



News

Fall 2010

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Congress Park's Ice Cream Social in 2010

On National Night Out

Many hands truly made light work at the Congress Park Neighbors 2010 Ice Cream Social August 3 in Congress Park. CPN Board members and volunteers served more than 300 cones full of Daily Scoop frozen custard. City Council representatives heard concerns while Police and Fire Department staff, with a ladder truck, delighted the kids. Neighbors renewed their Congress Park Neighbors memberships and shared news with Board members and fellow neighbors.



Congress Park Neighbors is grateful for Kelli Ortegren and Classic Homeworks's overall sponsorship of this year's event and to Tom Tomori and his Coldwell Banker team for helping with the postcard mailing and scooping ice cream.

'Congress Park Blend' frozen custard and their scooping expertise. The owners of Annie's Cafe also helped scoop. And once again, the kids enjoyed firemen's hats because of a very generous anonymous CP neighbor.



National Night Out began 27 years ago "to celebrate the role of citizens and neighborhoods in preventing crime." National Night Out highlights crime- and drug-prevention awareness, generates participation in local anti-crime programs, strengthens neighborhood spirit and police-community partnerships, and alerts would-be criminals that Denver's neighborhoods are united against crime.



Please see our story on page 2 about our outstanding volunteers who work on crime issues and our need for your help.

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.

Outstanding Congress Park neighbor and volunteer Jenny Weisshaupt spent many hours coordinating this year's Ice Cream Social and a big 'Thank You' hardly seems enough. For the sixth year in a row, The Daily Scoop provided cones, napkins, and dry ice to keep the vanilla, chocolate and the ever popular

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.

www.CongressParkNeighbors.org

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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.

CPN's Outstanding 'Crime' Volunteers

By Kathleen Hynes

CPN's quarterly Crime Map does not come to you by magic, nor do the quarterly articles on crime prevention tips. Congress Park has two dedicated volunteers who for years have, without missing an edition, shared their expertise with all of us.

For over twenty years Charlotte Bentley has volunteered with CPN. She chaired the Crime Action Committee for ten years and continues each quarter to write her informative articles on crime prevention. She says the urban environment provides endless material for her articles.

Charlotte worked with Denver Police Department and their Community Policing Model. While Chair of the Crime Action Committee, she worked on a variety of tools to keep neighbors informed about crime and to seek neighbors' help in crime prevention. CPN's Crime Map is one such tool.

Steve Methven is the name behind our Crime Map—the page most of us turn to upon receipt of our newsletter. Steve is a cartographer and got “hooked” when he attended the first Crime Action Committee and

suggested it would be helpful if CPN would provide neighbors with a map depicting reported crimes. He designed the icons and the map. For approximately fifteen years now, he has provided updates of the map quarterly for our newsletter with crime statistics from the City.

CPN continues to look for a volunteer to take over the Crime Watch activities, attend District 3 Crime meetings and report to the board. Please consider joining CPN's efforts to keep neighbors informed about crime, crime prevention and join Charlotte and Steve in their steadfast work to keep our neighborhood safe. As Charlotte notes: Aside from crime and safety issues, there are neighborhood pride and property values that can be impacted if we are not alert.

Please contact cpnnotify@congressparkneighbors.org if you are willing to join these fine folks and work with CPN on reducing crime.

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And we thank these committed neighbors:

Michael Sutherland and Bill DeMaio—Denver Botanic Gardens Liaison

Carolyn VanSciver—Congress Park Historic Preservation Committee
303-377-4913

Lots of other neighbors help with communications, membership, and more, and generally make Congress Park a great place to live—you know who you are and how much we depend on you—Thanks!

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. in Heitler Hall.

Advance Directives Help Seniors Get Care They Desire

By Eileen Doherty, MS

Advance directives provide guidance to family and the medical community to deliver appropriate health and palliative care. These have included the medical power of attorney and Living Will. The Colorado legislature recently made some significant changes to the Living Will and added the new standardized form Medical Orders for Scope of Treatment (MOST).

Passed in 1985, the original Living Will form provided a pre-printed form that directed caregivers to remove life support under certain prescribed conditions. The new Living Will form defines life-sustaining procedures, persistent vegetative state, and terminal condition. Individuals who have a Living Will do not need to make a new one, but may want to consider completing a new form to be consistent with current laws.

