

# STROLL

Indian Peaks

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**Client Care Team**—IndianPeaksAds@n2co.com  
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  @strollindianpeaks

**SUBMIT YOUR ARTICLES AND PHOTOS BY THE 15TH, TWO MONTHS BEFORE THE PRINT MONTH.**

**Example:** The submission deadline for the April 2023 Issue is Feb. 15, 2023.

We can't wait to see you in an upcoming issue!



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PUBLISHER'S NOTE

# SUMMER IN FULL SWING



Dear Indian Peaks Residents,

Ahhh, July! A month when we all have something to celebrate. Some of you might be sipping coffee, lounging by the pool, or booking that last-minute hotel to the beach for the Fourth of July, but whatever you're doing or wherever you are, we're glad you're reading *Stroll Indian Peaks*!

This month, while you're running kiddos around to Fourth of July parties, meeting up with your friends and families for BBQs, or having neighborhood relay races, don't forget to snap a picture or two and send them our way! We'd love to show how you and your loved ones celebrate and enjoy your wonderful neighborhood. Time flies when you're having fun, but a photograph of the memory could last forever!

2023 has brought some wonderful stories to our magazine, and we're excited to keep delivering the same amazing content. As we enjoy summer, we hope to document all the wonderful happenings in the neighborhood to preserve the memories for years to come. Thank you so much to our loyal readers and sponsors for continuing to support us each month -you're the reason we're able to do what we do!

Happy July!  
Sincerely,



*Collins, Cara,*

and the *Stroll Indian Peaks*  
Editorial Team



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## INDIAN PEAKS ACTIVITY

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2489 Lexington Street	3/3	3,002	\$965,000	7
600 Beauprez Avenue	3/4	1,824	\$650,000	3
378 Fern Lake Court	4/4	1,830	\$620,000	5
2418 Concord Circle	2/4	1,472	\$522,500	5

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## NEW TO THE NEIGHBORHOOD? WE'D LOVE TO GET TO KNOW YOU!

Are you and your family new to the neighborhood? Welcome! This magazine is about you and your neighbors; we warmly welcome your involvement and would love to hear from you.

Our "Meet Your Neighbor" section is a great way to connect with neighbors and share a bit of you and your family. Just email us at [IndianPeaks@n2co.com](mailto:IndianPeaks@n2co.com) with your name and contact info, and we will get you scheduled for an upcoming issue! We look forward to hearing from you!



## Do You Like to Write?

We have a few different writing opportunities for interested neighborhood residents.

**High School and College Students** – If you are looking for a resume or application boost, need internship credits for a college course, or simply love to write, we welcome you!

**Kids** – Like to write and looking for something fun to do this summer? We are looking to hear kids' perspectives on events and people in the neighborhood. We are also looking for creative, short articles on things that interest you!

**Everyone Else** – Are you looking for a creative outlet occasionally or simply have an idea or article you would like to submit? We would like to talk with you!

Simply email [IndianPeaks@n2co.com](mailto:IndianPeaks@n2co.com) to find out how to get started. Our editorial staff can't wait to work with you!



# MARK YOUR CALENDARS!

SUBMITTED BY JORDAN WELLS, RESIDENT INDIAN PEAKS SOUTH

## Food trucks - Every other Thursday starting May 25th from 5:30 pm -7:30 pm

May 25th  
June 8th  
June 22nd  
July 6th  
July 20th  
August 3rd  
August 17th  
August 31st

