



JEFFERSON PARK NEWS

www.jpun.org

A PUBLICATION OF JEFFERSON PARK UNITED NEIGHBORS



GROUPS

JPUN General Membership Meeting

Second Tuesday of every month
Tuesday, October 13th, 6:30-8 p.m.
Riverside Church
2401 Alcott St. | Rear Chapel
info@jpun.org
All are welcome

Land-Use Committee Meeting

Third Thursday of this month
Thursday, October 15th, 5:00 p.m.
Zocalo office
22nd Ave. & Decatur St.
davidrsolo@yahoo.com
All are welcome

JPUN Happy Hour

Thursday, October 8th, 6:30 p.m.
2785 Speer
info@jpun.org
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:
JPUN, 2606 1/2 River Dr.
Denver, CO 80211

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

E-Newsletter Drive

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

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

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

2785 Speer Partners with JPUN for October Happy Hour

JPUN’s newest neighbor is graciously opening their doors to our members in a grand way. We’ll be on a rooftop deck, complete with fire pits, a gaming area, pub and four televisions for those who can’t live without Thursday Night Football. We’ll also have great appetizers and drinks...it is Oktoberfest after all.

“We’re proud of our long-term relationship with JPUN and the Music @ Jefferson Park Concert Series,” said Rachel Smith, Community Manager for 2785 Speer. “As the neighborhood grows, it becomes even more important to help build a sense of place and community. We feel our partnership with JPUN helps meet that goal. We’re honored to host this event and let our neighbors see all that we have to offer.”

Attendees needing to drive should parallel park around the property and enter through the guest entry on Alcott Street. Look for signage and balloons leading to the event. Come meet your neighbors and enjoy some of the best views of Denver.



Photos by Michael Guietz



Photo by Michael Guietz

JPUN HAPPY HOUR
Thursday, October 8th, 2015
5:00 PM
Located at 2785 Speer

Historic Jeff Park Building Transforming into Brewpub

By Andrea Garbrecht



Although you may be able to see into the shell of the historic building on the corner of Clay and 23rd Street, that won’t be for long. The former bridal shop space is in the process of being transformed into a neighborhood walk-up brewpub. Kent Dawson, the owner of Briar Common Brewery + Eatery, has been closely following brewing trends as he prepares to open the newest Jeff Park brewpub. “The growth of breweries over the last decade has been interesting to watch. Brewers are getting creative and adding all sorts of new ingredients to their beers,” said Dawson. “I plan to keep true to the classics of beer, because they are balanced, drinkable, and offer great options for food pairing. The food will be healthy and fresh.” Dawson’s passion for beer is clear. He is even adding a kitchen to his brewery to give customers a complete dining experience. The food menu for his restaurant will be creative, work around the beer, and will provide recommendations on how to best pair food and drinks.

Dawson has been working with David Berton and Real Architecture to restore this Jefferson Park site. The building was first erected in 1890. ... **CONTINUED ON PAGE TWO**

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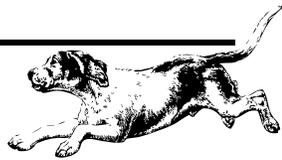
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All copy/photos/advertisements submitted to the Jefferson Park United Neighbors Newsletter will be edited and reviewed by our volunteer staff for style, grammar and content. JPUN reserves the right to refuse publication of any submitted material that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

**Jefferson Park
Pet of the Month**



GOOBER

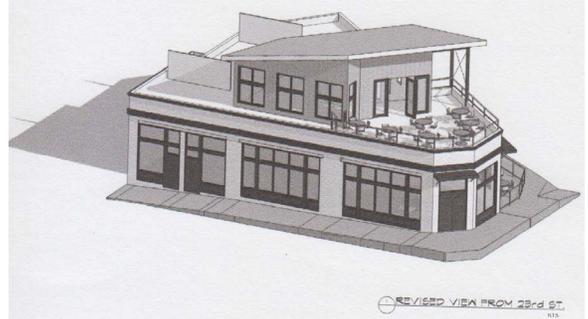
Hello, my name is Goober, and I am quite the adventure seeker. I love to go hiking, and have successfully completed Mt. Bierdstadt six times without my mom's help. When I am not spending my time outdoors, I fill my time with my household duties, such as terrorizing the neighborhood squirrels. I also sit on my back legs for hours on-end, hoping someone will eventually feed me.