Although the medical power of attorney empowers the agent to determine the need for medical care, the legislature has strengthened the agent's powers by enacting the MOST. The MOST form orders medical professionals to deliver care that can include comfort measures only, hospital care, limited interventions or full treatment. An agent under a medical power of attorney may sign a MOST order for someone who

lacks decisional capacity. A MOST order signed by a physician or other health care professionals requires emergency professionals, home care personnel, hospital staff, and/or nursing home managers to follow the treatment orders. Medical personnel are immune from criminal prosecution if they follow the MOST orders.

The MOST order form takes effect August 11, 2010 and is designed to give individuals more rights in managing their end of life care. For more information contact your attorney, or you can call The Society at 303-333-3482 for copies of the pre-printed forms.

Eileen Doherty, M.S. is the Executive Director of Colorado Gerontological Society. She has more than 35 years of experience in gerontology in administration, research, training and education, and clinical practice. She can be reached at 303-333-3482 or at doherty001@att.net.

CPN Monthly Meetings Need You

The best part about the monthly CPN, Inc., Board meetings are the discussions that bloom between neighbors. Only you know what's happening on your block. Your seeds of information combined with your neighbor's may add up to something that, with cultivation, can nourish the whole neighborhood.

Send us your ideas and suggestions to cpnboard@congressparkneighbors.org



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How Does Your Garden Grow?

By Kathleen Hynes

The mission of Denver Botanic Gardens is to connect people with plants, especially plants from the Rocky Mountain region and similar regions around the world, providing delight and enlightenment to everyone.

Did you know Denver Botanic Gardens:

☞ Is an accredited museum by the American Association of Museums with both living and persevered collections (Herbaria)?

☞ Was the first botanic garden in North America to receive ISO certification for their integrated environmental system?

☞ Is in need of volunteers? Visit www.botanicgardens.org/content/volunteer

Almost two years ago, Denver Botanic Gardens (DBG), Denver Water, Community Gardeners and CPN hosted a neighborhood meeting, facilitated by CPN, to discuss relocating the Community Gardens from 11th and Gaylord to Congress Park. The proposed location of the gardens was on land in the Congress Park Neighborhood leased from the Denver Water Department. CPN neighbors within three blocks of the site received a flyer inviting them to attend this meeting. Community Gardeners and Congress Park residents showed their support by overwhelmingly approving the new site and the originally-proposed 145 plots.

The Community Gardens have now been part of Congress Park Neighborhood for over a year and, according to DBG, over one-third of the gardeners reside within Congress Park. Presently all 97 plots are in use. The number of plots was reduced from the initial 145 to 97 to create a buffer zone to provide immediate neighbors with the privacy they seek.

In the rapid transition from a vacant field managed by the Denver Water Department to a budding Community Gardens, some growing pains surfaced—neighbors living adjacent to the Community Gardens wanted more privacy; frustrated gardeners worked to recreate their long established plots left behind in the move to the new location; and gardeners who have day jobs

sought longer gardening hours. The realities of the location made it difficult to provide solutions. DBG struggled with how to develop a buffer zone to provide privacy in an area that has no irrigation system. The Denver Water Department vigilantly reminded all of the stakeholders of the required National Security standards applicable to the reservoir over which the Community Gardens reside.

At publication, neighbors, community gardeners and DBG staff members have begun planting trees and shrubs in the buffer zone and perennials will be planted this fall. CPN, Inc., donated \$150 to help ensure the buffer zone was planted this season, and Denver Water agreed to irrigate the area. All stakeholders can be proud of the great teamwork they have been a part of as they raised concerns and developed and implemented solutions.

Against this backdrop, Congress Park News was interested in learning why DBG has a commitment to the Community Gardens. We also wanted to know in what ways, if any, the Community Gardens help DBG fulfill its mission. Congress Park News interviewed Brian Vogt, CEO of DBG, and this is what we learned.

Mr. Vogt sees the Community Gardens as a way to fulfill a portion of its mission by keeping connected with real people who are gardeners, maintaining a tradition begun in Congress Park in the 1920's. As noted on CPN's website: "City Nursery, located since 1903 on the grounds we know as Congress Park, boasted the largest Victory Gardens in Denver during WWI and into the 1920's."

DBG's long history of supporting Community Gardens reflects one of DBG's core values: sustainability. The Community Gardens help nurture the ability to grow food organically and close to home, and act as responsible stewards of the environment so future generations can do the same.

