

## GROUPS

### JPUN General Membership Meeting

Second Tuesday of every month  
Tuesday, September 8,  
6:30-8 p.m.  
Riverside Church  
2401 Alcott St. | Rear Chapel  
[info@jpun.org](mailto:info@jpun.org)  
*All are welcome*

### Land-Use Committee Meeting

Second Thursday of every month  
Thursday, September 10,  
6:30 p.m.  
Zocalo office  
22nd Ave. & Decatur St.  
[davidrsolo@yahoo.com](mailto: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.  
For more information email [info@jpun.org](mailto:info@jpun.org)



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.

## Mayor Hancock Joins JPUN’s “Dog Days of Summer”

By Nicole DeJarnatt

JPUN teamed up with Jefferson Park-based Urban Vet Care on August 4 to host the inaugural “Dogs Days of Summer” event. The celebration—held in conjunction with National Night Out/Denver Days— included a community potluck at the Jefferson Park Pavilion, along with PAWsome activities and free schWAG for Jeff Park’s furry friends.

Urban Vet Care’s Betsy Feighner, DVM, along with four certified veterinary technicians, answered canine-related questions, set-up a kiddie pool where pups could cool their paws, and handed out Frisbees, bandannas and \$25 discount coupons for new clients.

Mile High Pup Stop’s Kerri Smith provided Broncos dog jerseys for complimentary pet portraits, which were snapped courtesy of resident shutterbug Jerry Olson.

The Pooch Mobile’s Melissa O’Bryant provided a mobile grooming station offering brush outs and aromatherapy sprays, while Robin from Mouthfuls presented guests with a variety of delicious homemade dog treats to sample.

Pizza Hut donated six pies, and volunteers from Riverside Church grilled up hot dogs and burgers to accompany the homemade sides and desserts neighbors brought to the picnic table. RiverClay residents Jacob Villarreal and Josh Garrett shared mouth-watering Sopapilla Cheesecake Bars that received rave reviews from diners. Find the popular recipe in this newsletter!

Two-legged residents mingled with local government officials, including Denver Police Department Commander Paul Pazen and District 1 officers, first responders from the Denver Fire Department, and park rangers from Denver Parks & Recreation.

Mayor Michael B. Hancock stopped by and spoke briefly to the crowd about the history of Denver Days, and applauded JPUN’s partnership with the City and its advocacy efforts in Jefferson Park.

“It is a powerful, powerful time in our city right now,” said Hancock. “Thank you guys for what you’re doing. I hope you’ll invite us back next year, and will continue to keep our neighborhoods safe simply by knowing each other and taking care of one another.” (... **CONTINUED ON PAGE 2**)



Denver Mayor Michael B. Hancock, local officials, first responders, and Jefferson Park neighbors gathered with their canine friends for the celebratory “Dogs Days of Summer” event and community potluck at Jefferson Park playground on August 4. *Photo courtesy of Michael Sapp - Mayor’s Office*



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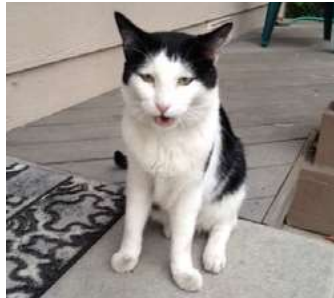
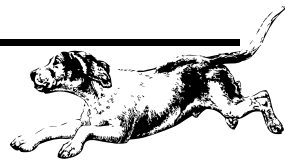
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All copy/photos/advertisements submitted to the Jefferson Park United Neighbors Newsletter will be edited and reviewed by our volunteer staff for style, grammar and content. JPUN reserves the right to refuse publication of any submitted material that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

## Jefferson Park Pet of the Month



### 24th AVE. CAT

Known to many as "Kitty," I am the 24th Avenue Cat of Jefferson Park. I reside mainly on the 24th block, between Eliot and Decatur, near several houses to the west. Although I roam free and love it, I am not feral and want to be clear about that. I am very friendly and loving when people call to me. I keep myself fairly clean, considering I have mostly white fur and I'm outside all the time. Many think I was abandoned or lost from my previous owner because I am so social.