I help look after my little brother, Butters. I enjoy heavy reading, such as "The Art of War" and "War and Peace," as I am quite the sophisticated man. See you around!



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.

Historic Jeff Park Building Transforming into Brewpub (Continued from Cover)



A rendering of the new walk-up brewpub, Briar Common Brewery + Eatery

...Over its 125-year life, the building has seen many changes. Dawson will restore the 23rd Street outdoor façade to its original glory by using as many bricks from the initial building and mimicking the window displays in their original fashion. "The building has been an anchor in the neighborhood for over 100 years. It has a unique history and the plan is to give it a new life," Dawson explained. The building's modernization will feature a rooftop patio with an additional bar on the second floor. This addition will give customers a fantastic view of Jefferson Park, downtown Denver, and Sports Authority Field.

After a year and a half of searching for an ideal location, Dawson carefully selected the spot at 2298 Clay Street; he has enjoyed seeing the growth and development in Jefferson Park. Customers are encouraged to bike, as the eatery will offer bike racks out front. Since the lot does not contain a parking lot, customers will have to look for street parking.



Construction happening at 23rd Avenue and Clay. Photo by Holley Petrick

Dawson aspires this to be a spot for neighbors to meet up and enjoy a beer together. Briar's beer creations will be exclusively sold at the eatery. Briar Common Brewery + Eatery is scheduled to open spring 2016.

A NEW COVER

Mayor Michael Hancock updated his Facebook cover photo after joining JPUN's first-ever Dog Days in August. The mayor joined the Jeff Park neighbors and their pets for a fun event in the park.



WALK, BIKE OR BUS THERE FROM HERE

Art, Apes, & Harmony
Tuesday, October 13, 6-10 p.m.
3200 Larimer Street, Denver
newnaturefoundation.org
Cost: \$45



The New Nature Foundation (NNF) strives to conserve wild animals and wild places through education, empowerment, and an emphasis on creative solutions that promote people living in harmony with nature. Infinite Monkey Theorem will be hosting this year's fundraiser at their Urban Winery. The silent auction features contemporary and antique African art & other outstandingly unique treasures. All proceeds benefit NNF's work in Uganda & Vietnam. \$45: 2 glasses of wine, food, & music. \$100 VIP: Winery tour, tastings, bonus pours, early entry and a Ugandan surprise.

Zombie Crawl
Saturday, October 17,
starting at 7 p.m.
Skyline Park, 16th Street
eyeheartbrains.com
Cost: FREE



This is an all-ages and free event. Everyone is welcome but please bring a non-perishable food item to donate to the Food Bank of the Rockies. Please register for this event. Organizers want an accurate count of attendees so we can set the World Record! Events include:

9:00 am - Organ Trail
12:00 - Makeup and costume help
12:00 - 3:55pm - DJs, Bands, Games, more!
3:55 pm - Thriller!
4:00 pm - Zombie Crawl Parade down 16th St.
(Skyline Park to California St., u-turn, and back to Skyline!)
5:30 pm - Costume Contests @ Skyline Park
6:00 pm - Zombie Crawl after-parties

Brass Under Glass Concert
Sunday, October 18
beginning at 4 p.m.
Denver Center for
Performing Arts
1400 Curtis Street, Denver
www.artscplx.com **Cost: FREE**



Free concerts every third Sunday, live from the Denver Performing Arts Complex Galleria. Bring a lawn chair and experience the magical surround-sound of the acoustically magnificent Denver Performing Arts Complex glass Galleria. It's a favorite performance space of ours, and it will surely become one of yours too.

Murder for Two
Mystery-Comedy
Varies
Garner Galleria Theatre & Bar,
1101 13th Street, Denver
www.denvercenter.org
Cost: \$25+



Direct from its smash Off-Broadway run in New York, Murder for Two is a hilarious 90-minute murder mystery musical comedy with a twist: one actor investigates the crime, the other plays all of the suspects and they both play the piano! Murder for Two is the winner of the Joseph Jefferson Award for Best New Musical and a Drama Desk, Drama League, Outer Critics Circle and Lucille Lortel Award nominee.

Healing Vibes Acupuncture & Wellness is now home to the beautiful Jefferson Park Neighborhood. Offering acupuncture, nutrition, massage, and vibrational healing, we strive to offer the best holistic healthcare, promoting both healing, and preventative medicine for your mind, body, and spirit.

Solve Your Back Pain Today.

