



Congress Park

www.CongressParkNeighbors.org

News

Spring 2016

Inside

Great Denver Cleanup	2
Green Team	3
Teller Backpack Friends	4
Tellerpalooza	5
Congress Park Artists	6
Zonta Club of Denver Film Screening	7
When Mom Needs More Care	8
Stand Up For Children, No Composting in North Congress Park	9
CPN Crime Report	10
Quarterly Crime Map	11
Annual Crime Map	12
Porch Lights Deter Crime	13
Keeping Congress Park Sweet	14
Biz Directory	15

Hospital District (9th & Colorado) Facelift is Underway

By Lisa L. Loranger

You may be satisfied to glance over at the work in the Hospital District as you drive down Colorado Blvd., but for more details, Continuum Partners shared insights at a community meeting on February 2.

Just over a year ago, Continuum Partners officially closed on the 26-acre parcel of the former University of Colorado Hospital site and began abatement and demolition in February 2015. The highlight was the Biomedical Research Building implosion on August 29, with many spectators, despite the early morning hour, noise and dust. Yes, there are YouTube videos.

Next up for demolition, in three sections, is the School of Medicine. To date, more than 30,000 tons of material has been recycled or salvaged onsite as construction base or temporary roads. Project manager Saunders Construction expects all site demolition will be complete by September 2016.

Along with demolition, construction has begun. The 11th & Colorado garage is nearly up to code, and both Continuum Partners and Saunders Construction will soon have offices on-site. Construction will also soon begin on the first of the new buildings.

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.

The first phase, in March, will focus on the area surrounding the parking garage, starting with seven to eight story apartment blocks, with retail on the ground floor. Future housing being considered may include move-in ready microunits, for-sale condominiums next to the VA hospital, and more than 100 affordable housing apartments.

The bridge structure—one of the few original structures remaining on the site—is still being considered for a hotel, including the option of a penthouse level restaurant with views of downtown.

Starting in 2017, a mix of retail, office, amenities, and restaurants is being considered for 8th to 9th avenues.

For more information, visit www.9thandcolorado.com where Continuum will post presentations from their community meetings. Questions? Email them at info@9thandcolorado.com. The next public meeting is tentatively scheduled for April 2016.

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 4,500 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.

Neighborhood meetings are held every other month (August, October, December, February, April and June), on the third Wednesday, at 7 p.m. in National Jewish Hospital's Heitler Hall. Watch the newsletter and the email blasts for featured speakers. Don't get the email blasts? Sign up at www.congressparkneighbors.org.

This newsletter is printed on 100% recycled paper with soy-based ink by Signature Offset

Team Up for the Great Denver Cleanup

The 2016 Great Denver Cleanup is Saturday May 21; Note the debris left by the melting snow, mark your calendar, talk to neighbors and plan your cleanup projects now. The GDC is the annual, one-day, citywide cleanup sponsored by Denver Solid Waste Management.

This is the day each year when Denver residents team up to clean up their properties, alleys, blocks and neighborhoods, and haul all the unwanted junk, yard waste & recyclables to a free disposal site. Check Denver-Gov.org for sites. Register your group and pick up supplies while they last.

In areas of Congress Park using dumpsters, call 311 if large items congregate near the dumpsters and an extra pickup is needed.

See the Keep Denver Beautiful website for a complete list of items acceptable at the Drop Sites. There is no limit on the number of acceptable items residents can drop off, or the number of times they can return during the cleanup hours.

Your Congress Park Neighbors 2016 Volunteer Board of Directors

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Victoria Eppler

Do you have a suggestion for your Board?

Send hints and help to
CPNBoard@congressparkneighbors.org

The CPNews has a need for a volunteer who can visit with CPN professionals and businesses about advertising in the neighborhood newsletter. Call Wendy at 303-355-3735 for more information.

Your elected, all-volunteer Congress Park Board invites you to attend the open meetings at National Jewish Hospital on the third Wednesday every other month (Feb., Apr., June, Aug., Oct., Dec.) at 7 p.m. in Heitler Hall.

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!

Green Team Kicks Off in Congress Park

Focus on Sustainability and Regeneration

By Joan Gregerson

After moving back to the neighborhood where I grew up, I reached out to Congress Park Neighbors to see if I could be on the Green Team. I was welcomed...to lead it! The first meetings and signups have included enthusiasm and ideas from more than 35 neighbors, and our first big project is an Earth Day celebration with the Capitol Heights Faith Community and Teller Elementary.

Initial team members signing up to learn together how to take better care of our neighborhood and our planet include artists, tree gurus, art therapists, Master Gardeners and Composters, landscape architects, recyclers, sustainability experts, mapping experts, realtors and other enthusiastic neighbors. The goal is not just sustainability, but regeneration.

The team functions as a committee under Congress Park Neighbors, our registered neighborhood organization. Congress Park residents, businesses and partners are invited. Volunteers of all ages, experience, and background are needed. To find out more, add your energy to the group, sign up for the email list, participate in the discussions and get meeting notices, visit www.congressparkneighbors.org/sustainability-in-congress-park.



