

A NON-PROFIT ORGANIZATION SERVING OUR NEIGHBORHOOD

JEFFERSON PARK NEWS

A PUBLICATION OF JEFFERSON PARK UNITED NEIGHBORS

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GROUPS

JPUN General Membership Meeting

Second Tuesday of every month Tuesday, Dec. 8, 6:30-8 p.m. Riverside Church 2401 Alcott St. | Rear Chapel info@jpun.org All are welcome

Land-Use Committee Meeting

Second Thursday of every month Thursday, Dec. 10, 6:30 p.m. Zocalo office 22nd Ave. & Decatur St. <u>davidrsolo@yahoo.com</u> All are welcome

JPUN Annual Holiday Party

Saturday, Dec. 5, 6-11 p.m. Fieldhouse Event Center 1630 Federal Blvd info@jpun.org All are welcome - FREE

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: JPUN, 2606 1/2 River Dr. Denver, CO 80211

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

Celebrate the Holidays at JPUN's Annual Party

JPUN is kicking off the winter with its annual holiday party. Join us on Sat., Dec. 5th from 6-11 p.m. to celebrate the season and get to know your neighbors at the new FieldHouse Event Center. Located in the backyard of Sports Authority Field, this mid-century gem is the new place to be. With a wall of windows and garage doors, views of Sports Authority Field and the Denver skyline, folks can enjoy views that are onein-a-million.

JPUN's Annual Holiday Party will feature the Timber! Bluegrass Band. The band promises high-energy bluegrass with some holiday music sprinkled in for fun. The party will feature free heavy hors d'oevres from some of your favorite places in Jefferson Park. Neighbors can take the perfect holiday picture in the photo area. There will be drink specials, holiday videos and sing-alongs, kids crafts and more. Revel in some of the most stunning views of the Denver skyline from right here in our own Jefferson Park. There will be plenty of parking, though the center is easily walkable in our highly accessible neighborhood.

To check out the new FieldHouse Event Center, visit **www.denverfieldhouse.com** and to learn

more about Timber! Bluegrass Band, go to *https://www.facebook.com/TimberBluegrass*. For questions or more information about the JPUN Annual Holiday Party, you can email *info@jpun.org*. Hope to see you all there!







Developer of 2031 Bryant to Present Upzoning Project at Dec. JPUN Meeting

JPUN will host a meeting at **Riverside Church, 2401 Alcott St.** in or near the rear chapel on **Tuesday, December 8 at 6:30 p.m**. to discuss the request for rezoning development of

2031 Bryant Street from five stories to eight stories. The developer will give a presentation of the rental apartment project with Councilman Rafael Espinoza in attendance. Be sure to attend to allow your voice to be heard and let your opinion be known to city council and the developer. All are welcome.



earth meters

Renderings of the proposed development for 2031 Bryant Street. Attend the next JPUN meeting to voice your opinion.



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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



RIO Hi there, my name is Rio and I come from a no-kill shelter in Alabama. When I was only five months old, I made my way to Colorado on New Year's Day. That month was a tough one for me, as I had to guickly become adjusted to the Colorado weather. Although I moved, I am a big Auburn fan.

I am definitely an adventure dog. Since moving to Colorado, I have climbed 10, 14. ers all successfully in the Front Range and the San Juan's. Also, I have run up some alpine lakes and sniffed around the deserts in Arizona and Utah. I learned how to ride a paddleboard the first go-around on Lake Powell and now literally jump at the chance to ride. I frequent dog-friendly breweries in my spare time, as I do like the taste of beer.

When I meet other dogs, I definitely live up to my Spanish name, dancing on my hind legs like I'm doing the Tango. It's hilarious to see. I love everyone except squirrels, butterflies and any type of flying bug. I will stalk them and try to pounce on them.



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.

WALK, BIKE OR BUS THERE FROM HERE

You should see these images in color! Sign up for our free e-newsletter! Simply email jeffparknews@gmail. com and put "E-NEWS PLEASE" in the headline.

