

JPUN.ORG AUGUST 2016

JEFFERSON PARK NEWS

A PUBLICATION OF JEFFERSON PARK UNITED NEIGHBORS A NON-PROFIT ORGANIZATION SERVING OUR NEIGHBORHOOD

JPUN GENERAL MEMBERSHIP MEETING

Second Tuesday of every month no meeting in August
Tuesday, September 13, 6:30-8 p.m.
Riverside Church
2401 Alcott St. | Rear Chapel
info@jpun.org
All are welcome

LAND-USE COMMITTEE MEETING

Thursday following JPUN Membership Meeting, every month Thursday, August 11, 6:30-8 p.m Thursday, September 15, 6:30-8 p.m. Zocalo office 22nd Ave. & Decatur St. All are welcome

MAKE A TAX DEDUCTIBLE GIFT TO SUPPORT JPUN

As a non-profit 501(c)3 organization, your JPUN contribution is tax deductible. Send your contribution to: 2001 Eliot St, Denver, CO 80211

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

Join Our Mailing List at JPUN.org

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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Follow us on instagram.com @jeffparknews

JEFFERSON PARK CONCERT SERIES

The July 24 concert at Jeff Park was a night of music and community. Neighbors of all ages set camp on the grassy hill of the park as the sun set over the stage and The Williams Brothers Band set up for their show. The brief show included a pair of substitute band members due to a car breakdown that left TWBB without a bass player and a drummer, and several songs featuring James "Papa Bear" Williams' two young daughters. "It's wonderful to see such a great, happy community coming together this way. If all of us would come together like this more often I believe it would fix a lot of the ills that plague our society," said James moments before hitting the stage.





WE'D LOVE TO HEAR FROM YOU

Email any stories, comments or ideas to our Editor at: jeffparknews@gmail.com

2016 JPUN BOARD MEMBERS

Michael Guiietz (President) Nathan Adams Brian Aggeler Fred Blythe Nicole DeJarnatt Kym Foster Jill Folwell Justin Potter Matt Ruhland Scott Shea

We're always looking for volunteers, reach out to us if you're interested in joining our team!

LOOKING FOR WRITERS AND DELIVERERS

ADVERTISE WITH US!

Advertising in the JPUN Newsletter generates business for you and keeps the newsletter thriving. Contact our designer at jeffparkads@gmail.com for more information on advertising.

Full Page Ad\$	210
1/2 Page Ad\$	105
1/4 Page Ad	\$70
1/8 Page Ad	\$50

Rates subject to change.

COMMUNITY RESOURCES

Police, Fire or Medical - EMERGENCYDial 9-1-1	
Gas Leak or Electrical Emergency - Xcel800-895-4999 select #1	
City of Denver 3-1-1 Help Center3-1-1 or 720-913-1311	
Police - City Non-Emergency Information720-913-2000	
Police - District 1 Station Information only720-913-0400	
Denver Public Library720-865-1111	
Regional Transportation District303-299-6000	
Cut this out and store it somewhere for quick reference!	

All copy/photos/advertisements submitted to our 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, educational community newsletter.

PET OF THE MONTH

KAYA





My name is Kaya, I'm a 6-year-old female Siberian Husky and moved to Jefferson Park 2 years ago from Pennsylvania. I'm very energetic, super fast and love to go on long bike rides around the Bronco's stadium and Jefferson Park. I get along well with other dogs and will howl if no one is paying attention to me. I also am a massive peanut butter fanatic.



Would you like to see your pet featured? Please send photos and a few tidbits about your

Please send photos and a few tidbits about your favorite pet to jeffparknews@gmail.com. JPUN reserves the right to edit all submissions.

(continued from page 1)



JEFFERSON PARK CONCERT SERIES

Following the July 24th performance by The Williams Brothers Band, the Jefferson Park United Neighbor's Music @ Jeff Park Summer Concert Series continues on August 28 from 5 to 8 p.m. with the Denver-Boulder based band, Play'n Dirty.

Play'n Dirty are sure to get you off your feet and dancing. The band is an instant crowd pleaser, given their healthy arsenal of various music genres, such as funk, soul, rock, country, alternative, and dance.

Joel Carda, vocals and guitar, leads the band that features songs from Bruno Mars to The Rolling Stones. Since October 2010, Play'n Dirty has been entertaining audiences all over Colorado.

