

Congress Park

www.CongressParkNeighbors.org

News

Spring 2021

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Pandemic Parenting: The Long Slog

By Alison S

The word “slog” was absolutely coined by some tired mother out there taking care of a three-year-old and a newborn during a pandemic while her husband works a demanding job. Perhaps during the Black Plague? I speak from personal experience. This winter was a long slog.

All fall, I could feel winter coming. The dread boiling up in the cooler evenings when I was out in the backyard with my children. However mild people from more northern climates believe our winters to be, snow and ice still prevent parents in Denver from being able to shove their little ones into the backyard; from chatting with friends outside at a distance; from feeling the sun shine on our tired eyes.

And winter with children is especially grueling when we are still being as careful as we can—avoiding the museum and the indoor playgrounds where we used to frequently burn off steam. By steam I mean my three-year-old's relentless, demanding energy. I'm pretty sure the baby asks, “Where'd that loud girl go?” every time her sister leaves the room.

Because we have been lucky, all things considered, the toughest weeks for our family thus far can be summarized in two words: regres-

sion and insurrection. Sorry, did I say weeks? Time has lost all meaning. It was ten years. My little pandemic baby born in September developed an epic teething-induced sleep regression starting in the two weeks prior to the terrible events of January 6th. My three-year-old's pod school had also taken an extended Christmas break.

Without any childcare for nearly three weeks and somehow functioning on no more than two consecutive hours of sleep a night, I struggled to take in the news of our democracy's near demise. Everything just seemed so fragile to my tired and scrambled brain; the federal government that had always appeared as an immutable background to my life suddenly in focus and cracked open.

I couldn't stop quietly singing to my daughters, ‘Woahhhh, living on a prayer, take my hand, we'll make it I swear’ in a deadly serious tone.

The stress that man, and we all know which man I am talking about (no, not my husband), has caused to the average sensitive woman who majored in American studies and political science (i.e., me) is unforgivable.

Then, as we reached point of no return, when my husband and I began to bellow Lady Gaga's ‘I'm off the deep end, watch as I dive in...’ to each other during every nighttime wake-up, my mom came to the rescue, as only a mother can after a negative COVID test.

Continued on page 3

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 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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CPNews Needs Layout Volunteer

Help Needed for Quarterly Newsletter Layout, Design and Coordination with Printer. The Congress Park Neighbors quarterly neighborhood newsletter is a 16-page, hard-copy, black-and-white, two-sided, saddle-stitched document delivered by volunteers onto neighborhood porches, alongside a color pdf posted on the neighborhood website. We need a new layout volunteer (LV) to work with the editor and advertisers to arrange newsletter parts in a content-sensitive, attractive and space-efficient manner. Most publishing software will work, as long as the final product can be rendered as a pdf. LV will collaborate with editor on suggestions and adjustments to reach a final draft. LV sends final draft in pdf to printer and to CPN website director for posting to neighborhood website. LV will also consult with advertisers to modify ads for best presentation in black-and-white, hard-copy print version.

CPNews Needs Delivery Volunteers!

Are you looking for a good reason to take a walk every three months? Be a CP newsletter delivery volunteer! It may be hard to believe, but sometimes people move out of Congress Park. Incredible, I know. Also, sometimes those people were delivery volunteers for this newsletter. What? How could they leave this kind of fun?! Their loss can be your gain! Contact Tom Conis (see info below) to jump up and volunteer for a short delivery route, just a few blocks.

Your Congress Park Neighbors 2021 Volunteer Board of Directors

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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!

And we thank these committed neighbors:

Tara Tull—Congress Park Green Team coordinator
sustainability@congressparkneighbors.org

Steve Eppler—Crime Action
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Myles Tangalin and Vicki Eppler
—Congress Park Historic Preservation

Vicki Eppler and Myles Tangalin
—Denver Botanic Gardens Liaisons

Vicki Eppler, Mayor's Appointee
—DBG Board of Trustees

Do you have a suggestion for your Board?
Send hints and help to
CPNBoard@congressparkneighbors.org

Visit CPN businesses, make new friends and support your neighborhood newsletter. Volunteer CPNews advertising accounts rep needed now! Call Wendy, 303-355-3735, for info.

All Congress Park Neighbors meetings are being held virtually until public gatherings are encouraged.

Sign up for CPN e-blasts to get current information.

