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Send your stories, comments or ideas to our Jefferson Park Editor, Holley Petrick at [jeffparknews@gmail.com](mailto:jeffparknews@gmail.com).

### ADVERTISE

Advertising in the JPUN Newsletter generates business for you and keeps the newsletter thriving. Contact Sierra Schwartz for information on advertising. [jeffparkads@gmail.com](mailto:jeffparkads@gmail.com) | Rates subject to change.

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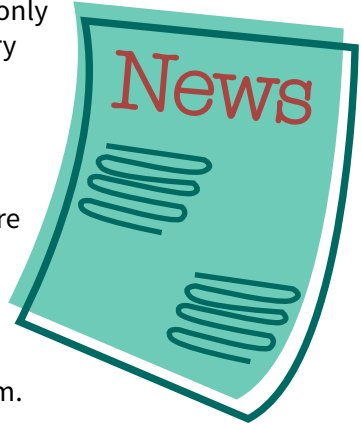
All advertisements, photos and article submissions for consideration in the following issue are due by the 21st of the month.

# VOLUNTEERS NEEDED

### TO DELIVER THIS 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](mailto:kromer2036@yahoo.com).



## SPORTS AUTHORITY FIELD NEIGHBORHOOD 2015 CALENDAR



5/16	NCAA Lacrosse Quarter final	1-3:30 p.m.
5/24	Outlaws vs Bayhawks	7-9 p.m.
5/29	Outlaws vs Machine	7-9 p.m.
6/6	*Luke Bryan - Kick Up the Dust Concert	TBD
6/20	Outlaws vs Rattlers	7:30-9:30 p.m.
7/4	*Outlaws vs Cannons	7-9 p.m.
7/11	Drums Along the Rockies	TBD
7/19	Outlaws vs Launch	1-3 p.m.
7/25	Outlaws vs Lizards	3-5 p.m.
8/8	*Kenny Chesney / Jason Aldean Concert	TBD

\*During all events over 20,000 attendees, Zoning Enforcement and Right of Way Enforcement will be scheduled and parking restrictions will apply. Vehicles that are illegally parked in the neighborhoods surrounding Sports Authority Field at Mile High may be ticketed and towed.\*

## COMMUNITY RESOURCES

<b>Police, Fire or Medical - EMERGENCY</b>	Dial 9-1-1
<b>Gas Leak or Electrical Emergency - Xcel</b>	800-895-4999 select # 1
<b>City of Denver 311 Help Center</b>	3-1-1 or 720-913-1311
<b>Police - City Non-Emergency Information</b>	720-913-2000
<b>Police - District 1 Station Information only</b>	720-913-0400
<b>Denver Public Library</b>	720-865-1111
<b>Regional Transportation District</b>	303-299-6000



# JEFFERSON PARK NEWS

www.jpun.org

A PUBLICATION OF JEFFERSON PARK UNITED NEIGHBORS



### JPUN

### GROUPS

**JPUN GENERAL MEMBERSHIP MEETING**  
2nd Tues. of the month  
Tues., June 9 from 6:30 to 8 p.m.  
Riverside Church  
2401 Alcott St. | Rear Chapel  
[info@jpun.org](mailto:info@jpun.org)

**JPUN LAND-USE COMMITTEE MEETING**  
2nd Thurs. of the month  
Thurs., June 11 @ 6:30 p.m.  
Zocalo office  
22nd Ave. & Decatur St.  
[davidrsolo@yahoo.com](mailto:davidrsolo@yahoo.com)

**HIGHLANDS STREET FAIR**  
Featuring the JPUN Bartending Booth  
Sat., June 20, 10 a.m.-dusk  
West 32nd Ave.  
[facebook.com/highlandstreetfair](https://facebook.com/highlandstreetfair)

**MUSIC @ JEFFERSON PARK 2015**  
Bluegrass Highland Ramblers  
Sun., July 26th, 5:30-7:30 p.m.  
FREE!  
[zoid4@comcast.net](mailto:zoid4@comcast.net)

**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

**Nextdoor**  
Get neighborhood updates at [www.jeffersonpark.nextdoor.com](http://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](mailto:jeffparknews@gmail.com) and type "E-NEWS PLEASE" in the subject line.

## Jefferson Park Day Clean-Up & Picnic Brings the Community Together

By Brooke Bailey

Dozens of neighbors, some who are new to the neighborhood and others who have called Jefferson Park home for decades, gathered in the park Saturday morning, May 16, to spend the morning clearing the neighborhood of its trash and debris. Similar to many other years, volunteers filled up an entire roll-off construction dumpster by noon. And with the neighborhood looking squeaky clean, they reconvened in the park to celebrate with a picnic, relax with neighbors and watch face-painted kids break open a festive piñata.