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Diary of An ALMOST Fourth Grader

By Calum Abeywickrema, Almost 4th Grader, Teller Elementary School

First, let me tell you about about my summer. Well, I got to go to summer camp. It was kind of cool and kind of goofy. I met a new friend named Sam, and he's really cool because he plays soccer and I do too. He is a really good goalie. At camp my favorite games were capture the flag, kickball, dodge ball and soccer.

Speaking of soccer, I got a new Argentina World Cup soccer ball. It is cool. I got it because Argentina is my second favorite World Cup team. Spain is my first favorite and that's good because they won! My favorite player on the Spanish team is Xavier.

Other than camp I like to go to the Congress Park swimming pool. They have a ten-foot deep end and a slide. It's cool to go to Congress Park pool because I can ride my bike there and all my friends are there. I also got to go to Elich Gardens and Water World. Last year my parents lost me at Water World. I was scared for a minute but then they found me. My favorite ride at Elitches is Mind Eraser except for I don't think it really erases your mind.

I have been hanging out with my brother and our babysitters Louie and Charlie. They are awesome. One of them is like a book-reading Marine. The other is like a World War II soldier. He goes to a high school that has an ROTC squad. Anyway, they're the best to us – just like big brothers. We like to play tag at the park, go on bike rides and once we even went to the movies downtown. That was cool.

Now that it's July, I am starting to think about school again. I will either have Miss Sackett or Miss Hoffman as my fourth grade homeroom teacher. Miss Sackett says if I am in her class, she's going to whip me into shape. I am

kind of a troublemaker at school. I know who my favorite choice is for fourth grade homeroom teacher, but I would never say – especially here, since I'm no dummy.

I'm excited to go to Teller with its new playground. And I am excited for fourth grade since I'll be near the top of the heap. Anyway, fifth graders don't scare me one bit.

Stay tuned; I'll update you on all the excitement of being a fourth grader next time. Happy summer everyone!

Thanks to all who volunteered to distribute newsletters.

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The 2010 Legislative Session Is Over!

By Rep. Beth McCann, House District 8

As you know, this was and is a tough year for the state budget. Revenues are way down but needs continue to rise. As a result, we had to make some very difficult decisions that angered some but were necessary to keep the budget balanced. We removed several tax exemptions and credits that various businesses have enjoyed over the years, at least for the near future, including eliminating the tax exemption for candy and soda, tax exemptions for Internet associates, the senior property tax exemptions, and various others.

Renewable Energy

HB 1001 increases the state's renewable energy standard for investor-owned utilities from the current 20 percent to 30 percent by 2020. HB 1365 requires Xcel Energy to switch from coal-fired power plants to ones powered by natural gas. Another bill will allow the development of solar gardens.

Campaign Finance

In the wake of the Supreme Court case that allows direct corporate contributions to independent expenditures for or against candidates, the Legislature passed a bill that will require corporations and unions to report any campaign expenditures over \$1000 and identify themselves on any ads.

Medical Marijuana

No issue attracted more media attention in the beginning of the session than medical marijuana. I was the prime co-sponsor of the bill that tightened up the doctor/patient relationship and prohibits a relationship between a doctor and a dispensary. I was also a sponsor of the bill that allows dispensaries (now called centers) to continue but within a regulated structure with requirements for licensing and operation. My guess is that we will revisit this one in the future. Under the bill, local communities, either through their elected officials or by vote of the people, can ban dispensaries.

Direct File on Juveniles

The bill passed does not allow DA's to file directly on teens aged 14 or 15 except in the most serious felonies. A court must make the decision whether a teen should be charged as an adult. Another bill requires that juveniles be provided education while incarcerated in the county jails.

Continued on page 7

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The 2010 Legislative Session Is Over!

Continued from page 6

Women's Health Issues

I am very proud of the bill I co-sponsored which prohibits gender discrimination in the individual market (it is already prohibited in the large group market). The Governor signed this bill into law on March 29, 2010. 130,000 women will no longer pay up to 59 percent more than men for the exact same health insurance coverage with passage of this bill.

I was also a sponsor of HB 1021 which requires that all health insurance policies offered in the individual insurance market include coverage for maternity care and contraceptive services.

Jail Inmates Can Work

Another bill I sponsored will allow county jails to provide real life work opportunities for inmates. Jails will be able to partner with companies and produce products that will be sold in the market. Inmates will be paid minimum wage and thus will

be able to earn some money and learn a skill they can use to be productive citizens.

