



News

Summer 2006

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Choose your childcare amendment carefully

By CPN president Kathleen Hynes

On June 5, 2006 City Council will hear public comment on two very different childcare amendments offered by District 10 Councilwoman Jeanne Robb and At-Large Councilwoman Carol Boigon. Because childcare/preschools are regulated by City agencies, including the Planning Department, which oversees zoning, the devil is in the details.

A few examples include: Councilwoman Boigon's amendment eliminates the current screening requirements around preschool/daycare playgrounds, reduces the amount of playground space by 66 percent for daycare centers, and allows for commercial development in R-1 residential neighborhoods. Councilwoman Robb's amendment does not.

However, one fundamental difference between the two amendments is stark—Councilwoman Robb's language allows for neighborhood involvement in the inevitable interfacing with preschools/childcare facilities and Councilwoman Boigon's language does not.

Councilwoman Boigon uses a "one size fits all" approach to childcare/preschools facilities and seeks to establish childcare/preschools as a "use by right"

in a variety of settings, thus eliminating even the possibility of neighborhood input.

Councilwoman Boigon's amendment is on her website (<http://www.denver.gov.org/CouncilDistrict12/default.asp>) as is Councilwoman Robb's (<http://www.denver.gov.org/CouncilDistrict10/default.asp>).

Since both amendments support preschool/childcare facilities throughout the City, Congress Park residents may want to let our Councilwoman (jeanne.robb@ci.denver.co.us) know which amendment they prefer. See pages 8 and 9 for the councilwomen's articles on their amendments.

In other news, City Council approved the Main Street zoning proposal. If you're wondering what that may mean to you, check out Congress Park Historic Preservation Committee's seminar on that topic at 6 p.m. on May 31 at National Jewish Hospital. See page 5 for more on this season's seminars.

And, as always, if you have any concerns or would like to know how you can volunteer in the neighborhood, e-mail me at khynes377@earthlink.net. Have a great summer and I'll see you at Congress Park on August 1 for our Ice Cream Social in honor of National Night Out.

Congress Park's Vision (1995 Neighborhood Plan)

Congress Park is a traditional city neighborhood with a small-town atmosphere. Here, people of diverse cultures, ages, colors and economic backgrounds share a sense of community, value older homes and mature trees, and enjoy the convenience of city living amid the stability of a thriving neighborhood.



Your attendance vital at neighborhood assemblies

Congress Park News

is a quarterly publication of Congress Park Neighbors, Inc. A network of volunteers produces and distributes it to a circulation of more than 4800 residents and businesses within the area bounded by Colfax Avenue, Sixth Avenue, York Street and Colorado Boulevard.

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Your articles, letters and advertisements are always welcome.

We need **you** to help produce and distribute the newsletter. If you can volunteer a few hours every quarter to help your neighbors get the news, please call Wendy or Julie.

This newsletter is printed on 100% recycled paper with soy-based ink by Barnum Printing, 303-936-2345.

By Your Congress Park Neighbors, Inc., Board of Directors

There's a flyer on your front porch. Congress Park Neighbors, Inc., is holding an assembly about some building or other on 12th Avenue—or Colfax, or whatever.

Why does this matter? This is grassroots democracy, and you're in on the ground floor.

CPN's Board of Directors uses neighborhood assemblies to decide its stance on issues that affect us all. From new development to liquor licenses, from zoning variances for backyard additions to relaxing restrictions on halfway houses, you tell us how to represent you. For each assembly, we set a time, date and place, then print and deliver flyers about the meeting to every house and apartment within a three-block radius, as well as posting it on kiosks and the website and sending e-mail blasts.

At the assembly, we all hear and discuss the issue's pros and cons, then we take two votes

of the people in attendance. First, a vote of the people who live within the three-block radius, then a vote of all Congress Park residents. At the next Board meeting, we review the issue and the vote and decide how best to represent the will of the neighbors. Because the impact on neighbors is important, the immediate neighbors' votes carry more weight.

At the City Council meeting where the issue is heard, the Congress Park Board president reports the assembly's vote counts and how the Board is representing that vote with its position on the issue.

Uncrumple that flyer and see if you can fit that assembly into your schedule. We all need to hear your thoughtful consideration of what's best for your neighborhood at that meeting.



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And we thank Nancy Nelson and Carolyn VanSciver for their tireless efforts with the Denver Botanic Gardens and the Congress Park Historic Preservation Committees.

Your Congress Park Board invites you to attend the open Board meetings at National Jewish Hospital (thanks go to the NJH staff!) on the third Wednesday of each month at 7 p.m.

Letters to the Neighborhood

Thank You Note to Congress Park

Dear Friends and Neighbors,
 Saturday night the Mercury Café was rocking all night long—7 hours of Tellerpalooza, baby! I was right there in the middle of it with all my best friends. Tomorrow night I'll join my friends again, for a spaghetti dinner and Shakespeare play. For these and countless other joyful experiences, I would like to thank Congress Park. Because if I had not lived in Congress Park, I probably would not have sent my children to Teller Elementary. I might not have even heard of Teller. But, fortunately, I have spent a good part of the last seven years at Teller. And while my tenure as a Teller parent ends this May, I know I will be part of the Teller community for the rest of my life.

