



# Congress Park

www.CongressParkNeighbors.org

# News

Winter 2015

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## **Hospital Redevelopment Carefully Moving Forward**

By Lisa L. Bingham

Continuum Partners, the developer for the 9th & Colorado project, held a community meeting at the end of September to provide an update on the 26-acre project, the former UCHSC campus.

At this meeting, Denver Urban Renewal Authority provided an update on the redevelopment’s public finance package, anticipating approvals for the Urban Renewal Plan Amendment, Cooperation Agreement, and Redevelopment Agreement in early to mid-December this year following a public hearing on the issue. Continuum still anticipates closing on the land by the end of December, and plans to start remediation and demolition in January.

On its website, Continuum’s mission asserts an interest in creating mixed-use, large scale projects of “sustainable human habitats with extraordinary character and enduring value.” Demonstrating their commitment to adaptive re-use, the design seems to be preserving the nurses’ dormitory, the parking garage and the five-story bridge across 9th, which may be converted to a unique hotel.

the plan that have come about after community feedback:

- The pedestrian plaza between 8th Avenue and “New Ave.” has been decreased from 120 feet to 60 feet in order to make it a more active space. (As a comparison, the 16th Street Mall is 80 feet wide.)
- They have added 17,000 square feet of open space, including some green space at 8th & Colorado.
- The composition of the project continues to be tweaked; current estimates call for close to 1000 units of residential, 235,000 square feet of commercial space, and 112,000 square feet of office space.
- Continuum has done a traffic study and maintains that there will be 10,000 fewer daily trips to the area than when the University Hospital was an active campus. Improvements will include turn lanes along Colorado Boulevard and 8th Avenue, as well as improving intersections along 8th.

Mr. Cannon also announced that Continuum is seeking community input on what the project should be called. They are considering historic uses of the site, the role of the site in the neighborhood, community character, and other factors. Names can be submitted at upcoming meetings (dates will be posted by Congress Park Neighbors) or sent to [frank.cannon@continuumllc.com](mailto:frank.cannon@continuumllc.com).



### *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.*

Neighborhood participants in the discussions have consistently voiced their concerns with parking, traffic, and the choices and mix of retail tenants.

In line with its use of the term “urban village,” Cannon outlined the modifications to

**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.CongressPark  
Neighbors.org

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Volunteers Needed

Your articles, letters  
and advertisements are  
always welcome.

Neighborhood meetings are held every other month (August, October, December, February, April and June), on the third Wednesday, at 7 p.m. in National Jewish Hospital's Heitler Hall. Watch the newsletter and the email blasts for featured speakers. Don't get the email blasts? Sign up at [www.congressparkneighbors.org](http://www.congressparkneighbors.org).

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

## World-Class Films in Congress Park

By Ann Charles

We are so lucky to have a world-class film center in the neighborhood. Every year, the Sie FilmCenter on Colfax offers the most tantalizing selections of movies during its Starz Denver Film Festival, and this year will be no exception. The 37th SDF, November 12-23, will invite audiences to "Step Into The Story" through over 200 titles among local, national and international independent films, industry panels, workshops, achievement awards and tributes. Check the website ([www.denverfilm.org](http://www.denverfilm.org)) for the festival program.

In the spring, mark your calendars for the VOICES Women+Film festival. Along with a carefully curated selection of films spotlighting women's issues, it will again include a special showing sponsored by the Zonta Club of Denver ([www.zonta-denver.org](http://www.zonta-denver.org)) to mark International Women's Day (Sunday, March 8) and raise funds for local organizations that improve skills and opportunities for at-risk women and girls.

The SDF main box office location is at the Sie Film Center, 2510 E. Colfax Ave., Denver, CO 80206.

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## Your Congress Park Neighbors 2014 Volunteer Board of Directors

Tom Conis—President  
[tom.conis@congressparkneighbors.org](mailto:tom.conis@congressparkneighbors.org)

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

Victoria Eppler

Your elected, all-volunteer Congress Park Board invites you to attend the open meetings at National Jewish Hospital on the third Wednesday every other month (Feb., Apr., June, Aug., Oct., Dec.) at 7 p.m. in Heitler Hall.

