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More Than a Game

In Colorado, a revolution in women's sports has been quietly building for decades from middle and high school sports to elite Olympic events. Girls who once had to fight for spots on boys' teams now wear the jerseys of hometown heroes like Sophia Smith and Mallory Swanson. And in 2026, when Denver welcomes its first National Women's Soccer League, it will mark another breakthrough in a state that has become an unexpected launching pad for female athletes.

By Lexi Marshall

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PHOTO: COURTESY OF THE BROADMOOR

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TALK OF THE TOWN

KNOW SOMEONE who should be featured in AvidLifestyle?

Tell me about them at heather@avidlifestyle.com



TRANSFORMATION

SPRING IS a regenerative, transformational time, and as May settles in, it begins to feel like another transition into summer. My mind wanders to all of the shifts in my life, and it's been on my mind even more lately as my first child is planning her wedding and my younger daughter is settling into her first home. They've been adults for a while now, but nuptials and mortgage payments make it real. Wow, what these things can do to a mama's mind and heart!

We all face transformations in our lives, and I like to think most of them are for the better. We have some stories in this issue about change, starting with our feature article about the evolution of women's sports in Colorado (More Than a Game, page 34). Lexi Marshall reports how we've evolved from girls fighting for spots on boys' teams to producing world-class athletes in all manner of games.

I invite you to marvel at some local kitchens remodeled by talented area designers and builders. These kitchens went from dated and unusable spaces into cooking, dining and entertaining gems that have transformed the way the homeowners live (Statement Kitchen Designs, page 26).

Sometimes transformation happens in the soul, as it did when Ben Stincer joined the FullCircle Program in Denver and recovered from substance abuse, going on to become the program director for this nonprofit that helps at-risk youth and their families (Fighting Addiction, page 42). As an aside, AvidLifestyle and Colorado AvidGolfer have selected FullCircle to be this year's Wheels of Dreams Charity Experience beneficiary. We hope you'll join us on September 20 to celebrate and benefit this wonderful organization. See our ad on pages 16-17 for more information and how to procure your tickets for this amazing event.

We have many other fabulous articles in this issue—I hope you enjoy it as much as I am. Happy Mother's Day to all the moms out there—I hope the transformations in your life are as beautiful and inspiring as I'm finding those in my life to be.

Happy reading!

Heather Shoning

AvidLifestyle strives to celebrate the best and brightest of our community. It's our mission to lift up the businesses and organizations that make our south metro communities so inviting. But it's the people who make everything about communities thrive. If you know someone who should be highlighted in these pages, please contact me at heather@avidlifestyle.com today. I can't wait for an introduction!

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SPRING-TIME TEA AT LOCAL JONES

TREAT MOM to a wonderful Mother's Day celebration or spend the entire season sipping tea at Local Jones in Cherry Creek's Halcyon Hotel through May 31. Offered from 11 a.m.–4 p.m. Friday through Sunday, tea service features warm scones, house-made pastries and savory sandwiches, alongside a selection of tea and signature tea cocktails. Service is \$60 per person and \$25 per child; \$80 per person to add a glass of bubbles; and \$160 per person to add a bottle of Champagne. Reservations are encouraged.

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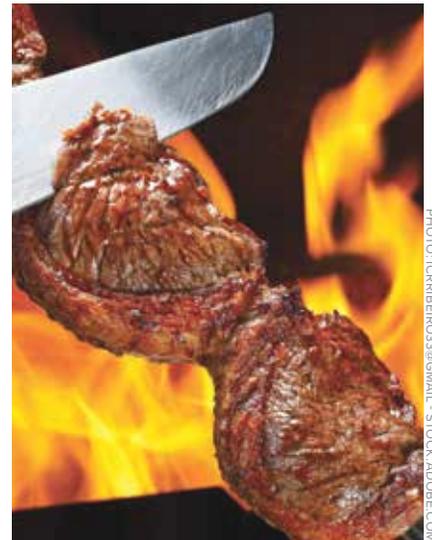


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FOGO DE CHÃO, the 45-year-old internationally renowned restaurant from Brazil known for its elevated churrasco dining experience, introduces its first-ever loyalty program, Fogo Rewards. Beyond the conventional collection-of-points model, Fogo Rewards elevates the dining journey with personalized benefits that begin immediately after enrollment. Members can choose from a wide selection of rewards including complimentary chilled seafood appetizers, indulgent cut upgrades and exclusive offers like \$1 Caipirinhas every Tuesday.

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Proceeds support FullCircle, a local non-profit organization with five area locations (fullcircleprogram.com), that empowers teens, young adults, and their families struggling with mental health and substance abuse. The program has become a beacon of hope for families from every walk of life — CEOs of fortune 500 companies sit side by side with single parents and teens who come through the doors with nothing but the weight of their pain. FullCircle's program is offered free to everyone. Your presence helps raise awareness and funds for life-changing programs and services.

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Farm to Truck

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Food on the Go

Enjoy summer fare with a lineup of award-winning **DENVER FOOD TRUCKS**

By John Lehdorff

THE DENVER METRO is home to a host of well-known and award-winning food trucks serving everything from burgers and pizza to burritos and lattes. Those who think food trucks dishing “street food” is taboo haven’t become hip to the state’s celebrated on-the-go food revolution. Coloradans are serious about enjoying the outdoors and have embraced food truck cuisine at festivals, markets, tasting rooms, fairs and suburban intersections—with more than 600 food truck businesses preparing global cuisines in Denver alone. In 2023, *tryother.com* ranked Denver as one of the “8 Best Cities for Food Trucks in the U.S.” Here are a few crowd favorites.

MEXICAN FIX

Dos Gringos food truck has been serving locals since 2016. Two lifelong friends and Colorado natives, Jesse Trujillo and Santino Lochi, bought the two-truck business two years ago. Dos Gringos typically serves its tacos, burritos and bowls at brewery tasting rooms and

private and corporate events. One of its most popular items is the battered fish tacos.

On the Menu: Tacos, foil-wrapped burritos and bowls topped with carnitas (shredded pork), carne asada (steak), chipotle grilled chicken, beer-battered fish or black beans. Tacos on corn tortillas include shredded lettuce or pickled red cabbage, chipotle sauce, pico de gallo, cilantro and shredded cheese. The Moby Dick bowl is Mexican rice topped with beer-battered fish, black beans, chipotle sauce, pickled red cabbage, pico de gallo, pickled jalapeno and fried tortilla strips.

Find the truck location and more information at dosgringosco.com

BY THE SLICE

As the mother of five, Melinda Carbajal is used to serving crowds. As CEO and co-owner of 10-year-old Simply Pizza in Centennial, she operates pizza trucks as well as hybrid



PHOTO: COURTESY DEL GRINGO

pizzerias in shipping containers selling at busy places like the Denver Zoo and Buckley Air Force Base.

“We bought the business about five years ago. I got my husband drunk and we decided pizza would be a good new career,” she says with a laugh. Carbajal’s Simply Pizza pies have since taken home awards in pizza competitions from Naples to Las Vegas.

Simply Pizza slings slices made from Italian flour baked in a hickory-fired oven from its heavy-duty 26,000-pound truck. “We make a very thin, New York-style crust that makes it easy to carry,” Carbajal says. (Think of the opening scene of “Saturday Night Fever.”)

On the Menu: Pizza varieties can include Belgium Farmer: extra virgin olive oil, smoked bacon, roasted Brussels sprouts and goat cheese sauce. Right-Hand Man: red sauce, mozzarella and hand-cut uncured pepperoni. Also available are vegetarian pizzas and Caesar salads.

Find the truck location and more information at simplypizzatruck.com

FARM FRESH

Bringing the flavors from Colorado’s farms and ranches into down-to-earth settings is the vision behind Farm to Truck Colorado, which

has served its comfy cuisine at Denver-area tasting rooms and corporate and private events for a decade. “We’re especially proud of the Colorado-ranched meats we use, the grass-fed beef and lamb in the burgers,” says Bronson Kandel, owner of the mobile food business. The pork for pulled pork sandwiches on brioche buns comes from another local company, Denver’s Tender Belly. Even the food truck’s vegetarian wrap has a local connection with a unique crunchy, high-protein mix of Colorado-grown hemp seeds with chia, quinoa and lentils.

On the Menu: Western Showcase: beef burger on a brioche bun with cheddar, pulled pork, bacon, fried onions, pickles and BBQ sauce. The Lamb Burger: lamb on a brioche bun with greens, fried onions, goat cheese and mint aioli. Farmer’s BLT: thick-cut bacon, greens, tomatoes, pesto and garlic aioli. Sandwich sides include apple coleslaw, pesto macaroni salad and yellow curry potato salad. The truck also serves brunch sandwiches, including The Classic with bacon, fried egg and cheddar and more.

