



News

Winter 2006

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The Time for Rezoning is Now

By CPN president Kathleen Hynes

Congress Park is beginning to feel the impact of Denver's fast-moving Colfax Avenue rezoning.

On Nov. 5 the City began reviewing which sites along Colfax would be designated MS1 or MS2. MS1 has a height limit of 38 feet, MS2 has a height limit of 65 feet and neither provide many residential or business parking spaces. Initial mapping has designated Galaxy Autobody Shop as MS2 and the Paradise Cleaners building as MS2 and its parking lot as MS1.

On Nov. 29, I met with Councilwoman Jeanne Robb and others including Katherine Cronwell of the Denver Planning Department, to discuss how to expedite rezoning from R3 to R2 for CP residents. I appreciate Councilwoman Robb's and the City's verbal support for our rezoning efforts. We all agree the

Congress Park Neighborhood will be less vulnerable to oversize development and Congress Park's residential areas will enjoy more stability when homes are more appropriately zoned.

Time is critical because Main Street rezoning is underway and if your property is zoned R3, the

new development next door to you could be larger and much closer than if your property is zoned R2.

Congress Park Neighbors has sponsored meetings explaining how residents can apply for rezoning by assembling a group of 10 or more homes that "touch" an existing R2 structure. Many South City Park residents have rezoned their homes this way. Homeowners who do not want their properties rezoned are not included in the group. CPN's website, www.CongressParkNeighbors.org answers frequently asked questions about R3 to R2 rezoning.

During the Nov. 29 meeting I learned more about Legislative Rezoning. This is a relatively new process where the City is the applicant for a large area targeted for rezoning. In this scenario, the City pays the application fee, nonconforming uses are exempt and homeowners who do not want their property rezoned from R3 to R2 may explain why their homes should not be included in the area slated for rezoning. The City is currently reviewing Legislative Rezoning for areas immediately North and South of Colfax.

Contact me at khynes377@earthlink.net or John Van Sciver at 303-377-4913 or at john.vansciver@earthlink.net if you would like to learn how to rezone your property or host a block meeting for a rezoning presentation after the New Year.

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.

Another Good Reason to Visit 12th Avenue

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 4500 residents and businesses within the area bounded by Colfax Avenue, Sixth Avenue, York Street and Colorado Boulevard.

Congress Park News
P.O. Box 18571
Denver, CO 80218

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303-355-3735

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Your articles, letters
and advertisements are
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We need **you** to help
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the news, please call
Wendy or Julie.

This newsletter is
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303-936-2345.

The CPN Bulletin Board will now be posted near the WildFlowers entrance at 12th and Madison. Check for interesting neighborhood goings-on and see what's new in WildFlowers at the same time.

The other
Congress
Park
Neighbors
Bulletin
Board is still
in its usual
location by
Diedrich's.

ANNUAL MEETING

**Congress
Park
Neighbors**

**WEDNESDAY, JANUARY 18
6-8PM**

New Location! **NATIONAL JEWISH** *New Location!*
MOLLY BLANK CONFERENCE CENTER
*Enter parking lot from Jackson Street at Colfax
Proceed to new building with the glass atrium*

Free Pizza & Pop
Zoning & Parking Issues Updated
Learn About the New Colfax Corridor
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Your Congress Park Neighbors 2005 Board of Directors

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khynes377@earthlink.net

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elytj@aol.com

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Marty Jacobsen—Membership
MartyJacobsen@comcast.net

Marianne Evans
Colorado Boulevard Healthcare District;
9th & Colorado Redevelopment
sarahgoldstein@aol.com

Pick a Sunny Day & Dig

By Dan Jones

You may think it's too late for any more gardening—you may even be counting on that. But wait! If you're lamenting that you failed to plant spring-flowering bulbs in the fall, it's not too late to plan ahead for daffodils, tulips, crocuses, hyacinths and others, just a few months from now.

As long as the ground can be dug in, you can plant bulbs. Usually this is best done in October and early November, but I've planted bulbs in December and enjoyed beautiful blooms a couple of months later.

Keep the bags of bulbs and digging implements by the front door and be ready to take advantage of one of Denver's beautiful sunny December days.

Rena Andrews
303-331-8618

Dan Jones
Wild Flowers 1201 Madison Street
303-333-4050
nature@wildflowersdenver.com

Dan Keller
771 Columbine St.; 303-322-0976
danielkeller771@msn.com

Ezra Shanken
1421 Clayton; 303-913-9815
eshanken@yahoo.com

Wendy Moraskie—Newsletter
1475 Milwaukee St.; 303-355-3735
wendyrich@msn.com

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 on the third Wednesday of each month at 7 p.m.