Some very nice people on the corner of 24th and Eliot feed me every single day, but I've been known to catch a few small things

on my own too. I know which houses to visit for a petting and sometimes a treat or two (the editor of this paper included!). When winter is in full swing and temperatures drop drastically, my cat-loving neighbors will take me in to make sure I don't freeze. But I love being outside too much to become an indoor feline. Thank you to all the kind and thoughtful residents on the 24th Ave. block and to anyone passing by who is sweet to me. I appreciate it! See you around, - "KITTY."

Would you like to see your pet featured? Please send a photo and a few tidbits about your favorite pet to [jeffparknews@gmail.com](mailto:jeffparknews@gmail.com). JPUN reserves the right to edit all submissions.

## CONTINUED FROM THE COVER...

Hancock, who owns a teacup Chihuahua, posed for photos with four-legged residents and their PAWrents as well as vendors before heading to another Denver Days block party. According to Hancock, more than 225 neighborhood groups came together to celebrate Denver Days this year.

JPUN Co-President Michael Guiietz remarked, "It was a great turnout and fun to see so many neighbors and their pets come together to celebrate our great city. Events like these are truly important and just one example of how JPUN helps build and foster a sense of community, which leads to a higher quality of life for everyone residing and working in Jefferson Park."

Thank you greatly to everyone who came out and had fun with JPUN and Urban Vet Care at the park, especially the local businesses who graciously donated their time, talents, and products/services to make this event a HOWling success. Be sure to stop by and support them soon.



"Dog Days of Summer" pet photos available at:  
<https://www.dropbox.com/1/fxE1u1EA06Qz1JRjq322wi?text=3D1>

### "Dog Days of Summer" 2015 Participants:

- ▷ Daily Wag
- ▷ Denver Parks & Recreation
- ▷ Denver Police Department District 1
- ▷ Denver Fire Department
- ▷ Federal Bar & Grill
- ▷ Jefferson Park United Neighbors
- ▷ Jerry Olson (JPUN Board member and photographer)
- ▷ Mile High Pup Stop
- ▷ The Pooch Mobile
- ▷ Riverside Church
- ▷ Urban Vet Care
- ▷ Mouthfuls
- ▷ Pizza Hut

Thanks!

# BUSINESS BANTER

## 5 Minutes With: Lori Ohlson President of Board of Directors and Director of Affordable Counseling Program

People House  
3035 W. 25th Ave. Denver, CO 80211  
(303) 480-5130  
[peoplehouse.org](http://peoplehouse.org)



**How long have you been in business?** We have been in business for 41 years.

**How long have you been in Jefferson Park?** Since 1984.

**Number of employees?** 3 paid staff members, 3 paid contract roles, 4 volunteer program directors, 8 volunteer program supervisors, 14 active counseling interns, 7 regular admin volunteers.

**How would you like your business described for the residents of Jefferson Park?** People House is a collaborative community for healing and growth, offering holistic resources for life's journey. We are a 501(c)(3) nonprofit and our programs serve to promote holistic health and wellness in Denver and the surrounding areas. We are committed to the progress of mental health care equity, supported through our Affordable Counseling Program and Veterans Reintegration Program. We also host a number of donation-based groups, classes and workshops, and are home to a cherished nonsectarian spiritual community.

**Why did you choose your Jeff Park location?** When our organization was looking for a home in 1984, we came upon this beautiful old Victorian that had been condemned; the house was originally built in the late 1800s as a convent. People House bought the home and volunteers lovingly restored it. We've been here ever since! We want all our clients to feel at home when they come here and this house is perfect for that; it offers an inviting, intimate space where all who are seeking care can feel safe and supported.

**How can your business benefit the residents of Jefferson Park?** We aim to have something to offer everyone. Whether you are struggling with a life issue, looking for support on your journey of growth, or simply exploring, our programs offer diverse care options. We provide psychotherapy, support groups and process groups, drop-in classes and workshops, and more. There is always space for you and you're always welcome.

