



# News

Spring 2012

[www.CongressParkNeighbors.org](http://www.CongressParkNeighbors.org)

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## Winter Nurtures Thoughts of Spring Cleaning

By Wendy Moraskie

Recently, I've been reading garden catalogs (in the winter, these are some people's drug of choice) and thinking of spring cleaning for my house and my garden, and perhaps the neighborhood.

By "spring cleaning," I mean taking a fresh look at things. Except for a few items in my house, I'm not really talking about getting rid of anything, but more about sprucing stuff up with a fresh coat of metaphorical paint.

A few separate incidents contributed to this idea. First, I heard a neighbor enthuse about the interesting array of restaurants within walking distance of Congress Park, and the cunning strategy of allowing yourself more calories at the restaurants that are farther away. Second, I read Charlotte Bentley's article on domestic violence (see page 10) then, I attended a meeting that focused on an impasse between neighborhood groups. Third, I read the articles on Chef Dan Witherspoon (see page 12), and about Teller Elementary's use of "World Café" to explore "the wisdom in the room" to describe and plan a shared future for the school's stakeholders (see page 5; and see the great tools for facilitating effective discussions at [www.theworldcafe.com](http://www.theworldcafe.com)).

I took an imaginary page from World Café, folded it into a paper airplane and sent it soaring into the Congress Park section of Wendy-World. I found myself wondering: How can Congress Park contribute to the world? So, we're lucky to live in a pretty great neighborhood—fabulous old houses, cool restaurants, unique shops—is that enough? What else could a good neighborhood be? How can we reach beyond simply protecting our own status quo? Even as we might be evaluating our individual input and output in the current economy, how can we add to the abundance in the world? And, finally, what right do I have to ask these questions?

So, I'll take a deep breath, scale back and pose those queries about my own house, workplace and women's group, and make small, but strategic adjustments as needed (ok, constantly) to realign my actions with my deepest held beliefs. On my list so far: contribute to Metro CareRing; reduce, re-use, re-purpose, recycle; find out about local micro-lending; shop at neighborhood businesses and look for locally-available perennials in the garden catalogs.

What appeals to you? Tutoring at Teller? Lending your project management skills to the CPN Ice Cream Social or annual meeting? Brushing off your facilitation skills for a neighborhood conflict? Organizing an alley clean-up on your block? Sharing your research and presentation talents for a City Council zoning hearing? Contact [cpnboard@congressparkneighbors.org](mailto:cpnboard@congressparkneighbors.org) to volunteer.

So, what do Congress Park, restaurants, domestic abuse, chefs and facilitated discussions have to do with each other? Well, in my brain ("Wendy-World," as my husband calls it), they clinked together to suggest mining "the wisdom in the community" for ways we can strengthen and leverage the good stuff in our neighborhood.

### *Congress Park's Vision (1995 Neighborhood Plan)*

*Congress Park is a traditional city neighborhood with a small-town atmosphere. Here, people of diverse cultures, ages, colors and economic backgrounds share a sense of community, value older homes and mature trees, and enjoy the convenience of city living amid the stability of a thriving neighborhood.*



Congress Park News is a quarterly publication of Congress Park Neighbors, Inc. A network of volunteers produces and distributes it to a circulation of more than 4,500 residents and businesses within the area bounded by Colfax Avenue, Sixth Avenue, York Street and Colorado Boulevard.

www.CongressParkNeighbors.org

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

Editorial Board:  
Wendy Moraskie  
Linda Smoke

Advertising Coordinator,  
Layout & Design Editor:  
Michelle Murphy  
michelle.murphy@congressparkneighbors.org  
720-231-0475

Distribution:  
Pat T-Jackson and  
Sue Dickinson

Your articles, letters and advertisements are always welcome.

We need you to help produce and distribute the newsletter. If you can volunteer a few hours every quarter to help your neighbors get the news, please contact Pat T-Jackson (DenverPatTJ@comcast.net or 303-377-8522) and Sue Dickinson (s\_dickinson@qwestoffice.net).

This newsletter is printed on 100% recycled paper with soy-based ink by Barnum Printing, 303-936-2345.

## 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. The newsletter coordinator will: solicit and gather news copy from continuing and new writers on topics of interest to our dynamic neighborhood; write as needed to share news and issues; deliver to and collect from volunteer editors and layout de-

signer; communicate with advertising and delivery coordination volunteers; help obtain stats for the crime mapping volunteer; ensure that information about newsletter articles, layout, proofing, printing and bulk delivery gets to the people who need it; keep current on issues relevant to the neighborhood in order to solicit news articles from experts; and advise the CPN, Inc., Board of newsletter issues. Email [cpnboard@congressparkneighbors.org](mailto:cpnboard@congressparkneighbors.org) to express your interest in volunteering.