Find the truck location and more information at farmtotruckco.com

John Lehdorff is the former Dining Critic of the *Rocky Mountain News*. He hosts *Radio Nibbles* on KGNU. Podcasts: kgnu.org/category/radio-nibbles



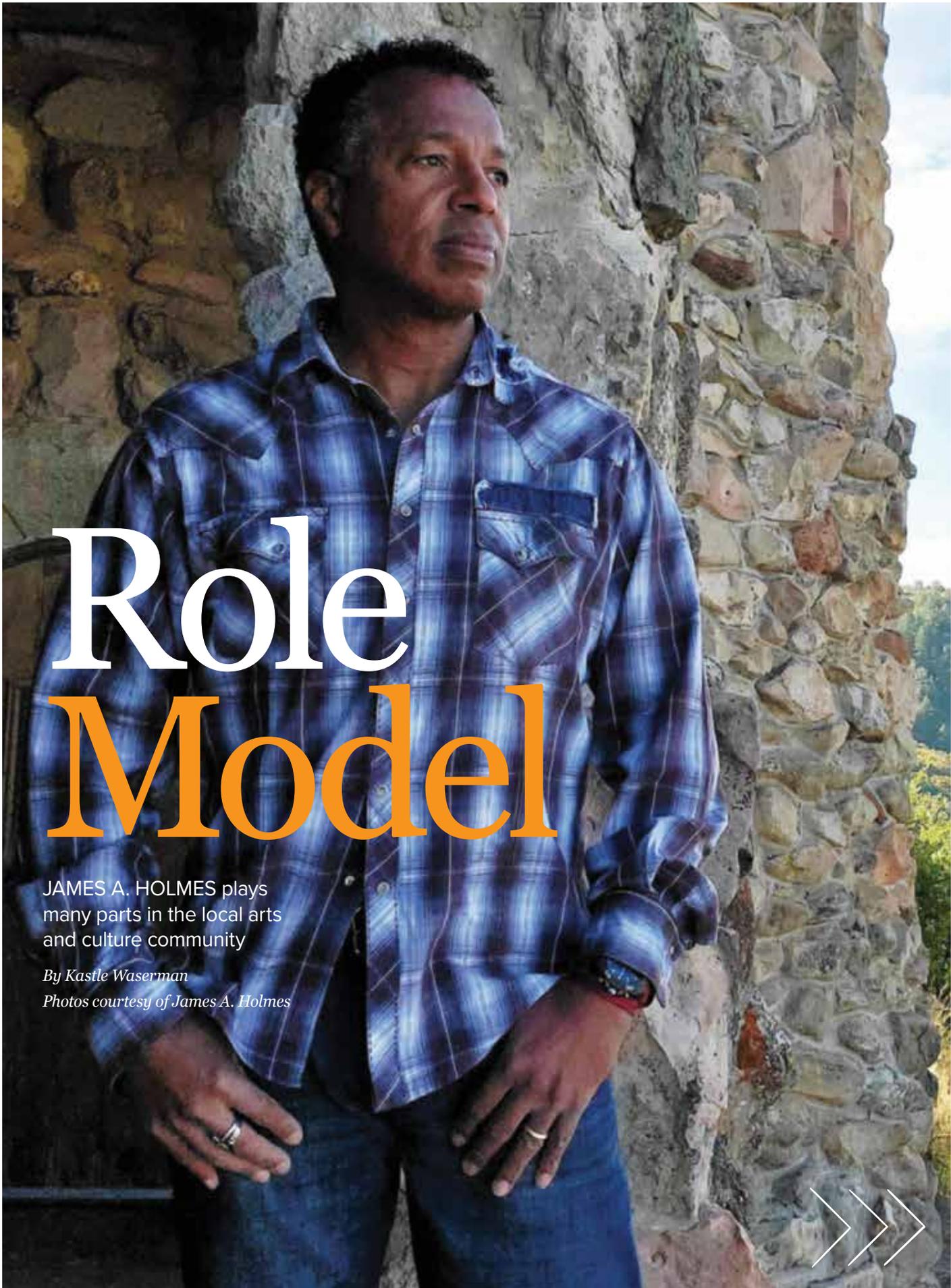
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Role Model

JAMES A. HOLMES plays many parts in the local arts and culture community

By Kastle Waserman

Photos courtesy of James A. Holmes





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WHEN THE SUN RISES, community leader and artist James A. Holmes takes care of business before a day of meetings, lunches and art openings, and he makes time for his fine art practice. He holds a long list of accomplishments from nearly 30 years of leadership service across the arts, cultural and business sectors.

“I was talking to my dad the other day about how busy I am, and he told me, ‘You’ve always been like that!’” Holmes recalls with a laugh. The native of Sheridan, Colorado, started in politics by volunteering for local candidates; next, he started a mortgage banking company. Then, he joined the art world, responding to his calling to be a visual artist. Through networking, he was asked to be involved in various projects. “If the project is something I’m interested in, it’s a good group of people that are respected, and I feel like I can contribute something, I try to find a way to say ‘yes,’” he says.

We asked Holmes to list his top three projects:

EXECUTIVE DIRECTOR OF CHEROKEE RANCH AND CASTLE FOUNDATION*

The European-style castle and the ranch’s 34,000 acres were donated to the public by former owner Mildred Montague Genevieve “Tweet” Kimball. The Foundation now runs the property as a wildlife sanctuary, science institute and cultural event center, as well as housing a vast collection of antiques and art and overseeing Kimball’s Santa Getrudis cattle herd.

“I feel a tremendous responsibility to be the steward of a really interesting, visionary woman’s legacy,” Holmes says. “When I go to work, I try to do what Tweet wanted to do and fulfill that promise. I’m really proud of what we do every day.”

DENVER ART MUSEUM (DAM) TRUSTEE AND EXECUTIVE BOARD MEMBER

Holmes began volunteering at DAM in 1997 and has played a significant role in the museum’s inclusivity efforts as an African American Outreach Advisory Committee member. He helped establish the Denver Art Museum Black Art Collective in 2023.

“We’re a group of approximately thirty individuals who have raised in excess of one hundred thousand dollars and helped fund two major acquisitions by participating in the overall funding of significant purchases. The group is still growing and raising funds for future acquisitions.”

FINE ARTS PAINTING PRACTICE—AND BEING PART OF THE ARTS COMMUNITY

While Holmes works to advance the arts in the community, he is also a fine arts painter in his own right. Working from his studio in the Santa Fe Arts District, his colorful abstract expressionist paintings have been featured in several exhibits and installations, and he is a member of the D’Art Gallery, where he will



have a show in August. “When I think about my painting practice, I see it as a part of my role of a broader commitment of supporting the arts and culture in our community,” says Holmes, who actively attends and promotes other artists’ shows and is a collector. “I make sure my collection represents Colorado artists, and I try to be a good customer by acquiring art through the galleries rather than online.” Holmes credits community and arts activist Arlene Hirschfeld as a mentor and his dad as

an early inspiration for his work: “My dad is a blue-collar mechanic, and he has a heart for service. He ran for mayor of Sheridan in 1968 during a volatile time in society. He was probably the model for me thinking I could take some of my time and give it away to do something for my community.”

*Editor’s note: You can read more about Cherokee Ranch and Castle at avidlifestyle.com



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DRAMA TO YOUR KITCHEN

By Heather Shoning

A STRIKING MOSAIC backsplash is not just a practical choice—it's a statement. It introduces texture, color and artistry, instantly elevating the entire room. Whether you lean toward classic glass tiles, hand-painted ceramics or bold geometric patterns, mosaic designs add a layer of visual interest that draws the eye and complements your cabinetry, countertops and lighting—even when you select a simple palette such as black and white. A glistening of light across glossy tiles can brighten the space, making your kitchen feel more open and inviting, while a bold pattern can turn your kitchen into a work of art. Try these masterpiece backsplash tiles from New Ravenna.

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Clockwise from top left: PIETRO, a hand-chopped and waterjet mosaic, shown in hand-chopped tumbled Calacatta Monet, Orpheus Black and polished Calacatta Monet, is part of the San Marco collection; LOMBARD, a waterjet mosaic shown in polished Nero Marquina and Shell, is part of the Bright Young Things collection; MARIA, a waterjet stone mosaic shown in matte and polished Dahlia Glazed Basalto, is part of the Femme & Function collection.



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Inspire Kitchen Design Studio



PHOTOS BY SHAUNA INTELISIA

Statement Kitchen Designs

Sprucing up or completely renovating your kitchen is a smart move for your home's livability, your cooking comfort and for **BRINGING FAMILY TOGETHER**

By Heather Shoning

CREATING A BEAUTIFUL kitchen that truly reflects your personality is about more than just function—it's about curating a space that feels like home. The kitchen is often called the heart of the home, and it should pulse with the same energy, creativity and warmth that you bring to your everyday life. Whether you lean toward bold expression or subtle elegance, the right blend of color, pattern and materials can transform a standard kitchen into a profoundly personal, design-forward space.

Start by thinking about how you want the space to feel. Do you gravitate toward the calm of soft neutrals or the energy of saturated hues? Color sets the tone, from a tuxedo palette of crisp black and white to perky peach cabinetry or a muted blue-gray with rich gold accents.

Pattern—through tilework, wallpaper or even wood grain—can add rhythm and visual interest, creating layers of personality and depth. Architecture grounds the space and can create a decidedly symmetrical look and bolster function and flow.

