



AUGUST NEWSLETTER

A NON-PROFIT ORGANIZATION SERVING OUR NEIGHBORHOOD

A Publication of Jefferson Park United Neighbors

JEFFERSON PARK NEWS

www.jpun.org



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NEXT JPUN MEETING

JPUN General Membership Meeting
 Tues., August 14th
 6:30 - 7:30pm
 Riverside Baptist Church
 2401 Alcott Street
 Rear Chapel

UPCOMING MEETINGS

JPUN Land Use Committee
 Contact Rafael @ 303-815-0506
 or espinr@gmail.com

HAPPY HOUR

Beyond Better Block
 August 23rd, 5:30 - 8:30
 25th & Elliot
 Join Your Neighbors!

JPUN YAHOO GROUP

Get neighborhood updates at
<http://groups.yahoo.com/group/jpun/>

SUPPORT JPUN

As a non-profit 501(c)3 organization, your contribution to JPUN is tax deductible. Send your contribution to: JPUN, 2240 Clay St #200, Denver, CO 80211



Jefferson Park United Neighbors is on Facebook!

MUSIC at JEFFERSON PARK

About the Band:

THE INDULGERS, a fantastic Celtic Rock band, they have tons of Noteriety in Denver... They are amazing. They are very excited to be apart of the concert.

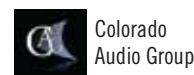
- "Celtic Rock Institution" - Daily Camera
- "Boulder's House Band." - The Onion
- "Denver's Shamrockingest Band" - Denver Post
- "World Class Music" - KBCO Radio

The Indulgers are a local band that combines Scottish, Irish and American musical styles into a fantastic new sound. Composed of five artists with a wide variety of musical influences, The Indulgers have created an amalgamation that has a distinctive Celtic sound, with elements of folk, rock and jazz thrown in for good measure.

Music in Jefferson Park Final Concert of the Year Sunday, August 19

5:30pm-7:30pm

Presented by Colorado Audio Group



Join friends and neighbors and say farewell to summer with a wee bit of Irish jig. The Indulgers bring a musical amalgamation that has a distinctive Celtic sound, with elements of folk, rock and jazz thrown in for good measure to Jefferson Park for our final concert of the season.

The grassy bowls of Jefferson Park at 22nd and Decatur will be a perfect place to picnic, socialize and listen to what The Denver Post calls "Denver's Shamrockingest Band".

As always, food trucks will be in attendance for those who want to travel light as well as dessert supplied by Little Man Ice Cream. Don't miss this great concert to cap the 2012 season. Relax. Gather. Connect.

Mark Your Calendars: Beyond Better Block Family Night August 23rd | 25th & Elliot

Better Block organizers have partnered with JPUN's social committee to transform JPUN's August Happy Hour into an extension of the June Better Block event; a fun-filled evening for the whole family in Jefferson Park's Business District on August 23rd from 5:30pm - 8:30pm. Come enjoy local music, dinner, kids' activities and just hanging out with neighbors.

Neighborhood supporter, food truck, Capt'n Crabby and one of their fellow food vendors will be on hand for dinner. 2914 Coffee will have extended hours for the evening, offering coffee and ice cream. Little Man Ice Cream will provide a jumpy castle for the kids, and artists may even lead the kids in sidewalk chalk art. Ride The Music Train will host an open mic night, so bring your guitar and plan to jump in, or just come on out and celebrate the end of summer and the continuation of our Better Block with family, friends and neighbors!



www.ridethemusictrain.com



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Jefferson Park Pet of the Month



Name: Izze • **Breed:** Sheperd Mix • **Owner:** Ginny

Izze's a shepherd mix who loves to swim and hike, but her dedication to the chasing of squirrels in the yard is unparalleled. Her other hobbies include redecorating, sleeping, and chewing on shoes that are left unattended. Once you're in her circle of people, she's fiercely devoted and will throw herself at your feet for head and belly scratches. She knows all her commands, even though she's a bit stubborn from time to time, but to me, that's part of her charm!

