



JEFFERSON PARK  
UNITED NEIGHBORS

JUNE 2013  
NEWSLETTER

A non-profit organization  
Serving our neighborhood

A Publication of Jefferson Park United Neighbors

# JEFFERSON PARK NEWS

www.jpun.org

JPUN Clean-Up Day 2013



## JPUN

### INSIDE THIS ISSUE

Greener Lawns 3  
New Federal Bar 5  
In the Park Movies 7  
Summer Programs for Kids 8

### NEXT JPUN MEETING

JPUN General  
Membership Meeting  
Tues., June 11th  
6:30 - 7:30pm  
Riverside Baptist Church  
2401 Alcott Street  
Rear Chapel

### UPCOMING MEETINGS

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

### MUSIC IN THE PARK

First Concert!!  
Jefferson Park I June 23  
Kutandara Marimba Band  
(African Latin Jazz World Folk)

### JPUN GROUPS

Get neighborhood  
updates at NextDoor.com  
and JPUN.org

### 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!

### 2013 Music in the Park

## Strike Up the Bands!

After an incredible inaugural season,  
Music @ Jefferson Park is back with concerts to  
take you through the summer. Circle the 4th Sunday of  
June, July and August on your calendar and plan to see  
these great musical acts all within a couple blocks walk.

### All Concerts will be from 5:30pm-7:30pm

- June 23 - Kutandara Marimba Band  
(African Latin Jazz World Folk)
- July 28 - Highland Ramblers (Bluegrass)
- August 25 - Raising Cain (80s Tribute)



Walking and Biking to  
the Event is Highly Encouraged!!  
We will have Bike Racks  
courtesy of Bike Denver

The grassy bowls of Jefferson Park will be the perfect place to be on Sundays for a picnic, food trucks, Ice Cream, and music from some of the finest musicians in and around Denver. It's a chance for neighbors to meet, socialize, promote a sense of community, and listen to some great music.

These concerts wouldn't be possible without the long time support of our title sponsor Allied, Developer of 2785 Speer and other "Note"able sponsors Element 47, North Denver Tribune, Zocalo Community Development, and the City and County of Denver.

Make a day of it, enjoy our namesake park, your neighbor's company, some great music and even a chance to win some great prizes from local restaurants and businesses. It will be a perfect end to a summer weekend!!



## A Call for Volunteers

These concerts wouldn't be possible without the efforts of our volunteer committee and staff. Please help donate just a couple hours of your time with set up or cleanup or both and enjoy the music of a wonderful evening knowing that you helped bring this to our community.

To volunteer, please email Celeste at [celeste.i.melville@gmail.com](mailto:celeste.i.melville@gmail.com).

## Bartend at Highlands Street Fair

Have you ever wanted a chance to guest bartend,  
enjoy a great festival and help raise money for a local nonprofit?

Come join JPUN at the Highland Street Festival Saturday June 15th. We have one of the best booth locations at the event (in the middle of everything) and we'll be pouring beer and mixing drinks all to help raise funds for JPUN and other nonprofits.

### Shifts are as follows:

- 9:30am-12:30pm
- 12:30pm-4:30pm
- 4:30pm-8:30pm

Shifts fill up fast so please email right away.

Send your shift selection to Michael at [zoid4@comcast.net](mailto:zoid4@comcast.net)