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- Acupuncture activates innate natural healing and the effects are cumulative.
- Receive effective treatments to get rid of your pain.

Nutrition Saves Lives

Your daily food choices make a big difference in your health. Why is nutrition important, you ask? Most people already know that good nutrition and physical activity can help maintain a healthy weight, but the benefits of good nutrition go way beyond that. Good nutrition can:

- Reduce high blood pressure, lower high cholesterol,
 - Improve your well-being
 - Help prevent colds and flu by improving your ability to fight off illness
 - Increase your energy level,
 - Slow down premature ageing
- Not all foods are equal – the key is in the choices you make.

Call Today and Schedule an Appointment

720-689-5208

2931 W. 23rd Ave, Denver CO 80211



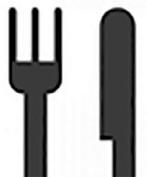
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2015
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WhatSUP with Dana the Denver Newbie

New Urban life in Denver? A few tips on downsizing – Apps you may not know about

Dana Slagle dmslagle@gmail.com

With thousands of people moving to Denver, I have to think that many are in the same boat as me - possibly downsizing so that they can afford to live in the city. I've always lived in the suburbs of eastern cities. The housing is more affordable, but if you are living in Jefferson Park you probably agree that city life has its advantages. It's worth downsizing. The question is how in the world do you get rid of your "stuff"? For me, it sure was stressful.

My situation: I was moving out of a 3,900 square-foot, five bedroom, two-car garage home with a fenced-in backyard (with my two dogs). However, I was moving into a loft-style, one-bedroom with no garage or yard in Jefferson Park. I had to downsize big time!

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First, I did the obvious, by getting rid of everything I didn't think I needed. Sorry, scuba suit, but since I haven't been more than five feet under water in 10 years, it's time to go. Goodbye sunroom furniture since the last "person" that sat on you was my dog Coco. See ya golf clubs because I use you once a year; I will rent you if I need you again.

After purging, I moved into my new place and was shocked when the moving truck arrived. I still had way too much stuff. It was overwhelming. After a couple bottles of wine and some tears, I reached out to a good online friend...

Tip #1: Tap into the unlimited storage ideas on Pinterest...a very helpful website. Pinterest (www.pinterest.com) and searched "storage ideas"... "small space living"

"studio living," and more. There were some really creative, practical ideas on how to store and organize in a small space. On a side note, Pinterest also had great ideas on best ways to move "fragile" items like jewelry and more.



Tip #2: Use Poshmark to sell clothes, shoes, accessories (www.poshmark.com). Even with maximizing storage space, I still had too many clothes, shoes, and accessories.

They were too nice to just throw away. A friend told me about an app called Poshmark, which allows you to sell (and buy) clothing, shoes, and accessories. I absolutely love this site. It is one of the most user-friendly apps I've seen. I was able to unload many of my clothing items on Poshmark and make a little money too. But what about things that wouldn't sell on Poshmark?



Tip #3: I had a great experience with Rags Consignment Shop (there are three locations, with one in Lo-Hi). You can drop off items or they offer a mobile option where someone picks up your things and takes them to the location which they think it will sell best at. Check them out at www.iloverags.com.



Tip #4: Selling sporting goods equipment/clothes/gear - I consigned some outdoor bags, clothes, boots at Wilderness Exchange (www.wildernessx.com/consignment). The store is only a few miles from Jefferson Park. Their website describes the type of items they accept.

Tip #5: Donate what you can't sell. You are obviously helping someone and you receive a tax write-off in return.

If you have any questions about my Tips above reach out to me at www.whatsupwithdana.com. I hope these tips are helpful to any of you who are laying in a mound of cardboard boxes in the fetal position. Welcome to Denver!!!

Letter to the Editor

False Claims Used to Justify Landmark Application

Over the past few months, there has been substantial controversy surrounding my home at 2329 Eliot Street. Four individuals submitted an application for Landmark Designation of my home against my wishes and have released numerous articles, press releases and social media posts defending their hostile application. What you need to know is much of what has been released has been misleading or outright false.

For example, the applicants have time and again claimed that my house was owned by William Anderson, the attorney for the infamous cannibal, Alfred Packer. This claim is fraudulent and simply untrue. Anderson was not Packer's defense attorney nor did he ever assist in any appeals or provide any legal services of any kind. Anderson had less than a 36-hour connection to Packer and did not own the home at 2329 Eliot during that association. He misrepresented himself as a stockholder of The Denver Post, a paper that was leading a charge to have Packer released in attempt to drive headlines, and swindled Packer out of a \$25.00 retainer. Upon learning that Anderson was not associated with The Denver Post,, Packer immediately wrote a revocation of this power of attorney, ending his short and fraudulent relationship with Anderson.