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

And we thank these committed neighbors:

Carolyn VanSciver—Congress Park Historic Preservation and Education Committee  
303-377-4913  
[cvansciver@earthlink.net](mailto:cvansciver@earthlink.net)

Lisa Bingham—Hospital District Redevelopment

Crime Action  
[crime@congressparkneighbors.org](mailto:crime@congressparkneighbors.org)

**Denver Botanic Gardens Liaisons**  
Bill DeMaio; [bdemaio@aol.com](mailto:bdemaio@aol.com)  
Myles Tangalin  
Victoria Eppler

### Do you have a suggestion for your Board?

Send hints and help to  
[CPNBoard@congressparkneighbors.org](mailto:CPNBoard@congressparkneighbors.org)

Two slots are open for CPN members to represent the neighborhood on the Botanic Gardens Neighborhood Advisory Committee. Submit a letter of interest to [CPNBoard@congressparkneighbors.org](mailto:CPNBoard@congressparkneighbors.org).

The CPNews has a need for a volunteer who can visit with CPN professionals and businesses about advertising in the neighborhood newsletter. Call Wendy at 303-355-3735 for more information.

## New Walking Tour Option for Tourists and Natives

Historic Denver launched Historic Denver Tours, a new historic walking tour program, this summer. According to a recent attendee, “The Lodo Walking Tour provides Denver history and architecture in a lively tour that brings to life the buildings I have passed by many times in LoDo. I highly recommend it, and now want to go on many more walking tours!”

The tour program debuted with the LoDo Walking Tour, which tells the story of Denver’s founding, the arrival and impact of the railroad, the way buildings grew up around Union Station, and the transformation of the neighborhood – now a national model for how to balance preservation and development.

Historic Denver Tours, modeled after the award-winning Chicago Architectural Foundation tours, provide just the right mix of history, architecture and fascinating stories to bring Denver’s history and personality alive. Historic Denver intends to roll-out a robust roster of tours of diverse neighborhoods across the city over the next several years.

Locals and tourists are invited to take part in a LoDo Walking Tour to get a sense of what it felt like to arrive in and live in Denver at the turn of the 20th century, learn the reasons the neighborhood became a hot-spot, and understand the architecture that still makes Lower Downtown unique. All tours are led by passionate and carefully trained docents who are experts in all things Denver!

The LoDo Walking Tour starts and ends at the historic Denver Union Station, lasts approximately 75 minutes and covers about one mile of walking. For more information visit [www.historicdenver.org](http://www.historicdenver.org), or call 800-979-3370.

## New Short-Term Rentals Increasing

Combine rental units with on-line booking services and recreational pot, and you get a need for a discussion about short-term rentals. City Council recently heard from Portland, Oregon, which has adopted a short-term rental ordinance. On Dec. 6 at the Park Hill Library on Montview from 9:30-11:30 a.m., Councilwoman Mary Beth Susman will be present to discuss her ideas of a “sharing economy.” All are welcome to attend. The meeting contact is Margie Valdez. She is very interested in speaking with persons who live near short term rentals and learning about the impact to the neighborhood. Her contact information [margiev02@aol.com](mailto:margiev02@aol.com) and phone 720-887-0757.

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## “Backpack Friends” Meeting Immediate, Local Need

### 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 Shelley Wood

When Sandy Parker and her husband learned that some students at Teller Elementary (our neighborhood school) were going hungry, she decided to do something about it. She started a “Backpack Friends” program that allows families to apply, get a number assigned, and pick up a backpack of food tailored to their family’s needs at the end of each week.

So far, 75 families have signed up to participate! While the Food Bank of the Rockies provides some of the food, our local team collects and purchases high-nutrient canned/dry goods to add to the packs. 12 volunteers rotate and pack the bags each week. Thanks to Food Bank of the Rockies, volunteers in the program are allowed to receive food as a thank you for their work.