What's in the name? While "sustainability" is focused on protecting the environment from damage, "regeneration" means that we can work to heal what has been damaged.

Regeneration! Congress Park Earth Day Festival

By Joan Gregerson

The Capitol Heights Faith Community and the CP Green Team are partnering to host a free Earth Day event for all ages. The event will be held at 2 p.m. on Saturday, April 23, 2016, at Capitol Heights Faith Community, 1100 Fillmore Street.

The festival will feature art, music and hands-on activities from more than a dozen exhibitors. At the booths, learn about renewable energy, composting, recycling, pollinators, community gardens and climate action from CP community organizations and experts. The day will also include presentations, musical performances and a community art project. Make sure you come to see what the next generation is planning. Teller Elementary's Green Team will have its own exhibits and demonstrations.

To volunteer for the event or to inquire about sharing an informative activity as an exhibitor, a performer or artist, please contact Joan Gregerson at sustainability@congressparkneighbors.org or Larry Grimm at capheightspres@gmail.com. The final schedule and more details will be posted on the Congress Park Neighbors website.

Large item pickup.

See schedule here:
www.denvergov.org/content/dam/denvergov/Portals/709/documents/Extra%20Trash%20_2016.pdf
and advise your neighbors with those extra mattresses that seem to crawl out to the alley at odd times that for Spring 2016, CPN will see the extra trucks in the area February 16 – 20, March 14 – 18, and April 11 – 15.

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Teller's Backpack Friends Making a Difference

By Sandy Parker

Backpack Program

To participate, call Sandy at 734-231-7532 or Doña Dodson at 720-208-8915. Or, leave a message with Dee at Teller Elementary (720-424-3560). Any donations may be given to the Teller PTA with "backpack program" written in the memo.

Teller's Backpack Friends program is running along quite well. We are presently feeding about 50 people per weekend. These children really depend upon what they are able to carry home with them each Friday. So, to keep the bags light, we seek out small sizes, preferably in pouches or small plastic containers. It has been a challenge to balance the bags with protein, fresh fruit, veggies and snacks. We always include powered milk since bottles and cans are too heavy. And, we welcome hotel sizes of shampoo and soap.

I have been astounded by the enthusiastic participation of the Teller community. For Christmas this year, Moms and Dads rallied and provided each child with a gift. I can't even imagine what it must feel like to have little or no food and no gifts under the tree. It takes about \$125.00 per week to keep the program going, so the cash donations and grocery gift cards keep us afloat.

A few of our volunteers work at the Food Bank of the Rockies one or two mornings per week. For their efforts we receive some food at cost and some

free. I've been so impressed with FBR's very dedicated people whose passion is to feed families and beat hunger. If it interests you to volunteer at the Foodbank, please call Jim at 734-231-1410.

Over and over again, I hear cries of dismay from our neighbors that there is so much pain and suffering in some families. It tends to remain hidden and unacknowledged. But, there is no doubt that children have a much harder time focusing and learning when they are hungry. How can you concentrate on your teacher when your tummy is growling at you? I agree that, "It takes a village," and I'm so glad to live in a caring village. I see Moms and Dads who work, sharing child care and pickups, and dropping off backpack checks. I see children who have graduated from Teller come back and tutor children who need help. I see volunteers help longing children read and learn complex math. I never leave Teller without feeling changed for the better.



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Tellerpalooza Rocks Again This May

By Lisa Aiken

Sometime in the month of May, Tellerpalooza, a concert fundraiser hosted by Teller Elementary, will return to the legendary Bluebird Theater on East Colfax Avenue for a full evening of music, culture, food, and fun. Organizers are currently in the works of pinning down a date, as well as a stellar-line up of talented musicians and bands.

As always, the public is welcome to this locally revered event, which serves as a critical funding lifeline for the Congress Park school's programs, including music, art, reading, and math. Launched in 2003, Tellerpalooza wouldn't be possible without the generous support of Denver's music community, members of which donate their time and talents for the event.

"Tellerpalooza is a reflection of the Teller community's passion for the arts, learning, and throwing a fun party," said Teller Principal Jessica Downs. "It's also a vital funding source for the school, and for that we are grateful to the musicians who are part of this year's line-up. We couldn't do it without them and our event sponsors."

In addition to great music, Tellerpalooza 2016 will feature food trucks, a bake sale, a merchandise market with Tellerpalooza tees and goodies from performing bands, games and other surprises, and will be presided over by the always-entertaining and unpredictable master of ceremonies, Zach Hochstadt. The event kicks off at 4 pm with performances by Teller's own budding voices and musicians, and continues until 11 pm. Tickets cost \$15 in advance and \$20 at the door. Advance tickets will be available through

the Teller website beginning in May. Please visit <http://teller.dpsk12.org/support-teller/tellerpalooza-2015/> to purchase in advance.



Teller Mission 2015

Teller Scholars are problem solvers. They ask questions, think critically and grow through personal, social and academic challenge. Our scholars are resilient, independent learners who persevere to college success and beyond.

