



News

Spring 2009

Inside

CPN Activities	3
Botanic Gardens	4
Teller Elementary	5
Old House Society, Historic Landmark	6
East High View	7
Volunteers	8
Denver Digs	9
Crime Action, Map	10
Trees	12
Dig In..., Art Show	13
Directory	14
Intentions	15

CPN Hosts Annual Members' And General Neighborhood Meetings

By Wendy Moraskie

Groups of Congress Park Neighbors gathered at our annual meetings on two evenings in January to discuss neighborhood concerns and share successes.

On January 14, National Jewish Hospital hosted members of Congress Park Neighbors, Inc., the registered neighborhood organization (RNO), in Heitler Hall. That night, attendees approved existing and new Board members; reviewed how our RNO decides which issues to take a stand on and how the position is determined; and discussed the CPN, Inc., and discussed the Board's 2008 accomplishments and members' requests for issues the Board should work on in 2009.

CPN, Inc., members welcomed Ed Connelly and Bill DeMaio to the Board. Ed has lived in CPN for four years and is a past vice president of the Alamo Placita RNO. He is interested in working on membership. Bill, an architect, has lived in CPN for eleven years and has been serving as the Botanic Gardens liaison to CPN, Inc. Bill is also interested in membership development.

Attendees at the CPN, Inc., members' meeting said they wanted their Board to represent them with the city on continuing issues such as developing parking solutions that serve businesses and residents; supporting neighborhood businesses; crime prevention; right-zoning; evaluation of zoning variances; boosting membership and neighborhood watch. New issues for discussion included speeding, community gardens, an all Congress Park alley clean-up and backyard chicken coops.

On January 21, Congress Park residents and business owners gathered at the annual general meeting at Teller Elementary.

The auditorium sported signs listing the 2008 CPN, Inc., Board accomplishments, reminders to sign up for membership and requests for volunteering for neighborhood activities. The meeting opened with a pizza and pop buffet and moved quickly into the agenda.

Councilwoman Jeanne Robb and State House Representative Beth McCann spoke about current issues and the challenges of managing city and state budgets in the current economic climate.

District 3 police officer Tony Burkhardt used the example of a dilapidated house in Congress Park to show how, using neighbors' eyes and ears, the police can work with other city departments to address issues that might not seem crime-related at first.

Nola Owens of Denver Parking gave a clear explanation of the planned changes for parking restrictions currently in place on 65 blocks west of 9th and Colorado (the former Health Sciences complex), and urged people to visit the city's website to see more, and share opinions.

Neighborhood zoning guru John Van Sciver reminded neighbors about the R3 to R2 rezoning effort, and Carolyn Van Sciver gave a preview of this year's Historic Speakers' Series. Check www.congressparkneighbors.org for updates.

We thank National Jewish and Teller Elementary for graciously allowing the neighborhood to use their facilities for regular and special meetings throughout the year. If you get the chance, let staff at these institutions know you appreciate their support of the neighborhood organization.

For more details about the discussions at these meetings, come to a CPN, Inc. Board meeting at 7 p.m. on the third Wednesday of each month at National Jewish Hospital's Heitler Hall.

*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.

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

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

Editor:
Michelle Murphy
720-231-0475
murphy.michellej@gmail.com

Editorial Board:
Kathleen Hynes
Wendy Moraskie
Linda Smoke

Advertising Coordinator:
Call Wendy Moraskie
303-355-3735

Distribution:
Julie Lang
303-333-7489

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.

Join Us for the 2009 Congress Park



Alley Clean Up!



In Conjunction with "Keep Denver Beautiful"

When: Saturday, May 16, 2009 Time: 9:00 am til.....

My name is Jacqueline Kimble and I am one of your Congress Park Neighbors. Since 2007, I have organized Alley Clean Ups for those that reside in Congress Park.



This year, I am organizing the third consecutive Alley Clean Up on **Saturday, May 16 at 9:00 am**. My goal is to find as many blocks to participate in Congress Park as possible. In order to do that, I need one volunteer (**that means you**) to lead their block for the Alley Clean Up. (I am going to call this person a **Block Captain**).

I will make the Block Captain's life easy by providing a "**How to Alley Clean Up Guide**." This is available free of charge, just for the asking on the Congress Park Website. It will explain how to get **supplies**. You can just following the easy steps in the "**How to Alley Clean Up Guide**" make a few phone calls, distribute a few informative flyers and pick up some supplies from the City of Denver.



In the end, you will have made a real difference for those in your neighborhood and yourself. As a "Thank You," each person that participates will receive a "Thank you" bag which will contain items and discounts provided by local merchants in the community. If you have a business in our community, please contact me to provide a donation for our participants.

