

Congress Park News

The Quarterly Newspaper for The Congress Park Neighborhood

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Vision For Congress Park

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.

— 1995 Neighborhood Plan

Congress Park: Upcoming Projects & Opportunities for Improvement

By Sarah Komppa

Who is loving the new Congress Park pool this summer?! Speaking for myself, I couldn't wait to get the kiddos in the new "zero-entry" kids' pool, swim glorious 50 meter laps, and bask in the shade of Congress Park's lovely pool-side tree canopy. While it was fun to watch the construction progress over the last 12+ months, and my children are sad there are no more excavators, cement mixers, and skid steers zooming around on a daily basis, we had a blast during the soft opening weekend on July 23rd-24th! Get out there soon, the pool will close August 13th!

Now let's get ready for some additional Congress Park improvements...

Playground Improvements

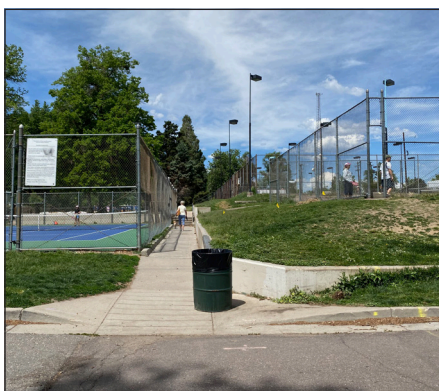
Before the end of the year, the Congress Park playground will be closed to start construction on a new playground. Construction is anticipated to be completed next summer. Design is complete, and early renderings suggest we can look forward to multiple different play elements for children of various ages and abilities. The park shade structure will remain, and a sidewalk will extend south towards 8th Avenue. We look forward to gathering with you when the playground opens next summer.

Tennis/Pickle Ball & Basketball Court Project

In Q4 2022 or Q1 2023, the Congress Park Pickleball, Basketball and northern-most tennis courts will undergo a transformation to double the number of Pickleball Courts (from four to eight), move the Pickleball Courts further west (reducing noise conflicts with adjacent neighbors), provide one additional newly-resurfaced tennis court (for a total of six tennis courts in the park), provide ADA parking, and provide a viewing and socializing area for pre- and post-game gatherings.

Final design is underway, but the likely

Continued on page 2



Congress Park residents currently use the "grand entrance" on the eastern edge of Congress Park at 9th Avenue.

CONGRESS PARK NEIGHBORHOOD FALL MEETING

Wednesday, August 17th

Register in advance for the Zoom-based meeting at:
www.CongressParkNeighbors.org

Upcoming Projects, Continued from page 1

option based on recent Denver Parks and Recreation (DPR) presentations and public comment includes a full basketball court. Construction is slated to last until the end of Q2 2023. We are excited to see the area refreshed and thank DPR for their efforts to date!

Opportunities for Improvement

Despite these three amazing projects in our beloved park, there are opportunities for DPR to make significant improve-

ments. First, the primary access for Congress Park neighbors currently coming and going to their namesake park is where 9th Avenue dead-ends into the eastern edge of Congress Park.

As the image on page one shows, this “grand entrance” currently leaves a lot to be desired. It would be a shame to waste this opportunity when DPR is investing in this area of our park not to enhance

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CONGRESS PARK NEIGHBORS 2022 Volunteer Board Of Directors

President

Vicki Eppler
1254 Clayton St.; 303-912-7988
president@congressparkneighbors.org

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treasurer@congressparkneighbors.org

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At Large

Judith Cohen
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Newsletter

Wendy Moraskie
1461 Milwaukee St.; 303-355-3735
wendyrich@msn.com

Neighborhood Organization Notes

And we thank these committed neighbors:

Congress Park Green Team Coordinator

Tara Tull
sustainability@congressparkneighbors.org

Crime Action

Steve Eppler
crime@congressparkneighbors.org

Congress Park Historic Preservation

Myles Tangalin and Vicki Eppler

Denver Botanic Gardens Liaisons

Vicki Eppler, Charlotte Redden, and Myles Tangalin

Thank you to all the neighbors that help with communications, membership, & more. You make Congress Park a great place to live!

Suggestions for the Board?

Send us an email at:

CPNBoard@congressparkneighbors.org

Congress Park Neighbors holds bi-monthly meetings, currently via zoom, on the 3rd Wednesday of “even” months. For meeting notifications, sign up at <https://bit.ly/3Deu831>.

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

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.

