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LOVE WHERE WE LIVE

This is your get-to-know guide for communities with reasonably priced homes and easy access to local golf courses, expansive outdoor activity spaces right in our backyards, sumptuous and top-notch dining, plus specialty experiences that celebrate the fusion of recreation and leisure.

By Lexi Reich, Mark Samuelson and Heather Shoning

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PHOTO: *By Kimberly Gavin*

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TALK OF THE TOWN

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PHOTO BY VANESSA MIRANDA

COLORADO LIFESTYLE

LIKE (MAYBE) MANY OF YOU, I'm a Colorado transplant. Before I relocated, my family and I would vacation here several times a year, and each time we'd leave, I would cry—actual sobbing. Then, after moving to Boulder about 15 years ago, each time I drove that crest of Highway 36 overlooking the town, I would cry. (I might be crying as I write this, *wink*.) It stirred such a profound sense of "home" in me that my body naturally reacted.

Over time—as we run on the treadmill of life—it's easy to forget how lucky we are to live where we do. So, occasionally, I stop to look around and say a little thank you. This issue's feature story (Love Where We Live, page 34) is about what contributes to our beautiful quality of life here in the south suburbs, including housing, recreation, dining and more.

Additionally, our Dwelling Well feature home (Aging Backward, page 26) is a perfect example of a young couple loving Greenwood Village and longing to have a forever home there. What the story doesn't mention is that the husband is a Denver native who chose, with his family, to return home. And why not?

It's not the place, either. It's the people like Jeremy Priest who started his business, The Knotty Tie Co., as not just a way to support himself but also a way to help a less fortunate subset of Denverites support themselves. Read about what missions this local company accomplishes in Denver's Knotty Tie, page 48. You should also get to know Nancy Trepagnier, who turned the loss of her son into a mission to help others with therapy dogs (Soothing Souls, page 52).

Let's not forget to celebrate Mom this month! For activities and events to treat the special lady in your life, check out On the Agenda, our listings of can't-miss events, now in the back of the magazine (page 60).

Whether you're a lifer or a newbie just getting to know your new home, you're sure to find something new here to remind you to love where you live. Happy reading!

Heather Shoning



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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Women of the Art Deco Era

A new exhibit at the KIRKLAND MUSEUM takes visitors back in time

By Kastle Wasserman



Lifesaver Decanter, 1928, manufactured by McKee Glass Company, Jeannette, PA, glass.

“Women are really the story of this era.”

—BECCA GOODRUM

IMAGINE TRAVELING BACK IN TIME

from 1920 to 1933, when Prohibition was in effect, speakeasies were raging and women had new-found independence.

Starting May 22, visitors to the Kirkland Museum of Fine & Decorative Arts can learn what life was like for women of that period in the exhibit “Vanity & Vice: American Art Deco.”

“Women are really the story of this era,” says Becca Goodrum, the museum’s curatorial associate. “Everything was changing for them, so I knew we needed to make this exhibition about them.”

Visitors will get to know Mabel as she prepares for a night out in her bedroom. They will get a glimpse of her wardrobe and vanity table treasures, including vintage, era-appropriate perfume atomizers, puff boxes and lamps—all pulled from the Kirkland vaults and most never seen before in the museum. Guests can then follow Mabel to her favorite speakeasy and pose for photo ops with antique glasses, barware, ashtrays and chandeliers.

“I came up with the name Mabel based on the Social Security indexes of when I imagined she was born,” says Goodrum. “It was one of the more popular names, and I think it harkens back to that time.”

Mabel takes visitors through a day in her life during this time of change. Technology was on the rise. People had cars, radios, telephones, magazines, fashion, the cinema and chain stores, creating shared cultural experiences.

For women, there was a new level of autonomy. World War I brought women into the workforce, making their own money in an unprecedented way. “Women learned they could make decisions on their own,” says Goodrum.

Prohibition also made for an interesting time. The law was intended to protect the public from “drunkenness” by prohibiting the production, importation, transportation and sale of alcoholic beverages. However, it backfired when the sale and consumption



Perfume Atomizer (No. K-4), 1925–1926, manufactured by DeVilbiss Manufacturing Company, Toledo, OH, glass and metal.



Vanity Set, 1930s, manufactured by New Martinsville Glass Manufacturing Company, New Martinsville, WV, glass.



Ashtray, 1930s, manufactured by H.C. Fry Glass Company Rochester, PA, glass.



Figurine Stem (No. 3011) Wine Glass, 1931, designed by Will Cameron McCartney (1884–1964, American), Cambridge Glass Company, Cambridge, OH, glass.

went underground in the form of speakeasies. It was there that women also found new independence, according to Goodrum.

“Even though alcohol was illegal, women began smoking and drinking in public during Prohibition,” says Goodrum. “With the underground nature of the speakeasy, there was an unspoken rule: You didn’t talk about where you were going. So it allowed women to enter these spaces and mingle with the opposite sex without chaperones. It was a huge shift in societal norms of the time.”

Visitors will also see the signature design and quality of the era in the items featured in the exhibit. For example, depression-era glass is a significant focus. “Companies were so clever during the depression in getting people to buy things,” says Goodrum. “Colored glass was cheap and easy for companies to make. They would put a coupon at the local grocery store. It brought a little joy to people and kept glass companies afloat.”

The museum hopes to prompt reflection on what women’s lives were like 100 years ago compared to today. “We don’t want to get too political, but I think we can relate a lot to the women then and wonder what they would think of women now,” says Goodrum. “They’d probably be in awe of how far we’ve come, but also maybe wonder why, after a hundred years, we still don’t have everything we want.”

The exhibit runs
May 22, 2024–January 12, 2025.

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Feeding the Team

TWO COLORADO RESTAURANTS weigh in on the importance of the “family meal”

By John Lehndorff

PHOTO BY SHUTTERSTOCK.COM/MONKEYBUSINESSIMAGES

YOU’VE SEEN THE MOVIES glorifying—or horrifying—the heat in a busy restaurant kitchen where temperatures and nerves run on high. But what we don’t think about is the calm before the dinner service storm. When the chef feeds the team, there’s unity and harmony over a shared meal.

“Family meal is very important. You get to make something to feed the staff, and you have to make it great. I tell my cooks: ‘You can’t say: ‘It’s just for the staff.’ It’s your family. You can’t feed them slop,” says chef Charles Klein, of **The Periodic Table** at Catamount Ranch & Club in Steamboat Springs.

In restaurants across the globe, feeding the help is often called a “family meal,” whether

everyone sits together for pre-service chicken pot pie or wolfs down Hot Pockets standing up in the middle of the dinner rush. The “family” part is serious, not sentimental.

“Sometimes we use the same ingredients we serve in the restaurant. I may have some really good pork chops I can’t use on the menu, and I’ll serve them for the family meal,” Klein says. “It turns a solid meal into something extraordinary. I love being able to do that.” He keeps a shelf in the cooler with leftover products meant to be used for the family meal, which sometimes results in exercising some creativity with the ingredients on hand.

Klein says making the family meal can be intimidating for a novice cook. “You’ve got to

cook for the chef, too,” he says. “Honestly, all the chef wants is a staff meal made before service starts. He’s happy to eat any meal he doesn’t have to cook himself.”

Chef Klein’s fallback favorite family meal is curry. “When I was younger, I did some traveling and cooking in Australia. We had curry every day there, whether it was Indian curry, Thai curry, or Japanese curry. It’s a comfy, filling family meal everyone can enjoy.”

According to Kate Weckerly, restaurant manager at **Ocotillo Restaurant and Bar** at Redlands Mesa Golf Course in Grand Junction, the restaurant serves upscale comfort classics to members and the public and feeds a large staff.



Ocotillo Restaurant and Bar

PHOTO COURTESY OF OCOTILLO RESTAURANT AND BAR

At Ocotillo, the family meal is available to workers not on the clock for a discount. “We want to cultivate a good culture here and make sure everyone is cared for and can get a break. It’s nice if the staff gets to decompress, eat and make calls. We have a little office, or they can eat outside,” she says.

Because Ocotillo is also a popular venue for golf tournaments and weddings, the staff gets to enjoy some high-end party food. “It’s pretty fun after huge events because all of us—kitchen and front of house—eat and talk about the highs and lows of service,” Weckerly says. Despite the fancy food, Weckerly says street tacos are a staff favorite, but what if it came down to just one dish to make everyone on the staff and in the restaurant happy? That would be creamy chicken pot pie in a flaky crust.



Ocotillo Restaurant and Bar

PHOTO COURTESY OF OCOTILLO RESTAURANT AND BAR



Chef Charles Kelin

PHOTO COURTESY OF CHARLES KELIN



“Family meal is very important. You get to make something to feed the staff, and you have to make it great.”

—CHARLES KELIN

John Lehndorff is a former restaurant cook and Dining Critic at the Rocky Mountain News. He hosts Radio Nibbles on KGNU. Podcasts: kgnu.org/category/radio-nibbles



THE PERIODIC TABLE FAMILY CURRY

INGREDIENTS

- ¼ cup canola oil
- 6 boneless skinless chicken thighs, diced
- 1 tablespoon minced garlic
- 1 tablespoon peeled, minced fresh ginger
- 1 red onion, peeled and thinly sliced
- 1 carrot, peeled and thinly sliced
- 2 red bell peppers, seeded and sliced
- 3 small Yukon gold potatoes, diced
- ½ cup sake (or white wine)
- ½ cup tamari soy sauce
- 2 tablespoons fish sauce (optional)
- 4 tablespoons yellow curry paste
- 2 limes, zest and juice of each
- 4 quarts coconut milk
- Salt and pepper, to taste
- Chopped fresh cilantro for garnish

HOW TO MAKE IT

In a stock pot over medium heat, sear the chicken in oil until golden brown. Add potatoes first, then onion, carrot and peppers, and stir for two minutes. Next, add ginger and garlic. Be careful not to burn them. Add sake or wine and stir for one minute. Add tamari, coconut milk, fish sauce and curry, then simmer for 30 to 40 minutes. Taste and season with salt and pepper as needed. Serve with white rice and chopped cilantro for garnish. Make six to eight servings.