9News Parade of Lights Friday, December 4, 8 p.m. & Saturday, December 5, 6 p.m. 16th Street Mall, Denver denverparadeoflights.com **Cost: FREE**



Begin your holiday season at the spectacular 41st Annual 9NEWS Parade of Lights. The two-mile parade route in Downtown Denver is the stage for Colorado's brightest holiday tradition. The free holiday spectacular features marching bands, ornate floats and a special appearance by Major Waddles the Penguin and Santa.

The Christkindl Market December 1-23, hours vary Skyline Park at 16th St. Mall and Arapahoe St. www.denverchristkindlmarket.com Cost: FREE

The Christkindl Market includes vendors from Germany and other countries, as well as local artisans, offering high-quality, handcrafted



gifts such as traditional hand-carved wooden figurines, handmade candles and ornaments. Traditional German food will tempt your taste buds. Sip on warm Glühwein (hot-spiced wine) as you listen to traditional Christmas carols and live German music. Entry is free and the entire family is invited to enjoy this great tradition.

A Christmas Story, The Musical December 16-27 **Buell Theatre in the Denver Performing Arts Complex** 1050 13th St., Denver

www.denvercenter.org Cost: \$25+



Direct from Broadway, A Christmas Story, The Musical, nominated for three 2013 Tony Awards

including Best Musical, comes to hilarious life onstage. Based on the classic 1983 movie, the story takes place in 1940's Indiana, where a bespectacled boy named Ralphie has a big imagination and one wish for Christmas. A kooky leg lamp, outrageous pink bunny pajamas, a cranky department store Santa and a triple dog-dare to lick a freezing flagpole are just a few of the obstacles that stand between Ralphie and his Christmas dream.

Annual TubaChristmas Saturday, December 20, 1-2 p.m. **Skyline Park** Arapahoe Street, between 17th & 18th www.downtowndenver.com Cost: FREE

Tired of the same old holiday soundtrack? Revive your holiday spirit at the 41st Annual TubaChristmas



Concert at Skyline Park. Tap your toes to your favorite holiday tunes being played by 300 tuba players from all over the region. Skyline Park will be decorated for the season, making it a perfect setting to experience this holiday spectacular, produced by the University of Colorado at Denver's Arts & Media Department.

JSINESS BANTER

5 Minutes With: Leslie Kinson Founder & Designer Blackberry Maverick (BMAV) Wholesale and in select stores

including: Eve Inc. on Larimer and Megafauna on Blake

(802) 989-1759 www.blackberrymaverick.com

How long have you been in business? Three and a half years.

Number of employees? None on payroll; I contract out what I need.

Why did you choose your Jeff Park location? I can see lots of potential for growth here over the next three years and at the same time, there is the ability to be a part of a community. Balancing the two is really important to me, as I grew up in a small farming town in Vermont, but the nature of my business requires reaching out to local buyers as well as other buyers all over the United States.

How can your business benefit the residents of Jefferson

Park? I can offer residents expertly-designed, high-quality women's apparel that is locally manufactured with sustainable fabrics. My small-batch production and unique aesthetic is everything the Jeff Park woman wants and needs to be noticed.

Are there any unusual or unique things about your business that you'd like readers to know about? I design for the woman who wants to "Be Noticed." She knows who she is and what she wants and isn't afraid to go get it. She is electrified by being the center of attention and wants to present her "inner maverick" to the world through the clothing she chooses to wear. I pride myself on creating impeccable, fit fabric and functionality for the Denver woman who is on the go, all the time. I believe in the importance of supporting the local community and am proud to be manufacturing right here in downtown Denver at the Fashion Design Center on Lawrence Street. I also understand the importance of utilizing sustainable fabrics and utilize a cuttingedge recycled polyester and hemp blend fabric from a mill in Canada.

What do you like most about doing business in Jefferson Park? I enjoy meeting other inspiring entrepreneurs who have the same mindset, drive and passion that I do. Plus, it's great to be one of the few non-natives positively contributing to the Denver community.

What is the most challenging part about running your business in Jeff Park? Being accepted in the community. It's a double-edged sword, as some people are stoked and others are resentful.

