



# N<sub>e</sub>ws

Summer /Fall 2021

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## **Keep Our Neighborhood Students Safe**

By Caroline Allen, Teller Elementary School PTA President

In recent years, the streets and intersections surrounding Teller Elementary School have become increasingly unsafe --particularly during student drop-off and pick-up times--due to drivers being reckless and careless in the school zone. We've witnessed drivers crossing into oncoming traffic, stopping in crosswalks, running stop signs, failing to yield to pedestrians, parking in the designated no-parking "Kiss-n-Go" Lane, and, in general, exhibiting aggressive behaviors.

These unsafe drivers have hit several Teller staff members and parents. Earlier this year, a Teller child and parent were struck by a hit-and-run driver.

School leadership and parents have taken many steps to address these ongoing issues. The Teller PTA has met with Denver City Councilman Chris Hinds and officials from Denver's Department of Transportation and Infrastructure

(DOTI) to share a list of questions and ideas for safety measures. Suggestions include speed humps/bumps, flashing school zone lights, better signage for no-parking and loading-only zones, and active policing of the area to enforce traffic ordinances and state statutes.

Most recently, representatives from Teller participated in the Congress Park Neighbors RNO meeting in June, where Councilman Hinds and representatives from DOTI were invited to share solutions. You can find a copy of the PTA's presentation <https://bit.ly/3h3O7GJ> and a recording of the meeting, <https://bit.ly/3w0302A>.

While we were able to secure a commitment to repainting crosswalks around the school, which occurred in August, and cutting back trees that limit the visibility of existing school zone signage, Hinds and the DOTI officials did not offer any substantive solutions.

The Teller PTA board and other concerned community members have been working through the summer to identify and fund other measures to address these issues. We also will continue to put pressure on our city officials, including DOTI, to do more. Our goal is to have additional measures in place by the start of the school year.

We welcome other Congress Park community members to join us in our efforts! Please email [vicepresident@tellerpta.org](mailto:vicepresident@tellerpta.org) if you would like to get involved in helping create a safer environment for Teller students and all residents of Congress Park.

### ***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 & distributes it to more than 4500 residents & businesses within the area bounded by Colfax Ave., Sixth Ave., York St. & Colorado Blvd.

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

Editor:  
Wendy Moraskie

Ad Coordinator:  
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to volunteer.

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Your articles, letters  
and advertisements  
are always welcome.

**We need your help  
with production &  
distribution.** If you  
can volunteer a few  
hours every quarter to  
help your neighbors  
get the news, please  
call Wendy or Tom.

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

## Help with this Newsletter

This newsletter is an amazing product of neighborhood love! It arrives on your doorstep quarterly as a result of a lot of collaboration.

We need a range of help, including article curation, layout, advertising coordination, and delivery. It all comes together quarterly because of our wonderful volunteers and we need more of you!

Your contribution can occupy a few hours per quarter, and benefit all 4500+ households in our neighborhood. We especially need help currently with layout and connecting with advertisers.

Contact Tom Conis or Wendy Moraskie (info below) to tell us how you want to help.

## Your Congress Park Neighbors 2021 Volunteer Board of Directors

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

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

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

Sign up at [www.congressparkneighbors.org](http://www.congressparkneighbors.org) to get CPN e-blasts with current meeting info.

## Got Your Shots --and Mask?

Masks again? Yes, because the COVID-19 delta variant is more dangerous. The CDC and local health experts are recommending that even vaccinated people wear masks in crowded situations.

The delta variant is much more infectious than the original strain of the virus that causes COVID-19. Each person who contracted the original strain, on average sickened about 2 to 3 other people. The delta variant is almost twice as infectious. People infected with the delta variant are passing the virus on to about 4 or 5 other people. And delta will not be the last variant we see.

Let's discourage variants that could mutate beyond current vaccines' efficacy. All our grandmas continue to urge everyone to get vaccinated as soon as possible. [Visit Denver's vaccine website.](#)

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

And we thank these committed neighbors:

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

Steve Eppler—Crime Action  
crime@congressparkneighbors.org

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

## Let's Get Physical!

By Paul and Monica

As residents of our delightful neighborhood, we are truly fortunate to live in a place that allows us to be active. We can go for a swim or visit a nearby gym. We can bike and play tennis or golf or chase around with our kids. We can stroll through City or Cheesman Parks or the Denver Botanic Gardens or do some gardening of our own.

Most of us know by now that physical activity is essential for maintaining a healthy weight and reducing the risk of chronic conditions such as heart disease, diabetes and cancer. As an added benefit, staying active promotes mental and emotional wellbeing by increasing focus and mental clarity, improving our state of relaxation, and even staving off dementia.

Two interesting studies have recently shown that exercise is about as close as we can get to the fountain of youth. The University of Birmingham in London compared a group of older adults who engaged in physical activity most of their lives to a group of sedentary younger adults. Amazingly, the active older adults had the immune systems and muscle mass of the younger group. The study also showed that cholesterol and fat percentage did not increase with aging in those who continued to be physically active. A second study done by the University of Cambridge found that individuals who started exercising two and a half hours every week, even when starting later in life, reduced their risk for early death.