PHOTO BY SHUTTERSTOCK.COM/FORAA

TALK OF THE TOWN

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OCOTILLO COUNTRY POT PIE

INGREDIENTS

- 2 cups flour
- 2 sticks butter, softened
- 1 tablespoon vinegar
- 1 large carrot, peeled and thinly sliced
- 1 celery stalk, sliced
- 1 small red onion, peeled and diced
- ½ cup yellow corn
- 2 cups heavy cream
- 5 boneless, skinless chicken breasts
- ¼ cup vegetable oil
- ½ cup cold water
- ½ cup chicken broth
- 1½ teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon celery seed
- ½ teaspoon thyme
- ½ teaspoon rosemary
- ½ teaspoon sage
- ½ teaspoon garlic powder

HOW TO MAKE IT

In a bowl, rub chicken breasts in oil, salt, black pepper and garlic powder. Roast chicken in a pan in a 350-degree oven for about 15 minutes. Set aside to cool.

In mixing bowl or food processor, combine 1 stick butter, 1 cup flour, ½ cup cold water, vinegar and ½ teaspoon salt on low to form dough. Knead on the countertop or a cutting board for about one minute. Cut dough in half.

Roll out half of the dough for the bottom crust and place in a buttered pie pan. Put the other half in bowl and mix in remaining flour and ¾ stick butter. Set aside.

In a saucepan, melt ¼ stick butter on medium heat. Add carrots, onion, celery and corn; simmer until softened. Add herbs and mix. Shred chicken and add along with cream and broth. Bring to a boil. Taste filling and adjust salt and pepper to desired taste.

Place filling in the bottom crust. Roll out dough; place top crust, crimp edges and cut four steam vents in the top.

Bake at 350 degrees for about 30 minutes, or until top crust is golden brown. Makes four to six servings. 🐛



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Aging Backward

Local designers turn an older home into
A YOUNG FAMILY'S DREAM

By Heather Shoning

Photography by Kimberly Gavin

THERE'S A DECIDED TREND—not just in Denver but in cities across the country—toward tearing down a home in an established neighborhood with a distinct aesthetic and building something wildly different. You've certainly seen it: You're driving down a street lined with quaint Victorian-style homes, and—wham!—right in the middle of the block is a shiny new contemporary home. The movement has its place, and people want what they want regarding the most personal of spaces.

However, when a couple with young children bought an aging home in Greenwood Village, they took a different approach. While they longed for an updated interior designed for modern living, they opted to retain the traditional exterior charm befitting the well-established neighborhood. They engaged designer Beth Armijo, of **Armijo Design Group**, who recommended that **Patrick Cashen** do the architectural drawings and **Exquisite Kitchen Design** to assist with the project. The result is a family-friendly design with even greater exterior salutes to the suburban locale.

"It was a dream project to take a really great house down to the studs and give it a new life while keeping it within the character of the neighborhood," Armijo says. "It has all the original angles and shapes—none of that was taken away. If anything, it was added to, and I think the neighbors appreciate it."

The home already had a second story on the front section, but because of the roof slope and lack of windows, the space couldn't be used to its maximum potential. The design team opted to add dormers, which increased the usable second-story space, brought in natural light and added to the architectural interest of the front of the home. In the rear part of the home, they added a second story to provide space for a new primary suite. They also upgraded the front door and added a new covered front porch, mimicking the dormers' rooflines. "That gorgeous front door adds much more light to the foyer," Armijo says. "The original front door was probably seven feet tall—it was very short, so it was a very dark entry. But now all the light shines in."



To create a seamless look was important. “The roof slopes all need to be consistent with what was originally there,” Cashen says. “The other important scenario was the window proportions. There were tall, medium-width windows on the first floor, and we certainly extended those, using the context of the original structure in the new work.”

The wife had one primary directive for the home’s design: no gray. She wanted warmth and coziness at every turn; Armijo delivered, starting right inside the front door. The dreamy, creamy wall color is accented with a grid wall treatment to add interest and an element cohesive to the home’s architectural style. The area rugs and carpet runner on the stairs embrace the warm palette, adding touches of ochre, camel and rust, while the rich wood flooring and stair railing blend with other wood tones for an eloquent aesthetic. “They wanted a great handmade rug, and this one has all these gorgeous neutrals, which adds a little color to the palette,” Armijo says. “It has a little bit of that California casual, but it’s warm, and that’s why it works in Colorado.” >>>



Goldenrod, with hints of brass and more delectable wood tones, creates a beautiful blanket of eye-pleasing coloration in the kitchen. The minimal Shaker-style oak cabinetry provides a sleek, clean appearance, contrasting the heavily veined countertop and backsplash, plus the vivid grain of the wood flooring and the dark walnut island countertop. “We wanted something different than a shaker—a little bit cleaner, more minimal to align with the couple’s style,” Armijo says. A hint of ribbed wood on the counter stools harkens to the contemporary design without going over-the-top trendy, ensuring a timeless style that will endure.



Armijo selected a large rectangular table from Ryan Schlaefer Fine Furniture, Inc., and Crate & Barrel cane-backed chairs with delicate silhouettes for everyday family meals. She says the homeowners wanted a classic, timeless design while offering a nod to a youthful, fresh aesthetic.



As part of her design efforts, Armijo thinks about multifunction. So, for the formal dining room, which doesn’t see everyday use, she selected two upholstered armchairs that can be moved into another space, such as the family room, for additional seating. The custom buffet offers ample storage for serving wear, and locking doors keep small hands from finding their way into the breakables.





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A speakeasy-style game room is adjacent to the formal living area with facing sofas and a fireplace with its mossy green mantel. Plush upholstered chairs and a bench in varying shades of dark green, plus wood accents, lend to the moody feel of the space. Heavy beams, iron chandeliers and near floor-to-ceiling draperies add to the cozy ambiance of the large room.

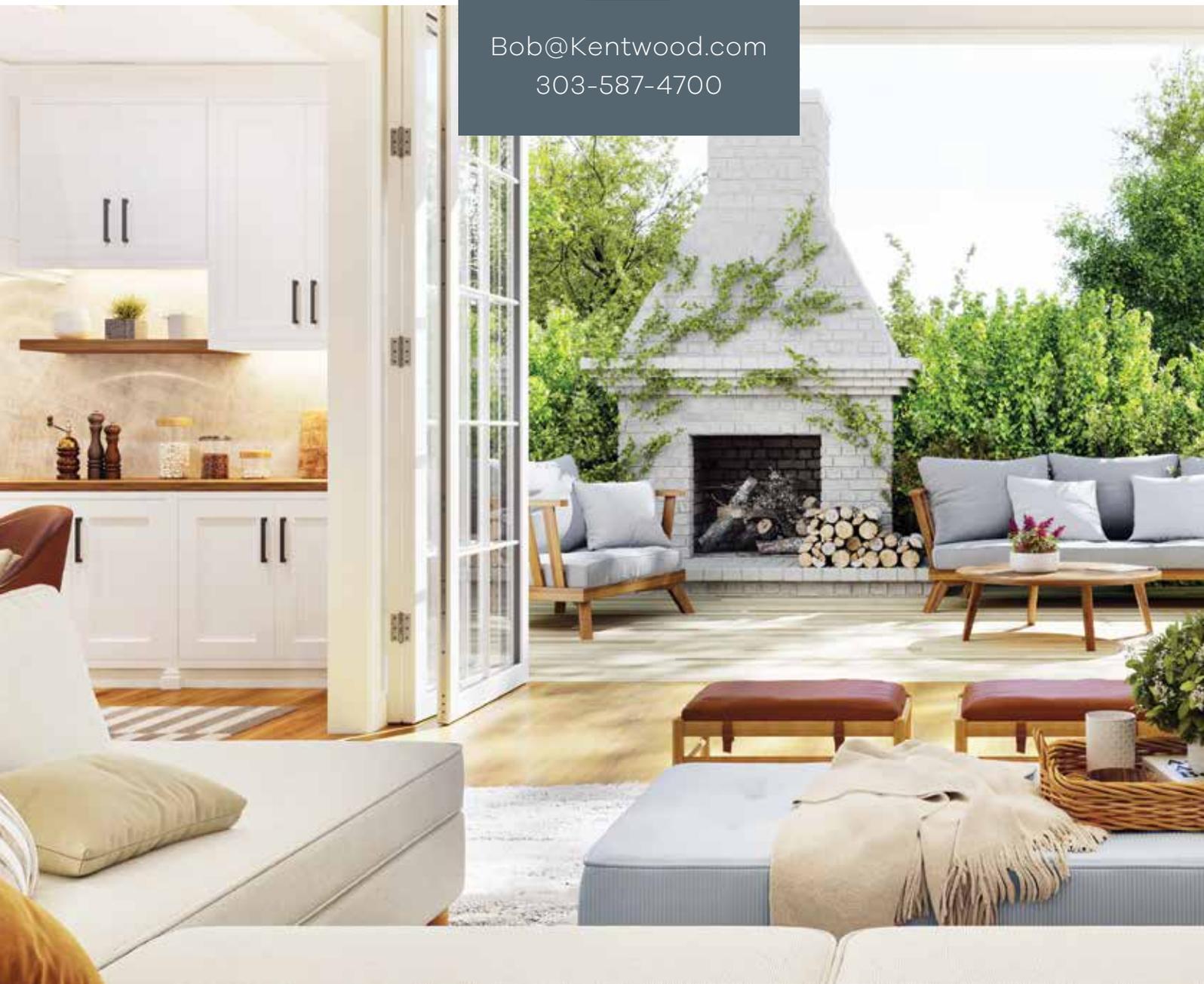
The family room is the epitome of the family-forward design Armijo created. Throughout the home, wood floors look warm and inviting and will withstand wear and tear from traffic and children playing. All the fabrics, from the rugs to sofas, are either performance fabric or wool to ensure everything is easy to clean and retains a near-new appearance for years to come. Since the family room is open to the kitchen, Armijo repeated the camel-color leather from the barstool on the upholstered ottoman for color and material continuity. >>>



