

Congress Park

News

Winter 2021

www.CongressParkNeighbors.org

Inside

- Activate or Renew Your Membership 2
- Zoning and Neighborhood Plans; Share Chef Zorba's with a neighbor 3
- Teller Elementary School's 100th Anniversary! 4-6
- Support Teller as it Begins Another 100 Years 6
- ZCD supports Period Kits 7
- Pandemic Baby 8-9
- W.W.S.D. - (What Would Scammers Do?) 9
- CPN Crime and Map 10-11
- Green Team Action Tips 12-13
- Coloring Page 14
- Biz Directory 15

COVID-19: A Refresher.

This holiday season, give the gift of health to your family and the community

By Wendy Moraskie

COVID-19 is a sneaky virus. Since March, we've heard about COVID-19, its symptoms and the sometimes dire impacts to people's health. We all know people who have been sick, and we probably know more people who have been contagious but not sick. This sneaky virus has made people I love very sick and I don't want to lose any of my peeps. Which immediate loved one would you want to sacrifice? No, you can't say "mother-in-law."

Have you heard of the COVID-19 protocols? Wear a mask when you could come into close contact with someone outside your immediate household. Wash your hands frequently. Stay 6 feet away from people outside your immediate household. Stay home if you're sick. Avoid non-essential outings. Rethink the plans for the holiday parties this year and change the date to 2021. Oh, you're familiar with these? Good. Let's be a little obsessive about them for the next few months so we can get this darn (pardon my language) virus under control.

You see, we're all a bit tired of the protocols and perhaps Jan Brady was right when she shrieked, "COVID, COVID, COVID!!" (Wait, what?) Well, anyway, that's when we need to be on our guard; that's when the virus has us just where it wants us and is rubbing its filthy

How to wear a mask: Cover your nose and mouth.



hands gleefully. We get mask fatigue and that's when the virus will take advantage of our relaxed vigilance and fly up our noses.

Just like we appreciate our favorite restaurants keeping their kitchens, dining rooms and personnel clean and within public health standards and guidelines, this current situation requires that we all adhere to some basic 'stop the spread' protocols. Wearing masks and maintaining our physical distancing are pretty easy things we can do to help keep our favorite businesses open and viable.

But what does 6 feet look like? Picture people standing at either end of a bicycle, or two great Danes, or an elk, a kayak or a unicorn. We do it the easy way, or we can bring back hoop skirts. For men, too.

Make the mask an expression of your fashion or philosophy, whether that's cheerful flowers or holiday decorations or statements like "Be Kind," "I Love Cats," or "Back the Cluck Up." Speaking of masks, remember that in most humans, the nostrils are connected to the lungs.

As a very tired nurse put it, would you rather choose to wear a mask or have a tube put down your throat? Doesn't seem like a very difficult choice, while it's still a choice.

*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
CPN Board

Advertising Coordinator,
Layout & Design Editor:
Michelle Warwick
murphy.michellej@gmail.com

Distribution:
Volunteers Needed

Your articles, letters and advertisements are always welcome.

Watch for the newsletter and the email blasts for featured speakers.

Don't get the email blasts? Sign up at www.congressparkneighbors.org.

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

Activate or Renew Your Membership

By Tom Conis, CPN Membership Chair

Congress Park Neighbors, Inc., has been the Registered Neighborhood Organization for the neighborhood bounded by Colfax, 6th Ave., York St. and Colorado Blvd. for more than 30 years. With an all-volunteer Board and more volunteers leading projects, our goal is to provide accurate information to neighbors about neighborhood issues that City government is deciding on and managing. Your Board does not take a position on any issue or at any City meeting without first polling affected neighbors to ensure true representation.

We use the quarterly newsletter, the website and email blasts to get accurate information to the more than 5000 households in the neighborhood. This is not easy and we could use your help. What interests you? What would you like to learn more about? Zoning? Caring for our Antique Houses? Historic Overlays? Shared land use? Sustainability? Can you help with the website? The newsletter? Do you have—or want more—

expertise in city government? Policy? Contact us and let us know how you can help.

Our website, newsletter, events and activities are made possible by the financial support of our members and the generous spirit of our energetic, compassionate volunteers. We invite you to join us and help our civic association thrive and add even more activities.

Your investment in and support of your RNO is greatly appreciated!

Please join or renew your support:
Online at our Website - CongressParkNeighbors.org
We conveniently accept Visa, MasterCard or PayPal.
Or mail a check with the form on the back of this newsletter to:
Congress Park Neighbors, Inc.
PO Box 18571
Denver, CO 80218

Your Congress Park Neighbors 2021 Volunteer Board of Directors

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

Myles Tangalin—Treasurer
treasurer@congressparkneighbors.org

Tom Conis—Secretary, Membership and Newsletter Distribution
tom.conis@congressparkneighbors.org

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

Jeff Harbaugh—At Large
jeff.harbaugh@congressparkneighbors.org

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

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:

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

Steve Eppler—Crime Action
crime@congressparkneighbors.org

Myles Tangalin and Vicki Eppler
—Congress Park Historic Preservation

Vicki Eppler and Myles Tangalin
—Denver Botanic Gardens Liaisons

Vicki Eppler, Mayor's Appointee
—DBG Board of Trustees

Do you have a suggestion for your Board?
Send hints and help to
CPNBoard@congressparkneighbors.org

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.