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Tom Conis—Vice President  
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Ted Boeckman—Treasurer  
[tedwb@mac.com](mailto:tedwb@mac.com)

Bill DeMaio—Membership, Zoning,  
Hospital District  
[bdemaio@aol.com](mailto:bdemaio@aol.com)

Maggie Price—Website  
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[maggie.price@congressparkneighbors.org](mailto:maggie.price@congressparkneighbors.org)

Wendy Moraskie—Newsletter  
1475 Milwaukee St.; 303-355-3735  
[wendyrich@msn.com](mailto:wendyrich@msn.com)

And we thank these committed neighbors:

Carolyn VanSciver—Congress Park Historic Preservation Committee 303-377-4913

Michael Sutherland—Denver Botanic Gardens liaison

Lisa Bingham—Hospital District Redevelopment

Larry Goldman and Rachel O'Bryan—Crime Action  
[crime@congressparkneighbors.org](mailto:crime@congressparkneighbors.org)

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

**Do you have a suggestion for your Board?**  
Send hints and help to  
[CPNBoard@congressparkneighbors.org](mailto:CPNBoard@congressparkneighbors.org)

Your elected, all-volunteer Congress Park Board invites you to attend the open meetings at National Jewish Hospital on the third Wednesday of each month at 7 p.m. in Heitler Hall.

## Look for Improvements to Greektown Area

By Tom Conis

In the Spring of 2012 you will see the installation of streetscape improvements on East Colfax between Grant & St. Paul as part of the 2007 bond project passed by the voters which includes the following:

### Colfax East–(Columbine to St. Paul) Improvements–Greektown

- Approximately six blocks in the designated “Greektown” area
- Improvements will help to create an enhanced transit corridor
- 28 new pedestrian lights will be installed that are painted a special “Greektown Blue” (these poles match the existing blue street furniture and bins in the area)
- Improve sidewalks and curb ramps
- Install 14 trees with irrigation

These improvements will be maintained with funding from the Greektown Local Maintenance District.

Some traffic impacts are anticipated during construction as work on the sidewalk/crossing ramps could constrict traffic and turns while improvements are being done. The irrigation street taps will affect Colfax traffic, and closure of the parking lanes will be needed at times.

District 3 Community Resource Officer is Tony Burkhardt.

Tony's contact information is: 720-913-1231, or 720-641-1164, or [anthony.burkhardt@denvergov.org](mailto:anthony.burkhardt@denvergov.org).

We very much appreciate Tony's care for our safety.

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## Calum's Column

By Teller Fifth Grader Calum Abeywickrema

**W**ell...New England beat the Broncos and I am pretty disappointed about that. I was pretty sure they were going to win that game and go to the Super Bowl, but maybe next year.

This weekend I started Copper Choppers and my instructor's name is Bill. I am in the same group as my friend Jason Otsuki. The snow was pretty good even though there isn't much of it.

The most fun I am having these days is skateboarding with my friends Ryan and Jason and my brother. I am trying to go to the downtown skate park every weekend. Recently I have learned some new tricks. Right now I am mostly trying out the bowls, but I am also doing some flat ground. I can almost do a kick flip and I can do a pop shove it, a half-cab and I can do a 180. I just found about my local skate shop called 303 Board Shop. My favorite skate boarder is Curren

Caples. He is a skater and a surfer. He's my favorite skater because he's got unique tricks.

Next year I am going to Morey Middle School. I like the principal, she is really nice and I already have a bunch of friends at Morey. I am excited to get out of elementary school because next year I will have some new teachers and new experiences.

I just got back from the Martin Luther King, Jr. march and last week in school we took a field trip to hear a woman who was part of the Little Rock Nine. It was an amazing experience to hear her background and what happened.

That's all for now. Thanks for reading Calum's Column!

After reading this column, the editors are going to put up their feet and ice their knees. To see some of the skateboard moves Calum lists here, go to <http://www.youtube.com/watch?v=WW0EoW1wX9Q> and <http://www.youtube.com/watch?v=ztLq16AjlWQ>.



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## Teller PTA and CSC Solicit the Voices of the Constituency

As the 2012-2013 budget process quickly approaches, Teller Elementary PTA and Collaborative School Committee (CSC) wanted to hear from parents how to best staff and structure Teller Elementary so the academic, social and emotional needs of students are best met.

Fifty-five parents and teachers gathered on January 5 to participate in a World Café conversation. “The purpose of the World Café is to provide a voice to help guide the CSC with decisions regarding budget allocation based on values and priorities of the community,” said PTA Co-President Tricia Johnson.

Attendees participated in three rounds of conversations driven by specific questions around supporting student academic growth, enrichment and intervention programming and parent support.