Thank you, Congress Park, for giving our family the greatest sense of community that we could ever have imagined. The friends we have met through Teller are lifetime friends. I love that I when I walk into Peter's Chinese or Pappa's Grocery, they know me as the "Teller Mom." I love that we can walk home from school and see familiar faces at the Daily Scoop. This is the sense of community that cannot be measured like CSAP scores and it is the basis of lifetime memories.

But don't get me wrong. I also believe, absolutely, that my children received the best possible education at Teller. I cannot imagine them having better teachers any-

where in the city, the state, or the country. If there was such a thing as a money back guarantee for education (and, believe me, a good percentage of checks in my checkbook are made out to Teller), I would tell them that I need no refund. I am 100% satisfied.

If I may be perfectly honest, there were times through the years that I got defensive when families looked down on Teller or did not think it would meet their needs. Now, I only feel sorry for such families. There is nothing in all the world that I would trade for my Teller experience. For that I thank you, Congress Park.

Sincerely,
 Lisa Kipp, Proud Teller Parent

Access/PDT Networks hosts the neighborhood website, www.CongressParkNeighbors.org.

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Homeowners save dollars and make sense by recycling old house parts

By Steve Ciancio

Bungalow Bonanza

A reminder that the Colorado Arts & Crafts Society will hold its eighth annual Bungalow Show, Sale & Workshops Saturday and Sunday, May 20-21, from 10 a.m. -4 p.m. at the United Church of Christ, 3250 E. Sixth Ave. Admission is \$7 for CACS members and \$10 for the general public. There is convenient parking on surrounding streets. Be there and be foursquare!

It seems that almost everyone who owns a house built 50 years ago or more has some collection of doors, radiators, windows, a mantel or some other kind of old-house parts taking up space in their garage, attic or basement. Unfortunately, far too many of these often-irreplaceable parts are discarded every year as people remodel their homes.

Realtors specializing in Denver's historic neighborhoods see a staggering number of once-beautiful old homes where little or no respect has been paid to maintaining the original architectural details. It's ironic that often the same folks who recycle newspapers, glass and plastic will think nothing of discarding—or allowing their contractor to discard—original architectural elements that literally give their house its soul.

These old-house parts also represent historic craftsmanship. Old-growth trees gave their lives to become wood in these homes.

Tradesmen put their skill and sweat into shaping them into windows and doors and case-work using mostly hand tools and muscle.

Other craftsmen sweltered in foundries where molten iron was shaped into radiators and plumbing fixtures.

These houses we often take for granted are their legacy.

Fortunately, recycling and sustainability are becoming standard procedure. Sympathetic renovation and re-use of old-house parts is not only ecologically responsible, but economically desirable. Using recycled house parts enables a homeowner to achieve modern function without destroying the home's original character. This gives return on investment in construction cost savings, in the ambiance of the new spaces created, and in resale value. Renovations that 'belong' to the architecture of the home transcend personal taste and become timeless.

Restoration projects often require architecturally appropriate details, and it can be difficult and expensive to find matching doors, windows, radiators, hardware, etc. Short of dumpster-diving as a new hobby, check with local experts to find salvaged architectural pieces for your project. Learn from experts in old-house renovation and restoration. Discover how historically sympathetic renovation makes dollars and sense.

In honor of Preservation Month as designated by the National Trust for Historic Preservation, we need to cultivate an attitude of stewardship rather than one of merely ownership. This year's National Trust Preservation Month theme is "Preservation Begins at Home."

Steve Ciancio heads The Crafted Home, a renovation design firm. Contact him at solutions@thecraftedorhome.com, or 303-860-8444.



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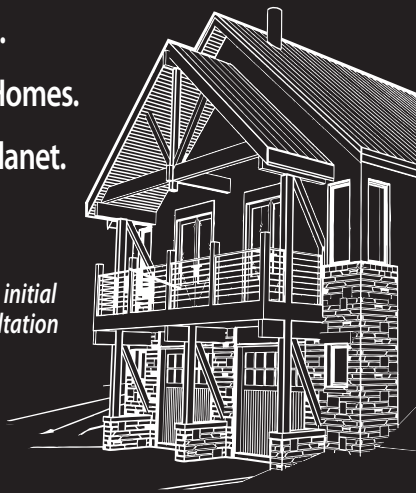
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2006 Historic Preservation series covers brick, windows, zoning, show-and-tell, and a tour

By Carolyn Van Sciver

The sixth season of Congress Park Neighbors Historic Speakers series begins in May and continues through October. The CPN Historic Preservation and Education Committee presents the series and opens the free lectures to the public.

Lecture topics are suggested by neighbors and aim to help the area's old-house owners learn how to better care for their fine "antique" homes and appreciate their homes' history and architectural style. If you would like to help, please contact Carolyn Van Sciver at 303-377-4913 or cvansciver@earthlink.net. We especially need volunteer guides for the June walking tour and book signing. Training for guides will be offered.

We hope to see you at these seminars:

May 31. What is this thing called zoning and why is it important to me? Congress Park has several different types of residential and business zoning that affects everyone's homes. Learn what and where the zones are, how they affect your property values and what is permitted within each zoning type. City, neighborhood, and real estate experts will lead you through this confusing but vitally important neighborhood issue.