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The primary suite is part of the second-story addition to the home, and it gave the homeowners the square footage they needed, plus the perfect parental retreat. The neutral palette is punctuated by the foliage-patterned artwork with sunny yellow undertones and the Cisco iron light fixture from CAI Designs that, although slim and delicate, provides a captivating centerpiece to the space. “They fell in love with that light even before they even had their plan,” Armijo says, noting that the high ceiling with the accent beam provided the perfect placement. The primary bathroom cabinetry is the same style as that in the kitchen, with a darker stain color, providing continuity in the details. The ample space includes an oversized shower, a graceful soaking tub, double vanities, and a makeup area. 🐝



ARMIJO DESIGN GROUP
armijodesigngroup.com

PATRICK CASHEN
cashenarchitect.com

EXQUISITE KITCHEN DESIGN
myekdesign.com

Project Resources

- Stair runner carpet:** CPA Carpets by Stark
- Everyday dining table:** Ryan Schlaefer Fine Furniture, Inc.
- Formal dining table and chairs:** CAI Showroom Denver
- Sectional:** Hoff Miller
- Window coverings:** Genesis Custom Drapery
- Primary bedroom light fixture:** CAI Designs
- Tile flooring:** Decorative Materials



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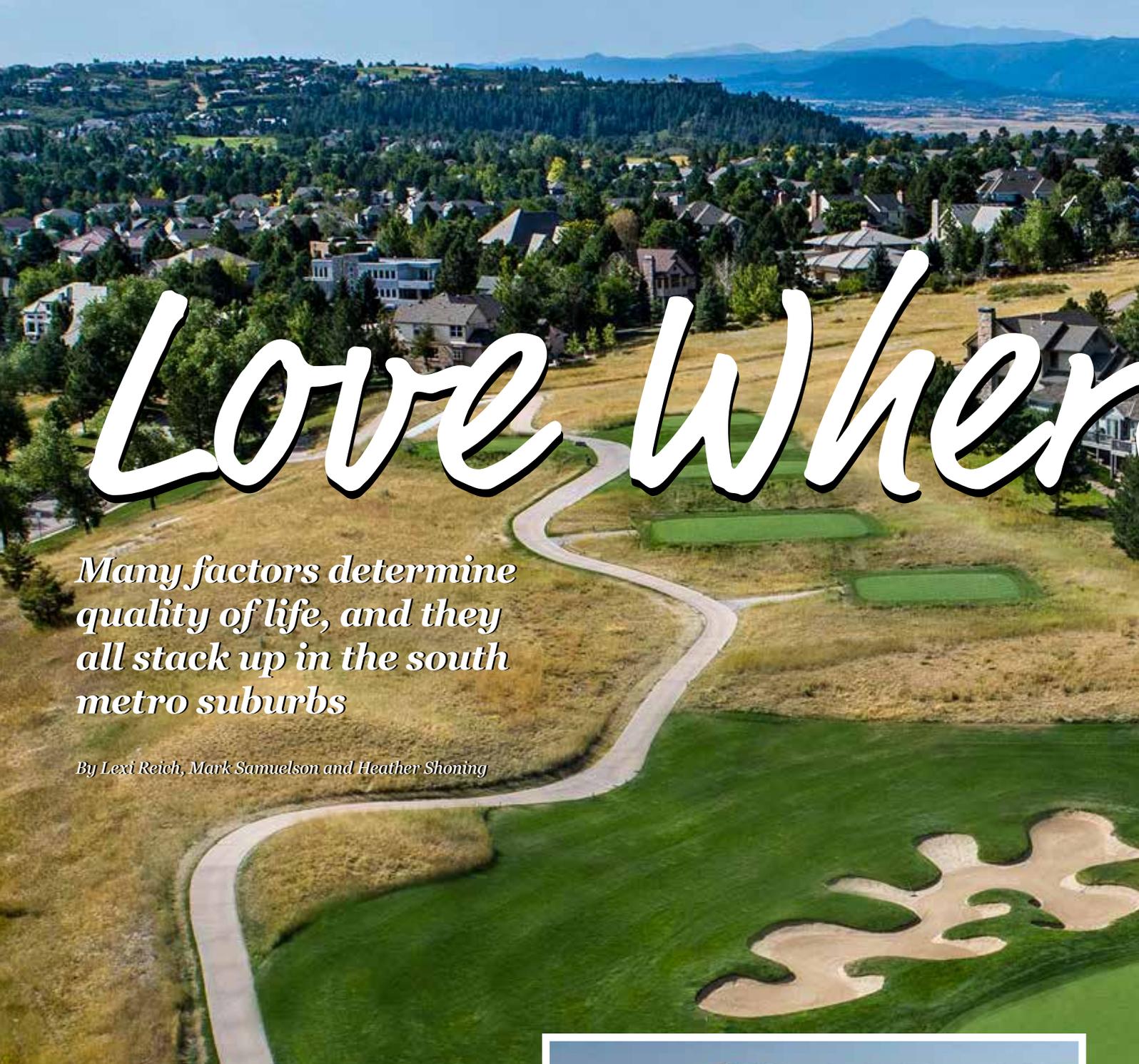


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Love Where

Many factors determine quality of life, and they all stack up in the south metro suburbs

By Lexi Reich, Mark Samuelson and Heather Shoning

PHOTO BY PREMIER AERIALS

SO MANY THINGS CONTRIBUTE to quality of life—living conditions, safety, leisure activities and natural environment, just to name a few. I’m not sure if you picked up on it or not, but these are all things that south suburbs offer in spades. We are a blessed, lucky, fortunate—however you choose to describe it—bunch with so many wonderful opportunities in our communities.

We have beautiful, safe neighborhoods with easy access to activities, dining, shopping and more. This is your get-to-know guide for communities with reasonably priced homes and easy access to local golf courses, expansive outdoor activity spaces right in our backyards, sumptuous and top-notch dining, plus specialty experiences that celebrate the fusion of recreation and leisure.

In the south suburbs, a distinct tapestry of community living awaits to be discovered.



PHOTO COURTESY OF THE RIDGE AT CATTLE PINES



Where We Live!

The Ridge at Castle Pines

CONSCIOUS COMMUNITIES

Anybody who plays the game with the little white ball knows that Denver's south suburbs offer 30 golf courses—many of them renowned private clubs that resonate with Colorado's scenic surroundings and challenging terrain. Those venues are paired to home prices that can climb into eight figures; but you can also find semi-private and public courses designed for similarly alluring settings, where home prices are as good a value as their green fees.

Kentwood Company Broker Jennifer Markus, who works both kinds of golf neighborhoods from her office in Greenwood Village, says that 2024 home prices look surprisingly appealing compared to two years ago when homebuyers were purchasing further from the city center.

"Now the market has returned to normal," Markus says. "More buyers want to be close to urban attractions."

While prices metro-wide are down from recent highs by small percentages, Markus sees neighborhoods further out off by as much as 20 to 30 percent, despite lots of new construction happening.

"That's creating an opportunity particularly for buyers I meet who are coming from California, Texas and Florida," Markus notes. "Those are areas where golf is even more prized than here, and where the privacy and security of private clubs has more value than it does around Denver."

LOWER PRICES, BETTER VALUE

While agents see discounts in private clubs where home prices start above \$2 million, the reductions are also notable in public and semi-private golf communities where prices were already much lower.

That's true at The Golf Club at Bear Dance, a par-72 public course a few miles south of Castle Rock in Larkspur. "This is an area where the Black Forest reaches the foothills and where home sites have that added seclusion and privacy that attracts buyers," Markus says. "The feel is of a mountain course, where picky golfers head for a scenic outing, but not necessarily as a first choice to live."



Bear Dance is 15 miles south of Castle Pines Village, where three very exclusive clubs have lured custom homes from \$1.5 million to \$6 million and more. But at Bear Dance, Markus sees pricing averaging \$1.1 million with a top range closer to \$1.5 million—despite views of scenic promontories and forested sites that are coveted around Denver, where urban areas often remind more of the Great Plains than the Rocky Mountains.

This is also an area, Markus notes, where buyers wanting maximum privacy can find sites from five acres to 35 acres—still from well under a million, with a workable commute of 35 minutes into the south I-25 corridor.

Those famous Castle Pines clubs, including the PGA course at Castle Pines Golf Club, are flanked by two scenic public courses that are wrapped in popular neighborhoods where prices are much lower. That includes Red Hawk Ridge Golf Course in Castle Rock, where the fairways get high marks for their par-5 experience wrapping craggy buttes near the town's Ridgeline open space and by value-priced green fees.