Last time, Congress Park News featured an article about the program and two volunteers stepped forward as a result! This time, the organizers of the program want to say Thank You, Congress Park!

If you would like to make a small contribution to the program, or volunteer to serve food to those in need, please contact Sandy at [walkingteam@aol.com](mailto:walkingteam@aol.com) or drop a check off at the Principal’s Office at Teller Elementary. Please make sure to write “Backpack Friends” in the memo and make the check payable to Teller PTA. You can also drop canned goods in the bins at Teller--please no capers or caviar -- hearty soups, meat products, etc. are greatly appreciated!

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## Greetings from the Teller Garden

By Lan Spengler, Teller Garden Leader and Garden-to-Cafeteria School Coordinator

Our school garden is now in hibernation until Spring 2015, but we are still full of Tiger Pride for our most productive season yet. From the first week of school until mid-October, ECE through 5th grade students have harvested close to 90 pounds of fresh produce from our small school garden for the Teller cafeteria. This season has been a record one since joining the DPS Garden to Cafeteria Program three years ago. Tomatoes, cucumbers, bell peppers, broccoli, zucchini, and salad greens have made weekly appearances on the salad bar. Most of the produce started as seeds that students planted in pots made from newspaper on Earth Day in April. They were amazed to watch the seedlings grow and that one seed gave them an armful of cucumbers.



To get the garden ready for winter, students turned over the soil and saw how the newspaper pots had decomposed. This reminded them of the importance of reusing garden tools and recycling to save our planet. Our garden does not just promote healthy eating but also gives the students a fun learning area beyond their desks.

On September 10, Teller was one of many DPS schools to participate in celebrating Colorado Proud School Meal Day. Chef demonstrations featured Colorado grown produce, including items from school gardens. Teller welcomed Chef Adam Fisher, who made a cucumber tomato salad and kale chips from Italian kale, all grown in our garden. The students loved that the kale is nicknamed Dinosaur Kale because of its dark green, scaly appearance. They LOVED the mild tasting kale chips and came back for second and third samples. Both the cucumber tomato salad and kale chips are now on the DPS school menu!

Having my children's school be a part of the DPS Garden to Cafeteria program, has been one of my most rewarding experiences as a parent volunteer. As I look for ideas to make the school garden more useful and produc-

tive, I realize with each new planting season, how amazing our city and local community are, and how eager they are to aid school gardens. Slow Food Denver and Denver Urban Gardens do an incredible job of reaching out to garden leaders and giving us advice from garden tips to ideas of inspiring students to come out and get their hands dirty. Last year, through their bag donation program, Whole Foods Market of Cherry Creek donated over \$6,000 to help our garden be the best it can be. Our first ever Chef Day celebration was kicked off by 5280 Magazine's Food Editor, Amanda Faison. Her knowledge, culinary skills, and patience helped guide me through planning future Chef Days with local chefs, creating delicious and healthy dishes and incorporating vegetables from our garden.

I would like to note a special THANK YOU to Congress Park neighbors, especially those who live near Teller Elementary.

Thank you for the early morning compliments as you pass by the garden on your daily dog walks, for stopping yard work to help me carry garden soil, plants and tools from my car, for my secret weeding fairies and for those stopping at the garden fence to take notice of how it is growing. Thank you for your appreciation and support through the summers.



### Teller Mission 2014

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/>



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## Waldorf Bids Farewell to Congress Park

By Ellery Lewark

Since I was 4 years old, I have attended the Denver Waldorf School. So this autumn is my 11th year there.

This school year, however, is distinctly unlike any other, because Waldorf has moved to a building previously occupied by the Denver Christian High School.

We have left the towering trees that characterize the Congress Park neighborhood. I will miss the canopy of green that was there when one school year ended in June and another started in late August. I will miss the fiery leaves of fall and the fresh snow sparkling on the branches after a winter storm.

