Development Proceeds at 3015 E. Colfax

By Peggy Goetz

We may not see bulldozers or cranes yet, but operations are moving ahead steadily to replace the old motel building at 3015 E. Colfax with a new, multi-function complex. Current concepts include a combination of residential and retail uses.

The design process is in its early stages. Brian Toerber, who heads the development consortium Inspire Investment Group, says a variety of components are being considered, including underground parking, ground level restaurant and retail spaces and up to four stories of residential units.

“The design will conform to current zoning,” Toerber said, “We don’t anticipate requesting any variations.”

The developers are looking at area businesses to see what niches need to be filled in this stretch of Colfax. Toerber says he hopes to have final touches on agreements and groundbreaking by summer 2018.
Volunteer Opportunities

You are curious about your neighborhood and how it fits in—and stands out—in Denver. A little community philosophy: No one can be everywhere, but many of us can be most places and share the information. We need your help in these areas.

Volunteer Opportunity: Business Liaison
A neighbor who is interested in Congress Park businesses could visit new and established businesses, write a “welcome” or “what’s new” article, and talk to business owners about advertising in the CPNews. New businesses are eligible for one free ad; all advertisers can pre-pay for four ads (one year) and may qualify for a discounted rate.

Volunteer Opportunity: Newsletter Coordinator
We’re looking for a neighbor who can be our Volunteer Newsletter Coordinator. You’ll work with the CPN, Inc., Board and manage the production of the 30-plus year-old vibrant quarterly neighborhood newsletter in the best interest of the neighborhood, upholding the neighborhood vision.

Volunteer Opportunity: Newsletter Contributor
Your name in print! Write articles about CPN issues, businesses and residents’ concerns. You’ll interview newcomers and long-time residents to relate the Congress Park vibe to our readers.

Volunteer Opportunity: CPN activities
There’s a bunch going on in Denver that affects Congress Park and we need more people participating in meetings and reporting on them to neighborhood meetings and in the CPNews. Your neighbors need your perception and perspective.

Email cpnboard@congressparkneighbors.org to express your interest in taking on any of these, or perhaps to volunteer for something we haven’t thought of yet!

Your Congress Park Neighbors 2017 Volunteer Board of Directors

Tom Conis—President
tom.conis@congressparkneighbors.org

Myles Tangalin—Treasurer
treasurer@congressparkneighbors.org

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

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

Victoria Eppler—At-Large
1254 Clayton St.; 303-912-7988
victoriaeppler@comcast.net

And we thank these committed neighbors:
Joan Gregerson, Liz Goehring and Becky Coughlin
—Congress Park Green Team coordinators

Steve Eppler—Crime Action
crime@congressparkneighbors.org

Your Name here—Congress Park Historic Preservation

Your Name here—Hospital District Redevelopment

Denver Botanic Gardens Liaisons
Bill DeMaio; bdem aio@aol.com
Myles Tangalin
Victoria Eppler

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.
Mayor Michael Hancock announced the general obligation (GO) bond project list on July 12. City Council members are expected to support the full package of essential infrastructure improvements and the GO Bond project list is expected to be placed on the November ballot. The package includes 460 projects valued at $937 million.

Mayor Hancock has declared this the year of mobility, so just under half of the $937 million funds are dedicated to transportation and mobility projects focused on aging infrastructure and expanded transportation mode choices throughout the city. The other half of the funds would be used to maintain, repair, and improve infrastructure in arts and cultural facilities, police and fire stations, parks, and other city buildings.

Here are the task forces and some of the recommended projects.

*Public Facilities Task Force: $153 million will address ADA projects and corrections and library repairs.

*Transportation and Mobility Task Force: $415 million for 290 transportation projects, such as investments in pedestrian, bicycle and transit networks; multimodal roadway improvements; and street repairs and repaving.

*Parks and Recreation Task Force: $136 million for 97 parks projects, including repairs and improvements at existing recreation centers and parks.

*Safety Facilities Task Force: $64 million for 32 public safety projects, including building one new fire station and repairing police and fire stations citywide.