Facilitator, CSC member and parent Pam Paulien said the World Café is a process that opens the door for thoughtful conversations. “We can find innovative solutions and work toward common goals. It allows us to move beyond advocating for agendas, to figuring out the best direction to move forward based on listening for solutions as we hear many different perspectives. We come together to have conversations that matter.”

At the end of the forum, ideas, concerns and suggestions for next steps were shared with the whole group and at the Teller CSC meeting January 10.

Parent and participant Bess Scully thought the process served the purpose of gathering thoughtful ideas, “I have tremendous confidence in our CSC and their budget process. The school budget is a precarious balancing act entailing class size, academic achievement, interventions programs, and enrichment programs like art, physical education, dance, drama, music,— all with inevitability of too few funds. But, through the enormous effort of our CSC members and their collaborative process, all of these needs are met. “

Since 2008, Teller has seen a surge in enrollment, growing from 350 students to 465 students.

“We have felt these growing pains over the past 3 years, and the World Café provided a focused conversation around our school’s



priorities and philosophies as we move forward to making Teller Elementary the best elementary school in DPS,” said Principal Jennifer Barton. “After the World Café conversation, I feel better equipped and confident about creating the 2012-13 school budget so the whole child needs of our students are met.”

All participants shared powerful ideas and suggestions for how we move forward as a school and community.

“Between teachers and parents, we have the human capital and expertise to solve almost any challenge,” said Parent Zach Hochstadt. “Teller is a school where we can work together to make anything happen.”

The Teller Elementary PTA raises over \$100,000 each year to support programming. To learn more about all that Teller Elementary has to offer, please visit our website at [teller.dpsk12.org](http://teller.dpsk12.org).

### Teller's World Café Questions

What do you consider are the characteristics of a good school?  
How are your values reflected in the Teller community?  
How can the school and community (parents, teachers and students) serve and empower student growth and achievement?  
How can we work as a community to educate the whole child and foster his/her academic growth?  
What resources are available to create the kind of school we want?? Time? Money? Knowledge? Creativity? Expertise?  
Are additional resources needed?  
How would you prioritize Teller's resources going forward from here?  
How will we define ourselves as we move forward?

For the most recent info on home listings, sales, and market trends in our neighborhood visit:  
[www.congressparkhomevalues.com](http://www.congressparkhomevalues.com)



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## Air Dubai, Bop Skizzum Headline "Tellerpalooza"

By Allyson Mendenhall

### Your City Council Representatives

Jeanne Robb, District 10  
City Councilwoman  
720-337-7710  
jeanne.robbs@denvergov.org

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

Debbie Ortega  
Councilwoman at large  
720-337-7713  
deborah.ortega@denvergov.org

Local rockers Air Dubai and Bop Skizzum will lead a diverse line-up of musical talent at the 9th Annual Tellerpalooza fundraiser May 5, 2012. Benefitting Denver Public Schools' Teller Elementary School in Congress Park, Tellerpalooza showcases some of the region's best musical talent at the Mercury Café.

In addition to Air Dubai and Bop Skizzum, this year's mini-music festival will also feature Jaden Carlson and the East High School Battle of the Bands winner. Additional bands are still being confirmed. Festivities begin with a performance by Teller's own school band, which this year totals 85 students, a record number for the school.

Last year, Tellerpalooza drew over 700 people and raised \$15,000 to help Teller's PTA fund music, art and physical education classes as well as Gifted and Talented programs. Conceived in 2004 by a group of music-loving Teller parents, Tellerpalooza is one of the school's biggest fund-



raisers. Past musical acts include: DeVotchKa, Wendy Woo and The Heydey.

The Mercury Café has long served as the home of Tellerpalooza. Known for serving fresh, organically grown local food, the Mercury Café ([www.mercurycafe.com](http://www.mercurycafe.com)) will provide a special menu for Tellerpalooza.

For more information visit [www.tellerpalooza.com](http://www.tellerpalooza.com).



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## Congress Park Real Estate is a Secure Investment

By Allen Helmer

*Part 2 of 2: As we find a "new normal" for the overall economy and our investments, we wonder what to make of the variety of predictions we hear. Congress Park News asked a few local real estate experts what they're seeing.*

**L**eigh Wilbanks: First, real estate should always be considered a long-term investment and not a method for a quick return. With that caveat, Congress Park is a great neighborhood and offers a solid investment for folks who want a good return with lower risk. As demonstrated in the recent economic downturn, Congress Park homes did a great job holding their value on average.

- It's tough to forecast what returns will be, but I can tell you that when I forecast my Mom's nest egg value over the long term, I use 4% annual pre-tax return assumption on her rental property in Congress Park. Since she's my Mom, I want to be realistic but very conservative.
- Regarding rentals...it's a good time to buy investment properties for rent because vacancy is at an all time low and supply is not keeping up with demand which means rents should continue to rise.
- For buyers...now is a great time to buy. All indications are that we are at the bottom of the downturn in Denver's central neighborhoods including Congress Park. In addition, interest rates are at an all-time low making buying a home very attractive.
- For sellers...inventories are extremely low right now which means if you have to sell, there is very little competition. And, if you are in the position to upgrade to a larger house, it's a great time to sell and take advantage of low interest rates.

