



JPUN

JPUN GROUPS

JPUN GENERAL MEMBERSHIP MEETING

2nd Tues. of the month
6:30-8:00p | April 14th
Riverside Baptist Church
2401 Alcott St. | Rear Chapel

JPUN LAND-USE COMMITTEE MEETING

2nd Thursday of the month
6:30p | April 16th
Zocalo Office
22nd Ave. & Decatur St.
davidrsolo@yahoo.com

APRIL CO-HAPPY HOUR BREWSHINE BBQ & TAP HOUSE

Featuring the
Working Man String Band
\$10 BBQ, Beer & Sides
Thurs., April 23 @ 5 p.m.
3109 Federal Blvd.

MUSIC @

JEFFERSON PARK 2015

Sun., July 26 - Highland Ramblers
Sun., Aug. 23 - band TBD
Stay tuned for more concert details.
zoid4@comcast.net

MAKE A TAX DEDUCTIBLE YEAR-END GIFT TO SUPPORT JPUN

As a non-profit 501(c)3 organization, your JPUN contribution is tax deductible.

Send your contribution to:
JPUN, 2606 1/2 River Dr.
Denver, CO 80211

Get neighborhood updates at
www.jeffersonpark.nextdoor.com
and JPUN.org



Rockies, April 10th

JEFFERSON PARK DAY: Community Clean-Up

Jefferson Park Day, JPUN's annual neighborhood clean-up and community picnic, is scheduled for Saturday, May 16 from 9 a.m. to 1 p.m.

Neighbors of all ages are encouraged to come fuel-up on breakfast burritos at the park, join a team to clean-up a section of the neighborhood, and then return to the park to enjoy a picnic lunch provided by Riverside Baptist Church, and partake in family friendly festivities and raffle prize giveaways.

This annual JPUN event is a fantastic opportunity for residents—new and old—to get involved, meet one another, find out what other volunteer efforts are underway, and have a lot of fun while giving back to Jefferson Park.

If you can't volunteer or donate ahead of time, be sure to mark your calendars and join us for Jefferson Park Day on Saturday, May 16. Come have fun with your neighbors and celebrate our unique community. BYO-Gloves!

VOLUNTEERS, DONATIONS, SUPPLIES & GIFT CARDS NEEDED

Volunteers are needed for pre-event coordination and hands-on planning, as well as "day-of" help. Donations of the following items are also greatly appreciated:

- bottled water
- printing services
- piñata
- candy
- paint
- paint supplies
- poop bags
- poop bag dispensers in the park
- rope
- garden tools
- rakes
- shovels
- wheel barrows
- trash bags
- gift certificates for raffle
- cash donation to JPUN

If you are willing to help with the planning and coordination of this year's event, or if you'd like to make a donation, please contact Brooke Bailey at 303-667-1710 or kromer2036@yahoo.com.

JPUN Welcomes

Holley Petrick and Rachel Patrick

JPUN is pleased to announce Holley Petrick and Rachel Patrick as the new volunteer editor and designer, respectively, of the Jefferson Park United Neighbors' Newsletter!

Originally from South Bend, Ind., Holley Petrick has been in education for more than a decade. She earned her bachelor's in journalism and worked for Channel 9 in Cincinnati. After switching career paths, she earned her master's in theology from Xavier University. She taught at a Denver private high school for almost nine years, before she started working with low-income elementary schools, managing their outreach and afterschool programs. Petrick, her husband David, and her cat Carmine (April's Pet of the Month), have lived just one block from Jefferson Square since they bought their home in February 2013. They enjoy snowshoeing, hiking 14ers, travelling, and biking around the city. Petrick is passionate about improving our local communities and is excited to sharpen her writing and editing skills as JPUN's next editor.