What do you think about all the changes going on in Jefferson Park? I don't really have a "before" perspective; I am a part of





MAV Taking the Retro Woman to the Edge

the change. All I can say is that on the positive side, there are so many interesting people doing cool things from all over that have come to Denver to make a name for themselves. I dig that and it feeds my soul. I have great conversations with people that are making moves here in Denver that keep me smiling. On the flip side, I can say that my apartment has some kinks to be worked out, the traffic and lack of parking is tough, and Google needs to update itself on a daily basis.

What's next for your business? Sales, sales, sales! I have used the last three and a half years for research and development and now have a collection that is ready to blow the minds of women all over Denver and beyond! You'll find me wandering around the Highlands, Cherry Creek, and along Broadway, with samples and line sheets in hand, convincing Denver boutiques to take a risk and stock BMAV. Give me three more years and the ones that stock me will be seeing some increased profits.

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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WhatSUP with Dana the Denver Newbie

Single and on a Budget in Jefferson Park?

Dana Slagle *dmslagle@qmail.com*



I woke up last week thinking that this is my first year experiencing the holiday season so far away from friends and family. I started having a little anxiety about it but then decided to make a list of things to do to stay busy. The good news is that there are so many things to do in this city, and many of them are free or nearly free.

I thought I'd share my list just in case I'm not the only single person in Jefferson Park who is far away from home during the holidays. If you try any of these events, I'd love to receive your feedback on them. Post the feedback and pictures on my blog www.whatsupwithdana.com.

Mile High Free Exercise in Jefferson Park: A ticket to the Broncos game might be expensive, but taking advantage of the iconic stadium for exercise is free. This week I decided to power walk down to the stadium and I found out that one full lap around the stadium (on nice sidewalks) is about 0.62 miles. I incorporated going up and down each set of steps



and at the end, I had burned almost 350 calories. By the way, I wasn't the only one doing this. I was surprised to see about five other people running or walking around the stadium.

Volunteer with WalkDenver: Walking is free. Team up with other people in the city to help make Denver a safer walking city. WalkDenver is a great organization that is taking on a project to evaluate Denver's sidewalks and neighborhoods. The goal is to help make Denver a city that is more conducive to walking. Go to their website to find out about events and volunteer opportunities, www.walkdenver.org/about-walkdenver.

Free Yoga Classes at Lululemon Cherry Creek:

While Lululemon clothes are not cheap, Flow 'n Joe yoga classes on Saturdays at their Cherry Creek store are free (plus coffee and socializing). I have found these classes to be a great way to meet people and sneak in a great workout. Visit www.lululemon.com/ stores/us/denver/cherrycreek for more information.



Free First-Time Class at Jefferson Park Cross Fit: Joining Cross Fit isn't free, but you can certainly try it once at no charge right here in Jefferson Park. I haven't done this yet, but I plan to in December.

Free Outdoor Clinics and Classes at REI Denver: It's

true that some outdoor activities require fairly expensive equipment, but not all do. REI Denver offers some free (or nearly free) classes and clinics that allow you to learn the basics of some outdoor sports like snow shoeing. They also offer free First Aid classes and CPR. I love learning and meeting local people at the same time. REI is providing a great way



for us to do both in Denver. Visit www.rei.com/events.

Free Workshops at Apple Store Cherry Creek: Apple products are certainly not free. But if you already have an Apple device, take advantage of the free workshops offered at the Apple Store in Cherry Creek. Leave your credit card at home though or you may accidentally buy something! Visit https://concierge.apple.com/ workshops/R047/en_US.



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Parking Issues Growing as Fast as the Development in Jeff Park

By Andrea Garbrecht

Jefferson Park is changing fast. Construction is happening all around the neighborhood with new housing units, mixeduse spaces and new businesses. These fast-pace changes have made this neighborhood a popular place among small business owners and Denver residents. The popularity of Jefferson Park has been mostly positive, but the issue of on-street parking is becoming increasingly worse. In 2005, the Denver City Council wrote a neighborhood plan for our community. Street parking was mentioned in the plan. The council wrote, "The intensity of the uses surrounding the neighborhood, such as Invesco Field at Mile High, which contrasts with the historic, small-scale residential core of the neighborhood, creates a difficult parking situation." Now, ten years later, parking has not become any better.