The applicants also claim my home to be a "pristine" example of Queen Anne architecture. My home is far from pristine, and is actually not a good example of Queen Anne architecture. Many of the exterior elements on my home are not original,



Jim Sonnleitner's home at 2329 Eliot Street. The Landmark hearing about its historic or non-historic status is set for Tuesday, October 6. Photo by Jillian Crandall

and the interior of my home is in complete disrepair. Comparing my home to the other Queen Anne homes that have received landmark designation, such as 2143 Grove Street, demonstrates just how far the applicants are stretching to justify their application. The fact that these individuals are fighting to strip me of my property rights is troubling. That they are disseminating misleading and false information in order to justify doing so is downright frightening. It seems the applicants will stop at nothing to force their agenda.



The Queen Anne home at 2143 Grove Street, which received landmark designation. Photo by Justin Archuletta

Please, come support me at the Landmark hearing Tuesday, October 6 at 1:00 p.m. in Room 4.F.6 in the Webb Building and speak out against this ridiculous attempt at "historic" preservation. You can also sign my petition at www.JimsPropertyRights.com.

Signed, *Jim Sonnleitner*

The views and opinions expressed in this Letter to the Editor are solely those of the author and do not necessarily reflect the official views, opinions or positions of Jefferson Park United Neighbors' General Membership, members of JPUN's various committees, or of those individuals serving on the JPUN Board of Directors. The publication of this Letter to the Editor does not in any way imply an official opinion or position on the subject matter. JPUN assumes no responsibility for the contents of this Letter to the Editor or for any of those previously published in the newsletter. JPUN does not regularly publish Letters to the Editor. All submissions will be reviewed on a case-by-case basis.

Denver Recycles Offers Tips to Reduce Waste This School Year

Denver Recycles is now partnering with Denver Public Schools (DPS) to provide recycling services and recycling education to all eligible Denver Public Schools facilities. Last school year, DPS students and staff recycled 1,130 tons of materials that would have otherwise ended up in a landfill! And, with a growing number of schools also adding compost collection to their lunchrooms, the number of total tons kept out of the landfill is growing larger each year. During the 2014-2015 school year, the 21 schools enrolled in the lunchroom compost program collected nearly 200 tons of food waste from their lunchrooms, which is more than 2,100 pounds per day.

Whether your child attends a DPS school or another school or university, the back-to-school season is a great time to reboot and restore good recycling and waste reduction habits at school and at home. Best of all, it's easy to reduce waste and support recycling here in Denver. Here are some helpful Reduce, Reuse, Recycle tips for the transition back into the school routine:

Tip #1: Pack lunches and snacks using reusable containers. You don't even have to purchase these containers new- before you recycle them, consider reusing yogurt containers or jars to package your lunch. Note: plastic bags can be reused, but they are not accepted in purple recycling carts.

Tip #2: Keep your purple cart in mind while shopping, and buy items that can be recycled. When purchasing food for school lunches, consider purchasing products that have minimal packaging, are sold in bulk, or come in packaging that can be recycled through the Denver Recycles program. For example, juice boxes can be recycled in purple carts, but juice pouches cannot.

Tip #3: Purchase recycled-content products. Many school and office supplies are now being made with post-consumer content. Be sure to read labels carefully and choose paper and plastic products made from post-consumer recycled materials. These products help close the recycling loop.

Tip #4: Reduce food waste and compost lunchtime leftovers. Encourage your child to bring uneaten food back home where you can either save it for another lunch or add it to your home compost system.

Tip #5: Become involved with school recycling programs. Many school recycling programs rely on parent volunteers. Contact your child's school to see how parents can get involved.

For more waste reduction and recycling information, visit DenverGov.org/DenverRecycles.



City of Denver Offers Resources for Development Inquiries



Denver is the fastest-growing city in the West with 100,000 people moving to our city in the past decade, and we are forecasted to see another 100,000 in the next 10 years. The rate of development since 2012 has been eye-opening; it reflects these demographic changes as well as the end of the recession - suppressed economic activity suddenly freed. How can you stay informed? Denver Community Planning and Development (CPD) has online resources to give residents quick access to information about planning and development in all Denver neighborhoods. Visit www.DenverGov.org/CPD to find up-to-date planning and zoning information about any property.