Waldorf Proposes Citywide Zoning Changes

By Brent Hladky, Vice President, Congress Park Neighbors Inc.,

Denver Waldorf School, 940 Fillmore Street, was issued cease and desist orders in June 2005 for uses, namely a church and a daycare/childcare, which are not permitted in an R-0 zone.

Although Waldorf has ceased allowing its property to be used as a church, it continues to appeal the daycare/childcare order and recently has proposed and submitted a zoning law amendment to the City.

The amendment would allow for (a) facility use at any and all hours of the day or night (b) a reduction in the minimum age of children served from 5 years down to 6 weeks and (c) an extensive list of additional allowable activities "by whatever name known" such as childcare, nursery, daycare, day treatment centers (e.g. drug, alcohol, and other issues), and more, in any and all residential areas throughout Denver.

This proposed amendment was recently unanimously approved by the City's Zoning Technical Committee. It will next be next heard by Blueprint Denver. The chairperson of that group is District 10 City Council Representative Jeanne Robb. This proposed amendment could possibly be brought before the full City Council early in 2006.

In late November Waldorf and immediate neighbors entered into mediation in an attempt to resolve numerous issues not relating to pending litigation.

If you have input about this proposed amendment or any other issues concerning the Waldorf School, contact Councilwoman Jeanne Robb (303-377-1807); e-mail me at brent@hladky.com; or CPN President Kathleen Hynes at khynes377@earthlink.net.

ANNUAL MEETING

Congress Park Neighbors

**WEDNESDAY, JANUARY 18
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New Location!

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

PDT Networks, Inc.
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80265-2207
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Teller Elementary a Success Story

By Joanne Reilly

The Oct. 24 Rocky Mountain News featured Teller Elementary School as one of six Denver schools that are beating the odds. Teller is maintaining small class sizes, improving literacy and test scores, and increasing overall enrollment.

The article said Teller has “figured out a rich web of strategies that are educating children from the city’s poorest families as well as their wealthiest classmates.”

Rocky Mountain News reporter Nancy Mitchell analyzed all DPS 2005 state test scores in reading, writing, math and science in grades 3-10. Two neighborhood schools, Teller and Morey Middle School stood out.

According to Teller Principal Karti Lyons, “there is not a magic bullet” when dealing with educating the diverse population of students at Teller. She counts on a multi-disciplinary approach to address all levels of ability and skills. Lyons credits a successful combination of talented and experienced teaching staff, intense intervention programs and individualized attention for every student.

About the article, Teller parent Julie Yawger said, “Many parents don’t realize the ripple effects of the intervention programs. When

other children are pulled for focused study, my child benefits from having a smaller classroom.”



Teller has successfully implemented two intense literacy programs, Reading Recovery, giving one-on-one help to first graders, and the Lindamood-Bell Learning Process, an internationally acclaimed program specializing in comprehension. The combination of these two literacy interventions along with the DPS literacy program has greatly improved competency. Teller third grade teacher Sharon Brodhacker said, “we needed a little bit more focus on skills...once we got our intervention programs, I started seeing better readers coming into third grade.”

Small class size is also proving to be a major differentiating factor at Teller. The average class size of about 20 students directly translates into more individualized attention.

Teller has improved its enrollment numbers dramatically. Four years ago, enrollment was at an all time low of 175 students. Over 250 students are enrolled this year. One major reason for this shift is that more families living in Congress Park are sending their children to their neighborhood school.

Teller parent Robb Troxler said “Once I became convinced that my child would receive the educational challenges he needed, the proximity, the diversity, the neighborhood connection at Teller—those were all bonuses.”

Teller School—check it out.

Another way to support Teller—thanks, Mike!



Mike Finesilver
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I am committed to helping Teller Elementary.
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Teller Elementary School

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Come see what makes Teller so special!!

Two Open Houses

Evening Open House

Tuesday, January 10, 2006

6:30 - 8:00 pm

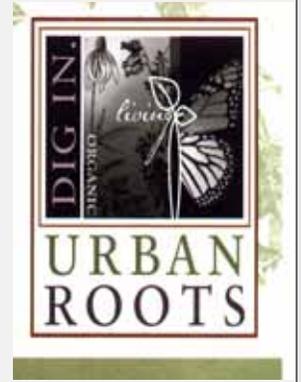
Morning Open House

Wednesday, January 18, 2006

8:30 - 10:00 am

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ANNUAL MEETING

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WEDNESDAY, JANUARY 18
6-8PM

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NATIONAL JEWISH MOLLY BLANK CONFERENCE CENTER

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Teach, Assist or Tutor: Teller Needs You

By Bonnie Adrian, Ph. D.