## Punch Buggy at the Pool - 2:00 pm - 4:00 pm

June 13th  
June 27th  
July 11th  
July 25th  
August 8th  
September 4th

## Water Aerobics - Wednesdays (June 7th - August 30th) 9:15am

## First Movie in the Park - June 3rd

## Neighborhood Garage Sale (Alley's) Pick your own time!

## IPS Blocks/Alley Neighbors

**Parties** - June 17th  
Pick your own time!

## 4th of July Bike Parade - 10:00 am

## IPS Annual Picnic with Food Trucks, Music, and Entertainment - July 15th, 3:30 - 6 pm

## Movie in the Park - August 19th Dusk

## Acoustic Music in the Park with Jeremy Dion - August 26th, 5:30 - 7:30 pm



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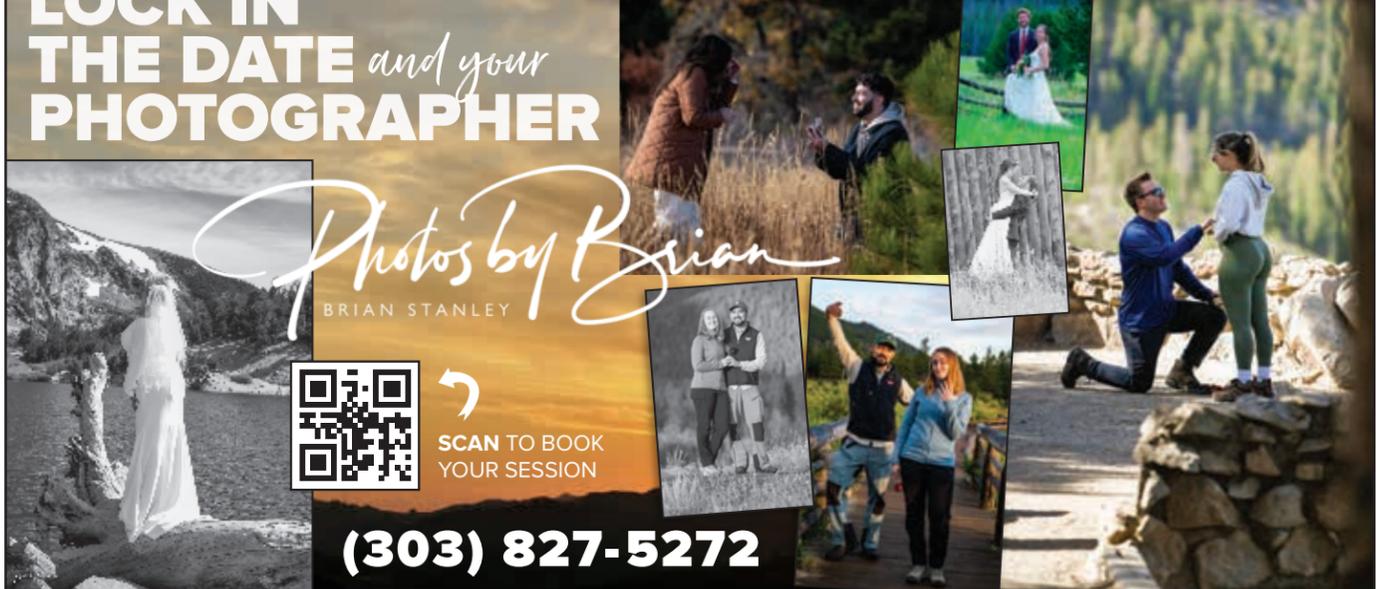


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*Photos by Brian*  
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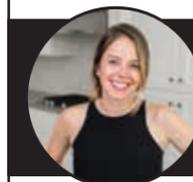
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**CLASS OF 2023**

PROVIDED BY  
 TRINA CONIGLIARO, RESIDENT

**Jack Conigliaro**

**School Graduating From :**  
 Centaurus High School

**School Experience :** Jack was part of the EcoWarriors Club and regularly volunteered after school at A Precious Child in high school. In his free time, he enjoys thrifting, cooking, and hanging out with friends. He loves traveling and is looking forward to exploring Germany and Switzerland this summer before heading to Seattle for college!

**What do you plan to do next?** Jack plans to attend the University of Washington, majoring in Environmental Studies.

# Around Indian Peaks

Do you like taking pictures? Email your photos to [Indianpeaks@n2co.com](mailto:Indianpeaks@n2co.com).