Where are rezonings being proposed? View a list and map of proposed rezonings at www.DenverGov.org/rezoning. You can view the map at a glance, or enter your own address to see if zone district changes are proposed near you. Rezonings are rare; of Denver's 175,000 property parcels, 34 of them were rezoned in 2014.

What are the site plans for a specific construction project? The site development plans map on www.DenverGov.org/maps displays information about projects involving new construction that have received site development plan approval from the city. It does not include single-family and duplex projects.

Do I live in a designated "Area of Change?" Visit www.DenverGov.org/Blueprint and go to the map to view current land use classifications across the whole city.

What city plans apply to my neighborhood? Visit www.DenverGov.org/planning and go to the map that allows you to search using your address. All plans, assessments and studies are available online.

What construction procedures are allowed? Although any project can cause temporary inconveniences for neighbors, every project must follow Denver's safety codes to minimize ill-effects on the community. For basic rules about construction projects, visit www.DenverGov.org/constructionprocedures. You can also call 311 to report construction-related code violations.

What about design? Zoning regulates building placement, height, bulk and use, but does not regulate aesthetics, which can be subjective. Some parts of Denver have additional design review through design standards and guidelines or zoning overlays; many were created by and are administered by a community group. See www.DenverGov.org/urbandesign.

How can I provide feedback to Denver CPD? Go to www.DenverGov.org/CPD and take CPD's survey to let us know about your experience with planning, permitting and development. How can I stay in the loop on planning and development news from the city? Sign up for Denver CPD's email newsletter by visiting www.DenverGov.org/CPD and clicking on "Sign Up for our Newsletter."



WHAT'S YOUR RETIREMENT NUMBER?

How much money will you need in retirement? For most of us, the answer is not at all clear. Retirement doesn't have to be a mystery. A five-minute calculation can help you determine the amount you may need to enjoy the lifestyle you want.

Contact us today to learn the answer to one of the most important questions for your retirement.



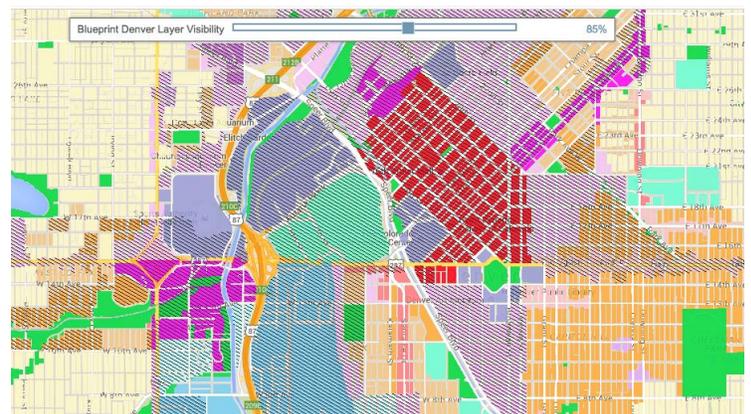
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Screenshot from: <http://www.denvergov.org/maps/map/blueprintdenver>

Denver Community Planning and Development urges you to become involved early and often in shaping your community. Become a part of your neighborhood organization. Learn about small area plans in progress now at www.DenverGov.org/plansinprogress. In 2016, when the city launches the update of the citywide Blueprint Denver plan and a citywide transit study, plug in early to share your perspective and learn from the perspectives of others. It will take all of us to get this right, and we need you.

Know How to Report Noise Disturbances

Loud noises can be frustrating, tiresome and inconvenient. Denver Environmental Health (DEH) investigates noise complaints and regulates the Denver Revised Municipal Code related to noise, Chapter 36. Complaints that DEH investigates includes construction noise, waste stream activity and amplified music.

To report a noise complaint, call 311 as soon as you hear or observe the disturbance. If the disturbance occurs outside of 311's hours of operations, which are Monday through Friday, 7 a.m.-5 p.m. and Saturday and Sunday from 8 a.m. to 5 p.m. Call as soon as possible in the morning. You will need to provide the following information: your name, address and phone number, the name and address of the establishment that is the source of the noise, and the date and time the incident occurred/occurs and a detailed description of the incident.