*Arts and Culture Task Force: $116 million for projects to improve facilities at arts and cultural centers, including $20 million at the Denver Zoo.

The city began the GO bond process in 2016 by engaging the Denver community in a conversation about the enhancements they want in their neighborhoods and throughout the city. Via six public meetings, a map-based online tool, City Council engagement and comment cards located at libraries and recreation centers, the city received more than 3,000 investment ideas.

View the complete list of proposed projects and find updates at www.denvergov.org/2017GObond Please keep reaching out to 2017gobond@denver.gov.org with your questions or comments.
Dear Congress Park Neighbors,

My name is Sabrina Bates, and I am excited to be the incoming Principal at Teller Elementary School for the 2017-2018 school year. I have proudly served as Teller’s Assistant Principal the past three years and I look forward to a year filled with amazing opportunities for all of our students as we strive to find ways that we can be even better than before!

Please help me welcome our new staff members to the Teller community: Assistant Principal Abram Janson; Kindergarten- Katrina Swanson; 1st Grade-Dana Bell; 1st Grade- Karen Ryan; 2nd Grade-Caroline Newcomb; 3rd Grade- Kevin Gray; 4th Grade Literacy- Allison Conway; 4th/5th Grade Literacy- Lisa Murray; Art- Jennifer Crawford; Math Fellow- Molly Burris; Math Fellow- Veronica McCarthy; Office Secretary- Richard Fundom; and Facilities Manager- Chuck Wiesbrook.

We are excited to announce some changes and new opportunities for the 2017-2018 school year. These changes have come about through collaboration with all of our stakeholders, and we are excited about implementing them.

Lunch and Recess: We will be extending our lunch and recess block from 40 minutes to 50 minutes. This extension is in response to concerns that our children have adequate time to eat and play. Additionally, students will have the opportunity to be excused from the cafeteria when they have finished their lunch, instead of waiting for the entire class to be dismissed. Likewise, if children need more time to eat their lunch, this process will allow for it.

Math Acceleration and Compacting: In conjunction with the GT department, Archuleta, Carson, and Southmoor; Teller has adopted a math acceleration and compacting program. This program has been designed to better meet the needs all Teller students by focusing and targeting differentiated math instruction in Kindergarten through 5th grade. The team that developed these improvements are confident they will enhance our students’ school days. Please let us know if you have any questions or suggestions.
You Can Tutor; Teller Students Need You

By Teller Elementary Tutoring Coordinators

Do you have an hour a week to support our 2017-18 Kinders or 3rd Grade? With your help, all our Teller Tigers can reach grade-level proficiency in literacy and math? We’re looking for parents, grandparents, and community members to support our teachers in reaching this goal! Can you find an hour once a week in the morning? Over lunch?

We need:
• 15 reading tutors for kindergarten (or more, and we can support 1st grade, too!)
• 15 math tutors for kindergarten
• 3 guys to lead 7:15–7:55AM, 3rd Grade “Guys Read” Book Club

Consider committing one hour a day, once a week, for the length of the school year. This is a significant investment of your time, and the return on that investment will be crucial and foundational for the students and wonderfully rewarding for you as well! If you are unable to commit weekly, subs are also needed!

Tutors will need to pass a background check and attend an afternoon of (fun!) training the week of Aug. 14–18 (kids are welcome to hang out). Tutoring begins the week of Sept. 5. We’ll also have a wrap-up celebration at the end of the school year.

Interested? On the fence? Use this Sign-Up Genius link and we will contact you shortly with more information or answer any questions. Thank you!!

http://www.signupgenius.com/go/10c0d4daa623aaff2-teller

If you're curious about the value of your home in today's competitive real estate market, call me! I'm happy to consult with you.

Lisa Santos
Broker/Co-Owner
Phone: 720.933.3377
Office: 303.331.4664
lisasantos@comcast.net
www.findingyourspace.com

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

Happening at Teller
Check out the calendar at http://teller.dpsk12.org/calendar/
New School Year, New Principal, New Fundraising Committee

By Lisa Aiken

With all these new elements at Teller, including new ideas to bring our community even closer together, 2017-18 is shaping up to be yet another great school year.