Teller Elementary School
...at the heart of Congress Park
1150 Garfield
Denver, CO 80206
303-333-4285

You can be important in the education and development of a child by teaching or assisting in an elective course, or by tutoring students.

Teller still has openings for elective teachers, assistants and tutors for the 2006 school year.

Teach or assist for a seven-week elective course in any kind of dance, any kind of art, drama, music, chess, martial arts, bread-making, hacky sack, yoga, volleyball, soccer—anything fun that helps children develop a skill.

Teller students truly treasure their elective classes! The high number of volunteers at Teller contributes to lower student-to-teacher ratios and makes elective classes more intimate than regular classes. Plus, in-school enrichment enlivens the building with energy and makes the rest of the school week feel more exciting for students.

Volunteer elective teachers offer a unique service to Teller students. Volunteer lead teachers can choose the age range of their students. A veteran classroom teacher will serve as assistant and take care of discipline.



Teller students will get to choose from a list of courses and will be expected to be on their best behavior.

Electives are taught Fridays from 2:45 to 3:30 p.m. The next series will be April 7-May 19. To inquire about this volunteer opportunity please contact Bonnie Adrian

at 303-780-7855, evenings, or badrian@du.edu.

Tutor a student once a week through the rest of the school year in Teller's Community Study Hall program. Community Study Hall is a partnership between DPS and volunteers who provide academic and social mentoring for Teller students.

Community Study Hall is held Tuesdays 3:45-4:45 p.m., Wednesdays 6:00-7:30 p.m., and Thursdays 3:45-4:45 p.m. Volunteers can choose to staff one, two, or three days per week and are asked to commit to mentor one student for the duration of the school year.

Children in need of academic and/or social reinforcement are recommended for the program by their classroom teachers. If parents agree their child may participate, a tutor is assigned to work with the student once each week during the school year.

This individual attention, recognition and assistance helps to overcome academic frustration, create a positive self-image and develop the confidence needed for success in school and in life.

Over 50 community volunteers are currently participating in the tutoring program. To inquire about Teller's Community Study Hall volunteer program, please leave a message for Chris Baumgartner at 303-333-4285.

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We're located on the south west corner of Colorado Boulevard and 12th Avenue.



By helping veteran teachers with elective classes, **volunteer assistants** can provide more one-on-one attention as children learn new skills.

2006 Historic Preservation series to include—your ideas!

By Carolyn Van Sciver

The 2005 Historic Speakers series was a great success. Thanks to all who presented programs, and to all of you who attended the talks last spring and summer.

Attendees at seminars found the monthly talks on the care and feeding of old houses useful and informative. So did the expert presenters. One said, "Old houses are my passion—if I can help a few people restore theirs, these great buildings could still be homes for families in another hundred years."

Plans are underway for the 2006 series. To that end, I would appreciate feedback from you about talks you have really liked and ideas for topics you would like to hear about next summer.

Some of the lecture suggestions I've received include:

- working with contractors,
- landscaping for older, urban homes,
- the history of the Arts and Crafts icons,
- Stickley architecture and furniture, and
- maintenance of brick and other masonry structures.

What do you need to know about? Mixing plaster without personal injury? Researching the history of your house? Heartache and hardwood floors? The psychology of 100-year-old plumbing? Demons in knob and tube wiring?

As usual, we will plan one evening of neighborhood renovation stories. If you know of a sensitive, well-done, award-winning—or just funny—renovation in the neighborhood, please let me know about it and how I can contact that homeowner.

And if you have a great story to show and tell, don't be shy—tell me about your project! Or bribe your friends to tell me!

As you probably know, Congress Park Neighbors is involved in a re-zoning project for the R3 zoned blocks and I am considering a program on how to protect the space around your house and the feel of the neighborhood through re-zoning.

Please contact me with your suggestions, at 303-377-4913 or cvansciver@earthlink.net.

Thanks for making the 2005 series a great success. See you at the 2006 series.

Speakers Series whens and wheres

Historic Preservation lectures are held at 7 p.m. on the last Wednesday of each month in the series.

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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Hard Hats Required: City Council at Work

By At-Large Councilman, Doug Linkhart

The Denver Traffic Management Center (TMC) looks like a NASA control center, only with fewer staff.