What kind of exercise is best?

The experts at the U.S. Department of Health and Human Services recommend that adults engage in a minimum of 150 minutes per week of aerobic exercise, such as walking, swimming or biking. The exercise should be of "moderate intensity," meaning your heart rate and breathing should be elevated, and you should sweat slightly.

They also recommend muscle strengthening exercises at least twice a week. This improves metabolic function, reduces your risk of falls, and, when you exercise your muscles, you also increase the density and strength of your bones. If lifting weights is too much of a challenge, try elastic bands (you can purchase online or find them in most gyms), or simply use your body weight by including exercises such as squats, lunges, planks, push-ups and pull-ups in your workout. It's a fantastic way to stay in shape.

(continued on page 5)



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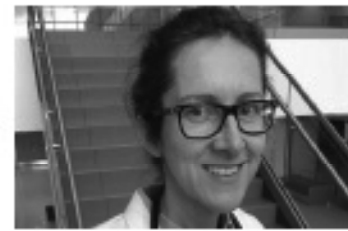
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Daily Apple Clinic survey

## Teller Calendar Changes and Bell Schedule

By Sabrina Bates, Teller Elementary School Principal

Denver Public Schools announced that the the 2021-2022 school year will run from Monday, August 23 ( a week later than in past years) through Friday, June 3.

The full school year calendar is available on the Denver Public Schools website at [www.dpsk12.org](http://www.dpsk12.org).

In addition to the calendar changes, the DPS Transportation Services Department has announced it is implementing a three-tier bell time system in order to ensure bus driver positions are fully staffed and that busses arrive at their destination on time.

As a result of this new system, many DPS schools will be implementing new start and end times for the 2021-2022 school year. Teller students will now begin class at 7:35 a.m. and will be dismissed at 2:35 p.m.

As always, we appreciate our Congress Park neighbors keeping these start and end times in mind as they travel throughout the school's immediate area between Garfield and Jackson streets and 11th and 12th avenues.

We know you share our No. 1 goal: to keep students safe when crossing these intersections during arrivals and departures.

## Sweeping and Paving Season Continues

By Nancy Kuhn and Heather Burke  
From Denver Department of Transportation

The street sweeping season continues through November, and people may still be confused about which day they can park on which side of the street.

Not sure? To avoid a \$50 ticket, you could take a photo of the sign at the end of the street to save on your phone for quick reference and mark the days on your calendar.

You can also sign up for sweeping reminders at [www.pocketgov.com](http://www.pocketgov.com).

Street sweeping keeps dirt and debris out of our air and water and prevents flooding caused by clogged storm sewer inlets. Because dirt/debris gathers primarily in the curb line of the street, DOTI asks residents to move their cars so that street sweepers can get all the way to the curb.

Denver's paving season is also underway. Be aware of those temporary no parking signs indicating a paving project. They should be placed on streets to be paved at least 24 hours in advance of crews arriving.

Cars left on the street when work begins will be moved – typically within a two-block radius of where the car was parked – and vehicle owners will receive a \$50 citation for parking in a no parking zone. Given the continued economic hardships related to COVID-19,

DOTI will refrain from issuing an additional \$100 citation for the tow during the 2021 paving season. Residents who need help locating their cars following a short-tow can call the city's non-emergency line at 720-913-2000 for assistance.



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## Teller: Thanks for Support and Eyes on the Field

By Sabrina Bates, Teller Elementary School Principal

As so many of our neighbors know, this year has been challenging on many fronts due to COVID-19. On behalf of the staff and students at Teller, we just want to thank you for the continued support you have shown the school this past year. We greatly appreciate it and love being a part of the Congress Park community!

### Keep Pets off Teller Property to Protect Students, Playground & Playing Field

We need your help, Congress Park neighbors! We've learned that some community members are bringing their dogs on to the Teller school playground and field before school, after school, and on the weekends. This is problematic for a number of reasons:

1. Per city ordinance, dogs are not allowed on school property for the safety of everyone.
2. Dog claws cause irreparable damage to the field. As some of you may know, after more than two years of effort and more than \$200,000 in funding we now have a beautiful artificial field. Our students finally have a safe place to run and play, and we want to keep it that way.
3. Not only are community members bringing their dogs on to the playground, the dogs are peeing and pooping on the new field. Even when deposits are picked up, the germs remain.

This behavior is unacceptable and unsafe, and our students will be the ones suffering. Also, we cannot afford to replace the field. Let's keep the field clean for the kids.

We are asking for our neighbors' help. If you see dogs on the Teller playground and field, please remind the owners that no dogs are allowed on school property and report them immediately.

Animal Control for the city and county of Denver advises us that the only way they can help us is if this type of activity is reported in real-time.

## Let's Get Physical!

By Paul and Monica

Continued from page 3.

And, if you think exercise is boring... why not make it fun?! This is the perfect time of year to get outside to stretch your legs, get some sunshine and breathe in some of that amazing Colorado fresh air.

We encourage you to wear your masks, wash your hands, maintain distance and get your vaccines, but to share these moments with folks both close to you and new friends as well. Being out in nature is restful, rejuvenating, and clears out the cobwebs when we need to refocus and be productive, too.