Available on-street parking in Jefferson Park is a growing, concerning problem. As our neighborhood grows, vacant parking spots shrink. Ideally, more parking would be added near high-demand areas; however, the layout of the neighborhood makes this impossible. Jefferson Park is boxed in by Federal Boulevard, Speer Boulevard and Sports Authority Field. Residents are becoming increasingly concerned with the lack of space available on the street. "I've been renting a house with no garage and sometimes I have to park at least two blocks from my house because it's impossible for me to find a spot. I carry groceries a full block, because that's my only option. This is not an ideal solution, but I'm stumped," said Jefferson Park resident, Hilary Catton.

Development shows no signs of slowing down either. Singlefamily homes are being replaced by multi-tenant structures. And more development is still in the works. The new developments of Element 47 and 2785 Speer projects will house over 600 people and Riverpoint will add 1,000. Developments happening north of 23rd Ave. are in the zoning area of G-MU-3. This zoning allows for three-story developments. These developments are generally offering one-or two-car garages for each new unit. Adams Development is working on a mixed-use development at the corner of 25th & Eliot that will consist of retail space on the first floor, and 40 apartments. The good news about that development? The mixed-use space will also include 45 parking spaces.

Denver zoning codes vary the amount of parking spots required for each project. Jefferson Park is considered a "transit-oriented district." This means that less than one parking spot per unit (*Continued on page 7...*)



Google Street View of River Clay, looking towards the Stadium. Google Street View images belong to Google.

is required. Some residential buildings are creating parking structures for their tenants. These structures were designed to alleviate the parking problem. However, even when a building offers off-street parking to tenants, not all tenants are using these designated parking structures. When buildings charge their tenants to use their parking structure, tenants are resorting to parking on the street. This leaves empty parking spots in the parking structures and no available on-street parking.

The influx of new housing and business to the community is rousing, but some residents living at the River Clay building are nervous that the impact the new traffic creates on parking has not fully been taken into consideration. Paul Snyder lives in the River Clay building and noted, "Residents at River Clay are unable to be approved for a permit parking due to the commercial aspects of the building. As such, many residents at River Clay depend on street-side parking on the north and east side of the park for their daily parking and parking for their visitors. Yet, with these new businesses being put up, parking will be taken up by visitors to the restaurant and other businesses, thereby cutting off parking for the people who depend on parking for their homes. Parking restrictions need to be lifted on other sides of the park if we are to move forward else other zoning restrictions preventing over density need to be considered by the city else I foresee a time when residents will be pushed out by the businesses and overgrowth."

Snyder is not alone in his concerns. The recent rezoning of the River Clay area was met with some trepidation. In a 2014 letter to the Denver Planning Board, JPUN President Michael Guiietz and the president of the River Clay Home Owners Association wrote a letter to the Denver Planning Board, which addressed parking. River Clay is the densest area in all of Jefferson Park. Resident complaints about traffic volume, parking and noise have not been uncommon, and have only increased as the area continues to grow. Stadium events can draw 20,000 attendees to the neighborhood on a given night. Clay Street's proximity to the football stadium and 23rd Avenue's downtown access makes for congested commuting and very little on-street parking spots for residents. The letter also stated that developers in the area should make, "provisions for parking other than street parking in the area, which is already a significant problem in the neighborhood and a significant source of friction."

In June 2010, the City and County of Denver published the "Highlands Neighborhood Study Area Parking Analysis." Since the Highlands is an adjacent neighbor to Jefferson Park, it is worthwhile to take a look at the discoveries. The analysis found the Highlands has 1,640 on-street parking spots and 985 offstreet parking spaces. From these numbers, it was concluded that parking changes should better meet the needs of the neighborhood. The area's commercial lots were consistently experiencing over 70 percent occupancy. Recommendations offered were: extend the current parking restriction time, increase the number of two-hour parking spaces in the north restaurant node, increase the on-street parking supply, consider expanding the Residential Parking Permit program for the north commercial area, and encourage shared parking for off-street lots. Jefferson Park has not performed a parking analysis, but even without one, it is fair to say on-street parking is a neighborhood issue. Denver is a growing city, and Jefferson Park is accommodating the growth with new development. While the city supports programs like car-sharing, biking, and public transit, most people in Denver still own a car that they need to park. There is no foreseeable solution to the on-street parking problem, but the infrastructure