Happening at Teller
Check out the calendar at <http://teller.dpsk12.org/calendar/>

In past years, more than 700 people have attended Tellerpalooza, helping raise close to \$25,000 to fund academic programs as well as faculty positions at the Congress Park neighborhood school. Tellerpalooza 2016 continues a rich local music tradition that includes such past performers as DeVotchKa, Chris Daniels & the Kings, Dragoneer, Amanda Hawkins, Bop Skizzum, Claymore Disco, Chimney Choir, The Other Black and many, many more talented musicians.

Tellerpalooza 2016 is sponsored by: The Bluebird Theater/AEG Live; Lisa Santos RE/MAX Cherry Creek, Rosen Properties; Rupp's Drums, Sprouts Farmers Market; and Colorado Commercial Services.

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Congress Park Artists:

Gary Michael - A Compelling Artist and Human Being

By Shelley Wood

About the Artist:

Although Denver is home, Gary also spends time in Mexico, Nepal and Europe. He has earned acclaim as a mountain climber, author and public speaker; <http://www.drgarymichael.com>

Art collectors prize both his landscapes and figurative work. <http://www.gary-theartist.com/>

I visited with Gary Michael in the late afternoon on a chilly Winter's day. He had just returned from skiing and we enjoyed a chat in his studio/home in Congress Park. As I surveyed the work hung on every available space on his walls, I was truly amazed at the plentitude of approachable fine art he has produced. I couldn't decide whether I liked his portraits or the landscapes better - he has the technical ability to make bold color choices and the quality of light in his paintings brings a breath of fresh air directly from the Colorado landscapes into the room.

About Plein Air painting (which is painting a subject outdoors, from Life), Gary said, "The painting doesn't always sing but, when it does, it sings sweetly."

Born and raised in Denver, Colorado, Gary started drawing as a child. He attended college on a tennis scholarship, and went on to earn multiple postgraduate degrees and become a university professor before retiring from academia to pursue his passion for painting. Gary grew up in Congress Park and has lived in his current home for many years. You may know Gary's home as it features a fading Sea Creature mural along the fence. The real treasures are Gary's amazing paintings and pastels inside.



Picasso by Gary Michael



Curvey Creek by Gary Michael

Gary's work has to be seen in person to be appreciated. If you are even considering collecting Colorado art, or want to commission a portrait, I urge you to make an appointment and review Gary's collection. He is a highly skilled, sensitive, and captivating artist and he is eager to reduce inventory and to share his work.

About his oils: "I work on it until I agree with it wholeheartedly," mused Gary. In his oil portraits, Gary strives to create a likeness that is also interesting. To me, his portraits reflect respect, compassion, and the human beauty in the subject. If I were to commission a portrait, I would absolutely choose Gary to do it. These are heirloom quality works of art. The portraits stand on their own AS ART, rather than being merely flattering likenesses.

Gary makes his work available for galleries, private purchase, image reproduction, and commissions. He prefers commissions where the client wants the artist's vision to influence the painting rather than the photographic reproduction of a scene or person. His original paintings range from \$400 to \$12,000.

Zonta Club of Denver Holds 8th Annual Film Screening on Women's Issues

By Wendy Moraskie

Zonta Club of Denver is again using its annual Day of Film to raise awareness of a current issue for women around the world. The 2016 film is "The Hunting Ground," and illustrates the problem of sexual assault on college campuses. As always, proceeds of the fundraiser will improve at-risk women's opportunities and skills through local organizations.

When: Saturday, March 5. The film starts at 9:30 a.m. and will be followed by a discussion. The champagne brunch will be served after the discussion.

How: You may purchase tickets and/or make a donation by going to www.zonta-denver.org. Tickets are \$40 and include the film screening, the champagne brunch and parking validation. Your support always makes a difference in some woman's life.

Where: Tivoli Student Union, Metro State University of Denver, 9th and Walnut Streets, off Auraria Parkway (nearest major intersection is Auraria Parkway and Speer Boulevard), 2nd floor Baerresen Ballrooms.

More: The Hunting Ground is an examination of the occurrence, investigation and prosecution of campus rape. Statistics say one of five women in college will be sexually assaulted, but very few of the crimes are reported and even fewer ever lead to the perpetrator's prosecution. Directed and produced by Kirby Dick and Amy Ziering, The Hunting Ground presents multiple students who allege that they were sexually assaulted at college, and that college administrators brushed aside their assertions, seemingly less concerned with the welfare of the students than with minimizing their institutions' crime statistics. The film reveals an endemic system of institutional cover-ups, rationalizations, victim-blaming, and denial. The film acknowledges the innovative work of campus anti-rape activists and the groups they establish to support abuse victims, both female and male. Two survivors take matters into their own hands and use a Title IX legal strategy to fight back. This documentary has inspired new laws in New York and California and changes in campus policies. Zonta Club of Denver is showing this film to elevate overall awareness of this issue, increase participation in legislation, and help protect our

family members who head to college, often on their own for the first time in their lives. Ziering said that "our failure as a society to apprehend perpetrators leaves criminals at large who are savvy and experienced, and able to continue to commit these crimes with impunity."