Jeff Archambeau, President  
archambeau.jeff@gmail.com

Michael Guiietz, Vice President  
zoid4@comcast.net

Doris Blyth, Treasurer  
blythspirit@q.com

Maureen Parina, Secretary  
maureen.parina@gmail.com

**Environmental Committee**

Kat Meldrum  
kmeldrum@msn.com

**Communications Committee**

Tom Blyth | blythspirit@q.com

**Land-Use Committee**

David Soloman  
davidsolo@yahoo.com

**Social Committee**

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

**Membership Committee**

Dave Strano johnbrown@riseup.net

**Safety Committee**

Robert Guerrero  
guerrero.robertmaurice@gmail.com

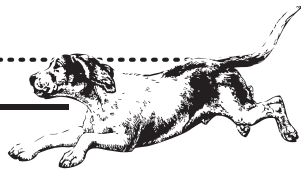
**Central Valley Improvements**

Jerry Olson  
jerryolson@comcast.net

**JPUN Community Garden**

Joan Bondy  
joan.bondy@hotmail.com

**Open Positions are available  
to serve on the JPUN Board,  
come volunteer.**



**Jefferson Park  
Pet of the Month**

**Meet Gypsy!!**

Gypsy is an Akita Blue Heeler mix who is either 11 or 12 years old. She found refuge in my backyard 10 years ago after being hit by a car and breaking her leg. The vet put a pin and then a plate in her smashed leg, but, while rcovering, she injured herself again and had to have 2 plates in her leg. The recovery was long but she came through and all these years later has been a great addition to the family. She has lived with Stella, my cat, who we just lost this past week after 20 years. She too wandered into my life years ago.



While in the house, Gypsy's favorite things to do are sleeping and shedding (at the same time) and while out walking at the park she loves to sniff around and roll in the grass.

Robert, Owner

**JEFFERSON PARK UNITED NEIGHBORS**

**From the JPUN  
President**

Jeff Archambeau, JPUN President

Greetings, Fellow Jefferson Park Residents,

Much activity continues in the neighborhood. Mayor Michael Hancock came to our General Membership Meeting on May 14 at Riverside Baptist. He reviewed some of the activity and accomplishments of his administration and heard from JPUN Members about their concerns for the neighborhood, especially about increasing parking problems and the density of new development in the neighborhood. He also heard very clearly that the ultimate replacement of the 23rd Avenue Bridge is a growing priority for both residents and businesses in Jefferson Park and the surrounding neighborhoods in northwest Denver that use this bridge as their main route into downtown.

Other transportation changes in the area include the opening of the B-Cycle station at 23rd and Clay in about a month and the repaving of 23rd Avenue from Federal over to the east side of the bridge sometime this summer. The bicyclists should especially appreciate this improvement.

We had a meeting at the stadium on May 23rd which included CDOT, Denver Public Works, the Broncos, the Children's Museum, Councilwoman Shepherd and a representative from Rep. Diana DeGette's office, as well as JPUN, Federal Boulevard BID, and other area citizens to further discuss how to improve and ultimately replace the bridge over the freeway. With this much support, politically and financially, the chances of replacing the bridge are better. We had a lot of good discussion about making the bridge suitable and safe for pedestrians and bicyclists, and not just make the bridge wider to increase car traffic into the neighborhood. Short term solutions were discussed at length. Stay tuned for more on this.

Jefferson Park Day was a great success this year with a huge turnout, including a large number of volunteers from our neighbor, Riverside Baptist, and many donations from local businesses, especially Allied. Many who participated commented that there was less trash to pick up this year than in the past - a good sign that the neighborhood is staying cleaner.

Lastly, please join us in the park on June 23 around 5pm for the first of three shows for the Jefferson Park Concert Series 2013. The first concert features the Kutandara Marimba Band, an energetic band playing world music. This will be a great family event with food and ice cream vendors. Bring your family and have a picnic to great music with your neighbors. See you there!

Jeff Archambeau, JPUN President

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[www.urbanvetcare.com](http://www.urbanvetcare.com)



**Would you like to see your pet featured?**

Please send a photo and a few tidbits about your favorite pet to Tom at blythspirit@q.com or Kym at kymandpat@comcast.net.

**RESTAURANTS AND DOGS**  
**Restaurant  
 Patio Regulations**



With all of our great new (and long established) restaurants in Jefferson Park a concerned neighbor has asked that we publish a few of the regulations and guidelines from the Denver Environmental Health Department regarding restaurant patios and dogs. Here a few of them, more detailed information is available at: [www.denvergov.org/deh/DepartmentofEnvironmentalHealth](http://www.denvergov.org/deh/DepartmentofEnvironmentalHealth)

**Restaurants:**

- Must register dog-friendly patios with Denver Enviro. Health Department
- Must post signs at restaurant and patio entrance that let patrons know dogs are allowed on the patio.
- Must not serve food or drinks in patio area.
- Restaurant staff members' must not pet, touch or otherwise care for the dogs and must wash hands according to other regulations.