Having the good fortune to live in various cities including, New Orleans, Austin, and Dallas, Rachel Patrick is happy to call Denver home. After earning her bachelor's and master's in Spanish and Latin American literature, Rachel worked as an elementary school teacher; she recently made a career change to marketing. In her free time Rachel enjoys hiking, running, CrossFit, and trying out the new restaurants and breweries in Denver. Rachel has lived with her dog, Laila, near Jefferson Park since she moved to Denver nearly two years ago. The Jefferson Park neighborhood feels like home to her, and she is excited to take a more active role in her community as the JPUN designer.



Holley



Rachel

Please join us in welcoming Holley and Rachel to the JPUN Communications Committee!

Michael Guietz & Kim Collie
Co-Presidents
zoid4@comcast.net | colliek@ccl.org

Jeff Archambeau, Vice President
archambeau.jeff@gmail.com

Gretchen Moore, Treasurer
gretchyen@gmail.com

Justin Potter & Maureen Parina, Co-Secretaries
potter.justin@gmail.com | maureen.parina@gmail.com

Communications Committee
Editor | Holley Petrick
jeffparknews@gmail.com

Designer | Rachel Patrick
jeffparkads@gmail.com

Land-Use Committee
David Soloman
davidrsolo@yahoo.com

Social Committee
Kim Collie | colliek@ccl.org
Brooke Bailey
kromer2036@yahoo.com

JPUN Community Garden
Looking for Volunteer

Central Valley Improvements
Jerry Olson
jerryolson@comcast.net

2015 JPUN Board Members
Brooke Bailey
David Solomon
Doris Blyth
Jeff Archambeau
Jerry Olson
Kim Collie
Kym Foster
Maureen Parina
Michael Guietz
Tom Blyth
Justin Potter
Nicole DeJarnatt
Kimber DeLoia
Chris Walker
Gretchen Moore
Jeff Rodgers

All copy/photos/advertisements submitted to the Jefferson Park United Neighbors Newsletter will be edited and reviewed by our volunteer staff for style, grammar and content. JPUN reserves the right to refuse publication of any submitted material that does not meet our standards for a positive, informative, educational community newsletter.

Jefferson Park Pet of the Month

Carmine

Although I'm named after an old New Jersey mobster, I'm a very sweet and loving cat, I promise. I'm 13 years old and love the ladies. If I hear female voices in the house, I usually come out to socialize.

When my mom married her hubby, I had a tough time giving up my space. He still annoys me, but I make do because I'm such a loyal guy to her. I feel compelled to follow my mom around the house and always want to be in the same room as her. I do my best to stop her from travelling by sitting on her laptop bag and inside her luggage, looking hopelessly sad.



I'm a sucker for string and a laser pointer (I'll admit, her hubby is great at enticing me), and though I may nap most of the day, I can be as playful as a kitten. If you happen to see me near a window, I'll be carefully watching the squirrels or birds.

Stop by and visit...but remember, it's the ladies who I love the most!

Carmine



JEFFERSON PARK BUSINESS

Development to Bring More Business to Jefferson Square

Story and Photos by Holley Petrick

Adams Development, LLC of 2899 N. Speer Boulevard, has big plans for the former Stanley's Liquor, along with the adjoining empty lot and five-unit apartment building.



The company purchased one part of the property in Sept. 2014 then acquired the other

two plots this past January. Since the foundation of the building is crumbling, all current structures will be razed. Plans for the site involve creating 8,000 square feet of retail space, including hopes for a 1,700-square-foot, high-end liquor store that would offer wine, craft beer, and more.

The company will be designing 20 apartments above the retail space and will offer more than 40 underground parking spaces for both residents and retail customers. Owner and operator of Adams Development, Nathan Adams, said he considers Jefferson Park to be one of the "hottest neighborhoods in Denver" and is excited to



enhance its commercial district. He believes his development will bring a large benefit to the neighborhood, providing needed change to that particular corner of Jefferson Square. Adams hopes to break ground on the property summer 2015.

E-NEWSLETTER DRIVE

If you want to "go-green," or perhaps you live in a secure building where volunteers can't distribute complimentary copies of the newsletter to every doorstep, please consider signing up for JPUN's electronic color newsletter. You may continue to receive a hard copy of the newsletter from time to time. Feel free to share this with a friend, a new neighbor or consider posting a copy in your building's common area to keep everyone in your complex abreast of what's happening in Jeff Park.