TMC and Synchronized Driving

More than 12 computers and 40 monitors control the city's 1200 traffic signals and 60 traffic cameras. When all the traffic signals are connected to the TMC, the center will be able to re-time lights to keep traffic running smoothly and count cars as they pass, so that lights turn green down the road.

I asked, "Do you time the lights based on the speed limit or to accommodate the flow of traffic" Aargh! The driver in me was not pleased to hear: "We use the speed limit—or even a little slower."

Now for the test. On a day when I had some extra time I drove my usual 13th Avenue commute from Yosemite to downtown AT THE SPEED LIMIT. It was tough. I got stares from people passing me and used cruise control to keep from exceeding 30 mph.

But it worked! I didn't hit a single red light! I also had time to relax, look at the scenery and plan my day. Who knows, maybe I'll try it again sometime.

By District 10 Councilwoman Jeanne Robb

Were're wishing you peace and joy this holiday season, and amid all the shopping and parties, a few quiet moments. But the business of the City goes on and here are a few notes.

Taking the humbug out of the Holiday Season and New Year

As the Mayor's appointee to the Denver Parking Commission I sponsored an ordinance to reduce the maximum fine from \$50 to \$20 for removing a boot on a private parking lot (like those in Cherry Creek). The Parking Commission found booting hurts the image of retail areas, results in numerous police calls, and affords no due process. Of course, this doesn't mean that you should park in a spot reserved for a business that you are not visiting; you'll still have to pay \$20.00 and have the hassle of waiting to have the boot removed.

Hold these dates:

Dec. 17 , 10 a.m. to 2 p.m., my office, 1232 E. Colfax: Open House on **Colfax rezoning and map amendment process**. Review and comment on the maps.

Jan . 10., 4:30 to 7:30 p.m., my office, 1232 E. Colfax: Open House on **Colfax rezoning and map amendment process**. Review and comment on the maps.

District 10
Jeanne Robb
303-377-1807
e-mail: jeanne.robbs
@ci.denver.co.us

At-Large
Carol Boigon
720-865-8100
e-mail: carol.boigon
@ci.denver.co.us

At Large
Doug Linkhart
720-865-8000
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District 10 City Councilwoman Jeanne Robb

Congress Park Notices

DCP Open House

You are invited to Denver Cooperative Preschool's Open House on Jan. 25 6:30 p.m. to 8 p.m.

DCP offers play-based programs for children aged 15 months through 5 years.

Parents: Come discover a place where children learn by exploring and experimenting in a safe and nurturing environment. Tour classrooms, discuss curriculum with teachers, mingle with currently enrolled families and find answers to your preschool questions.

Denver Cooperative Preschool
480 Marion St. 303-777-6867
www.denvercooperativepreschool.org.

A Woman's Place...Is On The Range

The Colorado History Museum opened a new exhibition Dec. 16, A Woman's Place...Is On The Range.

The exhibition recognizes the National Western Stock Show's centennial and women's vital role since the 1800's in ranching, cattle and stock associations, rodeo and stock shows and associated influences on popular culture. Call 303-866-3682 or visit www.ColoradoHistory.org.

Another life for your Christmas tree

When the tree comes out of the parlor, make sure it goes out to the curb or alley for recycling.

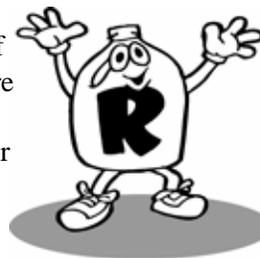
From Jan. 3 to Jan. 13, Denver Recycles/Solid Waste Management will collect customers' Christmas trees to be ground into mulch. The mulch will be free to Denver residents in the spring.

To prepare the tree for pick-up: Remove all tinsel and decorations and set it out on your trash collection day near your usual location by 7 a.m. Residents with dumpster collection should set their trees out by 7 a.m. on Tues., Jan. 3 or Mon., Jan. 9.

For more information, call 720-865-6810 or visit www.DenverGov.org.

Where do those plastic bottles go?

Tour Denver's largest materials recovery processing facility and find out what happens to the more than 350,000 pounds of recyclable materials are collected every day, sorted and prepared for various markets.



Tours are free and approximately one-hour long. For more information call Tom Strickland at 720-865-6810.

Conservation Specialties still 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.

Conservation Specialties does storm windows and doors, insulation, weather-stripping, security doors, flat concrete work, garage doors, tuckpointing tile, brickwork and more.

