

# Congress Park News

The Quarterly Newspaper for The Congress Park Neighborhood

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## City Councilors Considering Legislative Rezone for Colfax Avenue

By Congress Park Neighborhood Board

Councilmembers Chris Hinds (Congress Park’s District 10 Representative) Amanda Sawyer (District 5), Chris Herndon (District 8), and Candi CdeBaca (District 9) are considering a legislative rezoning that would change the zoning of certain parcels along Colfax Ave from Sherman St. to Yosemite St. to a zoning of “Active Centers and Corridors Design Overlay District,” known as Design Overlay-8 (DO-8). This proposed rezoning intends to implement adopted plan guidance and neighborhood input.

According to the Denver Zoning Code

9.4.5.12.B, the intent of the DO-8 Zone District is to encourage neighborhood mixed-use areas that support nonresidential active uses at the Street Level, promote active pedestrian-oriented building frontages, and provide sufficient space for transitions between the public realm and private residential dwellings.

The City held a virtual meeting on January 24, 2023 and an in-person meeting on January 31, 2023.

### What does a DO-8 do and why?

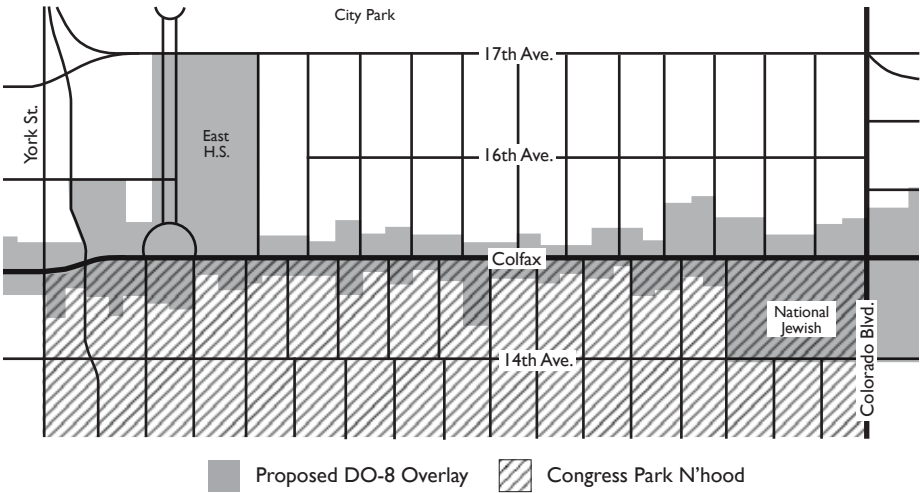
The DO-8 requires nonresidential ac-

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### Vision For Congress Park

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.

— 1995 Neighborhood Plan



## CONGRESS PARK NEIGHBORHOOD VIRTUAL NEIGHBORHOOD MEETING

# WED. APRIL 19TH, 7 PM

Register in advance for the Zoom-based meeting at:

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

### CONGRESS PARK NEIGHBORS 2023 Volunteer Board Of Directors

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### Neighborhood Organization Notes

And we thank these committed neighbors:

#### Congress Park Green Team Coordinator

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#### Crime Action

Steve Eppler  
[crime@congressparkneighbors.org](mailto:crime@congressparkneighbors.org)

#### Congress Park Historic Preservation

Myles Tangalin and Vicki Eppler

#### Denver Botanic Gardens Liaisons

Vicki Eppler, Charlotte Redden, and Myles Tangalin

Thank you to all the neighbors that help with communications, membership, & more. You make Congress Park a great place to live!

#### Suggestions for the Board?

Send us an email at:

[CPNBoard@congressparkneighbors.org](mailto:CPNBoard@congressparkneighbors.org)

Congress Park Neighbors holds bi-monthly meetings, currently via zoom, on the 3rd Wednesday of "even" months. For meeting notifications, sign up at <https://bit.ly/3Deu831>.

Visit CPN businesses, make new friends and support your neighborhood newsletter. Volunteer CPNews advertising accounts rep needed now! Call Wendy, 303-355-3735, for information.

**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.

Congress Park News  
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Denver, CO 80218

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CPN Board

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Open Position! Is this you?