One of the many parking signs in Jefferson Park. Photo by Sierra Schwartz

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## For the sources to this article or for more information, visit:

www.denvergov.org/content/denvergov/en/ community-planning-and-development/planning-and-design/completed-plans/denver-statistical-neighborhoods/jefferson-park.html

www.businessden.com/2015/10/29/updated-developer-mixes-it-up-with-new-jeff-park-project

http://www.denvergov.org/sirepub/cache/2/gfk1lr55fv2pjcbz5rxkcq55/66963111212015032039682. PDF PG 10

## Construction in Your Neighborhood



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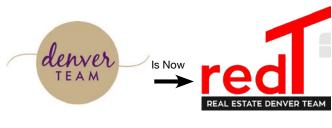
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We are now forming wait lists for 3 Projects - a total of 50 units. All projects are slated for late 2016 or early 2017 delivery.



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## PICTURE THIS: THEN VS NOW



Photo sent in by: Kym Foster; Source: Denver Public Library Digital Collection

The Rocky Mountain Hotel, located at what is currently 7th Street and Water Street, near the Downtown Aquarium. Constructed in 1892, the two-story brick hotel held 12 sleeping rooms upstairs and a dining area on the ground level. The building was lodging for brewers and other workers from the nearby Zang Brewery.



**123 Years Later:** The old hotel now houses several businesses, including restaurants and a marijuana shop. *Photo from: Google Earth* 



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## NEIGHBOR OF THE MONTH

### **Jennifer Mercado**

Occupation: Editor

Rent or own? Rent

How long have you lived in Jeff Park? 3 weeks

What is one word to describe our neighborhood? Expanding

Favorite business in Jeff Park: Not sure yet



**Favorite restaurant in Jeff Park:** La Loma (but I've only been to two places so far!)

Hobbies & interests: Enjoying craft beer, books and yoga

What is the best part about living in Jeff Park? You are so close to everything.

What is your opinion on all of the development in our neighborhood? I think it is good, and definitely needed in Denver, but I'd like to see the character of older homes worked into some new developments rather than all modern, box-like structures.

What is something about you that most people do not know? I want to get a black dog one day just so I can name him Padfoot.



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



## HEALTH & WELLNESS

Balancing Bits How to Fend Off the Flu Full Circle Acupuncture By Rachael Rose rachael@fullcircleacupuncture.com



As fall changes to winter and outdoor temperatures vary widely, there are increased incidences of colds and flus. This flu season is appearing as a stomach bug followed closely by an upper respiratory cold/flu, characterized by congestion and a sore throat that moves into the lungs. If you have been lucky enough to avoid becoming sick so far, I have included some tips in this month's article to continue to keep you and your family healthy - or at least to decrease the length of time you are sick. The first thing you should be aware of is the *initial onset* of cold or flu: sore throat, hurts to swallow, swollen glands, slight fever or chills, achy neck, irritability, fatigue and/ or nausea.

If you have any of these symptoms and have been around someone that has been sick or working out in the public, follow these tips so that hopefully, you will not become sick. Or if you do become sick, it will be for a shorter time.

> 1) Do not eat/drink sugar, alcohol, dairy, orange juice or fried food. The sugar in the alcohol and orange juice will feed the virus or bacteria and cause it to replicate faster, thereby quickening up you becoming sick. Fried food and dairy increase mucus and the sick bugs thrive in mucus.

2) Make scallion ginger tea and drink it four times a day. See the recipe to the right.

3) Take plenty of time for rest. If you are tired, go to bed early or take a nap, because your body is trying to fight off the bug.

4) Gargle with 1/2 cup of hot salty water. This will soothe a sore throat and also break up the mucus that harbors viruses and bacteria.

5) Do a technique called "Gua Sha" on your upper back. Take a spoon (preferably a ceramic Asian soup spoon) and scrape your skin from your cervical vertebrae (the bones in your neck) out to your upper shoulders and between your shoulder blades. The pressure used should cause the skin to become pink.

6) Wear a scarf if it is windy and cold, and do not go outside with wet hair if it is windy or cold.