As population immunity improves and the masks hopefully come off later this year, the same ol' germ rules will apply that we learned in kindergarten, but until then we can still stay active while we protect ourselves and each other.

Be well and take good care.

## Report animals on Teller Fields

To make a report:

1. Call 311 immediately and select the option for animal control.
2. Make a report in real time as you witness it.
3. Animal control will hopefully respond in time to ticket the pet owner.

Thank you for your help!

**Tom Yeoman**  
Broker Associate



Cell: 720-243-1712  
Email: [Tom@ThomasYeoman.com](mailto:Tom@ThomasYeoman.com)  
[www.ThomasYeoman.com](http://www.ThomasYeoman.com)



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**Congress Park Neighbors website**  
Check out what's new at  
[www.CongressParkNeighbors.org](http://www.CongressParkNeighbors.org).

### Your City Council Representation

District 10  
Chris Hinds  
720-337-7710  
e-mail: [Chris.Hinds@ci.denver.co.us](mailto:Chris.Hinds@ci.denver.co.us)

At-Large  
Debbie Ortega  
720-337-7713  
e-mail: [D.Ortega@ci.denver.co.us](mailto:D.Ortega@ci.denver.co.us)

At Large  
Robin Kniech  
720-337-7712  
e-mail: [robin.kniech@ci.denver.co.us](mailto:robin.kniech@ci.denver.co.us)

## City Councilmember Chris Hinds Collects Trash Concerns

By Councilman Chris Hinds

We've heard from many neighbors in Congress Park regarding the new Department of Transportation and Infrastructure policy of having trash receptacles brought to the front of homes instead of using the alley.

This shift in service has been confusing and frustrating for many of you, and several of you also raised valid concerns. Some include the lack of advance notice, lack of stakeholder process, the difficulty of moving trash bins up and down the Denver roll that's common in Congress Park, that trash bins are now occupying significant space on our streets, and how apartment buildings still have their trash trucks drive up alleys to empty dumpsters.

Also, you shared how the purpose of building alleys in the first place was to make the front yard and street a pleasant experience while putting cars, garages, and trash in the alleys. My staff helped compile and document those concerns so that I could send them to DOTI – the Solid Waste division specifically. We've done that.

At this point, I still have concerns that should be addressed, and we continue to hear concerns from many of our neighbors in Congress Park. I've asked for time in committee to get DOTI on the record to address their approach to the citywide trash changes as well as specifically addressing the mess in Congress Park.

This request has support from Councilmember Ortega and President Gilmore, and Councilmember Herndon, the chair of the committee that oversees DOTI, is in the process of finding a time on the schedule. DOTI has talked about how there's "80% compliance," but as one constituent recently noted in their email to us: we should strive for service for our residents, not "compliance."

Best regards,  
Chris

### CPN adds a note

At the neighborhood meeting, CPN thanked Councilmember Chris Hinds for his work on this issue and posted his letter on the website. CPN notes that a consultation about the efficient use of funds might be in order. The utilities department of DOTI seems to have purchased equipment that is requiring thousands of neighbors to work for it, rather than obtaining equipment that works for the existing infrastructure.

Additional issues caused by this change include, but are not limited to, the difficulty in finding adequate space on the street for trash bins alongside cars, the unsightly look of trash bins in the street, versus in the alleys, which were designed for trash and other secondary uses, and the conflict on street sweeping days.

We appreciate Chris's recognition that DOTI's goal should be service to residents, and not residents' "compliance."

### Extreme Community Makeover Offers a Place for Your Talents

Looking for a way to get outside and make a difference?

Extreme Community Makeover coordinates volunteer teams to partner with Denver residents to improve their own homes and neighborhoods. These projects build safer environments; cultivate community among residents, neighborhoods, and networks of local resource providers.

When we get to know our neighbors and build relationships with

them, we start to help and look out for one another and that's part of living together in a shared geographical space.

In the busyness of life today, we often don't take time to meet our neighbors, which is why Extreme Community Makeover exists - to build relationships between neighbors and across neighborhoods.

Check out the website for upcoming events.

## Summer and Fall 2021 Green Team Action Tips

Collected by Barbara Rivera, Congress Park Green Team

Excerpts from “The Newman’s Own® Organics: Guide to a Good Life” by Nell Newman,

There are simple changes we each can make to contribute less to the climate crisis.

PART 2: includes highlights from chapters on Communication, Money/Credit/Investing, and Shopping

### COMMUNICATION

#### **News**

Communicating and staying connected with the rest of the world do carry what environmentalists call a “resource price.” Printing the national Sunday edition of the New York Times uses 75,000 trees! Green Tip: Get your news online rather than printed news.