Pandemic Parenting: The Long Slog, continued

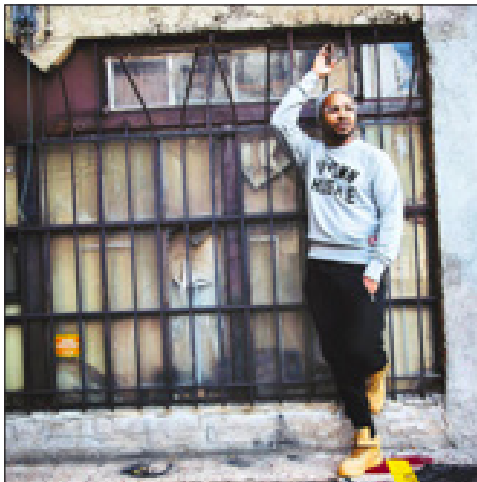
By Alison S

Continued from page 1

Watching the inauguration with her on the couch, holding the baby, with the three-year-old at pod school, I felt the first stirrings of relief, the first signs of survival mode letting up. Later listening to Biden's first press conference felt like how I imagine people feel hiking down Capitol Peak (I wouldn't know because I don't hate myself).

In the end, it's always about other people, isn't it? Other people support us, lift us up, get us through, even as they are vectors for COVID. Even as they drive us crazy, they give us meaning (looking at you, dear mama and my sweet babes). They force us to sing 'Firework' when we don't want to, until we find ourselves belting it out and crying (just me?).

So we slog on through spring, trying to walk on the sunnier side of the street and stay on the brighter side of the TikTok algorithm. See you out there, dear neighbors. America slogs on and so do we.



New Sneaker Store uNCommon Opens at Colfax and Milwaukee

By Alison

Marlo Proctor, the owner of the new-to-Congress Park uNCommon store at Colfax and Milwaukee, is a renaissance man of sorts with a passion for sneakers. A songwriter who has worked with many artists, even a brief conversation with him will lead you to believe that he has some great stories to tell about his adventures in the music industry and on the road. His deep melodic voice will also leave you wondering if he's twenty-three or one-hundred-and-three, but he will neither confirm nor deny it.

As a touring musician, Marlo found that he was always bringing back unique and uNCommon sneakers from his travels. Once he settled down, he couldn't wait to open a store that featured his uNCommon taste for shoes and fashion.

Fortunately for us, he loves the area and has been wanting to relocate his Denver sneaker store from S. Broadway for some time. The space recently opened up, and he jumped on it. uNCommon features an incredible selection of specialty sneakers and clothing brands. Marlo also does restoration and cleaning on sneakers to bring that new look and feel back to the kix you love.

uNCommon is not only a boutique for fashion, the store also features a recording studio that creatives can rent to work on music projects and podcasts. He enjoys supporting talented artists and creatives who simply love artistry.

Stop by and welcome Marlo to the neighborhood and leave looking and feeling uNCommon. After this long winter, we could all use some new kix to lighten our step. Why be normal when you can be uNCommon?

uNCommon Discount!

Bring this newsletter in and receive 15% off of your purchase!



Greetings, new neighbors!

We are family nurse practitioners who have recently started a new medical clinic here in Congress Park. We work part-time at an internal medicine clinic over on the east side but are also creating a new clinical model that will help folks become healthier and happier. We have walked the entire neighborhood dropping off flyers and have a pretty good feel for the place now. We couldn't love it more. We will be contributing articles in the Congress Park Newsletter geared toward the community and our clinical vision. Learn more about us at www.dailyappleclinic.com.

See this issue's Apple Clinic article on page 13!

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COVID-19 Bounces Fourth Grade Between In-Class and On-Line

By Vera F.



I wrote an article a while ago letting everyone know how life has been for a 4th grader in Congress Park. Life today looks a little different.

First, here's some background information: In March of 2020, we all went online for school because of Coronavirus. I didn't like being online then because I hadn't been on a computer much before, and I didn't really know how to use them.

In October 2020, we went back to school in person for four days and then 3rd through 5th grades were warned that we were going back online at the end of the week. That first time we went back to in-person school, there were kids who stayed

online and kids in the classroom all being taught by the same teacher. The teacher would go back and forth between the online kids and in-person kids and that was hard because the teacher couldn't really help everyone. But we all went back online soon after.

