

JEFFERSON PARK NEWS

www.jpun.org



JANUARY 2013
NEWSLETTER

A NON-PROFIT ORGANIZATION
SERVING OUR NEIGHBORHOOD

JPUN

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NEXT JPUN MEETING

JPUN General
Membership Meeting
Tues., January 8th
6:30 - 7:30pm
Riverside Baptist Church
2401 Alcott Street
Rear Chapel

UPCOMING MEETINGS

JPUN Land Use Committee
Contact David @
davidrsolo@yahoo.com

NEXT HOME GAME

PLAY-OFFS Broncos vs TBD
January 12th 2:30 pm
Sports Authority
at Mile High

JPUN YAHOO GROUP

Get neighborhood
updates at
[http://groups.yahoo.com
/group/jpun/](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



**FRIEND
US**

Jefferson Park United
Neighbors is on Facebook!

A letter from the new JPUN President -

Dear Jefferson Park Neighbors,

As we begin 2013 together, we should remember the good things that have happened in Jefferson Park as a result of Jefferson Park United Neighbors and all those who worked together with us improve our special place in the City.

We started the year working with the City, the Broncos, and Sports Authority to redesign the new stadium signs to be more appropriate for the stadium design as a public facility and to assure the glare levels from the signage would not be a problem, especially for those living close to the stadium.

We held Jefferson Park Days as usual in late spring with events at the park as well as a neighborhood cleanup. We were able to put on Music at Jefferson Park, with two concerts that were well attended by residents, friends, and neighbors.

In late June, we held Better Block Jefferson Park to promote the establishment of the Federal Boulevard Business Improvement District, centered on the 25th and Elliot area, which had unanimous support from City Council and was passed in November's election. And through the hard work and leadership of Michael Guietz, JPUN's outgoing president, we were able to accomplish a unique landscape redesign for the 23rd Avenue exit ramp from I-25 in October.

In the coming year, we will continue to work with the City and our Councilwoman Susan Shepherd to develop plans for replacing the playground equipment in the park in early 2014. We are also in early discussions with the City and the Colorado Department of Transportation about the feasibility of replacing the 23rd Street Bridge over I-25 – the last of the bridges through downtown built in the early 1950's. As you all can see, we are in the early stages of much new residential building throughout Jefferson Park. JPUN will continue to monitor this development closely and will work with the developers and other interested parties to make sure this activity maintains the quality of life across our diverse neighborhood for all who live here.

I want to take a moment to give my warm thanks to Michael Guietz for his tireless effort on behalf of Jefferson Park, and to the ongoing strong support from Susan Shepherd, City Councilwoman for District 1, and a strong supporter of JPUN in so many of our accomplishments of the last year.

I encourage Jefferson Park residents to get involved with JPUN. Our General Membership Meetings are every second Tuesday of the month at 6:30 at Riverside Baptist – we are stronger together and more representative of the whole neighborhood the more people get involved. We look forward to seeing you at upcoming meetings.

Jeff Archambeau
JPUN President

I always wondered why somebody didn't do something about that.
Then I realized I was somebody.

--Lily Tomlin



Jeff Archambeau
archambeau.jeff@gmail.com
President

Open Position, Vice President

Doris Blyth, Treasurer
blythspirit@q.com

Cheryl Patrick, Secretary
Cherylpatrick@mac.com

Environmental Committee

Kat Meldrum, chairperson
kmeldrum@msn.com

Communications Committee

Cristin Couzens and Jerry Olson
chairpersons
ckcouzens@gmail.com
jerryolson@comcast.net

Land-Use Committee

David Solomon, chairperson
davidsolo@yahoo.com

Social Committee

Kym Foster, chairperson
kymandpat@comcast.net

Membership Committee

Michael Guietz
zoid4@comcast.net

Safety Committee

Tom Blyth, chairperson
kmeldrum@msn.com

Latino Community Outreach

Open Position

Central Valley Improvements

Jerry Olson, chairperson
jerryolson@comcast.net

Neighborhood Liaison

Open Position

Member-at-Large

Kari Mock kar@rk-tects.com
Tom Blyth blythspirit@q.com

JPUN Community Garden

Open Position

**Jefferson Park
Pet of the Month**



Stella Fay Stella is all mutt!! We picked her up from Dumb Friends League when she was 13 months old over the St. Patrick's Day parade weekend. We have had her almost 3 years now. She is all about play, play and more play. She loves to sit in the sun on a patio chair, chase fat squirrels and bring sticks in the house to chew the rug!