Last year, the following businesses participated: 101 Asian Fusion, Ace Hardware, Chipotle, Dance With Style, Drive Train Industries, Einstein's Bagels, Encore Restaurant, File-n-Style, Jersey Mikes Sandwich Shop, Just Call We Haul, Keep Denver Beautiful, King Soopers, Lovely Confections, MacHelp4Me, Neighborhood Flix, Racines Restaurants, Shells and Sauce, Tattered Cover, The Daily Scoop and Wildflowers



Please RSVP by Friday, April 17, 2009 to Jacqueline

303-249-0733 or connect2jac@comcast.net

so there is enough time to plan your Block Clean Up

Your Congress Park Neighbors 2008 Board of Directors

Brent Hladky—President, Treasurer
958 St. Paul St.; 303-393-9072
brent@congressparkneighbors.org

Tom Conis—Vice President
tom.conis@congressparkneighbors.org

Joe Ely—Crime Action, INC
joe.ely@congressparkneighbors.org

Maggie Price—Website
1465 Fillmore; 303-333-5478
maggie.price@congressparkneighbors.org

Kathleen Hynes—Consigliera, Newsletter
khynes377@earthlink.net

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

Bill DeMaio—Membership
bdemaio@aol.com

Ed Connolly—Membership
edward.connolly1@gmail.com

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.

No Wonder We're Busy

By CPN Board Member Kathleen Hynes

Below is a list of activities undertaken or sponsored by Congress Park Neighbors volunteers. Without all of us who volunteer, Congress Park would be an invisible part of Metro Denver. Without our Registered Neighborhood Organization (RNO), we have no recognized voice with the City when decisions are being made about our neighborhood.

During 2008, Congress Park Neighbors, Inc. your Registered Neighborhood Organization, has:

- sponsored neighborhood educational meetings on rezoning residential property from R-3 to R-2
- helped interested homeowners put together rezoning applications
- assisted in underwriting the cost of rezoning application for areas within Congress Park
- sponsored Congress Park Historic Speakers' Series
- represented Congress Park by participating in District 3 police meetings
- organized Neighborhood Crime watch groups on several blocks
- maintained communications with and asked

- numerous questions of many city officials and City Council representatives on behalf of CPN
- researched, organized and managed Neighborhood Assemblies on a variety of neighborhood issues
- hosted Annual Ice Cream Social and Annual meetings
- published, distributed and posted the Congress Park News, a 20-year-old communication vehicle and local business advertising medium
- developed the CPN website with interactive features including: crime maps, liquor licenses, on-line sign-up for email updates
- developed and distributed timely email broadcasts about issues impacting Congress Park
- supported an annual Alley Clean-up Drive
- represented Congress Park in the Denver Botanic Garden Neighborhood Advisory Committee
- contributed to the city wide Dollar Dictionary drive for elementary schools

Please join us and become a member of Congress Park Neighbors, Inc.

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 cpnnotify@congressparkneighbors.org

Your City Council Representatives

Jeanne Robb,
District 10
City Councilwoman
303-377-1807
1232 E. Colfax
e-mail: jeanne.robbs@ci.denver.co.us

Doug Linkhart,
Councilman At-Large
Phone: 720-865-8000
Fax: 720-865-8003
Email: LinkhartatLarge@ci.denver.co.us

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



**Thanks for your
business and referrals
and your on-going
support of the
Children's Miracle
Network**

John Sullivan
RE/MAX of Cherry Creek
303-331-4556
congresspark.com
303.320.1556

**Call for a free, no
obligation market update
on your property**



See Something Odd? Call Neighborhood Policeman

At the annual neighborhood meetings, District 3 Police officer Tony Burkhardt gave his numbers to attendees to report suspicious occurrences.

720-913-1231
720-641-1164 Cell

Congress Park NeighborsThanks

Chris Paschall, Manager, of our local Domino's Pizza for his extremely generous underwriting of his pizza for our All Neighbors Meeting. When you call to order your pizza 303-377-5858 or stop by 3509 E 12th Ave to pick-up it up, please thank him.

Denver Botanic Gardens Update

By Bill DeMaio and Michael Sutherland,
CPN Volunteers

On November 19, 2008, the Denver Botanic Gardens (DBG) met with the Neighborhood Advisory Committee to discuss progress on current construction projects, programs, and other items of concern to neighborhood groups.

The parking structure between Josephine and York streets on the north side of 9th Avenue is scheduled for completion in April. No plans exist to change the alignment of the York Street curve or to move the location of the pedestrian crossing.

DBG reported significant progress with Denver Water to relocate the community gardens to Denver Water's reservoir in Congress Park. At the request of DBG, CPN held meetings to negotiate with individual neighbors and Denver Water to make relocation of the Community Gardens possible by Spring of 2009 (see related article).

Reconstruction of the Children's Garden and the garden entrance on the west side of York Street is on schedule for completion in 2010. The greenhouses are in a "redesign phase" and the DBG board is studying proposed architectural concepts.

Finally, the Neighborhood Advisory Committee discussed a sound study that showed some concerts last summer were in excess of the maximum 55 decibel noise level established by the City and County of Denver. DBG is installing noise monitoring equipment to address this concern. Currently there are 17 annual events scheduled at the Gardens, of which 14 are concerts.

Community Gardens Come to Congress Park Neighborhood

By Kathleen Hynes

The Community Gardens previously located at the Denver Botanic Gardens are moving to Congress Park. They will be situated adjacent to the Denver Water Department's Reservoir and will be accessible from the entrance on Elizabeth Street. The approximately 150 sq. ft. plots will be available early this spring.