Markus says that value at Red Hawk Ridge extends to residential prices. Homes there average \$700,000, and the very best situations overlooking fairways don't exceed \$1.2 million.

TOP DENVER AREA COURSE

That's similar to another public course north beyond the premium clubs, where The Ridge at Castle Pines North, a Tom Weiskopf course repeatedly mentioned as a top Colorado course, has a clubhouse with a view every bit as good as from the private courses nearby.

"People flock to The Ridge because it has the same allure as Castle Pines, with a true Colorado feel," says Markus. The surrounding community, with offerings of coveted ranch plans and low-maintenance home styles, is incorporated now as the City of Castle Pines, where prices can be drastically lower

than around the premium courses. At The Ridge, they average \$1 million, with homes overlooking the course 10 to 15 percent higher.

Both of those public course areas also benefit from good schools and from a growing shopping and restaurant scene emerging in Castle Rock. Some popular bistros are in new shopping areas with a Whole Foods market, while others in the town's historic downtown retain a Main Street feel.

What those two courses don't have are many gated neighborhoods with 24-hour security—a feature Markus says some buyers from Texas and Florida particularly value. But a few miles north around Lone Tree Country Club, you can find areas like that.

The course, by Arnold Palmer and Ed Seay, opened 38 years ago as a private club at a moment when real estate prices in Colorado were headed into the tank. It rapidly converted to a public course, now operated by South Suburban Parks and Recreation—but during the interim it lured some unusually creative new-urban architecture.

GATED COMMUNITY SECURITY

With its private club roots, Lone Tree sprouted gated communities, including Heritage Hills and Heritage Estates, and enclaves of luxury, low-maintenance homes, such as NorthSky and ParkSide, by creative builder John Keith. These were among the earliest neighborhoods around Denver to sprout rooftop solar panels.

Prices in the City of Lone Tree average \$1 million, with the most exclusive in the gated areas topping \$2.5 million. "They would be \$4 million in Cherry Hills Village, close to Cherry Hills Country Club," Markus says. She adds that although Lone Tree lacks the panache of the swankier area, it has matchless shopping at Park Meadows, a great restaurant scene, and direct light rail service to downtown—the farthest-out community to offer that. South Suburban Parks and Rec also

operates South Suburban Golf Course in Centennial designed by Dick Phelps, where the surrounding neighborhood has been a model for recreational amenities—not just the course and its added 9-hole, par-3 course, but Heritage Green Swim and Tennis Club and good access to other racquet facilities. With tree-lined streets and a suburban feel, the surrounding area sees average prices of \$1 million, with a sole recent sale of \$2.5 million.

Markus points out one final semi-private course offering unusual value. The University of Denver Golf Club in the West Ridge area of Highlands Ranch shares what is arguably the master-planned community's prettiest setting, looking west toward craggy foothills that channel the South Platte River. The play is open to non-members, but Highlands Ranch residents and University of Denver alumni, faculty, staff and students play for a discount.

This is an area with some of Highlands Ranch's newest shopping and restaurants, very popular schools, and a growing high-tech and medical science community that emerged on Lucent Boulevard. Markus, who with her husband Todd did around \$35 million in sales in 2023, says prices in the area at the time were averaging \$1.2 million and \$2 million backing to the course.

The values offered by those neighborhoods, she adds, work whether or not you play golf. "Serious golfers often tell me they pick the course, then the house," she says. "But I always ask buyers whether they actually golf. Many don't play but prefer the golf ambiance regardless." >>>



For a detailed list of local course information, visit avidlifestyle.com/golf



Red Hawk Golf Course

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Chatfield Reservoir

OUTDOOR RECREATION

Whether you're craving a scenic hike, a peaceful picnic spot or simply a breath of fresh air, south Denver's open spaces have something for everyone. So, grab your hiking boots and set out to explore the hidden treasures of these open spaces and community parks.

LOCAL PARKS & TRAILS

Bluffs Regional Park Trail

Hikers, mountain bikers and horseback riders alike will delight in exploring the park's diverse landscapes and observing the abundant wildlife that call this area home. There's a 2.7-mile loop trail with panoramic views of the Front Range. With 200 feet of elevation gain at the top of the bluffs, the trail loops back to the trailhead and connects to the East-West Regional Trail. The lot has parking for 56 cars and offers natural-surface trails, picnic shelters and portable restrooms.

10099 Crooked Stick Trail
Lone Tree
303.660.7400
douglas.co.us

CENTENNIAL CENTER PARK

Start your day at one of the most exciting playgrounds in the area. Centennial Center Park is home to climbing walls, a treehouse, tunnels, slides and a jungle gym—making it a top pick for the whole family. Plus, the main plaza features a map of the Cherry Creek Watershed and the history of the Cherry Creek Basin, directing visitors to explore the Colorado Statehood Walk or the Viewfinder Walk to learn more about the area's history.

13050 E. Peakview Ave.
Centennial
303.325.8000
centennialco.gov

GEORGE M. WALLACE PARK

Known as a hidden gem in the Denver Tech Center, this versatile outdoor area offers scenery, running and biking trails, jungle gyms, and even street workout equipment. George M. Wallace founded the DTC and developed this park because he believed that technology and nature could live together.

4505 S. Yosemite St.
Denver
720.913.1311
denvergov.org

HIGH LINE CANAL TRAIL

Stretching 71 miles from Aurora to Roxborough State Park, the High Line Canal Trail is owned and operated by Denver Water and offers a scenic route for walkers, runners and cyclists, divided into 27 segments ranging from 2 to 5 miles each. This historic waterway-turned-trail winds its way through neighborhoods, parks and open spaces, providing a peaceful retreat for outdoor enthusiasts seeking to reconnect with nature without leaving the city.

Parking is available at several points along the way, including Littleton, Centennial and Cherry Hills Village.

720.767.2452
highlinecanal.org

HIGHLAND HERITAGE REGIONAL PARK

Fit for you and your canine companion, this park has an off-leash dog area, multiple sports fields, picnic shelters, exercise equipment and playgrounds.

9651 S. Quebec St.
Highlands Ranch
303.660.7400
douglas.co.us

HILDEBRAND RANCH PARK

Guests at Hildebrand Ranch Park relish the varied landscapes, from the flat expanses of the plains to the elevated ridges of the hogback. A nearly 5-mile loop encompasses the expansive Two Brands Trail, offering a spacious setting with gradual inclines beneath the imposing presence of the Dakota, Lyons and Niobrara hogbacks.

9880 W. Deer Creek Canyon Rd.
Littleton
303.271.5925
jeffco.us

KETRING PARK

At Ketring Park, expect 40 acres of open space for walking, running, biking or any other movement you're craving. The local park has a central lake lined with trees, immersing visitors in nature. Be sure to check out the Littleton Historical Museum after your stroll.

6028 S. Gallup St.
Littleton
303.953.7625
ssprd.org

MARJORIE PERRY NATURE PRESERVE

This 56-acre preserve features gentle walking trails that wind through meadows, woodlands and wetlands, providing opportunities for birdwatching and wildlife observation. With its serene ambiance and lush scenery, it's the perfect spot for a leisurely nature walk or a quiet afternoon picnic.

4200 E. Belleview Ave.
Greenwood Village
303.486.5773
greenwoodvillage.com

 Continued on page 42.

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Shanahan's Steak House

PHOTO BY CHAD CHISHOLM



Ocean Prime

PHOTO COURTESY OF OCEAN PRIME



Blue Island Oyster Bar

PHOTO COURTESY OF BLUE ISLAND OYSTER



Blue Island Oyster Bar

ENTERTAINMENT

These experience-filled spots beckon with options for all tastes—be it the excitement of games, a snug dining nook or simply a place to unwind. Grab your friends and head out to explore our area's lively atmospheres and fun-filled spaces.

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Fiddler's Green Amphitheatre boasts a capacity of 18,000 attendees. As the largest outdoor amphitheater in the Denver metropolitan region, it typically operates from May to September annually, providing a vibrant entertainment hub for concertgoers during the warmer months. Check out its 2024 lineup online.

6350 Greenwood Plaza Blvd.
Greenwood Village
303.220.7000
fiddlersgreenamp.com

PINDUSTRY

With a bowling alley, arcade with vintage pinball machines, plus classic games like cornhole and darts, there's a reason Pindustry is a crowd favorite. The venue also serves wood-fired pizza and cocktails and has live music on the weekends, so there's something for everyone to unwind with.

7939 E. Arapahoe Rd.
Greenwood Village
720.712.7467
thepindustry.com

IFLY INDOOR SKYDIVING

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303.768.9000
ifyworld.com

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7450 S University Blvd., Suite 200
Centennial
720.773.9685
thebasketballsocialhouse.com



Hapa Sushi

PHOTO COURTESY OF HAPA SUSHI



Eddie V's

PHOTO COURTESY OF EDDIE V'S

PHOTO COURTESY OF BLUE ISLAND OYSTER

THE NEW RESTAURANT ROW

It's hard to imagine now the restaurant scene that appeared along I-25 as Denver's Valley Highway pushed south past Hampden Avenue into fields and cherry orchards in Greenwood Village.

Fifty years back, the new freeway spawned roadhouses with gimmicks to lure drivers headed south—including the Hungry Dutchman, with a big windmill out front, serving sea fare fried in gallons of batter; and Trail Dust Steakhouse, a barn-like edifice where walls were covered in men's ties, cut from the necks of patrons who dared to enter wearing one.

That started to change in 1973 when the Denver Tech Center sprouted its first buildings on the freeway, drawing corporations that were on their way up—cable TV and communications, insurance and securities, aerospace and internet firms. The personalities that bet on that future—Bill Daniels, John Malone, John Madden and others—were nationally prominent, and they weren't going to be dining at the Hungry Dutchman.