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

Editors

Wendy Moraskie
Sarah Komppa
CPN Board

Advertising Coordinator

Open Position! Is this you?

Layout Coordinator

Sarah Komppa

Distribution

Volunteers Always Needed

Your articles, letters and advertisements are always welcome. Reach out to Wendy at wendyrich@msn.com

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

*Important Note: The printing isn't free, so we are immensely thankful for our advertisers – our neighborhood professionals and business owners –who buy ads to share their talents with us, thereby making us aware of the dandy service providers among us, and supporting our efforts to bring you the hyperlocal news.



Considering leasing or purchasing an electric vehicle?

Check out all of the available rebates, from Federal and State rebates, to Xcel Energy rebates.

Did you know Xcel Energy has rebates for having your home wired for a 240V EV charger?

<https://ev.xcelenergy.com/incentives>

Congress Park News Pop Quiz!

By the Congress Park News Team

How does CPNews keep the lights on to bring you the neighborhood news?

- Magic.
- Volunteers, like you!
- Advertisers, deserving of your attention!

The answer is all of the above. CPNews exists because dedicated volunteers put it together, make it attractive, send it to the printer*, receive the bundles of printed papers on their doorsteps, and portion them out to the delivery volunteers, who

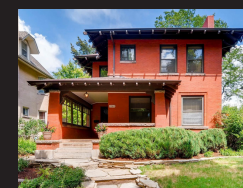
walk it to 4,000+ porches.

Why am I sharing how this ‘sausage’ is made? Because we can do it better with a few more volunteers. We urgently need help with the care and feeding of our advertisers, as well as news article collection and writing, and more delivery volunteers. If any of those sound like your cuppa joe, contact:

CPNBoard@congressparkneighbors.org

Wendy (volunteer editor, 303-355-3735)

2021 was a busy real estate market in CONGRESS PARK...



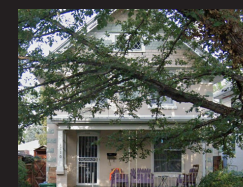
1240 Detroit
Represented the BUYER
Bought off-market



1343 Clayton
Represented the BUYER
Bought for **\$100K BELOW** the list price



1027 Madison
Represented the SELLER
Sold for **20% OVER** the list price



1110 Madison
Represented both the SELLER & BUYER
off-market listing



1154 Adams
Helped Homeowner find a year-round RENTER



665 Columbine
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I can help you in various ways with selling, buying and renting. And it helps that I know the neighborhood. I am proud to have lived in Congress Park for over 18 years.

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The Grace of Weeding

By Lee Lee

One of the first things I learned while in art school was to consider my eraser as important as drawing tools like pencils or charcoal. I've carried this over to the garden and practice reductive edits during Denver's hot and dry summers. Until potential monsoons arrive in August, local conditions are difficult for establishing new plants. Instead of trying to plant, consider a subtractive approach to landscaping by taking out weeds.

A weed is defined as a plant that is not wanted within the landscape we are working. While invasive weeds really should be taken out of our gardens because they have been proven to disrupt local ecologies, the definition of common weeds can be blurry.

Sometimes they are plants we love that are more aggressive and threaten to crowd out others. In this case, I like to dig out the offending portions, pot what I've taken out and keep them in the shadiest part of my garden in a sort of nursery where I can tend to them closely to re-establish the root systems. After the evenings start to cool again, these plants can be used to fill in spaces that offer challenging growing conditions, or exchanged with neighbors.

Digging out plants is a great time to amend the soil in small patches. Because Denver was built on an ancient lake bed, the soil here is made up of heavy

clay. This means there is high mineral content, but it presents challenging conditions in which to grow. It is hard for water to penetrate the ground to reach deep roots. It is easily compacted which makes it difficult for roots to deeply penetrate. When the ground is saturated, the moisture does not drain away, which can cause the roots to rot.

As we are digging out weeds in the summer, adding handfuls of sandy gravel to areas we have dug is a great way to create air pockets through which water may infiltrate to reach the roots of the plants while increase drainage. According to Annie Barrow, the Denver Botanic Garden's manager of horticulture outreach programs, it's good practice to mix the gravel into the existing soil so that it is about a 50/50 ratio.

There are quite a few plants many folks consider 'weeds' that have the potential to add flavor to the dinner table or act as herbal medicines. Urban forager Kate Armstrong teaches the value of such plants that are normally considered 'weeds'. After learning edible and medicinal properties of plants that thrive in otherwise neglected areas of the garden, I often leave them space to grow and harvest them when needed.