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

Sign up for CPN e-blasts to get current information.

Contact info on Zoning and Neighborhood Plans

Denver Zoning Code: www.denvergov.org/zoning

For questions about ECAP, Blueprint Denver or Plan Zoning: Scott Robinson CPD scott.robinson@denvergov.org

If you would like more information on the Group Living Code Amendment Project: Project Website & Advisory Committee: www.denvergov.org/groupliving
Project Manager: Andrew.webb@denver.org; 720-865-2973

You can also contact our City Council representatives with questions or concerns:
Robin Kneich, Councilwoman At-large: kniechatlarge@denvergov.org
Deborah "Debbie" Ortega, Councilwoman At-large: ortegaatlarge@denvergov.org
Chris Hinds, Councilman District 10: chris.hinds@denvergov.org
Galia Halpern, District 10 Aide & Congress Park Contact: galia.halpern@denvergov.org

Please cc: Congress Park Neighbors so we all can stay in the loop:
cpnboard@congressparkneighbors.org

Does CPN need an ECAP committee? Are you interested in participating or chairing?

Share Chef Zorba's with a neighbor

By Ann Helmer

A recent chat with Karen LuKanic, Chef Zorba's owner, revealed that the 41-year-old Congress Park fixture saw a need during the pandemic and had a quick response. Karen and Chef Zorba's launched their "Give a Meal;" program to get free meals to seniors who are unable to get out much, or trying to limit their exposure during the pandemic.

How does it work? Customers can pre-purchase a meal for \$10. It will be delivered to local subsidized senior housing communities in the neighborhood. This program is one way Chef Zorba's can keep doing what they're best at: cooking up great food and contributing to the community while they're at it!

Send a meal to a senior at www.chefzorbas.com

Look for wellness tips from CPN's Daily Apple Clinic starting in the Spring issue! www.dailyappleclinic.com

Ireland's Finest Painting Co.

Bringing Color to Congress Park for the Past 25 Years!

We Are The Clean Guys In A Dirty Industry!

20% OFF

labor on all interior jobs performed in **December - April 2021**

Complete Interior & Exterior Painting
(303) 512-8777
irelandsfinestinc.com
We're Getting Busy, Call Today!

25th Anniversary
Ireland's Finest PAINTING COMPANY
EST. 1995

VISA MasterCard DISCOVER AMERICAN EXPRESS
BBB EPA Google f

2020 Marks Henry M. Teller Elementary School's 100th Anniversary!

By Kyle Rose



Built to handle the burgeoning student population in Congress Park following World War I, Teller Elementary School opened its doors in 1920.

About the School Building

The original building located at 1150 Garfield Street was designed by Denver architect George Hebard Williamson, who attended Denver public schools and was an 1893 graduate of "Old East" high school. Williamson featured Greek columns and a symmetrical appearance in his design for Teller. Williamson would later go on to design Denver's East High School, which is on the National Registry of Historic Places and is known for its Jacobethan Revival architecture.



Teller Elementary 1920s

staunch supporter of silver currency and favored the rights of settlers over land speculators in the use of Western lands.



Henry M. Teller

In 1950 and later again in 1994, additions to Teller were built to house the school's auditorium, gym and lunch room. These renovations, with the addition of the Learning Landscape Playground in 2010 and the artificial playing field in 2019, created the campus we see today.

About Henry M. Teller

The school is named after U.S. Senator Henry Moore Teller. Born in Allegheny County, N.Y., in 1830, Henry Teller was educated at local academies and practiced law in New York and Illinois before moving to Colorado shortly before the outbreak of the Civil War. He served as one of Colorado's first United States senators in 1876, after the state entered the union. Teller became a

In 1882, President Chester A. Arthur named Teller secretary of the interior. During his tenure, Teller opened federal land to settlement and logging, and reformed schools for Native Americans. He later returned to the Senate in 1885 and served until 1909. An opponent of American imperialism, he authored the Teller Amendment of 1898 — attached to the war resolution against Spain — in an attempt to foster self-government in Cuba. Following his final term in the Senate, Teller served



Teller students 1934

Continued on page 5

2020 Marks Henry M. Teller Elementary School's 100th Anniversary!, continued

By Kyle Rose

Continued from page 4



Teller students 1938

on the National Monetary Commission before it was disbanded in 1912. He died in Denver in 1914 and is buried in Fairmount Cemetery, which is located four miles from Teller Elementary near the intersection of Alameda Avenue and Quebec Street in Denver.

How Congress Park Neighbors Can Help Support the Future of Teller Elementary School in its Next Century

The success of Congress Park's local school over the past century is due in large part to the generosity of Teller parents and Congress Park neighbors who have given their valuable time and money to support Teller's mission of providing a place where all children can learn, grow and reach their potential.