Would you like to see your pet featured? Please send a photo and a few tidbits about your favorite pet to Cristin at ckcouzens@gmail.com or drop it in her mailbox at 2819 W. 25th St. Or maybe, Jerry the "pet whisperer" will catch you in the park!

Printed By: P&L Printers | pandlprinting.com
2727 W 27th Ave, Denver, Colorado - (303) 433-1852

Design by: Kym Foster Design | kymfosterdesign.com
2606 River Dr, Denver, Colorado - (303) 480-0521

Photography by: Jerry Olson | jerryolson@comcast.net

James Iacino, president of Seattle Fish Company, opening the Corner House

by Lori Midson



Reprinted with permission from Westword

Even presidents, CEOs and owners need hobbies, distractions and sidekicks - and that includes James Iacino, president of Seattle Fish Company, who, along with his buddy Scott Kinsey, will open Corner House, a java joint and bar, in late October at 2240 Clay Street in Jefferson Park.

"This is all about creating a community," says Iacino, adding that he lives in the same building where he and Kinsey - marketing director for the

House of Marley (as in Bob Marley) product line - are opening. "There's absolutely nothing in this neighborhood within walking distance, so our goal is to bring something to this community that it doesn't have," he adds, noting, too, that "there's lots of development that's going to happen here over the next few years, and we want to be a part of that

The 1,250-square-foot space, which will utilize reclaimed beetle-bark woods for the majority of its furnishings, is a build-out, and while Iacino says that the kitchen is a "small operation," which means that it won't have a hood, he's searching for a chef who can produce small, share-able plates to complement his beverage program -- coffee from NOVO by day, and beer, wine and cocktails at night, with an emphasis on locality.

"We definitely want to use as many Colorado products and suppliers as possible," he notes. And to prove his point, Infinite Monkey Theorem will be his house keg wine, the majority of his spirits will be produced locally, and he'll only pour Colorado beers, both on tap and by the bottle. "The beer list is all-Colorado, all of our main spirits -- whatever we can get here -- will come from Colorado, and while our wine list will be boutique and domestic, we're super-excited to carry Infinite Monkey Theorem wines," he adds.

Iacino says that once construction is complete, the inside, which includes a community table, will seat fifty, and he'll add a patio next spring. "The space has been stripped, and what we have planned isn't too complicated, but we definitely want a patio -- that's part of our community plan," he stresses.

Iacino, who signed the deal yesterday -- and has the keys in hand -- is working with Leigh Sullivan Enterprises on menu design and development, but he does reveal that, in addition to small plates, he'll trot out breakfast items, sandwiches and panini. "We really just want this to be a fun place for people to hang out, eat and drink with their neighbors, and it's a personal side project of mine that I'm really looking forward to doing," he says.

He's still working out the hours, but hopes that the spot will unlock its doors at 6 a.m. for breakfast and coffee and remain open throughout the day until 10 p.m. on weekdays and midnight on the weekends.

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NORTH DENVER DESIGN/BUILD

City Council Gives Federal Boulevard Business (BID) Improvement District Thumbs Up

Countless hours of stakeholder outreach and education, drafting of an operating plan and budget, mounting a petition drive and preparing for the City Council process, culminated on August 6th, in a unanimous City Council vote in support of the Ordinance forming the Federal Boulevard Business Improvement District (BID). This however, isn't the final milestone for the BID and its proponents.

Because the activities of the BID (focused on improving economic vitality and overall commercial appeal of Federal Boulevard & area bounded by West 22nd to West 27th Avenues, and east along Eliot Street between West 24th and West 26th Avenues) will be financed through a self-imposed and self-governed assessment on commercial properties in the area, the final step in creating the BID will be a mail-in ballot vote from all the affected commercial property and business owners during the TABOR election in November.

In the coming months, organizers will be preparing for the vote and the Board of Directors (comprised of 5 commercial property owners from the district) will convene to determine the direction of the BID in 2013, in anticipation of a successful election.