Mallow, for example, produces delicious nuts that have the texture of okra, but

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A list of Colorado invasive species is provided by the Colorado Department of Agriculture:

<https://ag.colorado.gov/conservation/noxious-weeds/species-id>

Lee Lee was born and raised in central Denver and maintains a creative practice at the intersection of visual art and ecology.

Contact her at:
www.virtualvoices.org
lee-lee@virtualvoices.org
Instagram: @seed.disperse



Teller Tutors Needed!

Thinking ahead to all the good you can do for your neighborhood public elementary school this fall?

Become a tutor at Teller Elementary and share the gift of literacy with our youngest learners.

Contact Bridget Stroh at bridget.berninger@gmail.com to learn more!

Teller PTA: Call to Action

From the Teller PTA

In the immediate aftermath of yet another senseless gun tragedy, it is normal to feel despondent and confused. How are we here yet again? We have gathered resources to help us process our emotions and talk to our families as well as learn more on how we can get involved to make a difference.

1. Resources shared by Principal Bates:

- Talking to Kids About Violence <https://www.nasponline.org/>
- Helping Your Children Manage Distress in the Aftermath of a Shooting <https://www.apa.org/>
- Coping with Violence <https://www.naeyc.org/>

2. If you would like to directly help those involved in Uvalde's Robb Elementary School tragedy, you may make a donation to the Texas Elementary School Shooting Relief Fund.

3. Get involved with some of the following organizations that offer toolkits and ways to take action:

- Sandy Hook Promise
- HONR Network
- Moms Demand Action /Everytown for Gun Safety
- Project Child Safe
- Choose Love

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Tom Yeoman
Broker Associate



Cell: 720-243-1712
Email: Tom@ThomasYeoman.com
www.ThomasYeoman.com



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Protect Your Pets from Hot Weather Hazards

From the Colorado Humane Society, AKC, PETA and the Dumb Friends League

Summer can be fun – and dangerous for our pet friends. Owners will want to be alert to threats like our hot temperatures, bugs that spread disease, and loud noises that can cause anxiety.

The Companion Animal Parasite Council reports that Colorado and the West are expecting a higher number of ticks and mosquitos this year, which can lead to the spread of Lyme disease, heartworms and other maladies.

Remove your animals from the heat immediately if they pant or drool excessively, have difficulty breathing, have an increased heart rate or any apparent weakness. If your animal collapses, has seizures or diarrhea, or throws up after

exposure to heat, take them to a veterinary emergency room.

We’ve heard these precautions before, but they bear repeating:

- Pets should not be left in a car, even in moderate temperatures. The inside of a vehicle parked in 70-degree weather can reach 100° in just 20 minutes. On very hot days, temperatures inside parked cars can climb to 140° in less than one hour. Even cracked windows won’t protect your pet from overheating or suffering from heat stroke during hot summer days.
- Animals should be kept inside and

Continued on page 12

The inside of a vehicle parked in 70-degree weather can reach 100° in just 20 minutes. On very hot days, temperatures inside parked cars can climb to 140° in less than one hour.

HAPPY PEOPLE:

1. Live with a loving partner
2. Spend 30 minutes of quality time with their kids at least five times a week
3. Own a dog
4. Spend < one hour per day watching TV or playing video games
5. Have people in their lives in whom they can confide after a difficult day
6. Eat at least six servings of fruits or vegetables daily
7. Meditate at least once a week
8. Visit the doctor and dentist at least once per year
9. Have good natural light at home.
10. Live near nature, whether it’s a park close by, houseplants or a fish tank inside, or a window through which they can clearly see outside.
11. Can articulate their sense of purpose or life mission
12. Care for loved ones, such as growing children or aging parents.

Buettner, Dan.
The Blue Zones of Happiness: Lessons from the World's Happiest People (p. 42). National Geographic Society. Kindle Edition.

On Happiness

By Paul & Monica, Daily Apple Clinic

As members of a robust community like ours, you are undoubtedly aware of how wonderful it is to partake in the environment, great neighbors and amenities in CP. You know the collective joy you experience when you greet your friends and engage with others in active endeavors. But, is there a way for us to define these good feelings?