Teller students 1943



Teller Elementary 1950

Just Sold by Lisa Santos



1443 Columbine Street | \$878,500



1366 Garfield Street, Unit 104 | \$259,000



MAISON
of Colorado

Lisa Santos
Broker Associate
720.933.3377
lisa.santos@compass.com

COMPASS

Compass is a licensed real estate broker and abides by Equal Housing Opportunity laws. All material presented herein is intended for informational purposes only. Information is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdraw without notice. No statement is made as to accuracy of any description. All measurements and square footages are approximate. Exact dimensions can be obtained by retaining the services of an architect or engineer. This is not intended to solicit property already listed.

Continued on page 6

2020 Marks Henry M. Teller Elementary School's 100th Anniversary!, continued

By Kyle Rose

Continued from page 5

With recent cuts in school funding and the impact of the current COVID-19 health crisis on the Denver Public Schools budget, the Teller



Teller students 1953

PTA — with the support of the larger community — must provide more financial resources to support the school and its students in need.

Support Teller as it Begins Another 100 Years

We appreciate our neighborhood's support for our local elementary school as it enters its next century of serving the community. With your ongoing involvement, Teller will continue to thrive. The Teller Elementary PTA invites you to contribute in one of the following ways:

Donate to Simply Giving — This direct, tax-deductible program supports a well-rounded education for all students with a stable revenue source, making budgeting more predictable. Parents, family, community members, and friends can donate, at <http://teller.dpsk12.org/donate>.

Shop with King Soopers — It's fast, it's easy, and it doesn't cost you a dime. A percentage of every purchase is given back to Teller quarterly. At www.kingsoopers.com or on the app, go to My Account, choose Community Rewards, and search for Teller Elementary PTA or the school's program ID# SK106.

Sign Up with AmazonSmile! Simple, and no cost to you. Go to smile.

amazon.com or the Amazon Shopping app. AmazonSmile features the same prices, selection and shopping experience as Amazon.com. Select Teller Elementary School PTSA as your charity of choice and AmazonSmile will donate 0.5% of your eligible purchases to Teller.

Teller flourishes thanks to your support, and the staff, teachers and students appreciate the neighbors' participation in making Teller a thriving member of the neighborhood.

Photo: Jess Blackwell Photography



**CLASSIC
HOMEWORKS**
DESIGN | BUILD | REMODEL

Kitchens | Master Suites | Pop Tops
Additions | Basements | ADUs & More!

Transforming Denver Homes Since 1985

3430 E 12th Ave. Denver, CO 80206 | (303)722-3000 | classichomeworks.com

Zonta Club of Denver supports Period Kits with Time, Materials and \$1500

ZCD members, friends and family build kits and donate supplies and funds.

By Wendy Moraskie



ZONTA
CLUB OF
DENVER
MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

Zonta Club of Denver members gathered this fall, virtually and in-person (masked and distanced) to support Period Kits. An October kit-making event produced dozens of 90-day kits and this month, Zonta members delivered a carload of supplies and nearly \$1500 in donations to Period Kit’s Executive Director, Geoff Davis.

What is Period Kits?

The Period Kits organization assembles donations of tampons, pads, liners, wipes and underwear into 3-month Period Kits for women in poverty and with unstable or no housing. 20% of the kits go to street outreach and the rest go to local agencies, such as Delores Project and The Gathering Place.

Period poverty is a serious issue, and especially now during COVID-19. In the US, 1 in 5 girls miss school because they do not have period products. Currently Period Kits has a wait list of over 400 kits needed.

“A woman experiencing poverty or homelessness must have so many untold burdens, issues, and trauma that I know nothing about,” said Davis. “What I do know is that we could help with this ONE issue for three months.”

How did Zonta help?

At the onset of the pandemic, the club pivoted quickly from in-person functions to on-line and socially-distanced service projects and support of local work to meet the needs of at-risk women. “The dedication and ingenuity of our members made sure we continued to pursue our mission and enjoy our fellowship,” said ZCD president Gwen Fornia, “and the graciousness of supporters contributed to successful Day of Film and Garage Sale fundraisers, both virtual this year.”

The Period Kits project, founded by Ashley Bierne and managed by Davis, was a perfect fit for the pandemic paradigm.

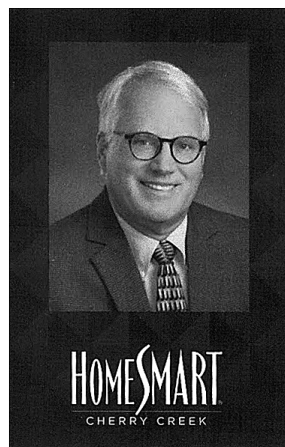
“It’s a wonderful opportunity for members to be involved in fulfilling our mission in 2020’s ‘normal,’” Hyzer said. “Our members, family and friends all enthusiastically helped with this project.”



Zonta Club of Denver member Kathy Hyzer gives supplies and a donation to Period Kits Executive Director Geoff Davis.

Period Kits (www.periodkits.org) has grown into a 501(c)3 providing the community with over 1000 kits since its inception. Their vision is a world where anyone who has a period has access to the products they need when they need them.

The Zonta Club of Denver (ZCD) (www.zonta-denver.org) and Zonta International (ZI), are committed to empowering women and girls in the Denver area and around the world. ZCD was chartered in 1927 and, as a chapter of ZI, is united with almost 30,000 members in business and the professions in over 1,200 clubs in 66 countries to empower marginalized women worldwide to improve their quality of life. Since its inception, ZCD has donated over \$2,500,000 and its members have given thousands of volunteer service hours to community projects aimed at empowering women.