June 28. Walking tour and book signing. Join us for Tour One from the Northwest Congress Park Neighborhood book. This is your chance to get a signed copy of the book and take the tour, which covers the 1400 blocks from Josephine to Detroit, with a volunteer guide. The tours meet at 2449 E. 14th Ave., and will begin at 6:30 p.m. Historic Denver, publisher of the guide book, will bring books for sale at a special \$10 event price, and the authors will be there to sign them. This is not to be missed! Note the time and location are different for this event.

July 26. Maintenance of historic wooden windows. Windows can have a dramatic effect on the look of your old house that few of us realize. If you live in a Historic District or a Landmarked house, your original windows play an important part of the designation of your house. Nancy Lyons, of Lyons Historic Windows, has been a preservation architect for 20 years and will explain the importance of the original wood windows in your home and their care and maintenance. She will also discuss windows and insulation values in these times of high energy bills.

August 30. Historically sensitive renovations in Congress Park. A panel of Congress Park residents will tell how they renovated their historic homes and show pictures of the projects.

September 27. Maintenance of brick and masonry buildings. Diane Travis from the Rocky Mountain Masonry and Brick Institute will explain the proper care of brick structures and the forces that damage them.

Wednesday, October 25. Landscapes for your historic house. Gail Barry and Cathe Mitchell, Land Mark Designs, specialize in landscapes for older urban residences.

Speakers Series whens and wheres Historic Preservation lectures are held at 7 p.m. on the last Wednesday of each month in the series, except for the June walking tour, which begins at 6:30 p.m.

National Jewish Hospital is once again graciously hosting the 2006 talks in Heitler Hall at 1400 Jackson Street, and offering free parking in the Jackson Street lot.

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Teller students find a rich vein of blood donors in Congress Park

By Joy Urbach, Teller Elementary Challenge Teacher

More about Teller
Just try and keep up with Teller! Check out their website at teller.dpsk12.org

Don't forget – Teller's Annual Yard Sale is coming up in August. Make sure to save all of those "valuable" donations!! Nothing is too big or too small! Already have donations? Call 303-333-4285.

Mike continues to donate to Teller for every closing referred by the Teller community—thanks, Mike!

Challenge students at Teller Elementary recently surveyed about 300 adults. The students asked whether the respondent had ever given blood. Although I suspect that we should have clarified that the donation was a donation, and not part of a physical examination, the surprising result was that about half the surveyed adults had given blood. Statistics statewide indicate that only 4 percent of Coloradans give blood. So Congress Park residents have a reason to be very proud.

Teller held a second blood drive on April 10. Previously, we had only one per year. Students were to ask two of the respondents why they did or did not give blood. Here is a summary of some of the responses.

First, many of the people who did give blood said they were nervous the first time, but that it really didn't hurt and they really did not feel weak afterwards. Some mentioned that they enjoyed the cookies, juice and other snacks they were offered after the donation. Most said they gave because it was an easy way to



help people, and some gave the first time because there was a blood drive or because there was a family member or friend who needed blood.

Of those who did not give blood, the most common reason for not donating was a fear of needles.

Some had health or other reasons- a recent tattoo, anemia (low iron), diabetes, low weight, too young, or out of the country. These reasons might legitimately keep a person from giving blood. Potential blood donors are screened and tested before donating. Most of those who did not give blood said they would consider it if they had a family member who needed blood.

The truth is, none of us know when we or someone we know might need blood, or products that are made from blood. Many illnesses cause a person to need blood products. Of course, anyone can be in an accident or require surgery, and might need blood.

The only way to assure that there is blood available in an emergency is to have it on hand. The Bonfils blood center supplies all the hospitals in the area. A 100 pound person has about seven pounds of blood. All they take is one tiny unit- about a pint. It takes very little time (under an hour), usually doesn't hurt beyond a pin prick, and your body makes more blood to replace what was taken in a few days.

I sure hope there is blood on hand at a hospital where I am taken if I am ever in an accident or have a health emergency. It will be there, if people like you and me take a little time, get over our fear of needles and donate.



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TellerPalooza III raises funds, raises fun

By Michelle Foust

We did it again!! On April 29, Teller Elementary proudly presented TellerPalooza III – a fundraising event featuring the best of the Denver music scene.

Bigger and better than last year, Teller supporters from all over the neighborhood and beyond turned out for another fantastic night of music. From the minute the doors opened at 6 p.m., it was standing-room only.

Teller and Dora Moore’s instrumental bands began the evening. Proud parents and relatives beamed at their children on stage. Next, middle and high school students from Denver School of the Arts performed to the delight of the crowd. Denver Public Schools’ musical talent shined.

The next band blew the audience away. The Panic took the stage with a mix of classic and contemporary rock, along with an impressive selection of original material. With skilled guitar work and melodic vocals, The Panic has a sound that is certainly beyond their years (middle and high school students)!

The rest of the evening featured bands (see list at right) that kept the audience dancing into the wee hours of the morning. All of the bands graciously donated their time for this special event. The turnout and support from the Teller Community was inspiring.

Again this year, the Mercury Café at 2199 California St. generously hosted the concert. Many thanks go out to Marilyn and the incredible staff at the Merc. Children and adults alike had a terrific time in the relaxed and friendly atmosphere.

Look for TellerPalooza IV next spring—you can support your neighborhood school while enjoying a great night of local music.