Kym

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!

**Meet Your
Match** at the
Denver Animal Shelter



Just in time for Valentine's Day Shelter extends adoption hours, reduces fees Feb. 10 to help adopters meet the perfect pet!

Whether you're single, married, or in a relationship, the Denver Animal Shelter (DAS) wants to help you meet your perfect match this Valentine's Day at the fourth annual Meet Your Match adoption event.

From 9 a.m. to 2 p.m. Feb. 10, DAS will open for adoptions only, and offer reduced adoption fees (\$85 for dogs, \$50 for cats, \$10 for small animals). Doors will open at 9 a.m., adoptions will begin at 9:30 a.m.

Staff and volunteers will be on hand playing match-maker between potential adopters and their future pets. Those looking for a companion for existing pets can bring their vaccinated dog(s) and cat(s) to the shelter to for a meet n' greet to future pets to ensure a good fit. Event sponsor Jammin' 101.5 will be on site helping get the word out.

**Save a life, give the gift of love,
and adopt a new best friend.**

The Denver Animal Shelter is located at 1241 W. Bayaud Ave, Denver, CO 80223.

The Denver Animal Shelter and Animal Care and Control is dedicated to providing outreach, education and services for the protection of pets and people. DAS provides humane animal care at the Denver Animal Shelter, reunites lost pets with their owners, finds adoptable pets new homes, and enforces laws relating to animals in the City and County of Denver.

To learn more, visit www.denveranimalshelter.org, visit us on Facebook, call 311 or stop by the shelter at 1241 W. Bayaud Ave.

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NEW
EDITORIAL

4 Steps for Eating Better

When starting a new diet it can be daunting and stressful among other things. Instead of approaching it with restriction and rigidity approach it with gradual positive changes. If you start your diet by cutting out foods you love, you will more than likely resent the diet and will struggle with your own will power and feelings of guilt.

Here are some ways to transform your plate into something you can appreciate both mentally and physically.

1. Begin by adding healthy foods to your diet. Do not eliminate anything you normally eat. Try those vegetables you have never known how to cook like kale or Swiss chard. See my website for more ideas on these.

2. Upgrade your food choices or "make better bad choices" as I like to say. If you eat a turkey sandwich on white bread with mayo, lettuce and cheese every day for lunch, upgrade it. Try organic, nitrate, hormone free turkey, sprouted or multi grain bread, hummus instead of mayo and put on lots of veggies (sprouts, cucumbers, peppers, carrots, tomatoes..)

3. Now that you have mastered step 1 and 2 it is time to start eliminating those "bad" foods. This will be a lot easier now that you have a good foundation of "healthy" foods. Take your time and always move at a pace you are comfortable with when eliminating bad foods.

4. Eat in moderation. You should really be feeling good and seeing the benefits of eating healthy foods. It is important to remember that eating healthy does not mean depriving yourself of indulgences. My motto is 80/20. Eat 80% for health and 20% for you soul. Soul eating is eating the foods that make you feel good, that nourish you emotionally. Remember to make better bad choices when doing this. If chocolate cake is your thing, don't eat the cake made from a box. Eat the cake you made using organic ingredients and fresh products.

Coming Soon: TOOLS FOR MAKING YOUR DIET STICK
"To eat is a necessity, but to eat intelligently is an art"
- La Rochefoucauld



2013 Free Seeds & Transplants Program applications are now available!

Go to <http://dug.org/free-seeds-transplants/> to see qualifications and more information!

WANT TO LEARN MORE ABOUT JPUN?