Send your e-news request to jeffparknews@gmail.com and type "E-NEWS PLEASE" in the subject line.



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Would you like to see your pet featured? Please send a photo and a few tidbits about your favorite pet to jeffparknews@gmail.com. JPUN reserves the right to edit all submissions.

BUSINESS BANTER

Business Banter

5 Minutes With:

Robert Ham | Development Director
Colorado Youth for a Change (CYC)
2931 West 25th Avenue, #201
Denver, Colorado 80211
303-292-2779
www.youthforachange.org



How long have you been in business?

10 years; In Jeff Park? Six years

Number of employees?

45. Some work in our Jeff Park location and most work within schools around the Denver metro area.

What goods or services do you provide?

CYC is a 501c3 educational nonprofit, focusing on solving Colorado's dropout crisis. We provide our services in partnership with school districts in the Denver metro area, including Denver, Aurora, and Boulder Public School districts, and several others.

What would you like Jeff Park residents to know about your business?

CYC specializes in re-engaging students who have disconnected from their educational pathway. By helping turn these students around, we are also impacting the community from a social and economic standpoint, while often creating generational change and breaking cycles of poverty through education.

How can your business benefit the residents of Jefferson Park?

We can help those residents who know students of high school age in need of our services, and those who are looking to give back can certainly support the work we do.

Are there any unusual or unique things about your business that you'd like readers to know about?

Few organizations in the state, or even in the nation, are providing the services for this population of youth, the disengaged or dropout high school student, in the way CYC is. From dropout outreach and recovery, to in-school intervention, to our Futures Academy in Aurora, CYC's work is becoming recognized by public and private institutions across the nation.

What do you like about doing business in Jefferson Park?

By far, we enjoy the people. We are so fortunate to have some many Jefferson Park businesses and residents who support the work we do. We feel we are part of a family in many ways (and hope to continue to grow in this way) and try to support others in the neighborhood as much as possible.

What do you think about all the changes going on in Jefferson Park?

I'm personally excited for all the development and growth happening in Jefferson Park, because it reflects the great flourishing of Denver as a whole. New people, new businesses, new ideas, and new attitudes all add to the creativity and enrichment of our community. I do empathize with those who may feel displaced or



uncomfortable with the change, and only hope that, like our youth, they find the positive in doing things differently or growing in a different way.

What's next for your business?

CYC looks to expand our reach into other school districts in the Denver metro area and beyond, and provide even deeper services in order to re-engage students and put them on a pathway to success.

Tell Your Business Story! Tell the story of your Jefferson Park business with a Business Banter feature in the JPUN newsletter. To learn more, contact jeffparknews@gmail.com.



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BIZ ON THE BOULEVARD

Exciting BeeJP Event Happening May 16th!



Walking tours, seedling sales, live music, artisan's markets, restaurant strolls, Mystery Theater discounts – any of this sound interesting?

Then come to BeeJP at the BIZ on the Boulevard at Jefferson Park (25th & Federal) on Saturday, May 16th!

Several local organizations are collaborating with the Federal Boulevard Business District (BID) to host BeeJP; an exciting and eclectic event that will have something for everyone throughout the day.

Things will kick off at 9am when volunteers from Walk Denver, in hand with the BID, Federal Boulevard Partnership, Sloan's Lake Citizen Group & JPUN will gather for a bit of gorilla urbanism by hanging way-finding signs in and around Jefferson Park, as part of the Great Paths Project, to promote & encourage walk-ability in the neighborhood. Walk To Connect will follow up with informative & lively walking tours to some of the top destinations in the area from noon to 2pm.

Show up anytime between 10am and 2pm to pick up some seedlings for your garden from Denver Urban Gardens and while you're there, peruse the handmade collections from the fantastic Horseshoe Market artisans that will be lining the street.