- Bottom line...When you look at what has happened to real estate in much of the rest of the country, we're lucky to live in Denver. Congress Park will always be a great investment due to its great residential streets, close proximity to downtown and Cherry Creek and easy access to surrounding parks. If we made it through this downturn without devastating losses, then all indications are that future prospects are very sunny!

*Continued on page 14*

Want to join CPN, Inc. but can't find your checkbook?

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## Our Shade of Green

*Sharing helpful hints and home improvement ideas for our neighborhood*

### CPN Events On Web

Once again, CPN's wondrous webmaster Maggie has outdone herself. The neighborhood website now has an events calendar. Go to [www.congressparkneighbors.org](http://www.congressparkneighbors.org) and look. If you have a CPN event that needs to be added in (block party? garage sale? alley clean up?), contact the webmaster or any CPN Board member at [cpnboard@congressparkneighbors.org](mailto:cpnboard@congressparkneighbors.org). And you can find a list of Congress Park merchants on our website. Thank you, Maggie!

By Glen Girard

**H**ow clean is the air inside your house? Air quality problems are typically caused when gases or particles are released in the house. Problems are compounded in the winter months when inadequate ventilation increases pollutant levels. Use fans to move air around the house and when the weather permits, open doors and windows to allow fresh air into the house. Houseplants will also assist as they naturally filter the air and reduce dust.

The next step is to identify sources of pollutants and then reduce or remove them from your house. Volatile Organic Chemicals (VOCs) are common causes of air quality problems. By the process of offgassing, chemicals are released into the air as compounds evaporate over time. Sources include: paints, stains, solvents, cleaning products, sealants, and adhesives. It is recommended to store these items outside of your house. Products are available with low VOC formulas; read the label when making your next purchase.

Another source of indoor pollution is combustion appliances. Most of us burn natural gas to heat the house, cook food, or produce hot water. It is necessary to supply adequate fresh air to the appliance and have proper ventilation to release pollutants. If your venting is not functioning correctly, combustion pollutants will build-up in the house. Minimize pollution with proper installation, use,

and maintenance of fuel-burning appliances. Install a Carbon Monoxide (CO) monitor as a back up to notify occupants when levels are not safe.

Other major sources of indoor pollution include: radon, mold, and asbestos. Radon is produced by the natural decay of uranium in soils. The problem occurs when Radon enters your house through the foundation and is trapped inside. Homeowners can use a Radon self test kit or have a professional conduct the test. If your Radon levels are above acceptable levels, mitigation is recommended.

Mold is a pollutant that can be prevented with proper moisture control. Use vents in the kitchen, bathroom, and when drying clothes; to exhaust moisture outside of the house. Make sure downspouts direct water away from the house's foundation. Ensure water pipes and drains are free from leaks. If water stains are noticeable, fix the source and replace any affected building materials.

Asbestos is common in older houses where it was used for insulation, flooring, coatings, and ceiling tiles. The largest threat occurs when asbestos is disturbed and particles are inhaled in the lungs. Asbestos can be mitigated with proper containment or removal.

Indoor air pollutants are often unnoticeable to the homeowner. Polluted indoor air can affect your health and wellness. Education and investigation will help your efforts. These websites are a great place to start. EPA Indoor Air Quality: [www.epa.gov/iaq](http://www.epa.gov/iaq) and the Colorado Department of Public Health and Environment: [www.cdphe.state.co.us/ap/iaqhom.html](http://www.cdphe.state.co.us/ap/iaqhom.html).

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## Protecting Yourself from Colds and Flu this Season

By Denver Public Health

As we move through cold and flu season, Public Health Inspections offers this reminder; regular hand washing is one of the easiest and most effective ways to stay healthy. According to the Centers for Disease Control (CDC), a healthy adult will experience an average of three viral illnesses each year, two of which can be eliminated by proper hand washing.

While hand sanitizers can be effective when soap and hot running water is not available, it should not be a replacement for hand washing. Some germs are resistant to hand sanitizers and can only be eliminated through the use of surfactants found in soap. Excessive use of hand sanitizers can also dry out hands which can cause secondary skin infections. Once the alcohol dries, the gel that carried the sanitizer may leave a film that makes it more difficult to remove bacteria.

Additional hand washing tips include:

- Wet hands with clean, warm running water and apply soap. Warm water will open pores on hands which will allow the soap to remove germs.
- Scrub hands well for at least 20 seconds, including the back and between fingers.
- Rinse hands thoroughly under running water and dry them using a clean single use towel or hand dryer.
- Avoid the temptation to wipe your hands on your pants. Wet hands are 1,000 times more likely to transmit harmful germs than dry hands.