Finding the Zone

Dan Buettner, the author of *The Blue Zones of Happiness: Lessons from the World’s Happiest People*, writes that happiness can actually be measured - both objectively and subjectively. As he researched the knowledge base created by experts who had quantified happiness, he was able to condense their ideas into twelve life characteristics that are common to the world’s happiest people. See

his distillation in the side column.

Joy as a Process

As you may have suspected, finding happiness is an incredibly important part of your journey. When you are happy, you are most likely in the place that is best for you, with the people that are best for you, and doing the things that are best for you. All you have to do is choose to do them. Of course, you may not be able to accomplish every item on the list, but as you make decisions about how you are going to live, your happiness has the potential to improve - one step at a time.

Making Joy a Habit

Since most things don’t happen overnight, this does require a little patience

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Have you heard?

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NEIGHBORHOOD STATISTICS FOR SINGLE FAMILY DETACHED HOMES - CONGRESS PARK

 1,076,514 AVERAGE LIST PRICE	 1,179,302 AVERAGE SOLD PRICE	 4 AVERAGE DAYS ON MARKET	 2,431 AVERAGE TOTAL SQ FT	 756.88 AVERAGE PRICE PER SQ FT ABOVE GROUND
------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------

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




Photo: Jess Blackwell Photography

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City Council Notes from District 10

By Chris Hinds, Denver City Councilman, District 10

Stretch of E. 17th Ave Reopens After Stormwater Safety Improvements

Denver’s Department of Transportation and Infrastructure (DOTI) has fully re-opened East 17th Avenue between York Street and Colorado Boulevard after completing upgrades to the underground stormwater pipe system. As travelers utilize the corridor once again, they’ll also notice a new safer crossing into City Park at Garfield Street.

The stormwater project is part of a larger effort to build a bigger and better stormwater management system on the City’s east side of town to more effectively carry and convey water that flows through the area in big storm events. This project is in Denver’s Montclair basin, the largest basin in the city without a natural waterway to convey stormwater, and an area of town most at risk of flooding. Montclair Basin flows north and west from Fairmount Cemetery through the Montclair, Congress Park, South City Park, Park Hill, Cole and Whittier neighborhoods to Elyria, Swansea, Globeville and ultimately the South Platte River. Future projects will build off this new system as funding becomes available, ultimately reaching and providing relief to well-known flood areas, including 14th Avenue and Krameria Street. The project team will continue to work east of Colorado Boulevard for the next few months.

At Garfield Street, people crossing into City Park will notice a new median and traffic signal (to be operational in coming weeks) to provide people on foot and on bike with a safer option. The crossing at 17th Ave is the northern end of a new neighborhood bikeway being installed on Garfield Street from 17th Ave to Cherry Creek Drive North that will connect City Park with the Cherry Creek Trail. Some new signals will be added along that stretch of Garfield

Street to prioritize travel by bike and reduce through-traffic by people in cars. The project furthers the city’s goals of creating a safe multimodal network that connects people to the places they want to go.

Home Energy Upgrade Rebates

Homes in Denver come in a variety of shapes and sizes. More importantly, how we use energy at home varies when

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Contact City Council

Christopher Hinds, District 10
720-337-7710
district10@denvergov.org
chris.hinds@denvergov.org

Robin Kniech, Councilwoman At-large
720-337-7712
kniechatlarge@denvergov.org

Deborah “Debbie” Ortega, Councilwoman At-large
720-337-7713
ortegaatl@denvergov.org


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- Nat & Kathy Fay



Lisa Santos

Broker Associate
720.933.3377
lisa.santos@compass.com

- 20+ years CP Resident & Realtor

- \$38,596,000+ in CP sales

Lisa Santos is a real estate broker affiliated with Compass, a licensed real estate broker and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. This is not intended to solicit property already listed. Photos may be virtually staged or digitally enhanced and may not reflect actual property conditions.

COMPASS

District 10, Continued from page 8

we take into account a home’s age and structure, the number of people living in the home, and the change in season throughout the year. Making your home energy efficient can improve comfort and indoor air quality while reducing your energy bills. It can also help the city meet its climate goals while protecting public health.

- Rebates are not retroactive, rebates can only be used for projects that have signed contracts on or after April 22, 2022.
- Rebates can cover up to 80% of the total installed project cost or

the incentive amounts listed below, whichever is lower.

- Available to residents to receive an up-front discount from their contractor on their project cost. Contractors must submit applications, not homeowners.