GO TO JPUN.ORG

Life is never so busy that there is no time to serve.

--Anonymous

Recycle Your Christmas Tree!



www.denvergov.org/trashrecycling/TrashandRecycling/Composting/Treecycle/tabid/441143/Default.aspx

Your Christmas tree gave you so much joy during the holidays, now give it a second life and recycle it with Denver's Treecycle program! All trees collected through the program will be chipped into mulch and given away to Denver residents in the spring.

It's as easy as can be! December 31 – January 11

No artificial or flocked trees. Real Christmas trees only.

Dumpster service customers should place their Christmas tree out for recycling in the alley on either Monday, December 31st or Monday, January 7th for collection during that week.

Barrel and Manual service customers should place their Christmas tree out for recycling on their scheduled trash days, where their trash is set out, between December 31st and January 11th.

Do not place trees in dumpsters. Trees should be placed at least 4 feet away from dumpsters.

Did You Know? Treecycling is a great way to return a natural resource back to the environment instead of disposing of it in a landfill. In landfills, organic materials like trees decompose under anaerobic (without oxygen) conditions which produces methane gas, a greenhouse gas 21 times more potent than carbon dioxide.

*Note: All Christmas trees collected or dropped off become the property of the City & County of Denver and will be recycled into mulch for the Annual Mulch Giveaway event in May.



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Playoffs Return to Sports Authority Field at Mile High!



For the second consecutive season the Denver Broncos have advanced to the NFL Playoffs. As the No. 1 seed, the Broncos will host the Divisional Round game at Sports Authority Field at Mile High on January 12 at 2:30 PM (Opponent TBD). Should the Broncos advance beyond January 12, the AFC Championship game will be held at Sports Authority Field at Mile High on January 20. Parking restrictions in the neighborhoods surrounding the stadium will be in effect for each playoff game and consistent with the regular season. www.sportsauthorityfieldatmilehigh.com



Sports Authority Field Neighborhood Calendar 2013

*Parking restrictions including Zoning Enforcement and Right of Way Enforcement will likely be scheduled for this event.

**NFL Playoffs are not guaranteed and are determined one week prior to the date. Parking restrictions will be in place for Playoffs.

NFL Playoffs

The best teams from the 2012-2013 season compete to reach the Super Bowl. For updated information regarding the playoff positioning and potential dates, visit the following websites: www.denverbroncos.com or www.nfl.com/playoffs

January 12	*Divisional Playoff	2:30 pm 5:30 pm
January 20	*AFC Championship	4:30 pm 7:30 pm
January 27	Bridal Festival	12:00 pm 4:00 pm

Bridal Festival

This festival will feature everything that goes into making a wedding day special. Many different exhibitors will be available for purchases or questioning. Visit the website for additional information: www.bridalfestivals.com

Illegally parked vehicles in the neighborhoods surrounding Sports Authority Field at Mile High may be ticketed and towed.

National Western Stock Show Kick-off Parade



Thursday, January 10th, 12:00 PM
Downtown Denver

www.nationalwestern.com/schedule

January 12-27

Special Events start on January 12th

www.nationalwestern.com/special-events

BE IN THE KNOW ABOUT THE SNOW

Denver Snow Plan | www.denversnowplan.com

Sidewalks

Denver requires property owners to clear their walkways so that EVERYONE has safe access throughout the City! Senior citizens, people with disabilities, parents with strollers, and mail carriers - just to name a few - struggle to negotiate hazardous walkways... We need to do our part to make our community safe and accessible for all.



Timing: Once snow has stopped falling, business have four (4) hours, and residents have twenty-four (24) hours, to remove snow and ice from public sidewalks adjacent to their property

Report A Problem: Please contact Denver 3-1-1 to provide the address of unshoveled sidewalks.

Enforcement: Denver performs proactive inspections in business districts, and we rely on citizen complaints to help us identify those property owners that need to be educated about sidewalk safety requirements.
www.denversnowplan.com/sidewalks

HELP YOUR COMMUNITY

Snow Buddies Program

Snow Buddies is a partnership between the City and County of Denver and Volunteers of America. The Snow Buddies program connects healthy volunteers with anyone 60+ in the metro area who cannot shovel their own walk. Volunteers are paired with seniors within a 2 mile radius of one another.