A fundraising event like the TellerPalooza takes an incredible amount of time and energy to plan and execute. Highly dedicated Teller parents worked for months to bring

about this successful concert. Teller parents like Mark Stevens, Jody Chapel, Michelle Lang, Josh and Shannon Snyder, Lisa Kipp, Julie Lang and Michelle Kenrick put in extra effort to make TellerPalooza III a big hit.

Along with Teller parents, community businesses play an important role in supporting Teller. Teller parents, staff and students would like to sincerely thank the bands and businesses for supporting the neighborhood school.

We appreciate the support of Modern Woodmen of America, a major sponsor for TellerPalooza II and III. Modern Woodmen of America is an organization dedicated to helping families focus on the future. Please contact Jacqueline Hunt from Modern Woodmen of America at 303-663-4545 with any questions.

We thank these businesses for their support:

The Daily Scoop

Ryan Gaudin at

Synergy Fine Wines

Paul & Jill at
Twist and Shout
Marla Grant, Greg Rudi, Jorgen Christiansen & Robert Hernandez

at **Summit Distributing**

Josh Snyder at **Morton’s The Steakhouse**

Zach Street and **Comcast**

Deb Moore at **Southern Distributing**



TellerPalooza Bands

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Protecting neighborhood childcare centers

By At-Large Councilwoman, Carol Boigon

Express your opinion

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Some neighborhood childcare centers have faced closure because Denver's zoning code is not clear about childcare centers in low-density R-0 and R-1 residential neighborhoods. Although neighborhoods currently have many children's programs, some technically violate Denver's zoning code, much of which was written in the 1950s.

A "childcare center" is a facility, not a person's home, serving children ages 6 weeks to 16 years. Examples include schools with early childhood education programs, church preschool programs, and daycare centers. We count at least 10-12 centers around the City housing multiple programs vulnerable to closure. I believe that neighborhood childcare programs attract and keep families in Denver and I have been working to develop a solution to this problem since October 2005.

My proposal permits preschools and other types of childcare centers in R-0 zones and

eliminates outdated requirements and inconsistencies that exist for R-1 zones. Parking and setback requirements for these centers do not change. The proposal allows childcare centers in existing, non-residential structures only. In R-0, they must be non-profit programs and have other limitations.

This proposal was developed over seven months with the City Attorney's Office, the zoning administrator, childcare experts, City Council members, and residents. It received over 150 letters of support from nearly every council district. Concerns have been raised about tax implications resulting from this amendment, but in a letter on file in my office, City Attorney Kerry Buckey has stated no direct tax or other fiscal implication will result. I hope you will call my office with any questions, (720) 865-8100.

Editor's note: To see the complete text of the proposal in its most recent form, visit www.denvergov.org, then: elected officials > city council > at-large Carol Boigon > read whole story > and ChildcareOrdFinal.

Recently the amendment was changed to have centers close at 7 p.m. instead of 10 p.m.

According to Boigon's office, they have 165 letters of support on file for the proposed amendment and 40 were from District 10.



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Zoning and childcare: another option

By District 10 Councilwoman Jeanne Robb

First, I want to offer kudos and thanks to representatives of the Waldorf School and to the neighbors who live near the school, who signed a mediation agreement resolving issues. I hope this begins a new and positive day for the school and the neighborhood.

Secondly, I'd like to address proposed zoning revisions concerning childcare. Councilwoman At-Large Carol Boigon deserves credit for her advocacy on behalf of children and families and her work with childcare providers and citizens on two council bills to address their needs. She has adapted these proposals to a number of concerns from Congress Park neighbors.

I would like your input on a proposal I have made as an alternative. Let me explain the problems as I have heard about them in District 10. First, there are some pre-school and childcare programs being operated in a church but not owned or operated by the church. These could be legally challenged under our zoning code. Secondly, a few preschools located in R-0 zones (for instance, in the Seventh Avenue area and other portions of Congress Park) are not expressly allowed by our code. Councilwoman Boigon more broadly defines the problem as a widespread need for accessible childcare.

There are four distinct proposals before Council. The first three, Councilwoman Boigon's bills CB265 and CB266, and my proposal, CB267, have been filed and were heard on first reading Monday, May 1. They will be discussed at a public hearing on June 5. The fourth proposal will be discussed at Blueprint Denver Committee on May 10.

My alternative, CB267, would offer a solution to the immediate problem of some childcare/early education facilities operating in somewhat murky zoning compliance. It would define "school" to include preparatory education for children during the two years before kindergarten.

The fourth proposal is a zoning administration amendment allowing accessory uses in non-

residential structures owned and operated by churches in residential districts to be operated by parties other than the church. This amendment has more recently been proposed to address the need of The Gathering Place, a day shelter for women, to temporarily relocate to a church in Park Hill while its current building is being reconstructed, but it will also address the problem of preschools that aren't specifically run by a church, such as Bright Star at Church of the Ascension. I am supporting this proposal as is Councilwoman Boigon.

While all of that zoning language may sound confusing, what I most want you to understand is that **whether Councilwoman Boigon's bills pass or mine do, preschools will be allowable uses in our neighborhoods whether in schools or churches.**

Zoning is typically used to balance uses and impacts. In that spirit, my proposal offers predictability for those who live near schools, and it supports existing facilities.