Now, South I-25 is a "restaurant row" catering not only to corporate types but residents of what are now Denver's nicest suburbs. You can find literally any fare along the corridor, but steaks and seafood are always top of the list.



SHANAHAN'S

A million miles from the beef cooked up at the Trail Dust are the dry, aged cuts offered at Shanahan's, co-owned by Mike Shanahan, who led the Broncos to Super Bowl wins in 1997 and 1998 and who drops in occasionally. You'll pass his Lombardi trophies on the way in as you catch a whiff of grilled filets, including Kobe, Wagyu and other premium cuts that speak to how well appetites have seasoned in Denver.

Managing partner Marc Steron, who ran Del Frisco's Double Eagle a mile south before shaping the enduringly popular experience here, leads a team offering an experience as famous for its inviting character as for the culinary side. The latter might start with a signature cocktail, on the way to USDA prime aged steaks and seafood flown in daily, with the maximum experience being a 36-ounce Wagyu ribeye "Tomahawk," described as "a filet on steroids," accompanied by a-la-carte sides and wine from a 5,400-bottle cellar, heavy on the reds.

Prices have risen since the Hungry Dutchman days, but you can find Sunday evening prix-fixe specials for \$49 or \$59 that include the prime.

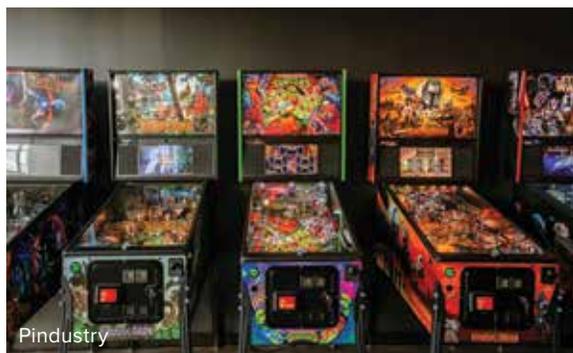
Location: 5085 South Syracuse St., Denver; from I-25 head east on Belleview a half block to Syracuse, turn left. 303.770.7300 shanahanssteakhouse.com

»»» Continued on page 42.

TOPGOLF

Looking for a break from Colorado's summer sun? Topgolf's climate-controlled hitting bays overlook giant outfield targets amongst HDTVs and a top-notch food and beverage program. The experience is more about feel-good energy than the pressure to have a good golf swing, so whether you're looking for a place to play or eat, you'll find both comfort and fun here.

10601 E. Easter Ave.
Centennial
720.880.3151
topgolf.com



Pindustry

PHOTO BY LUCY BEAUGARD



Topgolf, Centennial, CO

PHOTO BY JIM BEBBINGTON

REDSTONE PARK

Located in the heart of Highlands Ranch, this 53-acre park has multiple sports fields, a skate park, a playground, tennis courts, baseball fields, batting cages, fishing ponds and more. It's ideal for your next summer hangout with its barbecue grills and picnic tables. Don't forget to bring your pup as a 6-acre dog park awaits with two water fountains to keep Fido hydrated.
3280 Redstone Park Cir.
Littleton
303.791.2710
highlandsranch.org

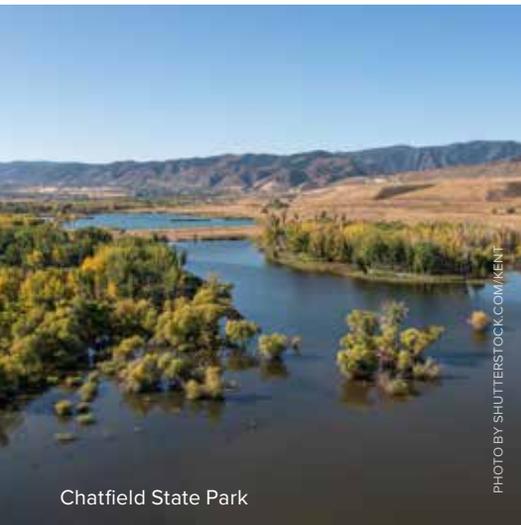
WESTLANDS PARK

Known as one of the top playground destinations in the metro, Westlands Park features play areas sized for toddlers to teens, plus climbing structures, multi-use playing fields, an interactive water feature open from Memorial Day to Labor Day, a pond, a hike and bike trail, and pickleball and basketball courts. Additionally, the multiple pavilions offer amenities like restrooms, electrical outlets and charcoal grills.
5701 S. Quebec St.
Greenwood Village
303.773.0252
greenwoodvillage.com

STATE PARKS

CHATFIELD STATE PARK

Spanning more than 5,000 acres along the shores of Chatfield Reservoir, Chatfield State Park offers a wide range of activities, including boating, fishing, camping and horseback riding. Visitors can explore miles of trails that meander through prairies, wetlands and woodlands, providing ample opportunities for wildlife viewing and birdwatching.
11500 N. Roxborough Park Rd.
Littleton
303.791.7275
cpw.state.co.us



Chatfield State Park

PHOTO BY SHUTTERSTOCK.COM/KENT

For more locals park information, visit avidlifestyle.com/parks

EDDIE V'S PRIME SEAFOOD

The ocean is a thousand miles from here, but seafood has come a long way since the battered days. Although hooved creatures have been the preferred Denver fare from when the Buckhorn Exchange opened in 1893, new chophouses always nod to seafood—and the trendiest venues are highly marine-oriented. Eddie V's, launched in Austin in 2000, has a formula for seafood that's spread to 29 locations, arriving in DTC in 2020. Swordfish from Block Island, scallops from George Banks and yellowtail from the Caribbean are each just a hop from DIA, and director of operations Matthew Yusef creates an experience that blends the freshness with a beguiling interior and excellent service—it's Greenwood Village's first bistro to capture a 5-star rating.

Along with a signature cocktail, your encounter might launch with Petrossian caviar, then move on to "The Big Eddie," a medley of king crab, Maine lobster, a tuna poke, gulf shrimp and eight oysters. Or choose a Chilean seabass, Mediterranean branzino, Norwegian salmon or any of a number of beef options, including a 22-ounce ribeye (hand cut and aged more than 28 days). The music in the background is a live jazz trio.

Location: 5111 DTC Pkwy, Greenwood Village; from I-25 head east on Bellevue a half block to DTC Pkwy, turn south.
720.826.7488
eddiev.com

OCEAN PRIME

That craving to choose from surf or turf has put Ocean Prime in vogue at 17 locations from Beverly Hills to New York—and the concept is perfect for Coloradans' biforkated tastes (DTC's Prime in Bellevue Promenade is matched to another downtown at Larimer Square). General manger John Witmer and executive chef Ryan Finnegan create the experience in a grandly styled space, elegant and very contemporary. Signature cocktails and a wine list are tailored to go in either culinary direction, but your repast might begin with a choice between East- or West-Coast oysters or a variety of sushi starters, such as intricately prepared rolls or a Hamachi crudo, before opting for a buttery textured Verlasso Chilean salmon. The beef route is just as alluring—an 8-ounce filet served alongside chili-seared spinach with cabernet jus.

With a very attractive lounge, specialty private dining rooms and an outdoor terrace, Ocean Prime also caters to the happy hour crowd and to family and business special events. There's a Sunday surf-turf special.

Location: 8000 E. Bellevue Ave., Greenwood Village; from I-25 head east on Bellevue a block-and-a-half to Bellevue Promenade.
303.552.3000
ocean-prime.com

BLUE ISLAND OYSTER

The new urban vibe that spread south from DTC brought shopping, light rail, luxury homes and now top-rated dining. Blue Island Oyster, beside Lone Tree's highly rated performing arts center, is getting a reputation for oysters, clams and sushi and offers outdoor dining as well as its trendy, contemporary indoor area. Look for a signature lobster roll, wild Atlantic cod, clam pasta, Loch Duart salmon and Georges Bank surf clams.

Location: 10008 Commons St., Lone Tree; from I-25 head west on Lincoln Ave. 0.7 mi to Commons, turn left.
303.552.3000
blueislandoysterbar.com



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End-Of-Life Agenda

TOUGH CONVERSATIONS and a plan for dying can ease loved ones' pain when the time comes

By Lexi Reich

WHEN WAS THE LAST TIME you seriously thought about or talked with a family member or close friend about dying? As human beings, we often shy away from discussing the inevitable end of our lives. However, various Colorado professionals believe embracing this topic and making thoughtful preparations can bring peace of mind not only to ourselves but also to our loved ones. There are numerous aspects to explore when it comes to end-of-life care, from the role of death doulas to pre-planning funeral services, plus understanding medical options. And remember: There's no rule that says this must be a sad topic. It can be empowering to take control of this one final act.

NURTURING HEALING AMIDST LOSS

Death doulas, also known as end-of-life doulas or death midwives, play a crucial role in providing non-medical emotional, spiritual and informational support to individuals facing a life-limiting illness and their families. Vanessa Johnston, founder of **Denver EOL Doula** and vice president of the Colorado End-of-Life Collaborative, says she discovered her calling through caring for a friend with ALS. "So many people say, 'I don't want to be a burden on my family' so they avoid the conversation altogether, but the burden comes when no one is willing

to talk about end-of-life preferences while they're alive," Johnston says. "It's a gift to your friends and family if you talk about—and better yet, write down—what you want regarding medical care if you can no longer communicate and final disposition, at the very least."

Death doulas guide individuals through various stages, from advance care planning to final disposition information. Their goal is to shift perspectives from fear and anxiety to love and meaning, allowing individuals to embrace a conscious dying experience. By normalizing conversations about death and empowering individuals to articulate their end-of-life preferences, death doulas facilitate a more compassionate and informed approach to dying.