**Are there any unusual or unique things about your business that you'd like readers to know about?** From the very beginning we have been about providing an oasis – a place of respite and support for anyone exploring their unique life path. People come here for so many reasons – some need support as they struggle with a profound life issue, some are looking to connect with a like-minded spiritual community, some want to be of service – all brought together by a common determination to live a fearlessly authentic life. That collective energy, coming from

our leadership, staff, practitioners, and clients, is powerful. It's the kind of energy that creates transformation.

**What do you like about doing business in Jefferson Park?** Jefferson Park is a thriving and diverse area of Denver that highlights the joys of city life, from its lovely parks and waterfront areas on the Platte, to its urban offerings like the Children's Museum. But it's also an intimate neighborhood that offers sunny sidewalks, beautiful homes, and blossoming businesses. There are so many great spots close by and it's easily accessible to the rest of the Metro area. We serve diverse populations from throughout Metro Denver and numerous clients tell us that it's a pleasure to come over here because of its peaceful, welcoming atmosphere. There is a sense of community that is fostered here and it's obvious that those who live and work here take a great deal of pride in making the neighborhood friendly and hospitable.

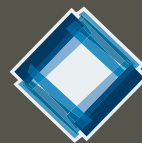
**What do you think about all the changes going on in Jefferson Park?** The revitalization of the area has been wonderful to witness! There are so many new businesses, all committed to creating a vibrant community. We are eager to support local businesses and thrilled to be a part of such an exciting time.

**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).**



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# COMMUNITY

## Local Pet Owners Win Best Dessert Dish at Dog Days

### Sopapilla Cheesecake Bars

Shared at community potluck by Jacob Villarreal & Josh Garrett and their dogs Blu & Ginja

#### Ingredients

- 2 cans (8 oz. each) Pillsbury™ refrigerated crescent dinner rolls
- 2 packages (8 oz. each) cream cheese, softened
- 1 ½ cups sugar
- 1 teaspoon vanilla
- ½ cup butter, melted
- 1 tablespoon ground cinnamon

*Optional: mix it up and add fresh peaches or thinly sliced Granny Smith apples*

#### Directions

- 1) Preheat oven to 350° F
- 2) Unroll 1 can of dough. Place dough in bottom of ungreased 13x9-inch (3-quart) glass baking dish. Stretch to cover bottom of dish, firmly pressing perforations to seal.

3) In a medium-sized mixing bowl, beat cream cheese and 1 cup of the sugar with electric mixer on medium speed until smooth. Beat in vanilla. Spread over dough in baking dish.

4) Unroll second can of dough. Carefully place on top of cream cheese layer. Pinch seams together.

5) Pour melted butter evenly over top. Mix remaining ½ cup of sugar with the cinnamon, and sprinkle evenly over butter.

6) Bake about 30 minutes or until center is set. Cool slightly, about 20 minutes. Refrigerate for easy cutting. Cover and refrigerate any remaining bars.

#### Enjoy!

Ginja (Siberian Husky), Jacob Villarreal, Blu (Shepherd/Husky mix) and Josh Garrett enjoyed “Dogs Days of Summer” in Jefferson Park on August 4.



Jacob and Josh won the best dessert of sopapilla cheesecake bars at the event. See the “Neighbor of Month” column highlighting Jacob Villarreal this month. Photo courtesy of Jerry Olson

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## WHAT'S YOUR RETIREMENT NUMBER?

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## Steam on the Platte Could Spark Sun Valley Revival

Articles from *The Denver Post* and *Denver Real Estate Watch*

A neglected 1920s-era, brick-and-timber warehouse near Sports Authority Field at Mile High will gain new life as part of a redevelopment project promising to bring office, retail and residential to the tired industrial stretch.

Steam on the Platte, a joint effort by Denver's Urban Ventures and White Construction Group of Castle Rock, will reinvent 3.2 acres along the South Platte River at West 14th Avenue and Zuni Street as a creative, vibrant area that developers hope will help provide ammunition for a long-awaited revitalization of the entire Sun Valley neighborhood.



This rendering shows Steam on the Platte, a mixed-use office and residential development proposed in the industrial area off West 14th Avenue and Zuni Street. (From Urban Ventures)

"It's a little gem. It's a little rough right now, but it won't be for long," Urban Ventures president Susan Powers said.