#### Layout Coordinator

Sarah Komppa; Volunteers Always Needed

#### Distribution

Volunteers Always Needed

Your articles, letters and advertisements are always welcome. Reach out to Wendy at [wendyrich@msn.com](mailto:wendyrich@msn.com)

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

## VOLUNTEER REQUEST:

Do you have Adobe InDesign Skills and a few hours to spare four times a year? We need your help assembling the newsletter!

If interested, reach out to  
Wendy Moraskie at:  
[wendyrich@msn.com](mailto:wendyrich@msn.com)

## Congress Park Projects Updates

By the CPN Board

With the pool project complete, Denver Parks & Recreation will be turning to the two remaining Congress Park projects starting this spring and summer.

### New Playground

The new playground design is complete and will begin construction this Spring, with construction completion estimated in the Spring of 2024. An illustrative image of the design is shown in the image at the end of this article on page 9, and shows that the existing shade structure will stay in place as the footprint of the playground expands to the east. There will be play structures for children ages 2 to 5 and also 5 to 12.

### Courts Replacement Project

The northern-most courts in the park, including four tennis courts, a basketball court, and the four pickleball courts contain asbestos. Remediation and court resurfacing began on April 3.

As of printing, and in response to neighbor feedback about the loud noise generated by pickleball, Denver Parks and Recreation does not plan to replace the pickleball courts in Congress Park, and instead plans to replace that court with an additional tennis court.

In their words: "After careful review, it's been determined that the sport court

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# Thank you

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It is an honor to be your go-to, trusted neighbor and real estate expert since 2012.



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# CPN News Historic Trivia: “The Detroit”

By Historic Denver



The Detroit building, completed in 1904, as it stands today at Colfax and Detroit Street, and after it was built (inset).

The large apartment house on the northwest corner of East Colfax Avenue and Detroit Street was built in 1903 by real estate developer Charles Fisher.

He hired architect T. Robert Weiger to design the building and contractor Frank Kirchhoff to build it. A graduate of East High School (located across the street), Weiger helped design the Stanley Hotel in Estes Park. His other notable buildings include the Argonaut Hotel (Colfax Ave. and Grant Street) and the German Congregational Church in Globeville. Frank Kirchhoff had a long career as a building contractor, bank president and executive.

Known as “The Detroit,” the building opened in 1904. Fisher used one of the apartment units as his real estate office. First tenants included white-collar workers. They likely would have taken advantage of the location along the Colfax streetcar line which had a branch along Detroit Street.

Attorney Irving Melville purchased the building in 1920 and lived in a unit with his family until he sold the building in 1928, starting a chain of short-term owners.

The building was converted to office spaces around 1950. Business tenants in the 1960s and 1970s included an insurance agent, travel agent, modeling agency, and the business office for the Miss Colorado World pageant. The building was converted back into residential units in 2011.

A partnership between Historic Denver, Inc. and the City and County of Denver, Discover Denver is a citywide building survey focused on identifying the buildings that are historically, architecturally or culturally significant.

Visit [www.discoverdenver.co](http://www.discoverdenver.co) for more information and to find out how you can get involved!

# Interview with a Neighbor: Rob Gratiot

By Ellie D, 11 years old

Rob Gratiot is a long time Congress Park resident who has lived here for about 40 years. Not only is he a kind, sweet, person but also a successful and well known artist. Maybe you’ve seen him in the neighborhood walking his dogs, Mr. B and Mrs. Peeps.

Rob grew up in California and then moved to Denver to attend The University of Denver where he got his Bachelor’s degree in Fine Arts, Painting. When he moved to Congress Park, everything was so calm and beautiful, and the house prices were low. He says that nothing has really changed, except the housing prices!

Rob loves Congress Park for what it is, but if he could change one thing he would designate one day a week for

everybody in the neighborhood to mow their lawns at the same time. That’s because when people mow their lawns, it is hard for him to paint. Or, if he is walking his two dogs, they get frightened by the sound.

His favorite days are rainy days, when he can look out the window and see the water gushing down the street. Rob’s favorite restaurant in Congress Park is Zorbas because he loves their Mediterranean Chicken Sandwich.