Ultimately, a kitchen that reflects your personality isn't about following trends; it's about knowing what you love and finding fresh, beautiful ways to bring that into your space. When you design with intention and authenticity, your kitchen becomes more than just a place to cook—it becomes a true reflection of you. These three local kitchens inspire and delight their homeowners daily thanks to the perfect balance of function and fashion.



Inspire Kitchen Design Studio

PHOTOS BY SHAUNA INTELISANA

BRING ON COLOR

This colorful kitchen remodel blends vibrant personality with thoughtful functionality. Owner and lead designer Angela Otten of Inspire Kitchen Design Studio and Kristina Sterling with Seek Interior Design reimagined the space for a young family that loves cooking, gathering and expressing their unique style through eclectic design choices.

The homeowners, already working with Sterling on other parts of the home, sought to bring the same spirited energy into the kitchen. A bold wallpaper in the adjacent living area became the starting point, inspiring the vibrant hue of the kitchen island. The rest of the palette is light and fresh, with white perimeter cabinetry providing balance to the rich green tile backsplash and dark countertops.

Though the kitchen's footprint remained intact, the designers made several functional upgrades. A new custom island includes a rounded eating area designed with the family's twin daughters in mind, offering a casual space for meals and connection. Storage was a key priority, with Otten optimizing cabinetry layout to meet the needs of the cooking-enthusiast husband.

One standout feature is the fluted range hood, a collaboration between Otten and Sterling that adds sculptural interest while retaining the

home's sophisticated, slightly retro vibe. Art Deco-inspired hardware and a multi-colored eating area add further character, honoring the clients' love for Anthropologie-esque design and layered materials. At the same time, a newly arched service pantry entrance brings balance and symmetry to the architectural details.

With a careful blend of color and texture plus an enhanced layout, this kitchen reflects the homeowners' eclectic taste and provides a beautiful, highly functional amalgamation of the design elements encompassing the open-concept living area.

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RESOURCES

Builder/Contractor: Howard Construction
Appliances: Mountain High Appliance
Cabinetry design: Angela Otten
Cabinetry: Homestead Cabinet & Furniture
Countertops: Caesarstone
Kitchen backsplash: Decorative Materials
Kitchen sinks/fixtures: Ultra Design Center
Decorative lighting: Studio Como

"BLACK TIE" STYLE MEETS FUNCTION

A stunning kitchen remodel in Greenwood Village exudes timeless sophistication with a fresh take on a traditional cabinetry style with a crisp black-and-white palette warmed by beautiful wood flooring and brushed brass accents. Executed in collaboration with Inside Stories interior design firm and brought to life by designer Kim Foutz of Caruso Kitchen Designs and her team, the project was part of a complete main-level renovation for a family relocating from Texas.

While the overall design vision was established early through Inside Stories' client style packet, the final plan evolved through close collaboration with the homeowner, who had a clear vision and a strong focus on function. As a passionate home cook and a busy parent, she worked closely with Foutz's team to fine-tune every detail—from appliance placement to drawer organization—ensuring the kitchen would support her daily rhythms with ease and elegance.

The sleek white cabinetry and Taj Mahal quartzite countertops provide a luminous foundation, while deep black accents—including custom lighting and carefully framed cabinetry details—anchor the space with drama and contrast. The standout moment is the range wall, where stone extends all the way to the ceiling, giving the kitchen a stately focal point without sacrificing warmth. >>>

Caruso Kitchen Designs



Foutz detailed the service pantry—tucked just behind the kitchen—to house everything from small appliances to kids’ lunches, maximizing storage in a compact space. Features like toe-kick lighting, thoughtful corner cabinet solutions and a tailored traditional-style hood (scaled precisely to suit the home’s modest ceiling height) showcase the level of care and customization throughout.

With its refined palette, tailored lines and high-function layout, this kitchen is a masterpiece in elevated design that works just as beautifully as it looks.

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RESOURCES
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**KITCHEN
MUST-HAVES**

AvidLifestyle asked local design professionals at our recent industry event, Hardhats & Highballs, what their kitchen "must-haves" are. Here are some of the responses:

**Kellie Murdock,
Inspired By Design**

1. Cannister pull-outs next to the range for utensils
2. Under-cabinet lighting w/dimmer switch
3. Air switch for garbage disposal

**Kirsten Laraby,
Terra Firma
Custom Homes**

1. Steam oven
2. Large sink
3. Large shallow fridge

**Chris Keale,
T & G Flooring**

1. Steam oven
2. Induction cooktop
3. Drinks & wine fridge

**Bill Kalin,
Kalin Construction**

1. Touch-free faucet
2. Ice maker – chipped
3. Espresso/coffee station

**Stephanie Herlory,
IDC Building**

1. Space for gathering - warm & inviting
2. Large island
3. Appliances with up-to-date technology

**Erica Clemens,
Andrea Schumacher
Interiors**

1. Beverage fridge
2. Double oven
3. Espresso machine



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A MOODY KITCHEN WITH CALIFORNIA SOUL

With rich walnut details, layered functionality and a moody palette anchored by honed stone slabs, this kitchen remodel is a study in thoughtful design for clients with a laid-back California vibe. Dawn Chau, principal designer and founder of Paradigm Interior Design, led the project in collaboration with designer and project manager Tamar Chang with Thurston Kitchen + Bath – Denver, transforming the space for longtime clients she’s worked with for more than a decade.

Initially sparked by a disliked sink and water-damaged flooring, the project quickly expanded into an entire kitchen overhaul. The clients—avid cooks and entertainers—were deeply involved in the process. Chau’s design focused on flow and function, carving out zones for bread-making, coffee and tea prep, and bar service. “Every drawer has a purpose,” Chau says. A galley sink with dual faucets became a standout feature, allowing for simultaneous

prep and clean-up—a must for the culinary-minded couple.

The custom cabinetry features modern shaker fronts in a moody blue-gray and warm white. A standout design element is the laser-cut rich walnut panels above the beverage station, adding warmth and texture with a nod to nature. These cabinets—outfitted with sleek, motion-activated lighting—became a defining feature, custom fabricated by Thurston.

The veining in a pair of salvaged stone slabs served as the launch point for the kitchen’s color palette, while the surrounding spaces—open to the kitchen—echo the aesthetic with walnut built-ins and complementary hues.

Though no walls were removed, the island was reshaped to better suit the space, improving flow and usability. An appliance garage and subtle under-cabinet lighting keep the aesthetic sleek and organized.

With its elevated function and soulful modern vibe, this kitchen truly reflects the homeowners’ lifestyle.

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RESOURCES

Builder/contractor: Colorado Craftsmen Services

Appliances: Specialty Appliance

Countertops/backsplash: Moros Fabrication

Kitchen sinks/fixtures: Ultra Design Center

Decorative lighting: Visual Comfort



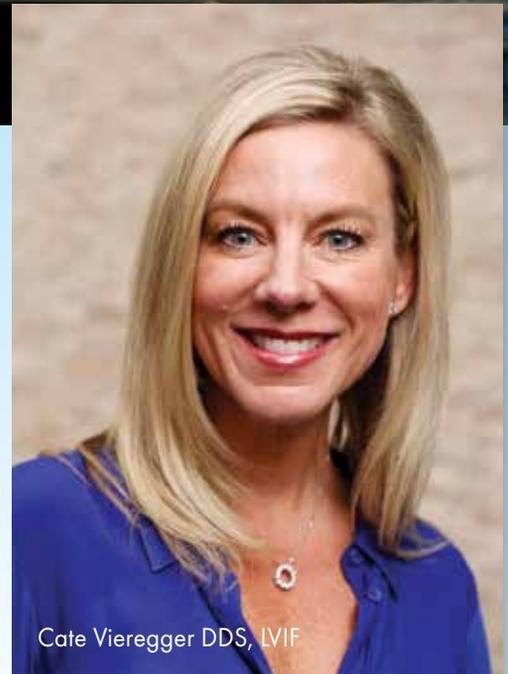


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PHOTO: COURTESY SPORTS WOMEN OF COLORADO

MORE THAN A GAME

The rich history of
**WOMEN'S SPORTS
IN COLORADO**

By Lexi Marshall

IN COLORADO, a revolution in women's sports has been quietly building for decades from middle and high school sports to elite Olympic events. Girls who once had to fight for spots on boys' teams now wear the jerseys of hometown heroes like Sophia Smith and Mallory Swanson. Parents who remember when girls' sports meant only cheerleading now watch their daughters compete in packed stadiums. And in 2026, when Denver welcomes its first National Women's Soccer League (NWSL), it will mark another breakthrough in a state that has become an unexpected launching pad for female athletes.

The story of women's sports in Colorado weaves through generations: from the pioneers who fought for Title IX, to Olympians like alpine skier Mikaela Shiffrin and swimmer Missy Franklin who redefined what was possible, and through the thousands of girls who lace up their cleats and hit the fields each weekend. Yet behind these achievements lies a complex tale of persistence, barrier-breaking and the ongoing fight for equal access to sports.