From the New Teller Fundraising Committee:
Teller has a new fundraising committee headed up by Leah Moses Boucher. Along with an amazing and dedicated group of Teller parents, fundraising will be surely be brought to new heights. Please feel free to contact Leah (at leahjmoses@gmail.com) if you have time and talents to offer, as the team is always looking for great volunteers.

The “Totally Teller” Live Auction will be replacing “Taste for Teller”. Mark your calendars for November 4 from 6:30 to 11pm. This 80s themed event will take place at Brik on York. Tickets will be on sale soon - $60 per person. More info to follow...As always, the fundraising team will need a lot of help - starting now - to make this a stellar success. Please contact Batya Stepelman (at hello@walltawk.com) if you can help with any of the following:

- GREAT auction items: tickets to the symphony, access to sporting events, a mountain cabin stay, a condo overseas, a business that can donate (from legal services to spa packages and everything in between). You get the picture.
- Volunteers to serve as liaisons between the auction team and the classroom in order to coordinate teacher treats and classroom gifts.
- “Collection Volunteers” to gather donated items to bring to the venue
- Volunteers to sign up for the “Distribution Team” to deliver and make sure winning bidders get their items.

New and returning Teller families are encouraged to support current fundraising efforts such as Simply Giving, Tellerpalooza, the Apex Fun Run, Teller Gift Cards, Teller Restaurant Nights and more. The Fundraising Team is also looking to step up corporate sponsorship: law firms, spas, restaurants, interior design firms, etc. Sponsorship levels begin at only $500. Contact Batya Stepelman at hello@walltawk.com for more information.

Teller Garden
This fall the Teller students and Teachers in the 4th and 5th grades will be trying their hands at running a farmers market! The start date is still yet to be determined. Optimistically, it will most likely be the Friday after Labor Day - stay tuned...

The market will run through mid-October with the shop open for about an hour after school. The premise is that one class per week will run the market top to bottom; everything from choosing the produce (supplied by organic farmers though Denver Urban Gardens, DUG), to setting prices, marketing around the neighborhood then selling the produce after school on either Thursday or Friday.

All the funds will go back to the Garden and a percentage will go to the 4th and 5th graders who will ultimately decide what they think the school needs (i.e., kickballs, tether balls, jump ropes, art supplies, etc.)

The Teachers, Principal and Teller Garden’s Lead-parent, Jennifer Baptiste, are very excited about this opportunity! Some of Teller’s own garden produce will also be sold but most of it goes towards the Garden to Cafeteria Program paid for by Denver Public Schools which promotes healthy eating.

From the Backpack Friends
The Teller Backpack Friends Program started as a labor of love for Teller Grandparents, Jim and Sandy Parker, along with the dedication of team member, Dona Dodson. The program is now run by Amy Morawa and Cynthia Godoy; as well as

Continued on page 13
Hi, we are Aidan Aiken and Isaac Godoy; 5th graders at Teller Elementary. We’re reviewing our local restaurant, 12@Madison.

12@Madison is a cozy restaurant on the corner of 12th and Madison. Reservations are recommended since they only have 9 tables total when the patio is closed. The food is on the fancy side. The atmosphere is nice but not too fancy and the people there are nice, too. It has its perks like the cool paintings that line the walls by local artist, Jonathan Saiz.

You can also see the open kitchen where the chefs are cooking their creative and fun food. Like we said, the food is creative and looks good at first glance, plus it is very tasty with a bunch of flavors that are unique and just good overall.

We sampled six dishes total: the calamari, warm baby potatoes, rabbit rillettes, duck confit agnolotti, the lamb shoulder, and the beef skewers. They were all delicious but our top two dishes were the calamari (Aidan’s favorite) and the beef skewers (Isaac’s favorite).