Our Festival Hall, which was rather drab, gave a new definition to the word multi-purpose. It served as a ceremony room and a gym, a dance space and a music room, a demonstration area and a theatre — the list goes on. Yet so many of my favorite school performances, such as class plays and orchestra concerts, took place there. So many events were connected to that space. It was pretty ordinary, but we miss it all the same.

There are so many memories tied to that building on 10th and Fillmore, from my violin lessons in the hallways every week, to twirling in middle school dances twice a year, from learning how to whittle in the woodwork shop, from the kindergarten swing set by the sandbox, to the middle school hallways full of our artwork.

I passed through the halls and classrooms every day. I know them like the back of my hand. Knowing I will no longer go to school in this building is so strange to imagine, because the word ‘Waldorf’ immediately conjures up visions of that space. I have spent most of my academic life there. It is like a second home to me, and leaving it was difficult.

One aspect of the new building, which seems bizarre to me, is having individual rooms for almost every class such as Spanish, math and handwork. In the old building, the teachers who taught these subjects would come to our classroom. Now we go to them.

And the new building has a theater and a gym, two

crucial features prominently lacking in the old building that are wonderful additions.

Leaving the building is like saying good-bye to good friend. You may see them again in passing, but you know that it will never be quite the same. Nevertheless, this year has brought exciting change.

Ellery Lewark is in the eighth grade at the Denver Waldorf School, which has moved to 2100 S. Pennsylvania St. from 940 Fillmore St.

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*“Margaret was invaluable to us in the sale of our Bungalow. It was evident from our first meeting that her knowledge of the Congress Park neighborhood was unmatched and she took a personal as well as professional interest in being there for us every step of the way. She produced marketing materials that were attractive, professional and showed our home in its best light. Based on her thorough market expertise, she gave us sound advice on the timing of our sale, which was key to receiving multiple offers. Margaret's Five Star Realtor award from clients is well deserved. She is quite simply, the best.” Lee Coveney & Dan Smith*



Margaret Marshall CRS, GRI  
303.918.3507  
CongressParkSpecialist.com  
Margaret@kentwoodcity.com



## Holiday Decorating in the Neighborhood

By Shelley Wood

Congress Park sports a wide range of eye-catching holiday lighting during our cold, dark winter months. The tradition of “lighting the night” is as old as civilization -- an effort to lift the spirits and tempt the sun to return after the Winter Solstice is one of the best parts of winter. Whether you hire professional decorators or just throw a string of lights across your bushes out front, consider playing a part in this cheery tradition!

### Tips for Holiday Lighting

1. Check your lights well before you need to use them. Make sure those old bulbs are still lighting up and that the wires aren't fraying. This will save headaches (and frostbite) when it comes time to get them in place.
2. If you need new lights or decorations, consider re-using decorations by shopping at Goodwill or another thrift outlet. Many items are cast off that are still in great condition and at the fraction of the price.
3. Before the weather gets bad -- add cup hooks, nails, or hooks where you can easily hang the lights later.
4. Decorate as early as possible to have the best weather and also to avoid delaying the removal of lights that “just got put up.” No one wants to see a giant lighted candy cane after about January 15th!

## Denver Recreation Centers in Transition

By Congress Park News staff

The Denver Recreation Centers are moving to a new Online system for membership. The system is in transition until January of 2015 and will be using temporary passes until the end of the year. Options are:

30 Visit Pass- \$40 (Available only through December 24, 2014. Provides full access to all 27 centers.)

Single Visit Pass- \$1.00-\$6.00 (Depending on age of patron and recreation center level: regional, local or neighborhood.)

Go online to set up an account and purchase passes: <http://www.denvergov.org/dpr/DenverParksandRecreation>

### Porch lights help dogwalkers to be good neighbors and deter crime

By Ann Charles

When to your holiday lights aren't on, remember to keep your front porch light on so pedestrians can see to walk safely, so dog walkers can see to pick up their pets' 'gifts,' and because a dark porch invites malicious behavior.



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### Stop Junk At Its Source!