To utilize this program, you have to:

- Live in the City and County of Denver.
- Be using the rebate for at an existing residence. New construction is not

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Healthcare for the whole family in Congress Park

Services we provide:

- Comprehensive care for the whole family
- Immunizations
- Online scheduling
- Virtual appointments

Call 303-812-3800 or visit SCLHealth.org/CongressPark to conveniently schedule online.



Located on the 5th floor of the Center for Outpatient Health on the campus of National Jewish Hospital

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303-812-3800 | 7 a.m. to 5 p.m. Monday – Friday

Teller PTA, Continued from page 5

4. Learn more about Firearm Violence Prevention and the ongoing research in the area through the Center for Disease Control.
5. Use the National PTA’s Policy Brief on Gun Safety and Violence Prevention to demand change in your community.
6. Use the VoterVoice system to send an urgent message to your members of Congress today to insist they work across the aisle to pass sensible gun safety and violence prevention policies that ensure our children are protected from harm. Call your senators, John Hickenlooper (202) 224-5941) and Michael F. Bennet (202) 224-5852) once a week to demand action. THIS IMPORTANT ACT TAKES LESS THAN 3 MINUTES.
7. Learn about our gun laws at the state level. You can access Everytown’s report on Colorado at this link: <https://everytownresearch.org/rankings/state/colorado/>
8. Research suggests that engaging in a small act of kindness can improve your mental health. As we close out Mental Health Awareness month (May), consider where you can engage in a random act of kindness for someone else in the Teller community. This is a chance to brighten your day and theirs.

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Taking Action on Crime

By Denver DA Beth McCann

I am honored to have this opportunity to share the work of the District Attorney’s Office with you. Congress Park is my home. I know it’s been a rough few years, especially in the face of the national rise in crime driven by the economic and societal hardships from COVID, the prevalence of guns in our community, the devastation wrought by the opioid epidemic and the lack of adequate mental health and substance abuse treatment.

Violent crime is a priority in my office. We handle hundreds of cases, but because of the COVID backlog, the ones that go to trial are the murders, attempted murders, and sexual and other assaults. The attorneys and staff are in court every day trying these cases and working with the victims of crime. In May, we indicted 10 members of a violent group known as the “Few But Plenty” gang for allegedly committing drive-by shootings and terrorizing people. We charged 114 felony counts that involved 47 victims.

The increase in motor vehicle thefts in our area has been extremely frustrating for our community, and we are working hard to address it. My office just obtained a grand jury indictment against 11 defendants who are accused of running a large motor vehicle theft ring responsible for at least 130 stolen cars with a total value of more than \$3 million and using the proceeds for drugs and guns. We work closely with the Metro Area Motor Vehicle Theft task force to investigate and prosecute these crimes.

The rising opioid epidemic is also a driving factor in crime; the pervasiveness of fentanyl, a deadly drug that is cheaper and more easily obtained than heroine or other opioids, is a national crisis that killed more than 100,000 people in 2021. I supported the recently passed fentanyl bill to give prosecutors more tools to address those who prey on people addicted to drugs, including a charge of ‘distribu-

tion resulting in death,’ and increased penalties for drug dealers. These are welcome changes. The bill also includes important funding for education about fentanyl, along with millions for distribution of naloxone, which counteracts the effects of overdoses, and fentanyl strips which can detect the presence of fentanyl. In addition, the bill provides funding for much-needed substance abuse treatment in county jails.

We have to hold people accountable for criminal behavior but we also need to look at the harder question: What can we do as a community to prevent crime from happening in the first place? Our successful diversion programs, specialty courts and restorative justice program prevent repeat criminal behavior and help people make better life choices.

One such program is the Handgun Prevention Program (HIP). In response to the alarming spike in criminal cases involving juveniles with handguns, we partnered with Denver Juvenile Court, the State Public Defender, Denver Juvenile Probation, and others to launch a rapid response to non-violent gun offenses committed by our youth. We hope to disrupt the cycle of violence by intervening in the lives of teenagers caught with guns before they are victims or perpetrators of violence.

People hurt by crime deserve a process that will help them heal. Restorative justice seeks to repair the harm to the victim and the community caused by criminal acts. This voluntary program offers rehabilitation for the defendant (rather than incarceration) and healing for the victim (rather than continued trauma and suffering). In the last two years, 141 people have successfully completed the program with an astonishing recidivism rate of 2%.