Babe
Zaharias

Saint Catherine's School
Basketball Team, Denver,
1931-1932



PHOTO: COURTESY HISTORY COLORADO

A LEGACY OF TRAILBLAZERS

From an early age, it was clear Colorado Sports Hall of Fame inductee Mildred “Babe” Didrikson Zaharias was destined for greatness. She burst onto the scene in 1932, challenging gender norms and proving that women could achieve extraordinary things in sports. A six-time Associated Press Female Athlete of the Year, Zaharias won two Olympic gold medals in track and field and played a key role in founding the Ladies Professional Golf Association.

After moving to Denver in 1943, Zaharias became a special consultant to Judge Philip B. Gilliam at the Denver Juvenile Court, helping disadvantaged children. While playing for Park Hill Country Club, she won 17 straight tournaments during the 1946-47 seasons, including the British Women’s Amateur, becoming the first American to do so. Upon her return, she was celebrated as Denver’s hometown hero on July 4, 1947.

With 35 career victories in golf, including 10

majors and three U.S. Opens, she demonstrated remarkable resilience by winning her third U.S. Open championship just 14 weeks after undergoing major cancer surgery in 1954. Sadly, her battle with cancer ended in 1956, but her legacy lived on. She was inducted into the Colorado Sports Hall of Fame in 1974 and the National Women’s Hall of Fame in 1976, forever etching her name in history as a pioneer of women’s sports in Colorado and beyond.

Colorado-born golfer Jennifer Kupcho is swinging her way into current-day Colorado women’s sports lore. The 27-year-old was voted into the Colorado Golf Hall of Fame in 2024 at a time when she was still building her professional golf resume. But her early success made her a natural fit. She grew up in Westminster and played collegiately for Wake Forest University. She won the first Augusta National Women’s Amateur in 2019, then turned pro and won her first LPGA major, the 2022 Chevron Championship.

Janine Szpara stands as another key figure in the evolution of women’s sports in Colorado, particularly in the realm of soccer. As goalkeeper for the Colorado College Tigers from 1985 to 1988, she made significant contributions to the team’s success across 78 appearances. In 1986, the Tigers achieved their best result, finishing as NCAA runners-up, a remarkable accomplishment that underscored the growing competitiveness of women’s collegiate soccer. Szpara’s excellence was recognized with National Soccer Coaches Association of America First-Team All-American honors in all four seasons of her college career, and she was named Intercollegiate Soccer Association of America Goalkeeper of the Year in 1988. Her legacy at Colorado College includes several enduring records: 46 career shutouts, the best save percentage in school history and the lowest average goals conceded, cementing her place in Colorado’s women’s sports history.

COLORADO’S ATHLETIC HERITAGE

Colorado’s natural landscape has played a

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Dorothy
Hammill



PHOTO: COURTESY XXX

Colorado's high altitude and natural beauty nurture a new generation of elite athletes.

crucial role in developing these world-class athletes. "Our trails, parks, mountains and rivers create the perfect training ground," says Jennifer Anderson-Ehrlich, executive director of Sportswomen of Colorado. "We produce Olympic-level skiers, kayakers and runners because of where we live."

The state has also become a powerhouse for women's soccer, producing U.S. Women's National Team stars Sophia Smith, Lindsey Horan and Mallory Swanson. Their success has paved the way for Denver's NWSL expansion team, set to debut in 2026 as the city's first women's professional sports franchise. With a purpose-built stadium and training facility, it represents a major investment in female athletes and youth development.

Many believe this athletic excellence stems from strong institutional support. The University of Colorado Boulder and Colorado State University developed competitive women's sports programs following Title IX's passage. CU Boulder's cross-country program has produced multiple Olympians and NCAA champions, while CSU's volleyball program has built a strong reputation in collegiate athletics.

Colorado hosts several elite training facilities, including the U.S. Olympic & Paralympic

Babe
Zaharias



PHOTO: COURTESY OF THE USGA

Jennifer Kupcho



PHOTO: COURTESY THE COLORADO OPEN GOLF FOUNDATION

Training Center in Colorado Springs where athletes across multiple disciplines train at high altitude. This infrastructure, combined with the state’s natural advantages, has helped nurture emerging talent across summer and winter sports, contributing to Colorado’s role in developing elite athletes.

Take Lindsey Vonn, who moved to Vail at age 12 to advance her skiing career. Her connection to Colorado’s slopes proved transformative—she went on to become the most successful female ski racer in World Cup history with 82 victories before her retirement in 2019. During her career, Vonn clinched three Olympic medals, including downhill gold at the 2010 Vancouver Games, and earned four overall World Cup titles. Her achievements extended beyond competition through the Lindsey Vonn Foundation, which provides scholarships and programming to help young people pursue their athletic dreams. Vonn’s resilience through multiple injuries and comebacks, combined with her dedication to supporting the next generation, has left a lasting impact on Colorado’s athletic legacy.

THE MODERN CHALLENGE OF ACCESS

Despite these advancements, challenges persist. Title IX, enacted in 1972, was a game-changer for women’s sports, but its impact hasn’t been the same for everyone.

“Although Title IX was established 50 years ago, in so many ways there are more barriers I feel in 2025 than ever, or maybe the barriers feel larger: access, transportation, money, gym and field availability—everything is expensive,” Anderson-Ehrlich says.

According to the Women’s Sports Foundation, girls drop out of sports at twice the rate of boys during adolescence. Financial constraints, limited program availability, social pressures and safety concerns all play a role.

Through her role as secretary of the Denver Women’s Sports Collective (DWSC), Karen Webber works to address these challenges. “One of the biggest barriers is access—whether it’s access to opportunities, funding, leadership positions or networks of support,” she explains. “Women in sports often have to work harder to be recognized and face biases that can limit career growth.” DWSC focuses on breaking down these barriers by creating a strong community where women can connect, share resources and advocate for change together.

Anderson-Ehrlich points out another issue: “A middle school girls’ basketball team might have just 12 or 15 roster spots, but many more girls want to play. Without enough community partnerships, after-school sports access remains limited.”

FINDING HER PATH IN SPORTS

For Webber, the journey into sports wasn’t immediately obvious. “I grew up watching and cheering for Colorado sports teams with my dad,” she recalls. “At a young age, the only female roles I recalled watching on TV were the on-air talent or cheerleaders. I wasn’t genuinely interested in those roles, so I didn’t consider working in the sports industry until after graduating college.”

That changed when a digital media internship with the Colorado Rapids opened her eyes to the many behind-the-scenes roles in sports. She hustled for more opportunities—internships, part-time jobs and volunteer gigs—until she eventually landed a role with the Denver Broncos. Her story reflects the shifting landscape for women in sports careers, where opportunities now extend far beyond the playing field.

Anderson-Ehrlich has seen this evolution firsthand. “I grew up playing sports in Iowa. That’s all we did. I played flag football with the boys,” she recalls. Later, as a mother and coach, she became acutely aware of the systemic challenges girls face in athletics.

“Over the past few years, I have spent hours driving my kids and their friends to their practices, coaching youth basketball and



PHOTO: COURTESY DENVER WOMEN'S SPORTS COLLECTIVE

Zoe Rollins



PHOTO: COURTESY SPORTS WOMEN OF COLORADO

listening to my daughters and their friends talk about confidence and body image,” she shares. “At their age, I wasn’t thinking about those things—I just wanted to play. Now, girls face different pressures that influence whether they stay in sports.”

RECOGNIZING EXCELLENCE

Sportswomen of Colorado was founded in 1974 to give female athletes the recognition they deserved. “They held their first banquet in 1975 with 225 attendees and 28 awards,” Anderson-Ehrlich explains. Today, the organization continues this tradition, honoring approximately 40 awards per year across different categories.

These awards highlight not only elite athletes but also stories of resilience. Anderson-Ehrlich recalls Zoe Rollins, a 2022 Inspiration Award winner: “Zoe and her sister were in a serious car accident after practice on a snowy night in Loveland. She suffered a spinal cord injury and was confined to a wheelchair.” Despite this devastating injury, Rollins returned to the volleyball court with assistance to stand from her wheelchair. Dressed in her team uniform, she got her first serve over the net.

Anderson-Ehrlich’s voice fills with emotion as she describes the moment: “Seeing her roll to the service line on the video in her wheelchair, in her volleyball uniform. And having assistance to maintain her balance and getting a serve over the net ... that left a lasting impression with me.”

CULTURAL SHIFTS AND ONGOING PROGRESS

Support for women’s sports in Colorado is stronger than ever. A recent Professional Women’s Hockey League exhibition game at Ball Arena shattered attendance records, with fans chanting “We want a team.” DWSC hosted the event with 15 members, describing it as “empowering for women and the next generation.”

This progress extends to representation across all aspects of sports. “Not only will they watch and cheer for professional female athletes,” Webber notes, “they will see more female coaches, trainers, referees, executives and other positions in sports. The next generation of female athletes will have more exposure to the opportunities there are to play and/or work in the sports industry.”

Anderson-Ehrlich has noticed the shift in everyday life, too. “My 12-year-old daughter wears a Caitlin Clark jersey all the time. When I was her age, I had to wear Magic Johnson, Larry Bird or Michigan Fab Five jerseys—there weren’t women’s jerseys available.”