Adopt a Shelter Pet License Plate

Continuing in my pet supporter tradition, I carried a bill to create a license plate that will raise money for shelters to help them spay and neuter pets so they will be available for adoption. Look for these plates in January!

Two Prior Felony Rule

I sponsored and passed a bill to change the current law prohibiting anyone convicted of any two prior felonies from being eligible for probation. This law allows the judge to consider probation in these situations depending on the severity of the crimes.

Contact District 8 Representative Beth McCann at 303-866-2959 or beth@bethmccann.org.

CPN Events On Web

Once again, CPN's wondrous webmaster Maggie has outdone herself. The neighborhood website now has an events calendar. Go to www.congressparkneighbors.org and look. If you have a CPN event that needs to be added in (block party? garage sale? alley clean up?), contact the webmaster or any CPN Board member at cpnboard@congressparkneighbors.org. And you can find a list of Congress Park merchants on our website. Thank you, Maggie!

RECENT *Congress Park* ACTIVITY JANUARY - JUNE 2010

6th Avenue to 8th Avenue

Active—6 Listings—\$284/psf
U/C—0 Listings
Sold—6 Listings—\$280/psf
Average Sold DOM: 68

8th Avenue to 12th Avenue

Active—8 Listings—\$280/psf
U/C—6 Listings—\$330/psf
Sold—8 Listings—\$320/psf
Average Sold DOM: 44

12th Avenue to Colfax

Active—16 Listings—\$253/psf
U/C—1 Listings—\$248/psf
Sold—10 Listings—\$229/psf
Average Sold DOM: 91

*psf = price per square foot
*DOM = days on the market

*Committed to Congress Park
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MARGARET MARSHALL, CRS GRI
Mobile 303.918.3507
margaret@kentwoodcity.com



Our Neighborhood Forest: Trees You've Got to See!

By Susan Bardwell

Seeing The Forest For The Trees

Seventh Avenue Parkway is, by design, one of the grandest streets in Denver. Due to its historical integrity, the nearly 100-year-old parkway is on the National Register of Historic Places. The road literally grew from Mayor Speer's belief that the greening of Denver's naturally treeless landscape would "make people love the place in which they live," stay and raise families. With that vision, the city created a "garden system" of tree-lined streets, private front lawns and gardens, parks and parkways to overlay the city grid.

Two years after acquiring the twenty-two blocks of 7th Avenue Parkway, from Colorado Blvd. to Williams St. for \$104,430 in 1912, Denver allocated funds to begin planting it. At the time, there were no houses along the route. Renowned landscape architect S.R. DeBoer designed the generally more formal, symmetrical plantings of specimen trees and larger open areas with flower displays for the "lower parkway" Milwaukee to Williams, presumably incorporating some earlier plans which Frederick Law Olmstead, Jr., son of

"In some mysterious way, woods have never seemed to me to be static things. In physical terms, I move through them; yet in metaphysical ones, they seem to move through me."

- John Fowles

Do you know of a notable tree "we've got to see" in the neighborhood – a big one, a beautiful one, or just a favorite one – that we could feature in the newsletter?

Please contact Susan Bardwell at SusanBardwell@msn.com or 303-399-1155.



Looking east from St. Paul

New York City's Central Park landscape architect, prepared for those blocks. In 1927, DeBoer completed the design for the "upper parkway," Milwaukee to Colorado Blvd., which featured

more naturalistic, forest-like plantings. He intended the trees, shrubs and flowers along the parkway as models for residents in their own plantings.

Originally, American Elms were planted on either side of the parkway to create a canopy over the street. The surviving elms are oddly close to the curb, suggesting that the roadways were narrower then.

Even at that time,
Continued on page 9



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Our Neighborhood Forest: Trees You've Got to See!

Continued from page 8

the car was already king; the parkway was for the enjoyment of motorists. The median remains without benches or formal pathways, yet invite walkers. Here are a few tree highlights for your walk in our own neighborhood woods:

Colorado Boulevard to Harrison: A testimony to the perpetuity of the parkway trees, ten Black Walnuts, young and old. Crush a leaf for their distinctive smell. The solitary Larch along the south curb is unlike most conifers; it sheds its needles in the fall. *Harrison to Jackson:* A sampler of conifers: Colorado Spruce (sharp, short needles), White Fir (soft needles), and Austrian Pine (long, paired needles)...and oaks: White (smallest), Swamp White (medium), and Red (largest). *Jackson to Garfield:* Seven Colorado Spruce exhibit the wide range of form, needle length and color of our State Tree. *Garfield to Monroe:* Beyond the White Ash (bigger/more leaflets with light undersides) and Green Ash, imagine the three new Norway Spruce growing to a hundred feet. *Monroe to Madison:* Norway, Silver and Sugar Maple cultivars display their distinctive barks and leaves. *Madison to Cook:* Contrasting ornamental Crabapples and stately Hackberries. *Cook to Steele:* The footpath wends through mature Juniperus species of varied form, color, and fruit; interspersed are ornamental Crabapples and Newport Plums. The city forester thinks the struggling, but uncommon Eastern White Pine at Steele may be a victim of the magnesium chloride used to de-ice the streets. *Steele to Milwaukee:* Austrian Pine (2-needle bundles) and Ponderosa Pine (3-needle bundles) tower above. Look up through the papery orange branches of the lone Scots Pine at St. Paul. The only Littleleaf Linden along the stretch squeezes in on the island at Milwaukee. *Milwaukee to Detroit:* A handsome specimen of Honey locust at Detroit. *Detroit to Clayton:* The Bur Oak on Detroit is the fourth species of oak on the median. A young columnar Scots Pine at Clayton. *Clayton to Elizabeth:* Thirteen Honey locust in all its

iterations: with and without pods and thorns. Two young Hackberry interrupt the otherwise uniform scheme. *Elizabeth to Columbine:* Rounding out the evergreens on the parkway are a Douglas Fir (a Colorado native), and Mugo Pines, growing in both shrub- and tree-form. *Columbine to Josephine:* Weeping Mulberry in its unmistakable form. *Josephine to York:* Pairs of Norway Maples, except for an interloper Silver Maple, anchor the cross streets of one of the "sunspots" for flowers on the parkway. *York to Williams:* Beyond the Congress Park Neighborhood boundaries and the space for this article...

A long-time Congress Park resident, business owner and advertiser with Congress Park News, Joyce Law, has moved her business, The Cutting Edge, to 2924 E. 6th Ave. While just outside the boundary of Congress Park, The Cutting Edge remains the full-service, neighborhood salon that has generated its loyal clientele.



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*"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*

Congress Park Neighbors is looking for a volunteer to attend the District 3 monthly crime meetings and report to the CPN board the details of those meetings. If you are willing to help, please send us an email at cpnnotify@congressparkneighbors.org

Our new District 3 Community Resource Officer is Cari Jimenez. Her phone is 720 913-1175.

How Dark is Dark?

By Charlotte Bentley, Former Congress Park Crime Action Committee Chairperson

The TV is on and the children are entertained while waiting for supper to be ready soon. The clothes in the dryer will be dry in about 30 minutes, as dusk begins to move in on the city. Suddenly the lights go completely out. The house is silent except for children's questions about what happened. The stove is now off; the dryer has stopped; the air-conditioning is off; the TV is silent; the refrigerator light doesn't come on; and the land-line portable phone doesn't work.

Looking up and down the street, neighbors find that the lights are out all around the neighborhood. Yard and porch lights are off, as well as the street and alley lights. There is silence outside. Neighbors begin to congregate here and there on the sidewalk, but because of the darkness it's unclear to whom one is talking.

Nearly this same scenario happened for some neighbors in Congress Park during a hot spell this spring when the Xcel Energy Substation located at 13th & Harrison experienced a transformer explosion. The explosion happened mid-afternoon and the ensuing fire caused a second transformer to be damaged, leaving about 31,000 homes without power for hours, some extending into the night.

The lights throughout the community were out, and it wasn't clear how long it would be before power could be restored. Utility repair messages were sketchy for neighbors left with little means of communication except for some transistor radios and car radios. Those who lived close to the explosion site could relay messages from the authorities to other neighbors, but the community residents who lived miles from the explosion site were not even aware of the reason for the outage.

Some residents wondered what to do with their families. Should they leave and go to a hotel for the night? What safety measures should be considered? What about pets?

Some didn't want to leave their homes. Alarm systems were malfunctioning with the electricity off. What about the refrigerator, which would begin to warm?

Other residents who depended upon electricity for health-related machines had more urgent decisions to make. The elderly are in danger of serious falls under these conditions. Some had backup generators to rely on, while others simply waited in the descending darkness, utilizing rechargeable flashlights, candles, or camping battery-operated lanterns. The power was restored to some in the community within a couple hours, while others waited until 1:00 a.m. for power.