The calamari was served with couscous in a green parsley garlic sauce with a special bacon named guanciale. Isaac was surprised that the beef skewers were so good because the sauce on top was a little spicy but the crème fraîche helped cool down the spice.

Even though we shared six small plates between four people, the dishes were so surprisingly filling that we had to skip out on dessert. We would recommend 12@Madison to people who like to try different things and explore unique and creative flavors. Maybe next time we’ll save room for dessert, which we’re sure would be tasty.
Save the Date for the October 19 Beacon Celebration raising funds to benefit Sewall. Please visit Sewall.org or Sewall Child Development Center on Facebook for updates on a guest speaker and honoree. Join us for an evening celebration at the Wellshire Country Club. Tickets can be purchased at Sewall.org or contact Paige Heagle at 303-399-1800.

Congress Park Achieves Outstanding Sustainable Neighborhood Certification!
By Taylor Moellers, Denver’s Sustainable Neighborhoods Program Coordinator

Congratulations to the Congress Park neighborhood on your Outstanding Sustainable Neighborhood certification! The Sustainable Neighborhoods program empowers residents to use their skills and passion to develop community-based sustainability projects, and --holy cannoli-- did you all bring the skills and passion!

With a whopping 103 credits in less than a year, you have exceeded the number of credits required for Outstanding certification; a couple of months ahead of schedule to boot. You earned those credits through activities YOU organized: hands-on workshops and discussions on sustainability topics like water conservation and reducing plastics, helping local businesses go green with Certifiably Green Denver, your GIGANTIC Earth Day Festival with over 500 attendees, and so much more.

We know that we need action and behavior change at every level to take meaningful steps towards becoming a truly sustainable city, so thank you for the work that you do on the ground, every day in Congress Park. It has been incredibly inspiring and downright fun to work with such an amazing, dedicated group of neighbors. Keep up the great work!

New Sensory Garden Coming to Sewall/REACH

Win/win for students, a new landscape architect, and Congress Park offers a full circle of seasonal benefits with future research opportunities
By Patricia Smith

One of the new projects underway at the Koelbel Building of Sewall Child Development Center and REACH is a sensory and therapeutic garden to foster the intellectual, emotional, and physical development for the 300 children on campus. The one-third acre space will be a specialized learning environment for all students while remaining mindful of the students’ unique needs.

The garden will simultaneously support and nurture all children on campus, directly furthering the joint mission of full inclusion for students of Sewall and REACH.

This garden project includes collaboration by the Congress Park Green Team, and the invaluable work of Catharine McCord. A recent Masters Degree graduate in Landscape Architecture from the University of Colorado at Denver, the playground project was in her thesis work under Dr. Jody Beck, a Congress Park resident. Key funding for the project was provided by a grant from the Colorado Garden Foundation.

School grounds improvement has been a focus for some time. Neighbors may remember the big playground rebuilding project in August 2016 funded by KaBoom!, with volunteers from Target and Deloitte, and help from Sewall and REACH parents.

What is the status of the garden now? The garden project finished Phase 1 (design) in the Spring. Phase 2 is underway with permit acquisition, planning, and bids for construction and materials as well as the hard installation including site work, demo, grading, utility installation, drainage, erosion control, and ground remediation. Phase 3 will begin this Fall with community engagement workshops to build site furnishings and install plant material.

How do we gauge the success of the sensory garden? Not only does recess and physical activity comprise important aspects of a child’s physical, emotional, plants and garden environments are part of a child’s intellectual development. The garden will be blended into existing student assessments of curricula, effective use in an Individual Education Plan (IEP), and effective use as a therapeutic and physical outlet.

The garden will allow the introduction of therapeutic horticultural techniques into Sewall’s suite of student therapies. Planting and harvesting will aid in the development of fine and gross motor skills. The landscape will feature plants such as lemon balm that can be picked and made into tea. Tactile activities including touching plants and navigation over sensory pathways will stimulate ambulatory development, balance, and navigation development.