When questioned about the rates for the plots, Ms. Krishnan, Director of Horticulture at the Gardens, stated, "rates in the past have been \$50 for individuals and \$25 for non-profits per plot. Even though DBG will be investing a substantial amount in relocating and installing the new community gardens, we have decided to keep the same fee this year due to the current economic situation. We will make a final determination of the fee for 2010 at a future date." Prospective gardeners should note plots will only be available only to members of the Gardens.

Interested in securing a plot? Contact Ms. Krishnan at 720.865.3601 or send her a note at krishnas@botanicgardens.org

*within your budget...
beyond your imagination*

EXPERT ONSITE LANDSCAPE ADVICE

- reduce lawn areas & maintenance
- use more native & drought-tolerant plants
- hand-prune shrubs for beauty & wildlife

Susan Bardwell MLA landscape designer
sbardwell@att.net 303-399-1155

Specializing in Denver neighborhoods for 16 years

Alternative Health



wealthy
wise

**First time massage
special: \$50/hour**

Dr. Thomas McCroskey, D.C.
 303-320-1918 © www.altdoc.net
 Corner of 12th and CO BLVD.
 chiropractic • massage • therapy

Teller Students Partner With Service Learning

By Gina Bernacchi

Four service learning organizations have come together in a unique partnership at Teller Elementary School. FrontRange Earth Force, Public Achievement, Peace Jam and Penny Harvest have joined forces to support students in learning opportunities that encourage the development of character, conflict resolution and community-mindedness skills. This venture will be school-wide.

During the program, students, teachers and community coaches explore a standards-based curriculum that focuses on the lives of 12 Nobel Peace Prize Laureates and their efforts to make the world a better place. Through their studies, students develop service-learning projects that address the needs of their own communities.

- ECE and Kindergartners will link to water. They have already contacted Denver Water to get “Use only what you need” signs that students will personalize with their own message/image. Students will distribute their signs to local businesses around the school and run an educational campaign in the school building.
- First and second-grade classrooms will link to nonviolence, honesty and integrity. PE Aces (third through fifth-grade students who supervise kindergarten through second-grade students in playground games) will serve as mentors to first and second graders, who will then be able to employ some of their strategies as “first-grade and second-grade ACES” in the primary hall with Kindergarten and ECE students.
- Third grade will link to global disease. Students will connect with National Jewish to begin talking about Tuberculosis, which is a great link to their Denver history social stud-



ies unit. Once the students have done some research, they will identify issues/projects based on what they know.

- Fourth grade will link to human rights and will connect to the Civil Rights curriculum already planned. Students will identify contemporary civil rights issues, then choose one to focus on.
- Fifth grade will link to environmentalism. Students have identified energy consumption as an issue. One teacher will assist students in researching energy and alternatives; the other will be facilitating the reusable bag sales. Students have already said that they want to use the bag sales to fund solar panels.

Teller Welcomes Visitors

If you are interested in Teller Elementary, come check it out:
 Open Houses:
 More to be scheduled in Spring
 School Tours:
 Every Thursday
 at 11 a.m.

For more information call Teller at 303-333-4285.

Every time Mike closes a home sale from a Congress Park referral, he donates to Teller School. Another way to support Teller—thanks, Mike!



“The best compliment I can receive are referrals you pass my way”

Thank you!

Mike Finesilver
 The “Real Estate Doctor”
 303-331-4581—Direct
 303-883-0850—Cell



because experience matters



of cherry creek inc.

Living and working in Congress Park since 1979!

Denver's Old House Society Saturday Morning Workshops Scheduled for February 21

The Congress Park Historic Preservation Lecture Series attracts old-house lovers throughout the state. Now, you can attend three workshops, given by these popular presenters, during Denver's Old House Society's Saturday Morning Workshop™ February 21, from 9 a.m. to noon at the Assistance League Auditorium, 1400 Josephine Street. Exhibitors will be available to answer questions about products and services for old houses. The cost is \$10 per person. Denver City Councilwoman Jeanne Robb is providing coffee and refreshments.

Confirmed topics and speakers include Megan Schlegel from The Color People. She will answer the question, "What color should I paint my old house?" Bring a picture of your house and Megan will answer your questions.

The two other topics will be about restoring old wood windows and understanding just how "green" an old house is.

Tickets are available at the door. Seating is limited. Parking is available just north of the Assistance League.

An Historic Landmark with Progressive Views

Capitol Heights Presbyterian Church PC(USA)
Larry Grimm, Parish Associate for Outreach and Growth

It's the church on the corner--right in our neighborhood. Since 1896, Capitol Heights Presbyterian Church (CHPC) has served Congress Park and the greater Denver area. From the beginning, its leaders and members sought to address the dissonance of the human experience and to celebrate the love that binds all things together in harmony. The tradition of bringing together heart and soul, reason and faith continues.

In the 1972 the congregation opened its doors to the 10:30 Catholic Community. In 1984 Dignity Denver entered as well. CHPC is a member congregation of Amnesty International Programs.

CHPC offers many outreach programs including: Conversations at the Center—brings people to discuss timely topics—this year, the topic focus is on shifting American culture to a green economy and personal lifestyle.