WHY VOLUNTEER The Snow Buddy program was initiated to keep seniors safe from falls on snow or ice during the winter. The program also keeps seniors from accruing city fines for not being able to shovel their snow from the sidewalks. When you sign up to be a Denver Snow Buddy, you are strengthening our community, improving someone else's life and transforming your own life through service.

How do I volunteer to become a Snow Buddy? Volunteers fill out an application and undergo a background check before being matched with a senior. Once the match is made, the expectation is that the volunteer will show up at their buddy's home after two or more inches of snow has fallen and clear their walkways.

Go to www.voacolorado.org/Volunteer/Snow-Buddies to request information to volunteer. Please note there is a one-time fee of \$20 for the background check.

I'm 60+ and need help shoveling my walk, how can I request a Snow Buddy? Seniors in the Denver metro area can call 720-264-3379 to be paired with a Snow Buddy.

www.denversnowplan.com/help-your-community

Get Care and Take Care

Doug Linkhart, DEH Manager

We're finished getting started!

After six months of public discussion, we have selected our top two public health priorities for the next five years. You might characterize them as "getting the care you need" and "taking care of yourself."

Stated more formally, the top priorities for our Community Health Improvement Plan are Access to Care, including Behavioral Health Care, and Healthy Eating/Active Living. These issues were selected from a list of 14 public health issues by a Steering Committee of 35 community stakeholders following six community meetings and additional outreach to affected populations.

While the federal Affordable Health Care Act will help more people gain access to care, many will continue to struggle. Even among those currently insured, nearly 20% defer or delay care because of cost. Twice as many people with higher incomes report their health as being good compared to people with lower incomes.

Our panel cited access to care for mental illness and behavioral issues as being problematic prior to the latest national discussions following the country's high-profile shootings. The Mental Health Center of Denver is able to serve only one out of three people seeking help. And of course, many people who need mental health care do not seek it.

There has been considerable publicity about people being overweight. While Denver is healthier than many places, more than half of adults and 40% of kids are now overweight. Our focus in this area will be to encourage healthy eating and exercise.

The next step for our effort, called "Be Healthy Denver," will be to use a task force and public outreach to develop strategies for achieving progress on our top priorities. To see our full report or find out how you can help, please visit www.behealthydenver.org.

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NORTH DENVER DESIGN/BUILD

What's On Tap? by Matt Couzens

**NEW
EDITORIAL**

Did you know Denver is the 2nd best beer city in the WORLD according to USA Today? I know the people of Denver appreciate their craft beer, but the 2nd best beer city in the WORLD?! Edged out by Munich, Germany, where they have been brewing beer for over 2,000 years, there must be something special going on in this town. And it starts with small brewers, many of them near Jefferson Park (one of the many reasons I appreciate our neighborhood).

Through 2013 I'll share some fine local brews worth trying out. Let's get the year started off with our neighbor to the south, who has won multiple medals at the Great American Beer Festival over the years.

Matt's Beer of the Month: IPaphany India Pale Ale at Strange Brewing (www.strangebrewing.com - 1330 Zuni, Unit M, Denver, Colorado 80204) India Pale Ale refers to the style of beer brewed in England in the early 1900's which was an ale recipe with additional hops added as a preservative to allow the beer to survive the journey to India without spoiling. Strange Brewing opened in May 2010 and has been growing in popularity ever since.

Download a coupon for \$1 off a pint here:
www.strangebrewingco.com/images/strangecoupon.pdf



**NEW
EDITORIAL**

JPUN Dirt by Kym

Uniting the Urban with the Natural

Calling all green thumbs, those masters of the patio garden, roof top farmers, landscape architects or those with a hankering for a little dirt under their nails. This is where you can display your plot of land and/or natural oasis. Send in your pictures to share with your fellow Jefferson Park neighbors to inspire, energize and show-off! Send your pics to: Kym at - kymandpat@comcast.net.

