



JEFFERSON PARK NEWS

www.jpun.org

A PUBLICATION OF JEFFERSON PARK UNITED NEIGHBORS



GROUPS

JPUN General Membership Meeting

Second Tuesday of every month
Tuesday, May 10th, 6:30-8 p.m.
Riverside Church
2401 Alcott St. | Rear Chapel
info@jpun.org
All are welcome

Land-Use Committee Meeting

Second Thursday of every month
Thursday, May 12th, 6:30 p.m.
Zocalo office
22nd Ave. & Decatur St.
davidrsolo@yahoo.com
All are welcome

MAKE A TAX DEDUCTIBLE GIFT TO SUPPORT JPUN

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

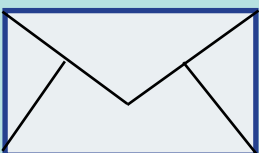
Get neighborhood updates at www.jeffersonpark.nextdoor.com and JPUN.org

E-Newsletter Drive

If you want to "go-green," or perhaps you live in a secure building where volunteers can't distribute complimentary copies of the newsletter to every doorstep, please consider signing up for JPUN's electronic color newsletter.

You may continue to receive a hard copy of the newsletter from time to time. Feel free to share this with a friend, a new neighbor or consider posting a copy in your building's common area to keep everyone in your complex abreast of what's happening in Jeff Park.

Send your e-news request to jeffparknews@gmail.com and type "E-NEWS PLEASE" in the subject line.



JEFFERSON PARK DAY: Community Clean-Up

JPUN's annual neighborhood clean-up and community picnic is scheduled for Saturday, May 21 from 9 am to 2 pm

JPUN invites you to join your neighbors at the park for a Saturday full of neighborhood cleaning and family friendly festivities like face painting and pinatas. Enjoy a burrito and local coffee in the morning, join a team to clean up around the neighborhood, then come enjoy a picnic lunch spread provided by Riverside Baptist Church. It's a great opportunity to come meet your neighbors - new and old - while contributing to the community and hearing what's abuzz around Jeff Park.

MEET AT 9:00AM AT THE PAVILION

Breakfast burritos and coffee will be served!

FREE LUNCH AT THE SOUTHEAST PARKING LOT OF RIVERSIDE BAPTIST CHURCH

(PARKING LOT BEFORE 1-25 EXIT)

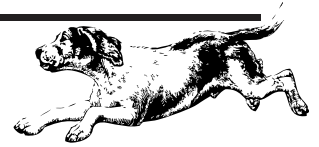
Free Lunch for everyone! Face Painting and a pinata for the kids!

JEFFERSON PARK — ANNUAL — COMMUNITY CLEAN-UP

JEFFERSON PARK PAVILION

MAY 21ST, 2016 - 9:00AM TO 2:00PM

HAVE FUN - IMPROVE YOUR NEIGHBORHOOD! FREE FOOD AND COFFEE - FACE PAINTING - PINATAS

**Cricket****2016 JPUN Board Members**

Michael Guiietz (<i>President</i>)	Kym Foster
Jeff Archambeau	Jill Folwell
Nathan Adams	Justin Potter
Brian Aggeler	Matt Ruhland
Fred Blythe	Scott Shea
Nicole DeJarnatt	David Solomon

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

Looking For Writers and Deliverers

* See Page 4 For Information on the Editor Position*

Advertise With Us!

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

Full Page Ad: \$210.00
1/2 Page Ad: \$150.00
1/4 Page Ad: \$70.00
1/8 Page Ad: \$50.00

Rates Subject to change.

COMMUNITY RESOURCES

Police, Fire or Medical - EMERGENCY	Dial 9-1-1
Gas Leak or Electrical Emergency - Xcel	800-895-4999 select #1
City of Denver 3-1-1 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

Cut this out and store it somewhere for quick reference!

All copy/photos/advertisements submitted to our Jefferson Park United Neighbors Newsletter will be edited and reviewed by our volunteer staff for style, grammar and content. JPUN reserves the right to refuse publication of any submitted material that does not meet our standards for a positive, educational community newsletter



Cricket is a 2 year old Rat Terrier mix. She is the sweetest little thing and completely obsessed with her ball.