Wondering how much that next project will cost? Get a few estimates, then call Lou Cilento at 303-322-4130. He may be able to give you a better price, and, if you choose his services, Congress Park Neighbors will benefit by a donation.

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Prepare to be on your own

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.

The images of New Orleans evacuees wading through waist-deep water after Hurricane Katrina, waiting for emergency personnel to arrive, shocked us all. Could that happen in Denver? Could we be "on our own" after an emergency?

Denver has suffered flash floods, wildfires, minor earthquakes, and severe storms. Fast melting blizzard snow, tornadoes, disease, or terrorism could create an emergency for us. What was learned from the Katrina victim's experience? Where would you go? What would you take? And how would you meet up with your family or find your pets after evacuating?

The www.denvergov.org site offers excellent information about emergency preparedness for Denver. See the 40-page booklet titled "City and County of Denver Flood Protection Handbook." It refers to preparations for a water emergency, but the information would apply to other emergencies as well. Sections include "Turning off the Utilities," "What you should do when you hear a Watch or Warning," "Health Hints," and "Taking care of yourself."

It took several days for large-scale organized assistance to arrive for the Hurricane Katrina victims, reminding us to prepare to "be on our own" for awhile. The Office of Emergency Management suggests we prepare before a disaster happens, by organizing an emergency kit. What do we need to think about?

Communication with emergency personnel. Katrina victims had no means of communication for several days. Battery-operated or hand-crank radios might have been life saving devices.

In Denver, people should tune in to radio station KOA (850AM) or KYGO (98.5FM), the designated Emergency Alert System activation stations for instructions.

Communication with family members.

How will you make contact with family members if they are separated with no phone access? Remember the "persons missing list" from the Katrina shelters? Make a plan for contact, perhaps an out-of-state relative.

Evacuation plans. We all felt heartsick watching the news footage of the traffic jams as evacuees tried to leave via the main highways. Plot several routes out of the city via side streets.

Evacuation Shelters. Where should you go? Teller School? National Jewish Hospital? The Colorado Convention Center? First responders would identify evacuee shelter locations, then advise the public where to go using "reverse 911" and local public address systems.

The members of your family called "pets." Many Gulf Coast evacuees did not want to leave without their pets, especially service dogs. A recent Federal Emergency Management Agency (FEMA) press release says, though human life takes precedence, the Pets Evacuation and Transportation Standards Act (PETS Act, H.R. 3858) requires emergency preparedness authorities to include evacuation plans for pets/service animals.