The heart of the \$50 million project is the 65,000-square-foot warehouse, which was best known, until recently, for being the big white building whose windows displayed photos of children — a giant public-service announcement, visible from Interstate 25, for lead-poisoning awareness.

The white paint now stripped away, the three-story building will be renovated into a creative office space that opens in the third quarter of 2016. NIMBL, a technology consulting firm based in Denver, has committed to being the anchor tenant.

"It's a neighborhood that's been overlooked for so many years," Powers said. "There's a light-rail station, there's a station area plan that's very exciting, and there's a lot of planning going on by the city and stadium district and housing authority. The time is right for this to take off now."

The Denver Office of Economic Development is championing the project as a catalyst for the redevelopment of Sun Valley and the South Platte, both of which are priorities for Mayor Michael Hancock.

"The idea of new life in this industrial corridor is transformational, both culturally and economically," executive director Paul Washington said in a statement.

"Steam on the Platte is a catalyst for both the redevelopment of Sun Valley and the Platte River, which are high priorities of Mayor Hancock," Washington added.

Construction will begin in fourth quarter of 2015, and the \$14 million first phase, the redevelopment of the warehouse, will be

completed in the third quarter of 2016. The architect for the warehouse redevelopment — the largest remaining undeveloped exposed brick-and-timber warehouse in the city.

The warehouse, once home to the Johnson and Bremer Soap factory, a rag baling facility, a ceremonial bathhouse and a button manufacturer, has been neglected and abandoned for decades.

In addition to the warehouse, an existing building that features a bowstring roof next to the river will be home to a restaurant. The restaurant is expected to open in late 2016 or in early 2017.

Future phases of development include more offices and possibly a residential component. Steam on the Platte is in the La Alma/Lincoln Park neighborhood and is close to the trendy Jefferson Park neighborhood.

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## Jefferson Park Home Market Getting a Bump

Reprint from an article in [businessden.com](http://businessden.com)



Jefferson Park is getting another 18 new townhomes.

Dublin Development plans to start work this fall on a \$6 million townhome project near 28th Avenue and Decatur Street in Jefferson Park. The 18-unit project, dubbed Twin 9s, is one of two the firm is currently pursuing in the busy market for new homes in the neighborhood.

"We love Jefferson Park because of the amenities and its location close to downtown," Dublin Principal Jae Edwards said. "Most of our buyers on the townhome side of things are millennials. They like to walk to bars and restaurants, ride their bikes to work downtown if they need to."

Twin 9s will cover almost a half-acre between 2733 and 2741 W. 28th Ave. The site currently has three single-family homes. Dublin Development bought the lots in three separate deals for a combined \$1.65 million.

Article Source: <http://www.businessden.com/2015/08/18/jefferson-park-home-market-getting-a-bump/>

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## Teenager Under Arrest In Deadly High-Speed Car Collision

A 17-year-old boy was arrested July 27 related to a fatal crash at Federal Boulevard and West 23rd Avenue around 3 a.m.

Police in Denver have arrested a teen after one person was killed and two others were injured in a two-vehicle crash overnight. Denver police said the crash happened at Federal Boulevard and West 23rd Avenue, according to a tweet posted to the department's official account around 3 a.m.

Federal Boulevard is a frequent setting for street racing, and some of them have had heartbreaking results.

## Inaugural Farm & Flea Market a Local Success

On Saturday, August 8, an estimated 1,500 people of all ages made their way to 25th Avenue for the kick-off of the Jefferson Park Farm & Flea Market. The “hybrid” farmers market featured 55 local vendors, many from the Jefferson Park neighborhood. The market also welcomed goats, chickens, fresh produce, eggs, hand-crafted and vintage goods, and live music. Some of the vendors included Green Gate Urban Farms, Buzzy Girl, Little Peaks Bakeshop, and Happy Cones Ice Cream Truck.



“We aspired to put together a farmers market experience that was unlike any other in Denver, and I think we succeeded,” said Jefferson Park Farm & Flea Market Director Amy Yetman. “The mix of our vendors was a perfect showcase for all things home and garden and there were some pretty tasty food vendors, as well.”