Submitted by Glenn Asakawa



Submitted by Dana Lappen



Submitted by Karlin Bruege

# Celebrating Colorado Decision Day for Higher Education

BY ALISON GRIFFIN, RESIDENT CONTRIBUTOR

On May 1, learners from across the country celebrated “Decision Day,” the day when students are recognized for the decision they made to attend a university, community college, private occupational school, or serve as an apprentice or in the military.

On Decision Day, Coloradans wore apparel from their alma mater, favorite school or future program to rally in support of students on their path to postsecondary education.

According to the Colorado Department of Higher Education, today, 74% of jobs in the state require some form of postsecondary education compared to 65% nationally. This makes Colorado’s demand for learners who have a postsecondary education credential among the third highest in the nation.

In their 2022 Talent Pipeline Report, the Colorado Workforce Development Council noted that 91.4% of Tier One Top Jobs and 70.4% of Tier Two Top Jobs require some kind of postsecondary education past a high school diploma or equivalent. Tier One jobs are those that provide a living hourly wage that can support a family of three with two adults — one working — and one child. Of the Tier One jobs, nearly 77% of those jobs in Colorado require at least a bachelor’s degree. In academic year 2021, 54% of Coloradans obtained a bachelor’s degree, 17% earned an associate degree and almost 29% completed a certificate or short-term credential.

The bottom line: Colorado needs to increase credential completion across the board, regardless of the postsecondary pathway, to ensure that the state, our communities and Coloradans remain competitive in the current economy. All pathways to learning and employment are celebrated in Colorado, as learning is not time bound.

For more information about all of the postsecondary education institutions and programs in the state, visit the Colorado Department of Higher Education website at <https://cdhe.colorado.gov/students>.

I had the pleasure of showing my support for Colorado Mesa University on May 1. As the chair of the board of trustees, we were excited to welcome learners from across the state, and across the world, into our newest class of Mavericks!



MEET TAYLOR AND COLBY

## An Interview with Taylor Hatch (13) & Colby Morton (13)



PROVIDED BY WILLOW FLETEMEYER

### When did you become friends with each other?

Taylor: I’d say probably third grade, during a school project.

### What are some hobbies that you like to do together?

Colby: We like to paint rocks and place them around the neighborhood. We like to carry the rocks in a black wagon. We also like to play Nitro Ball (a game we play at school) with our own twist.

Taylor: While doing both things, we listen to music.

### Where do you meet up for such hobbies?

Taylor: We usually hang out together in my basement.

### Do you have any traditions you do with each other?

Colby: The day before the Fourth of July, we take four hours and decorate our bikes for the Indian Peaks Fourth of July party, and then that night, we set up a tent in my backyard. We

don’t use the instructions! All of this we enjoy doing with Taylor’s sister, Harper. After all of us spend the night in the tent, in the morning, we eat crapes and head to the parade. Once we have completed the parade, we play with the fire truck hose and do the sack race. We enjoy our popsicles, and then we part and go separate ways and eat lunch with our families.

### What school do you go to?

Taylor: We go to Nevin Platt Middle School! We used to go to Douglass Elementary School.

### How did you meet?

Colby: We met in kindergarten but didn’t become friends until later, in elementary school.

### Why are you best friends now?

Taylor: Our shared sense of humor. Also, our perspectives on things at school and out of the house. We also have a lot of shared interests, like soccer and other things.

Do you have a unique story that you want to share? Email us at [Indianpeaks@n2co.com](mailto:Indianpeaks@n2co.com), so we can share it with your neighbors!

Do you like writing, taking photos, or creating in general? We’d love to feature some of your creative work in an upcoming issue! Email us at [Indianpeaks@n2co.com](mailto:Indianpeaks@n2co.com) to get started.