#### **Phone service**

Your phone company may not support your values. Credo mobile phone and long distance give a portion of its profits to economic justice, voting rights, climate justice, civil rights, women’s right and peace. Since 1985, members have generated over \$91 million for progressive groups working hard for social change simply by using Credo mobile, energy, long distance or credit card services. [www.credomobile.com](http://www.credomobile.com)

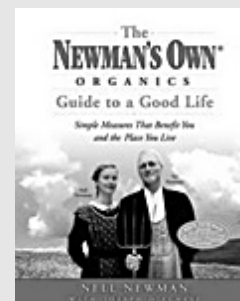
#### **Mounting Tide of Mobiles**

Americans discard over 130 million cell phones each year. In 5 years that will amount to 65 thousand tons added to landfills. Many working phones are discarded after the phone was dropped and screen shattered. There are many places to recycle or donate your used phone these days, but move photos onto your computer or portable drive and make sure to erase all other data on your phone before donating. Info at: [www.clark.com/donate-old-cell-phones](http://www.clark.com/donate-old-cell-phones). Green Tips: When you buy a new phone, immediately protect it with a tempered glass screen protector and a good bumper phone case. Keep your cell phone in good shape,

use a car phone holder, and keep a phone as long as it still works. If it is still working well, it’s relatively inexpensive to replace a broken screen, especially compared to buying a new phone. Give your old phone to your children, nephew or neighbor, or an organization that re-uses them, to give it a second life.

#### **Paper & Printing**

Americans do a better job of recycling paper than they do of buying it back. Most “recycled” paper is made of only 30-50% used (postconsumer) content, and the rest is unused virgin fiber scraps. While certainly



Our mission is you.

**New location to care for  
your family in Congress Park.**



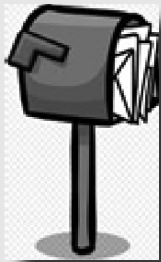
[sclhealth.org/congresspark](http://sclhealth.org/congresspark)

## Summer and Fall 2021 Green Team Action Tips

From the Congress Park Green Team

better to use the scraps lying around the paper mill, it is even better to give a second and or third life to previously used paper. And printer toner and ink cartridges can be reused and recycled.

**Green Tips: Print Responsibly.** Choose paperless for all bills and banking, buy only “recycled” copy paper with highest postconsumer content possible, print on both sides, use scrap sheets for grocery lists and notes. Contact your local office supply store about recycling toner/ink cartridges.



### **Junk Mail, Catalogs**

Cancel the mailed catalogs and shop online! Junk mail production kills around 100 million trees per year, and the energy needed to print and deliver a one-day junk mail volume in the US is enough to heat 250,000 homes. 42% of junk mail is never opened and goes to landfills. Reduce your junk mail at [www.opt-out.cdt.org](http://www.opt-out.cdt.org) or [www.DMAchoice.org](http://www.DMAchoice.org)

**Green Tips:** Read digital books and online news and catalogs. Get your reading material from used bookstores or the public library. Donate old books to used bookstores, and share your magazines with senior centers.



### **MONEY, CREDIT & INVESTING**

“Ironically, money can compete with living a good life... and may be the single cause of our alienation from nature.” The Iroquois Nations made all decisions with respect to the future impact on the next 7 generations! Instead of the gross national product (GNP) to measure how “well” things are going in this country, we should measure the “well-being” of the citizens of our planet.

**Green Tips:** [VisionOfHumanity.org](http://VisionOfHumanity.org) maps the peace index, terrorism index and ecological threat ratings of all countries. The health of our people, air, water and species sharing the planet should be the measure of our success.

### **Investments**

You can pick investments and buy products

that are environmentally and ecologically sound from corporations that respect these values. Business is one of the most influential means of change, and how we influence business as a consumer is one of our best opportunities to encourage conscientious action. Over half of Americans own stock and millions own mutual funds. Americans have a powerful tool for righting wrong through our wallets and checkbooks.

Most investors are “conventional” seeking profit alone. However, other investors choose investments according to personal values (social, ethical, environmental). For example, the Domini 400 Social Index began over 30 years ago by screening for companies that don’t profit from tobacco, gambling, nuclear power or military contracts while supporting positive environmental impact, good citizenship, employee relations and diversity.

Domini continues to help investors meet their personal financial goals while using their investments to build a brighter future for all. Choosing a financial advisor to support thoughtful investing allows you to positively impact corporations that support these ideals. Social investing gives people hope. It is a way to address real problems in the world.

**Green Tip:** Invest in people through KIVA, loans that change lives. Make micro-loans of \$25 (or more) to individuals around the world who need investors for agricultural, commercial and educational endeavors. When the loan is repaid, you can re-loan your \$25 to another person. [www.kiva.org](http://www.kiva.org)

### **Banks & Credit Cards**

Every day, each of us supports big corporations. Every swipe of a credit card enriches not only the store you are buying from but also the card provider and bank (through fees and interest). You can determine where those fees will be invested. Think about who profits from your credit card, banking and investment money.



## Summer and Fall 2021 Green Team Action Tips

From the Congress Park Green Team

Use your money to benefit yourself, your immediate community and the world you live in. Choose a credit card that donates a portion of its profits or is issued by a credit union or small bank known for its community investment. Choose a local credit union over a national corporate bank to keep your money in your community.

### SHOPPING

To live is to consume. But we make a change for the better by thinking twice about our purchases. Shoppers have enormous clout, and sellers go to great lengths to earn your business. When you choose to buy natural, nontoxic products you are stating your consumer values: health of your family and community natural resources are important to you. If a company has not been a good neighbor (by polluting, not recycling, denying workers a fair wage) you can withhold your dollars until they shape up. It is great to recycle, but it is even better to reduce and reuse our waste.