She loves to sit in the window and verbally assault squirrels in her free time.

You should see this picture in color! Sign up for our e-newsletter by emailing jeffparknews@gmail.com with "E-NEWS PLEASE" in the subject.

**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.

COMMUNITY COOK-OFF

Foodies of Jefferson Park: Join your neighbors in preparing a delicious new recipe each month!

ROSEMARY PARSNIP FRIES

RECIPE BY SIERRA SCHWARTZ

Whenever I'm looking to mix-up my dinner side-dish, I turn to parsnips. These root-vegetables are sweet and textured, and make for an adaptable adder to any meal. I would describe them as a mix between a carrot and sweet potato, and work well in anything from stews to purees and provide a large dose of Potassium and Vitamin C.

INGREDIENTS:

- Parsnips, 5-6
- Grated Parmesan, 1/4 Cup
- Dried Rosemary, 2 TBSP
- Olive Oil, 1TBSP
- 1-2 Pinches of Salt and Pepper, to taste



INSTRUCTIONS:

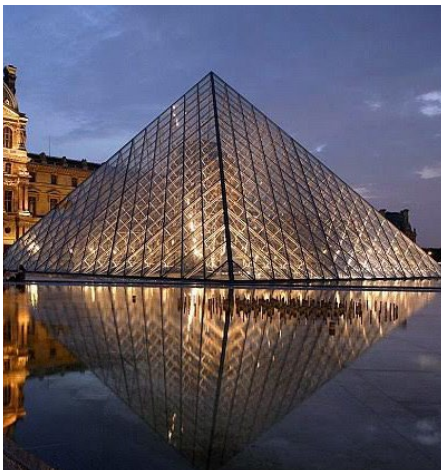
- Preheat the oven to 300 Degrees fahrenheit.
- Wash the parsnips well to remove any remaining dirt. Pat dry.
- Cut the parsnips into fry shapes, around 3" long. Normally you'll get 1 serving from 1-2 parsnips, depending on the size.
- Mix the parmesan, rosemary, salt and pepper in a small container. Mix well, pressing the mixture into the bottom of the container to release the oil in the rosemary.
- Coat the cut parsnips thoroughly in oil. *I recommend putting the parsnips into a large tupperware container, coating them, then shaking the container with the lid on in order to coat.
- After the parsnips are coated in oil, coat them in the parmesan mixture.
- Bake on a metal cookie pan for around 35 minutes, slightly shaking the pan 1/2 of the way through to flip the fries.
- Let cool for 5 minutes before serving.

For an extra kick, serve with Sriracha Mayo (1 part Sriracha to 3 parts mayo.)



Foodies of Jefferson Park: Join your neighbors in preparing a delicious new recipe each month! Do you have a recipe you think others would enjoy? Submit it to jeffparkads@gmail.com for a chance to be featured! *Include pictures if possible!

BETCHA DIDN'T KNOW



Our beloved 16th Street Mall was designed by master architect I.M. Pei, who also designed the glass pyramid outside The Louvre museum in France. Since its opening in 1982, the 16th Street Mall has become one of the Mile High City's main attraction for tourists and Denverites alike.

Sources: <http://www.historicdenver.org/programs/16th-st/>

Band Photo by user Pcharles, Wikipedia

Louvre Photo by Getty Images



PICTURE THIS: THEN VS NOW



The Robert W. Steele Gymnasium opened its doors in 1914. The facility offered classes, team sports, and various activities.

Source: <https://history.denverlibrary.org>;

Photo source: Denver Public Library Digital Image



102 Years Later: The building, located just north of Federal Boulevard, has since been home to Colorado Uplift, a non-profit organization benefitting urban youth.

Photo source: Google Earth

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

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BUSINESS BANTER

5 Minutes with Allison Benner & Danielle Vance

Owners-Highlands Wellness Center

2543 Eliot Street Denver, CO 80211

303-948-1143

www.highlandswellnesscenter.com



How long have you been in business? 6.5 years.

Number of employees? We have five practitioners in our wellness center.

