in the Front Range aligns with the NSCD mission to empower individuals to partake in the joy of outdoor recreation, as it is surrounded by stunning Colorado mountains and greenery. Once participants master the skills they need in their chosen sport at the adaptive center, they can take their skills to the mountain adaptive trailways or other off-site locations, or they can continue to try new things at the adaptive center. “I think the participants will start to feel like our space at the Jefferson County Fairgrounds becomes their home away from home,” Taulman says.

The NSCD is a nonprofit organization always looking for volunteers and donations to maintain its mission. 🌱

To learn more visit [nscd.org](https://www.nscd.org)



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HIT THE GROUND *Stunning*

Run—don't walk—into the wardrobe you've dreamed about with **HELP FROM A STYLIST**

By Amanda Lacey



EVER TAKE A LOOK at your closet and think: “I have nothing to wear.”? It happens to the best of us, and it oftentimes makes the simple task of getting dressed in the morning feel like the most daunting. Local stylists weigh in on the benefits of hiring a pro to outfit your closet and embrace your style.

A personal stylist is not just for stars and celebrities. Hiring a pro is a way of investing in yourself—to help you feel more confident in the clothes you're in, to improve your image and to help you show up in the world as your best self. Anne Liebman, **SheStylesCo** founder and style consultant, says it best: “Ultimately, a style uplevel is important for anybody. Whether it's for work where a person needs to step into that elevated version of themselves to move forward confidently and feel amazing, or it could be a stay-at-home mom who is ready to invest in herself and rediscover her identity.”



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Even in a work-from-home era, it's important to feel your best—some days that might be loungewear but more often than not, it's much more than that. And who doesn't long to have a "style" that suits her every mood? "Every one of us is sending a message about who we are with the way we look and dress," says Sandi Mele of **The Style Shop Personal Styling**, "and it matters that we send an accurate message no matter the season of life we're in." She goes on to say that working women need to know how to dress for the part as does a young mom looking to feel good in her new postpartum size and shape.



PHOTO BY SHUTTERSTOCK.COM/PIXELHEADPHOTO DIGITAL SKILLET

"There's no shame in asking for help when it's needed."

—SANDI MELE

Sometimes help and direction is exactly what's needed. Even having a closet full of clothes doesn't ensure they'll come together to create a seamless personal style. It could be that you're missing a few foundational pieces to optimize key outfits. Or maybe you're looking to build a whole new look and wardrobe to suit. The great thing about personal style is just that—it's personal. To hire a pro to help you look, feel and dress your best doesn't mean you have to have a bold style statement. It could just be embracing the best-fitting jeans and white t-shirts, but if bold is your thing, then go for it! And if you're not quite sure, get some guidance. "There's no shame in asking for help when it's needed," Mele says.

That's where the pros come in. While every personal stylist likely approaches the task differently, the commonality is helping people step into the next level of style and getting them set up with the right wardrobe pieces while filling in any gaps along the way. A stylist will come in with a Marie Kondo-esque mindset—reviewing and auditing your closet, editing and organizing it, then taking it a step further by creating a shopping list (some even do the shopping for you), and providing styling tips and tricks along with Polaroids of outfits so you have a reference to take out any future guess work.



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Stylists agree it's important to get clear on your style vision. Consider the fit and style of your clothing and if they're right for you. Invest in good quality pieces, avoiding fast fashion—timeless, classic, essential pieces will go a long way. "Once you have the foundation of your wardrobe, then you can have fun mixing in layers, accessories, shoes, etcetera, creating an endless amount of outfits and a well-curated closet," Liebman says.

The best part of recruiting a personal stylist or image consultant? "The time that will be saved," says Rachel Dee of **Rachel Dee Style**. Having someone zero in and do the hard work all while saving you from frustration, anxiety and confusion is exactly what professional stylists do, whether you're looking for a wardrobe refresh or simply ready to start all over. "It's all about the mental and emotional lift when you look in the mirror and feel good about yourself," Dee says. "You're faced with too many choices and decisions in a day, so we'll help to simplify and find the things you truly love and feel best in." 🐝

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“I learned to love good food and that it makes people happy.”