**Dogs:**

- Are not allowed inside the restaurant
- Must be on leash, cord or chain and kept under control
- Must have current vaccination tags on their collars.
- Are not allowed on chairs, table or any other furnishings in patio area.
- Owner must clean dog waste immediately.

**Leave Grass  
 Clippings on Your  
 Lawn This Summer**

Feed your lawn and reduce your waste simply by leaving your grass clippings on your lawn after mowing. Grasscycling is the natural way to recycle grass clippings and returns nutrients back into your lawn. Grasscycling also returns needed moisture to your lawn, which is especially important this summer during the drought.



You can grasscycle with any mower. Just remove the mower collection bag to allow clippings to drop on the lawn. If your mower does not have a safety flap covering the opening where the bag fits into the chute, then you may need to purchase a retrofit kit from your hardware store. If you use a landscape service, make sure you ask them to leave the clippings on your lawn.

**Tips for Grasscycling**

1. Mow your lawn when it's dry.
2. Keep your mower blades sharp.
3. Follow the "1/3" Rule. Mow your lawn often enough so that no more than 1/3 of the length of the grass blade is cut and left on the lawn.  
 Lawns are most healthy when mowed to a height of 2 1/2 to 3 inches.

**Benefits of Grasscycling** There are lots of benefits to grasscycling, both for you individually and for the Denver community in general. Grasscycling reduces your work when you mow because it saves you the time and hassle of bagging and disposing of grass clippings. Grasscycling helps save water because grass clippings left on your lawn will shade the roots of your grass and help keep the soil cool. Since grass clippings are more than 80% water, they also return valuable moisture to the soil! Grasscycling is also a great way to recycle important nutrients like nitrogen back into the soil which reduces the need for supplemental nitrogen fertilizer and it breaks down quickly and does not cause thatch. During the growing season, up to 37% of what Denver residents put in the trash is yard waste, which is largely made up of grass clippings. When you grasscycle you help make less trash, which saves the City money on the collection, hauling and landfilling of grass clippings.

Finally, by grasscycling you can help reduce your greenhouse gas emissions. When organic materials such as grass clippings go to landfills they decompose under anaerobic (without air) conditions which creates methane, a powerful greenhouse gas.

Visit [DenverGov.org/DenverRecycles](http://DenverGov.org/DenverRecycles) for more information about grasscycling or other opportunities to create less waste.

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LOCAL FLAVOR

# Federal Bar & Grill

by Jerry Olson



Federal Bar & Grill is open and already has a steady, repeat clientele. The Fed is serving 20 draft lines of craft beer from the finest breweries in Colorado and the nation plus 50 different bottled microbrews. If you'd like a cocktail their brands in the well are only from quality distilleries. There is no "house" wine, only good quality wines. Maybe the lady would like a Prosecco ?

The kitchen is open until 10pm. The burgers are outstanding, made with the finest beef, topped with favorite toppings on a toasted bun along with fresh-cut French fries. But don't stop, you can have a wide range of appetizers, salads or sandwiches. Come thirsty and with a big appetite. If you're in a rush, call in your order to go.

Christopher and Nikki Mohaupt are the sole owners and proprietors of The Fed. They are in fact locals. If you are wondering why it took months to remodel the old Micky's...just step inside and you will be amazed at the rebuild. The interior is inspired by Art Deco - Streamline design which harkens back to fast moving trains and ships of another era.

The bar serves 18 while the two community tables will each seat 8 patrons. Christopher explained community tables stimulate conversation among friends and strangers. Already this is happening. Booths up front and tables toward the center seat another 40 diners. The 4 flat screen TV's are tuned to sports and to current events but they do not dominate your attention. The parking lot holds 30 cars for customers of The Fed and adjoining El Centenario. Better yet, bicycle on over. The bike rack is by the front door.