Remember that 20 seconds of hand washing can avoid an illness that can last for many days, and sometimes weeks.

For more information about the Public Health Inspections Division, visit [www.denvergov.org/phi](http://www.denvergov.org/phi).

## Weekly Vaccination/License Clinics Provide Affordable Way to Keep Pets Healthy

By Denver Animal Shelter and Animal Care & Control

Denver city ordinance requires pets six months of age or more to be vaccinated and licensed. To help your pet stay healthy and stay in compliance, the Denver Animal Shelter offers weekly pet vaccination clinics at the shelter at the following times:

Dogs - Wednesdays, 2:30 to 4:45 p.m.

Cats - Thursdays, 3:30 to 4:30 p.m.

The cost is just \$35, which includes vaccinations for rabies, distemper/combo and a one-year pet license required for Denver residents or out-of-county residents that use off-leash dog parks.

Licensing your pet is one of the best ways to ensure your pet is returned to you if lost, and licensing provides public health assurances that pets are vaccinated for rabies, distemper and other transmittable diseases.

Licenses are also available online, by mail, and at the shelter (located at 1241 W. Bayaud Ave.), for just \$15 for a one 1 year license, or \$40 for 3 years. Lifetime licenses are also available for \$150.

For more information, visit [www.denveranimalshelter.org](http://www.denveranimalshelter.org).

### Volunteer Opportunity Community Board Caretaker

Tend the community board on 12th Ave. at Madison St. (next to WildFlowers)

Approximately once a month: Keep postings up-to-date

Sometime during the year: Clear the wood panels of postings and staples/tacks/nails, lightly sand and brush with stain/sealer (provided by CPN)

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CPN Crime Action Committee Mission Statement*

### **An Abusive Situation Might Exist If You Notice:**

#### **A person who:**

- has unexplained bruises or fear
- cowers or shows unusual shyness
- gives explanations that do not add up
- is distracted and often misses work/school
- receives upsetting phone calls at different times of day or night
- "walks on egg shells" to keep the peace

#### **Or that one spouse or partner:**

- controls or humiliates the other
- loses his/her temper too easily
- acts excessively jealous when the other partner receives accolades or attention
- excessively controls how the other partner behaves, spends money and socializes

### **Crime Action Volunteers**

Rachel O'Bryan and Larry Goldman are our crime action committee volunteers and can both be reached at [crime@congressparkneighbors.org](mailto:crime@congressparkneighbors.org)

CPN is eager to revitalize our Neighborhood Watch program and if you would like to volunteer with Rachel and Larry, or learn more about Neighborhood Watch, please contact them.

## **Domestic Havens At Risk**

By Charlotte Bentley, Former Congress Park Crime Action Chair

Very recently, Congress Park lost an upstanding young female neighbor to domestic violence. She was on her way to work as a fifth-grade school teacher, driving from her residence, down her Congress Park neighborhood alley, when she was gunned down, allegedly by a man with whom she had recently ended a short relationship. It was a great loss for her parents, family and friends, our neighborhood, and for the children of her classroom. The school superintendent called her "a shining example of all that is great in the teaching profession."

Despite tremendous progress in efforts to end domestic violence, each day, an average of three women in America die as a result of domestic violence. The lifetime ramifications are staggering. Young women are among the most vulnerable. Sobering statistics report that one in four women and one in thirteen men will experience the long-term physical, psychological, and emotional harm of domestic violence.

Our homes, neighborhoods, and family environments should be our havens of safety and comfort. Tragically for many, domestic violence has turned their homes and family encounters into secret arenas of torment. Grim statistics sadly spawn legacies of family violence across all ages and cultures in America, family members suffering from verbal abuse to severe physical abuse, and ever so sadly, even murder. Though abuses generally occur in the seclusion of a private residence "behind closed doors", the affect of domestic violence affects people from all walks of life and certainly impacts the lives of children living in homes in upheaval. Living with domestic violence sends a message to them that this is normal. They learn to model what they see and hear. These children are at higher risk for failure at school, emotional disturbances, substance abuse, and are more likely to perpetuate generation upon generation, the cycle of violence in close relationship. It spills into schools and work places, and devastates victims of all ages.

It can be unfathomable to most people that the person they are dating or are in love with, could possibly harm them, and the heartbreak produces shame and silence, but we must face the additional category of violence called "intimate partner violence" (IPV). This is violence caused by someone with whom the victim has been intimate in the past. Often IPV occurs, for instance, when a dating relationship turns sour, and someone breaks it off, and the rejected person retaliates with stalking or

violence. IPV can also occur when an ex-spouse decides to go after the former spouse out of jealousy, anger, or a feeling of betrayal.