—PATTER GERSUK

REAL FOOD BARS

PATTER GERSUK saw a need in the crowded energy bar market and launched an encore career

By Kastle Waserman

Photography Courtesy of Patter Gersuk

PATTER GERSUK WASN'T EXPECTING to start a second career in her 60s. But when she began making her nut and fruit bars as snacks for her family, her son-in-law, a lacrosse player, started eating them and commented, “You should sell these. I’ve been eating energy bars since I was eight years old, and most of them taste terrible. They’re full of junk, and they don’t actually sustain me. Your bars keep me going.”

Gersuk, a Le Cordon Bleu–trained chef who already had a career that included teaching cooking classes at Williams-Sonoma and working as a staff educator at Whole Foods, admits she rolled her eyes at the thought of entering an already crowded market. But she decided to go to the stores and look at the energy bars on the shelves.

“I was surprised at how many additives are in them,” she says. “That’s not real food. I couldn’t believe it.” She realized hers were the only ones with pure food, and she may be on to something: Patterbar.

Gersuk started selling her Patterbars at Cherry Creek and Pearl Street farmers markets. The positive response to the taste and the fact that the bars contained no added sugar encouraged her to keep going. But launching a product business with no business background was no easy feat.

She found there’s a lot involved in bringing a product to market, from finding the right manufacturer to creating the packaging. She tried out different co-packers, many of whom tried to sway her to add ingredients to make the bars easier to produce. >>>



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“I tell people to look at the ingredients. It’s just food.”

—PATTER GERSUK



But Gersuk stood firm on her original recipe: pure food, nothing else. Even if it means the cost has to be high because ingredients with no added chemicals are more expensive. She also competes against bars selling for less. She leans into inspiration from her mother and grandmother’s love of food and cooking. “They entertained a lot, and there were no shortcuts. It was always beautifully done,” she recalls fondly. “I learned to love good food and that it makes people happy.”

Gersuk says she’s received a lot of help from the Denver Economic Development and Opportunity Division, the Colorado Enterprise Fund and Colorado Food Works, which support small businesses and entrepreneurs in the city.

“If anybody offers to help, I follow up,” she says. She’s determined to reach people who want real food and good taste over cheaper bars filled with junk. She’s so confident she puts her name on the bar, a childhood nickname her sister gave her, instead of using her given name, Mary Patricia.

The four flavors of Patterbars are now in specialty stores such as Natural Grocers. Gersuk says what she loves most is talking to people in demos and at farmers markets. “I tell people to look at the ingredients,” she says. “It’s just food. You can understand it. Then people are willing to pay for that.”

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Privileged *Play*

THE CLUB AT RAVENNA'S La Bella Vita fitness center makes staying fit seriously fun

By Kim D. McHugh



PLAY 18 HOLES ON THE CLUB AT RAVENNA'S 7,263-yard golf course, and “getting your steps in” gains new meaning. But golf is only one way to keep fit as a member of this gated community, thanks to the club's fitness center, which is as architecturally gorgeous as it is a destination to stay fit.

“We had an opportunity to build a unique building that makes an architectural statement and creates an inviting sense of arrival for our members. We like Tuscan and wanted to convey a classic Italian feel, and I think we've accomplished it,” says Kevin Collins, the club's owner and CEO.

Opened in 2018, La Bella Vita (the good life in Italian) is an 11,000-square-foot, three-story structure just a pitching wedge from Villa Ravenna, the club's 25,000-square-foot clubhouse. Home to three fitness areas, a swimming pool and hot tub, La Bella Vita is ideal for workouts, swimming laps, or just chilling with your girlfriends on the sprawling, cabana-dotted patio or around the circular firepit savoring a sauvignon blanc.