Listen to a variety of live music while you shop, and plan to stay for some restaurant and bar hopping. As part of the Great Paths Project, many establishments will be offering discounts for just this one day. You can even catch a show at Adams Mystery Theater for a special price!

Whatever your interests, this amazing event allows neighbors to have a super-fun day, get active, support local businesses, artists and community.... And BeeJP!

Jump Start your fitness



The secret to getting ahead of your goals this New Year's is getting started! Tell us you saw our ad in the Jeff Park News and enjoy **2 weeks of unlimited** CrossFit.

2441 Eliot Street | Denver, CO | 80211
720.515.5723 | info@crossfitjeffersonpark.com
www.crossfitjeffersonpark.com



A Totally Tubular Way to Support Local Schools

Spring brings warmer weather, budding flowers and one of Denver's most radical events, Totally Tennyson.

Totally Tennyson is a 70s, 80s, and 90s themed street crawl fundraiser that celebrates all things from those decades. The fun stretches along the Tennyson Street corridor between W 35th Ave and W 46th Ave, from 4:00 pm to 10:00 pm on Saturday, April 25th, 2015. Event participants enjoy food, drink, and music supplied by awesome Tennyson Street businesses while rubbing elbows with popular characters from the 70s, 80s and 90s. A cash costume contest and a performance by the Ultimate 80s Experience, and 6 Million Dollar Band culminate the evening at the Oriental Theater.

With all proceeds from tickets sales going to Northwest Denver public schools, Totally Tennyson is more than just a great excuse to dress up as your favorite character and see what one of our neighboring business districts has to offer. Last year's event raised a whopping \$46,000 in support of schools! This year, with the addition of a coupon book for sale, the event organizers hope to raise more than \$60,000.

To purchase tickets, learn more, or get some costume ideas, go to www.totallytennyson.com.

You can select which school you want ticket sales to support at check out. If you don't have a specific school affiliation, consider selecting Jefferson Park's boundary middle school, Lake International.

If you would like to avoid ticketing fees and pay by cash or check, email Laci Gettings at JeffParkTT@gmail.com.

Denver Recycles' Free Mulch and Cheap Compost!

Saturday May 2, 2015, 8 a.m. to 2 p.m.
Denver residents can load up on free mulch and purchase compost at a significantly discounted price.

Mulch only site Sloan's Lake Park | Sheridan Blvd & 17th

Mulch and Compost site Havana Nursery
10450 Smith Rd., just south of I-70 on Havana St.

Dig-your-own free mulch, purchase pre-bagged compost, or fill the bed of trucks and trailers with our loader service for mulch and compost at this location. • Compost will be sold pre-bagged in 1.25 cu. ft. bags (9 gal.) at \$3.75 per bag and in bulk (directly loaded into a truck bed) at \$31.50 per cu. yd. (tax included). Limit of 20 bags per vehicle

More info at www.denvergov.org/TrashandRecycling/Composting/SeasonalPrograms

WhatSUP with Dana the Denver Newbie

Dana Slagle | dmslagle@gmail.com

WHAT'S THE BEST WAY TO RECOVER FROM A CROSS COUNTRY MOVE? Read This To Find Out!

I can't believe I've been in Denver for two months already! How long can I call myself the "newbie"? I'm amazed at how many things there are to do and experience in Jefferson Park. I'm having a blast so far and I appreciate the emails I received from JPUN readers after my first article. There are so many things I'd like to share, but for April, I'll focus on one of my favorite discoveries thus far: **Om Thai'm Massage.**

Packing, driving across the country and unpacking took a serious toll on my body. I was being tormented by all of my cardboard boxes when I resolved to get a massage. Luckily, I discovered Om Thai'm Massage and Alicia Moore. I would feel guilty if I didn't share the luxury of in-home Thai Yoga Massage with my J Park peeps.

What is Thai Yoga

Massage? It's a style of massage in which the practitioner guides the client through a series of yoga postures, while palming and thumbing along the body's energy ('Sen') lines and pressure points. Together, these actions result in a comprehensive full-body

treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically. It is very beneficial for athletes. You can wear comfortable clothing during the session, which is conducted on a queen-sized, yoga-like mat on the floor.