Violence in the family and in relationships has existed throughout history, even condoned in societies as part of ownership family rights, but with the growing maturing consciousness of our society, the offense of domestic violence is now recognized for its shattering of adult human dignity and betrayal of children's trust. When it occurs, homes are no longer peaceful happy safe havens, but are transformed into places of danger and despair.

It has only been within the last 30-40 years that violence in intimate relationships has been recognized and addressed with strict laws intended to hold domestic abusers accountable for their vile conduct. It was during the 1970's that the first shelters and governmental services for victims was established. Though domestic violence was considered a complex problem deeply rooted in society, advancements have taught us the nature of the economic, emotional, cultural, and societal factors that kept, and continue to keep, some family members in violent situations.

We all have a responsibility to eradicate domestic violence in our communities. We all must do what we can to eliminate this social blight from our families, homes, and neighborhoods, utilizing community officials from every segment of the criminal justice system, Federal, State, and local community leaders, health professionals, church leaders, teachers, employers, friends, and neighbors. We all play an important role in exposing the perpetrators, and assisting in the support and strengthening of suffering victims in rebuilding their damaged lives.

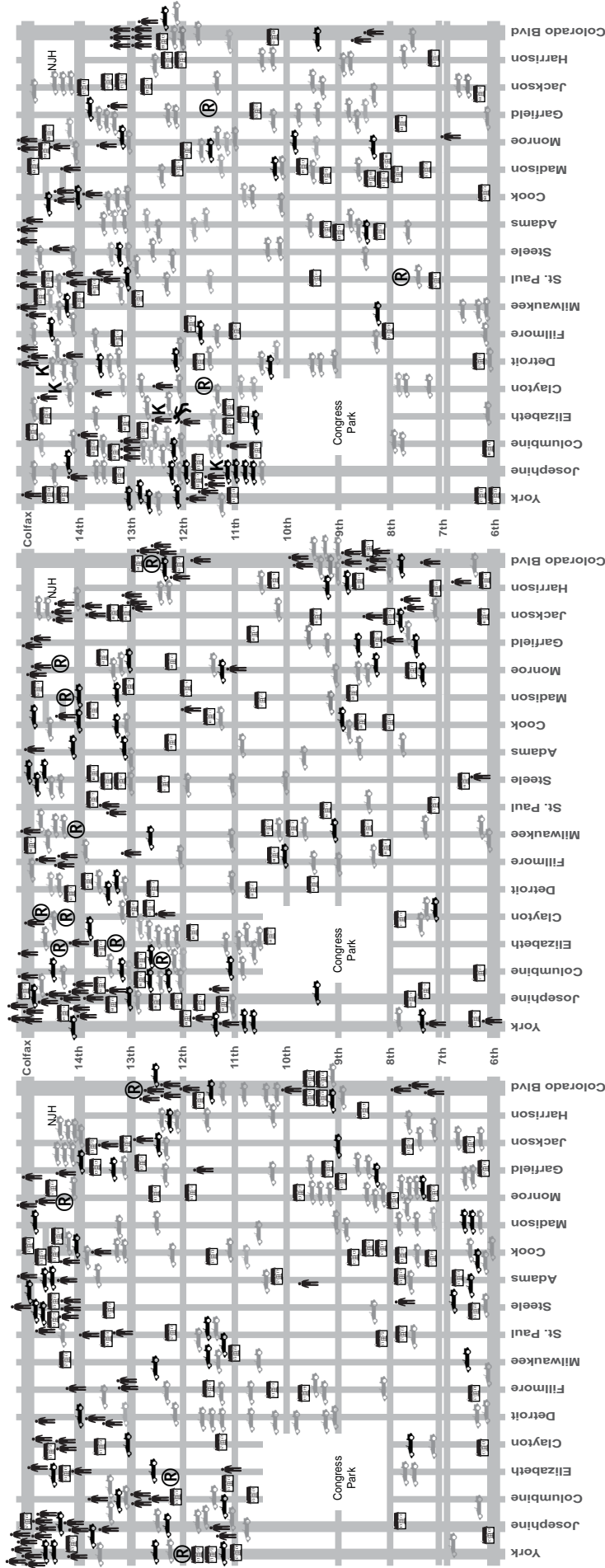
Through working together in coordinated efforts we can begin the elimination of the shame and secrecy of domestic violence, and contribute towards the process for peace in our homes, helping to ensure the future safety of countless children and adults, thereby raising the peacefulness of our neighborhoods. The challenge for us as neighbors, is to continue to build within our society a respect for those we are closest to all year long, each and every day. With the support of relatives, friends, neighbors, and community support agencies, perhaps we can turn the situation around for many, stop the cycle of control and violence, and restore peace and tranquility to vulnerable lives.