Daniel Braun
REALTOR® CRS, ABR
DRE# EA1321093

m 303.883.5881
e danbraun725@gmail.com

HomeSmart Cherry Creek
8300 E. Maplewood Avenue, Suite 100
Greenwood Village, Colorado 80111
Each brokerage independently owned and operated.

Things to do in Congress Park on cold days

-Walk the dog and count the houses where you could help senior neighbors shovel the walk

-Renew your CPN membership

-Call a CPN Board member and volunteer for a task

Pandemic Baby

(The author and her great-grandmother both delivered babies during a pandemic! Miracles and blessings! Ed.)

By Alison S

I am typing this with one hand while my precious pandemic baby sleeps on my chest. I am too sleep-deprived to be clever, but I will rub my last two brain cells together and write.

My husband and I are so grateful that she arrived healthy and screaming at the end of September. Her middle name is Edith, after my great grandmother who was pregnant during the 1918 pandemic. Since March, I have been slowly reading Edith’s autobiography, and it strikes me that the 1918 pandemic was merely a footnote in the story of her life. Between her husband’s tuberculosis,

her own lead poisoning, and the death of a child, catching the Spanish flu while pregnant was comparatively easy—although she fortunately had a milder case. Edith’s pandemic baby, my grandmother, lived 94 long years. Two of Edith’s friends died that winter of 1919.

In Edith’s autobiography, she recounts the 1923 influenza with more details, and those details paint a frankly medieval picture. In a small town in Texas, the entire family of six crammed into the living room to keep warm and remained there for two weeks. A kind neighbor brought them clean soft

rags because they did not have Kleenex or toilet paper at that time. Can you imagine?! The neighbor must have felt guilty about hoarding rags, it seems. Edith credits her recovery to drinking blackberry wine, which I fully endorse even if Dr. Fauci doesn’t.

This precious pandemic baby sleeping sweetly on my chest has no idea of the stress I have suffered to bring her into the world (note: “sweetly” may be an exaggeration... she grunts A LOT). I was understandably anxious leading up to my due date. What helped me endure the last few weeks of my pregnancy was the deep conviction that I needed to not be pregnant during a pandemic anymore. My philosophy on babies is the same as my philosophy on food poisoning—better out than in!

So, I was definitely “motivated” to arrive at Rose on time, despite my nerves. Thankfully, I tested negative for the virus a few days before the procedure. Once I was admitted to the hospital, the doctors and nurses were so reassuring, I honestly did not think twice about COVID-19. These amazing people have been delivering babies throughout the pandemic, showing up to work every day—I could handle a few days in the hospital. Thankfully, my husband was by my side the entire time. At the beginning of the pandemic, there were

Continued on page 9

COMING SOON to Congress Park!



Daily Apple Clinic
Better lives. Better world.

Opening after New Year’s Day

3570 E. 12th Ave. STE 203

(near French Press, Sweet Cooie’s and Blue Pan)

Please check out our website to learn more about us.

Scan Me



www.dailyappleclinic.com

Also, could you do us a favor and complete a quick survey to help us create the clinic that Congress Park is dreaming of? Thanks!

Scan Me



Daily Apple Clinic survey

Pandemic Baby, continued

By Alison S

Continued from page 8



Welcome Edith, to Congress Park.

many accounts of women not even being allowed one support person at the hospital, which is truly a nightmare.

And now that I am no longer pregnant, how do I feel? I feel slightly less murderous when I see young Cap Hill residents openly socializing (how dare they!). I wish I could hang out with more of my friends and their babies. I wish my pandemic baby could meet my dad. But on the plus side, we are having a Shetland pony come to our tiny backyard next week just for my three-year-old's entertainment. If that is a sign of pandemic insanity, then I don't want to be sane. This precious pandemic baby is a blessing. Fortuna's wheel keeps spinning. Life goes on. This is temporary. This better be temporary.

W.W.S.D. - (What Would Scammers Do?)

Be alert for scammers' tricks!

Scammers love to:

- Rush you into making a donation.
- Trick you into paying them by first thanking you for your "previous donation" that you never made.
- Change the caller ID to make it look like a local call and area code.
- Use names that sound a lot like the names of real charities.
- Give vague claims and sentimental stories about their "work" but provide no specifics on how your donation will be used.
- Say that your donation is tax-deductible.
- Ask you to pay via money card or wiring the money.

Avoid Scams

- Do not answer calls or texts from unknown numbers. Even if they address you by name. If you answer and it is not who you expected, do not hang on, hang up.
- If a caller asks you to hit a button to stop getting calls, just hang up instead.
- Never assume an unexpected call or text is legitimate. Hang up and call back using a number you can verify on a bill, a statement, or an official website.
- Be suspicious. Con artists can be VERY convincing: They are professionals and steal a lot of money this way because they are good at it. They may ask innocuous questions, sound bored, act like they are doing you a favor, make offers too good to be true or sound threatening.
- Do not give out personal information – card numbers, account numbers, Social Security numbers or passwords – or answer security questions.
- If you feel pressured for immediate payment, use extreme caution.
- Ask your phone company about call blocking tools for landlines or apps for mobile devices.