When asked about how he would describe his life in only twenty words, he said, “Following his dream: Painting, teaching, grateful, lucky, dealing with each day with wisdom, humor and kindness, loving his animals, and reading.”

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# Sweet Dreams

By Paul and Monica, Daily Apple Clinic

When he was a kid, Paul used to have a rotary telephone that was connected to the “network” via wires. Remember those...? When he would reach for the phone late in the evening, his father would remind him to never call anyone after 9 PM. It was actually some great advice because getting a good night’s sleep makes a big difference in the way we feel and function every day. Even worse, keeping someone awake can make them downright irritable...

Sadly, sleep is one of the foundational health pillars that we often either misunderstand or convince ourselves we can ignore. As you are likely aware, good sleep allows our brains to remodel and our bodies to de-stress, so we can function optimally the next day. Also, as we move through the deep stages of REM sleep, we grow, heal and burn fat stores, making sleep a critical component of lifelong health.

## The Perils of Poor Sleep

According to the Harvard T.H. Chan School of Public Health, restricting sleep to less than six hours per night dramatically affects cognitive function. They also tell us that people with poor sleep tend to experience more stressors and conflicts the following day. It makes our heads spin just thinking about it...

As you might guess, being awake more hours per day requires more energy. Consequently, your hunger hormones stimulate your appetite, especially for foods rich in fat and carbohydrates. Plus, folks who sleep less also tend to lead busy lives with irregular meal patterns. Consequently, they also tend to choose a less-healthy diet. As we all know, sleeping less simply makes us tired during the day, so we tend to reduce physical activity and spend more time in passive activities - like watching TV. Someone should probably write a book called “The Sleep More Diet!”

## A Few Simple Rules for Good Sleep

Okay... so getting a good night’s sleep is something we all should probably prioritize. The recommendation is between 7 and 9 hours for most everyone. Here are some great tips for getting those much-needed zzz’s:

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**Sustainable and Handmade Boutique**  
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**Free Monthly Community Events**

*We love community and Congress Park! Every month we host different free events like; game or movie night and parties featuring local bands and artists for all of you to join.*



# TELLER TUTORSDNEEDED!

Thinking ahead to all the good you can do for your neighborhood public elementary school this fall?

Become a tutor at Teller Elementary and share the gift of literacy with our youngest learners.

Contact Bridget Stroh at [bridget.berninger@gmail.com](mailto:bridget.berninger@gmail.com)

# Teller Backpack Friends

Teller Elementary is the neighborhood school for students age 4 through 5th grade that live in Congress Park and South City Park. Of the more than 529 students, nearly 40% of the student population has choiced in from other neighborhoods. Food insecurity knows no neighborhood boundaries and hunger is an issue that no child should have to face.

Food insecurity is an issue that hits close to home for many. According to a survey completed in April 2021 by Hunger Free Colorado, 1 in 6 children are not getting adequate nutrition. The COVID-19 pandemic continues to amplify the issue of access to nutritious food for many, especially for households with children.

The mission of Teller Backpack Friends is to ensure no Teller student faces these issues. The program provides access to food for Teller students in need, as well as their families. Each Friday, bags are packed full of nutritious food by program volunteers to be sent home with students in need. The program aims to give anonymity to the students and families that benefit. Bags are packed simply by “number” and include enough food for the family size of the student’s household.

The program owes a huge thank you to the administrative team at Teller and specifically school psychologist Aileen Cer-

ezo, who takes the families’ applications and helps keeps the students anonymous to the program leads and volunteers.

Teller Backpack Friends is proud to be providing bags to 15 students and their families each Friday. Our goal is to provide food to even more families! As most of us know personally, the price of nutritious foods has gone up significantly over the past two years. Teller Backpack Friends buys its food at a greatly reduced price from Food Bank of the Rockies (FBR) through its Hunger Relief Partnership program.

The trickle-down effect of food prices has hit FBR just as it has everyone else, and our program’s dollars aren’t going as far as they once did. This partnership helps Teller Backpack Friends budget go further. Teller Backpack Friends program operates on a lean budget consisting of donations and credit from FBR for hours worked by our volunteers in their warehouse. We are so grateful to the generous support of the Teller community as we celebrate the 10th year of Teller Backpack Friends.