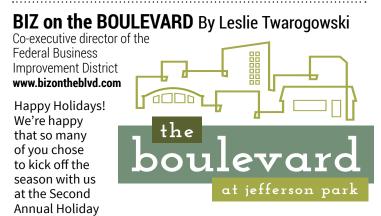
7) Increase your dose of vitamin C and zinc for a few days.

8) Try other herbal formulas which are helpful to take at early stages including: Cold Snap and Oscillococcinum. Other remedies are available from you local herbalist, naturopath or acupuncturist.

Lastly, I encourage everyone to do the most simple and free way to keep cold and flus from spreading: wash your hands frequently, do not touch your face and if you sneeze or cough, use a tissue. Or, at least cough/sneeze into your elbow, not onto your hand. Have a wonderful holiday season and keep healthy!



## COMMUNITY



Affair on Saturday, November 21. The affair was hosted by the Jefferson Square retailers and sponsored by the BID, Colorado Modern Kitchens and Compass Group Realty. West 25th Avenue and Eliot Street were closed to traffic so that attendees could enjoy the sounds of the season, drink spiced wine and have pictures taken with Santa. Local vendors selling holiday crafts and food trucks added to the fun. In the spirit of the holidays, a raffle was held with proceeds benefiting Denver Center for Crime Victims and Joshua Station. A good time was had by all.





Top photo by Leslie Twarogowski Bottom photo by Jill Folwell

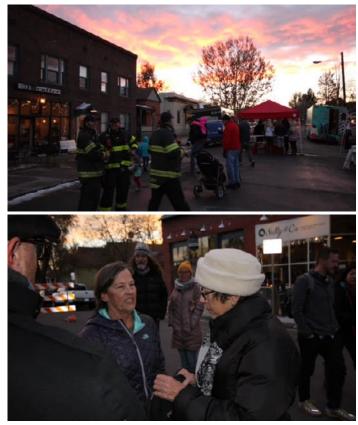
Do you have someone on your list that is difficult to shop for? Are you looking for a unique way to support small businesses this holiday season? Consider giving gift certificates to our local restaurants, shops and theaters. The gift of a relaxing massage or a fun night out on the town is great for that person on your list who already has everything and studies have shown that people value experiences more than "stuff." Almost all of our local businesses offer gift cards or



Photo by Jill Folwell

certificates, including Adams Mystery Theater, Healing Vibes Wellness, Chili Verde, The Federal Bar, Jack 'N Grill and Sarto's.

We have decorated our street lamps for the holidays and plan to leave the decorations up through the end of the Stock Show. We hope you will visit our businesses during the holiday season and we wish you a healthy and happy 2016!



Top and bottom photos by Jill Folwell

## BETCHA DIDN'T KNOW

**Our Ethnic Roots** 

Even though our neighborhood name the "Highlands" implies that our area was originally a Scottish settlement, many ethnic groups first inhabited here. While many Scots did settle in Highlands, so did the English,

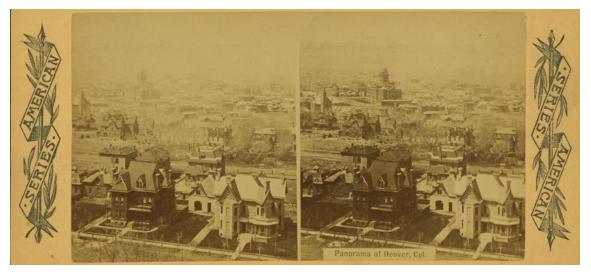


Photo Source: New York Public Library Digital Library

Germans, Welsh and Cornish. Italian immigrants focused on living on Navajo, Osage, and Pecos Streets, but after World War II, those later Italian generations started moving towards the suburbs. Hispanic immigrants began to move in their place. The Denver Latino community in the Northwest grew from 13 percent in 1950 all the way up to 69 percent in 1990.

Sources: Denver Public Library; "Images of America: Northwest Denver" by Mark A. Barnhouse.

# VISIT US ONLINE! KEEP UP WITH EVERYTHING JEFFERSON PARK RELATED AT WWW.JPUN.ORG SEE YOU IN FEBRUARY! There will be no newsletter published in January.

We hope all of our readers have a wonderful holiday season! Thank you for all of your support in 2015!

. . .

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