A VISION FOR THE FUTURE

Looking ahead, organizations and experts share a vision of continued progress. For Webber, the message is clear: “Let’s continue to empower each other. Today’s contributions, whether successes or setbacks, pave the way for future generations to dream big and meet limitless potential.”





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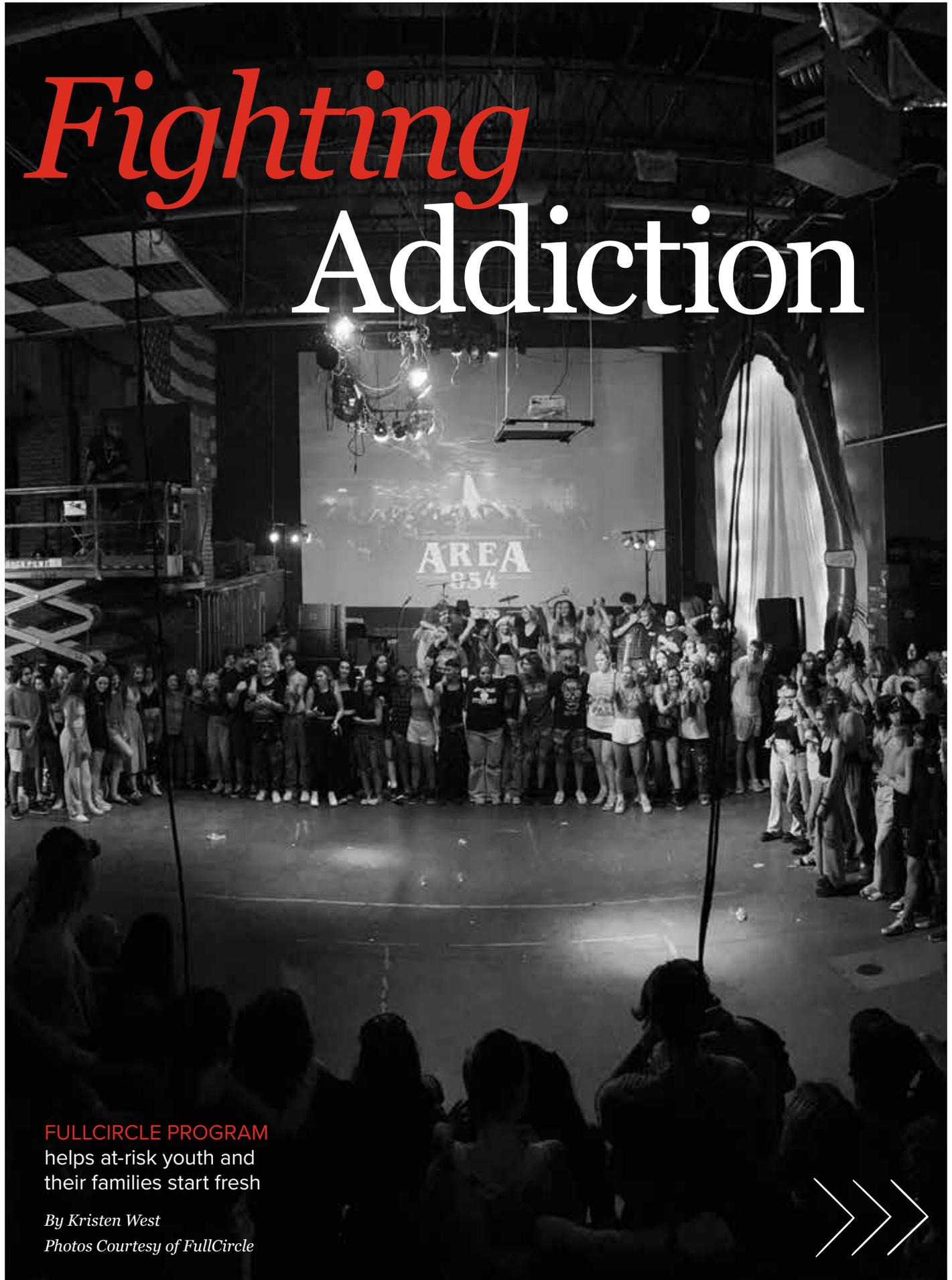


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Fighting Addiction

FULLCIRCLE PROGRAM
helps at-risk youth and
their families start fresh

By Kristen West
Photos Courtesy of FullCircle



Inspire

Kitchen Design Studio



Photo: EMR photography
Interior Designer: Angie Hilmes



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WHAT IF THERE was a place that embraced young people and their addiction struggles with so much empathy and support that they and their families began to heal? What if that place was not just a free, safe space but also a fun place to hang out? That's what the FullCircle Program in Denver and several other major cities is doing to change the lives of teenagers, young adults and their families.

Ben Stincer, the program director for the Colorado FullCircle chapters, got involved in the organization after he overcame his own addiction struggles. "In 2012, I had gotten sober. I was struggling with substance use and all the different things we talk about at FullCircle. I got sober and wanted to work in the field," Stincer says. "I started volunteering and fell in love with the concept because I thought this is just the purest it could be."

FullCircle originated in Phoenix, Arizona, as a modified 12-step-based recovery community organization that serves at-risk youth ages 13 to 25 and their families. These individuals are often struggling with substance use, self-harm, promiscuity, pornography, eating disorders or other harmful behaviors.

The program aims to provide young people

with something positive and enriching that is as easily accessible as the negative behaviors or substances they find addicting. "If you just save people, all they need is more saving," Stincer says. "But if you teach them how to save themselves, they can continue to do that forever." The concept was so successful that FullCircle expanded to Boulder, Centennial, Denver, Charlotte, Kansas City, and North Kansas City, and it plans to expand worldwide.

Throughout each participant's 90-day voluntary commitment, they attend in-person support group meetings twice weekly and two sober social events on the weekend. The social activities include anything from Jeopardy or Harry Potter-themed events to football, soccer, volleyball or even punk rock-themed dances. The buildings are a teenage paradise with ping pong tables, video games, pool tables, sound systems and full coffee bars.

Simultaneously, there's a family support group meeting that is also peer-to-peer. "It's moms talking to moms and dads talking to dads," Stincer says. "There are very few things I trust more than parental gut. They may not know what's wrong, but they'll know something is wrong long before anyone else." Stincer adds that when parents know what's

happening, they are in a position of power to be supportive.

The level of help that FullCircle provides is considered a wraparound support or the glue between the cracks that young people fall into. In addition to partnering with the participants' families and educators, the program has strong relationships with local therapists, psychiatrists, social workers and external treatment centers. It helps participants attend the therapies with scholarship funding.

AvidLifestyle and Colorado AvidGolfer selected FullCircle as the beneficiary of the 2025 Wheels of Dreams charity event on September 20. Stincer hopes that the additional funding and awareness about the program will help it hire more staff and expand its services at its rapidly growing Centennial location. Anyone interested in becoming a FullCircle volunteer or opening a FullCircle branch can visit the FullCircle website for more information. 

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A WEEK OF STYLE

DENVER FASHION WEEK (DFW) Spring 2025 is scheduled from May 10 to 18 at The Brighton in Denver. Colorado's largest fashion event showcases diverse themes and styles, emphasizing inclusivity and innovation in the fashion industry. DFW aims to provide a platform for emerging designers, local boutiques, national brands, hairstylists, makeup artists and models to showcase their talents. The event is committed to inclusivity, welcoming participants regardless of race, color, religion, sexual orientation, height, body type or age. Additionally, DFW aims to foster economic growth within Colorado's fashion and design communities and increase visibility for runway participants and sponsors.

SCHEDULE

Saturday, May 10: Sustainable
Sunday, May 11: Swim & Resort Wear
Monday, May 12: Adaptive
Tuesday, May 13: Streetwear & Sneakers
Wednesday, May 14: Maximalism
Thursday, May 15: Society
Saturday, May 17: Bridal
Sunday, May 18: Youth + Mommy & Me

For tickets and more information, visit denverfashionweek.com

AAAA AAHHHHH AHLMOST NATURAL

SOMETIMES DUBBED "soap nails," super-soft pale pink with a glossy finish is today's top nail trend. O.P.I.'s Bubble Bath is the perfect pale hue for this almost-nude look.



BOHO IS BACK

VINTAGE STYLES are making a resurgence, and the '70s boho fashion trend, says Marie Claire, is "steadily crescendoing, like the slow-burning melody of a Rolling Stones anthem." While the look definitively peaked in the early aughts, it made a comeback at Chloé's Fall 2024 show. Under the direction of creative director Chemena Kamali, the runway flowed with ruffled blouses drenched in earthy tones and frilly dresses stitched with lace and chiffon.



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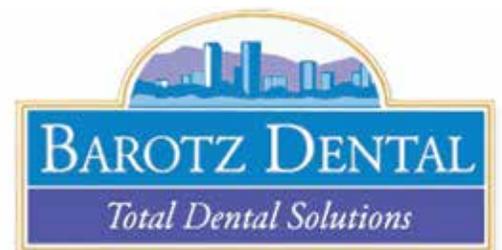
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It's a Wrap!