The band also features Shauna Gifford-vocals, keyboard and rhythm guitar; John Shea - bass and vocals; John Beldock - drums; and Katie Gifford - vocals and percussion.

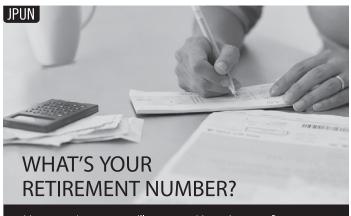












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www.WestJeffPark.com



Presenting 14 unique units in the heart of the desirable Jefferson Park Neighborhood. Each townhome boasts an expansive floorplan which highlights the modern ammenities, perfectly suited to your urban lifestyle. Offering 2 bedrooms, 2.5 bathrooms, and a 2 car garage, each unit is equipped with a massive rooftop deck, capable of supporting a hottub. Picture yourself overlooking the dynamic views of downtown Denver from your own private retreat.

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EQUAL HOUSING OPPORTUNITY

THEN VS NOW

Lakeside Amusement Park originally opened its doors as White City in 1908 and was handed to Ben Krasner around 1930.

86 YEARS LATER: The lake on which the amusement park sits, Lake Rhonda, is named after Ben Krasner's daughter, who still operates the park to this day. Lakeside is now as recognizable a landmark for Denverites as the "Cash Register building" and the "Blue Bear."





Photo Credits: (top photo) Denver Public Library, Western History Collection; (lower photo) photo by Todd Dominey



Do you have an old photo of a location in Jefferson Park or the Highlands

of a location in Jefferson Park or the Highlands that you would like to offer for "Picture This"? We would love to see it! Email us at **jeffparknews@gmail.com**.

NEIGHBOR OF THE MONTH



JORDAN GREENBERG

I moved to the Jefferson Park Neighborhood this Spring. A New Jersey native, but in Colorado since 1973, this is certainly now my home. I am a DU Grad (MA/BA)

and an incredibly proud papa and grandpa. I'm an executive recruiter and the owner/operator of The Pinnacle Source, an executive search firm located in the Highlands neighborhood. The Pinnacle Source will complete its 35th year of servicing Colorado's IT Community next month, but as Denver accelerates, I have no plans of slowing down. Life in Jefferson Park has been good to me. I love volunteering at Jefferson Park and various neighborhood events.



Would you like to be neighbor of the month or know someone to spotlight? Email us at jeffparknews@gmail.com

VOLUNTEERS NEWSLETTER

Do you want to see the JPUN newsletter before most folks do? Help deliver the newsletters! Volunteers are needed to canvas a section of our Jeff Park neighborhood with paper newsletters every month.

Delivery sections cover only a few blocks and delivery does not take much of your time. Newsletter delivery takes place right before the first of every month. If you are interested, please call **Brooke Bailey** at 303-667-1710 or email her at kromer2036@yahoo.com





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WEALTH WISDOM

MID-YEAR OUTLOOK 2016



iStockphoto/domi8nic



BY KIMBER DELOIADeLoia Wealth Management
www.deloiawealthmgmt.com

LPL Research proposes a vote of confidence in the economy, the market, and most importantly, in our ability as investors to remain focused on our long-term goals. This is not always easy, but a vote of confidence means having the belief that someone or something has the ability to succeed. It is more than being positive or negative, a bull or a bear. It is about

trusting our assessments of the opportunities—and risks— that may lie ahead, formulating a solid investment plan, and sticking with it through the ups and downs we may face in the coming months and beyond.

Our emotions were tested at the start of 2016, and again in late June. The S&P 500 had its worst start to a year ever; then, after coming back to within 3% of a new all-time high, met new opposition from the unlikely candidate of Brexit, as the United Kingdom voted to leave the European Union. Yet, two weeks after the vote on June 23 and the consequent volatility in the markets, the S&P 500 was back in positive territory - up over 4% for the year. This resilience has kept this bull market going, and the S&P 500 is expected to potentially post gains by the end of the year.