A win/win resource for the student programs and future research. To complete the win/win design of the Sensory Garden, McCord will apply to present the project’s outcomes at the American Society for Landscape Architects (ASLA) and the American Horticultural Therapy Association (AHTA). Sewall will allow CU Denver researchers to access available and non-confidential documentation of educational and therapeutic uses of the garden.
Help Shape the Future of the East Central Area

By Myles Tangalin

We just completed the first Neighborhood Planning Area Steering Committee. Wayne New and Albus Brooks described the initiative with City Planning and Development (CPD) Staff.

CPD has prepared this survey for generic feedback on the planning area, which includes Congress Park as one of the six neighborhoods. Anyone can participate so please forward to any interested parties. Unfortunately there is little overlap with the areas discussed in the Neighborhood Planning Initiative Strategic Plan.

This survey will be very important because it will set the basis for the next series of discussions and what type of information they will be focusing on.

Below are categories of indicators for planning needs in areas they would like to measure. Questions could be directed to these specific items.

You might consider these elements when you answer the survey:

LIVABILITY: Parks & Open Space, Walk / Bike-ability, Health
INVESTMENT: Underutilization, Permit Activity, Sales Tax
POLICY & REGULATION: New vs. Old Zoning, Areas of Stability or Change, Zoning Mismatches
ECONOMY: Cost Burden, Median Income, Poverty
DEMOGRAPHICS: Households, Population, Jobs

These elements, as you see them, will help the planners apply your responses into the framework of the discussions: character of congress park, historic buildings, historic or unique residential neighborhoods, small vibrant businesses, walk & bike-ability, housing affordability, safety concerns for pedestrians and bicycles on Colfax & Colorado, memorable neighborhood gathering places, concerns about crime, suggestions about new construction or scrape-offs of historic homes, zoning along major roads and within neighborhoods, restraining development to maintain the neighborhood character while embracing new ideas.

These surveys will be important, and will play a role in our new neighborhood plan, it will be one way to keep our voices heard on what we cherish about Congress Park.

The Steering Committee will have monthly public meetings for the next 18 months or so. The schedule is still being determined, so check with your Congress Park Board for updates.

Recycle Your Appliances for Free

At DenverGov.org

It’s FREE and Easy! Recycling your discarded appliances in Denver is as easy as 1, 2, 3.

Denver residents serviced by Solid Waste Management may schedule a FREE appliance collection by appointment. Appliance collections are done by the city’s contractor (EcoProjex) to ensure that metals are recycled and Freon gases from refrigerated appliances are handled in an environmentally safe manner.

Acceptable appliances Include: Refrigerators, Freezers, Air Conditioners, Washers & Dryers, Stoves/Ovens, Hot Water Heaters, Furnaces, Dishwashers, and Microwave Ovens. To ask about other recyclable appliances or schedule an appliance collection appointment, call 800-479-4159 or go to Denver’s recycling page and schedule your appointment on line.
Congress Park Crime Increasing: Still Lower Than Adjacent Neighborhoods

Police Urge Residents to Be Aware; Lock Houses, Cars.
By Stephen Eppel, CPN Crime Action Liaison

The crime rate in Colorado has increased much faster than the rest of the country for the second straight year according to an article published in the Denver Post on 7/11/17. Auto thefts, rape, murder and robberies all increased. Broomfield, Boulder, Greeley/Weld County, and Colorado Springs all reported increases in crime similar to Denver. Fort Collins experienced a lesser rise.

These regional crime trends have affected Congress Park. From January to June 2016 there were 13 episodes of violent crime. In 2017, during the same time period, there were 19 events, but no homicides. Rape incidents spiked in March, April and May with five events recorded compared to one in 2016. Robberies increased from two to seven but aggravated assaults dropped from 10 to seven. Fortunately, violent crime remains uncommon in Congress Park.

Compared to 2016, crimes against property during the first half of 2017 increased from 112 to 144 (29%). Burglaries increased from 27 to 30 (11%). Larceny (except theft from motor vehicle) increased from 30 to 48 (60%). Thefts from motor vehicles grew from 32 to 42 (31%). [Hide the valuables and lock your car.] Auto thefts increased only 4%, from 23 to 24. Bike thefts are down 6% (16 vs 15).