# DECONSTRUCTION VS. DEMOLITION

A better way to remodel

SUBMITTED BY JENNIFER DINGMAN, RESIDENT



Hello, and welcome to this month's issue of "IP Eco Tips & News"! Do you have a remodel project coming up? Did you know that there is a way for you to "repurpose" the materials discarded during your remodel? In this article, we will have a Q&A session with Anna Perks, of Perks Deconstruction, to inform us about deconstruction. Perks Deconstruction provides deconstruction and demolition services that allow homeowners

and contractors to salvage, donate and recycle as many materials as possible during a remodel.

Did you know that in Colorado, 30-40% of landfills are comprised of construction and demolition debris? Much

of this is valuable, reusable building material that can be recycled into other material (i.e., concrete into road base). Deconstruction practices keep these materials out of the landfill and in the production loop.

Anna Perks started Perks Deconstruction in 2019 to address this issue and answered a few of the common questions from homeowners considering a remodel.

**Jennifer: First, how did you get started with your business?**

Anna: In 2018, I walked by a historic home getting bulldozed in Denver. I watched it all go into the dumpster destined for the landfill. I reached out to the developer, and we met for coffee. I learned right away that there were no other companies offering alternatives to traditional demolition in Denver. So, I decided to start a company that offered an alternative to traditional bulldozing services. I started Perks Deconstruction in Denver. My background is in

waste management and sustainability. I worked on deconstruction sites in Fort Collins with The National Center for Craftsmanship, took construction courses through BuildStrong Academy and completed night classes to earn my Construction Supervisor certificate through Community College of Aurora.

**What is the difference between deconstruction and demolition?**

Deconstruction is the systematic "unbuilding of the house" to maximize the salvage and reuse of the building, and demolition is bulldozing the entire structure. The goal of deconstruction is to make a remodel as zero-waste as possible by giving the discarded materials another home or purpose. The reclaimed items and materials are resold, donated, repurposed and/or recycled. In addition, deconstruction and resale prevent "virgin materials" from being cut down or mined for these resources, which has a huge environmental impact. Also, by deconstructing and donating your materials, you're contributing to a local, circular economy where resources are kept in the production cycle rather than buried in a landfill. In Boulder County, we have an amazing resource, Resource Central, which will come pick up discarded items for free. They also offer deconstruction assessments.

**I'm considering a remodel soon; if I'm interested in making my remodel zero-waste, what steps do you recommend?**

1. First, consider hiring a deconstruction contractor who will prioritize salvage and recycle. There are several in Boulder County, so get a few bids.
2. Talk to your architect or contractor early on about your desire for zero-waste/deconstruction. Tell them you'd like to reuse as much material as possible and donate/salvage as much as possible.
3. Ask if your contractor takes materials to Resource Central and, if not, if you can take the material to Resource.
4. Consider purchasing reused materials from a local nonprofit like Resource or Habitat.

**Jennifer: Is there a requirement in Boulder County that I divert a percentage of my remodel/construction waste?**

City of Boulder: The City of Boulder has an ordinance that requires at least 75% of the waste tonnage of demolition debris generated from a project be diverted from the landfill by using recycling, reuse and diversion programs. In addition, the materials diverted must also include at least three of the material types set forth in the deconstruction plan form established by the city manager. See the website for the City of Boulder building codes for more information.

City of Lafayette: The City of Lafayette currently does not have any requirements for diverting

construction/demolition (C&D) waste. However, C&D diversion requirements are scheduled to be part of a future building code update.

**Jennifer: Is deconstruction more expensive than demolition?**

Anna: Homeowners need to pay someone to remove the debris regardless, including sledgehammer/bulldozer demolition and removal. In addition, tipping fees for landfill dumps are more expensive than recycling or donating materials. For interior remodels or smaller jobs, the costs are similar, and if you donate materials, you could be eligible for a tax deduction. For larger home deconstruction projects, it can be beneficial to claim the material donation for tax deductions to help offset the additional cost of deconstruction.

If you want to claim more than a \$5K building material donation on your taxes, you'll need an appraisal report detailing the value of the items you're donating. Perks Deconstruction can facilitate the appraisal process by providing you with a list of material appraisal groups to contract with, taking pictures and noting descriptions of items, and ensuring that you receive all donation receipts from the nonprofit recipients.