Many noted that the market is a fantastic addition to the vibrant and growing Jefferson Park neighborhood. “I love this market. There is really something special about this neighborhood--I never knew it was here!” one neighbor commented.

“It’s so fun to have this kind of eclectic, cool event in our neighborhood. It makes Jefferson Park even more special and unique and I can’t wait to come to the next one,” said another.



The Jefferson Park Farm & Flea is the new market series from the local company that puts together the Horseshoe Craft and Flea Market, Denver’s premier indie craft, vintage market. **The Jefferson Park Farm & Flea will**

**be back at 25th Avenue on September 12 and October 10 from 9 a.m. - 2 p.m. each day.** There will be a set of new vendors, including new local farms and handmade and vintage vendors, plus live music, food trucks and more. Be sure to stop by and check it out.



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# WALK, BIKE OR BUS THERE FROM HERE

**A Taste of Colorado Festival**  
**Friday, September 4- Monday, September 7**  
**Civic Center Park, E. Broadway Ave. & Colfax Ave.**  
[www.atasteofcolorado.com](http://www.atasteofcolorado.com)  
**Cost: FREE**



Delight your taste buds with creations from Colorado's favorite food establishments. Enjoy appetizers, entrees, and desserts in full-sized portions with friends or in sample sizes by yourself. Discover ethnic specialties or indulge in your traditional favorites. An elegant fine dining area will be showcased, highlighting gourmet cuisine from renowned chefs and offering daily cooking demonstrations.

**The Blue Shoe Run**  
**Saturday, September 12, 7:45 a.m.**  
**2777 Mile High Stadium Circle**  
[www.tucc.com](http://www.tucc.com)  
**Cost: Varies; \$20-40**



Join the Urology Center of Colorado for the 6th Annual Blue Shoe Run for Prostate Cancer, a 5K walk/run, 1.5-mile family walk and kids fun-run. Be sure to stick around following each event for one of the best FREE post-race parties in Denver, featuring an Alaskan Brewery beer garden, food and drinks, live music, prostate cancer survivor recognition, a robust silent auction, prizes and awards, educational booths and kids' activities, including a giant inflatable slide.

**Hop Skip & a Jump Start Race**  
**Saturday, September 20, 7:30-11:30 a.m.**  
**2121 Children's Museum Dr., Denver, CO 80211**  
[www.mychildsmuseum.org](http://www.mychildsmuseum.org)  
**Cost: Varies; \$12-38**



This is a perfect race for every member of the family. With a stroller-friendly 5K, Kid Course, Toddler Trot, an infant crawl, and a day of activities and healthy snacks, it's the perfect way to teach a healthy lifestyle. Day-of registration begins at 7:30 a.m. with the 5K race starting at 9 a.m. The Mini-Meets and Expo begin at 10:15 a.m. Registration includes a tee-shirt and goody bag. Event is rain or shine. No dogs please.

**Oktober Fest**  
**Saturday, September 18-20; September 25-27**  
**Between 20th St. and 22nd St. on Larimer Street**  
[thedenveroktoberfest.com](http://thedenveroktoberfest.com)  
**Cost: FREE**



Denver's Ballpark Neighborhood welcomes back one of the city's longest-running festivals and one of the largest of its kind in the nation. Oktoberfest Denver is set to once again commemorate this world-famous and time-honored tradition of German heritage by combining dynamic performances of music and dance, bier-based activities, Long Dog Derby, and entertainment for all ages.

# COMMUNITY

## Lawsuit over Historic Anderson House Ruled in Favor of Preservation

By Jerry Olson

*The Denver Post* reported on August 18, 2015 that "a Denver district judge (A. Bruce Jones) has rejected a developer's attempt to thwart consideration of historic status for a Jefferson Park house it



Photo by Jerry Olson

plans to raze to make way for townhomes." The home in dispute is located at 2329 N. Eliot Street and commonly referred to as the "Anderson House."