30 Rotating Craft Beers
Daily Happy Hour
Drink Specials
Mug Club 2020 Now on Sale
833 Colorado Blvd

Congress Park Crime Report

By Stephen Eppler, Crime Action Chair

*“The Congress Park Crime Action Committee is committed to coordinate efforts to rid our neighborhood of crime, thus helping to ensure personal safety for all.”
CPN Crime Action Committee Mission Statement*

From January - August 2020, violent and property crime in Denver increased by 12% and 14% respectively. Murders increased by 47% and aggravated assaults (involving a weapon or causing serious bodily injury) rose 25%. Sex related offenses dropped by 20%. There were increases in the following types of property crime: burglaries 26%, auto theft 32%, theft from motor vehicle 15%. Larceny dropped by 2%.

Compared to 2019, auto theft in Congress Park increased by 40% (from 35 to 49). Currently, CP ranks 61st among Denver’s 78 neighborhoods in auto thefts/1000 residents which is unchanged from 2019. Thefts from motor vehicle have increased by 20% (from 70 to 84). Most of these occurred within 2 blocks of the traffic arteries defining the boundaries of CP or along 12th Ave.

Wise Strategy

Protect yourself. Lock your residence even if you are going to be nearby. Lock your garage even if you are raking or shoveling out front. Don’t leave valuables in your car where they can be seen. If you have to leave them in the car at all, put them in the trunk. Don’t leave your car running unattended. A thief is always looking for easy opportunity. It takes only seconds to steal from the unwary.

Violent crime in Congress Park (CP) also increased by 12%. Fortunately, no homicides occurred. While aggravated assaults dropped by 19%, more simple assaults occurred resulting in no net change in total assaults. There has been a 233% increase in robberies (from 3 to 10). Six of these occurred within 2 blocks of the intersection of Josephine and Colfax and 3 near the junction of Colfax with Colorado.

Burglaries dropped by 14% (from 63 to 54). Among Denver’s 78 neighborhoods, Congress Park’s rank improved to 22nd (from 10th in 2019) in residential burglaries/1000 residents. Burglaries involving unforced entry dropped. Congress Park now ranks 30th compared to 18th in 2019. However, the number of burglaries involving forced entry increased slightly compared to the previous year. Bike thefts dropped by 14% to 37 from 43 occurrences. Among Denver neighborhoods CP now ranks 24th for bike thefts compared to 16th in 2019.



HAVE YOU HEARD?

It’s the perfect time to sell in Congress Park!





Your Pet Friendly Realtor & Neighborhood Expert




720.331.6377 www.TrishKelly.com

5% of all proceeds are donated to Animal Rescue

JUST LISTED! GORGEOUS CONGRESS PARK BRICK BUNGALOW!