Opponents of the BID maintain that the area is experiencing growth in economic vitality without the need for additional taxation. While proponents, numbering over 60% of affected property owners, anticipate the BID's 2013 income of approximately \$50,000 would help advocate for property & business owners, create a district identity & brand, and help leverage city funds for physical improvements. Other BIDs currently exist in Denver including Downtown, Cherry Creek North and East and West Colfax.

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Parking restrictions in Jefferson Park are enforceable anytime during posted hours, regardless of events at Mile High Stadium. However, a specific traffic management plan is enacted by the City of Denver when attendance at stadium events exceeds 20,000.

This includes:

Right of Way Enforcement (ROWE): Parking in a restricted zone without a valid permit can result in serious penalties. A \$60 parking ticket and a \$100 tow fee can be expected. Towed vehicles must be claimed from the temporary Wastewater facility within 2 hours of the end of a stadium event or they will be impounded. This results in a second \$100 tow fee and \$12 per day for storage until claimed.

Zoning Enforcement: A permit is required by the City of Denver for parking lots used for event parking outside of Mile High Stadium. Applications may be made for a special events parking by temporary permit on zone lots that meet specific requirements under # 59-85 of the Denver Zoning Code. (see www.denver.gov)

Check the Sports Authority Field Neighborhood Calendar for events when the traffic management plan will be enacted. Join the JPUN Yahoo Group for parking alert reminders – **sign up at www.jpun.org**

For more information about enforcement about scheduled events, please call 720-913-1720.

Conditional Use of Residential Parking Permits

The permit exempts the resident's vehicle from the posted, on street parking time limit restrictions in the block on which the owner of the vehicle resides.

- Residential Parking Permits do not guarantee a parking place, nor grant parking privileges at another location.
- Residential Parking Permits do not allow parking in violation of parking meters; pay stations; loading zones; no parking anytime; Street Sweeping restrictions; 72 hr. Parking; or any other parking restrictions.
- Permits are issued for vehicles. The limit on vehicles for any household is one vehicle for each licensed driver of the household, plus one for the household.
- There are circumstances when provisions for guests are made to accommodate life circumstances, such as care providers. A maximum of two (2) guest permits may be issued for the household. The guest permits must be requested annually.
- Guest permits are not for use by commercial service vendors providing repairs or service over an extended period of time. Such vendors must obtain a Street Occupancy or Emergency Services Permit for such use.
- Daily Guest Permits may be issued for special circumstances such as graduations, weddings, or funerals. The maximum number of daily permits issued to a household for any occurrence is twelve (12), once per year. More frequent requests will be evaluated on a case by case basis.
- All guest permit requests will be considered on an as needed basis and only issued for the block on which the owner of the vehicle resides. There is currently no fee for the permits.
- Unpaid or otherwise unresolved parking citations shall be grounds for denial of a request for a residential parking permit. The use of Residential Parking Permits is monitored.
- Abuse of any of the permits may result in citations and/or revocation of all permits issued to that household.
- The City reserves the right to modify the Residential Parking Program.

Bronco Season is Back - Jefferson Park Parking 101

Parking Information from www.denver.gov

Applying for a Residential Parking Permit

- There is no fee.
- Once you have the required documents (see "Required Documents"), you can apply by mail* or in person between 8:00 a.m. and 4:30 p.m.