Continued on page 12

Note From District Attorney, Beth McCann

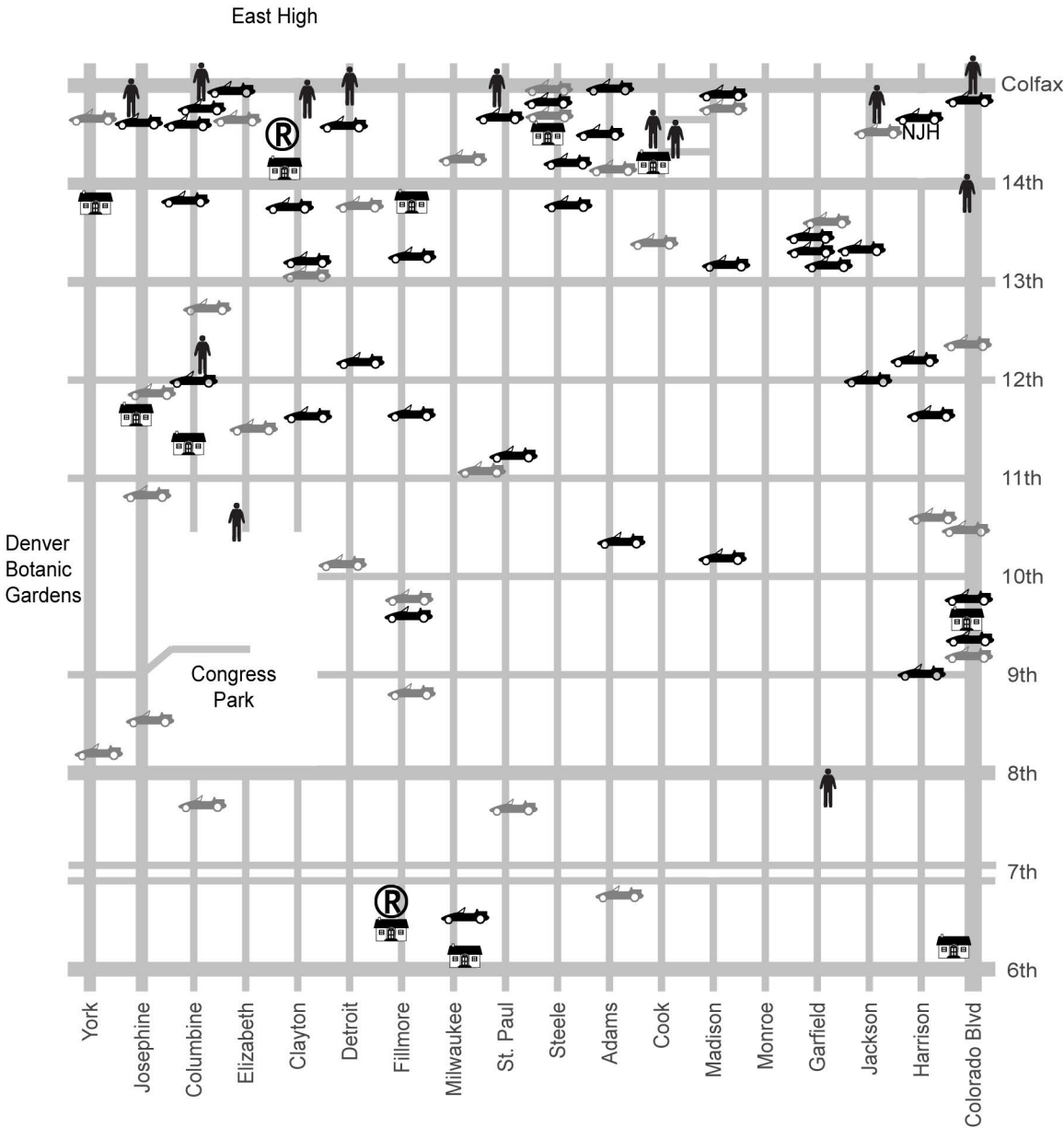
Please know that I hear your frustrations about the crime spike. Know that our office along with other city agencies take the problem seriously. It might not make the headlines, but we are working together to find smart solutions, rather than knee-jerk reactions that wreak social and economic consequences which only drive more crime for generations to come.

In the wise words of Manhattan District Attorney Alvin Bragg, “The two goals of justice and safety are not opposed to each other. They are inextricably linked.”