And look for more info on the 2013 JPUN Community Garden Coming Soon!!

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Holiday Pics from the Annual JPUN Holiday Party



and... thanks again to HOTEL VQ for donating both food and service for our Holiday Party...
and Santa John for making the kids of all ages so happy!

THE SAFETY ZONE

DON'T BE A PUFFER! From District 1 Police

Please Help Prevent Auto Theft!

In the 48 hours after Christmas Day, 4 cars left running and unattended in District 1 were stolen. As a reminder, leaving your car unattended and running to warm up is an open invitation for a criminal to steal your car. Parked and unattended vehicles left running are referred to as "Puffers," as they can be easily identified by a would-be thief simply by driving or walking down the street and looking for car exhaust. Every year residents report cars stolen that were left running at the curb or in the driveway. Over the last year 56 cars were reported stolen in these circumstances in Police District One. Please take a moment to watch this video produced by "Coloradans Against Auto Theft." <http://lockdownyourcar.org/>

Please also consider that leaving an unattended vehicle running is a violation of both State and Municipal laws and violators can be subject to tickets and fines. District 1 Police ask you to help prevent Auto Thefts by spreading the word to everyone and taking simple precautions. As always, please call us to report any suspicious activity by calling 911 or the non-emergency number 720-913-2000.

District 1 Police wish you a safe and Happy Holiday Season!



Citizens of the
Scientific & Cultural
Facilities District

www.scfd.org

**SCFD Free
Days for
January and
February 2013**

Museum of Nature & Science

January 28
February 11

Botanic Gardens @ Chatfield

January 4 | February 1

Botanic Gardens Denver

January 21 | February 18

Denver Art Museum

January 5 | February 2

Denver Zoo

Jan. 11 | Jan. 12 | Jan. 23
Feb. 3 | Feb. 4 | Feb. 21

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Photography by: Jerry Olson | jerryolson@comcast.net

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Full Page Ad: \$100
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RTD FasTracks The West Rail Line is officially West Rail Line in the integrated testing phase!

The first sequence of testing will be to ensure all at-grade crossings operate correctly when a train is approaching. This will begin on January 3, starting at Zuni Street in Denver, continuing west, and ending January 19, 2013 at Johnson Road in Golden. Testing at each crossing takes 1-2 days and multiple crossings will be tested per day. Below is a tentative schedule of when each crossing will be tested. There will be intermittent delays and flaggers will be on-site to assist with traffic control.

We appreciate your cooperation during these activities and apologize for any inconvenience this may cause.

*Scheduled dates are subject to change. For additional information please contact Brenda Tierney RTD Public Information Manager at Brenda.tierney@rtd-denver.com

CROSSING	DURATION (DAYS)	START	FINISH
Zuni	1	1/3/2013	1/3/2013
Decatur	1	1/3/2013	1/3/2013
Knox	1	1/4/2013	1/4/2013
Perry	1	1/4/2013	1/4/2013
Harlen	2	1/5/2013	1/6/2013
Lamar	2	1/5/2013	1/6/2013
Pierce	2	1/5/2013	1/6/2013
Teller	2	1/5/2013	1/6/2013
Carr	2	1/5/2013	1/6/2013
Estes	1	1/7/2013	1/7/2013
Garrison	1	1/7/2013	1/7/2013
Independence	1	1/7/2013	1/7/2013
Oak	2	1/8/2013	1/9/2013
Quail	2	1/8/2013	1/9/2013
Collins	2	1/8/2013	1/9/2013
8th	2	1/8/2013	1/9/2013
North E.	2	1/8/2013	1/9/2013
North W.	2	1/10/2013	1/11/2013
Ulysses	2	1/19/2013	1/20/2013
Earl Johnson	2	1/19/2013	1/20/2013



**Michael Guietz
and Kim Collie
JPUN Co-Presidents 2012**

A huge thanks go out to our 2012 Co-Presidents!!

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

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