GUIDING THROUGH TRANSITION

Kim Burnett, a Denver-based death doula, after-loss professional and owner of **Good Death Matters**, brings a wealth of expertise and emphasizes the role adult children can play in helping aging parents prepare before it's too late. She advocates for open dialogue surrounding end-of-life care. Children can help parents document their wishes through meaningful conversation. Burnett's approach



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centers on alleviating logistical burdens, allowing families to focus on the emotional aspects of grief and closure.

“I came to this work in 2020, when, over the course of a year, I found myself helping both a good friend and my mom prepare for death. Initially, they asked for help navigating the logistics of death—the endless paperwork; whether to bury, cremate or donate their bodies; memorial planning; and communicating with friends and family,” Burnett shares. Her more than two decades of experience as an event planner and project manager enabled her to embrace the tasks and they felt comfortable to her, even within this new context. “When the weight of the details was lifted from them,” she says, “I witnessed a transformation as each of them had the time to be present with those they loved—to grieve, find closure and truly honor their life in their last days together.”

Burnett understands that discussing end-of-life matters with aging parents can be challenging as they may be reluctant to talk about it. She says one approach is to share your own plans and ask them about theirs, which shows your willingness to help them. “If they continue to resist, be respectful of that choice, but let them know why you want to know what their wishes are and why you want to help them prepare,” she adds. “Expressing how you feel, what you worry about and how they can help comfort you by taking the time to do this can often be the key.”

FACILITATING PRE-PLANNED FAREWELLS

As the president of **Newcomer Funeral Service Group**, John Newcomer champions the importance of pre-arranged funeral services in the Denver metro area. He says pre-planning funeral services not only provides peace of mind but also offers price protection, allowing individuals to lock in today’s prices and spare their loved ones from potentially higher costs in the future. The process involves meeting with advance planning specialists to discuss options, documenting preferences and determining funding arrangements.

Newcomer emphasizes that while the thought of pre-arranging funeral plans may seem daunting, many individuals find relief in knowing that their wishes are documented and their loved ones are supported.

EMPOWERING END-OF-LIFE CHOICES

As a death doula, Johnston informs her clients about options such as voluntary stopping of eating and drinking (VSED), permitted nationwide, and Medical Aid in Dying (MAiD), which is available in 10 states including Colorado. Additionally, she highlights ecological after-death alternatives like green burial, water cremation and natural organic reduction, suggesting exploration based on legality within their state.

The Colorado End-of-Life Options Act enables eligible individuals—those with a terminal diagnosis and a prognosis of six months or less—to access medication to voluntarily end their lives. Denver Health’s MAiD program provides holistic support and ensures access to resources for patients and their families. Katie Sue Van Valkenburg, the program coordinator, emphasizes the importance of education and accessibility in increasing awareness and usage of MAiD. The fact that this can certainly be a hot-button topic for many, is proof that it’s important to have the hard conversations early, and possibly to revisit the topic repeatedly at different stages of life.

Contrary to misconceptions, Van Valkenburg says MAiD is considered a natural death (and would be stated as such on the death certificate), and individuals have the autonomy to decide whether to proceed with the medication. While coverage by Medicare/Medicaid and most insurances is limited, Denver Health offers financial assistance and bereavement services to support patients and their families throughout the process.

“I always remind people that MAiD is just one of the many decisions people contemplate—and at the end of the day, it is always just an option,” she says. “That’s why it’s called the End-of-Life *Options Act*.” 

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DENVER'S

Knotty Tie

MAKERS ON A MISSION: from employing refugees to repurposing plastic waste

By Amanda Lacey

Photography Courtesy of Knotty Tie Co.

SOME OF DENVER'S most disadvantaged residents are thriving thanks to a creative entrepreneur and ties—yes, neckties. While this fashion accessory has evolved over the years, Jeremy Priest embraced a moment for it to be reinvented. Taking it a step further, he created a company, **Knotty Tie Co.**, to express caring about others honoring the dignity of humans.

Specializing in customizable ties and other goods, including robes, pocket squares, suspenders and more, Priest reminisces on how Knotty Tie Co. came about: “It wasn’t really a *passion* for fashion; it was a *compassion* for refugees that led me down this path.”

Originally from Ohio, Priest joined the Navy after high school. Six years proved to be an eye-opening experience in many ways and has elements in the origin story of Knotty Tie Co., especially in the awareness of the global refugee crisis. Returning to the States and starting college in 2008, Priest later worked with a refugee program in Denver. It became abundantly clear to him how many barriers refugees face. After college, he began brainstorming ideas for meaningful employment, ultimately deciding to create something for himself—and to help others in the process.

With limited resources available and seeing the opportunity to innovate the necktie, he quickly got to work. Priest also saw a need to incorporate sustainability into his business practices. With only 10 percent of plastics being recycled, he sought to find a second life for this waste. Knotty Tie Co. products are created from organic and recycled fabrics (now made out of recycled plastics) and are completely customizable. They come in fun, bright colors and impossibly silky fabric despite having once been plastic. And they’re made in his facility in Denver, where he employs a disadvantaged population. Business missions accomplished. >>>



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“It’s rethinking the entirety of what a company should do and how a company can participate in solving problems or alleviating suffering,” Priest says. “It’s about how we can create opportunities for those who need it the most by reinventing a product and offering something new to people.”

While acknowledging the importance and pride in making an incredibly high-quality product, Priest notes that these are not luxury products and reflects on the meaning. The dictionary definition of luxury is: “the state of great comfort and extravagant living.” But Priest thinks of it in a different way: “For some, it may be status, and for others, it may be simpler things such as having a job, being a part of a community, believing in a positive future for yourself and your family. It’s luxury in a different way—the luxuries *we* have are not the luxuries that people who have been forced to flee their homes and restart their lives have. People can be financially poor but rich in so many other ways. That’s what is so beautiful about refugees.” 🌿

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SOOTHING SOULS

IN MEMORY OF HER SON, Nancy Trepagnier
brings therapy dogs to soothe those in need

By Kastle Wasserman

Photography Courtesy of Go Team Therapy Dogs

THERE'S A REASON WHY A SMILE likely comes over your face when you're around a dog.

According to a recent Healthy Minds Monthly Poll by the American Psychiatric Association, 87 percent of dog owners say their pets positively impact their mental health.

"Dogs have a way of comforting people that humans don't," says Nancy Trepagnier, executive director of Colorado Springs-based **Go Team Therapy Dogs**. "They're nonjudgmental. It doesn't matter what you look or sound like; the dog is there for you."

As the founder of Go Team Therapy Dogs, Trepagnier has seen the power dogs have to turn an atmosphere around. They've gone into every kind of situation, from people being evacuated from wildfires, mass shooting survivors and suicides to people angry or stressed about a canceled flight at the airport. "When the dogs come in, we just see the smiles come to people's faces," she says.

Trepagnier says Go Team has different teams for different situations. "Our crisis dogs will just lay down and be calm for people to come pet them," she explains. "Our airport dogs are the ones that can handle a lot of commotion and noise in the airport and deal with people who may be frustrated about their flight or scared of flying."

Go Team dogs also visit patients in the hospital, and Trepagnier sees the effects they have on patients' moods. "We just watch their faces and watch them smile," she says. "We let them talk to the dogs because a lot of times the staff doesn't have time to listen, the family can't come, and they don't have anyone to talk to."

Trepagnier says it's important to clarify that the Go Team Therapy Dogs undergo extensive training and have liability insurance. "The dogs that come to us have to pass the American Kennel Club K9 Good Citizen test. Then we evaluate the handler and the dog," she says. "If we think they would make a good addition to the team, we invite them to go through the training. It's a twenty-hour program, and every year, they're re-evaluated."

Go Team Therapy Dogs was started in memory of Trepagnier's son, David, an avid volunteer who passed away at age 23 in 2007 after being diagnosed with stage four melanoma. When the Waldo Canyon fire broke out in Colorado Springs in June 2012, Trepagnier had just two therapy dogs. She got a call that they needed help to calm down the evacuees.

At first, Trepagnier didn't want to go because it was David's birthday, and she wasn't up for it. But she felt a tap on her shoulder. "It was like a whisper saying, 'Mom, go help, they need you.' My son Ryan and I took Tabor—David's dog—and Snickers, and we went."

While there, a fireman asked Trepagnier the name of her team. "We didn't have a name, so I said, 'the Go Team because we'll go whenever we're called.'"

The organization had its first training class a year later, and 32 people showed up. It has grown to more than 3,000 teams across the U.S. and Italy. "I saw a real need for well-trained dogs to get out into the community," Trepagnier says.

She says David's spirit lives on through the organization. "I know this is David's dream. It's about giving back. That's the biggest thing to us." 🐾



"It's about giving back. That's the biggest thing to us"

—DAVID TREEPAGNIER

THINK YOU HAVE A GOOD CANDIDATE FOR A THERAPY DOG?

Is your dog a natural at comforting people? Does he/she act calm in chaotic situations? The Go Team is looking for dogs and their handlers to join the team. All breeds are accepted as long as they pass the following criteria:

- Teach your dog the 10 American Kennel Club (AKC) Good Citizen skills (can be done at home, with a trainer or in group or private classes)
- Take and pass the AKC Good Citizen Test
- Schedule an evaluation with Go Team Therapy Dogs (no charge)
- If invited, enter the Go Team training program (includes membership, custom vest for the dog, and liability insurance for one year)
- Be re-evaluated annually

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YES, THE PRESIDENTS ARE AWE-INSPIRING,
but there's even more to enjoy here

By Pam LeBlanc

PHOTO BY CHAD COPPESS FOR TRAVEL SOUTH DAKOTA

FROM ROLLING GRASSLANDS to towering granite spires, the Black Hills region of South Dakota feels straight out of an old Western flick. The indigenous Lakota people called the area Paha Sapa, or “Hills That Are Black.” But it’s the forests of ponderosa pines casting coal-colored shadows on the undulating landscape that inspired the name.