When asked the reason for locating their business here, Christopher responded, "There is no other place like this for miles around." The Mohaupt's saw the need for an establishment to serve Jefferson Park and Sloan Lake communities west of Federal Boulevard. Their philosophy is to develop a warm local meeting place where it's relaxing to come after work or take the family for supper. Each of the staff is very friendly and remembers your name. *Cheers anyone ?*

Nikki and Christopher both participate in their community. Nikki is very involved with their children's school by serving as the PTA President. Christopher is looking forward to participating with Jefferson Park United Neighbors. And The Fed contributed to the recent Jefferson Park Day. **Welcome to Jefferson Park, Nikki and Christopher!**



**Business hours: 11 am to 12pm midnight, every day except closed Monday.**  
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Family Portions



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## CLOSE TO HOME

# You Can Walk There From Here

Tom Blyth

## PrideFest

Denver PrideFest 2013 will be held  
June 15th and 16th at Civic Center Park!

**Festival Hours:** Saturday, 11am - 7pm | Sunday, 10am - 6pm

**Parade:** The CoorsLight PrideFest parade steps off from Cheesman park at 9.30am and proceeds down Colfax into Civic Center Park.

**About Denver PrideFest** Produced by the Gay, Lesbian, Bisexual & Transgender Community Center of Colorado (The Center), Denver PrideFest is now the fourth largest pride festival, and seventh largest pride parade in the United States.

Denver PrideFest takes place annually in June in downtown Civic Center Park. PrideFest features the CoorsLight PrideFest Parade, a Dance Stage with DJs, a Country Stage with line-dancing lessons, a Latin Stage with cultural programming, and the Main Stage with live entertainment, and plenty of celebrating both days.

The festival also features more than 250 vendor booths with arts, crafts, food and more. We provide a VIP area with food and drinks for sponsors and contributors to enjoy, and there's also a family area, youth alley, and a transgender resource area.

The mission of Denver PrideFest is to create a fun, safe and empowering space to celebrate and promote the heritage and culture of the LGBT and allied community in Colorado.

## Juneteenth Music Festival | FREE Five Points | June 15, 2013

Intersection of Washington Street,  
27th Street, 26th Avenue and Welton Street

**Presented by:** 19th of June Community Celebration Committee  
Commemorated in cities across the nation and around the world, Juneteenth is a cultural event celebrated by diverse people of all colors, backgrounds, and nationalities.. joining hands to mark the ending of slavery and the beginning of African American independence in the United States. Denver, Colorado's Juneteenth Music Festival is one of the nation's largest celebrations, drawing in record numbers of festival-goers and participation. The two-day event features live performances, art and cultural exhibitions, and food and commercial vendors; with partners and sponsors ranging from community support networks and organizations, to local and international companies.



## Do You Need Help Paying For Child Care? WE CAN HELP!

The Denver County Child Care Assistance Program (CCAP) helps families who qualify pay for child care for infants to children age 13 and special needs youth up to age 19. Parents must meet eligibility requirements to qualify.

Apply for Denver CCAP by calling 720-944-KIDS(5437). Applications may also be picked up at any Denver Human Services office.

## RENTER AWARENESS

# Security Deposits - The Purpose and the Pitfall

Ryan McGuirk of the McGuirk Law Group

A fiduciary is the legal term for a person who is trusted to care for and handle the finances of another person. An accountant, a trustee, or an attorney are all commonly referred to as fiduciaries. But did you know, a landlord may also be considered a fiduciary for a tenant?

In Colorado, a security deposit paid to the landlord at the beginning of a lease is actually the property of the tenant. The landlord has no personal right or claim in those funds, until the end of a lease. A landlord holding a security deposit has taken a limited fiduciary responsibility to correctly hold and manage the deposit funds.