Not only is Jefferson Park Day for cleaning up the neighborhood, but it's also a fantastic opportunity for residents to get to know their neighbors. One Riverside Church volunteer, who'd come from Thornton to help with the picnic celebration said that she wished her neighborhood had such a strong sense of community. She noted that it feels good to be able to wave at your neighbors when you're out and about, and know that you have friends nearby if ever you need something.



Throughout the year, JPUN organizes events like Jefferson Park Day, to ensure that the strong sense of community that's been here for years, will continue for years to come. Everyone in Jefferson Park is always welcome at these events. Be sure to attend neighborhood events so you too can be part of this amazing community.

This year, Jefferson Park Day also saw the brand new playground opened with a ribbon-cutting ceremony, added new flowers at the new garden at the southwest corner of the park and had weeds pulled at the intersection areas just east of the 23rd Avenue bridge. Thank you to all who came to volunteer their time and efforts.

**A Special Thanks to All the Businesses that Made Jefferson Park Day Possible:**  
 The Annual Jefferson Park Day Neighborhood Clean-Up & Picnic is only made possible with the help from our community. JPUN would like to thank the following organizations, which so graciously donated to make Jefferson Park Day a great success!

2785 Speer	Jack-N-Grill	Pinateria La Fiesta	La Loma
Riverside Church	2914 Coffee	Full Circle Wellness	VERT Beauty
Adams Development	Intermountain Radiator	The Federal Bar & Grill	Face Painting Denver
Riverpoint Partners	Sinclair Gas Station	Jefferson Park Pub	Denver Broncos
Araujo's Restaurant	Elevate Church	Sexy Pizza	Safeway





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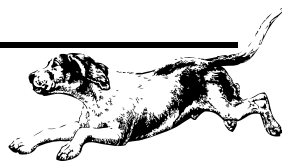
JPUN Community Garden  
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mobrien1982@gmail.com

Central Valley Improvements  
Jerry Olson  
jerryolson@comcast.net

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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



### ELWAY

Howdy, Jeff Park neighbors! My name is Elway. It's no coincidence that I moved in just a few steps away from where the Broncos play. I am 9 years old and my meow sounds like a South stands fan. I just wanted to give a shout out and a high paw to the coolest neighborhood at 5280.

Signed,

**ELWAY**



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.

## New Playground Opens at Jefferson Park



See this in color! Sign up for our e-newsletter by emailing jeffparknews@gmail.com  
Photo by Jerry Olson.

Residents may have noticed crowds of kids enjoying the brightly-colored blue and orange playground on the east end of the park where there had been chain-link fencing since late last year. JPUN would like to thank both Scott Gilmore Deputy Manager of Denver Park and Recreation (DPR) and Councilperson Susan Shepherd who greatly assisted with moving this project forward. It is also worth noting for residents new and old the difficult history and significant role JPUN played in securing our new playground.

In 2008, DPR developed the "Denver Play Area Master Plan," which served as a guide in the planning, design, construction and management of diverse play areas, and helped the public understand the vision behind Denver's System of Play. At the time, 129 out of 139 playgrounds were ranked higher than our Jeff Park stomping ground.

Our playground was nearly double the age for required replacement and received the lowest score in both Safety and ADA ranking. Despite these deficiencies JPUN still had to diligently lobby to finally receive a playground Northwest Denver residents can enjoy.

This showcases why neighborhood organizations such as JPUN are important. Whether you have children or not, this new playground helps revitalize our namesake park. JPUN looks forward to more exciting park additions and ways to activate the area. We look forward to building a community of stewards for this one of a kind park.

### LOCAL NEWS

## BIZ on the BOULEVARD

By Leslie Twarogowski  
Co-executive Director of the  
Federal Business Improvement District



May has been a lovely month in the BIZ! We kicked off spring on Saturday, May 16, with BeeJP. This event was organized by the Business Improvement District and Doug and Amy Yetman, owners of the Horseshoe Market. The BIZ distributed hundreds of free seedlings of tomato, lettuce, cabbage and broccoli to neighbors who were starting or re-starting their home gardens. Unique booths were set up along the sidewalks of West 25th Avenue; everything from garden tools, beads and clothing, pet supplies and original art was sold by local vendors.

BeeJP also included the participation of local nonprofit organizations. Historic Denver brought a scanner and computer to record neighborhood stories. WalkDenver and Walk2Connect sponsored tours of the area and installed more pedestrian way-finding signs throughout Jefferson Park and the eastern portion of Sloan's Lake. Groundwork Colorado distributed pedometers as a part of their Strive2NotDrive Campaign.



The Cody Sisters, a local duo, provided family-friendly entertainment. Adams Development presented renderings of their plans for the former liquor store (at the corner of W. 25th Ave. and Eliot St., see the drawings in this newsletter).