Want to get involved? Wondering how you could help? For more information about the program or to donate, please go to:

<https://backpackfriends.wordpress.com/>

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# Green Team Action Tips

Collected by Barbara Rivera, Congress Park Green Team

## WATER CONSERVATION

- 1. Turning off the tap when brushing your teeth saves up to 200 gallons of water per month. Teach children early to develop this lifelong water-saving habit. In 50 years, a person could save 120,000 gallons!
- 2. Install a Tankless or On-Demand Hot Water Heater that sends hot water to your fixtures in a matter of seconds, saving you water, energy and money. Traditional hot water heaters store large amounts of hot water and use energy to keep it hot all day, every day.
- 3. Install Bob Villa's recommended flapper for running toilets. The Fluidmaster 502 PerforMax Adjustable 2" Flapper lets you control the amount of water during flush. Author's note: "Not only did it stop our running toilet, we set it on 'minimum' to save water and get a perfect flush!"

## HOME ENERGY EFFICIENCY

- 1. Power your home with solar panels to save money, reduce your carbon footprint, and increase the value of your home. You can also buy electricity generated by renewable sources (wind farms, solar gardens) from your local utility to eliminate as much as 10 tons of carbon dioxide (CO2) every year. A solar hot water heater can provide 90% of your hot water needs, eliminating over 2.5 tons of CO2 emissions.
- 2. Select Energy Star efficient models when replacing appliances and electronics. Energy Star rated computer products are expected to save consumers and businesses more than \$1.8 billion in energy costs during the next five years and prevent greenhouse gas emissions

equal to the annual emissions of 2.7 million vehicles.

- 3. Seal the cracks around doors, windows, and floor vents to cut greenhouse gas emissions by more than 1,000 pounds per year.

## TRANSPORTATION OPTIONS

- 1. The U.S. transportation system is the largest in the world and accounts for 1/3 of America's greenhouse gas emissions— more than 515 million tons of CO2 each year.
- 2. Turn your commute into your daily workout. Walk or ride your bike to work when you can. Every gallon of gas you avoid using saves 1.3 pounds in greenhouse gas pollution. The average family car travels about 15,000 miles a year, generating about 5.8 tons of greenhouse gas pollution and costing more than \$2,000 in gasoline alone.
- 3. Reduce single occupancy/single use car trips. Combine several personal errands into single outings and car-pool with neighbors on your regular trips across town.

## WASTE DIVERSION & REDUCTION

- 1. Eating out? Stop the flow of takeout and delivery condiments, plastic and Styrofoam! Say "no plastic straws, please" and bring your own reusable containers for leftovers.
- 2. Be prepared! Keep re-useable shopping bags in your trunk and remember to carry them into the store! A cardboard box with handles is a great way to shop and transport groceries.
- 3. Hosting a party? Resist the impulse to use disposable utensils, cups & plates. Invest (check out the selection at a thrift store) in washable

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# HELP DENVER PLAN(T) FOR THE FUTURE!

Denver Parks and Recreation and the Office of the City Forester need your help to create the city's first Urban Forest Strategic Plan! Trees improve air quality, reduce urban heat island effect, increase property values, help with stormwater management, improve mental and physical health for residents and so much more.

Whether it's a tree in front of your home, along your neighborhood street or at your local park, every tree in Denver is part of our urban forest. By providing your feedback in this short survey, you'll be playing a vital role in shaping the future of the urban canopy in Denver.

Don't miss your chance to help shape the future by contributing your thoughts today. All survey submissions will have the option to enter to win a FREE tree from the city to be planted in a public location of your choice.

<https://www.surveymonkey.com/r/DPRForestry>

## Interview with a Neighbor, Continued from page 5

And when asked if he could be any kind of food, he replied that he would be either a Cheese Cake or a Carrot Cake, because everyone would love him!

As you can see, Rob Gratiot is a very wonderful and successful person. He is one of my favorite people in the neighborhood, and I have learned a lot from him about art and life. He will be selling some of his paintings this winter, so be sure to visit him and look at his work.