There was a protest one day where kids went on strike because they wanted to go back in person. I wrote a letter to the DPS School Board that I didn't go to online school that day because I believed we should be allowed to go back in person. I never got a response back and it didn't seem like the strike really worked.

I was upset because I had been looking forward to going to school in person since March. The back-and-forth made me feel like I could never stay in the same place and might be stuck online forever.

In January 2021, we went back to school and, so far, we've been in person for three weeks and counting. This is exciting because it is the longest we've been in person since Coronavirus started in March.

Since we've been back in person, the online kids are with a different teacher. This has helped the teachers to pay more attention to each kid individually.

I'm hopeful that we can stay in person for the rest of the school year and that we won't have to go back online in 5th grade. Maybe all the online kids can eventually come back in person, and Coronavirus will be gone and we won't have to wear masks in school.

COMPASS

2020 was a busy year!

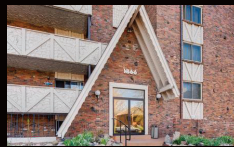
SOLD in Congress Park by Lisa Santos in 2020



100 Detroit Street #302



1069 Detroit Street (Buyer)



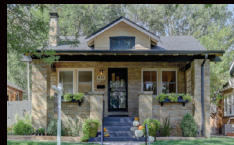
1366 Garfield Street #104



1200 Monroe Street



1427 Garfield Street



935 Cook Street (Buyer)



1419 Elizabeth Street



1443 Columbine Street



100 Detroit Street #308 (Buyer)



Lisa Santos

Broker Associate | 720.933.3377
lisa.santos@compass.com

MAISON
of Colorado

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Beginning Signs of Normalcy: Teller Elementary School Students Return to In-Person Learning

By Kyle Rose

The 2020-2021 school year has been anything but normal for Teller Elementary school students, but signs of normalcy returned the second week of January as Congress Park and South City Park children began filing through the doors of the Garfield Street campus for in-person learning once again.

As the coronavirus pandemic heads into its second year, the sounds of laughter on Teller's playground were a welcome sign to many Congress Park and South City Park neighbors that happier times lie ahead.

"Having children back in our building is something we all have longed for," said Teller Principal Sabrina Bates. "We want to express our deepest gratitude to our families for sticking with us and continuing to support us every step of the way. The saying, 'It Takes a Village' couldn't be more true right now, and Teller has the best village out there!"

About 80 percent of Teller students have elected to return to in-person learning for the spring semester, while about 20 percent have chosen Teller's 100% virtual learning option. While the logistics of running an in-person learning model and a virtual school - what amounts to basically two schools - have been challenging, Bates said Teller is committed to meeting the needs of every student and offering a robust academic program.

"One thing we have learned to be true is that our virtual students do best when they have a designated virtual teacher providing instruction versus watching live-stream instruction from an in-person teacher," said Bates. "With that being said, we are providing all virtual students with a designated teacher with the shift back to in-person learning."

Teller parents are also excited about the return to in-person learning. "Overseeing young children on their computers during remote learning while managing work and other obligations has been challenging to say the least," said Melanie Proulx, parent of a 1st- and 3rd-grader at Teller. "We are extremely grateful to the school staff who are welcoming our kids back into the classroom while following all the health and safety protocols to ensure they are safe."



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Teller's Annual Fun Run to Return in March

By Kyle Rose

Getting children back to in-person learning was a first step in the return to more normal days. Now, the school is looking at bringing back some of the traditional events the children look forward to every year. One of those events is the annual spring Fun Run - a high-energy, fundraising event centered around a fitness, leadership, and character-based program.

Prior to the pandemic, the Fun Run event would culminate in an outdoor event in which children would run an average of 30-35 laps around a



“speedway” on Teller’s outdoor field. The kids collect pledges and donations for each lap they run, with proceeds going to the Teller Elementary

Parent-Teacher Association that then distributes the funds to the school to support teacher staffing, educational programming, and technology maintenance among other things.

Last year’s Fun Run raised more than \$50,000, which helped support the school’s hiring of a restorative justice coordinator/social worker. This year’s Fun Run, which will be held on March 5, will look a little different. While the PTA hopes to be able to host the event on the school’s outdoor field, they are prepared to let the students skip, dance, walk, and run at their own pace to upbeat music in their classrooms. Virtual students participating from home can easily involve their families in the big event.