In 2011 the Zonta Club of Denver was National Philanthropy Day Colorado's "Outstanding Service Organization." Recent local projects and grant recipients include the annual grant awards in February, with current and past grantees including Colorado Organization for Victims' Assistance; Friends of the Haven; Open Door Ministries; the Delores Project; Smart Girl; and scholarships at Metro State University of Denver. Past awareness projects also include the November 2013 and 2014 "Zonta Says No" Art Show, Sale and Reception. Every year ZCD raises funds, assesses applications from local grassroots organizations, and awards select grants to improve the status of disadvantaged women.

About Zonta

ZCD was chartered in 1927 and today, as part of Zonta International, is united with more than 30,000 executives in business and the professions in 1,200+ clubs in 65 countries to improve skills and opportunities for marginalized women and children worldwide. ZCD has donated over \$2,500,000 and its members have given thousands of volunteer service hours to community projects aimed at improving at-risk women's skills and opportunities. Visit www.zonta-denver.org.

Will You Get the Most from Your Social Security Benefits?

Deciding when to take your Social Security benefits is one of the most important retirement-related decisions you'll ever make. It will likely be an essential component of your retirement income strategy, so it's important to understand what factors will determine your benefit amount. Your informed decisions on timing, spousal benefits and other factors can make a significant difference on the lifetime benefits you receive.

Learn about your Social Security options and the effect they have on your overall retirement income strategy. Call or visit today.



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(Colorado Public
Health website)

Selling Grandma's House?

Ask Eileen for her article on the basics of selling a home. Email her at doherty001@att.net to find out where to get a copy.

When Mom Needs More Care

By Eileen Doherty, Executive Director, Colorado Gerontological Society

Moving a loved one to an assisted living residence or a nursing home raises multiple emotions for the whole family. The transition to long term care maybe met with resistance by any of the people in the equation, regardless of how obvious it may be that your loved one's safety is in jeopardy and s/he can no longer care for him/herself.

Try to provide as many facts as possible, along with dates and times, to concerned family members, about physical and cognitive degradation such as a) medication non-compliance; b) failure to thrive because of poor nutrition; c) safety

concerns arising from falls, use of the stove, and mobility on stairs; and d) decreased ability to take care of needs such as safety, personal hygiene, housecleaning, and laundry. Medical documentation and doctors' letters can also help family members understand the concerns.

Your loved one may refuse to participate in the decision-making in a positive way. Sometimes a decision is only precipitated by a crisis, such as a visit to the hospital or emergency room or a housing inspection that finds the dwelling unsafe.

As a last resort in dire cases, some families may find themselves seeking a guardianship. With advice from a private attorney or county Adult Protective Services, you may need to consider a guardianship hearing. There, with sufficient evidence, the court will declare the loved one incompetent and give the court-appointed guardian the legal authority to make a placement, even against the individual's will.

To select a facility, review the surveys of compliance with state and federal standards that are conducted by those officials. Visit the sites at left for nursing home and assisted living surveys. Contact the facility's ombudsman for their records of patient care and quality of life. Visit the facility a few times at different times of day to see if its size, patient-to-provider ratio, décor, activities, formality/informality and cost meet the needs and preferences of your loved one.

If you move forward with the health and comfort of your loved one at the forefront, you will reach the right decision.



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Adults Must Stand Up For Children

By Kathleen Hynes, Congress Park Neighbor

Carol Bellamy, former Executive Director UNICEF, said: "When the lives and the rights of children are at stake, there must be no silent witnesses." Most of us would agree kids need adults to be their voice when they cannot speak for themselves, including kids who are in Colorado's Division of Youth Corrections (DYC).

No more research needs to be undertaken to show the often times irreversible effects of solitary confinement, especially on juveniles.

The U.S.'s long standing policy and practice of placing juveniles in solitary confinement in jails and prisons is well documented; as is its condemnation by Human Rights Watch, the UN and many other organizations. Solitary confinement of children began over 100 years ago in the U.S. and picked up steam nationally in the late '80's and in Colorado in the '90s after our "summer of violence."

Extensive research confirms solitary confinement of children, whose brains are still developing, while not unusual, is cruel. Solitary wreaks profound neurological and psychological damage including: depression, hallucinations, panic attacks, cognitive deficits, obsessive thinking, paranoia, anxiety, and anger. Kids held in isolation have limited human contact, are often denied meaningful mental health care, medical care, education, contact with family, even reading material in a cell slightly larger than a king-sized bed.

Recent investigations by newspapers and advocacy groups documented kids in DYC were held in seclusion for days, weeks and even months at a time. Advocacy groups such as the American Civil Liberties Union of Colorado (ACLU), the Colorado Juvenile Defender Center (CJDC), and the Legal Center for People with Disabilities (The Legal Center), urge the Joint Budget Committee (JBC) to fully fund the Division of Youth Corrections (DYC) so the Division comes in compliance with staffing standards required by Federal law. Staffing levels are critical because the investigations found often times isolation is used as a way "to manage" DYC's unstaffed facilities. If you don't want to be a silent witness, let our joint budget committee know how you feel.