We were happy to see both Councilwoman Susan Shepherd and future Councilman Rafael Espinoza enjoying the day. Thank you to all the neighbors who joined us and we look forward to seeing you at Jefferson Park Farm and Flea this fall! Photos by Jerry Olson

## Rendering of 25th and Eliot Apartment and Retail Development



A rendering of the apartment complex and retail space that will be built on the corner of 25th & Eliot in the old liquor store plot. Adams Development LLC is developing the project and hopes to break ground this summer.

### JPUN HISTORY

## PICTURE THIS: THEN VS. NOW

### THEN



### NOW



Two-Squared: The Jefferson Park Square at the intersection of 25th Avenue & Eliot Street was repainted in mid-May, thanks to the Federal Business Improvement District (BID). Above are the before and after images, with the new painting depicting a compass. Want to see this in color? It's even better! Sign up for our e-newsletter by emailing jeffparknews@gmail.com. Photos by Leslie Twarogowski

Do you have an old photo of a location in Jefferson Park that you would like to offer for "Picture This"?

We would love to see it! Email us at  
[jeffparknews@gmail.com](mailto:jeffparknews@gmail.com)

# Jump Start your fitness



The secret to getting ahead of your goals this New Year's is getting started! Tell us you saw our ad in the Jeff Park News and enjoy **2 weeks of unlimited** CrossFit.

2441 Eliot Street | Denver, CO | 80211  
720.515.5723 | [info@crossfitjeffersonpark.com](mailto:info@crossfitjeffersonpark.com)  
[www.crossfitjeffersonpark.com](http://www.crossfitjeffersonpark.com)



CLOSE TO HOME

# You Can WALK, BIKE or BUS There From Here

**First Friday Art Walks**

Friday, June 5, 6 p.m. to 9 p.m.  
Santa Fe Drive and Kalamath Street  
between Alameda & 12th Ave.  
[www.artdistrictonsantafe.com](http://www.artdistrictonsantafe.com)  
FREE



Enjoy more than 60 galleries, artist studios, and restaurants on the first Friday of every month. Free guided shuttle coaches pick you up at the light rail station at 10th and Osage and take you around the art district between 5:30 and 10 p.m.

**Denver Chalk Art Festival**

Saturday, June 6, 10 a.m.- 10 p.m. & Sunday, June 7, 10 a.m. to 7 p.m.  
Larimer Square  
[www.larimerarts.org](http://www.larimerarts.org)  
FREE



This free event features more than 150 professional and amateur artists who spend hours over the course of two days transforming Larimer Square into a bright and colorful street museum.

**Northwest Denver Pet Adopt-a-thon**

Saturday, June 13, 11 a.m. to 3 p.m.  
Old Elitch Pavillion,  
38th & Tennyson  
[www.bestpetscolorado.com](http://www.bestpetscolorado.com)  
FREE



This community event helps find shelter animals a loving, permanent home. The 8th Annual Northwest Denver Adopt-a-thon is open to the public and features dogs and cats from local rescues and shelters. All sizes, ages, and breeds. The event is held by Best Pets, a non-profit organization that facilitates the adoption of animals from shelters.

**16th Street Fair**

Friday & Saturday, June 26 & 27,  
11:00 a.m. to 7:00 p.m.  
16th Street Pedestrian Mall  
[www.16thstfair.com](http://www.16thstfair.com)  
FREE



The 16th Street Fair is an annual celebration of fine art, handcrafted goods, and the pedestrian mall in downtown Denver. There will be emerging artists and designers, producing original and unique hand-made goods in a wide array of media.

## Construction in Your Neighborhood



Eliot Duplex On Jeff Park

Stunning 2372 SF features 4 bedrooms, 4.5 baths plus a lower level Rec Room. Extraordinary 3rd level party room with wet bar. Deck is Hot tub optional for even more fun! Reserve now and select from the latest amazing designer finish packages! From the low \$700Ks

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



Future Development at 25th & Eliot

A mix of classic neighborhood charm and modern finishes, 25th and Eliot will be home to an exciting mixed space right in the heart of Jefferson Park! Offering over 8,000 SF of retail space including an upscale liquor store, and enticing dining experiences, the project also will be home to 20 luxury apartments. Mirroring the architecture of the past, with all of the amenities of the future, the stunning design includes a large shared roof top deck, 45 parking spaces, and Samsung appliances, just to name a few. This project is scheduled to break ground late summer 2015.



We had a great time at the Jefferson Park Clean Up Day and BeeJP Event!