# CONGRESS PARK NEIGHBORHOOD CRIMES

2009

2010

2011



- Murder**
- Sexual Assault**
- Kidnapping**
- Assault / robbery**
- Burglary**
- Auto Theft**
- Theft from auto**

This map shows a compilation of all serious crimes reported to police within Congress Park each year. Crime mapping is provided by the Congress Park Crime Action Committee using City and Police Department statistics relayed through Council District 10.

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

## Another Interesting Congress Park Neighbor: A Chef

By Ann Charles

Your Name in Lights?  
Volunteer Opportunity:  
Newsletter Writer

You know what's going on around your block and at your favorite neighborhood businesses on Colfax and along 12th Avenue. Who better to write that up for the newsletter? Volunteer to write about Congress Park Neighborhood or get involved in another way. Call 303-355-3735 or email [wendyrich@msn.com](mailto:wendyrich@msn.com) with "CPNews" in the subject line.

I noticed my neighbor Dan loading a couple of really large, shiny coffee urns into his van a while ago, and asked if I could borrow them for an upcoming meeting at work—they were so much nicer than the office pots—decrepit stained aluminum vessels that make the best dark-roasted bean taste like wet road grit. "Sure," Dan said, with no hesitation at all, and we worked out the dates. As we talked, I learned a little about my interesting neighbor and the volumes of culinary expertise those coffee pots had witnessed.

Dan Witherspoon had an interesting 2011. Sometime in between taking care of his lovely old Congress Park house, running his catering business, teaching cooking classes, and executing Culinary Team Building events, Dan was voted Colorado Homes Magazine readers' favorite personal chef. As if that wasn't enough, this past summer he bought The Seasoned Chef Cooking School, where he had taught for several years, and then he catered his niece's wedding before coming home to plan fall classes for the school.

Colorado Homes Magazine wrote, "This man is not only accomplished in his field, but he is also a born teacher, proving there is hope for those of us who might not have much culinary confidence."

At the Seasoned Chef, Dan and his team arrange personalized cooking classes for individuals and groups, teacher training programs and event planners. He has developed cooking workshops for kids and corporations, and adjudicated cooking contests between family and friends. He presents a "Silver Spoon Chef" competition with a format similar to TV's Iron Chef. Dan has also presided over bake-off and mystery basket competitions and staged one-day to multi-day programs presenting any number of culinary styles.

Are you interested in sharpening your cooking skills? Contact Dan at [www.TheGourmetSpoon.com](http://www.TheGourmetSpoon.com) or [www.TheSeasonedChef.com](http://www.TheSeasonedChef.com), or see the blog at <http://www.thegourmentspoon.com/blog/3>.

What interesting things are your neighbors up to? Tell us at [cpnewsletter@congressparkneighbors.org](mailto:cpnewsletter@congressparkneighbors.org).

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## The View From East

By Jess Lindimore

Graduation is rapidly approaching, something that is as expected, yet bittersweet. On one hand I am overjoyed to be leaving and moving into the second phase of my life, but on the other hand I will be leaving behind four years of friends, dances, activities, teachers, and many incredible memories.

I remember my first day at East—terrifying. Coming from a tiny private school, the large student body was intimidating and not knowing hardly anyone my first day made it even worse. However, I have found East to be the most accepting place for anyone regardless of race, gender, orientation, or social class. There is a place for everyone at East, which is something that has continued to inspire me every single year.

Freshman year I tried volleyball—didn't like it. But I met one of my favorite people there and we now do theater together. I also took up girls golf which lead to a rather comical experience as three of my now-close friends and I attempted to learn the game. We still are not very good, but it was an experience I will never forget. I took Documentary Film and discovered passions for documentaries and films that persists. Sophomore year I took photography and was inspired to shift my position on the yearbook from staffer to photographer, a decision I am still very content with.

Junior year I became assistant photo editor on the yearbook and joined stagecraft, an activity that has brought me more memories and friendships than I could fit into this article. Senior year, I am Editor-in-Chief of photos for the yearbook, and loving it, despite all the stress. I am also still participating in theater, and loving it as well. It has been four long, but evolutionary, years at East and I will be sad to see them end.

Finding my way at East wasn't easy, but in retrospect it was a lot of fun. I tried to figure out where I belonged amid a cornucopia of clubs, sports, and other activities. I tried a lot of things

that weren't "me" before I found what I loved, but during the trial and error period I met people I now consider some of my closest friends. The best advice I could give to someone attending East, now or in the near future, is to try new things and let yourself learn what you like and admit what's not for you. The process, as well as the activities, contribute to your evolution as a student every year and as a person.

Freshman year I was dead set on being exactly what I thought every high school student should be—involved in a million sports and that was it. Now as a senior I am in no sports, although I have a great deal of respect for East athletics, I am very happy to have grown beyond my narrow, preconceived notion. I have found that the only way to be happy in a big school, such as East, is to do what you love and if that happens to change from year to year that's okay. East is a school of multiple and varied opportunities. If you decide something is no longer your "thing" or you just don't like it anymore, there's a lot of other stuff to choose from—move on to something different.