Representative Millie Hamner, Chairperson-millie.hamner.house@state.co.us

Senator Kent Lambert-senatorlambert@comcast.net

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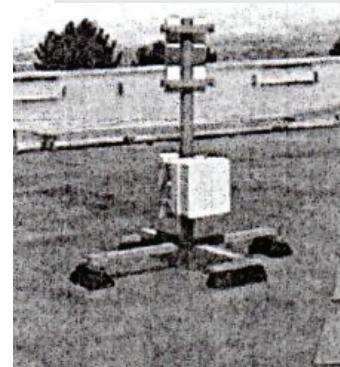
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No Composting in North Congress Park This Year

Denver Recycles is rolling out a new route beginning in February. According to Charlotte Pitt, a manager at Denver Recycles, the north half off Congress Park is not included.

"The composting program is still very limited although we are trying to grow it as fast as we can," she said. "We'll be adding 2 additional routes in August which have not been routed yet or neighborhoods determined."

There are multiple factors that go into deciding where to expand composting routes, and Pitt said, "we are working to continue expansion until the service is offered Citywide."

To find out more contact

Charlotte Pitt, Manager, Denver Recycles/Solid Waste Management, City & County of Denver, 303.446-3413, charlotte.pitt@denvergov.org

Congress Park Neighbors has received a report of offers from a third party company contacting property owners in the area asking to put up small cell towers on roofs for Verizon Wireless. Financial compensation is offered in return. Should owners contemplate accepting this offer please read the contract carefully and contact your insurance carrier to validate whether your insurance will cover damage to your or their property that may occur during the life time of the contract.

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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 Residents Contribute to Awareness, Safety

By Stephen Eppler

Congress Park continues to have a relatively low crime incidence and remains a safe place to live.

At this writing cumulative 2015 crime statistics through November suggest that there has been about a 12% increase in all types of crime. Unfortunately, crimes against persons, including simple and aggravated assault, have increased from 26 to 36, and 9 to 16 events, respectively. Almost all of these crimes occur at the perimeter of Congress Park especially along Colfax Ave. and University Blvd.

In 2015 property crime increased about 30%. Larceny (except theft from motor vehicle) and thefts from motor vehicle increased the most, by 40% and 33% respectively. Motor vehicle theft increased by approximately 23%. Bike theft increased 14%. Burglary has increased by 28%. Robberies are down 44%.

The frequency of criminal mischief/damaged property, drunkenness and trespassing have all

decreased roughly 40%. In contrast, to crimes against persons, property crime is relatively evenly distributed throughout Congress Park with an increased prevalence between 13th to 15th avenues.

There are 78 neighborhoods in Denver. Congress Park is ranked 71st in violent crime/1000 residents. This is an improvement. In 2014 Congress Park was 61st. In per capita property crimes we rank 63rd, up from 71st last year. We rank 65th in per capita burglaries, up from 72nd in 2014. Our ranking in car thefts has dropped to 55th from 49th. Congress Park's rank for bike theft has increased to 17th from 20th last year.

Congress Park abuts the Cheesman Park, Cherry Creek, Hale, City Park and Country Club neighborhoods. Of these six, for 2015, Congress Park was #5 in violent crime, robberies, property crime and assaults. Of the adjacent neighborhoods, only Country Club has a more favorable crime profile (ranking #6 in all categories).

Robberies, larceny, and theft from motor vehicles continue to offer opportunity for improvement. Roughly half of all robberies did not require forcible entry. Stop these. Lock your doors. Keep valuables in your car out sight or remove them. Reach out and cultivate shared neighborhood vigilance. Do your part to increase our safety quotient. If you see suspicious activity, call 911 and report it.