Beautiful ways to
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EVENING CHILLS

By Amanda Lacey

The Dreamsoft Travel Scarf, \$68,
ZESTT ORGANICS, Nordstrom or
nordstrom.com





Matt McCarty
2024 Alum
Player of the Year

Scottie Scheffler
2019 Alum

Will Zalatoris
2020 Champion

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JULY 7 - 13

The Ascendant presented by Blue returns for the seventh year to TPC Colorado. This remarkable Front Range experience features 156 of today's brightest professional golfers teeing it up for a \$1 Million purse, amazing food and hospitality, an outstanding Kids Zone and so much more. Scottie Scheffler (World Ranking #1), Will Zalatoris and Matt McCarty have all played here... Join us!



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theAscendant.com
BERTHOUD, CO



YOU'VE SECURED the ideal alfresco moment—the wine is flowing, and conversation can't possibly stop—but the brisk temperature threatens to conclude the evening. The answer? Grab a wrap to drape over your shoulders to keep the good times rolling.

A “wrap” is a modern term that fits scarves, shawls and stoles under one umbrella. This fashion accessory can be donned as a decorative element to finish off an outfit or as a

technical wardrobe essential to keep you warm.

Often made from natural fibers such as silk, cashmere, wool, cotton or linen, there are plenty of options to satisfy your needs. Rectangular, triangle or oblong shapes are most common, but keep an eye out for one with shearling or fur trim to add some extra pizzazz because who doesn't love a luxurious and versatile option?

Ultrasoft and stylish cuts are sure to lend a hand while traveling, not to mention double as a plush blanket for an in-flight nap. And when you need a light layer, opt for drapery silk with an asymmetric silhouette to polish off any look.

Whether wrapping over a dress or a tank and jeans combo, there's no denying you're sure to stay cozy while looking effortlessly chic. It's a truly timeless piece that you can—and will—reach for time and again. 



From left to right: Hand-Dyed Silk Scarf, \$128, **EILEEN FISHER**, eileenfisher.com; Maxwell Wrap, \$122, **HELEN JON**, Nordstrom or nordstrom.com; Asymmetric Sheer Silk Wrap, \$138, **EILEEN FISHER**, Nordstrom or nordstrom.com

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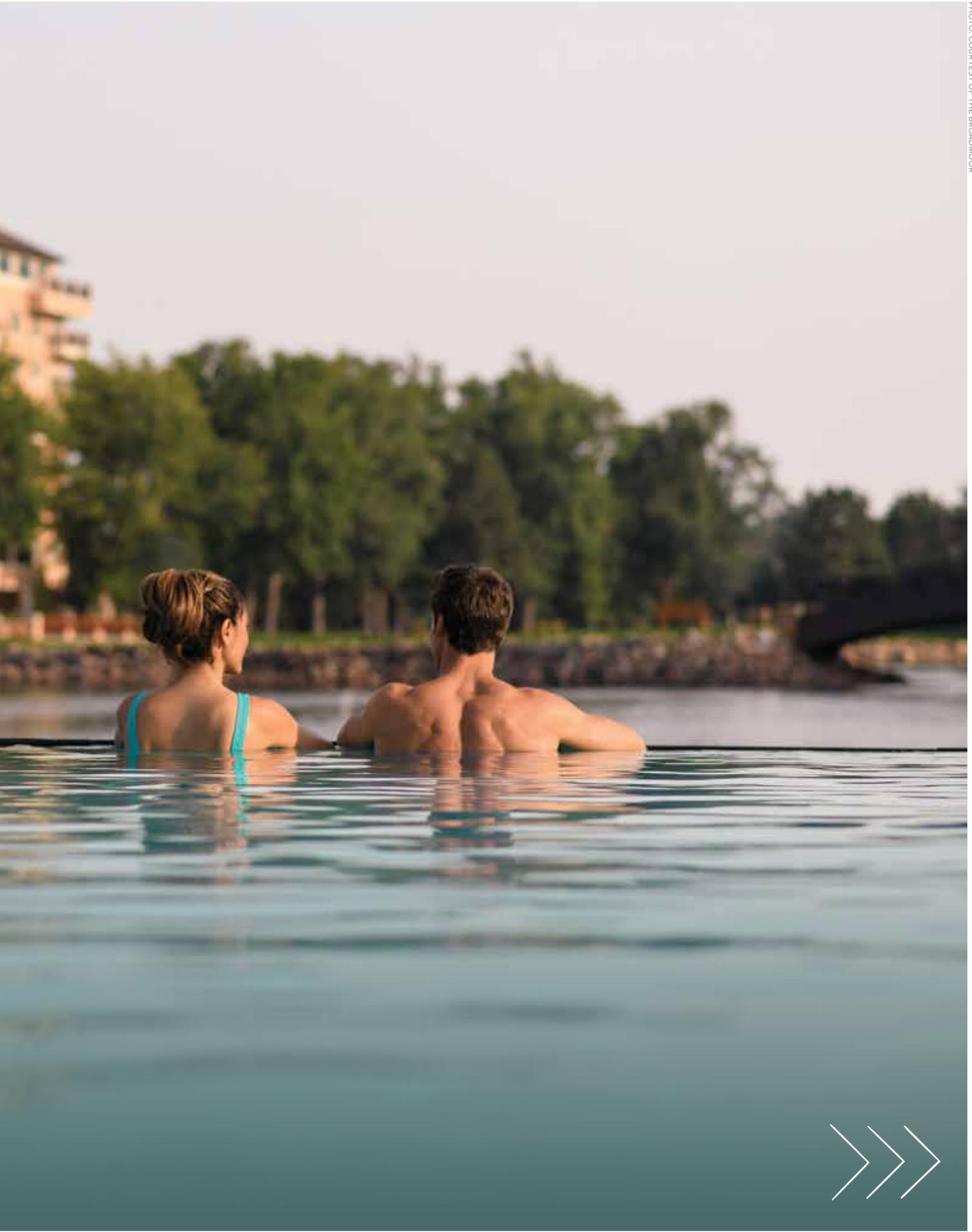




Be Seen in The Springs

A guide to the best of
COLORADO SPRINGS during
the U.S. Senior Open

By Lexi Marshall



The Broadmoor



AS GOLF ENTHUSIASTS flock to Colorado Springs in June for the U.S. Senior Open, remember: there's plenty to experience beyond the fairways. Whether you're looking to shop, dine or explore, there's no shortage of activities to make a staycation out of your visit to this vibrant town. Whether you're looking to shop, dine or explore, there's no shortage of ways to immerse yourself in this vibrant town. From world-class accommodations and dining at The Broadmoor to unique historical sites, outdoor adventures and local entertainment, here's how to make the most of your visit.

STAY

A destination in itself, The Broadmoor is synonymous with luxury, offering world-class accommodations, fine dining and unparalleled hospitality. This historic resort, founded in 1918, spans 5,000 acres and has hosted presidents, celebrities and elite athletes over the years, making it an ideal home base for travelers in Colorado Springs.

While staying in one of the 784 elegantly designed accommodations—including guest rooms, suites, cottages, brownstones and a private Estate House—indulge in a contemporary dining experience at Summit, which offers a modern take on American classics with an impressive wine selection. If you're in the mood for a laid-back yet sophisticated atmosphere, The Hotel Bar provides expertly

The Broadmoor



crafted cocktails and light bites with a scenic lakeside setting. And for those with a sweet tooth, Café Julie's is the spot to enjoy artisan pastries and chocolates.

Beyond its luxurious rooms and dining experiences, The Broadmoor is also home to a wealth of activities. Outdoor enthusiasts can explore

the surrounding trails, take a guided fly-fishing excursion or enjoy a round of golf on the resort's legendary courses. The Broadmoor's Spa offers world-class treatments for those seeking relaxation, while the Broadmoor Soaring Adventure provides an adrenaline rush with zip-line tours over Seven Falls. >>>



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PHOTO: COURTESY OF THE BROADMOOR

EXPLORE

Just a short 15-minute drive from the resort, take a step back in time at the Manitou Cliff Dwellings, where you can explore the preserved homes of the ancient Ancestral Puebloans. These historic structures, relocated and preserved to protect them from natural erosion, provide a fascinating glimpse into Native American history. Visitors can walk through the dwellings, explore a hands-on museum filled with artifacts and learn about the daily lives of the Indigenous people who once inhabited the region. Also, don't miss the colorful shops, art galleries and cafes while strolling along tree-lined streets or the famous Manitou Springs Penny Arcade. And for those craving a challenge while in the area, the Manitou Incline is a demanding 0.9-mile ascent with 2,744 stairs.

Adventure seekers can continue with a scenic drive on Pikes Peak Highway for breathtaking views at 14,115 feet or explore the stunning rock formations at Garden of the Gods, a registered National Natural Landmark. The Pikes Peak Cog Railway, the highest railway in North America, offers an unforgettable ride to the summit of Pikes Peak, showcasing the beauty of the Rockies.

For a family-friendly outing, Cheyenne Mountain Zoo—America's only mountain zoo—offers an up-close look at more than 750 animals representing 170 species, including giraffes, grizzly bears and Amur tigers.