This coming Spring I will graduate with the class of 2012 and go on to attend Lawrence University in the fall and I can honestly say without a doubt in my mind, that it is East High School alone that helped me get there. East is not just a school, it's an experience, it's a culture all its own, and it has the tendency to cultivate some of the brightest and most sophisticated people you will ever meet. I feel lucky to have been a part of such an amazing place and be able to graduate this spring as an East Angel.



This is Jess's last Congress Park News column as an East High student. By the time we publish again, she will have graduated from East. We thank her for her insight into her experiences at East, and we're opening the column to another East High student who lives in Congress Park.

If you'd like to write the quarterly column, please contact the editor at [newsletter@congressparkneighbors.org](mailto:newsletter@congressparkneighbors.org).

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## 2012 Historic Speakers Series Needs Your Input

Carolyn Van Sciver is putting together the 2012 Historic Speakers series, so if you're wondering about wiring, decor, tuckpointing, or making your antique house a little "greener," let her know so she can find a speaker to address that issue. Do you know a good speaker on a pertinent topic? Send her a note (subject: Speakers Series) at [cvansciver@earthlink.net](mailto:cvansciver@earthlink.net). She can also use volunteers to help with delivering flyers for the presentations.

## Congress Park Real Estate is a Secure Investment

*Continued from page 7*

Lisa Santos: Demand in our neighborhood continues to be high. In the past year, I have actually seen Congress Park rival Washington Park in popularity and desirability with buyers, whereas 10 years ago, many buyers would ask me "Where is that?" This is due to a number of factors - great retail, restaurants and bars within walking distance; affordable homes; and Teller Elementary and East High School. The fantastic programs and school community have made our neighborhood a magnet for young families. I have sold Congress Park homes in the last few months within days of going on the market, but all of these sellers had made smart improvements, and priced their homes realistically. All in all, Congress Park remains extremely popular with buyers, and from a seller's standpoint, we have fared well through the market slowdown.

Assist-2-Sell's Congress Park Broker/ Owner Todd Barker, and Realtor/ Interior Decorator and A2S partner Stosh Cortner: Competitively priced homes in Congress Park are selling more rapidly than in other parts of the city. We recently had a condo go under contract in 3 days. The record low interest rates and more affordable home prices are keeping our phones ringing. As Congress Park residents ourselves, we are looking forward to the redevelopment of the hospital district on Colorado Blvd as well as the new Sunflower Market within walking distance. All of the above and good schools only increase neighborhood desirability and property values.



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<p><b>Hair Salon</b></p> <p><b>The Cutting Edge</b> 2924 E. 6th Ave. 303-322-1633; Open 6 days; Sun. by appt. Credit cards OK except Discover. Hair: cuts, color, highlights, perms, extensions, dreadlocks. Skin: care, facials, waxing.</p>	<p><b>Worship</b></p> <p><b>Capitol Heights Presbyterian Church</b> 1100 Fillmore; 303-333-9366 A Diverse, More Light Faith Community in Congress Park. Sundays: 9:30am worship service, 11:00 am education hour.</p>	<p><b>Window and Gutter Cleaning</b></p> <p><b>Twin Pines Window Cleaning</b> Contact Bob at 303-329-8205 Offering Complimentary Estimates Since 1994</p>
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<p><b>Service Club Meeting</b></p> <p><b>Zonta Club of Denver</b> 303-355-3735 85 years working to improve the condition of women and children. Monthly dinner, program &amp; meeting on 2nd Thursday, \$35.</p>	<p><b>Advertise Here</b></p> <p><b>Are you reading this?</b> So are your customers... Great exposure, low cost. Call 720-231-0475 for rates.</p>
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**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](http://www.congressparkneighbors.org/eblast.html)**

### Zonta Club Screens Oscar-nominee for Day of Film to Benefit Local Women

Zonta Club of Denver and the Denver Film Society are partnering during the latter's 2nd Annual Women+Film VOICES Film Festival to screen a showing of "Saving Face" by Denver-based Director Daniel Junge. The Oscar-nominated Short Documentary about acid burn victims will premiere during the film festival at the Lowenstein CulturePlex on Colfax, and the Saturday, March 10 screening will be ZCD's 4th Annual Day of Film benefiting local women's advocacy groups. For more information or to buy tickets, visit [www.zonta-denver.org](http://www.zonta-denver.org).

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- Franklin P. Jones

### Congress Park Neighbors Membership Form

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

- Member (individual or household)                    \$20
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    (circle shirt size: S M L XL XXL)
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- Graffiti abatement
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- Other

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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.