### **Gifts**

Selecting gifts for people you respect or love is one of life's great pleasures. Low-impact gifts like certificates to movies, restaurants and spas generate no waste. Shop locally for organic goods (wine, cheese, honey) and patronize local artisans of sustainable crafts and global organizations that guarantee workers a living wage. Green Tip: Avoid plastic credit card type gift cards that are not recyclable.

### **Home Building Supplies and Furnishings**

Potentially harmful toxins lurk in products like fiberglass, adhesives, paint, varnish, paint strippers. The odor left behind in construction comes from volatile organic compounds (VOCs). A simple rule of thumb: if you smell them, they

are getting into your lungs. Seemingly benign furnishings like sofas and mattresses have been known to irritate skin. Pressure treated lumber is impregnated with arsenic to resist rot and water damage. Look for alternative products like those made from sustainably harvested lumber that won't harm you or the environment. In addition to your health and safety, purchasing these products helps the communities where they are made stay healthy.

### **Cosmetics**

The cosmetic industry is woefully under-regulated. Read labels of all personal care products. Products labeled "natural" or "hypoallergenic" may be as likely as conventional products to have long-term effects. Do your research, and develop a more mindful shopping routine that allows you to feel good about what you buy.

Green Tips: Shopping Cardinal Rules: Buy not what you want but what you need. Anything you purchase has consumed more of the earth's resources. There is more trash. More fossil fuels were used to make, wrap and transport the item. More pollution is created.

### **Think Before You Spend**

Before handing over your money, ask yourself these questions:  
 --Do I really need it?  
 --Can I reuse something to get the same job done?  
 --Can I repair something I now own?  
 --Can I buy a used, vintage or recycled version?  
 --Are there any manufacturers I should avoid?  
 --Are there any socially or environmentally responsible manufacturers I can support?