## Real Estate Denver Team

Linda Kukulski Miller & Angela Steiner  
303.997.4001



[www.RealEstateDenverTeam.com](http://www.RealEstateDenverTeam.com)  
Linda@RealEstateDeverTeam.com



BUSINESS BANTER

**5 Minutes With:**

Taylor Swallow  
Owner, Sarto's  
2900 West 25th Avenue  
303.455.1400  
[www.sartos.com](http://www.sartos.com)



**How long have you been in business?**  
We have been open just over seven months.

**Number of employees?** 35

**Why did you choose your Jeff Park location?** My family and I live in the area and have always believed that Jefferson Park has everything to be one of the top urban neighborhoods. It's convenient, pedestrian-friendly, and the park itself has been one of the best-kept secrets in Denver. Plus, we love the square and the historic building we've made our home in.

**How can your business benefit the residents of Jefferson Park?** We're hoping to be an anchor for Jefferson Park for many, many years. We built Sarto's to be a place for the community to connect. And our hope is that we can continue to have a positive impact on the neighborhood and continue to be a partner for the community.

**What do you like about doing business in Jefferson Park?** It has been incredible to have a neighborhood that has been so supportive right off the bat, and to have such a collaborative group of business owners on the square. We are all new, small business owners; therefore, we are all in this together.

**What is challenging about running your business in Jeff Park?** With an area that has been off the map for so many years, it is amazing how many people now know about Jefferson Park. But, it's equally amazing how many people still have not heard of it or don't know where it is, even people who just live across the major streets. But, that is all changing very quickly.

**What do you think about all the changes going on in Jefferson Park?** Change is always a mix of good and bad. By and large, it is great to see the care and attention that the community is getting, especially the improvement to the park and pedestrian areas. It is safer and so much livelier. With the change, there will be growing pains. But, as we live in the area, we feel them just as much as anyone in the area.

**What's next for your business?** We're fortunate that the restaurant and pantry have been so well received. We are very excited to open our patios and start brunch service on the weekends.

*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](mailto:jeffparknews@gmail.com).*

### Graffiti Reminder

Help keep our neighborhood looking clean! Call 311 or visit [denvergov.org](http://denvergov.org) to report any graffiti in the area, whether private or public property. The city will take photographs of the site and clean up the graffiti for free, often responding within 24 hours. If vandals see that graffiti is removed right away, they often do not return to the site.

# Should a Possible Historic House be Scraped or Saved? Hear Both Sides at Next JPUN Meeting.

**On the agenda for the next June 9 General Membership JPUN meeting:** 2329 Eliot St. - Should the house where a respected Denver attorney who was acquitted in shooting two scandalous Denver Post editors in 1900 gain landmark designation or be revitalized as a 9-unit townhome development? Hear Nathan Adams from Adams Development LLC and John Olson, Director of Preservation Programs from Historic Denver, and concerned neighbors present their information. Now is the time to ask questions and voice your opinion on **Tuesday, June 9 from 6:30-8 p.m. in the Riverside Church rear chapel.**

**There will be no JPUN General Membership Meeting in July. But join us in the park Tuesday, August 4 at 6 p.m. for our "Dog Days of Summer" event with a community potluck, pet event, and National Night Out in Denver Days Celebration.**



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SPOTLIGHT

# Jefferson Park Neighbor of the Month



**BETSY LYONS**

Occupation: Sales

Rent or own? Own – two properties in JeffPark  
How long have you lived in Jeff Park? 9 years

One word to describe our neighborhood: Explosive

Favorite business in Jeff Park: Jeff Park Pub  
Favorite restaurant in Jeff Park: Sarto's

Hobbies & interests: Walking around the park with my dog Billy and boyfriend Kyle, cycling, enjoying Denver weather, skiing, and yoga.

What's the best part about living in Jeff Park? Life is easy. It's easy to jump on the interstate and get to places. There are lots of good people here and it's safe.

What do you think about all the development in our neighborhood? It's exciting to see people moving in here because I have been here almost a decade. But I do wish there were more single-family homes and duplexes and not so many high rises. Parking drives me crazy here. I am looking forward to seeing more businesses move into the area though.

Would you like to be neighbor of the month or know someone to spotlight? Email us at [jeffparknews@gmail.com](mailto:jeffparknews@gmail.com).



## Help Plan JPUN's First-Ever 'Dog Days of Summer' Event

Do you have a pet? Join in to help with the "Dog Days of Summer." JPUN is working with Urban Vet Care to present this event Tuesday, August 4 as a way to build community with both our two- and four-footed neighbors. There will be a community potluck and grilling, offering made-to-order hot dogs.

We need ideas from our residents on how to further shape the event. We hope to provide pet photos, grooming tips, nail cuts, and more. Bring your ideas and help build a great event for your neighborhood. JPUN would like to hold our first meeting by mid-June and could use your help. Please send your name to [info@JPUN.org](mailto:info@JPUN.org) and we'll organize our first meeting soon.