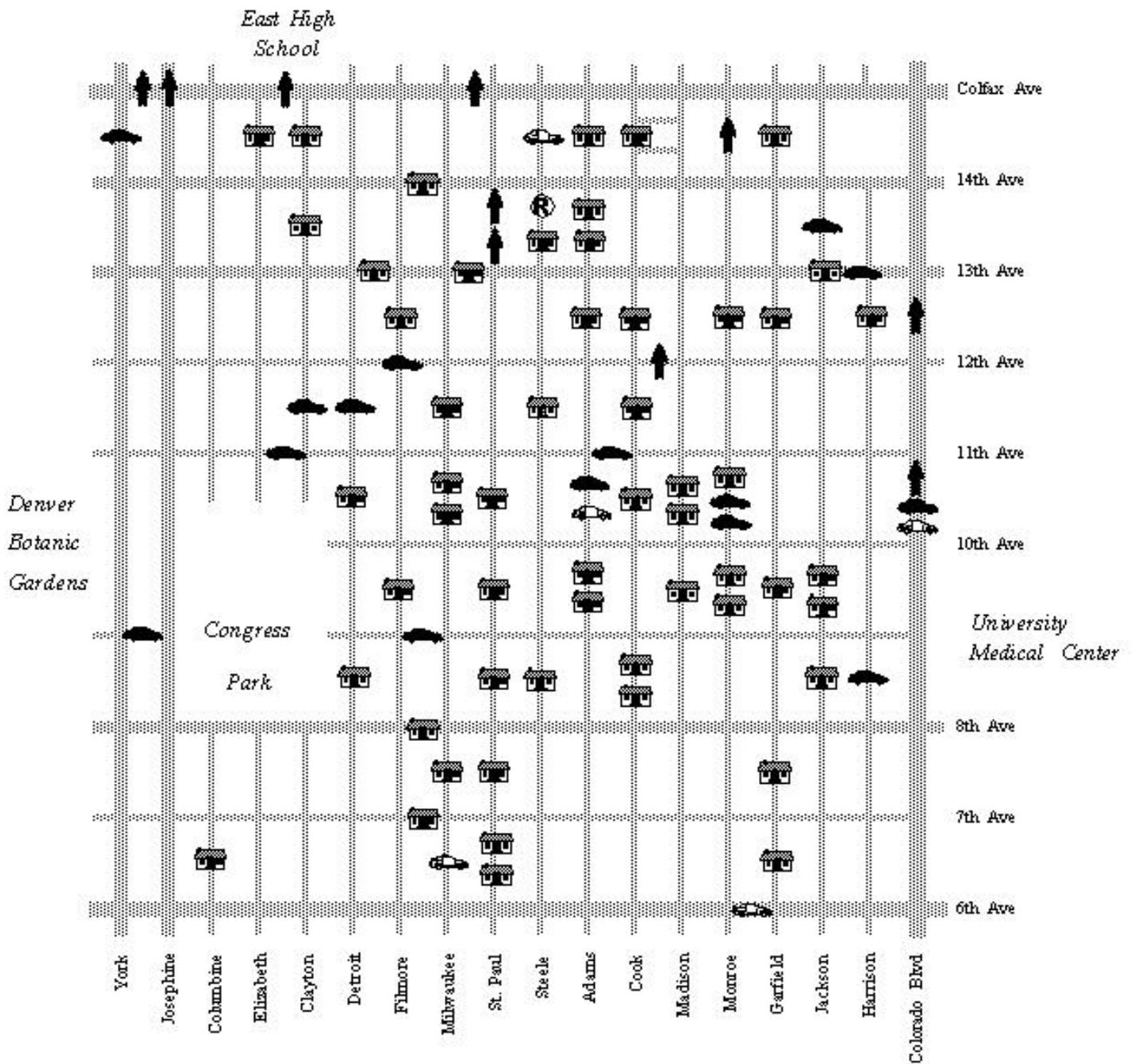
Pet owners should prepare each pet with an I.D. tag, chip or tattoo, and assemble pictures and vaccination data, medications with instructions, and 3-10 days worth of pet food, water and other essential items in case of evacuation.

"Be Prepared." The Boy Scout motto applies here, particularly if we are "on our own" even for a couple of days.

What would you take if all you could bring in an evacuation had to fit in a plastic trash bag?

continued on page 12

CONGRESS PARK NEIGHBORHOOD CRIMES JULY - SEPTEMBER, 2005



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

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

Websites for emergency information

Disaster Preparedness for Colorado Citizens - www.readycolorado.com

American Red Cross Family Disaster Plan - www.redcross.org/services/disaster/beprepared/familyplan.html

Federal Emergency Management Agency - www.fema.gov

Natural Hazards Research and Applications Information Center - www.colorado.edu/hazards

Humane Society of the United States - www.hsus.org

Prepare for Emergencies

continued from page 10

Household Emergency Kit

The Office of Emergency Management suggests these items be set aside in preparation for any emergency:

- Water: one gallon per person, per day (two quarts for drinking, two quarts for food preparation and sanitation).
- Non-perishable food: ready-to-eat canned meat, fruits, peanut butter, nuts, granola bars, trail mix, cereals, dry milk, and crackers.
- Food for special needs household members.
- Pet food and water
- Vitamins and medications.
- Manual can opener and eating utensils.
- First Aid Supplies
- Tools: Hand-crank or battery-operated radio (and batteries), flashlight (more batteries), candles w/ matches in waterproof container
- Wrench to turn off household water and gas.
- Hygiene products: Toothbrush, paste and soap, toilet paper, feminine supplies, plastic bags
- Bedding/clothing - sleeping bags and/or blankets, warm clothing, walking shoes.

For more details see Denver Office of Emergency Management - www.denvergov.org/OEM

These Gift Recipients Don't Ask, But Might Beg

By Kristina Vourax

The Dumb Friends League is holding its annual Paws to Give Drive throughout the holiday season to help care for thousands of homeless animals that will enter its shelters this coming year. Funds and supplies will be appreciated.

If you'd like to make a supply donation, such as paper towels, chew toys or blankets, please visit www.ddfl.org or call 303-751-5772, Ext. 7243, for a complete list of items needed.

Financial donations are also needed. The recipients may not say "thank you," but you'll know they mean it.

Kristina Vourax is Communications Manager for the Dumb Friends League. Contact her at 2080 S. Quebec St., Denver, CO 80231, 720-241-7081

Greeting Cards, Candles, Holiday Decor, Plants, Gifts from Nature ...