We recommend always consulting with a tax expert to better understand how you can benefit from charitable tax donation deductions.

**Where does all the material go?**

Much of the material is donated to Resource Central for building material. CHaRM, the Center for Hard-to-Recycle Materials, takes toilets, scrap metal, mattresses, small plastic appliances, solar panels, smoke detectors and more. Western Disposal takes yard waste and clean dimensional lumber (nails included). Brick, stone and concrete get chipped up and made into road aggregate. Reusable lumber and salvaged flooring get sold out of Perks Deconstruction's Warehouse in Commerce City. Fixtures, appliances, cabinets, etc., get donated to nonprofits like Resource, Habitat for Humanity, Bud's Warehouse and the National Center for Craftsmanship.

I hope this article was helpful to you in explaining why deconstruction and construction waste diversion should be a part of any remodel or construction project. Deconstruction practices help our environment, our community and, in many cases, the out-of-pocket costs for the homeowner. If you have any questions or comments, please email me at [IPecoTips@gmail.com](mailto:IPecoTips@gmail.com).

Sources:

1. Anna Perks
2. [www.perksdeconstruction.com](http://www.perksdeconstruction.com)
3. City of Boulder's Energy Conservation Code

# Martha Hortons Chicken and Rice Casserole

SUBMITTED BY JANIE HORTON, RESIDENT

1/2 cup butter  
 1 cup regular rice  
 1 tsp. onion flakes (or sauteed chopped onion)  
 1 tsp. Salt  
 1 10 1/2 202. Can Cream of Chicken Soup  
 Cup Water  
 3 chicken breasts cut in half  
 (My mom used legs & thighs)

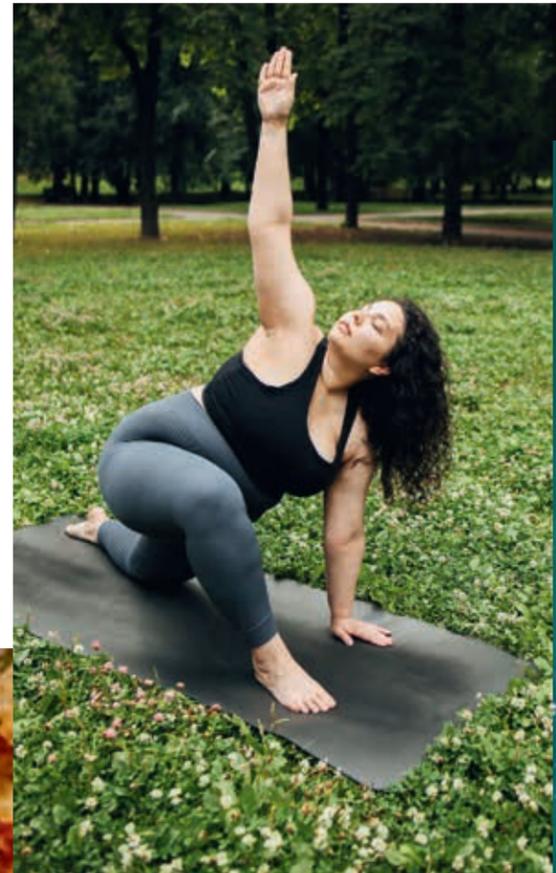
Heat your oven to 350° (maybe 375° in Colorado)  
 Melt butter in a 9x13 baking dish.  
 Stir in rice, Onion, salt, soup, and water.  
 Place chicken on top.  
 Bake uncovered for 45 minutes to 1 hour.



## Low Impact, High Rewards

Whether you're looking to improve your posture, reduce stress, or enhance your overall fitness, Pilates, yoga and swimming all provide a safe, effective and enjoyable workout.