EAT

With its growing appeal, thanks to its proximity to Denver, Colorado Springs is seeing a surge in new dining spots. One standout is The Rabbit Hole, an underground restaurant offering upscale American cuisine in a whimsical, Wonderland-inspired setting. For craft beer enthusiasts, Trinity Brewing is a must-visit, offering a deep dive into Colorado's renowned brewing scene with a range of innovative beers. Meanwhile, Shuga's is a unique gem—an artsy eatery housed in a former grocery store—known for its fun and flavorful snack boards, craft cocktails and eclectic ambiance.

For a dining experience that soars above the rest, The Airplane Restaurant is a must-visit. This unique eatery is housed inside a fully intact Boeing KC-97 tanker, once used for refueling aircraft around the globe. Today, it serves up classic American fare with a side of aviation history. Diners can enjoy their meals inside the aircraft itself, surrounded by aviation memorabilia and cockpit controls, or in the adjacent restaurant space. The menu features a variety of favorites, including burgers, steaks and seafood, with options for both casual and hearty dining.

For those craving something different, an authentic hotpot meal at Hotpot Story offers an interactive dining experience perfect for sharing. Traditionally enjoyed as a communal meal in Asia, hotpot involves cooking fresh meats, seafood and vegetables in a simmering

broth at the table. It's a cozy, social way to dine—ideal for gathering with friends and family after a long day at the golf course.

EXPERIENCE

The Hillside Gardens Summer Concert Series is a must-attend event for those looking to unwind with live music in a picturesque outdoor setting. Throughout the summer, Wednesday nights come alive with a diverse lineup of talented local musicians performing against the backdrop of lush gardens and breathtaking mountain views. Guests are encouraged to bring folding chairs or blankets for a relaxed, festival-like atmosphere. With a rotating selection of bands spanning genres from rock to jazz to bluegrass, each evening offers a fresh musical experience.

And for those looking to indulge in some retail therapy, The Promenade Shops at Briargate offer an open-air shopping experience with views of Pikes Peak. Featuring high-end retailers like Anthropologie, Lululemon and Pottery Barn, as well as local boutiques, it's great for those looking to bring a piece of style home.

With its blend of luxury, history, adventure and entertainment, Colorado Springs is the perfect backdrop for an unforgettable trip to the U.S. Senior Open. Whether you're exploring ancient dwellings, shopping in style or savoring a world-class meal, there's something for every traveler to enjoy. >>>

Join your favorite former Bronco Players, Ring-of-Fame Stars,
Superbowl Champions and NFL Hall of Famers at the
Denver Broncos Alumni Charities
18th Annual
GOLF TOURNAMENT



GALA & AUCTION

*Sunday, June 1, 2025
Omni Interlocken Hotel - Broomfield*

GOLF

*Monday, June 2, 2025
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MAKE AN EXTENDED STAY OF YOUR U.S. SENIOR OPEN VISIT

JUNE 22

HOMETOWN HALF MARATHON/10K/5K

Registration includes a custom bib, a designer shirt and an awesome finisher medal. The kid's dash is a fun, untimed dash for the kiddos ages 10 and under. Registration includes a mini bib, a youth-sized shirt and a specifically crafted medal for the kids' dash! (If your child wants to run the kid's dash and doesn't want the SWAG, they are welcome to run with us on race day for free!) *Register by Thursday at midnight the week before the race to be guaranteed a shirt. peakradar.com

JUNE 24

SWEET T'S RUDE BLUES JAM

This Blues Jam has a history in Colorado Springs and some of the best musicians in the city, including Mike Tostanoski, Frank Perez and Jim Sesters, among other local blues luminaries. You don't want to miss this. Come to play or listen at Whistle Pig Brewing from 7–10 p.m.; the hosts strongly encourage a two-drink minimum. pikespkblues.org

JUNE 26–29

U.S. SENIOR OPEN CHAMPIONSHIP

The Broadmoor Golf Club proudly hosts the 45th U.S. Senior Open Championship. All-time, this will be the 9th USGA championship and the 3rd U.S. Senior Open contested at Colorado Springs' legendary resort. The East Course is nestled on the southern edge of the Rocky Mountains at more than 6,300 feet. Designed by Donald Ross and opened for play in 1918, it is now a combination of holes from Ross' original layout and holes designed by Robert Trent Jones Sr. in 1952. Championship tickets and volunteer registration now available. broadmoor.com/usso2025

JUNE 27

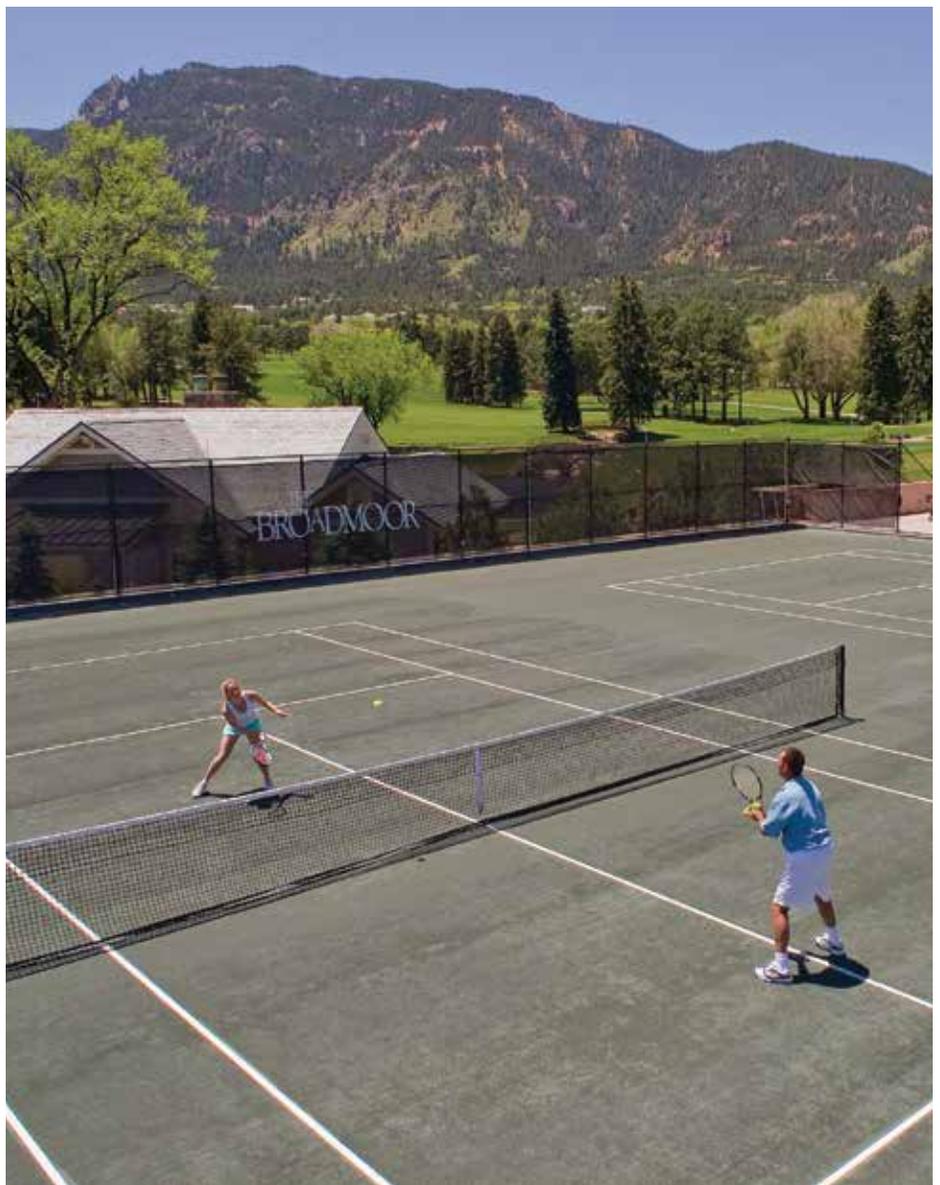
FARMERS MARKET

Experience the diversity of the Colorado Springs Farmers Market, where student entrepreneurs, Colorado vendors and food trucks come together to showcase their goods and services. Set against the backdrop of the beautiful University of Colorado Colorado Springs campus farm, the market is filled with fresh produce, artisanal products and delicious food from local vendors. peakradar.com

JUNE 28

COLORADO SPRINGS GARDEN TOUR

Since the tour's inception in 2011, this popular event has been in various Colorado Springs locations, with the 2025 tour taking place in the Old Farm and Briargate neighborhoods. Tour attendees observe gardening practices, including homesteading, floral artistry, native plantings, erosion control and permaculture techniques. Admission: \$25 per ticket, ages 13 and up. (12 and under, free.) Some gardens may not be accessible by walker, wheelchair or stroller. extensionfriends.org



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MAY

Sign Up Now! May 7 ROCKY MOUNTAIN VINTAGE

May 7 is the deadline to sign up for the inaugural 4-day, 5-night vintage car rally through the beautiful Colorado High Country. You'll drive 1,700 kilometers of spectacular roads, including 300 kilometers of dirt and gravel, starting and finishing in **COLORADO SPRINGS**. The rally includes a comprehensive route, roadbook, map book and speed tables, plus onsite mechanical and medical support crews and much more. For more details, visit pioneerrallycompany.com