“The Fun Run is just one of those events the kids absolutely love, and we are doing everything possible to make it happen this year,” said Emily Musser, Teller PTA’s fundraising chair. “We hope the Congress Park and South City Park communities will join us in supporting our school, as fund-

raising this year has really been particularly challenging due to the impact of the pandemic.”

Congress Park and South City Park neighbors interested in supporting Teller’s Fun Run this spring can donate directly through a student’s online pledge form, at <https://www.aplos.com/aws/give/TellerPTA/FunRun2021> or text “GIVE XX RUN” to 1-844-601-0325 (where XX is the amount of your donation).

Photo: Jess Blackwell Photography



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Sultan Newman Group and Teller Elementary School PTA Launch 'Teller Centennial Home' Project

Fundraising Initiative Commemorates 100th Anniversary of Denver's Henry M. Teller Elementary School

By Kyle Rose

Sultan Newman Group, a team of Denver-based real estate agents with Compass, is partnering with the Teller Elementary School Parent Teacher Association on the "Teller Centennial Home" project — a unique fundraising initiative in which a local Congress Park or South City Park home seller will not only save on real estate commissions but also raise money for the PTA as Teller celebrates its 100th anniversary.

How it works: The Sultan Newman Group will randomly select one home seller to participate in the "Teller Centennial Home" fundraiser. The selected home will be featured in special marketing campaigns and receive a lowered commission when the seller agrees to donate a specified portion to Teller Elementary School PTA, a 501(c)3. The reduced commission is also lower than the "friends and family rate" that Sultan Newman normally charges its Teller Elementary sellers.

Sultan Newman Group's team leader Eric Sultan developed the idea for the Teller Centennial Home back in November after Denver Public Schools closed due to COVID-19, while homeschooling his two children who are Teller students.

"Teller is truly a special community that always works together to ensure all our kids feel welcome and supported," said Sultan. "The adjustments to remote learning caused by the pandemic have been hard on all of us, and so I wanted to create something that would engage the Teller community and showcase that 'we're Teller together' --particularly in light of the fact that Teller is celebrating 100 years of amazing service to our community."

Emily Musser, fundraising chair for the Teller Elementary PTA, said the school and the entire PTA organization are incredibly grateful for the Sultan Newman Group's generosity. "This initiative will generate a sizable donation for the PTA," said Musser. "That kind of donation will ensure Teller's ability to thrive not only during this pandemic but also well into the future."

Selling Your Home? Help Teller Too.

Home sellers who live within the Teller Elementary boundaries (York St to Colorado Blvd and 26th Ave to 8th Ave) and are interested in having their home featured as the Teller Centennial Home should contact Eric Sultan at 303-829-0814 any time before April 1, 2021. The Sultan Group will announce the Teller Centennial Home by April 8, 2021, and the seller will receive full real estate services from Sultan and Joseph Newman, one of Denver's top real estate teams with over \$46 million in homes sold in 2020 alone.

TELLER CENTENNIAL HOME

celebrating Teller Elementary's 100th Anniversary

Did you ever think that selling your home could save you money, result in a donation to Teller Elementary and potentially save you on taxes too? The Teller Centennial Home Project, produced by the Sultan Newman Group, can do just that!

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COMPASS



PTA

Do you want to sell your home this school year?

Yes! Do you live in Congress Park or have a Teller student at home?

No. Thanks for the many ways you support Teller!

Yes! Call Eric Sultan with the Sultan Newman Group and let him know you are interested.

No. Thanks for the many ways you support Teller!

Your home is selected at the Teller Centennial Home.

Your home is not selected.

Congratulations! The Sultan Newman Group will waive its 2% commission for selling your home and you can be a hero for Teller with a donation equal to 2% of the sales price of your home.

As part of the Teller Centennial Collection, the Sultan Newman Group will waive 0.5% of its commission so you can donate 0.5% of the sales price of your home to Teller.

WE MUST NOT, IN TRYING TO
THINK ABOUT HOW WE CAN MAKE
A BIG DIFFERENCE, IGNORE THE
SMALL DAILY DIFFERENCES WE
CAN MAKE WHICH, OVER TIME, ADD
UP TO BIG DIFFERENCES THAT WE
OFTEN CANNOT FORESEE.