BY SHAUNA OSBORNE, NATIONAL EDITOR



In a world where our busy schedules keep us on the move, it's no surprise that low-impact exercise has become a popular way to stay active and improve our well-being. These workouts are typically gentler on the body, making them suitable for people of all ages and fitness levels. Yoga, Pilates and swimming are three popular forms of low-impact exercise that offer a range of physical and mental benefits.

### YOGA

**Tools:** Yoga can be performed effectively with just a mat and your body weight. Optional gear includes blocks, straps and bolsters.

**Key physical benefits:**

Yoga boosts flexibility, core strength, balance and cardiovascular health.

**Key mental benefits:** Yoga

supports stress management, mindfulness, improved mood and quality sleep.

**Ideal for:** From restorative / gentle yoga to heated power yoga, there's a yoga practice for every body.

### SWIMMING

**Tools:** While the only requirement for swimming is access to a body of water, having supportive swimwear and goggles makes for a more comfortable and efficient swim.

**Key physical benefits:**

Swimming improves cardiovascular health, flexibility, range of motion, endurance and lung capacity.

**Key mental benefits:**

Swimming supports weight loss, stress and anxiety reduction, and increased mental well-being and sleep quality.

**Ideal for:** Swimming benefits all ages, particularly people with joint pain or injury and athletes looking to cross-train.

### PILATES

**Tools:** Pilates can be practiced at home with just a Pilates mat and socks, but more advanced practitioners may incorporate balls, bands, weights and a trapeze table or Pilates Reformer.

**Key physical benefits:** Pilates increases core strength, stability, mobility and alignment.

**Key mental benefits:** Pilates can reduce stress and improve concentration, self-esteem and body awareness.

**Ideal for:** Pilates is suitable for a broad range of people, especially those seeking to alleviate chronic pain, recover from injury, and enhance athletic performance.

These workouts are typically gentler on the body, making them suitable for people of all ages and fitness levels.

# resident business guide

This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, and email address to [IndianPeaks@n2co.com](mailto:IndianPeaks@n2co.com).

**AUTHOR, SPEAKER,  
CONSULTANT**  
RaisingiGen  
Heather Caruso  
(720) 890-5006

**BEAUTY/SKIN CARE**  
Mary Kay  
Tracy Grodsky-Dunn  
(303) 507-0607

**COOKING/KITCHEN  
GIFT SHOP**  
The Singing Cook  
Jenni Hiawatsch  
(720) 484-6825

**EXECUTIVE COACHING**  
EOS-TRACTION  
IMPLEMENTOR  
Dr. TC North  
(303) 665-8920

**FINANCIAL ADVISOR**  
Edward Jones  
Danielle Patnode  
(303) 828-3940

Edward Jones  
Holly Chandler  
(303) 466-5137

**GIFTS/STATIONERY**  
Timbalier Gifts  
& Stationery  
Spike Ritter Chapman  
(303) 666-4200

**HOUSEHOLD CLEANING  
PRODUCTS**  
Norwex Independent  
Sales Consultant  
Barb Lavoie  
(720) 244-4850

**INTERIOR DESIGN**  
Inhabit Design  
Jen Opie  
(610) 416-5295

**MARKETING**  
V2E Marketing,  
Strategy & Design  
Kim Roy  
(203) 915-9955

**MEN'S CLOTHING**  
J. Hilburn  
Rachel Lefort  
(917) 751-6043

**PIANO AND VOICE  
LESSONS**  
Black Tie Piano Studio  
Nancy MacLean  
(303) 947-3536

**PIANO LESSONS**  
Lafayette Piano Academy  
Emily Book McGree  
(740) 815-7350

**PRINTING SERVICES**  
Photo Craft Imaging/  
GrafX Group  
Jesse Diamond  
(303) 442-6410

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ORGANIZING SERVICES**  
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Tina Wand  
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[www.simplyorganized.com](http://www.simplyorganized.com)  
bytina.com

**REAL ESTATE**  
MW Luxury Real Estate  
Brian MacDonald  
(303) 915-6126

**SPA**  
Spavia Longmont  
Genevieve Dubuc  
(720) 307-5566

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