Contact DA McCann

Phone: 720-913-9000
Consumer Fraud: 720-913-9179
Victim Advocates: 720-913-9000
Email: info@denverda.org

CONGRESS PARK NEIGHBORHOOD CRIMES JANUARY - MARCH 2022



- Ⓡ Sexual Assault
- 👤 Assault/robbery
- 🏠 Burglary
- 🚗 Auto Theft
- 🚗💰 Theft from auto

The map above shows a compilation of all serious crimes reported to police within Congress Park in the first quarter of 2022. Crime mapping provided by the Congress Park Crime Action Committee from statistics relayed through the City and Police Department.

CPN Crime Action Committee Mission Statement:

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.

Action on Crime, Continued from page 10

A conviction review unit is an essential part of an effective and modern prosecutorial office because if the wrong person is convicted, the only person who benefits is the true offender. I now have the funding to open a Conviction Review Unit which will examine cases in which a person maintains that they are actually innocent of the crime charged. The unit will also handle the petitions for clemency and will review sentences that seem disproportionately long.

Our prosecutorial teams put their hearts into ensuring that those who inflict harm on our community are rightfully held accountable for their actions. Nevertheless, it is critically important to ensure that justice is done in those rare instances where someone asserts a legitimate claim of actual innocence or a sentence that is now overly harsh in light of statute changes. It is equally important to ensure that we are always examining our work, learning lessons and constantly improving.

District 10, Continued from page 12

- eligible.
- Live in either an existing single-family homes or multi-family building of 4 units or less.
- Be Xcel Energy customer.

Please visit the City’s Climate Action, Sustainability & Resiliency website to see if you’re eligible based on the income guidelines before you apply.

Affordable Connectivity Program

Did you know that low income households qualify for affordable high-speed

- internet, and can sign up for the ACP (Affordable Connectivity Program) to reap this benefit?
- 40% of households in the country qualify for this needs-based program
 - To see if you qualify, visit this site and view internet providers in your area
 - Affordable means plans are \$30/month, no extra fees
 - High speed means download speeds of at least 100 megabits per second and no data caps.

Pets, Continued from page 6

- cool whenever possible. Exercise your dog in the early morning or evening hours, instead of during the middle of the day when it’s hottest.
- If a pet is outside, make sure they have plenty of water, cool grass (not artificial turf) to walk on, and be alert for the warning signs of overheating.
 - Avoid walking pets on hot concrete and asphalt that can burn their footpads. If it’s hot to the touch, leave the pets at home.
 - Keep your pet well groomed. A matted coat traps in the heat, attracts parasites and can cause skin sores. Resist the temptation to shave off

- all of your pet’s hair, as the hair coat protects against sunburn.
- Keep your pet away from spots or puddles of auto coolant in garages, driveways or parking lots. The sweet taste of this poisonous liquid is tempting to animals, but it can be fatal. Consider using a more pet-friendly variety of coolant that is non-toxic.
- See the American Kennel Club’s website, AKC.org, for ideas on coping with loud noises (like fireworks!) For more pet-friendly ideas, go to coloradohumane.org, ddfl.org (Denver’s Dumb Friends League), or maxfund.org.



Buying an electric bike or electric cargo bike?

Check out Denver’s E-Bike and E-Cargo Bike Instant Rebates.

A limited number of rebates are available each month for Denver’s e-bike and e-cargo bikes. Denver residents can save up to \$1700 on the purchase of an e-bike from a qualifying shop.

Upcoming Projects, Continued from page 2



“Option B” was presented in May 2022 by Denver Parks and Recreation and was the fan-favorite in public polling, keeping the full-size basketball court.

the park entrance for the daily users coming and going to/from the neighborhood.

Additionally, 9th Avenue east and west of Congress Park is recommended as a Neighborhood Bikeway (NBW) per the Denver Moves Bicycles Plan Map Viewer. (Yay!)

Yet, DPR currently has no plans to accommodate or plan for bikes traveling through the park. In fact, the new sidewalk in front of the pool is narrower than the previous sidewalk, making it difficult for a pedestrian and cyclist to pass comfortably.

Even the recent pool soft opening weekend proved that DPR underestimated the number of people that would arrive at the pool by bike, given their provided bike racks were full and multiple over-

flow bikes were locked to the surrounding pool fence. This also proves children and adults already bike through and to the park. Just wait for the new playground and pickleball courts to open!

As a cycling momma of two kiddos, our family regularly bikes or walks along 9th Avenue and travels through Congress Park to the playground, the new pool, and the Botanic Gardens, crossing Josephine at the flashing light “Hawk Signal.” We also venture further west along 9th Avenue to Cheeseman Park. I speak for many when I say we could benefit from a better and safer experience walking or biking through the park adjacent to the Denver Police facility, Denver Water Facility and DPR Maintenance Facility.