- MARIAN WRIGHT EDELMAN -

Things to do in Congress Park on cold days

-Walk the dog and count the houses where you could help senior neighbors shovel the walk

-Renew your CPN membership

-Call a CPN Board member and volunteer for a task

My Senior Year at East: Change and Challenges

By Errin K

So much has changed since I finished my junior year at East High School. As a senior, I started and finished my first quarter of remote learning with a whirlwind of online meetings and classes. I dealt with the academic challenges of being a senior while trying to make the best of what little was left to be had of the “senior experience.”

One of those key senior experiences is gathering to watch the sunrise together as a class, known as the “Senior Sunrise.” As I picked up my best friend early that morning, we arrived at the park excited and cold. We found the perfect socially-distanced spot. Everyone was wearing masks, and there were kids scattered around in their little pods, many of them taking photos in their senior overalls. Making sure to stay away from each other, we drank our coffee and watched the sunrise. For the first time in the year, it felt like I had a chance of having the senior year everyone hopes for.

Throughout the following weeks, it felt like the community of East was reawakened. This year, I also felt like a lot of light was shed on underlying social issues that have been going on for too long. Eight weeks flew by, and as I neared the end of the first quarter, I grew excited about the possibility of going back to classes in person. Unfortunately, there was a COVID spike in the greater Denver area, and it was just not going to happen right away. When administrators thought we were going back in person, they gave out parking spots to those who entered the lottery, and some of the students painted their spots with amazing images and messages. So, to readers in the community, if you have the chance, I suggest you go to East’s parking lot to see some of the cool art that has been created.

As we went into the second quarter, college application season was in full swing. The half-day system allowed seniors extra time to explore colleges and dig into the application process. Luckily for me, none of the schools I was applying to required the SAT or ACT, so I was able to apply with just my grades, essays, and extracurriculars, which provided a more holistic application process in my opinion. There was some talk of going back in person, but those rumors would come and go like the snow outside our windows. The holidays passed and nothing much seemed to change. It has all felt so fast to me.

Before the end of the second quarter, East students were able to choose whether they wanted to continue virtual or brave the rollercoaster that would be in-person classes. In January, many students stepped back into the halls, some returning after almost a year and others for the first time ever. Because I also work, I ultimately decided to continue online. I am hoping to be able to possibly go back to campus during the fourth quarter, but nothing is set in stone during COVID as we all know.



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Nearby Nature: Come Outside And Play!

By Jacqueline Altreuter

The Denver Museum of Nature & Science is leading a partnership project with Denver Parks & Recreation to create natural play experiences in the southeast corner of City Park as part of the City Park Master Plan Update.

Nearby Nature is a Museum initiative focused on celebrating and amplifying the Museum's connections to the Nearby Nature of City Park. The goal is to inspire curiosity and a love of the outdoor environment, planting the idea that protecting and caring for it is something we can all do together.

"This is a win-win for Denver Parks and Recreation, the Museum and, most importantly, our community of City Park users," said Happy Haynes, executive director of Denver Parks and Recreation. "We were not expecting to be able to address this play space so soon and in conjunction with the redevelopment of the Dustin Redd Playground on the west side of the park. Partnering with the Museum allows City Park users to benefit from the opening of two newly redesigned playgrounds within the next few years."

"The Museum's mission is to be a catalyst and ignite our community's passion for nature and science. We are

excited to be able continue that mission in our own backyard of City Park," said George Sparks, president and CEO of the Museum.

The Nature Play project will restore portions of the historic DeBoer Waterway as a sustainable creek bed with water that runs the course of natural play experiences, based on Colorado's eight ecosystems. The community's voice is guiding project design.

Prior community feedback has led to design concepts that include multi-sensory, self-directed, inclusive, multigenerational, multi-seasonal play, along with opportunities for learning, respite and engagement through authentic, natural, playful experiences for people of all ages and abilities.

Community conversations about nature, science and play are continuing to help shape the design of this experience. What would you like to see in this outdoor play space? Participate and share your ideas at natureplay@dmns.org.

More on Nature Play

Visit www.dmns.org/natureplay.
Email natureplay@dmns.org to receive updates and event invitations.

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Proud Homeowner & Supporter of the Congress Park Neighborhood since 2004

"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

Wise Strategy

Protect yourself. Lock your residence even if you are going to be nearby. Lock your garage even if you are raking or shoveling out front. Don't leave valuables in your car where they can be seen. If you have to leave them in the car at all, put them in the trunk. Don't leave your car running unattended. A thief is always looking for easy opportunity. It takes only seconds to steal from the unwary.