736 MADISON STREET | DENVER, CO 80206

3 bed | 2 bath

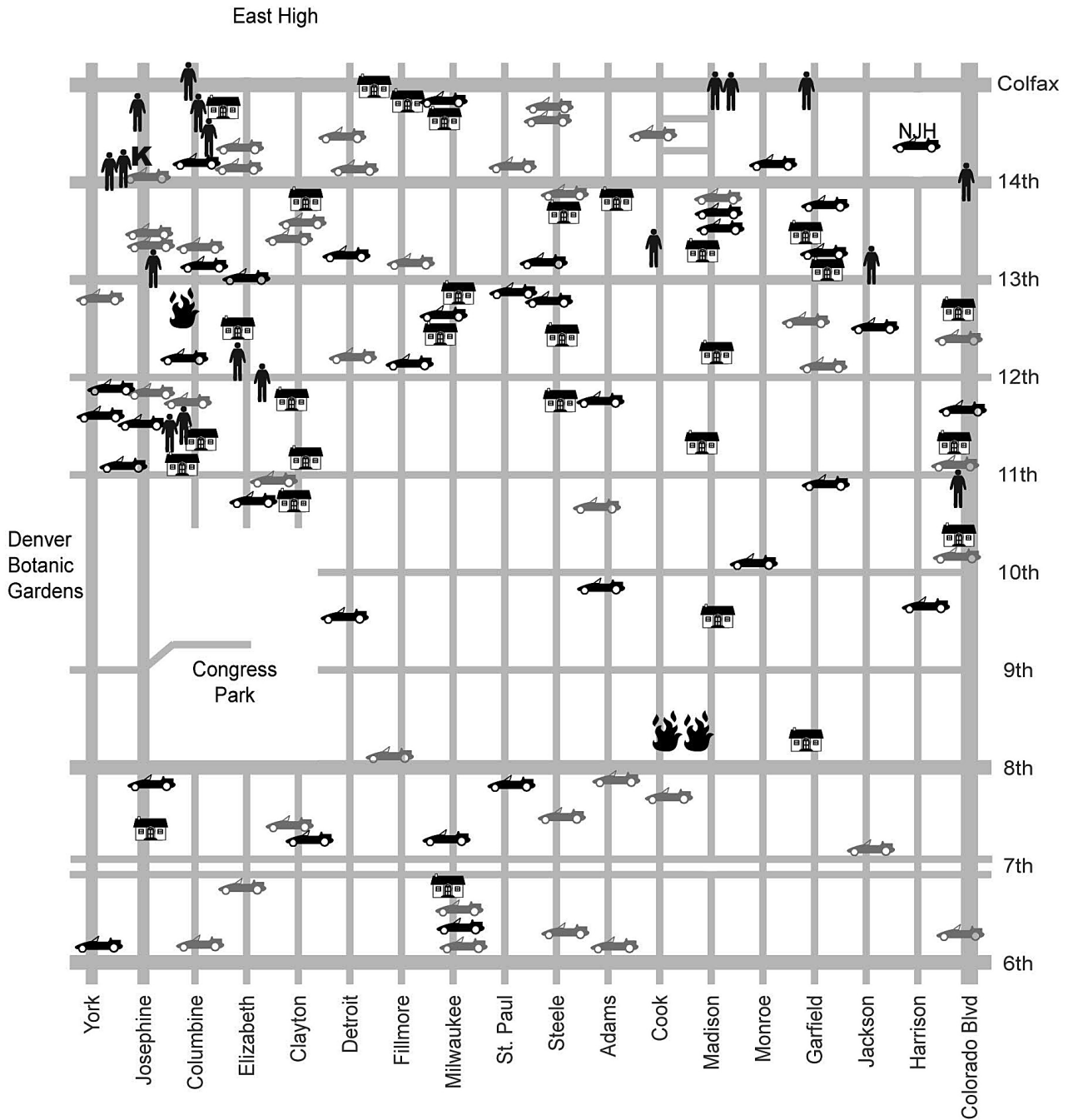




Contact Trish Kelly, your Congress Park neighborhood expert for real estate advice!

trish@trishkelly.com | 720.331.6377 | www.trishkelly.com | Congress Park Neighborhood Expert

CONGRESS PARK NEIGHBORHOOD CRIMES JULY - SEPTEMBER 2020

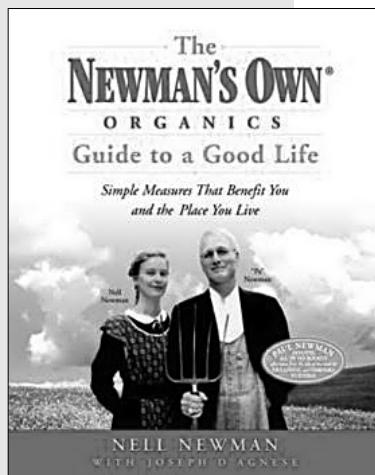


-  Arson
-  Assault/robbery
-  Burglary
-  Auto Theft
-  Theft from auto
- K** Kidnapping

This map shows a compilation of all serious crimes reported to police within Congress Park in the third quarter of 2020. Crime mapping is provided by the Congress Park Crime Action Committee using City and Police Department statistics.

Winter 2021 Green Team Action Tips

By Barbara Rivera, Congress Park Green Team



Over the next few issues, the Green Team is offering summaries of useful info from “*The Newman’s Own® Organics: Guide to a Good Life: Simple Measures That Benefit You and the Place You Live*” by Nell Newman.)

Paul Newman’s daughter Nell wrote this book “for those of us who care about quality of life, global warming, clean water, and disappearing resources.” She was the one who inspired her famous “Pa” to add the Organics branch to the Newman’s Own product line.

Part 1 includes highlights from the first 3 Chapters on Food, Transportation, and Energy.

FOOD

Buy Organic. Look for the Label; “100% Organic” means all ingredients are organic, “Organic” means only 95% of the ingredients are organic, and “Made with Organic Ingredients” means at least 70% of the ingredients are organic.

Eat lower on the food chain. By eating less meat and more grains, vegetables, fruit and legumes, you are helping reduce the burden of food production

on the earth. Avoid GMO (genetically modified organisms) or GE (genetically engineered) products.

Avoid the most pesticide-contaminated fruits and vegetables, such as: strawberries, bell peppers (from USA & Mexico), spinach, cherries (from USA), peaches, cantaloupe (from Mexico), celery, apples, apricots, green beans, grapes (from Chile), cucumbers.

Buy “Bulk Foods” whenever possible. Plastic, tin cans, plastic wrap, cardboard boxes consume precious fuel, which in turn pollutes the air we breathe. The resulting trash, to the tune of 200 million tons a day, must be landfilled, incinerated or dumped.

Learn to cook seasonal, local and organic, and teach your children to grow, cook and serve their own food. Raise Organic Kids. Keep in mind that the good habits they develop now will put them on the right track for the rest of their lives.

TRANSPORTATION

Carpool, bike, take the bus or train. One person in a car gets only 20 miles/gallon. Busses holding 50 passengers can get 1,000 passenger miles in a single ride.

Hustle locally on muscle. Walking burns 317 calories an hour (for a 160-pound person).

Buying a new car? Make fuel efficiency a high priority. Pick electric or hybrid. Then keep up with car maintenance and keep tires inflated properly for top performance.