At the end of any tenancy, whether the lease term was fulfilled or if there was an early vacancy or even an eviction, the landlord must always provide an accounting of the security deposit to the tenant. If a landlord has had a great tenant and the property is in good shape, then simply returning the full security deposit relieves the landlord of any further responsibility in that money. On the other hand, if the tenant has damaged the property or the landlord needed to hire an attorney to evict the tenant, the landlord may withhold some or all of the security deposit, so long as the landlord sends a written accounting to the tenant. A written accounting does not have to be complex, but it needs to show where and how the funds are being applied so the tenant knows why the security deposit is being withheld. This accounting needs to be delivered with the remainder of the security deposit (if any) to the tenant's last known address within 30 or 60 days of their vacancy. Colorado law requires a 30-day return of the security deposit, but allows for a 60 day period, if clearly written into the lease.

Failure to return the deposit or provide an accounting can cause a big problem for the landlord. If the tenant does not receive the deposit or accounting when it is due, they are entitled to a full return of the deposit, but they must first send the landlord a seven-day demand letter asking for the deposit. If the landlord does not return the full deposit after receiving a demand letter, then the landlord is absolutely liable to the tenant for attorney fees and may be liable for up to three times the amount of the security deposit. The only way to avoid these problems is to quickly and timely return a security deposit. Remember landlords; it is not your money.

This is the fifth article in a five part series on Landlord-Tenant Relationships that have been provided to the Jefferson Park community by Ryan McGuirk of the McGuirk Law Group. If you have any questions about Landlord-Tenant matters you can contact him at [ryan@mcguirklaw.com](mailto:ryan@mcguirklaw.com).

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FOOD AND NUTRITION

# Rooted In Nutrition

Christine Straley, Master Nutrition Therapist  
christine@rootedinnutrition.com  
www.RootedInNutrition.com

Finally the trees are in bloom, the sun is shining and oh, wait do I smell a BBQ?!

This super easy salad is refreshing and is great on it's own or on the side of grilled fish or chicken.

## Jicama Cucumber Salad

- 1 Jicama, peeled and thinly sliced
- 1 English cucumber, thinly sliced
- 1- 2 cups of thinly sliced pineapple
- 3 tbs, chopped red onion
- Option to add diced jalapeno

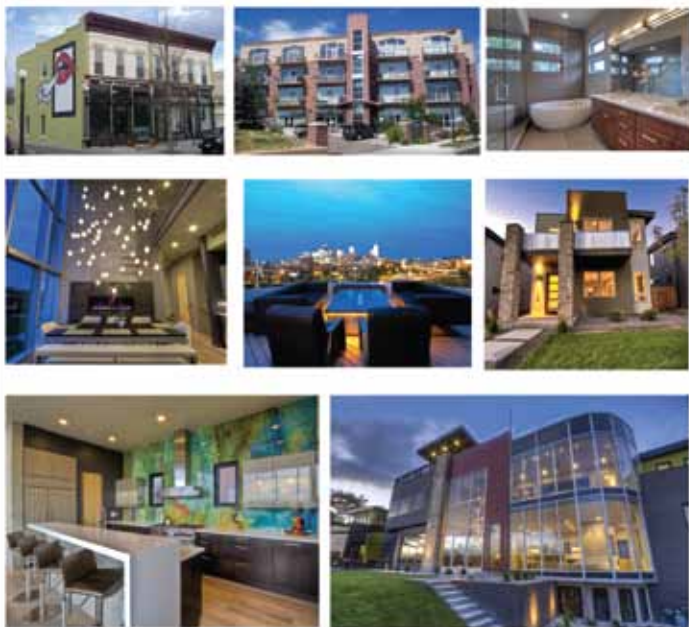
## Dressing

Equal parts olive oil and fresh squeezed lime juice, (about 4 tbs each)  
Stevia or raw honey to taste, everyone likes their own sweetness  
Pinch of sea salt and red pepper flakes

Mix together and dress with dressing right before serving



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**All Concerts will be 5:30pm-7:30pm**  
• June 23 - Kutandara Marimba Band  
(African Latin Jazz World Folk)

KID PROGRAMS



# Woodbury Branch Library SUMMER FAMILY EVENTS

## Mr. Shine's Presents Go Wild For Books!

### Mr. Shine Presenta I loco Por Los Libros!

**Friday, June 14 10:30am - 11:30am | In the Park**

Join children's songwriter and performer Mr. Shine for a fun-filled musical program featuring original songs, exciting puppets and even some mysterious magic! All ages. No registration is required. • El cantautor Mr. Shine presentará un divertido programa musical con canciones originales, títeres, y magia misteriosa. Para niños de todas las edades. No es necesario inscribirte.