Why did you choose your Jeff Park location? For five years we had our business at 32nd and Zuni. We love how much easier the parking is at Jeff Park.

How can your business benefit the residents of Jefferson Park? We offer a wide range of holistic healthcare services:

Acupuncture, Massage Therapy, Psychotherapy, Rolfing, Acupressure, Yoga Therapy, Breath Work, and Meditation.

Are there any unusual or unique things about your business that you'd like readers to know about? Our veteran practitioners specialize in all manners of therapy for your mind and body. Whether you are in need of pain relief, mental balance, or are simply looking for a way to enhance your overall well-being, we look forward to helping you achieve your health goals. Our center offers a broad array of services and we are happy to help you figure out what combination of treatments will best fit your individual needs.

What do you like most about doing business in Jefferson Park? We love our location. It is central, quiet, nearby great restaurants like Sartos, cute coffee shops like 2914 Coffee, and some beautiful 1880's era architecture.

What is the most challenging part about running your business in Jeff Park? So far, 1.5 years in, Jeff Park has been great. We just hope the parking stays nice and accessible for us and our clientele.

What do you think about all the changes going on in Jefferson Park? We are excited more people are finding out about what a great place Jefferson Park is to live and work.

What's next for your business? Currently we are focused on offering more private yoga and meditation sessions for people who want to learn yoga and meditation for a rehabilitative reason or in a more personalized environment.

COMMUNITY



ONE DAY – TWO TIMES THE VALUE!

Denver Recycles' annual Free Mulch Giveaway & Compost Sale will be on Saturday, May 7, 2016.

For information on site locations and event hours, visit DenverGov.org/DenverRecycles.

WARM WEATHER BICYCLE ALERT

Please secure your bicycle with a good quality lock. If you park or walk into a garage, please make sure that no one "tags along" and follows you into the garage when they are not supposed to be in there. If you keep your bicycle in a garage that is accessible by many people, ALWAYS keep your bicycle locked up.

JPUN will be passing out "Bait Bike" stickers at JPUN Clean Up Day Sat., May 21. Denver Police Department's Bait Bike program helps to deter bike thefts within our community.



A Path of Noise, How Train Noise Affects the Community

By Andrea Garbrecht

The development of Colorado has been significantly impacted by railroads and trains. Denver railroads first appeared in the 1870s. Union Station, first opened in 1881, is a major point of travel as well as a destination for many tourists. Trains are truly a rich part of the city's past and present, but Jefferson Park residents are experiencing some of the negative side effects of nearby train tracks. Residents like the Bradley family are fed up with the train noise that rings through their house at all hours of the night. "I am mortified by the sound and the length of the train horns. When we asked neighbors about it, they told us they 'just got used to it.' That is not acceptable to me," says Cary Bradley.

In 2005, the Federal Railroad Association (FRA) passed a rule regarding train horns. The Train Horn Rule states, "Locomotive engineers must begin to sound train horns at least 15 seconds, and no more than 20 seconds, in advance of all public grade crossings. The horns must follow a pattern of two long sounds, one short sound, and one long blast. These four horns must sound before the train enters the crossing, and are between 96 and 110 decibels." (<http://www.fra.dot.gov/Page/P0105>). For comparison, a jet at take-off is 100 decibels (<https://www.chem.purdue.edu/chemsafety/Training/PPETrain/dblevels.htm>).

The FRA defends the noise saying that when train horns, flashing lights, and gates are used together at crossings, it is a highly effective way to prevent accidents. The use of the locomotive horn at crossings is also an important safety warning to pedestrians and motorists who are near the crossings. The FRA's research has shown that there is a 66.8 percent increase of incidents in crossings with automatic warning devices of only flashing lights and gates (<https://www.regulations.gov/#!documentDetail;D=FRA-2016-0010-0001>).

Some communities across the nation have implemented railroad crossings "quiet zones" so that train whistles do not disturb neighborhoods in the middle of the night. A quiet zone is a segment of the railroad that stops the locomotive horns from sounding at approved crossings.