This experience underlines the need to prepare ahead for such possibilities. Power outages can occur during different times of the year for a variety of reasons. Just like extreme heat, extreme cold can lead to high utilities usage, which, like ice on power lines, downed trees and flooding, can cause breaks in electricity transmission.

When the house is dark is not the time to consider the possibilities, but rather now when the energy is on. Make a plan and ensure that everyone knows what to do. Children need to know what the plan is, where the emergency devices are kept, and how to find them in the dark.

As an experiment, turn off every light in the house one night and outline different scenarios and how the family should handle each of them.

Preparation provides personal power, and gathering the family together for a discussion as to how you might confront the lack of energy will give them comfort as well as safety measures to rely on.

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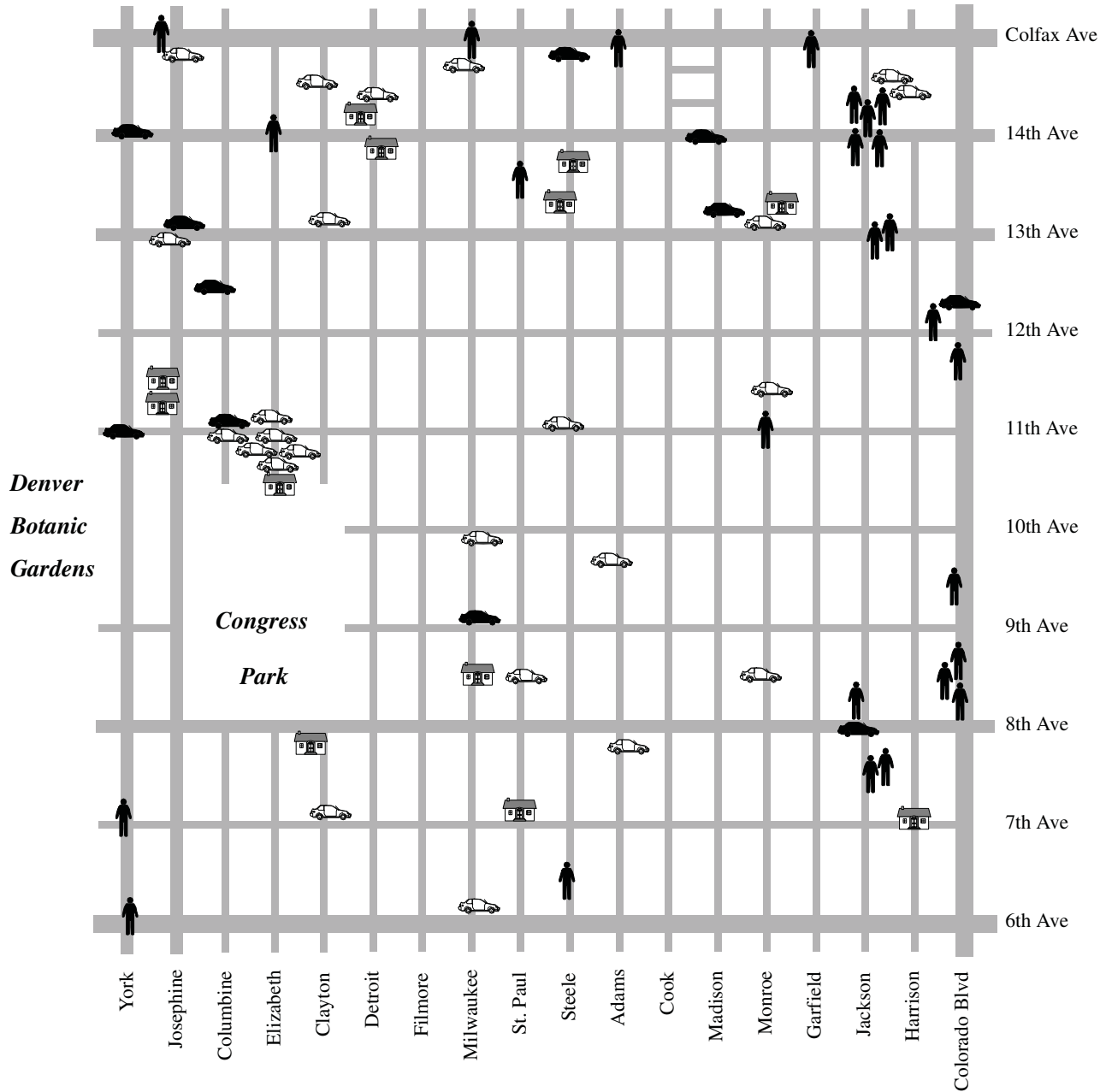






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CONGRESS PARK NEIGHBORHOOD CRIMES APRIL - JUNE, 2010

East High



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

This map shows a compilation of all serious crimes reported to police within Congress Park in the second quarter of 2010. Crime mapping is provided by the Congress Park Crime Action Committee using City and Police Department statistics relayed through Council District 10.