## Henna Tattoos With Hummingbird Henna

### Tatuajes De Henna Con Hummingbird Henna

**Thursday, June 20 3:00pm - 4:00pm | Meeting Room**

Henna Tattoos with Hummingbird Henna Learn about the history of henna and practice henna tattoos, then have a henna design applied to your hand or arm! For grades 6-12. Registration is required. Please call to reserve your space. Aprende más sobre la historia del tinte de henna y practica las técnicas de crear tatuajes con henna. ¡Luego Hummingbird Henna te aplicará un diseño en la mano o en el brazo! Grados 6-12. Es necesario inscribirte. Por favor llama para reservar tu lugar.

## Connie & Co. Presents Rabbits On Vacation

### Connie & Co. Presenta De Vacaciones Con Los Conejitos

**Friday, June 21 10:30am - 11:30am | In the Park**

Join magician Connie Elstun for a fun-filled show that has not only bunnies, but birds, too! Everyone will enjoy this side-splitting comedy and magic show. All ages. No registration is required. • Un divertido programa de magia con el espectáculo de variedades de conejito y pajarito. Este espectáculo cómico hará reír a carcajadas a personas de todas las edades. Para niños de todas las edades. No es necesario inscribirte.

## Ann Lincoln Presents The Dino Girl Show

### Ann Lincoln Presenta El Espectáculo De La Niña-dinosaurio

**Friday, June 28 10:30am - 11:30am | In the Park**

Ann Lincoln becomes a kooky cave woman in this amazing performance! See one-of-a-kind comedy, juggling and magic as well as Ann's dinosaur and dog friends. All ages. No registration is required. • Ann Lincoln se transforma en una mujer de las cavernas loca en este impresionante espectáculo. Verás comedia, malabarismo y magia y también conocerás al amigo dinosaurio y amigo perro de Ann. Para niños de todas las edades. No es necesario inscribirte.

## Captain Vic The Science Wizard Presents Bubbly Bonanza!

### Capitan Vic, El Mago De La Ciencia, Presenta Ibubbly Bonanza!

**Friday, July 5 10:30am - 11:30am | In the Park**

Captain Vic combines simple chemistry and bubble blowing to create crazy experiments! Explore non-Newtonian fluids, liquid polymers and other bubbly surprises. For ages four and older. No registration is required. • Capitán Vic mezcla la química sencilla y las burbujas para crear locos experimentos. Explora los fluidos no-newtonianos, polímeros líquidos y otras sorpresas burbujeantes. Para niños de 4 años en adelante. No es necesario inscribirte.



## gym coming soon

We are excited to be **joining** the Jefferson Park neighborhood! While we are under construction, join us in the park for some outdoor **CrossFit!**

### Park Workout Schedule:

- M & W: 10:00am - 11:00am
- M - F: 6:00pm - 7:00pm
- Saturdays: 10:30am - 11:30am  
11:30am - 12:30pm

Contact us at 720-515-5746 or  
[info@crossfitjeffersonpark.com](mailto:info@crossfitjeffersonpark.com)  
for how you can join us today!

    
2441 Eliot Street  
Denver, CO 80211  
[crossfitjeffersonpark.com](http://crossfitjeffersonpark.com)

# Summer Movies in Denver Parks

## Skyline Park | Downtown Denver

So you've snagged a few friends for happy hour and dinner, and now you're looking for a place to stretch out under the stars? Perhaps you're taking the kids to see the sights downtown and want to cap the evening off with one final treat? Check out the Southwest Movies at Skyline Park! All movies begin at dusk in Skyline Park at 16th and Arapahoe. Come early to snag the best seats. Pets (on leash) welcome. This series is in cooperation with Denver Parks and Recreation and the Downtown Denver Business Improvement District.