I was extremely impressed with Alicia's knowledge and professionalism. She attended a Thai-based school called Denver Integrative Massage School, and she's been practicing Thai Yoga Massage for about four years. She is also certified to teach yoga, which allows her to integrate some wonderful yogic-like stretches into the routine.

If after reading this, you want to experience Thai Yoga Massage, definitely get in touch with Alicia. If you mention this JPUN article she'll even offer you \$10 off. Om Thai'm Massage's number is 720-416-0194. Alicia offers a 60-minute, in-home massage for \$75 and a 90-minute, in-home massage for \$90.

Feel free to contact me through my travel and adventure blog if you have questions about my Thai Yoga experience (www.whatsupwith-dana.com). *Cheers for now!*



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ARTS & CULTURE

Dragon Boat Festival Poster Contest

The Colorado Dragon Boat Festival is accepting entries for its 8th annual poster contest. The winning design will be used for the festival's promotional poster, and the winner will be honored as the official festival poster artist during the opening ceremony at Sloan's Lake on Sat., July 18.

Cash prizes:

- 1st place: \$300 • 2nd place: \$200 • 3rd place: \$100
- Young at Art Award - High School Division (9th-12th Grade): \$50
- Young at Art Award - Middle School Division (6th-8th Grade): \$50

Visit <http://www.cdbf.org/design-contest/> for complete contest rules and details on how to submit your artwork online. Entries must be received by April 15.



SNAP Recipients Receive \$1 Admission to Children's Museum

Through December 2015, the Children's Museum of Denver will offer \$1 admission per person to all Colorado families who receive Supplemental Nutrition Assistance Program (SNAP) benefits. The program, which is a 12-month pilot project, offers up to 10 tickets at a time with no limit on the number of visits throughout the year.

Located downtown off I-25 at exit 211, and on the RTD #10 bus route, the Children's Museum of Denver is a short drive or an easy walk from Jefferson Park.

70% OF NORTHWEST RESIDENTS FEEL THEY DON'T HAVE A VOICE IN CITY DECISIONS

55% WORRY ABOUT TRAFFIC CONGESTION, BIKE & PEDESTRIAN SAFETY



63% CURRENT DEVELOPMENT OUT OF SCALE WITH NEIGHBORHOOD



VOTE MAY 2015 FOR

RAFAEL ESPINOZA

FOR A BETTER NW DENVER

A vote for Rafael says you want your representative to lead with the voice of the community, work on neighborhood concerns, and wisely negotiate on your behalf. Jefferson Park Resident Since 1999



WWW.RAFAELEFORCOUNCIL.com

SPOTLIGHT

Jefferson Park Neighbor of the Month

ASHLEY LANEY

Occupation: Mechanical Engineer

Rent or own? Rent

How long have you lived in Jeff Park?

A little over a year

One word to describe our neighborhood:

Eclectic

Favorite business in Jeff Park:

CrossFit Jefferson Park

Favorite restaurant in Jeff Park:

Araujo's Restaurant (Breakfast Burritos!)

Hobbies & Interests:

Snowboarding and being outdoors with my dogs

What's the best part about living in Jeff Park?

I can walk to so many places, especially with my dogs



Would you like to be neighbor of the month or know someone to spotlight?

Email us at jeffparknews@gmail.com.

Betcha Didn't Know:

The Highlands is considered the first suburb of Denver, and our neighborhood was initially considered part of that community.

Early settlers began residing in the Highlands to escape the increased crime, debauchery, and pollution that were occurring in downtown Denver in the 1800s.

After the Highlands was annexed in 1896, the area of land from the park on West 23rd Avenue to Clay Street was coined "Jefferson Park."