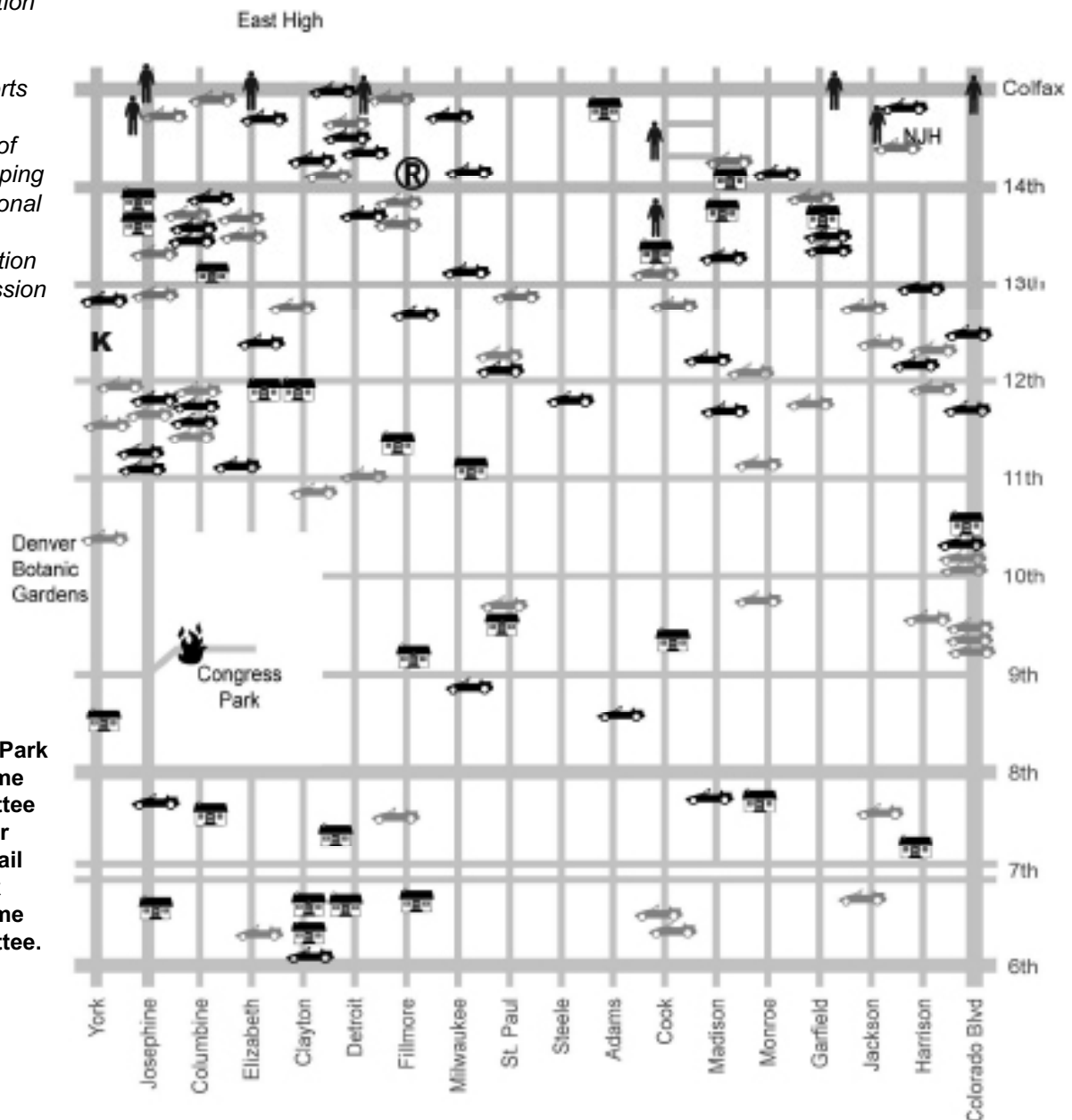


**"Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it." -Anon.**

## CONGRESS PARK NEIGHBORHOOD CRIMES JANUARY - MARCH 2021

*"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

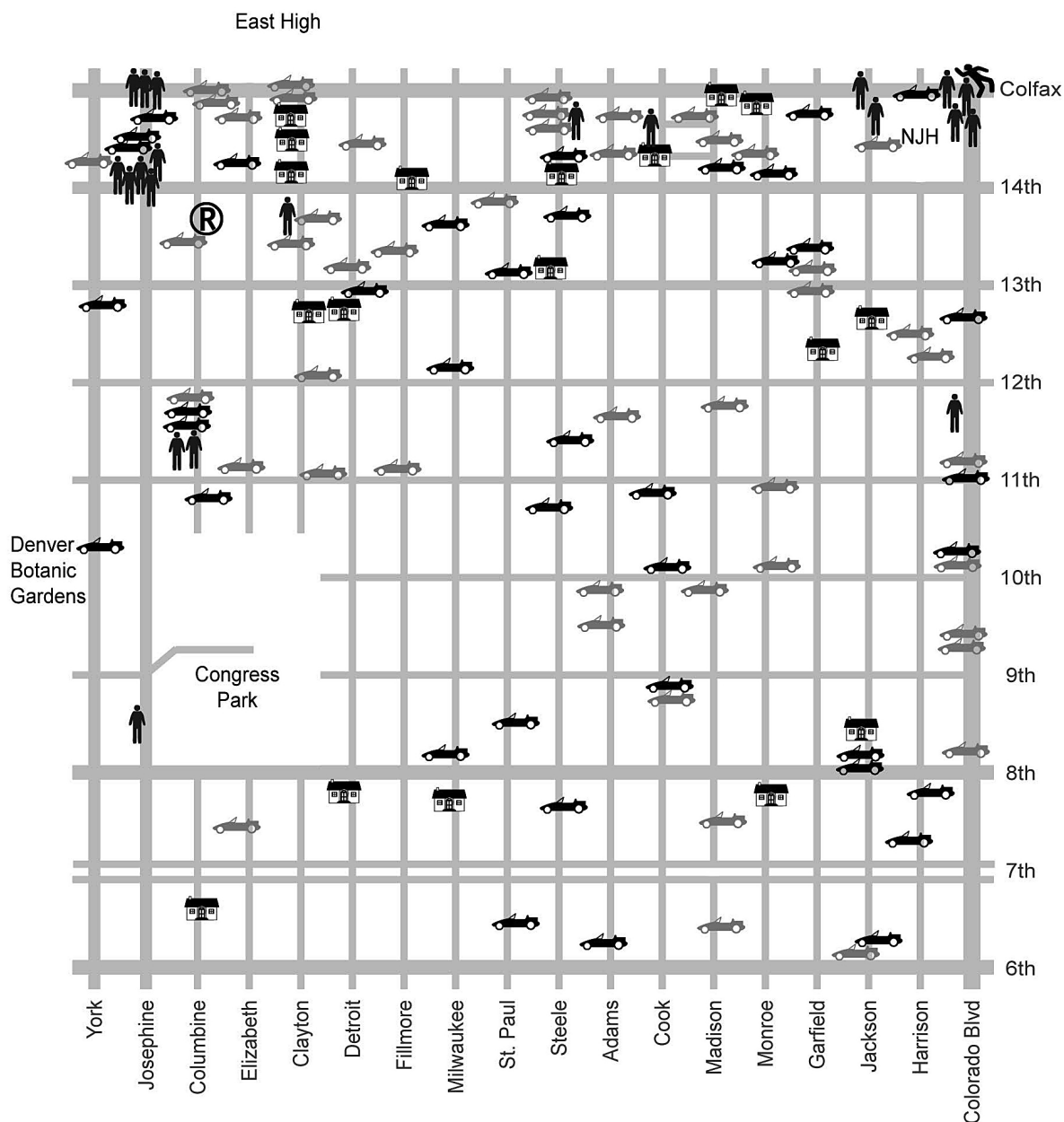
The Congress Park Neighbors Crime Action Committee needs you. For more info, e-mail Congress Park Neighbors Crime Action Committee.



- Ⓜ Sexual Assault
- ↑ Assault/robbery
- 🏠 Burglary
- 🚗 Auto Theft
- 🚗 Theft from auto
- K Kidnapping
- 🔥 Arson

The map above shows a compilation of all serious crimes reported to police within Congress Park in the first quarter of 2021. Crime mapping provided by the Congress Park Crime Action Committee from statistics relayed through the City and Police Department.