By Congress Park News Staff

Many of us stand right next to our recycle bin to sort the mail. At least 70% of my own mail is a direct deposit to recycle -- since it contains offers, info, and proposals from unsolicited sources. If you want to curb the junk, the City of Denver offers a Junk Mail Reduction Kit. Just think of all the trees we would save if everyone tried to reduce their junk mail volume!

### Junk Mail Reduction Kit

Denver Recycles offers a free Junk Mail Reduction Kit to Denver residents. The kit is now a series of pre-addressed letters to the largest direct mail companies in the United States.

Here's what to do:

1. Download the file Junk Mail Reduction Letters
2. Print out the letters.
3. Fill in your Name and Address on each letter.
4. Copy the send address for each direct mail company from the letter to the outside your envelopes.
5. Seal, stamp and send!

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## UPDATE Denver's Compost Collection Program

By Shelley Wood

Have you seen the Green collection bins out in some of our Denver neighborhoods? They are part of an expanding Compost Collection program. Given the popularity of urban farming, gardening, and the healthy eating habits of Congress Park neighbors, this program could be a great addition.

Organic material like food, soiled paper and yard debris is the single largest item we throw away in our landfill, and it is 100% compostable. Participants in the compost collection program receive a large, green composting cart and weekly collection. Organic material such as yard debris, food and soiled paper are all accepted in the program. Only material inside the green cart can be collected.

The Compost Collection program is a fee-based program. Participants may make \$29.25 Quarterly Payments (every three months) or one Remainder of Year Payment. The majority of participants choose to prepay for the year and pay online. It saves money, paper and time!

While the program is active in City Park West, Park Hill, Hilltop, Hale and some other nearby neighborhoods, Congress Park hasn't been selected for composting. An expansion of the program is scheduled in 2015, but Jeanne Robb reports that the neighborhoods to be added have not yet been decided (as of October, 2015). If you're interested in the program, or want to express an opinion about whether our neighborhood should be selected, the administrator at Waste Management suggests you contact Jeanne Robb directly. Email: [jeannerobb@denvergov.org](mailto:jeannerobb@denvergov.org) or phone 720-337-7710.

## Galaxie Body Gets An Upgrade


The old Galaxie Auto Body building will be seeing new life as Cerebral Brewing sometime in mid- to late 2015. The brew pub and tastery will have 4,000 square feet to work with and is planning on an open, inviting patio and two eating establishments as co-habitants.



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## Breathe Easy ... JANUARY is National Radon Awareness Month

By Congress Park News staff

Are you exposing yourself to radon gas? Most of us discourage indoor smoking and encourage healthy habits in our families. During cold weather, we spend more time indoors with the windows closed. Many in Congress Park have renovated basements serving as family rooms and bedrooms. Make sure you know about radon and that you mitigate if it's present at dangerous levels in your home.

Why do I need a radon test for my home? Radon is a radioactive gas that has been found in homes all over the United States. Colorado is Zone 1 the highest levels of radon gas. Nearly 73% of homes in Colorado have high levels of radon gas.

The U.S. Surgeon General Health Advisory: "Indoor radon gas is the second-leading cause of lung cancer in the United States and breathing it over prolonged periods can present a significant health risk to families all over the country. It's important to know that this threat is completely preventable. Radon can be detected with a simple test and fixed through well-established venting techniques." (January 2005).

### *Reducing radon levels*

- The most effective solution is usually a sub-slab (or if you have a crawl space, sub-membrane) depressurization system.
- A mitigation system in Colorado usually costs about \$800-\$1,200 unless difficult design problems are encountered.
- You might be able to do sub-slab depressurization yourself if you have good handyman skills, including electrical wiring skills.
- Learn more at Understanding Radon Mitigation: Do-It-Yourself Radon Mitigation Information.
- While caulking and sealing are done as part of the mitigation process, the purpose isn't to keep radon out but to hold conditioned air in.
- It's impossible to seal all cracks and the task is time-consuming, expensive and temporary (dries out over time).
- This procedure isn't recommended as a stand-alone technique.