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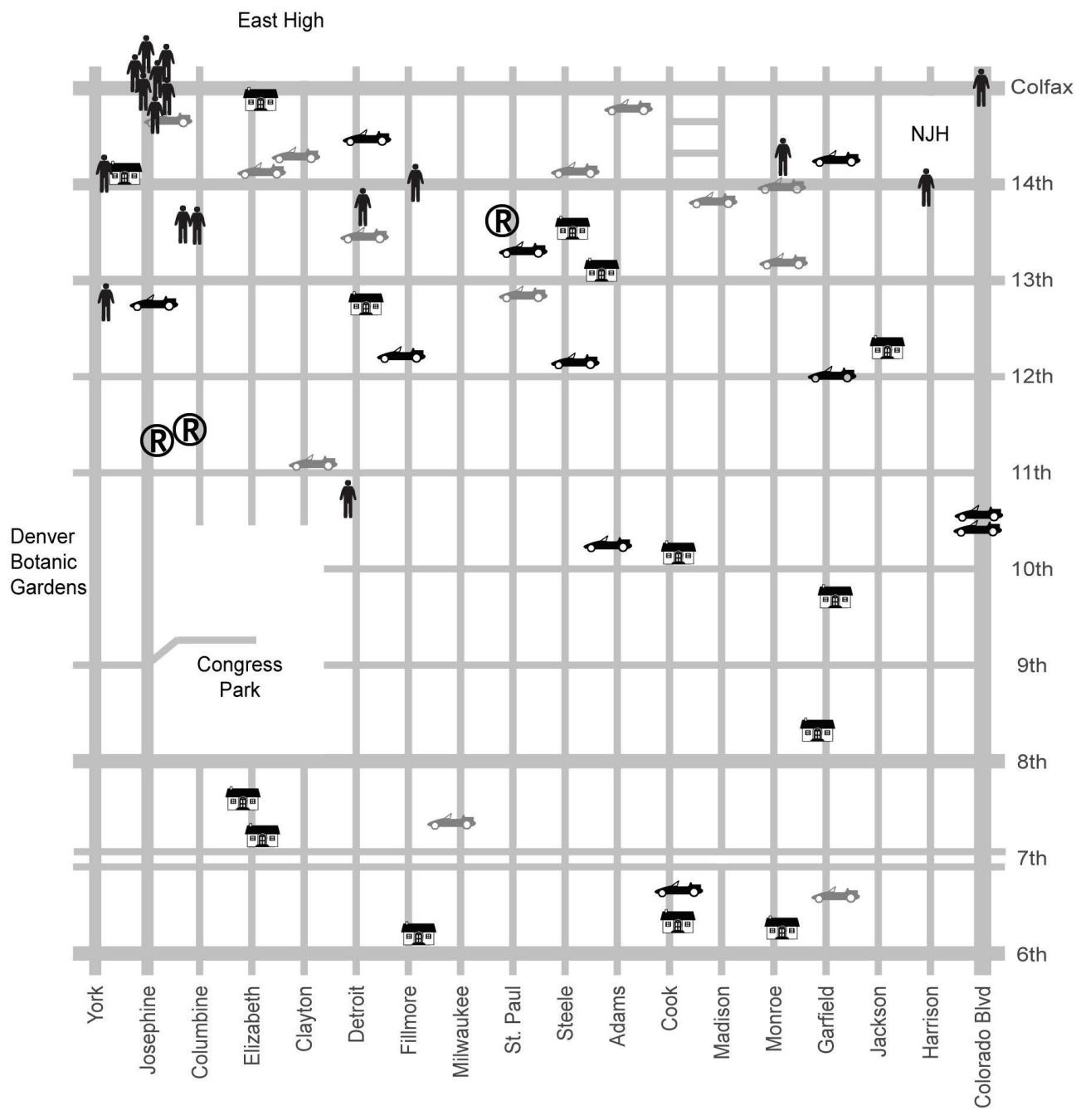
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DENVER'S DESIGN/BUILD REMODELER SINCE 1985