In summary, it is my sincere hope that DPR will take a minute to plan for bikes of all types moving *through* the park, connecting 9th Avenue and the greater City of Denver’s growing bike network AND take this opportunity to make the eastern entrance to the park at 9th Avenue a “grand” park entrance on par with our great neighborhood.

If you would like to provide DPR feedback, the DPR Courts Replacement Project Manager is Mercy Wright and can be reached at mercy.wright@denvergov.org.

DPR also asked that feedback about the Courts Replacement project be directed to Councilman Chris Hinds. (chris.hinds@denvergov.org, 720-337-7710)

Happiness, Continued from page 7

and perseverance. Experiencing happiness is a lifelong process - you must not only choose to do it but practice it - every day. It requires consistent effort and intention as you change for the better. Moving forward, you will discover that attitude truly does matter. And, looking back, you will discover that living a joyful life was always up to you.

So... you’ve got the list, and it’s never too late to start. Try to implement these items in ways that matter to you and make amazing choices today and every day.

Be well and take good care,

Paul and Monica, Daily Apple Clinic
www.dailyappleclinic.com

Water Use Rules and Regulations

From Denver Water

It's hot out and the plants are thirsty! Give them a crink, and follow a few simple tips to help reduce water waste.

From May 1 to Oct. 1, among other summer watering rules, customers must:

- avoid watering between 10 a.m. and 6 p.m.,
- avoid watering during rain or strong winds and
- avoid watering sidewalks and streets

There are exceptions, however, like watering for up to 21 days to establish plant material. Denver Water's operating rules (see denverwater.org) detail the

policy in full.

Denver Water offers a variety of incentives to help customers conserve — rebates, efficiency contracts and tips on how to use less. Denver Water also employs traveling “Water Savers” to enforce watering rules to reduce water waste and meet Denver’s conservation goals.

Colorado’s semi-arid climate means everyone needs to do their part to ensure adequate water supplies will be available well into the future. Thank you for continuing to use only what you need.

Weeding, Continued from page 4

on a miniature scale. When this plant is too aggressive in more formal beds, it may be torn out and all parts of the plant may be enjoyed. Stems may be chopped, tossed in olive oil and salt and roasted until crisp to add a nutrient dense punch to top salads. The ruffly round leaves may be used to replace lettuce in making gluten free wraps, and the roots are me-

dicinal when brewed as tea. Perspective is everything, and beauty is in the eye of the beholder.

So, when prodding around the gardens during the relatively cool summer mornings, I like to practice the wisdom that every plant has a gift and strive for balance in my (slightly wild) urban gardens.

Illegal Parking Problems Near You?

Contact City of Denver Parking Enforcement or Denver Park Rangers by dialing

311

Upcoming Neighborhood & City Events

August 17	Congress Park Neighborhood Meeting Held virtually via Zoom; for more info, visit congressparkneighbors.org
August 18-20	Cherry Creek North Food & Wine Festival https://www.ccnfoodandwine.com/
August 22	Denver Public Schools, First Day of School
August 24	Congress Park Trash Collection Town Hall Hear from DOTI about trash collection, and voice concerns. More info at congressparkneighbors.org/
September 21	Congress Park Neighborhood Membership Deadline Only Members in good standing are eligible to vote or run for office. Good standing, as defined by our bylaws, are members who obtained membership a minimum of 3 months prior to December 21 2022.
October 19	Congress Park Neighborhood Meeting Held virtually via Zoom; for more info, visit congressparkneighbors.org
November 2-13	Denver Film Festival https://www.denverfilm.org/denverfilmfestival/

Have an upcoming community event to share? Email Wendy at wendyrich@msn.com

Neighborhood Advertisers Directory

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.
Service Club	Zonta Club of Denver 100 years working to improve opportunities for at-risk women and children. Virtual meetings every 2nd Thursday. www.zonta-denver.org 303-355-3735

Let your neighbors know how your local business and services can help them. For advertising rates, email Wendy at wendyrich@msn.com

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www.CongressParkNeighbors.org



Congress Park Neighbors Membership Form

Your neighborhood needs you! Join your neighbors today. The information below will only be used for contacting you about Neighborhood issues.

Name(s):

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☐ Individual or Family Membership (\$20)

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☐ 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.