Wild Flowers offers a bounty of unique gifts that everyone loves to receive!



Wildflowers
AT HOME WITH NATURE

12th & Madison
303/333-4050

M-F 10-7 Sat 10-6 Sun 11-5 www.wildflowersdenver.com



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*Serving Denver's
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Reasonable rates
Call for your free estimate*

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Holidays the Healthy Way and MyPyramid for Kids

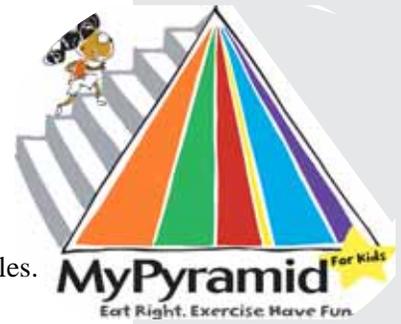
By Centers for Disease Control and U.S. Department of Agriculture

The holidays are in full swing, which means lots of family, fun...and FOOD! But it doesn't have to mean extra pounds. Even holiday treats can fit into a healthy, balanced and moderate eating and activity plan. The tips here are gifts to give yourself and your family for a healthy lifestyle.

MyPyramid. The new MyPyramid debuted early in 2005. MyPyramid helps us choose healthier foods and be more physically active. Try the MyPyramid Tracker at www.MyPyramid.gov. Put in your age, gender and level of physical activity for a personalized recommendation on daily calorie levels for you.

In September, Agriculture Secretary Mike Johanns unveiled the new MyPyramid for Kids scaled for children 6-11, with an emphasis on physical activity, classroom materials, and a web-based game, "Blast-Off," where kids can learn the best fuel for their own rocket ships.

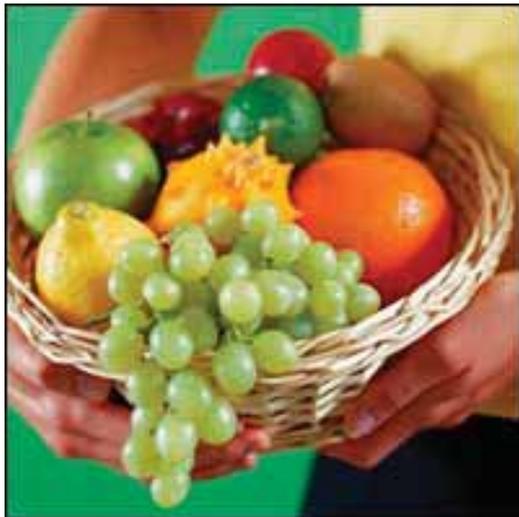
Be Active. Make your family time active to stay healthy and have fun. Take a walk to ooh and ahh at the holiday lights. Dance in the living room to the Charlie Brown Christmas CD. Toss a football or Frisbee during half-time. Get at least 30 minutes of physical activity daily.



Overcome the urge to overeat. Enjoy family and friends more than the food. If you must stand by the buffet table, stand near the vegetables. Choose a smaller plate and smaller portions. Limit your intake of alcohol and foods high in fat or added sugar.

Holidays the Healthy Way. You've tried the leftover turkey sandwich; now try the leftover turkey salad! Add a few pieces of turkey to a generous portion of mixed greens and vegetables. Sprinkle with dried cranberries for that authentic holiday taste.

Mix It Up
Check out www.cdc.gov/5aday for great ideas on how to serve your guests a variety of fruits and vegetables.

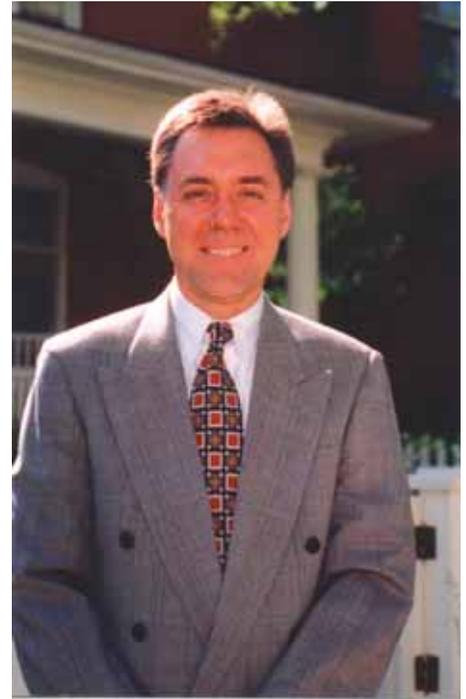


**Thanks
for your
business
and referrals
these past
24 years!**

**I look forward
to helping you
in 2006.**

**John Sullivan
303-331-4556**

**The Sullivan Group. Re/Max of Cherry Creek
www.congresspark.com**



Neighborhood Directory

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

For advertising rates, call 303-355-3735

Apartment for Rent

Congress Park Style, Modern Amenities
Fabulous 1 st floor 2br unit, renovated, hdwd, backyard, private entrance, util. pd. No pets, no smoking. \$795 303-316-9379

Hair, Nail, Skin Salon

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

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.