Local government must be involved in creating a quiet zone for a neighborhood by either demonstrating there is no safety risk to passers-by without the horn or implementing measures to reduce risk associated with the lack of a train horn. If this is feasible, the request for a quiet zone must then be approved by the Federal Railroad Administration. "A request for a quiet zone has already been made, but it was shut down. Creating a quiet zone requires a change in so many things. It is important that interested neighbors make this a strong community endeavor," said Councilman Raphael Espinoza.

Local government does have the train noise on the radar, but the process of getting a quiet zone approved is not a swift one. First, there must be a budget request with infrastructure numbers. Then, the mayor must put this into the budget. After Colorado U.S. Senator Michael Bennet advocated for change in the train horn rules, the FRA has planned a review of the regulation on train noise (<https://www.bennet.senate.gov/?p=release&id=3615>).

From now until July 5, the FRA is looking for comments from communities that are affected by train horn noise. If you would like to read the FRA's review and leave a comment, please visit www.regulations.gov and type in 2016-04831 to the search.



Photos By Flickr User Marcus Winter

BALANCING BITS

Springtime Meditation for Problem Solving

By Rachael Rose

rachael@fullcircleacupuncture.com

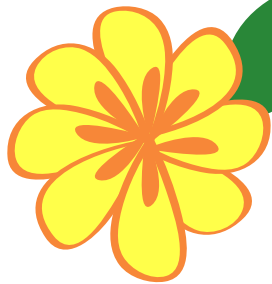


For those of us fortunate enough to have an acute sense of smell, the distinct aroma of spring is most definitely in the air. That wonderful spring smell is the combination of fresh cut grass, warming soil temperatures and young blooming flowers and trees (my apologies to those of you with allergies). The earth is waking up and new life is sprouting through the ground; creative energy is all around us.



Do you have a problem that you need to solve? In Chinese Medicine the element of spring falls under the heading of the wood element and when we are energetically in balance, creative energy is at its highest. This is a terrific time to come up with solutions to problems or to dream up ideas that may improve our lives. The greatest thing about our minds is that we typically possess the answers to our problems. The trick is knowing how to

access those answers. Ruminating about what to do as we lie in bed at 3 in the morning is typically not the best way to come up with solutions.

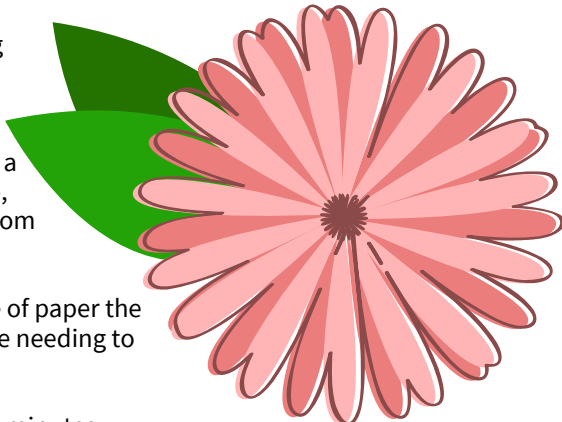


Issues can vary greatly. I have a coworker that is giving me trouble, how do I handle it? I don't have enough storage in my kitchen, how can I arrange things differently? How do I cure writer's block?

What do I get my aunt Nellie for her birthday? How do I manage my lower back pain? Whether your question is big or small, spring is a wonderful time to tap into the creative energy of the season to create solutions to your problems.

Try this meditation every day for 21 days. Your answer is waiting for you.

Pick a blooming flower. If your neighbor is stingy with their lilacs, pick a dandelion, tulip, or whatever bloom you can find.



Write on a piece of paper the question you are needing to answer.

Set a timer for 5 minutes

Sit comfortably and hold the bloom in your hand. Close your eyes and smell your flower. Notice how the stem, leaves and petals feel in your hand.

Set the flower down and look at it, focus on its petals, how the bloom attaches to the stem, perhaps there is a leaf on your bloom. Gaze at the veins on the leaf.

Close your eyes and focus on your breathing.

Focus on taking long inhales, pause, long exhale, pause, long inhale.

Notice how the sound of your breath has changed.