Parking Cashier Office
201 W. Colfax Ave., Dept 110
Denver, CO 80202
P: 720-913-5365

** If applying by mail, include photocopies of all required documents*

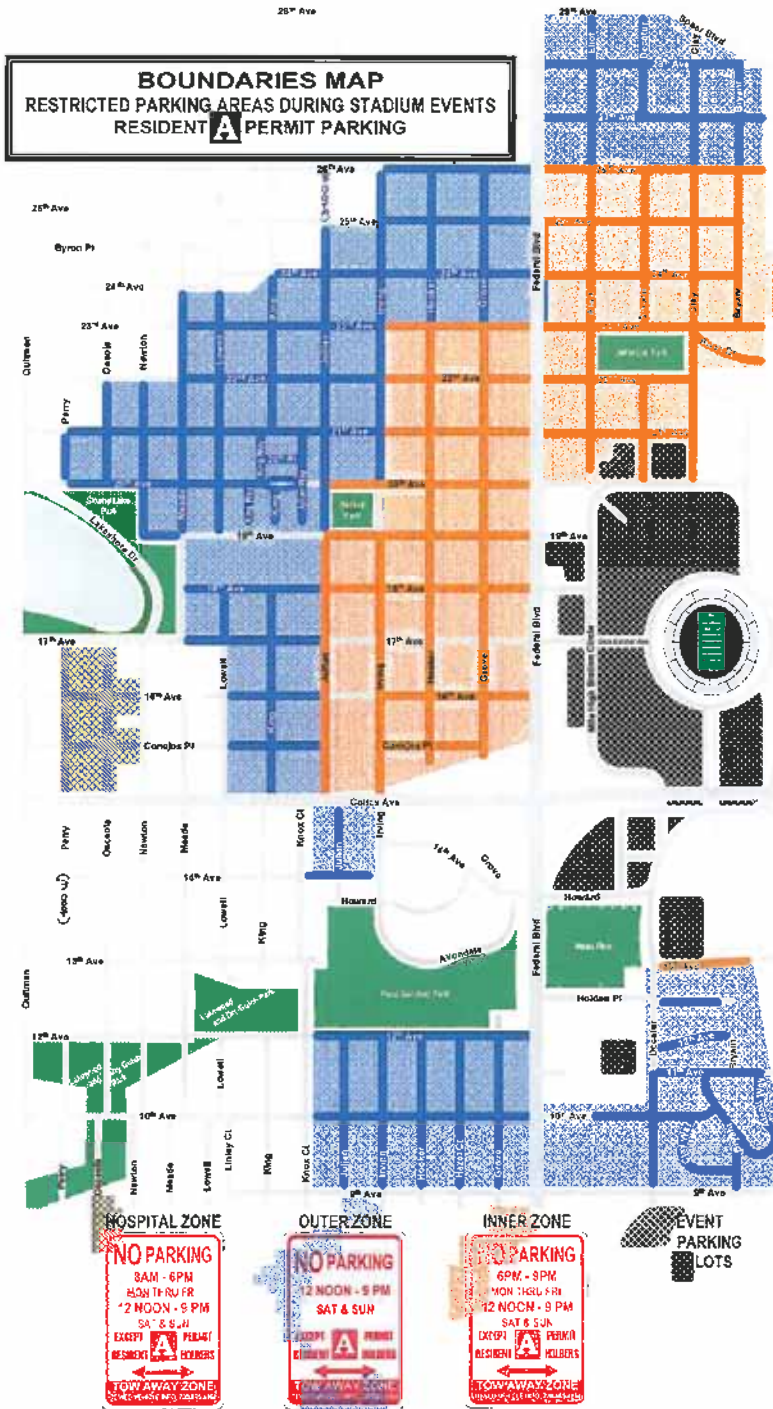
Required Documents

- Completed Application (see www.denver.gov)
- Current vehicle registration(s) AND Valid Driver's License
- An official document showing name and current physical address:
Any one of the following dated within the last 30 days:
 - Utility Bill
 - Telephone Bill
 - Cable Bill
 - Current auto insurance

IMPORTANT: The applicant's name and physical address must appear on all the documents listed above and must match the name of the applicant and the physical location where the permit is requested. PO box addresses will not be accepted.

Temporary Permits

A temporary permit may be issued when the resident has just moved in and has not yet obtained the required documents for a regular permit. Call the Parking Cashier's Office for more information: 720-913-5365



Sports Authority Field Neighborhood Calendar 2012

*Parking restrictions including Zoning Enforcement and Right of Way Enforcement will likely be scheduled for this event. Illegally parked vehicles in the neighborhoods surrounding Sports Authority Field at Mile High may be ticketed and towed.