Photo: Vantage Architectural Imagery

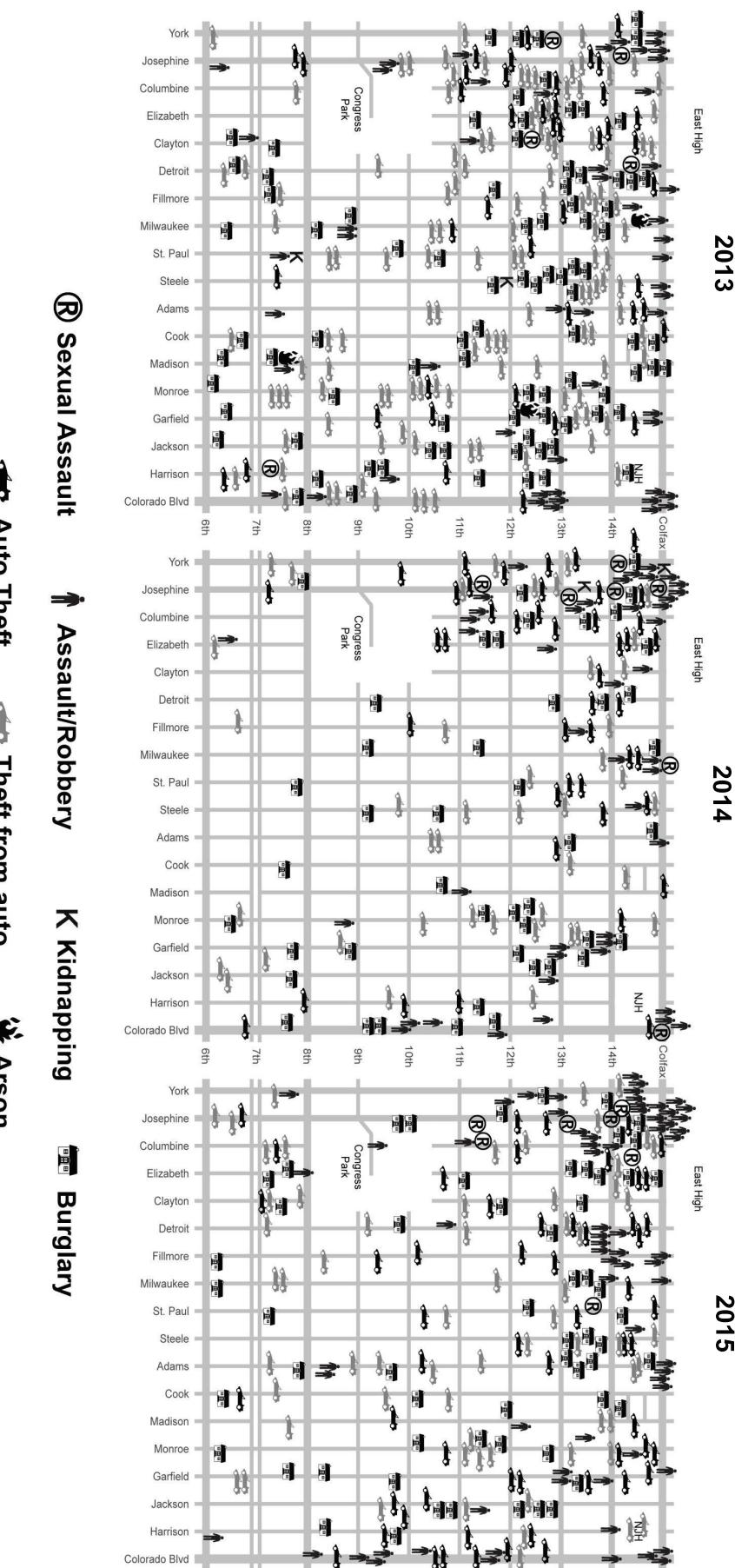
CONGRESS PARK NEIGHBORHOOD CRIMES OCTOBER - DECEMBER 2015



- (R) Sexual Assault
- (person) Assault/robbery
- (house) Burglary
- (car) Auto Theft
- (key) Theft from auto

This map shows a compilation of all serious crimes reported to police within Congress Park in the fourth quarter of 2015. Crime mapping is provided by the Congress Park Crime Action Committee using City and Police Department statistics relayed through Council District 10.

CONGRESS PARK NEIGHBORHOOD CRIMES



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

Please observe and compare the annual Congress Park Neighborhood crime maps, in order that you may develop a crime prevention strategy on your block.

Porch Lights Deter Crime

By Ann Charles

A few nights ago, my dogs barked vociferously at something out the back of the house. It was not their usual “squirrel in my tree!” or “cat on my porch!” or “bunny in my yard!” bark, so I went to check. It was a large man with a flashlight at my back gate.

With relief, I saw he was in a police uniform and asked him what was going on. He explained that several officers, on foot and in cars were searching in the area for someone who had run from a business on Colfax through the alley and possibly into or through a nearby back yard. He thanked me for having my back gate locked and my porch lights on, helping to secure and illuminate the area. I thanked him for his service and went back into the house to give the dogs “good guard dog” treats.

As a dog walker, I say “thank you!” to my neighbors who leave their porch lights on. They help me avoid tripping over various obstacles and help me see where to apply the handy plastic bags. Burglars and other criminals, on the other hand, do not like our porch lights. They would rather not be seen during their nefarious activities.

We can help out our neighbors and the police by leaving our porch lights on at night. Most crimes of opportunity happen in darker surroundings where criminals think they can avoid detection. Criminals typically bypass well-lit homes in favor of darker homes that appear to be unoccupied. Studies have shown that increased lighting can decrease crime by 60%.

Leaving a standard, 60-watt, incandescent bulb on every night costs you only \$1.75 a month. The new, more efficient bulbs might be more expensive upfront, but cost less over a month’s use. Either way, it’s a very inexpensive deterrent.

To discuss this and other topics with your neighbors, attend the neighborhood meetings every other month at National Jewish Hospital’s Heitler Hall. See www.congressparkneighbors.org or page 2 for the schedule. We’ll leave the porch light on for you.

Safety tips:

- * Consider motion detector lights in the back of your house and in the alley.

- * If you discover a streetlight out, please report it via 311.

- * Always be aware of your surroundings.

- * Report suspicious activity. You are the eyes and ears of the community. You know when something looks “wrong” on your block. Don’t share our neighborhood with criminals.

- * When in doubt, call the police.
Crimes in progress: 911;
Suspicious activity:
720-913-2000

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Keeping Congress Park Sweet

By Shelley Wood

Support CP Businesses

1. Use your local businesses as loyally as you can—think outside the Big Box! Shop for everyday things and gifts right in Congress Park.

2. Visit a new CP restaurant every month. You have not been to all of them yet. Introduce your friends from other parts of town to our great places—"Let's meet in Congress Park!"

3. Go exploring on Saturday or Sunday to see what new businesses have opened in the 'hood. When you find something great, write it up for the CP News!

If we each pitch in on at least a few of these items, Congress Park will stay as Sweet as Ever!