Sources: highlanddenver.com; Denver Public Library



NEIGHBORHOOD VOLUNTEER

Passing the Newsletter Torch

Special thanks to long-time Jeff Park resident, volunteer newsletter designer, and JPUN board member Kym Foster of

Kym Foster Design, who has lovingly laid out the copy and artwork for the JPUN Newsletter for more than five years!

JPUN thanks you, Kym, for sharing your time and talents with our readers.



SPORTS

Outlaws Take the Field & Brighten Jeff Park

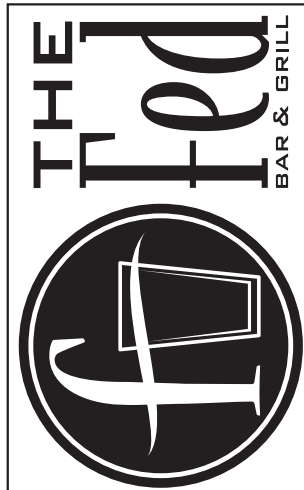
The Major League Lacrosse Champion Denver Outlaws return to Sports Authority Field at Mile High on Sunday, May 3 at 3 p.m. Celebrating their 10th season of play, Denver's professional outdoor lacrosse team will play seven games this spring/summer, featuring two post-game fireworks shows on May 24 and July 4.

Visit DenverOutlaws.com or call 303-OUTLAWS for more information.

SPORTS AUTHORITY FIELD NEIGHBORHOOD 2015 CALENDAR

4/25	Graffiti Run	9 a.m.-1 p.m.
5/3	Outlaws vs Hounds	3-5 p.m.
5/16	NCAA Lacrosse Quarter final	1-3:30 p.m.
5/24	Outlaws vs Bayhawks	7-9 p.m.
5/29	Outlaws vs Machine	7-9 p.m.
6/6	*Luke Bryan - Kick Up the Dust Concert	TBD
6/20	Outlaws vs Rattlers	7:30-9:30 p.m.
7/4	*Outlaws vs Cannons	7-9 p.m.
7/11	Drums Along the Rockies	TBD
7/19	Outlaws vs Launch	1-3 p.m.
7/25	Outlaws vs Lizards	3-5 p.m.
8/8	*Kenny Chesney / Jason Aldean Concert	TBD

During all events over 20,000 attendees, Zoning Enforcement and Right of Way Enforcement will be scheduled and parking restrictions will apply. Vehicles that are illegally parked in the neighborhoods surrounding Sports Authority Field at Mile High may be ticketed and towed.



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CLOSE TO HOME

You Can WALK, BIKE or BUS There From Here

Bunny Trail EggVenture

Sat., April 4 from 10 a.m. to 5 p.m.
 Children's Museum of Denver
 2121 Children's Museum Dr.
www.mychildsmuseum.org



Jump, hop and bounce from one "eggsploration station" to the next at the Children's Museum spring extravaganza. Bunny Trail EggVenture is filled with all kinds of blossoming fun, including egg-dyeing, springtime art projects, tasty treats and story time with Truffles the bunny.

Vegetable University Workshop

Fri. & Sat., April 17-18
 Highland Event Center
 2945 Julian St.
www.feeddenver.com

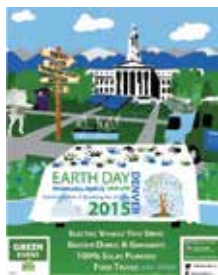


Just in time for spring gardening, Feed Denver is sponsoring a two-day workshop with CSU Extension master gardener instructors. From soils to disease and pests to weather, learn to troubleshoot problems in vegetable growing. Fee is \$85, which includes handouts, lunch, and refreshments. Registration required - seating is limited. Register by April 10.

Earth Day Celebration

Wed., April 22 from 10 a.m. to 2 p.m.
 Civic Center Park

Denver will commemorate Earth Day with a focus on interactive and educational displays and demos for residents. From learning to compost to starting your own garden to test driving an electric vehicle, this year's event (100% solar powered) aims to engage the public in exciting ways. Order lunch from local and sustainable food trucks, listen to music from KBCO and learn how to live sustainably.