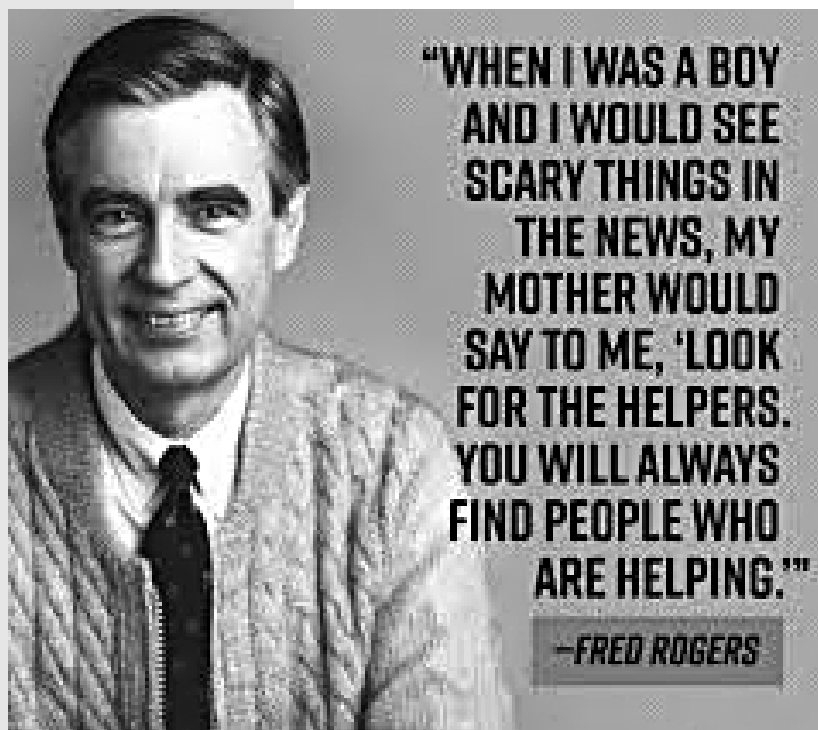
Streamline your car. Flags, roof racks, bicycles, and open windows all create “drag” and guzzle fuel.

Observe the speed limit and keep it smooth. Stomping on the gas and slamming on the brakes is the surest way to waste fuel. If you’re not going anywhere, or if you’re stuck in traffic, shut the car off.

ENERGY

Switch your electricity supply to “green power.” Coal is the biggest culprit and is the source of half of U.S. electricity. Ask your utility company about what green power is available (solar, wind, etc).

Continued on page 13



Winter 2021 Green Team Action Tips, continued

Continued from page 12



Hit the miser switch. All newer major appliances have energy saver switches (fridges, dishwashers, clothes dryers, etc). Buy only energy-efficient appliances.

Switch to LED bulbs. Switch all outdoor lights to solar. Switch to rechargeable batteries for small appliances.

Instead of endlessly buying disposable furnace filters, invest in a single electrostatic air filter (and clean it regularly). Vacuum vents & registers. Clean your dryer vent.

Refrigerator wisdom. Set freezer at 0-5 degrees, the fresh food compartment at 37-40 degrees. Cover all dishes. Shut off ice-maker. Fridge runs most efficiently when full. Twice a year clean the gunk on the coils behind the fridge. Make sure the rubber seals on fridge doors are tight. If you can close the door on a dollar bill and pull it out, call in a pro to replace the seal. The fridge consumes up to 15% of total home energy.

Keep your flame small enough to fit under cookware (saves 40% of the energy). Don't preheat the oven.

Open the oven door only when necessary (drops 25 degrees).

Clothes dryers gobble up 10% of U.S. energy use! Hang clothes, clean the lint trap before each use, dry full loads, and use the "moisture control" sensor if you have one. Check the outdoor vent when not in use to make sure it is closed.

Seal the envelope: update caulking, weather stripping, door sweeps and insulation (cellulose is the green choice).

One last Word... Take a Green Tour.

Walk through every room in your home and take a hard look at your appliances. Ask yourself how often you use all your kitchen appliances, computers, lamps, and power tools, and donate what you don't use. When not using an appliance, unplug it. Do your possessions really fit your needs and interests? Decide what really matters to your family. If quiet time together is hard to come by, challenge everyone to wean themselves off TV one night a week, then two, then three...