We can be proud to live in Congress Park, one of the most desirable neighborhoods in Denver. While Winter makes us scurry quickly from house to car and back, we can mosey, saunter and enjoy our neighborhood in the warmer weather. Look around for little things you can do this Spring and Summer to keep our neighborhood looking and feeling its best!

Home Preservation

It's hard to believe that many of our old CP beauties are nearing their century marks or older!

1. Tuck pointing- keeping the mortar between the bricks in good shape is important! Professionals can match the mortar colors so it's not too obvious.
2. Painting trim - if you're like me, it seems the trim was painted just yesterday...but it might have been a decade. Protect the unique woodwork with fresh paint if it needs it.
3. Check your sidewalks and tree branches. People should be able to traverse the sidewalk without risking a twisted ankle or a bump on the head!

Cleanliness

1. Organize a block or alley cleanup day. Make it fun—share your weed-whacker with the new neighbor (remember, she loaned you her teenager and snow shovel) and get out some snacks. It's a party!
2. Replace flower pots and trash cans that are old, broken, or missing.

3. Pick up litter while you're walking the dog—you're already carrying bags, right? We all accidentally drop things from time to time - let's help one another keep the sidewalks, streets, and alleys clean.

Neighborly Behavior

1. Take walks around Congress Park—unlike the 'burbs, every CP block is different. As a bonus, the more visible and active we are in the neighborhood, the less interested random criminals will be in hanging around.
2. Welcome a new person or a new parent with a little gift or card, and a copy of the Congress Park News. Let them know we look out for one another in Congress Park.
3. Check in on one of your Senior neighbors - see if they need a quick hand with something.

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Shelley Wood, Managing Broker
WOOD Realty, Inc. best1wood@gmail.com



Service Club Meeting	Window and Gutter Cleaning	Advertise Here	Neighborhood Directory
Zonta Club of Denver 303-355-3735 88 years working to improve opportunities for at-risk women and children. Monthly dinner, program & meeting on 2nd Thursday, \$35. www.zonta-denver.org	Twin Pines Window Cleaning Window and gutter cleaning. Also offering house cleaning, leaf clean up and seasonal snow shoveling. Contact Bob at 303-329-8205. Offering complimentary estimates since 1994.	Are you reading this? So are your customers... Great exposure, low cost. Email murphy.michellej@gmail.com for rates.	<i>Visit these advertisers, and tell them you're glad you found them here.</i>
Worship	Volunteer Opportunities	<i>For advertising rates, email murphy.michellej@gmail.com</i>	
Capitol Heights Presbyterian Church 1100 Fillmore; 303-333-9366 A welcoming, diverse and inclusive faith community in Congress Park. Sundays: 9:30 am worship service, 11:00 am education hour.	Congress Park Neighbors Meet new friends, share your expertise at neighborhood meetings and discuss issues that are shaping your neighborhood. Third Wednesdays of even months, 7 p.m., National Jewish Heitler Hall. Contact cpnboard@congressparkneighbors.org and visit congressparkneighbors.org	<p style="text-align: center;">CONGRESS PARK HERITAGE PRESERVATION : SURVEY AND INVOLVEMENT :</p> <hr/> <p>Working together to promote the care, understanding, respect, value and enjoyment of our Congress Park neighborhood preserves the heritage of where we live.</p> <p>Share what matters to you: http://tiny.cc/cpns1</p> <p>To be involved in Congress Park Heritage Preservation contact Kris Schindler 303-895-8622</p>	
<p>Think Outside the Big Box Shop at Your Congress Park Businesses www.congressparkneighbors.org lists all merchants in Congress Park. Please visit our site and see how our local businesses support our neighborhood.</p>			<p>February is African American History Month, Children's Health, Cherry and Potato Month.</p> <p>March is American Red Cross Month and Women's History Month.</p> <p>April is Cancer Control, Autism Awareness, Child Abuse Prevention, and Jazz Appreciation Month</p>



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

The best way to keep up-to-date about neighborhood issues i.e., crime alerts, parking, zoning is to sign up for CPN's email broadcast at www.congressparkneighbors.org/eblast.html

Check www.CongressParkNeighbors.org for our advertisers' most recent news!



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

- Margaret Mead

Congress Park Neighbors Membership Form

Your neighborhood needs you! Join your neighbors today.

Name:

Email:

Address:

Phone:

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

Member Name: \$20

If household membership, other persons name:

Patron (receive 2 passes to the SIE Film Center!): \$30

Business or organization: \$40

(Circle amount enclosed)

Make check payable to:

Congress Park Neighbors, Inc.

P.O. Box 18571

Denver, CO 80218

Date:

I am interested in learning more about:

- Neighborhood beautification
- 12th Avenue Business Support
- Neighborhood/Colfax Plan
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- Newsletter reporting
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- Newsletter production
- Newsletter distribution
- Neighborhood Watch
- Outreach
- Membership
- Social events
- Graffiti abatement
- Crime prevention
- Traffic/Parking
- Zoning
- 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.