(Ellie is a recent graduate of Teller Elementary and is now a 6th grader at St. Elizabeth's School.)

Visit [www.robgratiot.com](http://www.robgratiot.com) to see all of Rob Gratiot's Paintings, sculptures, and more!



Rob Gratiot, Congress Park Neighbor and Artist.



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tive uses; this may include office space, retail, or any type of light commercial use for a portion of the building at the ground floor along the street. The goal is to create a more pedestrian-friendly environment.

**What is the process and timeline?**

Rezoning is a public process that changes a property’s zone district. From the time an application is submitted, rezoning can take four to six months, depending on the complexity of the case, and involves public hearings before the Planning Board and Denver City Council. All rezoning requests will be reviewed and voted upon by City Council. Because the process amends the City’s official zoning map, a rezoning is also referred to as a “map amendment.” For more information, visit CPD’s rezoning page.

**What is the community engagement process?**

The community engagement process began years ago with the creation of area plans (see “Consistency with existing plans” tab for more information). This proposed rezoning intends to deliver on what the community told us they wanted to see along Colfax Ave. Please attend our meetings and take our survey so that we can continue to hear from you. We will meet virtually on January 24, 2023 at 6:00 p.m. and in-person on January 31st, 2023 at the Carla Madison Recreation Center (2401 E Colfax Ave). The survey will be live until March 1st.

**As a nearby resident, how will this affect me?**

As stated, the DO-8 would create the opportunity for a more pedestrian-friendly space. Application of the DO-8 would not change parking requirements or allow for additional development that is not currently allowed. The City Assessor’s office notes this rezoning will likely not have an impact on property taxes.

**As a property owner, how will this affect me?**

Existing structures and development would not have to meet the requirements of the DO-8. However, new construction and additions to the ground floor along the street would have to meet overlay requirements.

**What else exists that is similar in Denver or other peer cities?**

The DO-8 is currently applied along Tennyson and portions of Lowell in the Berkeley and Regis neighborhoods. A number of other cities around the country, including New York City, San Francisco, Arlington, VA and Grand Rapids, MI require nonresidential uses at the ground floor along important commercial streets to support an active, pedestrian-oriented environment.

**Why did the City pick a 70-foot minimum for lot depth?**

DO-8 zoning requires new construction to be set back 2 feet from the primary sidewalk property line (existing zoning has no setback requirement) to expand the pedestrian area and provide space for outdoor dining and projecting utility elements. Properties with less than 70 feet of lot depth are exempt to ensure they are able to accommodate the required setback without interfering with overall development feasibility.

**Why do the area maps identify these specific properties?**

These areas are identified as active ground floor uses in the area plans because they are where future Bus Rapid Transit stations are planned.

For more information, visit:

<https://www.denvergov.org> and search for Colfax Ave Design Overlay 8.

**BUS RAPID TRASIT (BRT) PLANNED FOR COLFAX**

The City and County of Denver and the Regional Transportation District (RTD), in partnership with the Federal Transit Administration (FTA), and in coordination with the City of Aurora, are working on a Bus Rapid Transit (BRT) plan for Colfax stretching from downtown to I-225.

The current BRT plan would bring center-lane stations and long-term construction to Colfax. In Congress Park, the design calls for removing about half the Colfax bus stops and half the driving lanes, and most left turn options from Colfax between York and Colorado.

This has been in the planning stages for a decade. If you’re interested in more info about BRT on Colfax, send your name, address, email, phone number and best way to contact you to [cpnboard@congressparkneighbors.org](mailto:cpnboard@congressparkneighbors.org), with BRT in the subject line, and we will share BRT information via the Congress Park website ([www.congressparkneighbors.org](http://www.congressparkneighbors.org)) and email. We need to be included and actively participate in transit decisions, that are using public money and will have long-term direct impacts on all of Denver.