Violent crime continues to occur mainly near Colfax. The areas adjacent to Colorado Blvd and Josephine/University are less affected and the central parts of Congress Park are relatively spared. Auto theft tends to occur along major thoroughfares including Colfax Ave, Josephine Street, and 13th and 14th Avenues. Larceny (except theft from motor vehicles) occurs more frequently along Colfax (and south to 13th Ave.), and along Josephine and Colorado Blvd. Burglaries and thefts from motor vehicles are scattered throughout Congress Park. Did we mention you should put the valuables out of sight and lock your car?

Compared to adjacent neighborhoods, Congress Park has less violent crime, fewer robberies and less property crime than Cheesman Park, City Park and Hale.

Crimes of opportunity, such as burglary, larceny and theft from motor vehicles continue to be a problem. For example, almost 75% of burglaries do not involve forced entry. Keep things locked up. Use security lights. Be aware of your surroundings. Don’t become a crime victim.
This map shows a compilation of all serious crimes reported to police within Congress Park in the second quarter of 2017. Crime mapping is provided by the Congress Park Crime Action Committee using City and Police Department statistics.
Four Denver Agencies Collaborate to Protect At-Risk Adult Population

The at-risk elder population in Denver is much safer today thanks to the collaboration of Denver’s Adult Protective Services, Denver Police Department, and the offices of the Denver City Attorney and the Denver District Attorney.

City Wide Collaboration
Since 2012 these four agencies have been working together with nearly 20 additional agencies in Denver to better investigate and respond to cases of elder abuse. Cases are staffed and plans put in place to assist victims of abuse and neglect.

In June, recognizing World Elder Abuse Awareness month, city agencies stepped up collaboration efforts to protect at-risk elders in Denver.

Specialized units for at-risk adults.
To ensure a clear focus on crimes against Denver’s at-risk seniors and adults, on June 14th, the Denver Police Department and the Denver District Attorney’s Office each announced the establishment of elder abuse units. By creating these specialized units, elder abuse cases will be handled by specialized elder abuse expert detectives within DPD and specialized elder abuse expert prosecutors within the DA’s office.

Collaboration with Meals on Wheels
To highlight World Elder Abuse Awareness Day, on June 15th, DA McCann, DA Office volunteers, youth from the DA’s Juvenile Diversion Program, and volunteers from the Denver Police Department, Denver’s Adult Protective Services and Denver City Attorney’s office partnered with Volunteer’s of America Meals on Wheels program to deliver meals to Denver area senior citizens.

How can you help? Together, these agencies are ensuring the safety of all at-risk adults in Denver. Please note the red-flags of elder abuse and neglect. If you see something, call one of the numbers provided below, and report your suspicions. The population of at-risk adults and elders are depending on all of us to keep them safe.

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Bringing color to Congress Park for 20+ years!
WE ARE THE CLEAN GUYS IN A DIRTY INDUSTRY!
We background check and drug test all our painters!

20% off labor on all interior jobs performed in Dec - April

CALL (303) 512-8777
www.irelandsfinestinc.com
A Guide to Identifying Elder Abuse
From Denver Adult Protective Services

Elder Abuse is defined as any abuse, exploitation, or neglect of anyone age 70 years old or older. This guide is intended to assist mandatory reporters know what questions to ask and what signs to look for when identifying suspected elder abuse. Speak up and call police if you suspect someone is being abused. You might save someone’s life.

SPEAK UP
Many elders who are being abused are often embarrassed or afraid to say something. That’s why it is critical to speak up, ask questions and call to report suspicions of elder abuse.

Don’t Make Assumptions. Ask Questions.

Tip 1: An abuser often accompanies the victim to various places and appointments. It is always a good idea to ask the talk to the elder alone, to ensure a safe environment for conversation.

Tip 2: Aging skin is thin, but it doesn’t always explain bruising or skin tears. Ask about the injury.