I would like to hear your questions and concerns.

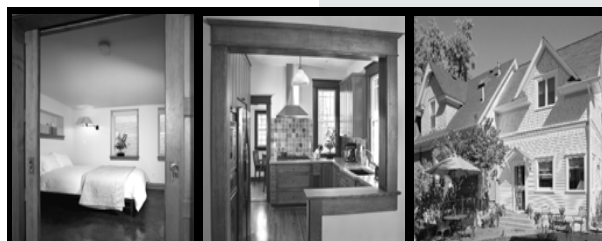


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Be aware, prevent Shaken Baby Syndrome

By Charlotte Bentley, former Congress Park Crime Action Chair

"The Congress Park Crime Action Committee is committed to coordinate efforts to rid our neighborhood of crime, thus helping to ensure personal safety for all."
CPN Crime Action Committee Mission Statement

The Congress Park Neighbors Crime Action Committee needs you. For more info, e-mail Congress Park Neighbors Crime Action Committee Chairman Joe Ely at elytj@aol.com.

Shut that baby up!!" barks a raging father, not comprehending that the infant's crying is as normal as its smile or contented coo. The element out of sync here is the adult who cannot manage his own emotions—the baby is being normal. This abnormal, "out of control" adult may do any number of things in response to the noise, including beating or shaking the baby. This is called "shaken baby syndrome," and it is child abuse.

Shaking a baby can cause convulsions, coma, brain-related retardation, disabilities/paralysis, pooling blood in the eyes, permanent blindness, serious brain damage, and even death. Shaken baby syndrome is the leading cause of trauma deaths at The Children's Hospital.

A hospital spokesperson estimated 1,200 to 1,400 cases of shaken baby syndrome occur each year in the U.S. Some 80 percent of the perpetrators are male, 50 percent are natural parents, 17 percent are relatives, another 17 percent are mother's boyfriends, and 6 percent are stepparents.

Denver Post columnist Dick Kreck reported 39 Denver radio stations banded together in April to simulcast a 30-second message about Shaken Baby Syndrome. While a baby screamed, the announcer intoned, "No matter how much (the baby) cries, no matter how tired you are, no matter how frustrated you get, never, ever, shake a baby."

The poster child for the campaign is 9-year-old Hunter Stelzel, who somehow survived being shaken as an infant by a day-care provider, but has had to endure 19 surgeries to correct resulting problems.

So what can a parent/caregiver do to calm the crying baby? First, caregivers must be in control of their own emotions. If the parents/caregivers are out of control, they need to be sure the baby is safe, and leave the room for a moment to regain their calm before trying to deal with the baby.


Next, they should determine the baby's need: is s/he hungry, too cold or hot, feverish? Does s/he need to be burped, need a diaper changed, need a pacifier? Generally, babies don't cry unless something is wrong, but it can be frustrating when the baby can't articulate the problem. Sometimes babies cry in response to their own discomfort or may want to be held, or soothed, or rocked.

If all apparent needs of the baby are being met, and the baby still cries, the baby may just need to cry for awhile, but the child's safety is of the utmost importance. Put the baby on his/her back in a safe crib, close the door, and check on the baby every few minutes. Try some of the soothing motions and sounds from www.kidshealth.org.


If you leave your infant in someone else's care, be sure to ask them how they will respond to your crying baby. Don't be afraid to grill them about what they would do if the baby's incessant crying frustrated them.

Talk about your preferences for soothing the baby and be clear about the dangers of hitting or shaking a child. Remind them that shaking a baby is child abuse. Be sure you are comfortable with their response before leaving your child with them.

Of course, you will want to be available at a moment's notice if the caregiver determines they cannot handle the crying baby. You should be their first available alternative.


Admonish them to never, ever, under any circumstances, hit or shake a baby. 