Upon entering the oasis, the calming effect is immediate. Credit a decor featuring pastels of green, yellow and blue integrated with soothing earth tones. On your left, the bright and airy space is dedicated to cardio and functional fitness, where an array of stair climbers, treadmills, spin bikes, and Pilates and muscle-toning machines are positioned in front of a wall of windows to showcase views of the foothills. Separated by a bank of glass doors, the adjoining fitness space serves primarily as a yoga studio. Also, it includes two Balanced Body reformers, the CoreAlign and a Bodhi Suspension System. A Yoga Wall doubles as a barre wall to further the flexibility needs of members.

The lower-level space is dedicated to weightlifting, where you can build and tone muscles via free weights, rowing machines, and bench pressing and resistance machines. At the same time, heavy punching bags and jump ropes bring out the “Million Dollar Baby” in you.

Flexing its “girl power” muscles, the club has a roster of certified fitness professionals, including personal trainer and yoga aficionado Patience Hooks, yoga instructor and Hot Power Fusion—certified Ruthie Laford, and Pilates instructors Andrea Fowler and Olivia Grace Wolfe. Whether you’re new to fitness or fine-tuning a program you’ve been doing for years, guidance from this team keeps you focused on boosting cardio stamina, improving flexibility and balance, and toning muscles.

“Pilates is versatile with how it strengthens muscles under spring tension load,” Fowler says. “Joe Pilates once said, ‘In ten sessions, you will feel the difference, in twenty you will see the difference, and in thirty you’ll have a whole new body.’ As we age, Pilates can be key in keeping correct posture, which can take years off our appearance!”

Outdoors, Il Prato offers poolside pastime at its finest with striking views of the foothills, loads of lounge space, private cabanas and poolside fitness classes. Overlooking the 18th green, The 19th Hole is a popular spot for post-round, post-workout gatherings. Its inviting terrace and foothills vistas go hand-in-golf-glove with executive chef Hughes’ health-oriented cuisine that features a red grapefruit and avocado salad, Thai chicken or cashew beef lettuce wraps and a roasted sweet potato burrito bowl.

Meeting friends at the club is perfect for whiling away the upcoming summer days. Whether you long for a day lounging by the pool or a challenging workout—on or off the course—membership at Ravenna has its privileges. 🦋

“We had an opportunity to build a unique building that makes an architectural statement and creates an inviting sense of arrival for our members.”

—KEVIN COLLINS, OWNER AND CEO

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We offer four packages, each tailored to fit your golfing needs. Golf Passports can be purchased at ColoradoAvidgolfer.com, or Denver Area PGA Tour Superstores, or you can simply scan the QR Code on the next page.

70+ Amazing Golf Offers, including:

- +THE RIDGE (SAVE BIG!) - EXCLUSIVE
- +COMMONGROUND (FROM \$75) - EXCLUSIVE
- +GREEN VALLEY RANCH (FROM \$42) - EXCLUSIVE
- +RACCOON CREEK (FROM \$55)
- +LONE TREE (FROM \$81)
- +SOUTH SUBURBAN (FROM \$64)
- +KEYSTONE RIVER & RANCH (FROM \$100)
- +POLE CREEK (FROM \$84)
- +GRANBY RANCH (FROM \$60)
- +HYLAND HILLS (FROM \$32)
- +VAIL GOLF CLUB (FROM \$72)
- +GRANBY RANCH (FROM \$60)

DRIVE THE COURSE

Every deal comes with a complimentary golf cart!

IMPROVE YOUR GAME

Offers from GolfTEC, Topgolf, 5280 & more!