DEH will investigate the complaint after it has been reported to 311. An investigator may contact you to obtain more information and ask to set up equipment on your property to take measurements to determine if there is a violation. In some instances, a verbal or written warning may be given to the offending party. If noise violations are documented, an administration citation and/or a summons to court may be issued.

DEH does not enforce the following:

- Unamplified human voices
- Individually-owned barking dogs (complaints should be directed to Animal Care and Control)
- Moving motor vehicles
- In multi-unit dwellings such as apartment or condominiums where both the complainant and the noise source are located within the same building/structure
- On the same property where the complainant and the noise source are both located
- Any noise incident needing immediate attention

To report any of the above types of noise complaints, call Denver Police Department's non-emergency number, 720-913-2000. To report individually-owned barking dogs, call 311 and it will be directed to Denver Animal Protection.

Denver Recycles Offers Tips to Reduce Waste This School Year

Recycle Your Appliances - It's FREE and Easy!

Recycling your discarded appliances in Denver is now incredibly easy. Simply make an appointment, set your old appliance out for collection and wait for it to be collected from your home. Denver Solid Waste Management offers this service at no cost to residents to ensure that these discarded appliances are properly recycled in an environmentally safe manner. All metal components of the appliances are recycled and the Freon from refrigerated appliances is captured to prevent its release into the atmosphere. Remember, if your appliance is still in good working condition, consider giving it a second life by donating it to a thrift store before making an appointment to have it recycled.

To make an appliance collection appointment, you have two options:

1. Visit DenverGov.org/DenverRecycles and fill out the online appointment scheduling request form
2. Call 1-800-479-4159 to make an appointment over the phone.

Visit DenverGov.org/DenverRecycles for more information about appliance recycling and other programs offered by Denver Recycles.

Appliances accepted for FREE recycling include:
Refrigerators, Hot Water Heater, Freezers, Furnaces, Air Conditioners, Dishwashers, Washers & Dryers, Microwave Ovens and Stoves/Ovens

Drinkin' Good in the Neighborhood

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

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JeffersonParkPub.com
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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. Roof Top deck has a built in Fireplace and is Hot Tub ready! This beautiful home has just been completed and is available for immediate occupancy. Offered at \$730,000

www.OnJeffPark.com



West Jeff Park

A select community designed with privacy in mind. Two or three bedrooms, enhanced by two full and one or two half-baths, offer options from 1326 SF to 1657 SF. Hideaway ground level en-suite bedrooms, covered patios, and balconies are available. Rooftop decks crafted for relaxation and entertaining top it all off. Fabulous city, park, and mountain views complete these exceptional townhomes! From the Low \$500Ks

www.WestJeffPark.com



2768 W. 22nd Ave

Exquisite townhome right on Jefferson Park! At 1300+ SF, this property boasts 2 beds, 2.5 baths and includes a rooftop deck plus 3 patios! High-end upgrades include stunning cherry-wood, travertine flooring, and lots of natural light. This home is offered at \$487,999. Call today for more information or to schedule a showing.

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NEIGHBOR OF THE MONTH

Treasure Bailey

Occupation: Geologist
(and Environmental
Engineer/Geologist)

Rent or own? Own

**How long have you
lived in Jeff Park?** Six
years



What is one word to describe our neighborhood? Evolving

Favorite business in Jeff Park: The Jefferson Park Pub and Adam's Mystery Dinner Theater. The dinner theater is pretty funny. If you haven't been, you should check it out! It's a great thing to do in the neighborhood with visiting family.

Favorite restaurant in Jeff Park: The Fed

Hobbies & interests: Biking, hiking/camping, running, travel, eating cheese and drinking wine, especially with my husband Nate (pictured)

What is the best part about living in Jeff Park? You never have to drive! You can bike anywhere from here.

What is your opinion on all of the development in our neighborhood? Ooooh...I'm kind of over it to be honest. I love the revival of the 25th and Eliot area, but wish developers would quit tearing down old single-family homes with character and throwing up non-descript multi-unit boxes. The neighborhood is losing some of its charm and a lot of its diversity with all of the new development in my opinion.



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

COMMUNITY

Input Needed for Federal Blvd. Corridor Study

The Federal Boulevard Corridor Wide Study encompasses a portion of Federal Boulevard between Columbine Road to the north (near 54th Ave., just south of I-76) and Floyd Avenue to the south (just north of 285). This stretch of Federal runs from the neighborhoods Berkley to Littleton

In total, the corridor spans a distance of about eight miles. The Federal Boulevard study will analyze the opportunities and challenges of balancing the rich cultural fabric of the corridor with competing transportation modes.