<https://www.denvergov.org/Government/Agencies-Departments-Offices/Agencies-Departments-Offices-Directory/Department-of-Transportation-and-Infrastructure/Programs-Services/Projects/Colfax-BRT#section-1>

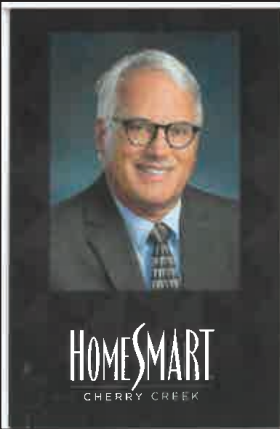
renovation projects at Congress Park and Sloan’s Lake Park will no longer include the construction of pickleball courts. This is due to the close proximity to residences that would result in consistent noise violations that could cause the need for future closures and/or limits to hours of operation. To support the growing, popular sport of pickleball while being respectful of park neighbors, other sports court users, and department resources, Denver Parks and Recreation (DPR) is evaluating other suitable locations for pickleball courts. DPR is also assessing existing outdoor pickleball courts and evaluating standards for

where new pickleball courts should be located. To stay up to date on this issue, please check the CPN website for more information if and as it becomes available.

Lastly, in a response to neighborhood feedback and if the budget allows, the Parks Department hopes to include a concrete sidewalk between the newly-refinished courts and the Congress Park parking lot, due north of the pool and due south of the courts, where the well-worn (and often muddy) path exists today. At this time, construction is anticipated to be complete in the middle of 2024.



An illustrative rendering of the new playground at Congress Park, provided by Denver Parks & Recreation.



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# Helpful Reminders: Crime Prevention Strategies

From the Denver Police Department

To assist the Police Department in keeping Congress Park and all Denver neighborhoods safe, it's important to learn about personal safety tips, how to safeguard your valuables, and to report all crime when it occurs. Learn more below:

## YOUR HOME

Keep your house locked when you are away as well as when you are home, and use deadbolt locks to secure your home. NEVER under any circumstances let anyone know you are alone in the house.

## Door Locks

Keep you house locked when you are away as well as when you are home and use deadbolt locks to secure your home. The deadbolt lock has a bolt that must be activated by a key or thumb turn. It offers good security because it is not spring activated and cannot be opened with a credit card. See the website link at the end of this article for specific recommended door lock criteria.

## Window Locks

Many burglars make entry into residence through open windows so make sure that they are always closed and locked even when you are home.

Use auxiliary locks: Pin your windows or add an auxiliary lock to your double hung windows. This type of mechanism will allow you to secure your window when you open it (5 inches or less) for ventilation. Newer windows have higher quality locks while older double hung windows are easily jimmied or pried open.

Double hung windows can be secured by taking these simple, inexpensive precautions: Drill a hole at a downward angle through the first sash and into, but not through, the second sash. Then pin

window by driving a nail into the hole. Pinning braces the window against prying. More holes can be drilled to pin the window open for ventilation.

Keyed locks are available for windows. If used, master key all window locks and show children how to use them. Do not use keyed locks on windows in bedrooms.

## Visible House Numbers

Visible house numbers are important. They can save police officers, firefighters and paramedics valuable time. House numbers are especially important if you live where there is an alley. Police officers and firefighters will often respond in the alley, as access is sometimes better.

## Landscaping Maintenance

Fences: Privacy vs. chain link. Burglars prey on privacy. Fences that allow activity to be seen in your yard are preferable to "privacy" fences.

Trees and shrubbery: Should be trimmed 6 inches below windows and at least 3 feet away from doors. Shrubby such as rose bushes or other thorny varieties serve as a good deterrent to window peepers.

Landscape rock: Large landscape rock (golf ball size or larger) can be used to damage your property. Small landscape rock (smaller than golf ball size) is both decorative and, if someone walks on them, will be easily heard.

## When you are on Vacation

Do not leave messages indicating that you are out of town on your mailbox, phone or social media. Suspend paper and mail deliveries when going out of town; or have a friend or neighbor pick up newspapers, mail, and flyers from

## HELPFUL PUBLIC SAFETY AND EMERGENCY SERVICES CONTACT INFORMATION:

Always dial 911 in an emergency.

Congress Park is in Denver Police District 2, Precinct 213.