Looking ahead to the rest of 2016, LPL Research maintains confidence in its existing forecasts, with some minor adjustments. Periods of volatility are also anticipated throughout the rest of this year, but the expectation remains that we will not enter a bear market or economic recession. Here are some of the key influential factors to be watching for-

- Federal Reserve (Fed) rate hikes. The forecast for Fed rate hikes in 2016 has been reduced from two to one, with additional rate increases next year.
- International growth uncertainty. We are looking for clarity around future global growth, due to Brexit, the impact of the U.S. dollar, China's debt problem, and earnings growth in Europe and Japan.

- Corporate America investments. A pickup in economic growth and an energy sector turnaround may boost companies' investments in their future growth, an element that has been lacking recently.
- Second half turnarounds: oil, dollar, earnings. These three turnaround stories are key for the rest of 2016. Should the drags from oil prices and the U.S. dollar continue to ease, an earnings rebound may occur in the second half of the year.

The LPL Research Midyear
Outlook 2016 provides the "vote
of confidence" that the current
economic recovery and bull
market may continue through
2016 and beyond, with the
investment insights and market
guidance for what may lie ahead
for the rest of this year.

BIZ ON THE BOULEVARD



BY DOUG YETMAN www.bizontheblvd.com

Nearly sixty vendors took to the streets for the July edition of the Jefferson Park Farm & Flea. The event featured food trucks, freshly baked goods, Colorado-grown produce and flowers, a mobile bike mechanic, five mobile boutiques, chickens, and adoptable dogs from the Denver Animal Shelter! The JPFF features themes for each one of its markets and July was "All about the Bees." The Mile High Bee club was on site, giving samples of local honey and educating visitors about how to raise bees and plant pollinator-friendly plants.

The next JPFF is August 13, and will focus on "FOOD" with a special focus on using the bounty from local gardens! As always, the JPFF invites members of the community to earn "cash" at the market by bringing extra produce from their gardens to donate to Bienvenidos Food Bank.





photography by Brit Tucker Photography

INTERSECTION SAFETY

Denver's growth rate has outpaced the national rate since the 1930s and Metro Denver's population is anticipated to reach 3.9 million by the year 2030. You may notice this when you're driving around town. Here in Jefferson Park, traffic is increasing at a high rate and cars are parked in every available street parking spot. Intersections in the neighborhood are dangerous for drivers and pedestrians, because most of the intersections are low visibility two-way stops and cross walks are not marked on all intersections. Over 40% of all motor vehicle crashes occur in intersections, so drivers must be on high alert at all times.



HERE ARE SIX SAFETY TIPS WHEN DRIVING THROUGH INTERSECTIONS:

Drive defensively. When you are behind the wheel, be aware of your surroundings. Pedestrians, bicyclists, and other motorists may be in your blind spot or they may not see you. Anticipating situations and scenarios will help you avoid a problem.

Avoid distractions. Cell phones in the car can be quite distracting, especially near an intersection. Even at a stop sign, you should not pick up your phone while driving. If you use a hands-free device, you will still have a change of focus that may be distracting.

Be patient. If you approach a two-way intersection, stop before you reach the stop sign even if you cannot see both ways. After you come to a complete stop, slowly move forward until you're able to see that there is no traffic. If you do see a car, give them the right of way. Speeding through an intersection is highly dangerous.

Follow the rules. Driving too fast is a sure recipe for dangerous situations. If you have to stop suddenly, you may not have the room to do so, so do not ignore speed limit signs. Just like speed limit signs, stop signs are just as important. Give yourself enough time to gradually slow down before you reach the sign.

Communicate. If you'll be making a turn, remember to use your turn signal. Check that your taillights and turn signals are operating properly.

Leave room. Do not follow other drivers too closely. If they brake suddenly, you will be caught by surprise. Likewise, if a driver is following you too closely, brake checking them is not the answer.

DENVER'S PUBLIC WORKS DIVISION is consistently studying road data to improve safety, but if you feel that an intersection near your home should have additional traffic signals, you may call Traffic **Engineering Dispatch** by dialing 3-1-1 and requesting a new traffic sign. Once the city receives a request for a new traffic sign, a transportation engineer will conduct an

investigation of the intersection. During this investigation, pedestrian volume, traffic, and accident reports in the area will be studied. If an intersection study determines that safety improvements should be made, the County will move forward and install the stop sign. In some cases, stop signs are not installed. This may be because the impact of a stop sign would be more negative than positive.