Crime is Up Slightly in Congress Park in 2020

By Stephen Eppler, Crime Action Chair

Congress Park is not doing too badly, compared to other Denver neighborhoods, in the area of crime incidence, although it increased from 2019. Among Denver's 78 neighborhoods, Congress Park ranks 51st for violent crime compared to 53rd in 2019. However, we could protect ourselves better by being more alert and aware.

Denver is seeing some worrisome trends. In 2020, major crime increased by 18%, shootings by 51% (305 victims) and murder by 51% (95 killed). During the same period of time, arrests declined by 31%. This drop has been attributed to a shift in policing to online and phone contact and fewer in-person interactions due to COVID risks. Our current stay-at-home culture has spawned a dramatic increase in auto theft and theft from autos which increased by 59% and 38%, respectively.

Congress Park has been less affected than some other neighborhoods. Compared to 2019, violent

crimes increased in by 3, to 45 occurrences. Although the number of robberies increased from by 6 to 13, assaults decreased by 9 to 52 and sexual assaults fell by 7 to 6 (perhaps a by-product of social distancing?).

Auto thefts in Congress Park rose in 2020 by 61% to 99 cars. There was a 48% increase in the number of thefts from automobiles. In 2020 there were 114 car break ins. There were 94 hit and run incidents in 2020 compared to 121 during the previous year. This drop may be due to decreased driving during COVID-19.

There were 87 burglaries in Congress Park in 2020, an increase of 4 from 2019. Unforced entry was less common in 2020, but thieves still entered 49 residences through unlocked doors. Congress Park's ranking among Denver's 78 neighborhoods for burglary involving unforced entry improved to 32nd compared to 18th in 2019.



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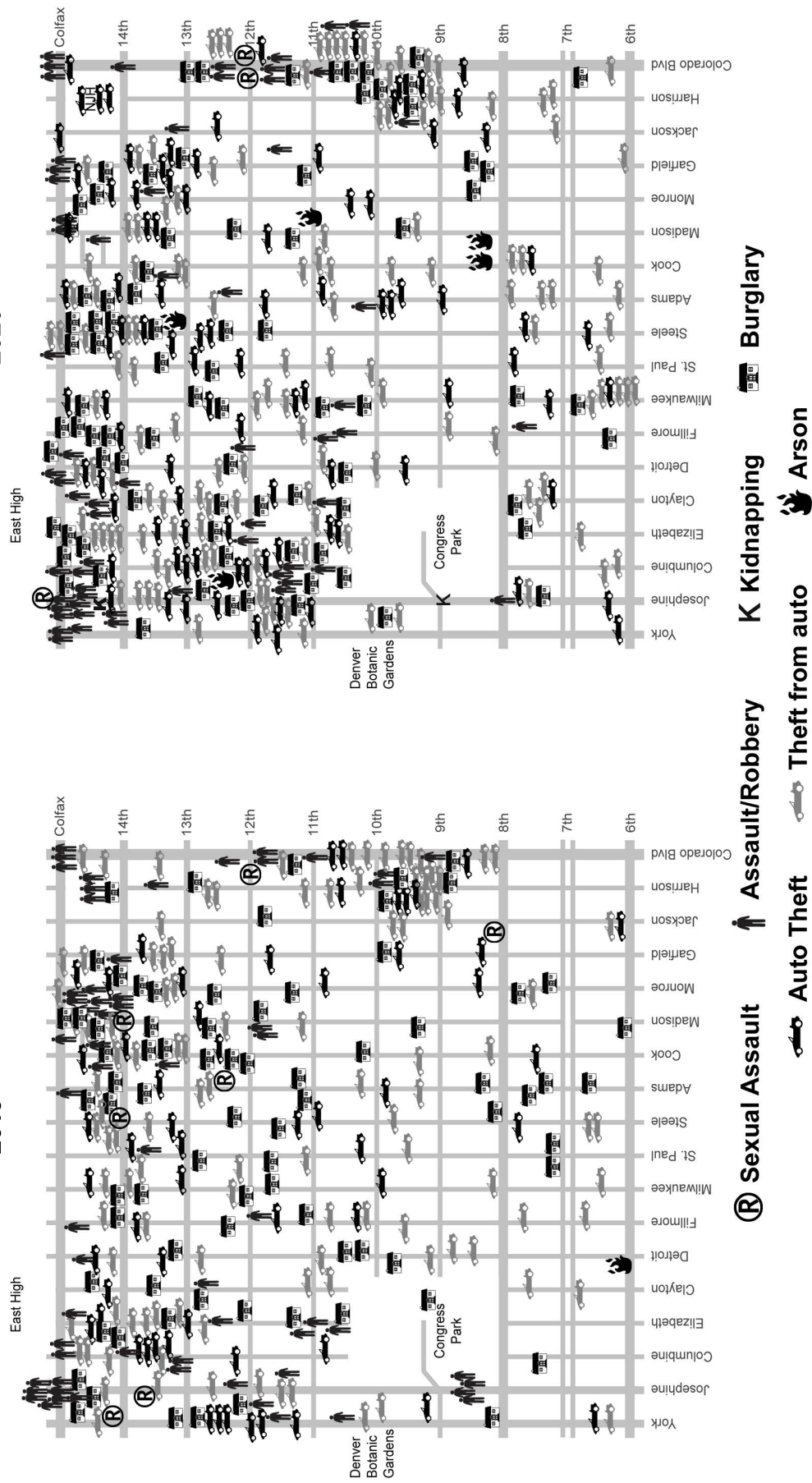
Contact Trish Kelly, your Congress Park neighborhood expert for real estate advice!