Local concerns receive attention. Housing Justice! seeks affordable housing in Colorado is one such group. Contributions of food and financing are made to Metro CareRing as well as urban ministries of the Presbytery of Denver. CHPC is also home to a variety of 12 Step Programs and provides office space to The Colorado Chapter of the National Alliance for the Mentally Ill.

Additional information about all of their programs is available by calling 303-333-9366.

DBG 2009 Calendar

Denver Botanic Gardens' 2009 calendar is hot off the presses. Get your copy at the Tattered Cover. You could order it online, too, but who has the patience to wait for the mail?

2008 Congress Park ACTIVITY

6th Avenue to 8th Avenue

Active—9 Listings—\$306/psf
U/C—1 Listings—\$390/psf
Sold—22 Listings—\$297/psf
Average Sold DOM: 135

8th Avenue to 12th Avenue

Active—3 Listings—\$348/psf
U/C—6 Listings—\$270/psf
Sold—44 Listings—\$290/psf
Average Sold DOM: 83

12th Avenue to Colfax

Active—16 Listings—\$239/psf
U/C—1 Listings—\$181/psf
Sold—27 Listings—\$229/psf
Average Sold DOM: 91

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

Committed to Congress Park 25 year residents



MARGARET MARSHALL, CRS GRI
Mobile 303.918.3507
margaret@kentwoodcity.com



CHARLES MARSHALL
Mobile 303.522.0183
charles@kentwoodcity.com



The View From East

By Jess Lindimore

Finals week is quite possibly the most stressful, annoying, and just plain nerve-wracking week of the whole semester. The weeks prior are filled with long study sessions (at least they should be) and the question "When did we ever learn this?" playing continuously in every student's mind. But somehow every high school student manages to survive, and no casualties have been reported, that we know of.

The nights during finals week are restless, and your thoughts fill with questions like: "Was the answer to problem seven A or D?" and "Ugh. I want it to be winter break already!" As an incoming freshman this first final (yes that is an oxymoron!) can be quite an intimidating experience, but just like anything else, it's never as bad as we think.

Something everyone has to remember is "the test will not cover anything you haven't already learned in class" and "as long as your grades have been going well, your final shouldn't be too hard."

Also remember to study, but don't drive yourself crazy obsessing. Remember to keep yourself as relaxed as possible - your teachers want you to do well. If you need extra help feel free to go in and ask for it. Start studying early so you can avoid cramming everything in. Speaking as a freshman who not only lived through finals, but did well on them, there is nothing on a final that a student cannot handle.

Finals week at East High isn't all bad. We start school at 9 am and get out at 12:45 p.m. Rest assured this is not because East Faculty and staff want to go home early, but because it allows students to come in for help and gives more time for each final to be given (only 3 finals are taken each day).

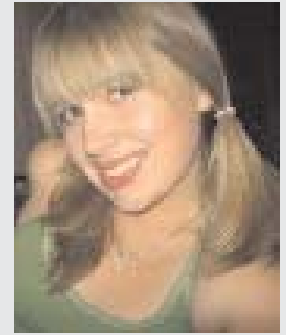
East works very hard to make finals week be as helpful as possible. I've found that every teacher is very flexible when it comes to helping with confusing concepts. To sum things up, I was extremely impressed and relieved at how finals week went at East.

East has always been remembered for its award winning sports, and famous for its overflowing school spirit but now the Angels have something new to be proud of. This semester East was given

a school rating (as were all public schools) and East received the rating of "High." East was one of the only DPS high schools to achieve this respected rating. Although we may not throw a pep rally for this astonishing achievement, it's definitely just as boast-worthy as a state championship. Mr. Youngquist, the principal, even rewarded the school with free pizza.

There is always something interesting going on at East High and lately some things are: the East Theatre Company is putting on the musical "Guys and Dolls" which is expected to be a great production and tickets should be purchased as early as possible, the East High green club has started a groundbreaking solar panel project with Namaste Solar to improve East's impact on our earth, East High's ski and snowboard club started up again, and winter sports are in full swing.

I have been in public high school for a little over four months now and although the adjustment was difficult and confusing at first, I honestly don't think I could have possibly found a better school to attend. East manages to amaze me in a new way each and every week whether it's the friendly student body, the committed teachers, or just the amazing environment of East High. I remain impressed and ecstatic about my school. Look for my next column in the Summer issue!



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

PREMIER PAINT WORKS

**RESIDENTIAL & COMMERCIAL
PAINTING SERVICES** *since 1993*
INTERIOR & EXTERIOR

• IMPECCABLE REFERENCES • FULLY INSURED

CALL JOHN WILLIAMS FOR A FREE ESTIMATE!

303-864-9247

Volunteers Recognized for Neighborhood Contributions

By Kathleen Hynes

2009 Historic Preservation Speakers Series

Planning has begun for the 2009 Series. If you have a suggestion contact Carolyn at cvansciver@earthlink.net. To see what's being planned, visit www.congressparkneighbors.org

The Historic Preservation lectures are held at 7 p.m. on the last Wednesday of each month, from May through October. They will start again in May 2009.

Take A Walk

Call Julie Lang at 303-333-7489 to volunteer to deliver this newsletter to your neighbors.