Continue listening to your breath until the 5 minutes are up.

The answer may or may not come to you during your meditation time. In fact it probably will come at another time of the day, perhaps later in the afternoon or in a dream in the middle of the night. If you don't get an answer, at least you have enjoyed the spring time flowers for 4 weeks.

Rachael Rose is a licensed Acupuncturist practicing in the Highlands since 2004. To contact Rachael go to her website fullcircleacupuncture.com or call (303)480-0080

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Construction in Your Neighborhood



West Jeff Park

A development designed with privacy in mind. Beautiful 1926-1667 SQFT floorplans feature two or three bedrooms, enhanced by two full and one or two half-baths. Convenient attached garages are standard. Ground level en-suite bedrooms, covered patios, and balconies are available. Rooftop decks crafted for relaxation and entertaining top it all off.

www.WestJeffPark.com



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NEIGHBOR OF THE MONTH

Katrina Shreve

Occupation: Owner of Bare Medicine and creator of Bare Essentials products.

Rent or own? Rent.

How long have you lived in Jeff Park?
As of February, just a couple of months.

What is one word to describe our neighborhood?
Convenient.

Favorite business in Jeff Park: The HeART of Loving, Vicki Koritnik is amazing!

Favorite restaurant in Jeff Park: Well it WAS La Loma but now I'm open to suggestions.

Hobbies & interests: Botanical Medicine, Bodywork, cooking, and the great outdoors.

What is the best part about living in Jeff Park? I love having so many parks close by, and so do my dogs.

What is your opinion on all of the development in our neighborhood? I wouldn't want to shovel off a roof top patio in the winter, but I'm optimistic about it.

What is something about you that most people do not know? I have rescued countless wild and domestic animals, including a Tarantula, a few Raccoons, a miniature calf, and several types of lizards.



WE WANT TO
SPOTLIGHT
YOU!

Would you like
to be neighbor of the
month or know
someone to spotlight?

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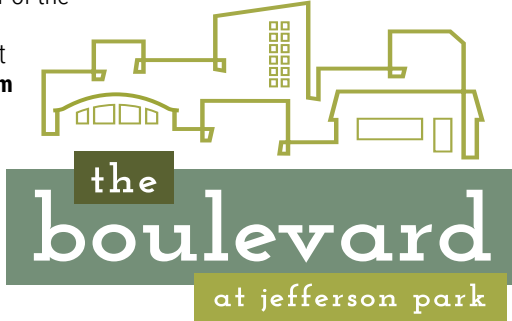


NORTH DENVER DESIGN / BUILD SINCE 1995

COMMUNITY

BIZ on the BOULEVARD By Leslie Twarogowski

Co-executive director of the
Federal Business
Improvement District
www.bizontheblvd.com



Thank you to all who joined us at our gathering at Sexy Pizza on April 21st! New neighbors, old neighbors, business owners, and friends of the BID gathered for free pizza and lively discussions at Sexy Pizza. We hope you'll join us for our next meet-up this summer!

The BID has been asked to join a stakeholder committee reviewing the Federal Boulevard Corridor-Wide Plan, a plan by the City of Denver to enhance our boulevard. Over the next several months, we will take part in many meetings regarding different aspects of the Plan, and in the meantime, you can make your voice heard. If you have suggestions to improve Federal, Public Works has a brief survey you can fill out online; the survey and more information can be found at denvergov.org/federalcorridor.



It's finally here! May 14th is our first Jefferson Park Farm and Flea Market of 2016, and we couldn't be more excited. We will close West 25th Avenue to traffic in order to welcome local vendors and live entertainment.

At the market, the BID will distribute FREE VEGETABLE SEEDLINGS to attendees to help jump start your home garden. Later in the season, when your vegetables are grown, you can bring them back to Market for trade-in "Bounty Bucks" which can be spent at the Market.



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Apply For Denver's Sustainable Neighborhoods Program

Denver Environmental Health is soliciting applications from residents and neighborhood organizations for Denver's Sustainable Neighborhoods Program. The Sustainable Neighborhoods Program encourages and supports residents in designing and leading community projects that enhance the environmental and social strength of their neighborhoods. Neighborhoods earn credits for these projects with the potential of achieving City Sustainable Neighborhood designation.