Highlights include the carved granite faces of Mount Rushmore and Crazy Horse, plus Custer State Park. Alongside that natural beauty, you’ll find surprising twists—gourmet restaurants, cozy lodges, wineries and brewpubs.

Our suggestion? Start in Rapid City for a trip that combines history and outdoorsy adventure with a little luxury. There’s something everyone in the family will love on this road trip.

HIT THE ROAD

One of the best routes for hitting the hotspots is the Peter Norbeck National Scenic Byway, a 70-mile jaunt over twisting bridges that cuts through Custer State Park and past Mount Rushmore and Crazy Horse. You’ll see waterfalls along the 19-mile Spearfish Canyon State and National Forest Service Scenic Byway to the north.



PHOTO BY CHAD COPPESS FOR TRAVEL SOUTH DAKOTA



WHERE TO STAY AND EAT

Before hitting the road, order a sandwich—the Reuben, if you’re feeling traditional, or the gooey Pine Ridge—at the Bashful Bison Deli & Market in Rapid City, known for locally sourced ingredients.

Custer makes a good home base. Book a room at the Bavarian Inn, where the atmosphere is more casual alpine than Wild West. While in town, try the smoked trout BLT at The Custer Wolf, or toss back a beer at Mt. Rushmore Brewing Co. The motto at kitschy Baker’s Bakery & Cafe is “You’ll love our buns!” Pounding Fathers Restaurant cooks excellent bison steaks, but the best food comes from the upscale Skogen Kitchen, which serves duck, salmon and steak.

HOP A HISTORIC TRAIN

The steam-powered 1880 Train has chugged between Hill City and Keystone since 1957 and once hauled construction materials for Mount Rushmore. Today, tourists settle onto wooden benches for the hour-long trip, getting glimpses of Black Elk Peak, the highest point in South Dakota. >>>



PHOTO BY CHAD COPPES FOR TRAVEL SOUTH DAKOTA

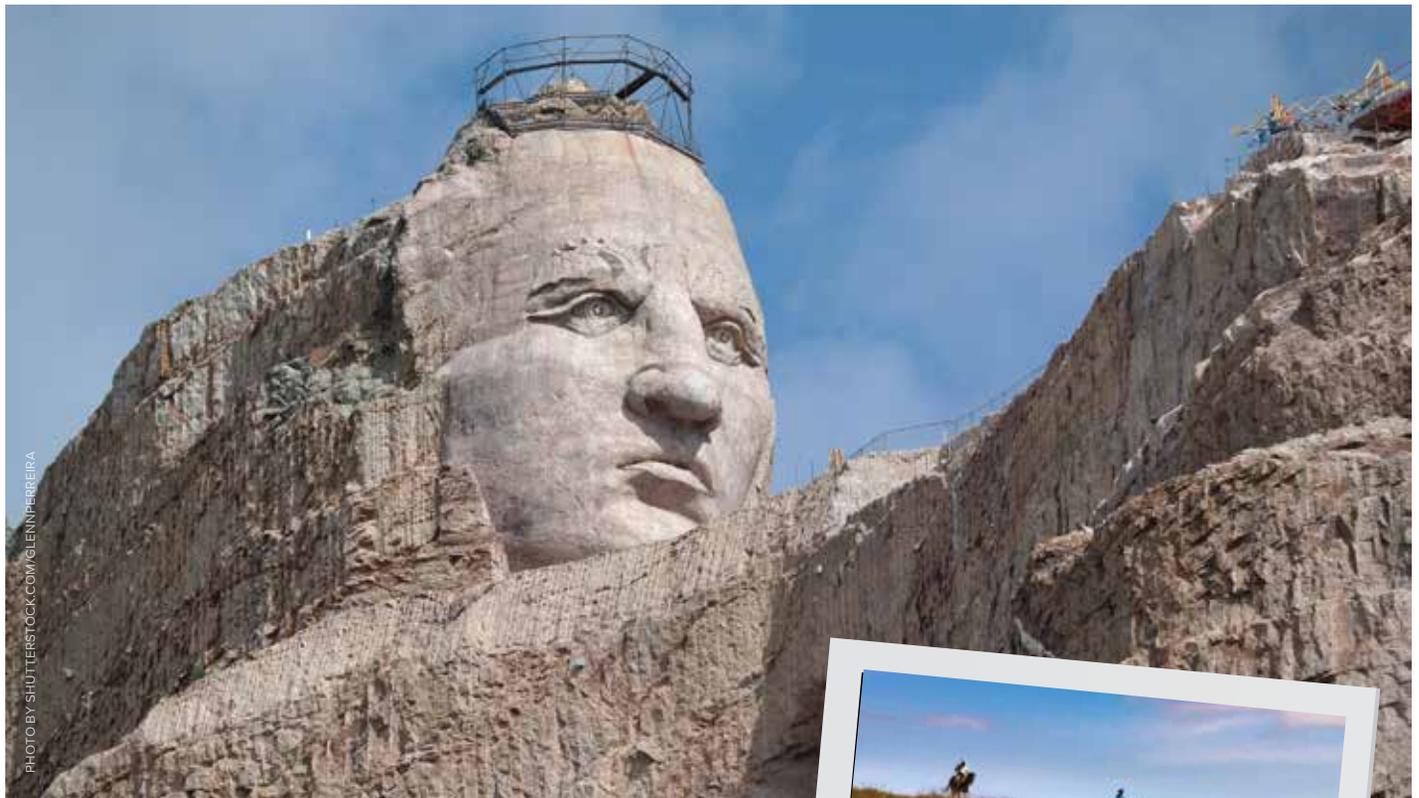


PHOTO BY SHUTTERSTOCK.COM/GLENNFERREIRA

ADMIRE STONE-FACED PRESIDENTS

From Keystone, it's a quick drive to Mount Rushmore National Memorial. A flag-lined promenade leads to an observation deck, where the likenesses of four U.S. presidents—George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln—stare back from the side of a mountain. Peruse photo exhibits, watch a film and examine tools in the museum.

MAKE A STOP FOR WINE

At Prairie Berry Winery near Hill City, sample wine made with chokecherries, buffalo berries and plums that grow wild here. It offers fruit wines, grape wines and wine fusions and is best known for a tangy mashup of rhubarb and raspberry juice called Red Ass Rhubarb. Seasonal offerings include Pumpkin Orange, which tastes like Halloween in a bottle.”



PHOTO COURTESY OF TRAVEL SOUTH DAKOTA

OGLE A MIND-BOGGLING WARRIOR

With eyes the size of pickup trucks, it's hard to miss the largest mountain sculpture in the world. Korczak Ziolkowski began carving the Native American warrior in 1948, and his grandson leads the still-under-construction project today. The finished sculpture will measure 563 feet by 641 feet—far larger than the 60-foot faces on nearby Mount Rushmore.

EXPLORE CUSTER STATE PARK

Roughly 1,500 bison roam the park's 71,000 acres, and human visitors can overnight at any of four lodges or nine campgrounds. For an easy outing, walk around Sylvan Lake—for a challenge, take the 7.1-mile Black Elk Peak Loop. Don't miss the famous Cathedral Spires. Every September, clouds of dust rise from the landscape as cowhands herd the resident bison into holding corrals, where they're branded, vaccinated, and sorted. A coinciding art festival features artwork, pottery and signs that warn, "Don't Pet the Fluffy Cows." 🐝



PHOTO COURTESY OF TRAVEL SOUTH DAKOTA

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The Summer Concert Series and Evenings al Fresco at Denver Botanic Gardens always sell out, so get tickets early. Continuing a decades-long tradition, this series features a wide variety of musicians performing in the spectacular setting of the Gardens' York Street location. Concertgoers can wander through gardens in full bloom before the show or between acts for a summer concert evening like no other. Schedule available online now. **DENVER BOTANIC GARDENS**, botanicgardens.org



PHOTO BY SCOTT DRESSEL-MARTIN

Ongoing

FARMERS MARKETS

Most area farmers markets begin to open in May and early June. Shop local produce, fresh flowers, handcrafted body care products, artisan booths and much more. Many markets also offer food trucks, live entertainment and activities for the kids. Here's just a sampling of some of the popular markets in the area; check each website for more details.

Castle Rock: Sundays, 9 a.m.–2 p.m. beginning May 26 at Festival Park; thelocalcolorado.com

Cherry Creek: Saturdays, 9 a.m.–2 p.m.

beginning May 4 at 1st Avenue and University Boulevard; coloradofreshmarkets.com

Greenwood Village (South University

Farmers Market): Fridays, 10 a.m.–2 p.m.

beginning June 7 at 5859 S. University Blvd.;

southuniversityfarmersmarket.com

Highlands Ranch: Sundays, 10 a.m.–2 p.m.

beginning May 5 at Highlands Ranch Town

Center; denverfarmersmarket.com

Littleton: Wednesdays, 10 a.m.–2

p.m. beginning June 19 at Aspen Grove;

denverfarmersmarket.com

Parker: Sundays, 8 a.m.–1 p.m. beginning

May 14 at 19565 Mainstreet; thelocalcolorado.com

South Pearl Street: Sundays, 9 a.m.–1 p.m.

beginning May 5 on the 1400 and 1500 block of

South Pearl Street (between Iowa and Arkansas);

southpearlstreet.com

University Hills: Saturdays, 9 a.m.–1 pm.