## REAL ESTATE DENVER TEAM

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YOUR JEFFERSON PARK TEAM

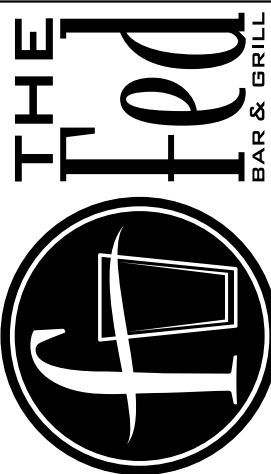


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[www.RealEstateDenverTeam.com](http://www.RealEstateDenverTeam.com)



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[FullCircleAcupuncture.com](http://FullCircleAcupuncture.com)

COMMUNITY

## Volunteer Bartenders Needed for Highlands Street Fair



Have you ever wanted a chance to guest bartend, enjoy a great fair and help raise money for a local nonprofit? Come join JPUN at the Highlands Street Festival Saturday, June 20. We have one of the best booth locations at the event (in the middle of everything) and we will be pouring beer and mixing drinks to help raise funds for JPUN and other nonprofits.

You can sign up with a friend and meet your neighbors. Shifts are as follows:

- FULL 9:30 a.m.-12:30 p.m.**
- 12:30 p.m.-4:30 p.m.**
- 4:30 p.m.-8:30 p.m.**

Shifts fill up fast so please email right away. Send your shift selection to [info@jpun.org](mailto:info@jpun.org)

**Drinkin' Good in the Neighborhood**

Jefferson Park's newest neighborhood pub  
Stop by for a pint, a chat or a snack.

**JEFFERSON PARK PUB**  
2445 Elliot St  
Denver, CO 80211  
[JeffersonParkPub.com](http://JeffersonParkPub.com)  
Open Daily 3pm-2am

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[www.urbanvetcare.com](http://www.urbanvetcare.com)  
303.477.1984

ENTERTAINMENT

## First-Ever Taste of the Broncos to be Held June 16



The Denver Broncos will host their inaugural Taste of the Broncos, the ultimate gourmet tailgate experience that will take place at Sports Authority Field at Mile High on Tuesday, June 16, from 5:30-9 p.m. The event will feature some of Denver's most highly-regarded chefs and their specialties, including Taste of the NFL's and Denver's own Troy Guard of TAG Restaurant Group. There will be food and drinks from approximately 30 Colorado restaurants. Entertainment, includes: bluegrass bands performing on the Noble Energy Sports Legends Mall, the Colorado Symphony in a first-ever performance on the field, Denver Broncos players, cheerleaders, alumni and Miles the Mascot will appear as a "sous chef." Signature desserts on the field will also be offered. Proceeds from the event will benefit Food Bank of the Rockies, a Broncos community partner. For tickets and more information, visit [www.denverbroncos.com/community/tasteofthebroncos.html](http://www.denverbroncos.com/community/tasteofthebroncos.html).



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NORTH DENVER DESIGN/BUILD



**BUSINESS**

# Salon to Offer Latest Trends in Jeff Park Square This Summer

By Andrea Garbrecht

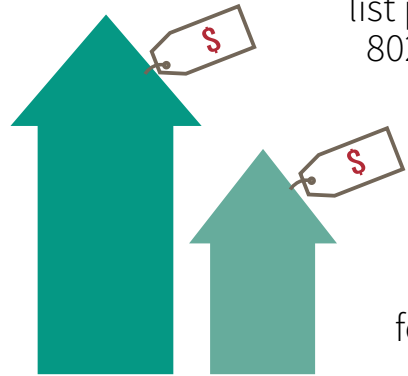
The rain continues to fall in Denver, but warmer weather is right around the corner. If you are looking for a style to match the summer trends this year, look no further. Jefferson Park's newest salon will be opening in mid-July or August on the corner of 25th & Eliot, across from Sexy Pizza. The salon will be open Tuesdays through Saturdays. Deseo Salon & Blow Dry will be a full-service salon specializing in precision cuts and custom colors. The salon will also be offering blow dry services for clients that want to come in and receive a quick shampoo and style for any occasion. The owner of Deseo Salon & Blow Dry, Sherry Velarde, knows the latest styles and tricks to leave you looking amazing. She noted that for trends this summer, we should expect to see a lot of natural, free-flowing styles. The newest color trends are called "babylights" or "balayage." These techniques involve lightening the middle and ends of the hair while leaving the top a more natural, darker color. "These techniques are a go-to for modern, chic hair that create depth and dimension, and leaves the client with a sun-kissed finish," Velarde said. As far as cuts, Velarde says women are loving short, textured bobs while the long-haired ladies are enjoying loose, beach wavy hair.

To keep up with Velarde and the latest on Deseo Salon & Blow Dry, visit [www.deseo.space](http://www.deseo.space) or check out them out on social media.