Two neighborhoods will be selected to participate this spring. They will join the 8 participating neighborhoods: West Colfax, North City Park, Chaffee Park-Regis, Barnum, Villa Park, Green Valley Ranch, Baker, and East Montclair. Participating Sustainable Neighborhoods will earn credits for achieving sustainability goals by completing projects such as offering xeriscaping workshops, holding work days at a local community garden, installing artwork in neighborhood alleys, or getting neighbors to commit to making their homes more energy efficient.

Depending on the number of credits earned in a given year, neighborhoods can be designated as a "Participating Sustainable Neighborhood" or an "Outstanding Sustainable Neighborhood." Neighborhoods receive in-kind support from the City, in the form of outreach materials, printing, venue fees, and staff time to assist with outreach and project development. If you are interested in helping Jefferson Park participate please email info@jpun.org.



Photo by Flickr User University of Exeter



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Drinkin' Good in the Neighborhood

Jefferson Park's newest neighborhood pub
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BIKE, WALK OR BUS

The Big Wonderful - Opening Weekend

Friday, May 6;
Saturday, May 7
2500 Lawrence Street
www.thebigwonderful.com
Cost: \$5 - \$25



Home to seemingly endless outdoor fun, The Big Wonderful is a great way to spend one of those gorgeous Denver days. Whether you're with the family, on a date, or just hanging out with friends, this outdoor party is a must-visit. Be sure to grab your best hat and stop by their Derby Day celebration on Saturday, May 7.

The Scarlet Letter

Saturday, May 7;
Tuesday, May 10;
Friday, May 13;
Sunday, May 15



Ellie Caulkins Opera House 1835 Curtis Street, Denver
Cost: \$20 +
www.operacolorado.com

Take in a live performance of America's first great tragic novel. Lori Laitman brings you the drama and tragedy of the 1850 novel, live on stage.

Denver Day of Rock

Saturday, May 28
16th Street Mall, Denver
www.denverdayofrock.com
Cost: Free



Get your live music fix and help the community at this one day block party featuring various musical acts. This music festival, benefitting Denver-based nonprofit Amp the Cause, will be held along the 16th Street Mall on Memorial Day weekend.

Cinco de Mayo

Saturday, May 7; Sunday May 8
Civic Center Park, Denver
www.cincomayodenver.com
Cost: Free

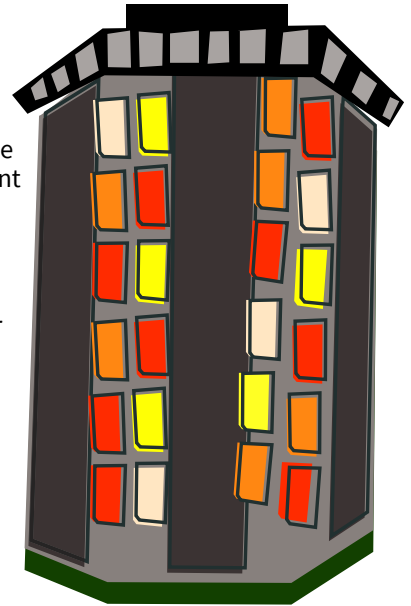


The 29th annual festival celebrates latino culture, its namesake commemorating the 1821 date on which an outnumbered Mexican army defeated French forces in the town of Puebla. The two day festival will feature live entertainment, authentic food, and a traditional parade on Saturday, May 7, beginning at 11:00 am.

COMMUNITY

Tiny Turntable Studios Made Modern in Denver's list of Must-See Places During Doors Open Denver

Built in 1964, Turntable Studios is a 13-story, 94,000-square-foot adaptive reuse of the former Hotel VQ. Turntable is the first micro-apartment project in Denver with a total of 179 units ranging from 330 to 820 square feet. Each unit includes a kitchen, bathroom, city or mountain view, Juliet balcony and multiple built-in components to maximize functionality and efficiency of space.



Address: 1975 Mile High Stadium Cir

Architect: JNS Design



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