Congress Park Neighbors is an effective and dynamic organization because of the work done by its volunteer members. Two of CPN's many wonderful volunteers have recently been recognized by groups beyond our neighborhood boundaries.

Wendy Moraskie received Capitol Hill United Neighbors Good Neighbor Award for Neighborhood Connection. This award was given for her work as our outstanding newsletter editor for the



last seven years. It takes a tremendous amount of time, care and interest to produce our quarterly newsletter. As a side note, kudos should be given as well to all of the volunteers who distribute the newsletter.

Carolyn VanSciver organizes and produces CPN's Historic Speakers Series and on January 29 was recognized by Denver Old House Society for

her "exceptional job in elevating the perception and preservation of old houses and neighborhoods." To obtain information about the 2009 Speakers Series, please check CPN's website for topics, times and dates.

Volunteers do not necessarily have the time; they just have the heart.

~ Elizabeth Andrew



**CLASSIC
HOMEWORKS**

DESIGN/BUILD REMODELERS

303.722.3000

www.ClassicHomeworks.com

*Whole House Renovations • Additions • Kitchens
Basements • Small Jobs • Much more...*

Need more space?
Is your space not working for you?
Considering a remodel in 2009?

Call us now to start
the planning process.

We are here to help.

Free Remodeling Seminar

**Old Home/New Space
A Guide to Remodeling**

Thur., Feb. 12 @ 6:30pm

- or -

Thur., Apr. 23 @ 6:30pm

Space is limited.
Please call or go online to
reserve your seat today!

classic design, quality craftsmanship

The Denver Digs Trees Program Returns

By Robert Bond, Program Manager, Denver Digs Trees

The Park People – a local environmental nonprofit that advocates for Denver’s parks, recreation resources and urban forest – is gearing up for its annual tree distribution effort. This project, aptly named Denver Digs Trees, provides Denver residents with free or low cost trees for planting in the public right-of way.

Residents benefit from the Denver Digs Trees program in numerous ways. Planting trees improves the quality of Denver’s air. According to a February 21, 2007, Denver Post article, Denver has been dealing with alarmingly high levels of particulate pollution. Increasing the city’s tree canopy increases the leaf surface area that can capture and trap particulates. Strategically planted trees can also reduce energy costs. In addition, healthy, mature tree canopies intercept storm water, reducing the impact on overtaxed city drainage systems. Increasing tree canopy in neighborhoods does not simply provide environmental benefits, but also substantial economic (higher property values, increased retail activity) and social benefits (lower crime rates).

This year the Denver Digs Trees program will be offering ten different varieties of trees to interested Denver residents. Our 2009 Tree Roster includes Bur Oak, Corinthian

Linden, Green Mountain Sugar Maple, Magyar Ginkgo Biloba, Regent Japanese Pagoda Tree, Turkish Filbert, Green Vase Zelkova, Kentucky Coffee Tree and two smaller ornamental varieties – the Winter King Hawthorn and the Summer Splendor Tatarian Maple. The deadline for submitting an application for a street tree is March 16th, 2009. Trees will be available for pickup at a distribution site on Saturday, April 18, 2009. Check CPN’s website for updates.

On average, each tree costs The Park People over \$100; thanks to program sponsorship, trees will be available to most Denver residents for just \$25. Denver residents interested in receiving an application or in getting involved in our program should contact Program Manager Robert Bond at 303-722-6262 or e-mail info@theparkpeople.org.

CPN Events On Web

CPN's marvelous webmaster Maggie has once again out-done 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.

Three more neighbors just chose Leonard Leonard & Associates to market their homes!



*1111 Gaylord - \$549,000
Bromwell*



*405 Emerson - \$569,000
plus 2 story carriage house*



*811 Marion - \$579,000
2,367 Square Feet*

*Choose a Broker like your equity depends on it.
Always interview three!*



Nikki Johnson
303-744-6200
Leonard Leonard
& Associates



"We Are The Heart Of Denver"

Find 2008 Congress Park values at www.leonardleonard.com

Don't Let The Invisible Killer Strike Again

By Charlotte Bentley, Former Congress Park Crime Action Committee Chairperson

*"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 Coordinator Joe Ely at Joe.Ely@congressParkNeighbors.com

Two recent incidents in Colorado of deaths resulting from carbon monoxide (CO) poisoning have caught the attention of state legislators. Lauren Johnson, a University of Denver student, was found dead in her apartment January 5, reportedly of carbon monoxide (CO) poisoning from a faulty heater vent. A family of four died of CO poisoning last Thanksgiving weekend in an Aspen vacation home. The latter incident prompted the introduction of HB 1031. This bill would require installation of CO detectors in new homes and apartments.

"Since it's odorless, colorless, and tasteless, none of us are safe without some form of detection," said Breckenridge Fire Chief Neil Rosenberger, testifying in support of HB 1031. Because CO poisoning symptoms are so similar to the flu (dizziness, fatigue/weakness, throbbing headache, nausea/vomiting and sleepiness), CO-related health problems are often misdiagnosed or ignored until too late. A person can die from CO-poisoning in their sleep.