## Betcha Didn't Know

Sale prices are on the rise in Denver, but especially in Jeff Park and the Highlands area. A recent report showed a median sales price for homes in the 80211 zip code at \$462,250, while the rest of Denver County has a median sales price of \$265,000. The median list price for homes in 80211 was \$524,483. A typical home in 80211 sold after four weeks on the market, compared to just two weeks for Denver County.

Source: [places.findthehome.com](http://places.findthehome.com).



## Outdoor Exhibit to Bring Joy to Kids at Children's Museum

The Children's Museum of Denver (CMD) is offering a fun and interactive outdoor exhibit this summer. At our June 9th JPUN Meeting hear Jon Handwork, Senior Director of Guest Services & Facilities at CMD, will discuss Joy Park, one of the museum's newest exhibits scheduled to open June 13. The area will have rivers, waterfalls, bridges, tunnels, fort building, an apple orchard, sand dunes, and even a duel zip line. He will also discuss increased concerns regarding traffic and pedestrian flow in the area, since the museum expects to significantly increase attendance. The area is still under construction, but you can visit [www.mychildsmuseum.org/exhibits/JoyPark.aspx](http://www.mychildsmuseum.org/exhibits/JoyPark.aspx) for more information.

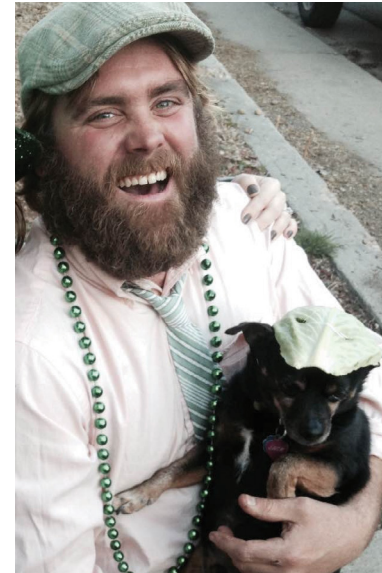


**COMMUNITY**

# There's a New Gardener in Town

By Holley Petrick

The JPUN Community Garden has a new cultivator to tend to what's green. Local resident Michael O'Brien will be taking over as chair of the garden, which is located at 26th and Clay. O'Brien has lived in Jeff Park for three years and is excited to manage the space and become more involved in the neighborhood. His background will serve the garden well, thanks to his degree in sustainable food and farming from the University of Montana and his career as a contractor in the area. "I love to be outside and I am passionate about gardening. It's amazing to watch what you nurture in the ground become healthy, vibrant, and delicious food," he remarked.



O'Brien proved how much he loved the outdoors when he was recently filmed for The History Channel's "River Men." He and a friend traveled 200 miles on the Copper River in Alaska in a wooden dory boat and their journey was documented for the show. The episode aired in April and is still available on demand through The History Channel.



Photo courtesy of Joan Bondy

The JPUN Garden is funded by Denver Urban Gardens (DUG) and although O'Brien encourages folks to bring in their own seeds and plants, he noted that DUG may have some seeds available as well. "Lettuce is a main focus right now. It's easy and quick to grow," O'Brien said. Since the garden plot is not very large, he is advocating neighbors to bring in potted plants especially. Join O'Brien and the neighborhood for some spring cleaning and planting on Saturday, June 6 beginning at 11 a.m. All are welcome. Email O'Brien at [mobrien1982@gmail.com](mailto:mobrien1982@gmail.com) with any questions or to become more involved in the community garden.

**HEALTH**

# BALANCING BITS Increase Your Oxygen Intake for More Energy

Full Circle Acupuncture  
By Rachael Rose  
[Rachael@fullcircleacupuncture.com](mailto:Rachael@fullcircleacupuncture.com)



As human beings on this planet, we have certain needs to give us life and vibrancy. If you are feeling full of energy, then stop reading. But if you would like to have more spring in your step, read on. Fatigue and irritability are common complaints I hear in my wellness center on a regular basis. Over the years of treating patients, I have found six common areas that are not in balance when we are feeling poorly.

- Oxygen**
- Water**
- Food**
- Sleep**
- Movement**
- Social Interaction**



Photo By Flickr user RelaxingMusic

This may seem like a silly and obvious list. You may be thinking, "Well I have all six of those in my regular life." It is the quality of these six that we can evaluate and improve. Over the next few newsletters, I will explore each of these components, and I invite you to examine the quality of these six in your own life. By improving even one of these, you can achieve more energy.