The Colorado Department of Public Health and Environment offers links to testing services and a coupon for a discount on testing. Tests range from about \$15.00 and up.

Contact:

Radon Program:

Hazardous Materials and Waste Management Division

Phone: 1-800-846-3986, or (303) 692-3300

Website: [www.colorado.gov/cdphe](http://www.colorado.gov/cdphe) and search under RADON

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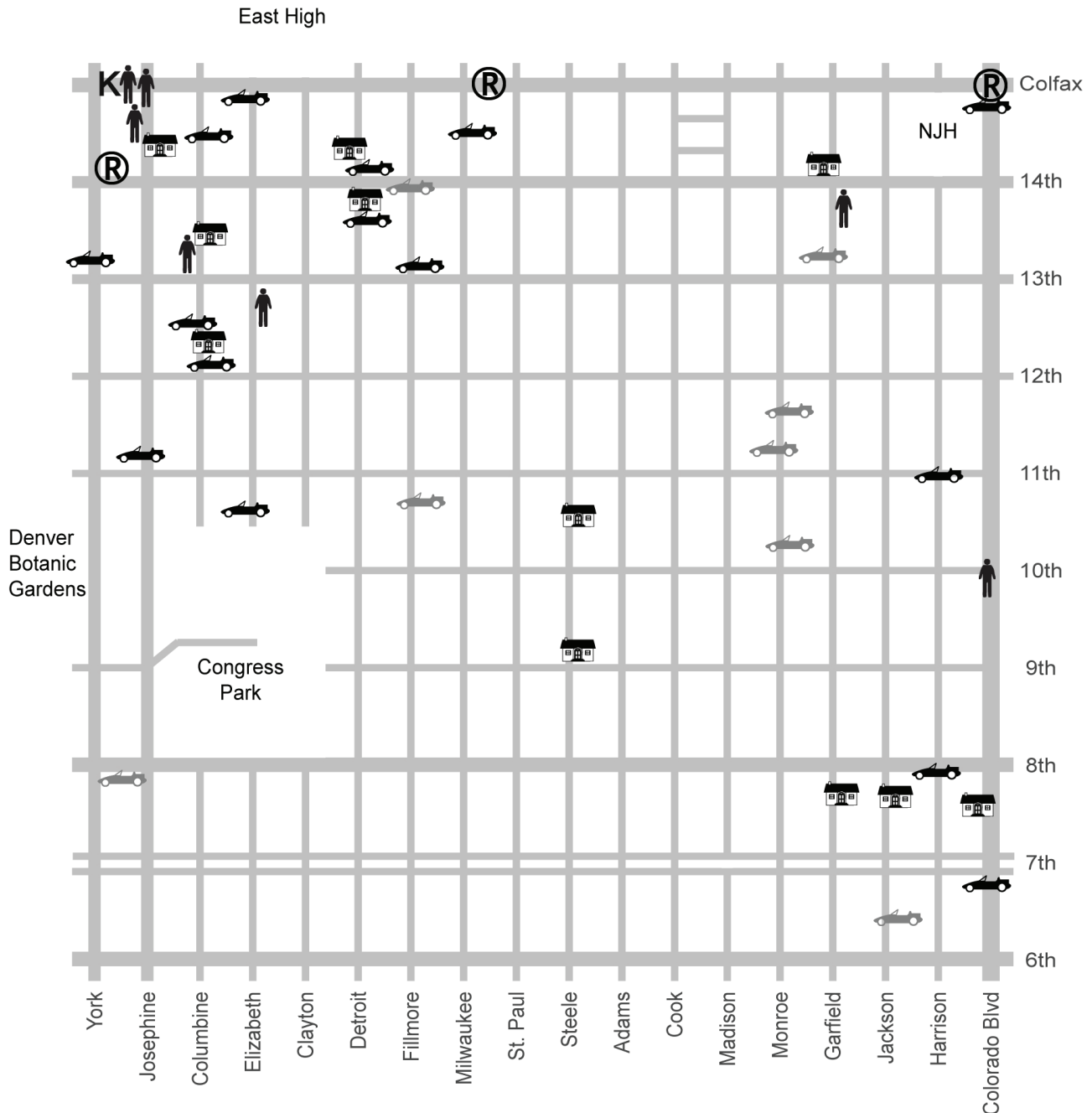
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# CONGRESS PARK NEIGHBORHOOD CRIMES JULY - SEPTEMBER 2014