According to fire department officials backing the bill, Colorado ranks 13th in the nation for rates of CO poisoning. "Ideally," said officials, "each home should have a CO detector per floor, and per bedroom." CO alarms are not substitutes for smoke alarms. Homes should have both on each level. These detectors can be purchased for as little as \$50.

Preventing CO poisoning:

- Install CO alarms in central locations and outside each separate sleeping area.
- After purchasing the alarm, call your local fire dept's non-emergency telephone number to find out what number to call if the CO alarm sounds.
- Test CO alarms at least once a month.
- Replace back-up batteries as often as you would a smoke alarm.
- Never run a vehicle, generator, or other fueled engine or motor indoors, or in a garage, even if garage doors are open.
- Have fuel-burning household heating equipment (fireplaces, furnaces, water heaters, wood and coal stoves, space or portable heaters) and chimneys inspected by a professional each year before cold weather sets in.
- When using the fireplace, open the flue for adequate ventilation.
- Never use a gas oven to heat your home.
- Never use barbeque grills in the home or the attached garage.

Quiz - Crime Stats

By Kathleen Hynes

How well have you been reading the Congress Park Newsletter and website? Answer this question. Did crime increase or decrease in the neighborhood over 2008? If you answered that it has decreased you are correct. Joe Ely, CPN's Crime Action Person, reports "crime in Congress Park is down 5.3% over this time last year. The bad news is that with the economy the way it is that we can expect crimes such as burglary and larceny to increase in the near future."

But statistics may be misleading. Victims frequently fail to report crimes. Congress Park News asked Tony Burkhardt, our District 3 Community Resource Officer, to explain why. He said the following are factors:

1. Victims do not want to involve insurance companies because they believe the companies will not reimburse them.
2. Victims fear reprisal.
3. People don't want to "get involved" and/or believe the type of crime they observed, or were the victim of, does not justify taking time away from work and/or other activities.
4. People don't know how reporting a crime can prevent future crimes.

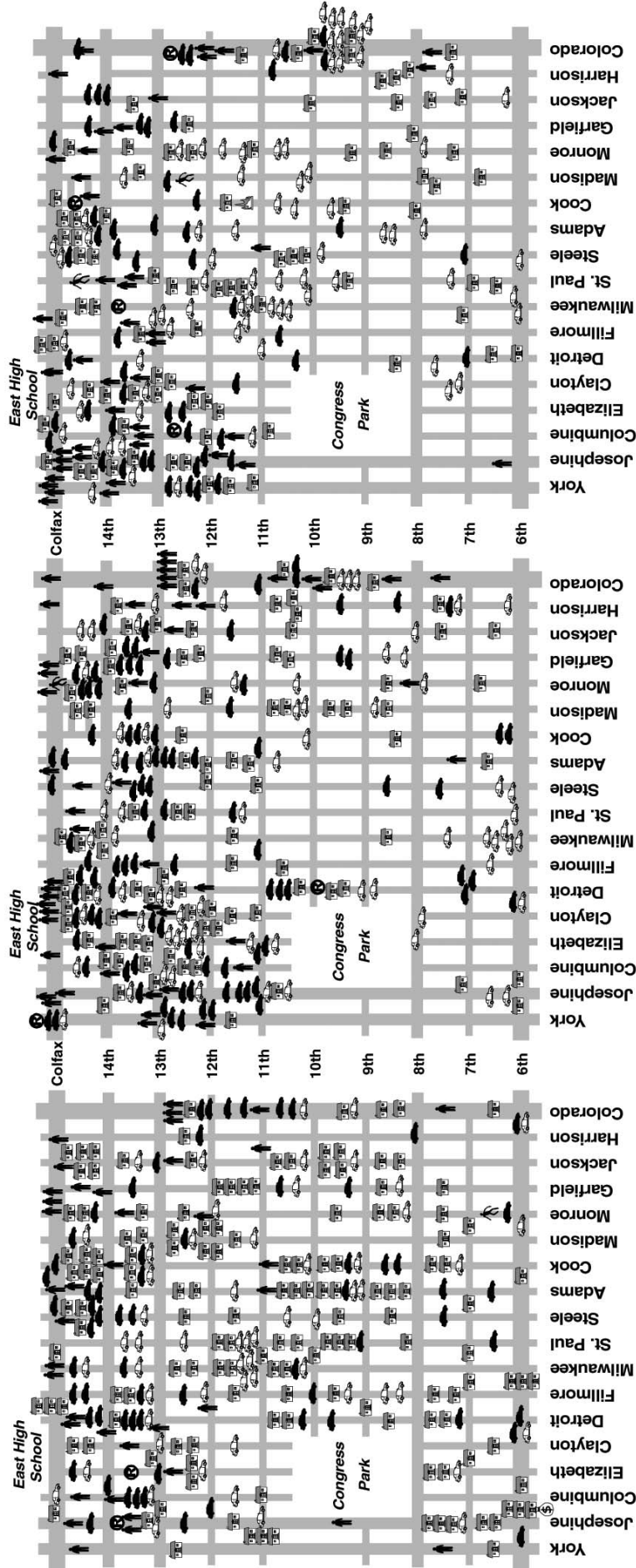
Unfortunately, when crimes are not reported, the police and neighbors are not alerted to watch for other criminal activity. A false sense of security may make residents more vulnerable. The Congress Park Neighborhood website has a lot of information including a search tool that will show all reported crimes within 500 ft. of a specific address. Check it out at <http://www.congressparkneighbors.org/crime.html>