Alternative Health



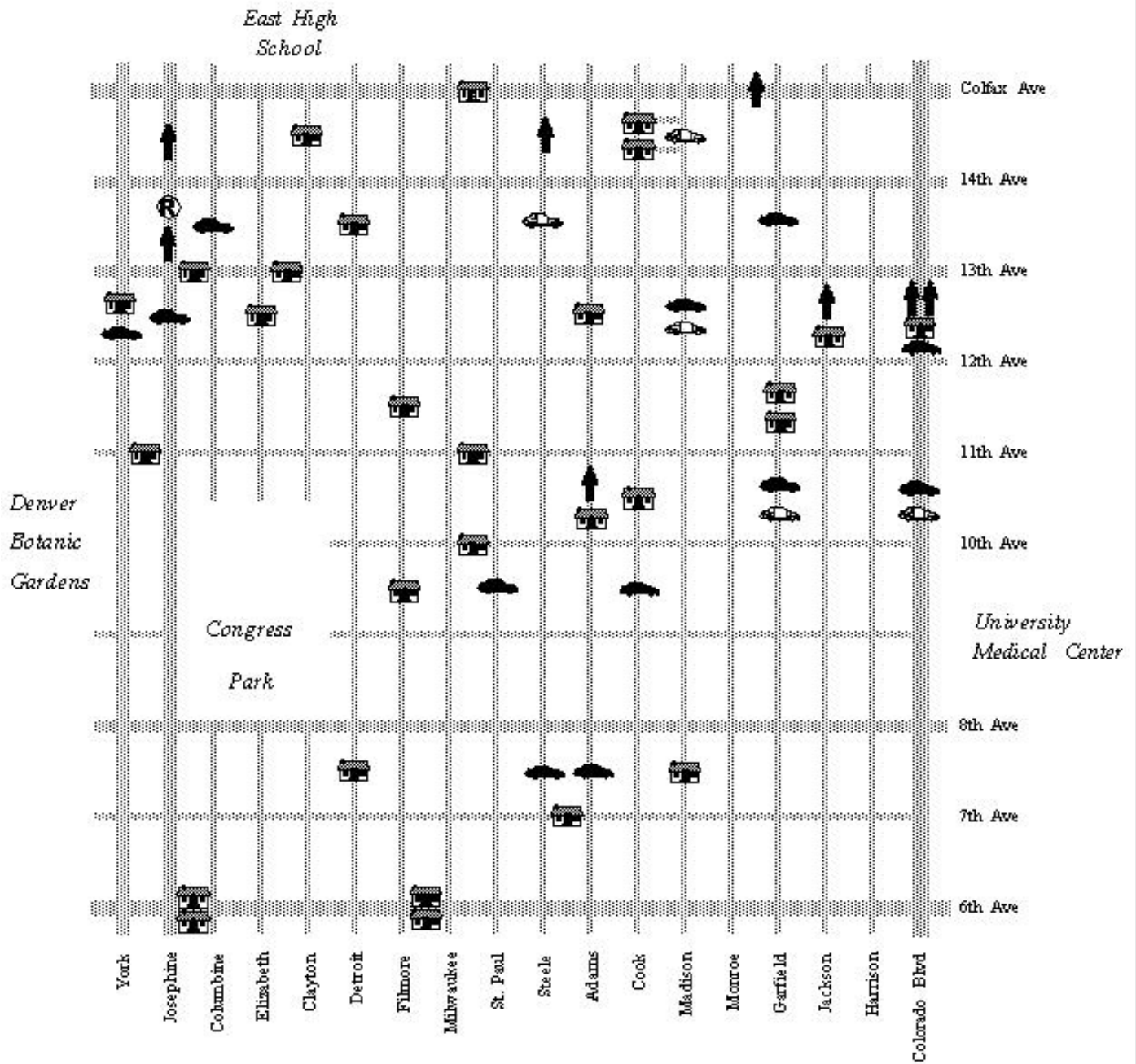
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CONGRESS PARK NEIGHBORHOOD CRIMES JANUARY - MARCH, 2006



- Rape**
- Assault/robbery**
- Burglary**
- Auto Theft**

This map shows all serious crimes that were reported to police within Congress Park this quarter. The Congress Park Crime Action Committee creates this map using City and Police Department statistics obtained from Council District 10.

Garden offers serenity

Conservation Specialties caring for Congress Park homes

Lou Cilento of Conservation Specialties is still taking care of older houses and the people who love them, and still offering a donation to Congress Park Neighbors for every job he does in the neighborhood.

Call Lou at 303-322-4130 about storm windows and doors, insulation, weather-stripping, security doors, flat concrete work, garage doors, tuckpointing tile, brickwork and more.

By Dan Jones, Wild Flowers

How do we define serenity? Tranquil and Unruffled show up in the dictionary. I would add the ability to be still and present with yourself. Certainly peaceful comes to mind.

My ultimate source of serenity is in a connection with nature. I suspect that is true for many people, especially gardeners. To that end I try to emulate nature in my garden. Achieving serenity can be both an outcome of the gardening itself and the end result of a job well done. A test of that achievement is the ability to find serenity in my garden. This yardstick will of course vary from individual to individual.

Pursuing the visual imitation of nature is very rewarding. Think of the patient ages Mother Nature has taken to create the fantastic gardens right here in Colorado! There are rolling meadows in Crested Butte literally blue with lupine. In alpine meadows the

vignettes of rock, lichen and delicate flowers abound. Foothills meadows turn a riotous hue in June. My point is that our pursuit of serenity in the mimicry of nature is ongoing. The end result is the ongoing quest.

Gardening is a wonderful conduit to mental stillness. The simple act of being in the garden with hands in the dirt connects me to my ancient agrarian past. Spring spading exhausts my body which enables my mind to slow. Planting is an act of faith. Pruning and weeding are exceptionally meditative through their repetitiveness—we are present for the activity yet there is room for our minds to be quiet. Harvesting your dinner after a busy day is a reward on multiple levels—the process nurtures the mind and vegetables renew the body.

At the end of the day there is the opportunity to sit back with a cup of tea and drink in the beauty we have created. It is easy to be present when a waterfall is splashing in your pond. The flower-laden blue flax swaying in the breeze is mesmerizing. Various floral combinations we have created delight the eye. The sweet scents often stimulate childhood recollections. A fluttering butterfly can enchant the eye for long moments, especially when it lands on a bright flower.

Something as simple as watching the progress of a ladybug ascend a leaf can be a renewing reminder of nature's intricacies. It is easy in this setting to lose sight of the city sounds around us, take a deep breath and quiet our inner selves.

Take a snapshot in your mind of the beauty you've created. Use it as a bookmark to these special moments. If you're having a rough day at the office or are otherwise challenged, close your eyes for a few moments. Take a deep breath and draw on this mental image to restore your inner balance. The garden can nourish our serenity in many ways and during all seasons.