Colorado Bike Expo

Sat., April 25 @ 10 a.m. to 5 p.m.
 Colorado Convention Center
<http://bikestate38.com/expo/>

The inaugural Colorado Bike Expo will pair industry professionals, recreational riders, cycling enthusiasts, and hardcore roadies with the latest products, consumer trends, clearance deals, organized rides, bicycling clubs, advocacy groups and cycling destinations.



BBQ, BEERS & BLUEGRASS!!! Co-Happy Hour

Brewshine BBQ and Taphouse

3109 Federal Blvd | Thursday, April 23 5pm-7pm

Join JPUN for a joint happy hour with Sloan's Lake Citizen Group and Federal Boulevard Partnership with The Working Man String Band. Event is FREE and open to the public but you can help support our nonprofits by purchasing one of 2 great options!
 Option A - Ticket for food buffet and one drink = \$10
 Option B - Ticket for just food buffet = \$7

Food Buffet (one trip): BBQ Pulled Pork | Mac n Cheese | Coleslaw | Buns

Advance ticket prices are good until April 19
 Purchase at www.federalboulevard.com/ or at JPUN General Membership Meeting April 14 | After April 19 all remaining tickets are \$5 extra
 Happy Hour 5pm-7pm includes \$4 drafts and wine \$3 well drinks
 For more information please email info@jpun.org



Construction in Your Neighborhood



W. 24th Ave Row Homes

Call for more information about our exciting upcoming projects in Jefferson Park!
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Eliot Duplex On Jeff Park

Stunning 2500+ SF features 4 bedrooms, 4.5 baths plus a lower level Rec Room. Extraordinary 3rd level party room with wet bar and folding glass wall opening to a deck overlooking Jeff Park. Deck is Hot tub optional for even more fun! Reserve now and select from the latest amazing designer finish packages! From the low \$700Ks

www.OnJeffPark.com



W. 22nd Duplex On Jeff Park

Outstanding 2,150+ SF new construction offers 4 bedrooms, 4.5 baths plus a lower level Rec Room....or hang out in the classy 3rd level party room with a folding glass wall opening to a deck overlooking Jeff Park. Or relax with an optional Hot Tub on the deck! Reserve now and select from the latest designer finish packages! \$715K

www.OnJeffPark.com

Linda Kukulski Miller

303.997.4001



www.RealEstateDenverTeam.com

Linda@RealEstateDeverTeam.com

HAPPENINGS IN JEFFERSON PARK

9Health Fair

9Health Fair in Jefferson Park

Saturday, May 9 from 7 a.m. to Noon

CEC Middle College 2650 Eliot St

www.9HealthFair.org

Story by Holley Petrick

This spring, AdvocacyDenver is proud to be hosting a new 9Health Fair site at CEC Middle College, located at 2650 Eliot St. Denver, CO 80211. Participants will not need to fast in order to have their blood drawn. Up until now, it was mandatory to fast before blood was drawn; now fasting is no longer a requirement. Eating before a blood draw will affect triglyceride and glucose levels, but many medical professionals are beginning to see the benefit in examining a person's non-fasting blood work. New studies have shown that cholesterol levels gathered from blood draw do not change as much as was originally thought due to fasting. Fasting can be an inconvenience for many people whether they are going to a health fair or their doctor's office.

The 9Health Fair will offer a \$35 Blood Chemistry Screening, which provides information about blood sugar (glucose), cholesterol, triglycerides, liver, kidney, bone and muscle function and may show warning signs of diabetes, heart disease and more. Other affordable screenings include a \$30 Prostate Specific Antigen screening for men, which checks for prostate gland issues and cancer, a \$20 Blood Cell Count screening, which checks the health of your blood, a \$45 Vitamin D screening, which measures your baseline Vitamin D level, a \$30 Hemoglobin A1C screening that gives an average blood sugar level over the past 2-3 months, and a \$25 Colon Cancer Screening Take-Home Kit, which checks for colon cancer.