## CONGRESS PARK NEIGHBORHOOD CRIMES APRIL - JUNE 2021



-  **Murder**
-  **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 second quarter of 2021. Crime mapping provided by the Congress Park Crime Action Committee from statistics relayed through the City and Police Department.

## Auto Theft Increasing in Congress Park

### Wise Strategy

Protect yourself and your neighbors. If a crook is successful anywhere in the neighborhood, he may be emboldened to return.

- Lock your residence, bike and car even if you are going to be nearby,
- Lock your garage even if you are raking or gardening out front.
- Don't leave valuables in your car--at least not where they can be seen.
- Don't leave your car running unattended.

A thief is always looking for easy opportunity. It takes only seconds to steal from the unwary.

by Stephen Eppler

Comparing Denver's overall crime statistics between the first quarters of 2020 and 2021 identifies several trends. Throughout Denver most types of violent crime including assault, robbery, and rape have diminished, perhaps due to less public association. Murders have increased as have gun discharges into occupied vehicles and residences. Fortunately, these types of crime have not occurred in Congress Park (CP), but we have other crime types rising.

Denver property crimes especially auto theft and theft from cars have increased by 92% and 12% respectively. In Congress Park these crimes have risen by 327% and 29%. This reflects the historically low rates of these crimes in CP. Our neighborhood crime stats are coming to more closely resemble the rest of the city.

In this first quarter comparison, thefts of vehicle catalytic converters increased from 4 to 24 (600%) within CP. Using a battery powered 'Saws-All,' a thief can remove a catalytic converter --which contains valuable Palladium (\$2800/oz), Platinum (\$1200/oz) and Rhodium (\$26,200/oz) --in less than 5 minutes. Resale to a recycler can bring up to

\$300 with little risk of prosecution. Replacement typically costs between \$1000 - \$3000 depending on the vehicle. This can effectively total an older, low mileage car, especially if the owner has elected not to carry comprehensive insurance.

Older hybrids especially Toyotas (Prius and Auris) and Hondas (Accords, Odysseys and Elements) are favored targets. Ford and Chevy SUVs and pickups (especially large V8s and diesels) are attractive since high ground clearance facilitates easy access and rapid removal.

There are multiple theft prevention strategies. Try to park in a garage, in well-lit areas, close to building entrances, near a fence or next to a low profile vehicle. Calibrate your auto alarm to detect vibration. Limit access to the catalytic converter by installing a protective cover. Etch the VIN or license plate number into the catalytic converter to alert the scrap dealer that it was stolen and identify the owner. Carry comprehensive insurance on older vehicles to limit your monetary loss to the deductible amount.

### Can You Help "A Little Help?"

Need a little help? Or, are you looking for a way to help our older neighbors?

If you have a few hours a week or every other week, contact A Little Help and volunteer. You might be running errands or picking up groceries, helping with outdoor chores or sharing your friendly voice on the phone.

A Little Help is also a way for students to fulfill their community service hours. A Little Help is proud of their volunteers, and

provides the highest quality professional development for them resulting in an 80% retention rate. Volunteers build positive relationships with their senior neighbors.

Volunteers benefit from their involvement in an intergenerational community and the opportunity to give back to strengthen their own neighborhoods.

Check out [ALittleHelp.org](http://ALittleHelp.org), or call 720-242-9032



## **LEADing Toward Smarter Criminal Justice**

From District Attorney Beth McCann's office

In 2021, Denver announced an innovative new pilot program to get people facing substance use and prostitution crimes into treatment instead of jail.

The LEAD (Law Enforcement Assisted Diversion) program was piloted in Seattle and allows police officers to divert folks on the street to case managers who will determine the pressing needs for low-level drug offenders and sex workers instead of entering them into the criminal justice system.

Denver was awarded a state grant to establish the program in Denver, which will be piloted along the Colfax corridor and Civic Center Park. The LEAD program allows us to give people a first chance before a second chance is needed.

LEAD is a pre-booking diversion program that aims to improve public health and to end the cycle of recidivism. Instead of being charged and booked following an arrest, the arresting officer identifies the arrestee as a potential participant for the diversion program and subsequently connects them with a case manager. This case manager then provides a holistic approach to connecting the individual with resources such as housing and substance use treatment services or enrolling the participant in vocational training courses. The main principle of LEAD is collaborative partnerships between local law enforcement, district attorney's offices, sheriffs, treatment providers, and other community stakeholders. This partnership will be a requirement of all LEAD grants.

Four communities receive up to \$575,000 per year, to operate LEAD as a pilot program for a three-year term: City of Alamosa, Denver County, City of Longmont, and Pueblo County.

## **Juvenile Justice from the Youth Perspective**

### ***The Denver District Attorney Youth Advisory Council***

From District Attorney Beth McCann's office

Do you know a young person who is interested in the community and might have some insight on juvenile justice?

We are fortunate to have gathered a group of engaged, dedicated, and diverse youth ages 11-18 who are committed to helping young people make good choices and not ending up in the criminal justice cycle.

The Council works with the district attorney to gather community concerns, generate ideas for improvement, and discuss the role of the District Attorney's Office.