August 18	*Denver Broncos vs. Seattle Seahawks	7:00 pm 10:00 pm
August 18-24	Ride and Drive	8:00 am 5:00 pm
August 26	*Denver Broncos vs. San Francisco	2:00 pm 5:00 pm
September 2	*Rocky Mountain Showdown TBD TBD	TBD TBD
September 9	*Denver Broncos vs. Pittsburgh Steelers	6:20 pm 9:20 pm
September 16	Bridal Festival	12:00 pm 4:00 pm
September 16	Fans on the Field	6:00 am 1:00 pm
September 19-30	Ride and Drive	8:00 am 5:00 pm
September 23	*Denver Broncos vs. Houston Texans	2:15 pm 5:15 pm
September 30	*Denver Broncos vs. Oakland Raiders	2:05 pm 5:05 pm
October 28	*Denver Broncos vs. New Orleans Saints	6:20 pm 9:20 pm
November 18	*Denver Broncos vs. San Diego Chargers	2:15 pm 5:15 pm
December 1	*CHSAA Football Championships	11:00 am 5:30 pm
December 2	*Denver Broncos vs. Tampa Bay Buccaneers	2:05 pm 5:05 pm
December 23	*Denver Broncos vs. Cleveland Browns	2:05 pm 5:05 pm
December 30	*Denver Broncos vs. Kansas City Chiefs	2:15 pm 5:15 pm
January 27	Bridal Festival	12:00 pm 4:00 pm

Dude, Where's My Car?

Denver, unlike many municipalities, doesn't automatically impound towed vehicles. Vehicles that are towed are often relocated to a nearby location and parked legally there. There is a \$100 tow fee incurred for moving a vehicle.

If your vehicle's been towed, contact the Denver Police Non-Emergency line to locate it: (720) 913-2000 (when you get the recorded message, hit 0 for the operator, they will look up your vehicle's location)



JPUN representatives are currently involved in a review of current parking restrictions together with other area neighborhood organizations, Sports Authority Field Representatives, and City of Denver parking staff.



Do you have feedback? Email your comments to info@jpun.org or attend the next JPUN meeting.





JPUN General Membership Meeting

Next meeting: Aug 14, 2012 - 6:30 pm,
Riverside Baptist Church - Rear Chapel



The Denver Design Incubator, A Business Resource Center for the Fashion Community, opened in Jefferson Park at 2040 Clay Street in May.

They are dedicated to providing resources, education and professional development to the local creative community that will enhance and support a thriving, profitable and sustainable local fashion industry.

WHAT DOES DDI OFFER?

DDI offers a program that will accept people committed to advancing themselves and their businesses. Designers-in-residence will be immersed in a real world setting of a design studio in an apparel manufacturing company. They will receive mentoring from established fashion professionals to help them take their ideas from a concept to a money making business. Designers-in-residence will attend classes and workshops based upon a customized curriculum to take their skills to the next level. Classes/workshops will also be offered to the public in areas ranging from design to pattern-making to production to business planning to fashion law.

WHAT CAN I EXPECT TO ACCOMPLISH AT DDI?

DDI is dedicated to enhancing the creative culture of Denver and the greater Colorado area. Goals for DDI include creating new fashion design businesses and new jobs respective to those businesses each year. DDI will open and market a showroom and retail location for its designers and will establish a Denver Fashion Week.

Denver is experiencing a unique culmination of talent, energy, interest in art, food, music and fashion and is poised to break into the mainstream fashion industry as a place to watch. Denver has a rich history of fashion, though it had been centered around the western wear industry. The rich and beautiful lifestyle of Colorado has attracted such talent to our area. DDI will be instrumental in establishing Denver as a fashion center in the US and enable those who have been born to or adopted the Colorado life to remain in the place they love, designing the fashion they love professionally, and contributing to the fashion industry and the industry of Colorado.