Beginning May 11 at University Hills Plaza;

farmersmarketscolorado.com



PHOTO BY SHUTTERSTOCK.COM/BERNARD CALIP

Ongoing

COLORADO GOVERNOR'S ART SHOW

Colorado Governor's Art Show is returning for its 33rd year—Saturday, May 11, through Sunday, June 9. Recognized as one of the largest juried fine art shows to exclusively feature Colorado artists, this year's show will feature 61 of Colorado's top fine artists. There will be a physical exhibit at the Loveland Museum and both in-person and online fine art sales. **LOVELAND**, governorsartshow.org



PHOTO BY MICHELLE ELLIS

May 1

BASICS OF BIRDWATCHING (PART 1)

Are you interested in learning about birds or developing your birdwatching skills? Join the town's Natural Resource Specialist for this indoor birdwatching program for beginners. Learn about bird identification, choosing and using binoculars and field guides, finding local birding spots, and so much more. After taking the class, join a guided walk along East Plum Creek Trail or a hike through Gateway Mesa Open Space as Part 2 of this series (attendance at the first indoor class is not necessary to join the guided walks). Registration is required. Not recommended for children under the age of 8 years old. **CASTLE ROCK**, crgov.com

May 1-5

CAÑON CITY MUSIC & BLOSSOM FESTIVAL

Now in its 86th year, this festival celebrates the start of the growing season with community events like a craft fair, a kids' zone, a huge parade and more. It also includes the largest community-run school music competition in the state. High schools and middle schools from all over the country compete in concert band, jazz band, marching band, orchestra and concert choir categories, and performances are open to all. Find the full schedule of events online. **CAÑON CITY, ccblossomfestival.com**



PHOTO BY SHUTTERSTOCK.COM/AGROUNDPICTURE



PHOTO COURTESY OF CIVIC CENTER PARK

May 4-5

CINCO DE MAYO CELEBRATE CULTURE FESTIVAL

Denver's popular Cinco de Mayo events include live music on three stages, food and drink options, local artisan vendors, a big parade (Saturday, 11 a.m.), the Lowrider Car Show, and entertaining contests like Chihuahua races and taco eating. See the full schedule, downtown Denver parade route, contest entry info and more online. **CIVIC CENTER PARK, cincodemayodenver.com**

May 9

LUNCHEON BY DESIGN

Luncheon by Design begins with a networking reception in Sturm Grand Pavilion at 11:30 a.m., followed by a seated lunch at noon. The program includes an introduction by Darrin Alfred, Curator of Architecture and Design. Following the program, attendees are invited to meet Jeanne Gang and see the latest iteration of the Ellen Bruss Design Studio: an in-depth exploration into the creative process behind the nearby Populus hotel, including sketches, renderings, models and a scale mockup of the hotel's inventive window design. All attendees also enjoy full access to the museum for the day, including to "Biophilia: Nature Reimagined" exhibit. **DENVER, denverartmuseum.org**



May 10-12

MOTHER'S DAY HIGH TEA

Treat all the special women in your life to this popular annual event, featuring a traditional four-course high tea. The fancy spread includes scones, fruit, tea sandwiches, desserts and tea, all served in a spectacular setting: Miramont Castle in Manitou Springs. There are three different seatings on each of the three days, plus special prices available for "princesses" and "princes" under 12. **MIRAMONT CASTLE, miramontcastle.org**

May 11-19

DENVER FASHION WEEK

Colorado's largest fashion event is back this spring with six runway shows in the heart of RiNo's Art District at The Brighton. As Colorado's most prominent fashion event, thousands of attendees show up each year to support Denver's growing and diverse fashion community. During the spring show, emerging and established local, national, and international designers and boutiques will showcase their collections' key seasonal styles, enhanced by the work of talented hairstylists, makeup artists and models. Full schedule available online. **DENVER, denverfashionweek.com**



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May 11

HOPS IN THE PARK

Sample brews from local craft breweries while you also check out the food trucks, artist and vendor booths, yard games, live entertainment, and beer-related swag. Vote for your favorite brewery and see who wins the Best of the Fest prize. Ages 21+ only, no exceptions. Noon–4 p.m., rain or shine. Tickets available online. **CLEMENT PARK, foothills.org**



PHOTO COURTESY OF Foothills Park & Recreation

May 11

MOTHER'S DAY 5K

Celebrate Mom at this family-friendly walk/run for all ages and abilities. Presented by the Highlands Ranch Community Association, the 9th annual event includes giveaways and a post-race pancake breakfast. Find the kettlebell hidden somewhere along the 5k route, bring it to the finish line and win \$100. Awards are presented to the top three finishers in several categories and to the overall winner. Register in advance online; the race begins at 9 a.m., so arrival before 8:15 a.m. is recommended. **CRESTHILL MIDDLE SCHOOL, hrcaonline.org**



May 13

AT THE TABLE: TALKING THE TALK, WALKING THE WALK

Arts administrators, directors and creators will discuss the importance of artistic representation and presenting diverse stories that broaden audience horizons with creating “popular” art. Moderated by actor, educator and activist, Ilasiea Gray, At The Table (formerly In Conversation) is an opportunity for arts leaders of color to discuss where we’ve been, where we are and where we are going. At each event, an esteemed panel will discuss various subjects related to artistic representation, actionable steps towards systemic change for the BIPOC (Black, Indigenous and people of color) community and the importance of the arts in making meaningful progress. **LONE TREE ARTS CENTER, lonetreeartscenter.org**

May 13

SWIFT-TEA AT THE BROWN PALACE HOTEL & SPA

Hop in your getaway car and prepare for an unforgettable Swift-Tea experience honoring Grammy Award-winning Fearless with Taylor Swift-inspired pastries and drinks, trivia with the chance to win champagne, afternoon tea for two, free overnight stays and other prizes, plus music from the hit album. Guests are encouraged to dress in their favorite era and enjoy renditions of beloved hits like “You Belong With Me” and “Fifteen” from pianist John Kite, as well as straight off her album in the atrium lobby. Afternoon Swift-Tea is \$75 per person and seats can be reserved via OpenTable or found on the Brown Palace website. The series will continue on the 13th of each month, with each tea themed by album in the order in which they came out. **DENVER, brownpalace.com**



PHOTO COURTESY OF THE BROWN PALACE HOTEL & SPA

May 18

CASTLE ROCK SPRING KICKOFF CONCERT

Get ready for the official kickoff to the 2024 Downtown Castle Rock event season! Locals and visitors gather each year in Festival Park to enjoy live bands, food trucks, local breweries, face painters and vendor booths. Event details will be available online soon, so stay tuned for official announcements. **CASTLE ROCK, downtowncastlerock.com**



PHOTO COURTESY OF DOWNTOWN CASTLE ROCK

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May 18-19

RUN TO THE SHRINE

Run to the Shrine is an annual tradition at Cheyenne Mountain Zoo, and it's the only time of year when guests are allowed to travel the road up to the shrine on foot. The four-mile roundtrip walk/run takes participants 1,000 feet up to Will Rogers Shrine of the Sun and then back down. Along the way, runners are treated to spectacular views of Colorado Springs, Pikes Peak and Garden of the Gods. This popular event (5-8 p.m. both days) is a fundraiser for the non-profit zoo—one of the few accredited zoos that receives no tax support—and helps fund animal care and operations. **CHEYENNE MOUNTAIN ZOO, cmzoo.org**



PHOTO COURTESY OF CHEYENNE MOUNTAIN ZOO

May 19

NEIL BERG'S "100 YEARS OF BROADWAY"

Neil Berg's widely acclaimed "100 Years of Broadway" is a musical revue of Broadway's most celebrated shows that features a dazzling cast of Broadway stars accompanied by an all-star New York band. "100 Years of Broadway" recreates the greatest moments from the finest shows of the century such as "The Phantom of the Opera," "Les Miserables," "Cats," "Jesus Christ Superstar" and "Jekyll & Hyde" featuring the actual stars. These amazing performers light up the stage with songs from the hit shows in which they starred. **PACE CENTER, parkerarts.org**



May 24-27

BOULDER CREEK FESTIVAL

Brought to you by the City of Boulder and Team Player Productions, the 35th Annual Boulder Creek Festival is the unofficial kickoff to summer in Boulder. The free festival features three days of festivities including 30+ bands and performances, food and beverages ranging from food trucks to healthy vegetarian eats, a curated marketplace showcasing 200+ local makers, fine art, a business bazaar, a Creekside Beer Festival showcasing Colorado breweries, and a Creekside for Kids area with family-friendly activities and entertainment. **BOULDER, bouldercreekfest.com**

May 24-26

MEADOWGRASS MUSIC FESTIVAL

This huge festival, now in its 15th year, features three full days of live music! The family-friendly event is held on a property in the Black Forest that spans several hundred acres filled with canyons, trees and historic buildings. Dance the night away to dozens of bands, including headliners The Steel Wheels (Friday), Blitzen Trapper (Saturday) and School of Rock (Sunday). The weekend also includes a beer festival, yoga, guided hikes, workshops and opportunities for camping onsite. Kids 12 and under are free with a paid adult.

LA FORET CONFERENCE & RETREAT CENTER, meadowgrass.org



PHOTO COURTESY OF MEADOWGRASS MUSIC FESTIVAL

LANDMARK

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303 267 6744

LODO

1514 BLAKE STREET
720 354 5058

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