**Oxygen:** We receive oxygen by breathing, so examine the quality of your breath. Are you congested with allergies, breathing in brake dust because you commute, do you live in the brown cloud of Denver (okay, we all do if we are reading this)? Are you hunched over at your desk, compressing your diaphragm so you are not taking in deep belly breathes? To increase your oxygen consumption, sit up straight, put your hands on your belly and take a deep breath in through your nose all the way into your belly, causing your hands to balloon out. Now take a second breath like that, but this time, do not lift your shoulders up by your ears when you are taking that deep belly breathe. There is physiological reason breathing deeply assists relaxation; breathing deeply like this exposes the lower lobes of your lungs to oxygen. The cells in this part of your lungs will send a signal to your brain that you are "safe." This calms your central nervous system. Think of taking some deep breaths when you are stressed or fatigued.

If you want more information about how Chinese Medicine can help you to improve these six features for a healthy and vibrant life, please contact me, Rachael Rose, a licensed acupuncturist, at Full Circle Wellness on 23rd, in-between Federal and Eliot. You can visit [fullcircleacupuncture.com](http://fullcircleacupuncture.com) or call (303) 480-0080 to make an appointment or for more information. Be healthy and balanced.





**WhatSUP** with Dana the Denver Newbie  
Dana Slagle | dmslagle@gmail.com

## Learning Mountain Biking Skills Can Make All the Difference

By Dana Slagle

Most people ask if I moved to Colorado for work reasons. Nope! I moved for fun and adventure. My newest adventure is in mountain biking. I literally jumped in head-first. Ouch. Then realized I needed to take a step back. Mountain biking is fun, but you need to know what you are doing. If you are new to the mountains or if you are a native who wants to learn to enjoy mountain biking, I discovered a few tips that will help. I learned three key things during my first mountain bike adventure:

1. I should not have tried to learn to mountain bike while on the mountain.
2. I need a good bike and the right equipment.
3. I was going to love mountain biking.

After these discoveries, I did the following:


- bought a Juliana Bicycle, which is designed specifically for females
- enrolled in a "Mountain Biking Basics" class with REI
- practiced mountain biking on some fun, less challenging trails like the Lower Meadow Trail at Elk Meadow Park in Evergreen, <http://jeffco.us/open-space/parks/elk-meadow-park/>



To see photos of the bike and the REI class, visit <http://www.whatsupwithdana.com/mountain-biking-adventures/rei-introduction-to-mountain-biking-class>. And throw me a "like" Facebook if it resonates with you.


With so many beginner mountain bikers moving to Denver, REI saw a need to hold this basics skills course class. I am thrilled that they did because I personally don't have a death wish and I was glad to work on my biking skills. REI's class provided a good starting point for me. The class was fun, informative and gave me the opportunity to meet other beginner mountain bikers. The class was held in an area that was safe and not too challenging. The beginner trails still gave us the opportunity to learn basic skills like changing gears while going uphill and how to break coming down hill. We also learned basic terminology and mountain bike etiquette.

The Denver REI flagship store offers other courses related to mountain biking including mountain bike maintenance. If you would like to take advantage of the basic mountain bike course check out <http://www.rei.com/outdoorschool/search?location=80211&radius=100&activity=22> for dates and times. Happy biking!



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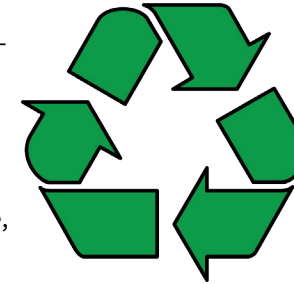
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## Denver's First Recycling Drop-off Center Opens

The city of Denver is now offering a new place to recycle broken branches, bottles, paper and cans. Denver Public Works opened its first recycling drop-off center, located at Quebec and Cherry Creek Drive South. The center opened May 12 and accepts recyclables, yard waste, and organics. The new recycling drop-off center is open Tuesdays through Fridays, from 11 a.m. to 5:30 p.m. and Saturdays from 9 a.m. to 3 p.m.



The opening of the drop-off recycling center marks another milestone toward implementation of Denver's Solid Waste Master Plan. It also provides more options for apartment dwellers who are ineligible to participate in the city's recycling program, as well as Denver residents who would like to compost, but do not have composting offered in their neighborhood as of yet.