Check out their website at www.denverdesignincubator.org for more information, including classes open to the public!

Good Neighbor Agreement and Micky Manor

by Jeff Archambeau
Earlier this summer, representatives of JPUN met with Fran Daly, the owner of Micky Manor located on Federal between 25th and 26th, about her plans to upgrade the establishment and reopen it as a family-oriented restaurant serving the Jefferson Park area. The building and restaurant has been in Fran's family since 1944. In recent years, Micky Manor had fallen on hard times and was not operating to Fran's satisfaction and she eventually evicted the tenant running it.

JPUN and Fran discussed putting a Good Neighbor Agreement (GNA) in place which commits Fran and JPUN to meet regularly to discuss any issues that may come up regarding the operation of the restaurant. A copy of the Good Neighbor Agreement for Micky Manor can be found on JPUN's website. In return for agreeing to these terms, JPUN testified on June 8 in favor of Micky Manor's application for a liquor license for the restaurant. The GNA was attached to the liquor license and can be discussed during any renewal request.

Fran does not have a tenant selected yet to run the restaurant, so the menu is not yet determined. Fran has committed to making a positive contribution to the neighborhood, so we encourage Jefferson Park residents to stop by and check it out once the restaurant is reopened.

Go to www.jpun.org to review the Good Neighbor Agreement.



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Tips from Family Star Montessori School:
Part 3: Children and Loss By Lauren Ross, Mental Health Consultant

"All our handling of the child will bear fruit, not only at the moment, but in the adult they are destined to become." – Maria Montessori

In parts I and II of this series on Children and Loss, we explored a spectrum of transitions and losses that children may encounter in their lives, along with the potentially negative impact on healthy emotional development. In this part of the series, we will discuss strategies that a caregiver can utilize to support a child's development of resilience and coping skills through a difficult life experience. Resilience can be thought of as a rubber band: it is a set of protective factors within a child, family and community that helps a child "bounce back" during and after a challenging life experience. What are some strategies that are effective in building a child's resilience?

- Support a child's healthy attachment to important caregivers: When a child receives consistent, predictable and nurturing care, he learns that the world is a place where he will be taken care of. These essential relationships will in turn build his ability to adapt to difficult experiences. One strategy that is especially important is to help your child have a healthy "goodbye" during times of transition. For example, if a child is moving to a new home, acknowledge the goodbyes that this move means to the family (such as saying goodbye to the old home, trusted neighbors, etc.).
- Communicate transitions and loss on a level the child can understand: Even very young children are very attuned and sensitive to change in their world. Tools such as storybooks or visual schedules can be very useful to use with young children at times when their world feels upside down. These don't need to be fancy; even a simple homemade storybook can help a child feel more regulated and organized (i.e. "My New Baby Sister", or "My Family is Moving"). For more information about these tools, see this website: www.challengingbehavior.org/explore/pbs_docs/tips_for_visuals.pdf
- Build a child's "toolbox" of self-soothing skills: All children need to have tools for self-soothing when they experience difficult feelings. These may include snuggling with a special blanket, listening to quiet music, getting a hug, or taking deep breaths. Help your child better understand himself and what helps her feel calm. Practice these skills with your child, so she will be better able to calm herself down when she gets upset. Some classrooms and homes even create a "Cozy Corner" (or "Calm Down Spot")—a comfy place to sit with pillows or a beanbag, where a child can read a calming book, listen to music, or any other activities that help her feel better.
- Seek out reputable resources and professional support: Many great resources and professionals are out there to support families during difficult times. Please visit these resources (listed below) or contact one of our Family Star Mental Health Consultants for guidance.