District Attorney Beth McCann wants to get input from youth concerning improvements to our criminal justice system. She believes that youth are best served when they are active participants in decisions made about them. She will look to the expertise of our youth to enhance and transform our juvenile criminal justice systems.

Our Youth Advisory Council has met three times. These young people have incredible insight and are a fun and thoughtful group. If you or someone you know would like to join them, learn more about the [Youth Advisory Council here](#).

### **Learn more about LEAD**

Learn more about Denver's LEAD program from Colorado Public Radio <https://www.cpr.org/2019/02/19/denver-program-aims-to-divert-low-level-drug-prostitution-offenders-away-from-jail>.



**Denver DA**  
Beth McCann, District Attorney

### Large Item Pickup Days

Oct 19-23  
Dec. 14-18

### There's No Place Like Home

...to find the professional you need.

Congress Park is home to a wide range of professionals, and many have their offices within easy reach.

One hive of activity is at 12th and Monroe. Need a massage? A legal opinion? Estate Planning? Check out the sign boards at this office building for all those and more.

## Play Therapy Relieves Stress

By Peggy Charles

Is your child experiencing emotional or behavioral issues at home or school? Pandemic stress has been really hard on children and parents alike. Everyone could use some extra emotional support right now.

While adults find relief in talking over their difficulties with an understanding therapist, children often cannot express their thoughts and feelings in words. When children have the opportunity to show how they feel through toys, they often feel better because their feelings have been released.

Through play therapy, children learn how to express their thoughts and feelings in constructive ways, to control their behavior, to make decisions, and to accept responsibility.

Could your child benefit from play therapy individual sessions? Check availability with Dr. Alison Sheesley, PhD, LPC, at her office at 12th and Monroe.

These sessions are offered at lower-cost because they are being provided by a counselor-in-training who is under close supervision by a licensed professional counselor and experienced play therapist. The practice is following all CDC guidelines.

Learn more about the practice and child-centered play therapy at: [www.comedyistherapy.com](http://www.comedyistherapy.com)



## Alliance Center Reopens Hard-to-Recycle Station

By Ann Goetz

The Alliance's Center's Hard to Recycle Station reopened to the general public at the end of July!

Where do you take those huge pet food bags, drink pouches, light bulbs, batteries, ink cartridges, old, dry pens, cleaning products and six-pack rings?

The Alliance Center knows who wants them. Stop in at 1536 Wynkoop St Suite 100, check their website for a downloadable list, or call 303.572.1536 for details.

The Hard to Recycle Station is an Alliance community resource that diverts hard-to-recycle items from the landfill. We take many common waste items that aren't accepted by standard recycling systems. Then we send them to companies and partners who prevent them from going to the landfill. Since its creation, the Hard to Recycle Station has prevented hundreds of thousands of items from entering the waste stream!

Note that they now charge for e-waste donations to cover processing costs.

The Alliance Center exists to solve systemic problems. Their award-winning green building is a demonstration site for sustainability in action. It is also a coworking and event space, home to many of the state's leading nonprofits focusing on social, economic and environmental wellbeing. They mobilize their diverse network to accelerate solutions at the intersection of environment, community and economy.



### Window Cleaning

**Twin Pines Window and Gutter cleaning.** Also offering house cleaning, leaf clean up and seasonal snow shoveling. Contact Bob at 303-329-8205. Offering complimentary estimates since 1994.

### Worship

**10:30 Catholic Community**  
1100 Fillmore, 303-333-9366  
Vatican II Eucharistic Catholics. Sunday Mass 11:00 a.m., Children's Religious Ed & Youth Group 10:30 a.m.

### Service Club Meeting

**Zonta Club of Denver**  
303-355-3735  
90 years working to improve the status of women and children. Monthly dinner meeting 2nd Thursday, \$30.

### Worship

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

## Neighborhood Directory


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

*For advertising rates, call 303-355-3735*


**Think outside  
the big box.  
Shop at your  
Congress Park  
businesses.**



landscape architecture  
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Josephine St



**matthew bossler, pla**  
matthew@shiftplandesign.com  
720-295-2387  
Madison St

**SHÎFT**  
PLANNING  
DESIGN

Congress Park Neighbors, Inc.  
P.O. Box 18571  
Denver, CO 80218  
[www.CongressParkNeighbors.org](http://www.CongressParkNeighbors.org)



### Congress Park Neighbors Membership Form

Your neighborhood needs you! Join your neighbors today.

Name:

Date:

e-mail:

I am interested in learning more about:

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

☐ Main Street (Colfax) refreshing  
☐ Rezoning my house  
☐ Historic Preservation  
☐ 12th Avenue Business Support  
☐ Newsletter reporting  
☐ Newsletter advertising  
☐ Newsletter production  
☐ Newsletter distribution  
☐ Neighborhood Watch  
☐ Outreach  
☐ Membership  
☐ Social events  
☐ Graffiti abatement  
☐ Crime prevention  
☐ Traffic  
☐ 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](http://www.CongressParkNeighbors.org)), mailings and fliers about hot issues, events like the ice cream social and ongoing activities to benefit the neighborhood.