At issue was whether Community Planning and Development (CPD) erred in issuing a Non-Historic Certificate at 4:18 p.m. on May 28, 2015 while the posting period was still open for receipt of Historic Landmark Designation applications. A Non-Historic Certificate allows demolition. Prior to 7:00 p.m. that day, Councilman-Elect Rafael Espinoza and three Jefferson Park neighbors filed an application for Landmark Designation (preservation of the home). Upon counsel with the City Attorney's Office, CPD rescinded the Non-Historic Certificate the next day, May 29. The developer's counsel objected to the rescission of the Certificate and filed suit, but the judge said they cited "no legal authority supporting a prohibition on rescinding a prematurely issued order, authorization or certificate." The judge decided in favor of the City, reasoning that the posting period did not end until midnight, May 28, 2015. The Landmark Designation application for the Anderson House will now proceed to Denver's Landmark Preservation Commission. More information and the Court's Opinion and Order for Case Number: 15CV32151 can be found at <http://goo.gl/CDorGc>.

## THE OUTDOOR DOWNTOWN

As part of Mayor Hancock's initiative, Activate Denver's Urban Core, Denver Parks & Recreation (DPR) and the Downtown Denver Partnership are collaborating to create an innovative Master Plan for Downtown Denver's outdoor spaces - THE OUTDOOR DOWNTOWN. The 20-year plan will focus on investment in Downtown's parks and public spaces to enhance the quality of life, and create a sustainable, vibrant downtown that is economically healthy and growing.

Input from residents, employees, business owners, visitors and students will help guide the development of this plan. Visit <http://www.theoutdoordowntown.com/> for more information, and to give your opinion.

## Jeff Park Square Welcomes Unique Kitchen Design Store

By Andrea Garbrecht

A new kitchen design store has moved into Jefferson Park Square. Seasoned kitchen designer and Colorado native Jill Folwell



owns and operates Colorado Modern Kitchen, located in the historic Highland Hall building on 25th Avenue. Folwell has lived in Jefferson Park for 10 years and chose to open in Jefferson Park because she's attracted to the old architecture and easy access the neighborhood provides. "I have enjoyed the growing architectural diversity that has developed throughout the years in the neighborhood. I firmly believe in the strength and wellness of a diverse neighborhood in all aspects and how that can truly support the people and businesses residing there," said Folwell. "My business will attract many different types of people from around Denver and the state, to a neighborhood that they may have heard of, but not yet been to. And I will be proud to show them around and tell them the story of Jefferson Park, with the hope that they will return to enjoy all that this area has to offer."

Folwell is known for her creative ideas and fulfilling the needs and desires of her clientele with her extensive knowledge of kitchen design theory and related products. She offers professional design consultations along with thorough plan reviews and site visitation. Colorado Modern Kitchen is open by appointment only now but hopes to officially open its doors in October. Folwell is looking forward to meeting anyone in the neighborhood who is interested in a project.



When asked how she designs a kitchen for cooking and entertaining, Folwell answered, "People naturally gather in the kitchen whether it's Tuesday night dinner or a New Year's Eve party. I start by interviewing my client in depth about their cooking and entertaining needs and the design reflects zones that are dedicated to certain tasks."

She noted that the "cooking zone" and "clean up zone" are the two basic ones that are situated within the "Working Triangle" her company works to create in the space. She tries to direct traffic away from the cook's work triangle. "The typical kitchen desk is no longer a standard in kitchen design, but there is always a laptop and phones to stow and charge so I have been creating an electronics zone lately," Folwell remarked.

Colorado Modern Kitchen is the exclusive Colorado dealer of a very modern higher-end Italian cabinet line called Pedini, which has been producing cabinets for the European market since 1956 and will appeal to anyone who loves the modern esthetic. Pedini is one of the very few cabinet lines in the world that offer everything from full circular islands to "S" curved islands with

functioning drawers that pull out. This defiantly lets them stand out among the European and American lines. They also offer many linear looks that have a strong Pedini-specific design presence. Her eye for design is a proven favorite for Coloradans.

"I find that the Colorado client tends to prefer a 'transitional' look, which in regard to kitchen design, means simple lines, featuring clean paint colors in the whites to warm grays palette or showcasing the simple beauty of wood grains such as walnut," she explained. I know that my kitchen design business will be positive addition to the increasingly diverse offering of businesses and people coming to Jefferson Park."

To schedule an appointment or find out more information, visit [coloradomodernkitchen.com](http://coloradomodernkitchen.com) or call 720-409-7990.