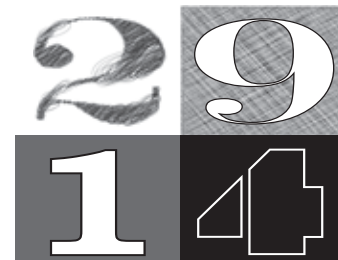
Consejos de la Escuela Family Star Montessori:
Parte 3: Los niños y la pérdida de un ser querido
 Por nuestra consultora de salud mental Lauren Ross

"Todas las maneras en que tratemos a los niños producirán fruto, no solamente al instante pero en el adulto que ellos están destinados a ser". – Maria Montessori

En las dos primeras partes de esta serie sobre los niños y la pérdida de un ser querido exploramos una variedad de transiciones y pérdidas a los que los niños pueden llegar a enfrentarse durante sus vidas, al igual que el impacto potencialmente negativo en su desarrollo emocional. En esta tercera parte de la serie, hablaremos sobre estrategias que el adulto a cargo puede utilizar para apoyar el desarrollo de la capacidad de resistencia de los niños y su habilidad de sobrellevar una experiencia difícil. La capacidad de resistencia puede ser interpretada como una liga: es una serie de factores protectores dentro del niño, la familia y la comunidad que ayudan al niño a retomar su vida normal durante y después de una experiencia difícil. ¿Cuáles son algunas de las estrategias eficaces para fortalecer la capacidad de resistencia de un niño?

- Apoye el apego saludable de un niño con los principales adultos que lo cuidan: Cuando un niño recibe cuidados constantes, predecibles y cariñosos, el aprende que el mundo es un lugar en donde lo van a cuidar. Estas relaciones esenciales terminaran fortaleciendo su habilidad de adaptarse a experiencias difíciles. Una de las estrategias especialmente importantes es la de ayudar al niño para que viva "despedidas" saludables durante momentos de transición. Por ejemplo, si un niño se está cambiando a una nueva casa, hay que aceptar y mencionar las despedidas por las que la familia tendrá que pasar, como decir adiós a la casa anterior, a vecinos amigos, etc.
- Comunique las transiciones y pérdidas a un nivel que el niño entienda: Hasta los niños más pequeños están muy conectados y son sensible a cambios en su mundo. Herramientas como cuentos o audiovisuales pueden ser muy útiles para usarlos con niños durante momentos en que su mundo pareciera estar de cabeza. Estas herramientas no tienen que ser complicadas; hasta un cuento simple hecho en casa puede ayudar al niño a sentirse más regulado y organizado (por ejemplo, "Mi nueva hermanita" o "Mi familia se cambia de casa"). Para más información sobre estas herramientas, visite el portal http://challengingbehavior.org/explore/pbs_docs/tips_for_visuals.pdf (en inglés).
- Fortalezca la "caja de herramientas" para auto-consolarse del niño: Todos los niños necesitan contar con herramientas para auto-consolarse durante momentos difíciles. Estas herramientas pueden incluir acurrucarse con una manta especial, escuchar música tranquila, recibir un abrazo, o respirar profundamente. Ayude a su niño para que se entienda mejor a sí mismo y para aprender que es lo que lo ayuda a calmarse. Practique estas herramientas con su niño para que así el pueda calmarse por sí solo cuando algo lo haga sentir mal. Algunos salones y hogares hasta crean una "esquina acogedora" (o un "lugar para calmarse") —un lugar cómodo para sentarse con almohadas en donde el niño puede leer un libro que lo calme, escuchar música o hacer alguna otra actividad que lo ayude a sentirse mejor.
- Busque recursos acreditados y apoyo profesional: Hay muchos recursos y profesionales disponibles para apoyar a las familias durante momentos difíciles. Por favor visite estos recursos (mencionados abajo) o pónganse en contacto con una de nuestras consultoras de salud mental.

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Safety Zone

Denver's Nuisance Abatement Law

Tired of "that one house" on your block where your peace of mind is always challenged? The nuisance abatement law may be the answer.

The Nuisance Abatement Unit is part of the Denver Police Department and works with the City Attorney's Office and District Attorney's Office to identify, abate, deter, and prevent the recurrence of public nuisances within the City of Denver. The Unit can accomplish this by filing for seizure of property and cars, and other court orders to abate the problem.