Sign Up Now! June 2-3 DENVER BRONCOS ALUMNI 8TH ANNUAL GALA & GOLF TOURNAMENT

Join your favorite former Bronco Players, Ring-of-Fame Stars, Superbowl Champions and NFL Hall of Famers, including Dennis Smith and Steve Atwater. The gala and auction take place Sunday, June 1, at the Omni Hotel, with the reception starting at 6 p.m. followed by the dinner and fundraising auction at 7 p.m. Self-parking and business casual attire. Then, hit the links on Monday, June 2, at the Omni Interlocken Golf Club. Registration begins at 7:30 a.m., followed by breakfast and a shotgun start at 9 a.m. Contest holes

will include closest to the pin, longest drive, straightest drive and much more. The luncheon and awards ceremony will be held immediately following the tournament. **BROOMFIELD**, denverbroncosalumni.org

Plan Ahead June 22 NORMA TELL & SAZÓN MUSIC

Norma Tell & SaZón Six will be appearing with surprise special guests for DAZZLE Downtown Denver on Sunday, June 22 at the DCPA Complex. SaZón Six performs a tasteful repertoire of jazz, Latin beats, and American standards. Norma Tell sings in English, Spanish and Portuguese, thus highlighting the international flavor of SaZón. Purchase tickets online ahead of time with an option to upgrade with wine and dessert. Doors open at 4 p.m. and the show begins at 5 p.m. **DENVER**, dazzledenver.com

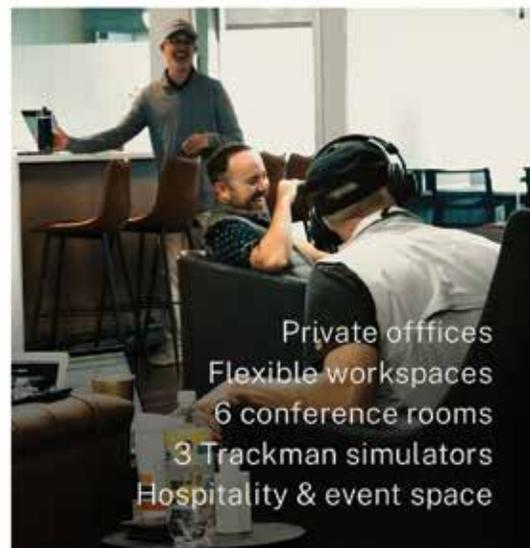
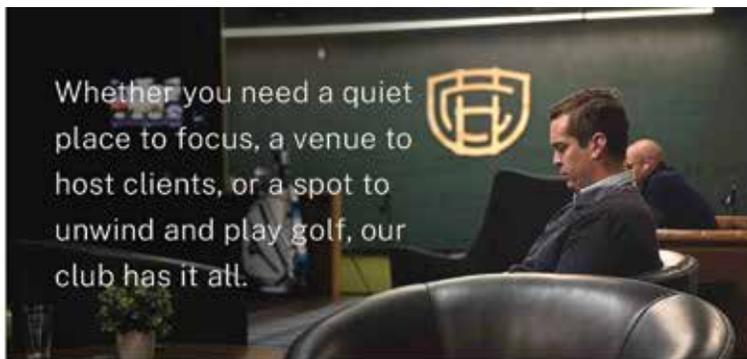
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the Rocky Mountains at more than 6,300 feet. Designed by Donald Ross and opened for play in 1918, it is now a combination of holes from Ross' original layout and holes designed by Robert Trent Jones Sr. in 1952. Championship tickets and volunteer registration now available. **COLORADO SPRINGS**, broadmoor.com/uss02025

Plan Ahead September 20 WHEELS OF DREAMS

Join AvidLifestyle and Colorado AvidGolfer at the Hangar Club for the ultimate date night at our 5th Annual Wheels of Dreams Charity Experience. One of the hottest interactive, luxury events in town where you will immerse yourself in mouth-watering tastes at nine different culinary action stations, enjoy amazing cocktails, incredible indoor and outdoor entertainment, and so much more. It's an evening of experiences, food and fun that helps raise awareness and money for our amazing charity partner and local families! This year's beneficiary, FullCircle Program, is a community of people who believe in healing, hope and the power of coming together to rebuild lives and help teens and their families cope with addiction issues. **DENVER**, avidlifestyle.com



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Ongoing May 3–June 14

COLORADO GOVERNOR'S ART SHOW

Colorado Governor's Art Show is returning for its 34th year. Recognized as one of the largest juried fine arts shows to exclusively feature Colorado artists, this year's show will feature more than 60 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

Ongoing May 17–September 28

CONTEMPORARY FIBERS: BOTANICALS

Inspired by the natural world, Contemporary Fiber: Botanicals features artworks that have literal or abstract botanical themes. The artworks are made with a wide range of fiber techniques, including sewing, weaving, embroidery, felting, twining, appliqué, quilting and knitting. Some use unconventional fiber materials like reed grasses, moss, lichen and recycled livestock feed bags. This international juried exhibition is on view in the Gardens' Freyer - Newman Center and is included with Gardens' admission. **DENVER BOTANIC GARDENS**, botanicgardens.org

Ongoing

FARMERS MARKETS

May and early June are when most area farmers markets begin to open for the season! 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 25 at Festival Park; thelocalcolorado.com

Cherry Creek: Saturdays, 9 a.m.–2 p.m. beginning May 3 at 1st Avenue and University Boulevard; coloradofreshmarkets.com

Greenwood Village (South University Farmers Market): Fridays, 10 a.m.–2 p.m. beginning in June at 5859 S. University Blvd.; southuniversityfarmersmarket.com

Highlands Ranch: Sundays, 10 a.m.–2 p.m. beginning May 4 at Highlands Ranch Town Center; denverfarmersmarket.com

Parker: Sundays, 8 a.m.–1 p.m. beginning May 11 at 19565 Mainstreet; thelocalcolorado.com

South Pearl Street: Sundays, 9 a.m.–1 p.m. beginning May 4 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 10 at University Hills Plaza; farmersmarketscolorado.com

May 3

SPRING UP THE CREEK

Join this annual community effort to clean local creeks by removing trash and debris along trails. Volunteers get gloves and bags; snacks and water are provided. All ages welcome—it's

a great way to earn community service hours while helping keep Castle Rock beautiful and the watershed clean. Choose your preferred trailhead when registering. CLEAR leaders will meet you there with supplies. Online registration and a completed waiver are required for this free event. **CASTLE ROCK**, crgov.com

May 3–4

DENVER BALLET THEATRE PRESENTS:

"PAQUITA"

"Paquita" is a breathtaking, romantic ballet featuring gypsies, a murderous plot, forbidden love, a heroic rescue and a grandiose wedding set in the south of Spain. This dramatic ballet will delight and intrigue the whole family. **PACE CENTER**, parkerarts.org

May 9–11

MOTHER'S DAY HIGH TEA - FRESH GARDEN FLOWERS

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 the spectacular setting of Miramont Castle in Manitou Springs. There are three different seatings on each of the three days. Advanced reservations are required, and spots are filling up fast. Call 719-685-1011 for reservations. **MIRAMONT CASTLE**, miramontcastle.org

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May 10

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 10th-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 is recommended. **CRESTHILL MIDDLE SCHOOL**, hrcaonline.org

May 10–18

DENVER FASHION WEEK

Colorado's largest fashion event is back this spring with six runway shows 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

May 13

FREE DAY AT THE DENVER ART MUSEUM

Engage with art, experience onsite activities and explore the art on view all while

enjoying free general admission. Explore what's currently on view and review the online calendar in advance to see what's happening at the museum. Please note free general admission does not include entry into the Kirkland Museum. **DENVER**, denverartmuseum.org

May 14

ARTS IN THE AFTERNOON: JUST A FEW FRIENDS: MOZART & BRAHMS

Classical music isn't always of grand proportions; sometimes it's music for a group of friends. Mozart wrote his violin and viola duos to help composer Michael Haydn (brother of Joseph). As for Brahms, he composed three violin sonatas for a violinist colleague and two viola/clarinet sonatas for another friend. Both composers would have welcomed other friends and acquaintances to listen. Phillip Stevens and friends, with concert host Betsy Schwarm, offer background stories of the music. Join in for two of the greatest master composers, in a more casual mode: music for friends of music. **LONE TREE ARTS CENTER**, lonetreeartscenter.org

May 17

CASTLE ROCK SPRING KICKOFF CONCERT

Get ready for the official kickoff to the 2025 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

May 17–18

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

May 19

"A TASTE OF IRELAND—THE IRISH MUSIC AND DANCE SENSATION"

Experience the magic of the Emerald Isle with A Taste of Ireland, an electrifying music and dance show returning to the USA in 2025. Featuring former World Irish Dance Champions and performers from Lord of the Dance and Riverdance, the show blends Irish wit, folk mash-ups, acapella tap battles, and heartfelt storytelling. Don't miss this unforgettable Celtic celebration! **PACE CENTER**, parkerarts.org

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