## Denver Police District 2:

3921 N. Holly Street  
Denver, CO 80207  
Email: 2.Dist@denvergov.org  
Phone: (720) 913-1000  
TDD: 720-913-1149

Denver Police Congress  
Park Community  
Resource Officer:  
Hana Ruiz  
Phone: (720) 913-1089  
Email: Hana.Ruiz@denvergov.org

## Denver Fire Department

Phone: 311 or 720-913-1311  
Station FS-15 is located in Congress Park at 1375 N Harrison St.

## Crime Prevention, Continued from page 12

your yard, or door. Call your local police station to place your house on vacation watch so that officers can keep an eye on your house during your absence.

## Lighting and Electronic Timers

Use electric timers inside your home to turn on lights, T.V. or radios during your absence. At night or if away, lower window shades, keep lights on in at least 2 locations. Interior lighting using light timers makes a home look occupied. Good lights to leave on are bedroom and/or bathroom lights.

Motion detector lights are very effective in deterring crime. They also light up your driveway or entry doors when you are leaving or coming home.

Dusk to dawn lighting is a strong deterrent against criminal activity, and it constantly lights up your entry doors and possible obstacles that would otherwise be unseen.

Landscape lighting is low voltage lighting that can highlight your property line, light up your sidewalk and also light up the exterior of your windows – making your home a less attractive target to night time burglars.

## YOUR VEHICLE

Keep your vehicle locked, even when parked in front of your home. Don't leave anything of value in the vehicle; take them with you or lock in the trunk. This is especially true for a purse, cellphone, GPS, laptop, or money. Keep your house key and vehicle key separate.

Remove your garage door opener from your vehicle when parked in your driveway or on the street.

Always keep a copy of your vehicle registration, license number and VIN on you. Do not warm up your vehicle in the morning without you being in it.

Park your vehicle in areas that are highly visible and well lit. Never hide a second set of keys inside your vehicle.

## YOUR BICYCLE

Always lock your bicycles if kept outside or in a garage. Otherwise, keep them inside the house.

Registering your bike is a great tool that aids officers in the recovery of stolen bikes and helps ensure the bicycle is returned to its rightful owner. You may also register your bike at any police station or COP Shop.

From: <https://www.denvergov.org/Government/Agencies-Departments-Offices/Agencies-Departments-Offices-Directory/Police-Department/Safety-and-Crime-Prevention/Neighborhood-Crime-Prevention>

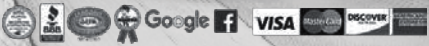
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Continued on page 13

Sweet Dreams, Continued from page 6

- Try to make sure you go to sleep and wake up at the same time every day.
  - Never use caffeine after 12 noon - limit coffee to no more than 2 cups per day
  - No screen time two hours before bed
  - Try meditation or prayer to settle down at the end of your day and before bed
  - Maintain a dark, quiet, cool room where you sleep
  - Keep the TV out of the bedroom, read a good book instead
- Bottom line: When you are well-rested, you can perform optimally and are able to give every day your very best. You can then both enjoy your moments and impact the world around you in positive ways. Never forget... each of you is an amazing person with incredible potential to contribute to your family, friends and our community. We wish you a good night's sleep!

Be well and take good care.

Harvard T.H. Chan School of Public Health. (2019). Sleep. Retrieved from <https://www.hsph.harvard.edu/obesity-prevention-source/obesity-causes/sleep-and-obesity/>

Green Team, Continued from page 8

- cups, plates and an extra set of real silverware. Serve chilled beverages in pitchers instead of individual single use bottles.

4. Reduce the amount of paper in your mailbox. Get off junk mail lists by registering with [dmachoice.org](https://dmachoice.org). Opt-out of catalogs or subscriptions you don't read (or could read electronically), and use paperless e-billing and autopay for all your statements and bills.

5. What can I put in Recycling or Compost bins? If you put styrofoam in recycling or plastic in the
- compost, they often have to landfill the contents of the entire container! Download the easy to use Denver Trash and Recycling app on your phone!

6. Hard to Recycle Items? Consider a subscription service for door-to-door pick ups for "hard to recycle items" like batteries, plastic bags, paint, books, styrofoam, camping fuel canisters, electronics and more. Local companies like Ridwell, The Happy Beetle, The Big Green Box and others will help you safely recycle hard-to-recycle household objects.