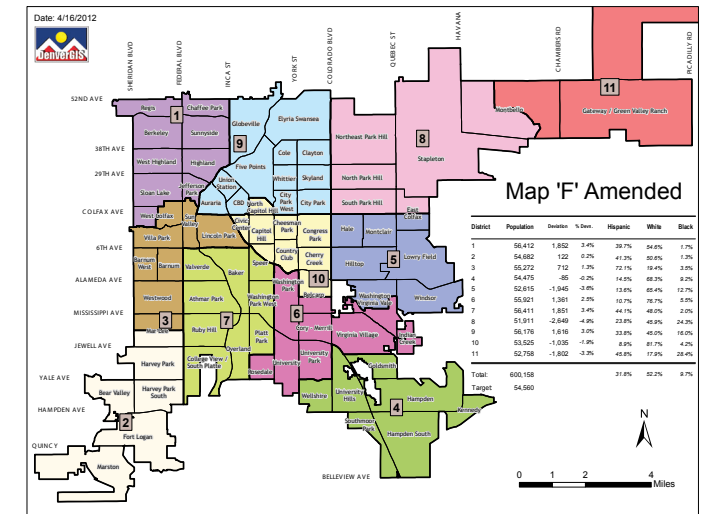
Denver also provides limited branch pickup through its regular trash collection service. Trash cart and manual service customers can tie loose branches in bundles no longer than four feet in length and weighing no more than 50 pounds. No branches may exceed four inches in diameter. A maximum of 10 branch bundles per household will be collected every three weeks. Do not place branches in your city-issued black trash cart and place at least two feet away from the black cart when setting bundles out for collection.

Dumpster service customers can tie loose branches in bundles no longer than four feet in length and in bundles weighing no more than 50 pounds. No branches may exceed four inches in diameter. A maximum of five bundles of branches can be placed in dumpsters at a time. Customers with more branches should hold those branches for their next LIP collection. During LIP week, residents may place up to 10 branch bundles (meeting the above standard) in the alley, at least four feet from their dumpster. Please note that branches picked up through regular trash collection service will not be recycled.

### Important Reminders:

- Property owners are responsible for cleanup of debris from trees on private property and from trees within the public right of way adjacent to their property.
- Property owners are responsible for the pruning needs of private property trees and the pruning needs of trees within the public right-of-way adjacent to their property.
- If you have general questions about the condition of a public-right-of-way tree, you can contact Denver Forestry for an opinion at [forestry@denvergov.org](mailto:forestry@denvergov.org)
- For trees on private property, citizens can visit [www.denvergov.org/forestry](http://www.denvergov.org/forestry) for a list of licensed and insured tree care contractors. It's a wise practice to make sure any tree care contractor is licensed and insured.
- If emergency removal of a fallen branch is needed to clear a street, the city can assist though an established on-call contract; however, the cost of the work will be billed to the responsible property owner.

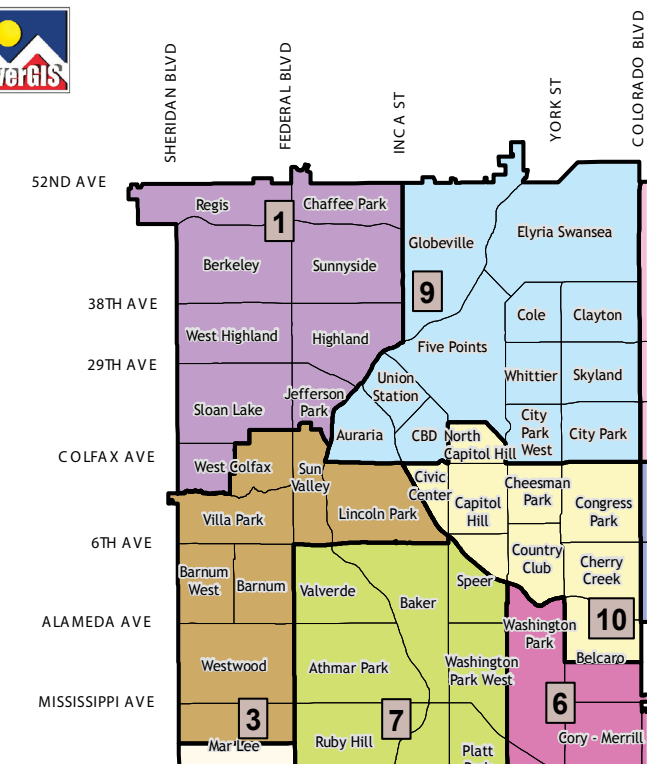
## Jeff Park Now Split Between Districts 1 and 3



Meet your new Councilman Paul Lopez from District 3 at the next JPUN General Membership Meeting on Tuesday, June 9 from 6:30-8:00 p.m. at the Riverside Church rear chapel. Jefferson Park's other councilman has added Sun Valley and Sports Authority Field at Mile High within his district as of April 30. Hear his views on the future of Sun Valley and surrounding neighborhoods to the south.

City Council redistricting is a requirement every 10 years under the city's charter, re-drawing boundaries based on the decennial census population figures to give each district an equal number of people. Our current re-districting came after a nearly eight-month debate over boundaries.

Date: 4/16/2012



[http://www.denvergov.org/Portals/695/documents/CB12-0286\\_Map%20with%20Stats%20as%20filed.pdf](http://www.denvergov.org/Portals/695/documents/CB12-0286_Map%20with%20Stats%20as%20filed.pdf)

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