LOOK GOOD

Enjoy exclusive deals from Pins & Aces and PGA Tour Superstore



THE ACE

\$129.95* (plus S&H)

- ▶ Amazing Golf Discounts
- ▶ Free Golf Cart Every Round
- ▶ Retail & Dining Discounts
 - ▶ GHIN & CGA Benefits
 - ▶ Free Dozen Srixon Balls

THE EAGLE

\$109.95* (plus S&H)

- ▶ Amazing Golf Discounts
- ▶ Free Golf Cart Every Round
- ▶ Retail & Dining Discounts
 - ▶ GHIN & CGA Benefits

THE BIRDIE

\$74.95* (plus S&H)

- ▶ Amazing Golf Discounts
- ▶ Free Golf Cart Every Round
- ▶ Retail & Dining Discounts
 - ▶ Free Dozen Srixon Balls

THE PAR

\$59.95* (plus S&H)

- ▶ Amazing Golf Discounts
- ▶ Free Golf Cart Every Round
- ▶ Retail & Dining Discounts



**GOLF PASSPORT MEMBERS
GET EXCLUSIVE DISCOUNTS
ON TOURNAMENT SERIES
& PRIVATE PLAY DAYS!!**

Ready to Tee Off?
**SCAN THIS QR CODE
TO PURCHASE!**



2024 Member Privileges. All rates include a cart unless specified. Visit coloradoavidgolfer.com/golf-passport for complete details regarding rates, available tee times, number of rounds and reservation policy. Tee time requests are on a space available basis to Golf Passport members and participating courses' rain check policies will apply. Unless otherwise stated, the golf offers are good from January 15, 2024 – December, 31 2024, excluding holidays, special events, tournaments or closure to environmental or economic conditions. Mountain seasons may vary slightly. The Golf Passport is limited to one per person and is non-transferable. Prices do not include sales tax. Some courses may require a credit card to secure a tee time prior to play. If a tee time is cancelled, the golf course may charge for its discounted fee. Colorado AvidGolfer reserves the right to make reasonable modifications to the Golf Passport, effective upon notice by e-mail or first class mail to the Golf Passport member. A Golf Passport member may reject any such modification by responding in writing to Colorado AvidGolfer and returning the Golf Passport within ten (10) days. The Golf Passport member will receive a prorated refund. The Golf Passport member agrees that he or she is not entitled to any additional compensation. Colorado AvidGolfer disclaims all liability for damage or loss of property or injury to any person occurring while using the Golf Passport. If ordered online, please allow up to 10 days for delivery of your Golf Passport. Golf Passport membership includes a digital subscription to Colorado AvidGolfer with the option to opt-in to the mailing subscription for an additional fee. Members will also be subscribed to the Colorado AvidGolfer weekly newsletter list and can unsubscribe at any time. * Price for Golf Passports does not include \$6.95 Shipping and Handling

SAVE THE DATE!

4th Annual

WD

WHEELS OF DREAMS

Indulge in the Extraordinary!

Saturday, August 3rd, 2024 6:00 - 9:30 PM

An AvidLifestyle and Colorado AvidGolfer Signature Event

You don't want to miss this unforgettable evening benefiting local children's charity **Bags of Fun**. Wheels of Dreams is a charity fundraiser that raises awareness and financial support to help provide **Bags of Fun** to kids fighting long-term and life-threatening illnesses.



- Classic, Rare and Exotic Cars
- Mix, Mingle & Relax in Exquisitely Decorated Lounges
- Activities & Games to Explore
- Champagne Diamond Giveaway
- Automotive Artist Mike Zagorski
- 8 Incredible Food Stations
- Bespoke Cocktails
- Over \$2,000 in Prizes
- Voices Rock Performing
- And So Much More!

NEW LOCATION: The Hangar Club 7600 E. 1st Place, Denver, CO

Entertainment: *Spiphony*

For information and tickets, SCAN HERE:



Please contact **Bags of Fun** at 720.476.3022 with any inquiries.

Avid Lifestyle AvidGolfer	PRESENTING SPONSORS 		FOOD SPONSORS
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www.coloradoavidgolfer.com/events/wheels-of-dreams

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