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NEIGHBOR OF THE MONTH

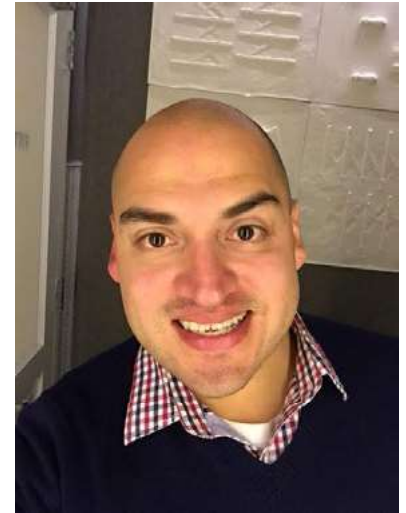
Jacob Villarreal

**Occupation:** Singer/  
Actor/Barista REI Star-  
bucks and now, Uber  
Driver

**Rent or own?** Rent

**How long have you  
lived in Jeff Park?** 3  
½ years

**What is one word to  
describe our neigh-  
borhood?** Quaint



**Favorite business in Jeff Park:** Sadly, I only shop at Safeway.  
Can we get a local market soon?!

**Favorite restaurant in Jeff Park:** Amass

**Hobbies & interests:** Running and meeting all the neighbors  
and doggies. Also, performing as a singer/actor around  
Colorado. Come see me in West Side Story at Candlelight  
Dinner Playhouse!

**What is the best part about living in Jeff Park?** We are so  
close to work and downtown but not in the hustle and bustle  
of it.

**What is your opinion on all of the development in our  
neighborhood?** I think it's wonderful that it's growing. Now, if  
only we could improve on parking and create a dog park for our  
"fur" kids.



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

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Located at 29th Ave. & Speer Blvd.

# BLUE SHOE RUN OFFERS FUN FOR CHARITY

**WHAT:** Run for your father, your husband, your brother, your friend. Run for you! The Urology Center of Colorado (TUCC) Foundation's annual Blue Shoe Run for Prostate Cancer is quickly approaching. On Saturday, Sept. 12, thousands of runners will race past TUCC, along Sports Authority Field and throughout Jefferson Park to help improve local prostate cancer screening, community education and research programs. The Blue Shoe Run includes a 5K run/walk, 1.5-mile family walk and kids fun run. This is a fun event for the entire family.



Be sure to stick around following each Blue Shoe Run event for one of the best FREE post-race parties in Denver featuring an Alaskan Brewery beer garden, food and drinks, live music, prostate cancer survivor recognition, a robust silent auction, prizes and awards, educational booths and kids activities -- including a giant inflatable slide!

**Blue Shoe Run participants are encouraged to set up their own teams or sign-up for one of the dedicated teams:**

- Run/Walk with a TUCC Doc
- Tyler Pennel Runners – Run with 2014 U.S. Marathon Champion Tyler Pennel!
- Veterans Stomping Out Prostate Cancer

All money raised from The Blue Shoe Run benefits TUCC Foundation, a 501 (C)(3) nonprofit charity. Close to \$300,000 has been raised since 2010. After registering for The Blue Shoe Run, participants can begin fundraising online for TUCC Foundation.

## WHEN:

- Saturday, September 12, 2015
- 7:45 a.m. (kids fun run, free for kids under 8 accompanied by a parent or guardian)
  - 8:00 a.m. (5K run/walk)
  - 8:15 a.m. (1.5-mile family walk)

## WHERE:

The Urology Center of Colorado,  
2777 Mile High Stadium Circle,  
Denver, CO 80211



Free parking for Blue Shoe Run participants will be available in the Sports Authority Field H & I lots.

**HOW:** Visit [www.TheBlueShoeRun.com](http://www.TheBlueShoeRun.com) to register, set-up your Blue Shoe Run team and begin fundraising online for TUCC Foundation.

**Expect Road Closures on Friday night and Saturday morning of race. You can sign up for the latest parking restrictions, road closures and other activities affecting our neighborhood by emailing [info@jpun.org](mailto:info@jpun.org) and requesting to be on our email list.**

## 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 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.



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 \$499,999. Call today for more information or to schedule a showing.