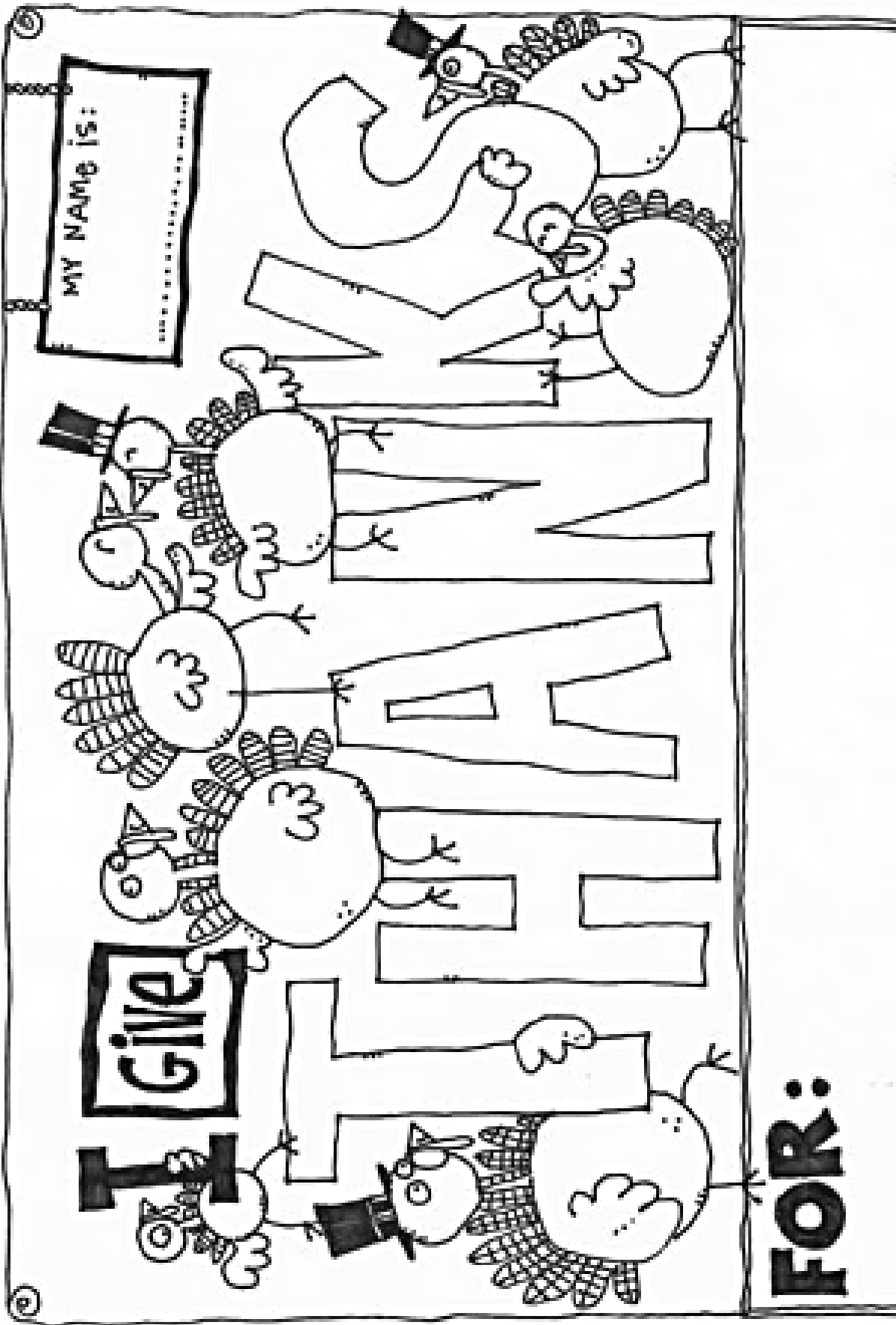
LIVE WELL.
LAUGH OFTEN.
♥ CONGRESS PARK.



Amy Newman | Realtor® | 678.908.1034

Amy@LiveLaughDenver.com

Proud Homeowner & Supporter of the Congress Park Neighborhood since 2004



Service Club Meeting

Zonta Club of Denver
303-355-3735
100 years working to improve opportunities for at-risk women and children. Meeting via Zoom until further notice on 2nd Thursday. www.zonta-denver.org

Window and Gutter Cleaning

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

Volunteer Opportunities

Congress Park Neighbors
Meet new friends, share your expertise at neighborhood meetings and discuss issues that are shaping your neighborhood. In-person meetings are paused for COVID-19. Sign up for email blasts at www.congressparkneighbors.org

Neighborhood Directory

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

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

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.

Construction

Van Matre Construction, LLC
Cracks in your foundation? Doors not opening or closing like they used to? Tile floors cracking? If you see signs of a foundation problem in your home, our experts offer free inspections and quotes. Contact us today!
(303) 668-2222
bouldercontractors.com

Advertise Here

Here's your platform.
Have a shout-out to a neighbor, friend, kid or neighborhood business? Email murphy.michellej@gmail.com for rates.

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

**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.

Tom Yeoman
BROKER ASSOCIATE



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



BERKSHIRE HATHAWAY
HomeServices

Innovative Real Estate

©2020 BHH Affiliates, LLC. An independently owned and operated franchisee of BHH Affiliates, LLC. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of Columbia Insurance Company, a Berkshire Hathaway affiliate. Equal Housing Opportunity. 13



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



Monroe Office Suites

Affordable Private and Virtual Office Suites in Congress Park

www.MonroeOfficeSuites.com
3570 E 12th Ave, Denver, CO 80206

Contact us today to talk about your office space needs 303-355-2620



“If everyone is moving forward together, then success takes care of itself.”

—Henry Ford

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 Green Team
- ___ Business Support
- ___ Neighborhood Planning
- ___ Historic Preservation
- ___ Newsletter writing/production
- ___ Newsletter advertising
- ___ Newsletter production
- ___ Newsletter distribution
- ___ Neighborhood Watch
- ___ Outreach
- ___ Membership
- ___ Social events
- ___ Graffiti abatement
- ___ Crime prevention
- ___ Safe Streets/Traffic/Parking
- ___ Zoning
- ___ Other

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