Things like increases in noise and air pollution or disruption to the flow of traffic may prevent the city from installing a traffic sign or signal. Traffic **Engineering Dispatch is** the contact to report a broken, missing, or obstructed traffic sign. They also review pavement markings, so if a crosswalk or bike lane marking requires attention, you can contact them.



istockphoto/ Jason Verschoor

DENVER

BIRTH OF THE CHEESEBURGER?



America's beloved cheeseburger was originally trademarked in 1935 by none other than Louis Ballast, owner of Denver's Humpty Dumpty Barrel Drive-In. Although the actual inventor of the burger is a topic of debate, the Mile High City can be considered the (legal) birthplace of the cheeseburger. *sources: www.ccu.edu; photo credit: Wikimedia Commons*

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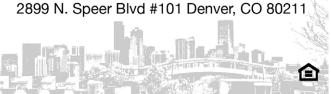
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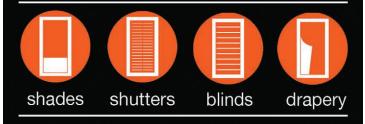


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BY DR. MICHELLE WOZNIAK LoHi Chiropractic www.lohichiropractic.com

Traveling can be rough on the body. Whether you are traveling alone, on business or on your way to a sunny resort with your family, long hours in a car or on an airplane can leave you stressed, tired, stiff and sore.

Even if you travel in the most comfortable car or opt to fly first class, certain pressures and forces from awkward positions can result in restricted blood flow. One of the biggest insults to your system from prolonged sitting is the buildup of pressure in the blood vessels in your lower legs. Contracting and relaxing the muscles helps the blood flow properly.

Dr. Michelle Wozniak and the American Chiropractic Association suggest the following tips to alleviate the aches and strains of travel:

WARM UP, COOL DOWN

Treat travel like an athletic event. Warm up before settling into a car or plane, and cool down once you reach your destination. Take a brisk walk to stretch your hamstring and calf muscles.

IN AN AIRPLANE

- Stand up straight and feel the normal "S" curve of your spine. Then use rolledup pillows or blankets to maintain that curve when you sit in your seat. Tuck a pillow behind your back and just above the beltline and lay another pillow across the gap between your neck and the headrest. If the seat is hollowed from wear, use folded blankets to raise your buttocks a little.
- Check all bags heavier than 5 to 10 percent of your body weight. Overhead lifting of any significant amount of weight should be avoided to reduce the risk of pain in the lower back or neck. While lifting your bags, stand right in front of the overhead compartment so the spine is not rotated. Do not lift your bags over your head or turn or twist your head and neck in the process.
- When stowing belongings under the seat, do not force the object with an
 awkward motion using your legs, feet or arms. This may cause muscle strain or
 spasms in the upper thighs and lower back muscles. Instead, sit in your seat first,
 and using your hands and feet, gently guide your bags under the seat directly in
 front of you.
- While seated, vary your position occasionally to improve circulation and avoid leg cramps. Massage legs and calves. Bring your legs in, and move your knees up and down. Prop your legs up on a book or a bag under your seat.
- Do not sit directly under the air controls. A draft can increase tension in neck and shoulder muscles.

TRAVELING BY CAR

- Adjust the seat so you are as close to the steering wheel as comfortably
 possible. Your knees should be slightly higher than your hips. Place four
 fingers behind the back of your thigh closest to your knee. If you cannot
 easily slide your fingers in and out of that space, you need to re-adjust
 your seat.
- Consider a back support. Using a support may reduce the incidence of low-back strain and pain. The widest part of the support should be between the bottom of your rib cage and your waistline.
- Exercise your legs while driving to reduce the risk of any swelling, fatigue or discomfort. Open your toes as wide as you can, and count to 10. Count to five while you tighten your calf muscles, then your thigh muscles, then your gluteal muscles. Roll your shoulders forward and back, making sure to keep your hands on the steering wheel and your eyes on the road.
- To minimize arm and hand tension while driving, hold the steering wheel at approximately 3 o'clock and 7 o'clock, periodically switching to 10 o'clock and 5 o'clock.
- Do not grip the steering wheel. Instead, tighten and loosen your grip to improve hand circulation and decrease muscle fatigue in the arms, wrists and hands.
- While always being careful to keep your eyes on the road, vary your focal point while driving to reduce the risk of eye fatigue and tension headaches.
- Take rest breaks. Never underestimate the potential consequences of fatigue to yourself, your passengers and other drivers.