What is a "Public Nuisance?"

Under the Nuisance Abatement law, a public nuisance is not a trashy yard or neglected home. A public nuisance is any real property or vehicle where criminal activity occurs. The activity can include drug violations, gambling, sex offenses, weapon offenses, gang activity, noise offenses, and disturbing the peace.

How is the law applied?

The abatement law can be applied by first reporting criminal activity and insisting on signing a complaint. Once this occurs, a file can be started to document activity concerning the property or vehicle.

Police /Citizen Cooperation

After calling the police dispatcher, make a note to yourself concerning the date, time, and circumstances. Leave a message for your Neighborhood Police Officer (Technician Carlos A Montoya - Ph.720.913.0461) to contact you. Your NPO will then make arrangements to meet with you and your neighbors. During this meeting, the NPOs will ask you for information concerning the problem address or car. The NPOs will provide you with detailed information about the Nuisance Abatement Law and how everyone in your neighborhood can work together, with the police department, to eliminate the problem.

The NPOs have had some success by directly contacting the problem address. The NPOs make the occupants aware of the Nuisance Abatement Law and educate them about the consequences of future violations. The NPOs explain to the occupants, and the landlord if applicable, that the neighborhood is tired of the problem and willing to assist the police. This simple tactic has often solved the problem before future steps are required in applying the law.

Your Neighborhood Police Officers are committed to supporting law abiding citizens in regaining neighborhoods. We will encourage everyone on your block to come together in a show of solidarity, support, and purpose. In turn, we need you to report criminal activity and to sign a complaint when necessary.



Denver Public Schools (DPS)
First Day of School
August 27th, 2012

Denver City Council Representatives

Susan K. Shepherd, Council District 1

720-337-7701 | Susan.Shepherd@denvergov.org

Robin Kniech, Council-at-Large

720-337-7712 | kniechatlarge@denvergov.org



"Weight" is Over for New Training Center

BLUNT FORCE TRAINING GRAND OPENING FOCUSES ON FUNCTIONAL STRENGTH

Blunt Force opened its doors in the Jefferson Park neighborhood at 2031 Bryant Street in June. The new training center offers everything from bootcamps, to one-on-one personal training, to yoga. Instead of wall-to-wall free weights and nautilus machines, gym-goers will see climbing ropes and rings hanging from the ceiling, tractor tires, sledgehammers, pull-up bars and kettlebells. The 9,000-square-foot facility even boasts a regulation size boxing ring.

"We wanted to create a local gym that provides unpredictable workouts focusing on multiple muscle groups," said Blunt Force Training owner Tiffany Coolidge. "Between family and work, our clients have a limited amount of time to spend on fitness. If you can give us 30 minutes or an hour, we'll give you a full-body workout that stresses both cardio and strength development."

Unlike the corporate gyms, Blunt Force does not charge a membership fee. Instead, clients can purchase an assortment of packages from small group training sessions and bootcamps to one-on-one trainings. Although they have different specialties, Coolidge and her six on-site trainers approach each client with a blank slate.

"You're not going to find cookie-cutter routines and goals set by the corporate office," Coolidge said. "Our clients want specific attention for weight loss or weight gain, which is obviously coupled with nutritional advice. I have clients who text me when they're at the grocery store or call me when they're on the road asking for a workout routine. We're personally invested in their success and I think that separates us from other gyms."

For those looking for some extra excitement, Blunt Force also offers mixed martial arts (MMA) training complete with heavy and teardrop bags, wrestling mats and, of course, the boxing ring.

For more information, people can visit BluntForceTrainer.com. (303) 324-9500

JPUN

BECOME A PART OF THE STORY

Send your stories, comments or ideas to Cristin Couzens or Jerry Olson
ckcouzens@gmail.com | jerryolson@comcast.net

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1/8 Page Ad: \$15

COMMUNITY RESOURCE

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