Organizers hope to utilize community members' knowledge to pinpoint ways to improve transportation, safety, aesthetics, and economic development within the study area by discussing issues relating to economics, environment, community, and aesthetics. Your input is needed to improve our community. Visit <https://www.surveymonkey.com/r/52772VK> to participate in the study.

BUSINESS BANTER

5 Minutes With: Christopher and Nikki Mohaupt

Owners
Federal Bar & Grill

2544 Federal Boulevard,
Denver, CO 80211
(303) 728-9479
thefedbar.com



How long have you been in business? Federal Bar & Grill opened on May 4, 2013

Number of employees?
24

Why did you choose your Jeff Park location? We recognized Jefferson Park as the up-and-coming neighborhood with some great residents. We were excited to fill the need for a solid local bar and grill.



How can your business benefit the residents of Jefferson Park? It has always been our goal to be a gathering place for the neighborhood.

Are there any unusual or unique things about your business that you'd like readers to know about? We have 20 rotating taps of craft beer and a full kitchen until 11 p.m. daily. We serve brunch, along with our regular menu, on Saturdays and Sundays from 10 a.m.-2 p.m. We also have ping pong, shuffleboard, and a lot of bicycle parking.

What do you like most about doing business in Jefferson Park? The neighborhood has been very inviting and supportive.

What is the most challenging part about running your business in Jeff Park? For us, the challenge was not Jefferson Park, but Federal Boulevard. We decided not to run from our location though but instead, to embrace it. That is the reason we used Federal in our name. We want people to know that this is a new Federal Boulevard and we are happy to be a part of it.

What do you think about all the changes going on in Jefferson Park? Wow. It's happening so fast. It's hard to keep up with all the new things popping up. The variety of options coming into the neighborhood is very exciting.

What's next for your business? Of course there are always new beers being tapped daily. We like to change the menu up occasionally; it's fun to add a burger, sandwich, salad, or appetizer that is a little different than what you might find somewhere else. This was our first summer with the patio open, and we are making small changes and additions to it. Things are always changing for us. We don't want it to become stale or boring.

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 njeffparknews@gmail.com.

BETCHA DIDN'T KNOW

How Much Did It Cost to Create Our Park?

When Highlands joined as part of Denver in 1896, folks began lobbying for parks like those found in other parts of the city. While Capitol Hill had 550 acres devoted to parks, including the big jewel of City Park, Highlands had only four acres – all located at Chaffee Park. Although the city was spending \$70,000 annually to beautify Capitol Hill parks, only \$200 was being spent on the northwest side. Many in the northwest desired a park like City Park and wanted swimming pools and mountain views, but there was only so much money available. Two small parks, Jefferson and Highland, were bought for the price of \$28,000.

Source: *Images of America: Northwest Denver*
by Mark A. Barnhouse
Photo by Jeffrey Beall



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COMMUNITY

BIZ on the BOULEVARD By Leslie Twarogowski

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



What a great summer it has been, and we look forward to two great events coming up in October!

On October 10, the third Jefferson Park Farm and Flea Market will take place on West 25th Avenue. Just as we did for our August and September farm and flea markets, we'll close down the street to make way for local vendors, live music and food trucks. Chickens and goats will likely make an appearance as well. If you have any leftover backyard produce, please bring it to the market. The food will be donated to Bienvenidos Food Pantry.

On Thursday, October 15, the BID will host the Second Annual Fun on Federal Event. Tickets are \$10 and will allow patrons to sample food at Sarto's, The Federal Bar and Grill, Chili Verde and more! Adams Mystery Playhouse will also be providing free entertainment. We hope to see you there!

HEALTH & WELLNESS

Balancing Bits You Are What You Eat

Full Circle
Acupuncture
By Rachael Rose



rachael
[@fullcircleacupuncture.com](https://twitter.com/fullcircleacupuncture)

This is my third article of six, explaining how you can live a healthier life by making small changes based on the wisdom of Chinese Medicine. As a licensed acupuncturist, I have seen how people benefit by adjusting key pieces of the six vitals of life. The first article was about breathing in which I explained how taking deep breaths will calm our central nervous system and give our brains more oxygen. The second article emphasized the necessity for drinking plenty of clean water. Today's article is about food.