trish@trishkelly.com | 720.331.6377 | www.trishkelly.com | Congress Park Neighborhood Expert

CONGRESS PARK NEIGHBORHOOD CRIMES

2019

2020



The maps above show a compilation of all serious crimes reported to police within the Congress Park Neighborhood for the past two years. Crime mapping provided by the Congress Park Crime Action Committee from statistics relayed through the City and Police Department.

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

COVID-19 Updates

The vaccines are free. If you're being asked to pay, it's a scam. Report it to stopfraudcolorado.gov. Latest updates about vaccines and the overall COVID-19 response are at <https://covid19.colorado.gov/vaccine>

Vaccines can save lives, but so can you. Until the vaccines are widely available and most people have received them, Coloradans should continue to wear a mask, maintain physical distance, and avoid crowds and socializing with people outside your own household. Be an everyday hero.

Breaking Up with Plastic

By Eco-Cycle Boulder

While plastic waste entering the environment is a serious problem, it's only a piece of a much larger issue. Plastics contribute to climate change throughout their entire life cycle — from fracking and extraction of virgin resources, to production at chemical processing plants that emit air pollution, to their disposal in the environment or at landfills. Worldwide, roughly 300 million metric tons of plastic is produced each year, half of it for single-use items. A recent Science Advances study found that the US produces the most plastic pollution. Americans throw away enough plastic to fill a football stadium every 16 hours.

Avoiding disposable plastics can feel, well, unavoidable sometimes because so many products are made of or packaged in plastic. The issue of plastic pollution has been compounded by the COVID-19 pandemic as many more of us are ordering take-out and shopping online. While these behaviors help with social distancing, they also contribute to a plastic pollution problem that was already overwhelming before the pandemic.

As individuals, we can target the most common sources of plastic waste in our households. Check

out Eco-Cycle's Reduce Your Plastic Use Workbook, a step-by-step guide that shows you how to audit your waste and recycling.

Support Colorado's Plastic Pollution Reduction Act: Eco-Cycle and our partners have worked with Colorado Representatives Lisa Cutter and Alex Valdez and Senator Julie Gonzales to introduce the Plastic Pollution Reduction Act. The bill will ban polystyrene and plastic carry-out bags, put a fee on paper bags to encourage reusable bags, and strike a 1989 law that prevents local communities from regulating plastics and managing their own plastic pollution.

Learn More about Extended Producer Responsibility. Extended Producer Responsibility (EPR) partners with producers to take fiscal responsibility for the end-of-life management of the products they create.

For example, 11 states—including Colorado—partner with PaintCare to operate hundreds of paint drop-off centers, and paint manufacturers partner in reusing or recycling the product that they produce, rather than leave consumers solely responsible for finding a solution.

Find more about Breaking Up with Plastic at EcoCycle.org



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Health and Wellness: Discovering Purpose

By Paul and Monica, Daily Apple Clinic

When we consider and identify the key tenets of maintaining good health, one of the least known - and most important - is establishing and maintaining a personal sense of purpose and meaning. As we age, we gain important perspective by looking back on our lives to see what motivated us during each stage of our journey. Having a more mature point of view allows us the unique vantage of understanding the guiding forces that brought us to the place where we currently stand.