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."

Housecleaning

Housecleaning
Offered in the Congress Park neighborhood. 7 days a week. Call for your free estimate. 303/329-8205. Ask for Bob.

Worship

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

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- and part-day; 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..

Renovation/Repair

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

Shop at your Congress Park businesses.



ANNUAL MEETING

Congress Park Neighbors

WEDNESDAY, JANUARY 18 6-8PM

New Location!

New Location!

NATIONAL JEWISH MOLLY BLANK CONFERENCE CENTER

Enter parking lot from Jackson Street at Colfax Proceed to new building with the glass atrium

Free Pizza & Pop

**Zoning & Parking Issues Updated
Learn About the New Colfax Corridor
Elect Your 2006 Board of Directors**

December

- 8 Zonta Club of Denver meeting; 303-355-3735
- 12-16 Large Item Pickup week
- 21 CPN Board meeting; Nat'l Jewish, 7 p.m.
- 21 Winter Solstice
- 25 Christmas
- 26 Kwanzaa
- 26 Hanukkah

January 2006

- 01 New Year's Day
- 04 Trivia Day
- 09 National Clean Off Your Desk Day
- 12 Zonta Club of Denver meeting;
303-355-3735
- 16 Dr. Martin Luther King, Jr.'s
Birthday
- 18 CPN Annual Meeting; Nat'l Jewish,
7 p.m. Details: 303-377-5752

February

- 2 Groundhog Day
- 8 Boy Scout Day
- 9 Zonta Club of Denver meeting;
303-355-3735
- 12 Lincoln's Birthday
- 12-18 National Crime Prevention Week
- 14 St. Valentine's Day
- 17 Random Acts of Kindness Day
- 20 Presidents' Day
- 22 Washington's Birthday
- 28 Mardi Gras

March

- 3 National Anthem Day
- 5-11 National School Breakfast Week
- 5-11 Girl Scout Week, Procrastination Week
- 7 Peace Corps Day
- 9 Zonta Club of Denver meeting; 303-355-3735
- 15 CPN Board meeting; Nat'l Jewish, 7 p.m.
- 16 Freedom of Information Day
- 17 St. Patrick's Day
- 19-25 Agriculture Week
- 20 Vernal Equinox
- 20-26 American Chocolate Week

Call for Free Day dates for 2006

Denver Zoo; 303-376-4800
 Denver Botanic Gardens; 720-865-3500
 Denver Museum of Nature & Science; 303-322-7009

ANNUAL MEETING

**Congress
Park
Neighbors**

**WEDNESDAY, JANUARY 18
6-8PM**

New
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*Enter parking lot from Jackson Street at Colfax
Proceed to new building with the glass atrium*

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Free Pizza & Pop

Zoning & Parking Issues Updated

Learn About the New Colfax Corridor

Elect Your 2006 Board of Directors

**Around the
Neighborhood**

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

December is Safe Toys and Gifts Month, National Stress-Free Holidays Month, and Universal Human Rights Month

January is Eye Care Month, Volunteer Blood Donor Month, Hot Tea Month, Hobby Month, Oatmeal Month, Prune Breakfast Month, and Soup Month

February is African American History Month, Children's and Pets' Oral Health Month; Pet Owner, Wild-Bird Feeding, Cherry, Snack Food and Potato Month.

March is Academy Awards Month, American Red Cross Month, Eye Donor and Kidney Month, National Craft Month, Women's History Month, Frozen Food, Noodle, and Peanut Month.

Visit the Denver Art Museum!
Every Saturday is a free day for Colorado residents. Call 720-865-5000 for information.

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

“It is impossible to live pleasurably without living wisely, well and justly, and impossible to live wisely, well and justly without joining Congress Park Neighbors and volunteering to serve on the Board or help with activities.” (With apologies to Epicurus. If he’d known the number, he would have said to call 303-377-5752.)

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.

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

- 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

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