CONGRESS PARK NEIGHBORHOOD CRIMES

2006

2007

2008



-  **Murder**  **Sexual Assault**  **Assault/robbery**  **Purse Snatching**
-  **Burglary**  **Auto Theft**  **Theft from auto**  **Arson**

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 Crime maps, in order that you may develop crime prevention strategy on your block.
 Map by Steve Methven

Our Neighborhood Forest: Trees You've Got To See

By Nancy Ash-Shofner

To see why the much maligned *Tree of Heaven* – because it proliferates in our alleys and along fences as a “weed tree” – was ever introduced to the Americas, you need to look no further than the stately specimen on the north side of 875 Cook St. The tree has been ranked fourth largest in the state, but is more beautiful than the current State Champion (Note: our Congress Park tree was last measured in 1999 so could be ranked again this year...).

Kelly and David Twitchell, the new owners at 875 Cook St. say they “love the presence the tree has next to our home and the shade and privacy it provides. It certainly caught our eye when we first saw the house. Several neighbors have commented on the tree...telling us how it’s one of the oldest in Denver or how much they like walking by it. We are excited to learn more about the tree so we can take good care of it.”

Grown from a seed harvested in China, the first American *Tree of Heaven* seedling was a treasured rarity brought to Philadelphia from Paris in 1784. As fast and impressively as the tree grew, so did its American market. Within 40 years, the *Tree of Heaven* was being sold commercially for landscaping private estates and public parks.

New York, Philadelphia, Baltimore and the District of Columbia used it as a street tree over the native

maples, lindens, and oaks because of its beauty and vigorous growth despite the limited growing space, infertile soil and urban pollution in these young cities.

The *Tree of Heaven* was also ideal for firewood, fencing, and farm equipment, encouraging its wide cultivation in rural America, too.



By the mid-1800s, when the *Tree of Heaven* had spread by its own wiles as far west as the Mississippi River and Texas, some of its virtues had undermined its popularity. While effective at greening otherwise lifeless vacant lots, cities found the fast-maturing, urban-tolerant trees difficult to control. Alluding to its unmatched ability

to grow over 6 feet per year when young, one of its native names *aylanto* meaning “tree reaching for the sky” is its botanical name, *Ailanthus*.

The male trees have showy and odiferous flowers. The female trees are showy, as well, when their abundant seed pods mature. Each pod contains a single, lightweight black seed, which is carried far by the wind. The tree’s roots can be equally prolific at producing more young trees.

Fossil remains in Florissant National Monument (near Pikes Peak) suggest that *Ailanthus* grew in our area 34 million years ago before becoming extinct in North America. Indeed, the dignified tree at 875 Cook St. is more a tribute to the *Tree of Heaven’s* fossil origins than its reintroduction in modern times.

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 Susan-Bardwell@msn.com or 303-399-1155.

HomeSource
CONGRESS PARK
N.W. CORNER OF 12TH & COLORADO BLVD.

TOM TOMORI & DAVID WALSH
BROKER ASSOCIATES

303.246.1411

COLDWELL BANKER
RESIDENTIAL BROKERAGE

www.CongressParkDenver.com

Dig In . . .

By Lucy Powers

For me, there are a zillion benefits to being a community gardener. Where to begin? And is it possible there is an end to the list? Certainly fresh air, sunshine and exercise. Certainly interaction and teamwork with fellow gardeners, surrounding neighbors and visitors. I noticed when I walked to my first community garden plot that I was in the very big and profound world of nature.

Nestled among other's plots, my 150 square feet gave me the smells, textures, and sensations similar to experiences I've had being in the mountains, at the ocean and in meadows. Nature is grand and I have permission to play in it!

A piece of earth to call my own; a space to be with nature over time. A chance to design a garden, to be creative. To have the constant opportunities: to learn, to teach, to share, to be still, to laugh, to listen, to work hard, to relax, to sow, to tend, to reap, to build, to contribute, to be alone or be a part of, to help, to receive help, to stand in awe, hear others' dreams, frustrations, plans, to meet each others' friends and family, to meet folks from other states, other gardens, and across the street, to walk in a grocery store or fancy gourmet cooking shop and feel intimately related to the food offered there.

To give and enjoy seasonal bouquets, eat and share, from a garden I planted; To make lavender sachets for the sock drawer, winter boots, and sprinkle on top of ice cream or add to dipping oil; To gather round with the other gardeners for harvest meals and education; To introduce my neighbors and friends to the gardens...oh there are zillions of benefits.

The earth gives and gives...even when I least expect it, like the "dead" of winter! It is not a pet, but definitely a companion.

Down here, in the community garden, there is deep, personal and shared beauty and majesty too.

"My Plein Air Journey In France"

A Charity Art Show to benefit
DenUM food drive.