In my practice, I see how patients benefit from making small positive changes in these three major areas. Most recently, a patient suffering from insomnia and migraines implemented the deep breathing techniques, increased her water consumption and followed the basic guidelines outlined below. In just two months, she lost eight pounds (without trying), started sleeping through the night and her migraines decreased by 75%.

We cannot live without food; what we eat gives us the building blocks for our bodies. Interesting factoid: every seven years,

our bodies are totally different than they were seven years previous. All the cells in our bodies are dying and new cells are being created. We need fuel, or food, in order to make that magic happen. The helpful tips in this article are not going to be to buy organic, eat free-range meat, or drink fresh juice every day. These are wonderful things if your budget allows it; however, I want to offer tips that everyone can afford to do, and that you can start right now.

1. Stop eating refined sugar and products containing corn syrup. When you do this, you are going to be cranky and hungry for three days (my apologies to your loved ones). But then you are going to have more energy and a clear mind in the long-run. Our bodies have not evolved to eat these manufactured sources of sugar on a daily basis and remain healthy.

2. Cook a bunch of veggies on the weekends and put them in four separate containers (or use plastic sealing bags if you do not have containers). Then store them in the fridge for the week. When you get home after work, you have an instant snack.

3. Start the day with protein - a piece of leftover chicken from the night before, a boiled egg, or a handful of nuts. You will be hungry earlier in day, and this is a good sign that your metabolism is firing up.



4. Have a piece of fruit when you become hungry. It's much better for you than a donut someone brought into the office.

5. Sit down to eat your meals. This is the most important tip you can get from the wisdom of Chinese Medicine. When you sit, chew your food and savor the flavor of what you are eating. By doing this, you will digest efficiently and absorb more nutrients from your food than if you huffed it down in three bites in the car on your way home from work.

If you have any questions or have had any success using any of the suggestions in this article (or past articles) I would love to hear from you. Shoot me a quick email. Stay tuned for the next three articles in the series: sleep, movement, and social interaction.

Rachael Rose is a licensed acupuncturist practicing in the North West Denver Highlands since 2004.

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2015-2016 BRONCOS SCHEDULE

DATE	TIME	-VS-
Sunday Oct. 4 *HOME GAME	2:25 p.m. FOX	Minnesota Vikings
Sunday Oct. 11	2:25 p.m. CBS	Oakland Raiders
Sunday Oct. 18	11:00 a.m. CBS	Cleveland Browns
Sunday Nov. 1 *HOME GAME	6:30 p.m. NBC	Green Bay Packers
Sunday Nov. 8	2:25 p.m. CBS	Indianapolis Colts
Sunday Nov. 15 *HOME GAME	2:25 p.m. CBS	Kansas City Chiefs
Sunday Nov. 22	11:00 a.m. CBS	Chicago Bears
Sunday Nov. 29 *HOME GAME	6:30 p.m. NBC	New England Patriots
Sunday Dec. 6	2:05 p.m. CBS	San Diego Chargers
Sunday Dec. 13 *HOME GAME	2:05 p.m. CBS	Oakland Raiders
Sunday Dec. 20	2:25 p.m. CBS	Pittsburgh Steelers
Monday Dec. 28 *HOME GAME	6:30 p.m. ESPN	Cincinnati Bengals

PICTURE THIS: THEN VS NOW

School Time



The Boulevard Public School at 2351 Federal Boulevard was quite large, shown here sometime between 1910 and 1930. The school contained a swimming pool, a spacious principal's office, and many other well-appointed spaces. The 1883 and 1891 sections were torn down in 1962. As Denver moved into modern

times, new, larger schools were constructed to meet the demands of a populous major city, causing the Boulevard School to become irrelevant. Denver Public Schools sold the building to investors in 1983. The historic property was converted to 28 condominiums. Condos are found in the old gym space, in what were classrooms, and, in what is perhaps the prime unit, the former principal's office. Desks and other relics of the past remain in its hallways as a reminder of times long-gone. Added to the building are more contemporary amenities, such as balconies, patios, a community garden, and a laundry room. The old intercom system still remains for the benefit of Boulevard School's residents. Sources: *Denver Public Library* and www.boulevardsschoolcondos.org.



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.

BECOME A PART OF THE STORY

Send your stories, comments or ideas to our Jefferson Park Editor, Holley Petrick at 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 | Rates subject to change.

Full Page Ad: \$210
1/2 Page Ad: \$150
1/4 Page Ad: \$70
1/8 Page Ad: \$50

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

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 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