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

**This map shows a compilation of all serious crimes reported to police within Congress Park in the third quarter of 2014. Crime mapping is provided by the Congress Park Crime Action Committee using City and Police Department statistics relayed through Council District 10.**



## Winter at the Botanic Gardens...the Harvest has just begun!

By Congress Park News staff

For plant life in Colorado, winter is a time of rest. For the Botanic Gardens, it is a time to expand our knowledge of, and appreciation for, Nature beyond the mere observation of the beautiful blooms we see in our summer strolls on the grounds of the DBG.

There are more activities scheduled in the Denver Botanic Gardens during the winter than there are Blossoms of Lights (the traditional winter display running December 5-January 1 5:30-9:00 pm). Whether you want to practice your dancer pose doing Vinyasa Yoga, learn drawing or photography techniques, join a 3-session book club, or study

medicinal herbs, or whatever about plants -- the Denver Botanic Garden has something for YOU!

To find out more, visit the Events page at the DBG website: [www.botanicgardens.org](http://www.botanicgardens.org)

Denver Botanic Gardens  
1007 York Street  
Denver, CO 80206  
720-865-3500 General Information;  
720-865-3501 Information Desk

## Congress Park Neighborhood Pooches: A Community Engagement Project

By Nona Shipman

You're walking your dog and realize you forgot a bag-- you walk away nonchalantly? No, there's an app for that.

At [www.cpnpooches.com](http://www.cpnpooches.com) visitors will find a map created that pinpoints all the locations of neighbor-supplied doggy bags and trashcans available for public use. This map can be downloaded as a PDF, printed out, saved on a phone, or linked on Google Maps for scrolling and zooming.

Use the map-- keep the waste and its bacteria out of our storm drains and water, and off our neighbors' shoes. Homeowners can contribute to the effort by keeping your porch light on so the noble dog walker can see where to address the bag to the deposit.

Help keep Congress Park healthy, clean, and beautiful for everyone to enjoy.



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## SideWalk Talk

By Jeanne Robb, City Councilwoman

Have you wondered how many people pass along the sidewalks in certain areas of Denver each day? A new website can shed some light for the curious or those doing research: [www.walkscope.org](http://www.walkscope.org) allows you to drop a pin on an intersection and learn about numbers of pedestrians, sidewalk condition, and the general walkability in that location.

Have you ever nearly tripped walking along a section of degraded sidewalks in our neighborhood? Our beautiful, mature trees are often the culprits when it comes to uneven sidewalks. Here are the rules: "If your sidewalk has uneven sections that vary in height by 3/4" or any cracks that create a 3/4" difference, the City can require you to repair your sidewalk...when properties redevelop or improve significantly, Denver's Sidewalk Rules and Regulations specify new sidewalks must be provided."

### Let it Snow, Let it Snow!

Remember, you have 24 hours to remove snow and ice after the snow has stopped falling. Sidewalks are used heavily in our walkable neighborhood by those pushing strollers, walking to catch the bus downtown, walking dogs who look forward to this daily treat, and by those who are visiting neighbors and shops in the area.

However we handle the issue, let's all work to keep our sidewalks safe and walkable and our neighborhood looking good.