Tip 3: Walking gingerly is not necessarily a sign of aging. Be sure to examine feet for sores and poor hygiene.

Tip 4: Confusion about financial transactions is not always a sign of aging. Ask questions to make sure any confusion isn’t a symptom of financial exploitation.

Tip 5: Confusion about or changes related to Wills or Power of Attorney documents may be a sign for financial abuse. Be sure to carefully review documents and ask questions to ensure the elder clearly understands and approves.

Tip 6: Wiring money or withdrawing an unusual amount of money is a possible sign of financial abuse. Ask questions aimed at making sure the person isn’t being pressured to make the transaction.

IF YOU NOTICE ANY OF THESE SIGNS -- PLEASE SPEAK UP & CALL!
Denver Police Non-emergency line 720-913-2000
Adult Protective Services 720-944-2994
Denver DA Fraud Line 720-913-9179
Office of City Attorney 720-913-8020

New School Year, New Principal, New Fundraising Committee, Continued
By Lisa Aiken
Continued from page 6

countless other volunteers. Families that would otherwise go hungry are sent home with food on a weekly basis. The Congress Park community, along with Teller Families, are encouraged to donate to this great cause.

Food donations are always appreciated and can be left in the bin (in the hallway just outside of the gym) marked Teller Backpack Friends. The following are items that are continually in need: Dollar Store sizes of peanut butter, jelly and cereal; as well as boxes of dried milk - always in smaller sizes and in plastic, not glass. Also, any fruit or fresh veggies are a real treat. Monetary donations are always appreciated and accepted at the front office. Since May of last year, the Backpack Friends placed 71 orders to the Food Bank of the Rockies for 17,674 pounds of food totaling $5,425.60. Volunteers are always needed every Friday, usually from noon to 1:30pm, to pack backpacks. To volunteer and for more information, visit the Teller Backpack Friends Facebook page or contact Amy Morawa at amy@alm-design.com.

Teller Tutors
Research shows that students who can’t read on grade level by 3rd grade are four times less likely to graduate by age 19.

“It’s wonderful to be part of a pilot program that requires such a small weekly commitment but has such a huge impact on our kids and our school.” —Batya Stepleman, current tutor.
Things to Do Around Denver This Summer and Fall
By Ann Charles

We can always find a mini-vacation at the Denver Botanic Gardens, and the Zoo and we gratefully keep those local gems in our mental back-pocket for a break from the eternal ‘to do’ list. If your brain’s “Twister” game is more complicated than a beautiful stroll can solve, check out the list below. Get out of your routine on some of these free daytrips. For more, see www.denver.org/things-to-do/

The Highlands
Explore one of Denver’s most happening ‘hoods. Sip a mojito while relaxing on a patio with a panoramic view of the city skyline. Go bargain hunting at one of Highland Square’s unique boutiques. Get a delicious treat at an artisan cheese shop or a bakery devoted to cupcakes. www.denver.org/metro/neighborhoods/highlands

Denver Parks & Lakes
Denver may not be anywhere near the ocean, but that doesn’t mean there aren’t plenty of places to kick back by a shimmering body of water. Confluence Park, located within walking distance of downtown, offers sandy shores for sunbathing, a kayak practice route, and bike paths. Up in the Highlands neighborhood, explore Sloan’s Lake Park, an urban oasis with the enormous Sloan’s Lake taking center stage. www.denver.org/what-to-do/sports-recreation/denver-parks-outdoors

Denver Bike Trails
Denver is home to a massive network of more than 850 miles of paved, off-road trails that crisscross throughout the seven county metro area, making it a two-wheeled paradise. Paved trails connect to hundreds of additional miles of dirt trails, offering mountain bike adventures. www.denver.org/what-to-do/sports-recreation/denver-bike-trails