Neighborhood Advertisers Directory

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.
Service Club	Zonta Club of Denver 100 years working to improve opportunities for at-risk women and children. Meetings every 2nd Thursday. <a href="http://www.zonta-denver.org">www.zonta-denver.org</a> 303-355-3735

Let your neighbors know how your local business and services can help them.  
For advertising rates, email Wendy at [wendyrich@msn.com](mailto:wendyrich@msn.com)

DENVER BOTANIC GARDENS SUMMER CONCERT LINEUP

The Denver Botanic Gardens has a full summer lineup of concerts at the York Street location, an easy stroll from Congress Park.

“Evenings Al Fresco,” will feature talented local musicians and small ensembles performing throughout the 24-acre gardens and will take place on select Mondays and Wednesdays. The full lineup for these dates will be announced in May.

The popular larger concert series, “Music in the Gardens,” returns again with 10 concerts held in the round in the amphitheater. Tickets went on sale to the general public on Tuesday, March 21st for the following lineup.

Find out more at: <https://concerts.botanicgardens.org/>

Date	Band
Jun 20	Neko Case & Nora O'Connor
Jun 21	Marc Cohn & Shawn Colvin
Jun 26	Rising Appalachia
Jul 6	Santigold
Jul 11	Esperanza Spalding
Jul 17	Fitz and the Tantrums
Jul 24	Preservation Hall Jazz Band
Aug 1	Andy Grammer
Aug 2	Steep Canyon Rangers and Amythyst Kiah
Aug 9	Ozomatli

CITY PARK JAZZ LINEUP

Blues, Brass and Bootie-Shakin' Rhythms for everyone!

City Park Jazz returns to the great outdoors for its 37th season!

This year, the season spans 10 Sunday evenings from 6–8 p.m. starting June 4. The free concerts are staged at the City Park Pavilion.

For more information, bios and photos of each act, please refer to [CityParkJazz.org/2023-concert-calendar](https://CityParkJazz.org/2023-concert-calendar).

As a reminder, only 3.2 beer is allowed in the park (no glass containers), and please help us keep the park clean by disposing all trash in the dumpsters provided. For a complete list of Denver Parks rules, see [bit.ly/CityParkDenverRules](https://bit.ly/CityParkDenverRules).


Date	Band
Jun 4	Sarah Mount and the Rushmores
Jun 11	Stafford Hunter & Jazz Explorations
Jun 18	Dotsero
Jun 25	Ritmo Jazz Latino
Jul 2	Wellington Bullings
Jul 8	Chris Daniels and the Kings
Jul 16	4th Annual Brass Band Extravaganza feat. Guerrilla Fanfare and Bourbon Brass Band
Jul 23	Otis Taylor
Jul 30	The Burroughs
Aug 6	La Pompe Jazz

Upcoming Neighborhood & City Events

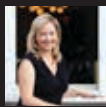
May 12 & 13	Denver Botanic Gardens Spring Plant Sale <a href="http://www.botanicgardens.org/events/special-events/spring-plant-sale">www.botanicgardens.org/events/special-events/spring-plant-sale</a>
May 20-21st	Colfax 5K, 1/2 Marathon & Marathon <a href="https://www.runcolfax.org/">https://www.runcolfax.org/</a>
Jul 1, 2 & 3	Cherry Creek Arts Festival <a href="https://cherrycreekartsfestival.org/">https://cherrycreekartsfestival.org/</a>

Have an upcoming community event to share? Email Wendy at [wendyrich@msn.com](mailto:wendyrich@msn.com)

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



## Congress Park Neighbors Membership Form

Your neighborhood needs you! Join your neighbors today. The information below will only be used for contacting you about Neighborhood issues.

Name(s):

Email:

Address:

Phone:

☐ Individual or Family Membership (\$20)

☐ Patron (\$30)

☐ Business or organization (\$40)

Make check payable to:

Congress Park Neighbors, Inc.

P.O. Box 18571

Denver, CO 80218

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](http://www.CongressParkNeighbors.org)), mailings and fliers about hot issues, events like the ice cream social and ongoing activities to benefit the neighborhood.