Congress Park Wellness Center
2614 E. 13th Avenue
Denver, CO 80206
303-358-5217



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303-322-8324

1467 Birch St., Denver • www.mchdenver.org • email: mchd@qwest.net



Work to end hunger on Hunger Awareness Day

By National Coalition Against Hunger

June 6 will mark the fifth annual National Hunger Awareness Day. National Hunger Awareness Day helps inform individuals, communities, corporations, and policy makers that hunger is a severe, but solvable, domestic issue.

Hunger in America looks different from hunger in other regions of the world, but it exists. Almost half of the people served by America's Second Harvest, for instance, live in households with at least one working adult, but these individuals must try to make ends meet on low wages that simply cannot cover mortgage or rent payments, the cost of prescriptions and medical care, utility bills, car payments and fuel costs, and food.

In today's economic climate, we're also seeing clients who, in years past, have been strong supporters and funders of hunger relief efforts. More than two million jobs have disappeared since the beginning of 2001, and millions of primary wage earners have been out of work so long that their unemployment benefits have been terminated.

Thousands of hunger-relief advocates, volunteers, the entire America's Second Harvest Network of food banks and food-rescue organizations, and other agencies will participate in activities to raise awareness about hunger in America. Coordinated activities in every community help unite our collective voice, a voice that must be heard in order to reach our goal of creating a hunger-free America, by positively influencing other people's opinions and behaviors.

Consider making a donation, volunteering or spreading the word. There are many organizations in the Denver area that would appreciate your assistance in their fight against hunger. Your business may organize a food drive for Metro CareRing or a volunteer day at the Food Bank of the Rockies, for example.

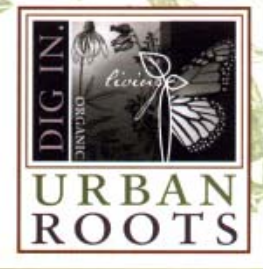
Visit www.HungerDay.org, or call Food Bank of the Rockies 303-371-9250 or Metro CareRing at 303-860-7200 to get involved and make a difference.



We CAN end hunger
Learn more about statewide efforts at www.ColoradoAntiHungerNetwork.org.

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Diabetes and Exercise Research Study at UCDHSC

The University of Colorado at Denver and Health Sciences Center is conducting a research study designed to help improve exercise capacity with three months of supervised aerobic exercise training. If you have Type 2 Diabetes or if you are a healthy individual you may qualify to participate.

Eligibility criteria:

- Men and women, 30-55 years old (women must be pre-menopausal)
- Healthy or with Type 2 diabetes (not taking insulin)
- Must be non-smoking


Study Procedures include:

- Physical examination and blood tests
- Echocardiogram and electrocardiogram (ECG)
- Fitness testing and body composition measure
- Glucose tolerance test

Financial compensation will be provided for participation.

For more information contact Susan at 303-372-0604
or Susan.Smith@uchsc.edu.

Principal Investigator: Judith G. Regensteiner, Ph.D.
COMIRB # 02-514

 University of Colorado at Denver and Health Sciences Center

Neighborhood Directory

Visit these advertisers, and tell them you're glad you found them here.

For advertising rates, call 303-355-3735

Clothing, women's

Second-Hand Rose-Ann
3426 E. 12 th Ave.
303-321-5530
TWTu 12-6; FS 10-5
Sizes 12 and up.
Casual to career.
Westword's
"Best of Denver."

Lawn Care

Marc's Mowing & Home Improvement
Your neighborhood handyman who will also take care of your yard! CALL US—WE CAN HELP! 303-320-6861
marc@marcsmowing.com

Service Club Meeting

Zonta Club of Denver
303-355-3735
85 years working to improve the status of women and children. Monthly dinner meeting 2nd Thursday, \$25.

Education: Preschool

Montessori Children's House of Denver
1467 Birch 7:30 am–6 pm
303-322-8324
Ages 18 months to 6 years, full day preschool and kindergarten programs; Certified Montessori teachers.

Plumbing/Heating

Vail Plumbing & Heating
303-329-6042
Older home specialist, service, repair, remodeling. Evaporative cooling. Licensed, insured, V/ MC

Worship

10:30 Catholic Community
1100 Fillmore St.
303-333-9366
Lay-led Vatican II Catholics.
Sunday Mass 11:00 a.m.,
Children's Rel Ed 10:30 a.m..

Hair, Nail, Skin Salon

The Cutting Edge
1160 Madison
303-322-1633
Congress Park's only full-service salon. Offering complete hair, nail and skin care, waxing and massage. All major credit cards accepted. Open 7 days.

Renovation/Repair

G&R Restorations
303-920-2323
Repairs and remodeling that respect the dignified vintage home. Congress Park references available.

Worship

Capitol Heights Presbyterian Church
1100 Fillmore
303-333-9366
Alternative faith community in Congress Park.
Sundays:
9:30am worship service,
11:00am education hour.