### Summer 2013 Dates and Movies List:

- July 6 | Willy Wonka & the Chocolate Factory | Rated G
- July 13 | A League of Their Own | Rated PG
- July 20 | Lion King | Rated G
- July 27 | Finding Nemo | Rated G
- August 3 | Father of the Bride | Rated PG
- August 10 | The Amazing Spider-Man | Rated PG13
- August 17 | ET | Rated PG
- August 24 | Hotel Transylvania | Rated PG



## Free Civic Center Bike-In Movie Series

Thursday 7/18 and Fridays, 8/2, 8/16, 9/13

- July 18 | Under the Same Moon/La Misma Luna
- August 2 | Despicable Me
- August 16 | The Goonies
- September 13 | Billy Madison

Attendees can bring picnics or purchase from on-site gourmet food trucks, with the show beginning at dusk. Produced by the Civic Center Conservancy and Denver Parks and Recreation. The series is made possible by the support of generous community partners: Biennial of the Americas and the Mexican Cultural Center, the Colorado Rapids, University of Colorado Denver, FirstBank, and The Denver Post Community.

**Remember - You Can Walk there From Here!**

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## JPUN Clean-Up 2013

# Thank You! ¡Gracias! Grazie! Danke! Merci! Dank U! Vinaka!

Thank you to all the neighbors that showed up on May 18th to help clean up the neighborhood and to celebrate Jefferson Park Day 2013!

Jefferson Park United Neighbors is also extremely grateful to all of its sponsors for Jefferson Park Day this year. A big thank you to 2785 Speer for their ongoing financial support, which once again, made this event a reality. Another big thank you goes to Riverside Baptist Church (RBC) who contributed in so many ways; not only did they provide the traditional picnic lunch following the clean up, but many of their congregants were there in full force to help with the neighborhood clean up. Additionally, a crew from RBC saw the need to refresh the paint on the picnic shelter in the park and worked with Denver Parks and Recreation to get that done.

The citizens of Jefferson Park also deserve a round of applause for the improved cleanliness of the neighborhood. The amount of trash collected this year was substantially less than in years past! Nice job!!

Please show your appreciation by supporting the following organizations. Their generous donations made this year's neighborhood tradition a huge success:

- 2785 Speer/Allied Realty
- Riverside Baptist Church
- The Spanos Corporation
- 2914 Coffee
- Araujo's
- Confluence Kayaks
- Denver Parks & Rec
- Denver Solid Waste
- Federal Bar & Grill
- Groundwork Denver
- Home Depot
- Hotel VQ
- Jack-n-Grill
- Nationwide Insurance
- Santiago's
- Sarto's Denver
- The Corner House





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### Park Workout Schedule:

M & W: 10:00am - 11:00am  
 M - F: 6:00pm - 7:00pm  
 Saturdays: 10:30am - 11:30am  
 11:30am - 12:30pm

Contact us at 720-515-5746 or  
[info@crossfitjeffersonpark.com](mailto:info@crossfitjeffersonpark.com)  
 for how you can join us today!



2441 Eliot Street  
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Relax. Gather. Connect.

**MUSIC**  
 at  
**JEFFERSON  
 PARK**

**All Concerts will be 5:30pm-7:30pm**

- June 23 - Kutandara Marimba Band  
 (African Latin Jazz World Folk)



## GROUNDWORKS DENVER

# Healthy Tips to Kick Start the Summer Season!

## What are you doing to keep active this summer?

Being so close to downtown Denver, here in Jefferson Park, there are a number of sights to see, places to visit, and things to do. Furthermore, so many of these activities don't require driving and can help the whole family get active, stay healthy, and help improve Denver's air quality through reduced carbon emissions. Here are some helpful tips on how you kick start the season!