Why purpose matters

A study conducted by the University of Michigan School of Public Health in May 2019 (citation at right) analyzed data from over 7,000 people, looking at the association between life purpose and mortality among U.S. adults older than 50 years. The research discovered that having a life purpose was associated more strongly with longevity than gender, race or education level. The study authors defined “life purpose” as “a self-organizing life aim that stimulates goals.” They found that individuals lacking purpose were more than twice as likely to die prematurely than those with an end game in mind.

Having a sense of purpose was even more important in reducing mortality than engaging in regular exercise or avoiding alcohol or smoking. Importantly, the research noted that it doesn't seem to matter what incites passion in an individual. Rather, the key thing is simply to have something in life that excites us and drives us to live better.

Finding your purpose

Our sense of direction changes regularly as we travel onward. If you would like to figure out what your purpose might currently be, try this. Without comparing yourself to others, ask:

- Where do I find deep contentment?
- What comes naturally to me?
- How do I feel most alive?
- When do I experience tremendous joy?
- When do I feel most appreciated or valued?
- What necessary things do I do for others that I am good at and have a passion for?

Write your answers down as you go. Your responses may overlap or consist of more than one idea or area. Be careful not to underestimate yourself. Be thorough.

As you answer these questions and assemble the results, you will not only gain insight into what your gifts are, but you will have a new sense of how to share them with others. A picture will form of the person you are and the person you want to be. With this simple exercise, you will begin to discover your reason for being and your own, personal ‘why’. Best of luck on your journey of self-discovery! Be well and take good care.

Study Citation

Alimujiang A, Wiensch A, Boss J, et al. Association between life purpose and mortality among US adults older than 50 years. JAMA Netw Open. Published online May 24, 2019, 2(5):e194270. doi:10.1001/

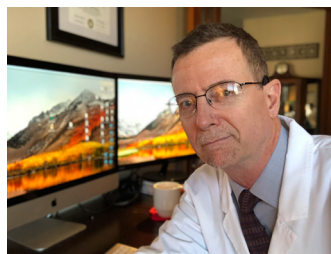


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Daily Apple Clinic survey

Black, Purple and Green Trash Carts

Put them out and take them back

Denver Public Works says the trash, recycling and compost carts make collection more efficient in service, equipment and fuel use; decrease litter and rodents; increase recycling; and make alleys cleaner and safer.

Residents are asked to **take back their trash and recycling carts to their own property** after collection. Retrieving the carts between collections ensures that everyone has access to the public right-of-way; prevents cart loss, misuse and damage; reduces illegal dumping in the carts;

minimizes recycling contamination, and provides clearer sight lines and a cleaner look for our alleys. Carts that are used improperly, including left in the street or alleys between collections, will be removed.

Large Item Collection: Every eight weeks an extra trash service will collect extra bags and large items next to your black cart. See DenverGov.org/Trash for the schedule in your area and put out the items only for that collection day.



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303-355-3735

100 years working to improve opportunities for at-risk women and children. Meeting via Zoom until further notice on 2nd Thursday.

www.zonta-denver.org

Volunteer Opportunities

Congress Park Neighbors

Meet new friends, share your expertise at neighborhood meetings and discuss issues that are shaping your neighborhood. In-person meetings are paused for COVID-19. Sign up for email blasts at www.congressparkneighbors.org

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Worship

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.

February is African American History Month, Children's Health, Cherry and Potato Month. February is also American Heart Health Month, and Friendship Month.

March is American Red Cross Month and Women's History Month. March is National Nutrition Month, National Optimism Month and Ethics Month.

April is Cancer Control, Autism Awareness, Child Abuse Prevention, and Jazz Appreciation Month. April is Keep America Beautiful Month and National Pet Month.

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.



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



"The good neighbor looks beyond the external accidents and discerns those inner qualities that make all men human and, therefore, brothers."

—Martin Luther King, Jr.

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)

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I am interested in learning more about:

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- ___ Newsletter distribution
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- ___ Outreach
- ___ Membership
- ___ Social events
- ___ Graffiti abatement
- ___ Crime prevention
- ___ Safe Streets/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.