**Councilwoman  
Jeanne Robb**  
1437 Bannock St. Rm 493  
Denver, CO 80202  
720-337-7710  
[Jeanne.Robb@denvergov.org](mailto:Jeanne.Robb@denvergov.org)

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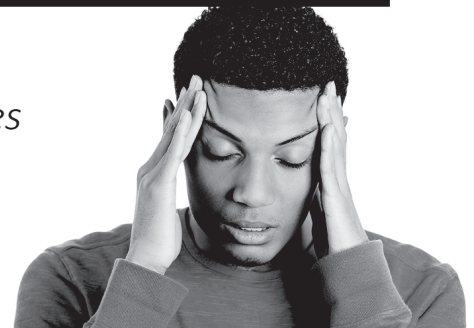
**All meetings from 6 to 7 p.m.**  
**at REACH, 940 Fillmore Street**  
**in Denver's Congress Park Neighborhood**  
November 18 ★ January 8  
January 13 ★ January 22 ★ January 27



For more information, call 720.446.8927  
or email [chris.ferris@reachpk5.org](mailto:chris.ferris@reachpk5.org)  
Visit [REACHpk5.org](http://REACHpk5.org) for details

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Denver, CO 80230

**303-340-8439**

## Share the Love...of SKIING!!

By Congress Park News Staff

**S**hare your love of skiing or riding and transform lives today. Volunteer with the NSCD.

The National Sports Center for the Disabled (NSCD) enables the human spirit through therapeutic recreation and adaptive sports. The program serves people of all ages with any type of special need or disability (i.e., physical, cognitive, behavioral). Over 3,000 people annually are served with almost 20,000 lessons. This is only accomplished because of a dedicated volunteer corps.

The NSCD is current looking for 300 new volunteer ski or ride instructors for the winter season at Winter Park Resort.

To learn more about volunteering:

Email: [volunteer@nscd.org](mailto:volunteer@nscd.org)

Visit: <https://www.nscd.org/winter-volunteer-opportunities.php>

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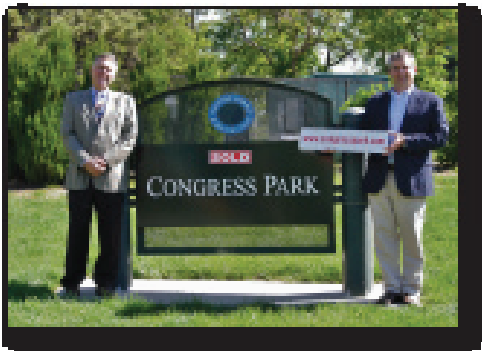
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Service Club Meeting

**Zonta Club of Denver**  
303-355-3735  
87 years working to improve opportunities for at-risk women and children. Monthly dinner, program & meeting on 2nd Thursday, \$35.  
www.zonta-denver.org

Window and Gutter Cleaning

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**Neighborhood Directory**

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Worship

**Capitol Heights Presbyterian Church**  
1100 Fillmore; 303-333-9366  
A welcoming, diverse and inclusive faith community in Congress Park. Sundays: 9:30 am worship service, 11:00 am education hour.

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., National Jewish Heitler Hall. Contact cpnboard@congressparkneighbors.org and visit congressparkneighbors.org

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

**December** is Safe Toys and Gifts Month, National Stress-Free Holidays Month, and Universal Human Rights Month

**January** is Eye Care Month, Volunteer Blood Donor Month, Hot Tea Month, Oatmeal Month, Hobby Month

**Think Outside the Big Box**  
*Shop at Your*  
**Congress Park Businesses**  
www.congressparkneighbors.org  
lists all merchants in Congress Park.  
Please visit our site and see how our local businesses support our neighborhood.

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)

**CashBackFairy.com**

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

**Check [www.CongressParkNeighbors.org](http://www.CongressParkNeighbors.org)  
for our advertisers' most recent news!**



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

- Martin Luther King, Jr.

**Congress Park Neighbors Membership Form**

Your neighborhood needs you! Join your neighbors today.

Name:

email:

address:

phone:

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

\_\_\_ Member Name: \$20

If household membership, other persons name:

\_\_\_ Patron (receive 2 passes to the SIE Film Center!): \$30

\_\_\_ Business or organization: \$40

(Circle amount enclosed)

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

\_\_\_ 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.

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