SAFE TRAVEL FOR CHILDREN

- Always use a car seat in a car when traveling with children below the age of 4 and weighing less than 40 pounds.
- Ask the airline for their policy on child seat safety. Car seats on the airline for infants/toddlers provide added resistance to turbulent skies and are safer than the lap of a parent in the event of an unfortunate accident.
- Make sure the car seat is appropriate for the age and size of the child. Newborn infants require a different seat than a 3-year-old toddler.
- Car seats should always be placed in the back seat of the car and face the rear—ideally in the center. This is especially important in cars equipped with air bags. If an air bag becomes deployed, the force could seriously injure or kill a child or infant placed in the front seat.
- Make sure the car seat is properly secured to the seat of the vehicle and is placed at a 45-degree angle to support the head of the infant or child.

Dr. Wozniak suggests that if you follow these simple tips, you can enjoy pain-free, safe travel! If you do experience pain and stress on your back, doctors of chiropractic are trained and licensed to diagnose and treat problems of the spine and nervous system. We are always here if you need us!



Allison DeYoung, Financial Advisor, CFP®, CPA

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UPCOMING EVENTS



COLORADO SCOTTISH FESTIVAL

Friday, August 5 through Sunday, August 7, Starting at 9:00 am Town Park, Snowmass Village scotishgames.org | Cost: FREE Experience all things Scotland at the 52nd annual Colorado Scottish Festival, featuring traditional music,

soul food, and tons of fun activities.



DENVER YOGA FESTIVAL

Thursday, August 4 - Sunday, August 7, 8:00 am - 6:00 pm | The Oxford Hotel | 1600 17th Street denveryogafestival.com | Cost: Day Passes Starting at \$75 Community and yoga for enthusiasts of all skill levels, with a full lineup of yoga activities ranging from yoga fashion shows to

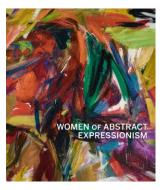
personal workshops. The festival is entirely walkable, with both indoor and outdoor venues to practice and play.



COLORADO STATE FAIR

Thursday, August
26 through Monday,
September 5 | Colorado
State Fairgrounds
1001 Beulah Avenue,
Pueblo, CO | Cost: \$2 +
Dust off your ten gallon

hat and hit the State Fairgrounds for some country fun. Events include country concerts, a horse show, parades, and much more!



WOMEN OF ABSTRACT EXPRESSIONISM

Currently Showing Through September 25; Opening at 10:00 am | Denver Art Museum | 100 West 14th Avenue denverartmuseum.org | Cost: \$8 + This exhibition celebrates the often unknown women of the mid-Twentieth-Century Abstract Expressionism art movement. The focus is on the expressive freedom of direct gesture and process at the core of abstract expressionism, while revealing

inward reverie and painterly expression in these works by individuals responding to particular places, memories, and life experiences.

RIVERSIDE CHURCH UPCOMING EVENTS

YOUNG ADULT WATERSKI EVENT

Friday, Aug. 26, 8:30 am - Sunday, Aug. 28, 9:30 am

Join us for a ton of water sports fun!

CAMP RIVERSIDE '16

Friday, Sept. 2, 9:00 am - Sunday, Sept. 4, 12:00 pm
Our third annual Camp Riverside near Grand Lake will be full
of fun and worship. Various camping accommodations are
available. Please check our website for more details.



2401 Alcott Street | www.riversidedenver.com



Fun on Federal

The 3rd annual Fun on Federal restaurant crawl will take place on September 15th. Ticket holders will spend an evening sampling the best of our neighborhood restaurants. Last year's participants included Adams Mystery Theater, Jack N Grill, Chili Verde, Sassafras, the Federal Bar, Amass, Sarto's, Sexy Pizza, Araujo's, and Santiago's. Follow us on Facebook at BIZ on the BOULEVARD for updated information!

Summer Concert Series

Music at Jefferson Park's Summer Concert Series Sunday, August 28, 5:00-8:00 pm in the grassy bowls of Jefferson Park