Colorado’s Fall Colors
Fall in Colorado isn’t complete without taking in the brilliant transformation of the state’s signature tree, the Aspen. The fall change from mellow green to stunning gold takes place during various weeks in September, depending on where you are – since the color only lasts a week, timing is everything! One of the best leaf-peeking routes on the Rocky Mountain Front Range is the Peak-to-Peak Scenic and Historic Byway that travels the high-altitude road between Black Hawk and Estes Park. Virtually every way you look, you’ll see majestic Aspen colors. Another great Front Range ride is along the Guanella Pass Scenic and Historic Byway, just south of the historic town of Georgetown. Bunches of blazing Aspen can be found all over this incredible drive. http://www.denver.org/what-to-do/colorado-day-trips/fall-foliage

Lariat Loop Byway
Retrace the motoring adventures of the early 1920s and experience the thrill of foothills exploration at the dawn of the Age of Motorcars on this 40-mile scenic circle in the foothills west of Denver. The Lariat Loop takes motorists to several popular attractions, including Buffalo Bill’s Grave & Museum, the Colorado Railroad Museum and the Mother Cabrini Shrine. http://www.lariatloop.org

Peak To Peak Scenic & Historic Byway
Less than an hour from Denver, this 55-mile-long route provides matchless views of the Continental Divide. From Black Hawk to Estes Park, the pleasantly winding road – the oldest scenic byway in Colorado – meanders through valleys and ridges, with shimmering aspens visible throughout the entire route. www.byways.org/explore/byways/2114
Service Club Meeting
Zonta Club of Denver
303-355-3735
90 years working to improve opportunities for at-risk women and children. Monthly dinner, program & meeting on 2nd Thursday, $35. www.zonta-denver.org

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.

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Great exposure, low cost.
Email murphy.michellej@gmail.com for rates.

Window and Gutter Cleaning
Twin Pines Window Cleaning
Window and Gutter cleaning. Also offering house cleaning and yard clean up.

Professional Organizing
This is how many of my clients feel when I help them declutter and simplify. I am Sarah Meyer, a Professional Organizer and Congress Park neighbor. Contact me at 303-868-2248 or www.streamlinewithsarah.com for help with your home and office organizing needs.

Volunteer Opportunities
Congress Park Neighbors
Meet new friends, share your expertise at neighborhood meetings and discuss issues that are shaping your neighborhood. Third Wednesdays of even months, 7 p.m., Sewall/REACH, 940 Fillmore. Contact cpnboard@congressparkneighbors.org and visit congressparkneighbors.org.

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.

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”
-Author Unknown

Neighborhood Directory
Visit these advertisers, and tell them you’re glad you found them here.

For advertising rates, email murphy.michellej@gmail.com

September is Latino Heritage, Baby Safety, National Literacy, and Sickle Cell Awareness Month

October is National Breast Cancer Awareness, Adopt a Shelter Dog, Child Health, Disability Employment Awareness, and Fire Prevention Month

November is American Indian Heritage Month, World Communication Month, Great American Smokeout Month, Peanut Butter Month

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

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

“You make a living by what you get. You make a life by what you give.”
-Winston Churchill

Congress Park Neighbors Membership Form
Your neighborhood needs you! Join your neighbors today.

Name:__________________________________ Email:__________________________
Address:________________________ Phone:________________________

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

___Member Name: $20
   If household membership, other persons name:
___Patron (receive 2 passes to the SIE Film Center!): $30
___Business or organization: $40

(Circle amount enclosed)

Make check payable to: Congress Park Neighbors, Inc.
P.O. Box 18571 Denver, CO 80218

Date:

I am interested in learning more about:

___Neighborhood beautification
___12th Avenue Business Support
___Neighborhood/Colfax Plan
___Historic Preservation
___Newsletter reporting
___Newsletter advertising
___Newsletter production
___Newsletter distribution
___Neighborhood Watch
___Outreach
___Membership
___Social events
___Graffiti abatement
___Crime prevention
___Traffic/Parking
___Zoning
___Other

Congress Park Neighbors, Inc. is a non-profit organization with an elected, volunteer Board of Directors. Your tax-deductible annual dues support the newsletter, website (www.CongressParkNeighbors.org), mailings and fliers about hot issues, events like the ice cream social and ongoing activities to benefit the neighborhood.