### Walking

- Every person should strive to be physically active 150 minutes weekly.
- Walking for 30 minutes 5 times a week can help you reach this mark.
- Walk to take care of errands that can be accomplished locally, like shopping.
- Make walking exercise part of your planned schedule. Take your kids and/or dog(s) on a walk to the park every evening after work.
- Bring a walking partner with you (or two or three). Walking with others can help keep you focused, motivated, and entertained.

### Biking

- There are two great multi-purpose paved trails for biking (or walking) right next to the Jefferson Park neighborhood.
- South Platte River Trail
- Cherry Creek Trail
- These multi-purpose trails can connect you to Downtown, Northeast, South, Southwest Denver, as well as connecting you to other trails that will take you beyond Denver's city limits and to the edge of the Rocky Mountains.
- The trails host dozens of notable attractions throughout its stretch that are certain to be fun.
- Remember, you should always wear a helmet when riding your bike and make sure to securely lock it when you are not.

### Bike Giveaway!!

Are you a teenager, or know of one in Northwest Denver that is in need of a bicycle? **Groundwork Denver can help!**

Through our Strive to Not Drive project and partner 3t Ministries, Groundwork Denver will be providing teens of Northwest Denver neighborhoods the opportunity to become transportation independent, healthy, and environmentally conscious through a summer bike giveaway. For details on how to get a bike please call us 303-455-5600 or email [Dele@groundworkcolorado.org](mailto:Dele@groundworkcolorado.org).



## A Great Gift!

For yourself, friend or co-worker.

Give your loved ones and yourself an  
One Hour Massage Gift Certificate,  
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5 Element Therapy

is conveniently located at 770 South Broadway  
The Iyengar Yoga Center of Denver

More information available at [www.5element.abmp.com](http://www.5element.abmp.com)

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## BECOME A PART OF THE STORY

Send your stories, comments or ideas to Tom Blyth at [blythspirit@q.com](mailto:blythspirit@q.com)

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# City Summer Programs for Denver Kids



**DENVER**  
THE MILE HIGH CITY

Mayor Michael B. Hancock and Director of Children's Affairs Lindsay Neil have announced that the city is geared up and ready to support Denver's families and kids this summer with programs designed to ensure Denver kids are healthy, safe and engaged while school is out. "The city's role in serving Denver youth truly exists when our kids are outside of that school door," Mayor Hancock said.

"With summer break fast approaching, we want to make sure our families are aware of the programs designed to support their children. That is why the city and our partners have teamed up to invest our resources in our most important assets - our children." "We heard our community loud and clear when they asked for more supportive services for their children, and thanks to the passage of Measure 2A we can better deliver on that request. Together, with these critical nonprofit partners, we will work tirelessly throughout the summer to ensure children and youth have their basic needs met and that they are equipped with opportunities that prepare them to compete and succeed in the global economy," the Mayor said.

From youth employment to art workshops to free access to Denver's 25 youth-serving recreation centers, the city is offering a multitude of summer programs.

### The following are some of the summer programs city departments and agencies will offer:

- **The MY Denver Card** - Thanks to the passage of Measure 2A, all Denver children ages 5 to 18 now have free, year-round access to the city's 25 youth-serving recreation centers and 29 pools. The card also serves as a Denver Public Library card.
- **Child Care Assistance Program** - Denver's Child Care Assistance Program is currently enrolling eligible children up to age 12. Measure 2A helped increase the income limits to allow more families to qualify for help.
- **ideaLAB** - A free state-of-the-art digital media lab for teens grades 6-12 at the Denver Central Library where they can learn use equipment and software to make videos, games, music, art and more.
- **Summer Youth Employment Program** - Offered through the Denver Office of Economic Development, Division of Workforce Development, this program connects Denver youth ages 14 to 24 who meet eligibility requirements with job-readiness training and employment.
- **Youth Mini-Academy** - Offers local youth the opportunity to learn respect for the law by providing them with positive interaction during their attendance at the Academy and to motivate young people to be outstanding citizens through law enforcement education.

### Denver City Council Representatives

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## 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