This show chronicles ten days in the Burgundy region of France through the eyes of artist Martin Lambuth, who will donate 30% of all sales to Denver Urban Ministries (DenUM) food drive. www.denum.org

First Friday Opening: February 6, 5:30-9 p.m.

Third Friday Opening: February 20, 5:30-9 p.m.

Other hours by appointment.

Visual Images Gallery
1626 Franklin St., Denver

For more information call 303-333-5466,
or email: martin@vi-creative.com

The venue is in a charming, 100-year-old Victorian on Capitol Hill, one mile east of downtown Denver.

PARKING—Off-street parking provided courtesy of UMB Bank, during event hours only, in the 1500 block of Franklin next to the maroon townhouse on the east side of the street.

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 security doors, replacement windows, 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.



DOG TROTTERS

A Denver dog walking company.

Dog walks ✦ Play time ✦ Training ✦ Feeding ✦ Poop-scoop

Phone 303-588-6946
www.DenverDogTrotters.com

Bonded, insured, certified in pet first aid and CPR



Neighborhood Directory

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

For advertising rates, call 303-355-3735

Construction, Remodeling

Frambach Construction
From Framing to Paint; from Eaves to Decks, we do it all. Call 720-252-1144 for a free estimate. Congress Park referrals available.

Lawn Care

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

Worship

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

Hair 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.

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

Housecleaning

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

Repairs/Remodeling

720-351-3871
Will renovate your basement and bathroom, modify an antique armoire and fix that sticky door in the garage. Congress Park references. Call Joe for a free estimate.

Worship

Dignity Denver
1100 Fillmore; 303-322-8485
Catholic Mass
Sundays @ 5 p.m.
Lesbian, gay, bisexual & trans-gender Catholics, families and friends. All are welcome.

Advertise Here

Service Club Meeting

Are you reading this?
So are your customers...
Great exposure, low cost. Call 303-355-3735 for rates.

Zonta Club of Denver
303-355-3735
85 years working to improve the condition of women and children. Monthly dinner, program & meeting on 2nd Thursday, \$35.



Twin Pines Window and Gutter Cleaning
Serving Denver's finest homes since 1994
Reasonable rates
Call for your free estimate
(303)329-8205

Shop at your Congress Park businesses.

What Are Your Intentions?

By Rich Dixon

Another year ends—or begins, depending on your perspective.

I've never been much for beginning a new year with resolutions, mostly because I ignore them anyway. I prefer to think of each day as a new beginning; that way, when I mess it up, I don't have to wait a whole year for a fresh start.

However, I suppose there's some value in choosing an arbitrary date on which to assess progress and set new goals, and January 1 is probably as good as any other.

I'm attracted to the notion of living *intentionally*. I've recently been trying to begin each day "on purpose" instead of simply stumbling robotically through a morning routine. I think this approach helps me to be more productive, but that's not the primary benefit.

Living intentionally means that I'm consciously choosing my actions. Rather than falling passively onto the path of least resistance or doing a task out of habit or obligation, I select each step for its positive attributes. Even a routine or unpleasant chore assumes a more affirming character when I intentionally tackle it because I like the feeling of self-discipline rather than doing it because "I have to."

I make no claim that I've mastered this approach. I find that as the day moves along my "intentionality" tends to wane, but there's always that fresh start to anticipate, along with a new opportunity to make better choices and do a bit more with the time I have.

I wonder if *living intentionally* feels right because it follows one of nature's basic principles: light always overcomes darkness. There can never be enough dark to obscure even the tiniest light, because dark is really just a void, the absence of something. Inject a small light, and the void recedes.

Obligation and habit are sort of like darkness; they occupy a void where nothing more positive dispels them. Intention inserts the light of conscious choice into the void, and the darkness recedes.

My goal for each new day is awareness that I may not control circumstances or events, but I can be intentional about how I use the time and talents God gives me to respond rather than react. I know I won't achieve or even approach that goal, and that I'll frequently fall away from it as weakness and old habits. But each sunrise offers the hope of opportunity.

*reprinted with permission from Rich Dixon's Semi-Regular Newsletter

Around the Neighborhood

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

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 American Red Cross Month and Women's History Month.

April is Cancer Control, Autism Awareness, Child Abuse Prevention, Prevention of Cruelty to Animals, Stress Awareness, Jazz Appreciation, and National Poetry Month.

May is Better Hearing & Speech Month, Melanoma / Skin Cancer

Detection, National Bike, National Photo, and Asian Pacific American Heritage Month.

KEENE TAX
INCOME TAX PREPARATION
CAROLYN M. KEENE
ENROLLED AGENT

SPECIALIZING IN:

- Individuals • Small Businesses
- Estimated Taxes • Tax Planning

303/394-3273
KEENETAX@COMCAST.NET
Call or Email Today!

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

"Nothing makes you more tolerant of a neighbor's noisy party than being there."

- Franklin P. Jones

Congress Park Neighbors Membership Form

Your neighborhood needs you! Join your neighbors today.

Name:

e-mail:

address:

phone:

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

Date:

I am interested in learning more about:

Neighborhood beautification
 12th Avenue Business Support
 Neighborhood/Colfax Plan
 Historic Preservation
 Newsletter reporting
 Newsletter advertising
 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.