Housecleaning

Housecleaning
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your
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May
 7-13 Historic Preservation Week
 11 Zonta Club of Denver meeting; 303-355-3735
 14 Mothers' Day
 16 National Bike to Work Day; 720-865-BIKE
 15-19 Large Item Pickup week; 720-865-6900
 17 CPN Members Only meeting; Nat'l Jewish, 7 p.m.
 19-21 Lord of the Rings Symphony, Colo. Symphony Orch. & Chorus; 303-623-7876
 21 Armed Forces Day
 27-29 Denver Festival of Arts; 720-933-6117
 27 Memorial Day Parade, Civic Center; 303-283-1801
 29 Memorial Day
 31 CPN Historic Preservation Talk; 303-377-4913

June
 2-Aug 31 Venice on the Creek punt tours; 303-893-0750
 3-4 CHUN People's Fair; 303-830-1651
 5-9 Summer Food Service Program Week; 303-844-0354
 6 Hunger Awareness Day
 7 Museum of Nature & Science Free Day; 303-322-7009
 8 Best Friend's Day
 8 Zonta Club of Denver meeting; 303-355-3735
 12 Museum of Nature & Science Free Day; 303-322-7009
 14 Flag Day
 14 CPN Board meeting; Nat'l Jewish, 7 p.m.
 18-24 Hug Week, National Little League Baseball Week
 18 Father's Day
 19 Botanic Gardens Free Day; 720-865-3500
 19-23 Large Item Pickup week; 720-865-6900
 21 Summer Solstice
 22 Do at the Zoo; 303-376-4865
 26 Pride Fest, Civic Center; 303-733-7743
 28 CPN Historic Preservation Talk; 303-377-4913

July
 4 Independence Day
 9 Botanic Gardens Free Day; 720-865-3500
 13 Zonta Club of Denver meeting; 303-355-3735
 19 CPN Board meeting; Nat'l Jewish, 7 p.m.
 24-28 Large Item Pickup week; 720-865-6900
 26 CPN Historic Preservation Talk; 303-377-4913
 30 Father-in-Law Day

August
 1 National Night Out and CPNeighbors' Ice Cream Social; 303-377-5752
 6-12 Clown Week, Breastfeeding Week, Smile Week
 10 Zonta Club of Denver meeting; 303-355-3735
 11-13 Grand Prix of Denver; 720-873-5035
 13-19 Elvis Week
 13 Museum of Nature & Science Free Day; 303-322-7009
 14 Botanic Gardens Free Day; 720-865-3500
 16 CPN Board meeting; Nat'l Jewish, 7 p.m.
 20 Museum of Nature & Science Free Day; 303-322-7009
 20 Homeless Animals Day
 20-26 Friendship Week
 26 Women's Equality Day
 28-31 Large Item Pickup week; 720-865-6900
 30 CPN Historic Preservation Talk; 303-377-4913

Congress Park pool; 303-393-9386
 Denver Urban Gardens composting seminars: 303-292-9900
 Free summer concert series: 303-640-6940
 Hot Sounds at the Pavilions: 303-260-6001
 Confluence concerts: 303-455-7109

**Visit the
 Denver Art Museum!
 Call 720-865-5000
 for information.**

Around the Neighborhood

*Call the editor
 with your
 important dates.
 303-355-3735*

May: National
 Historic Preservation
 Month, Community
 Action Month; Hear-
 ing, Speech, Breath-
 ing, Posture, Sleep
 and Mental Health
 Month, Hepatitis
 Awareness Month,
 High Blood Pressure
 Month, Skin Cancer
 Prevention Month,
 Barbecue, Bike,
 Physical Fitness,
 Egg, and Salad Month

June: Dairy Month,
 Fresh Fruit and
 Vegetable Month, Iced
 Tea Month, Zoo and
 Aquarium Month

July: Hot Dog Month,
 Ice Cream Month,
 Baked Bean Month,
 Berries Month,
 Recreation and Parks
 Month, Tennis Month

August: National
 Parks Month, Eye and
 Foot Health Month,
 Golf and Catfish
 Month

What else?

www. DenverGov.org,
 click on events calen-
 dar

www. Downtown
 Denver.com, click on
 events

www. ChunDenver. org,
 click on calendar

Congress Park Neighbors, Inc.
 P.O. Box 18571
 Denver, CO 80218
 www.CongressParkNeighbors.org

Congress Park Neighbors Membership Form

Your neighborhood needs you! Join your neighbors today.

Name:

Date:

e-mail:

address:

phone:

I am interested in learning more about:

The above information will only be used for contacting you about Congress Park Neighborhood issues.

- Main Street (Colfax) rezoning
- Rezoning my house
- Historic Preservation
- 12th Avenue Business Support
- Newsletter reporting
- Newsletter advertising
- Newsletter production
- Newsletter distribution
- Neighborhood Watch
- Outreach
- Membership
- Social events
- Graffiti abatement
- Crime prevention
- Traffic
- Other

- Member (individual or household) \$20
- Patron (get a T-shirt!): \$30
 (circle shirt size: S M L XL XXL)
- Business or organization: \$40

(Circle amount enclosed)

Make check payable to:
 Congress Park Neighbors, Inc.
 P.O. Box 18571
 Denver, CO 80218

Congress Park Neighbors, Inc. is a non-profit organization with an elected, volunteer Board of Directors. Your tax-deductible annual dues support the newsletter, mailings and fliers about hot issues, events like the ice cream social and ongoing activities to benefit the neighborhood.