AdvocacyDenver (formerly the Arc of Denver) serves individuals with intellectual and developmental disabilities (I/DD) from early to the end of life. For a list of available screenings, please visit www.9healthfair.org. More than 20 FREE screenings such as Blood Pressure, Breast Exams, Prostate/Testicular, Oral, Hearing, Foot, Skin and more will also be offered. Education centers on children's advocacy, social security information, mental health resources, yoga instruction, urban gardening, and more will also be featured at the fair.

JPUN HISTORY

PICTURE THIS: THEN VS. NOW

1986 photo courtesy of Joan Bondy



Almost 30 years later: The back alley view off of what is now called River Drive and North Bryant Street, 1986 versus 2015.



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ELECTION MAY 2015

JPUN Offers Two Ways to Meet City Council District 1 Candidates

Tuesday, April 1st | 6:30 pm
Oriental Theater 4335 W 44th Avenue

Wednesday, April 8th | 7pm
Family Star Montessori Community Room
2246 Federal Boulevard

Ahead of the May 2015 Denver City Council elections, JPUN is co-hosting and assisting with two candidate forums so neighbors have an excellent chance to get to know the candidates for the District 1 Council seat, discuss issues of concern and hear candidate's answers.

On Tuesday night, April 1st, JPUN, Historic Denver, the League of Women Voters, Inter-Neighborhood Cooperation, and Denver's Channel 8 will hold an evening of lively debate.

Starting at 6:30, we'll be hearing from your local District 1 candidates and the city-wide Auditor candidates. We'll solicit questions from the audience, so be prepared! Candidates will also have to answer a series of "Lightning Round" questions and follow ups from our panel of moderators.

Bring the family, grab a bite, and see your candidates in action at the Oriental Theater at 4335 W 44th Avenue.

The same panel of candidates will appear again the following week at the Family Star Montessori community room at 2246 Federal Boulevard from 7pm to 8:30pm. Sloan's Lake Citizens Group, JPUN and Federal Boulevard Partnership will host the forum. Dan Pabon, the moderator, will be asking your questions of the candidates but you must submit them ahead of time! Day care will be provided.

Submit your questions to info@jpun.org NOW, and come out to see your candidates' answers!

Be sure to attend one or both forums so you'll be prepared on May 5th to Rock Your Vote!

Impact of Bars & Restaurants in Jefferson Park

Business has been booming in our neighborhood bringing a new energy to previously quite storefronts. While we all share in their success, JPUN is working through issues with others ranging from noise violations to homicides.

How do you safeguard against these types of illicit activities?

At our April General Membership meeting John Jenning from Dept. of Excise and Licenses will discuss:

- How the city reviews applications
- What is a Good Neighbor Agreement (GNA)
- How to attach a GNA to a liquor license and why
- What to do if you experience problems with an establishment

JPUN has extended invitations to other experts on the subject to attend.
JPUN General Membership Meeting
April 14th | 6:30-8:00p Riverside Baptist Church | 2401 Alcott St. | Rear Chapel

BECOME A PART OF THE STORY

Send your stories, comments or ideas to our Jefferson Park Editor, Holley Petrick at jeffparknews@gmail.com.

ADVERTISE

Advertising in the JPUN Newsletter generates business for you and keeps the newsletter thriving. Contact Rachel Patrick for information on advertising. Rates subject to change. jeffparkads@gmail.com

- Full Page Ad: \$210
- 1/2 Page Ad: \$150
- 1/4 Page Ad: \$70
- 1/8 Page Ad: \$50

All advertisements, photos and article submissions for consideration in the following issue are due by the 21st of the month.

COMMUNITY RESOURCES

Police, Fire or Medical - EMERGENCY	Dial 9-1-1
Gas Leak or Electrical Emergency - Xcel	800-895-4999 select # 1
City of Denver 311 Help Center	3-1-1 or 720-913-1311
Police - City Non-Emergency Information	720-913-2000
Police - District 1 Station Information only	720-913-0400
Denver Public Library	720-865-1111
Regional Transportation District	303-299-6000