Looking East

By Jess Lindimore

Jess Lindimore is starting her junior year at East High and offering a Congress Park highschooler's perspective to the Congress Park News.

Homework for Adults

You may have thought graduation meant homework was over. Au contraire, mes amis. To be a good neighbor and help nurture our terrific neighborhood requires a little after-hours stewardship. Have you considered attending the monthly Congress Park Neighbors meetings? They are held on the third Wednesday at 7 p.m. in Heitler Hall at National Jewish. We need you there because only you know what's happening on your block. Your seeds of information combined with your neighbor's may add up to something that, with cultivation, can nourish the whole neighborhood.

Send us your ideas and suggestions to cpnboard@congressparkneighbors.org, then put the meeting on your calendar and join us.

The beginning of school is possibly one of the most dreaded times of the school year. Everyone has been so busy enjoying the warm weather, vacation, and the typical easy living of summer, the idea of trading it all in for thick text books and multiple hours of homework sounds like anything but fun. I am about to enter my Junior year of high school, supposedly the hardest year of high school and I am no exception. Although I would like to pretend like the return of school will never happen I have forced myself to face the reality of it.

This summer is extraordinarily important for any high school student, especially if like me you are entering your junior year. One piece of advice I must stress for absolutely everyone regardless of year is read your summer reading. There is nothing worse than showing up on the first day of classes and already being behind on assignments.

Being a Junior I am taking a very hard course load with classes like AP Bio, AP Lang, and AP U.S History topping the list. My advice for any student embarking on a tough course load: do your summer assignment (I really can't stress that enough), mentally prepare yourself for the stress, but most of all relax and make sure you feel confident walking into that classroom on

the first day because there is nothing worse than a student who doesn't believe enough in him/herself to think s/he can handle the class.

A topic I absolutely love writing about in this column is incoming freshmen. That may sound strange coming from an upperclassman but freshman year is so much fun and holds so many wonderful opportunities both socially and academically. It can also be the difference between enjoying high school and barely scraping through. First off, the summer before freshman year can be nerve-racking, but only if you let it be. High school is so much fun if you make the best of it from the first day onward.

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Experience has never been SO important!

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Looking East

Continued from page 12

My best advice for freshmen is to take part in the Freshman Academy that East offers. Both my brother and I did and it helped in getting us to be more comfortable around the school and other students. It felt good to walk into school the first day and already know our way around, a couple teachers, and have a few new friends.

One of the biggest mistakes a freshman can make is not taking classes seriously. Although it may be exciting to be surrounded by so many new people you have to remember the reason you are attending high school is for an education and everything social should ALWAYS come second to your class work. As a freshman I remember being in classes with some kids who just didn't get it and by the end of the year, most of my classmates and I were excited to enjoy our summer while those who didn't think ahead were having to repeat the class or accept their less-than-fridge-worthy letter grade.

From the first day, do your homework. That may sound ridiculous to say but one would be surprised at how easy it is to fall off track with homework. Homework is assigned for a purpose: to seal in your understanding of the subject matter and to allow you to evaluate how well you understand the material. Good study habits are key for success in any academic setting.

High school is so much fun—that is, if you let it be. Get involved. From day one if a club sounds interesting, go to the meeting. Even if you find out it isn't something you want to take part in, you still went, and eventually you'll find one of East's numerous options that you can enjoy. Sports are great too, especially if you're starting school at East. Clubs and sports are a great way to feel like a part of the school and help in the transition by


allowing you to meet new kids and feel like you're a part of something which makes high school so much sweeter.


As summer is drawing to a close, every student everywhere is wishing it would last just one day longer. As one of the lucky East High students I'll miss summer, but I can't wait to get back to the school I'm so proud to be a part of. And to all the incoming freshmen and returning students: Welcome back—it's going to be another great year.

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