## Real Estate Denver Team

Linda Kukulski Miller & Angela Steiner

303.997.4001

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

[Linda@RealEstateDenverTeam.com](mailto:Linda@RealEstateDenverTeam.com)



## BIZ on the BOULEVARD By Leslie Twarogowski

Co-executive director of the Federal Business Improvement District  
[www.bizontheblvd.com](http://www.bizontheblvd.com)



Our premier Jefferson Park Farm and Flea was a resounding success - thank you to all the neighbors and businesses who joined us.

Our next markets will take place **September 12** and **October 10** on West 25th Avenue between Federal Boulevard and Eliot Street. The street will be closed to traffic and filled with live music and a variety of unique and local vendors; our August market included Green Gate Urban Farm, Little Peak Bake Shop, Night and Day Vintage, and Nomad Vinyl. Delicious treats will be available from food trucks and from neighborhood favorites, including Jack 'N Grill and Sarto's (who will serve fresh baked stromboli from Sarto's Carto).

In addition to vendors, the Jefferson Park Farm and Flea Market also provides an opportunity for backyard gardeners to "trade in" their excess produce for Bounty Bucks, which in turn can be spent at the market. All of the produce is donated to Bienvenidos Food Bank. Nearby, live chickens and goats (and their owners) will provide visitors with a unique opportunity to ask questions and learn about urban farming.

The following sponsors are crucial to the success of our markets and all are located within our neighborhood: The Compass Group - Your Castle Realty, Colorado Modern Kitchen, Les Schwab Tires, Safeway, Elle.b Salon, RealArchitecture and Denver Fire Department Federal Credit Union. We encourage you to visit these businesses; we cannot thank them enough for their support.

Please join us **Saturday, September 12** and **Saturday, October 10** for our next Jefferson Park Farm and Flea Markets. For more information about the markets, including vendor applications, visit [www.jpffleamarket.com](http://www.jpffleamarket.com). We look forward to seeing you!

**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 Eliot St  
 Denver, CO 80211  
[JeffersonParkPub.com](http://JeffersonParkPub.com)  
 Open Daily 3pm-2am

## Fit Bits

### How to Stay Fit, Even When Life Gets in the Way

CrossFit Jefferson Park  
 Rhianon Schuman

rschuman  
[@crossfitjeffersonpark.com](mailto:@crossfitjeffersonpark.com)



Summer is almost over, and with that, kids are back in school and life has become very busy in the office. So how are you possibly able to stay fit when life is full of meeting deadlines and shuffling the kids to all their activities? Finding the time to work out and cook healthy meals is easily pushed to the back burner when our lives become too hectic.



Fortunately, CrossFit Jefferson Park has some relatively easy, simple strategies for you to keep on track no matter what life may be throwing at you:

- 1. Spread it out.** While your goal should be to get a workout in at least three to four days a week, sometimes it isn't possible. On days when you don't have an hour for the gym, make sure to move more throughout the day. Do a few squats while you are waiting for the coffee to brew, lunge from room to room instead of walking, and maybe do a few tricep dips on the couch every time you pass it.
- 2. Sleep.** Yes, I know this is one that everyone hears way too much and feels like they can't enforce. But being tired raises the level of our stress, and has been associated with overeating. Try to set a bedtime for yourself and do your absolute best to hit the pillow on time. It should also help making working out a little easier.
- 3. Carry snacks.** By eating every few hours (even just a couple of bites), it will help you ward off intense cravings for junk food. I try to keep some nuts in my purse and car, so whenever I am in a bind, I can quickly grab a handful to hold me off until I can be at home.

- 4. Take five.** While it can be super hard, sometimes just taking five minutes to step outside and take few deep breaths is all you need to re-group. If you can, try taking a 10-15 minute break and take a quick walk around the block (every step counts!).

Don't beat yourself up. The healthiest people are those that have been able to find balance, not perfection. If you find yourself in a weak moment, eating an entire bag of chips (I have found myself doing this more than once), don't spend the next hour beating yourself up about it. Enjoy your guilty pleasure, and then think about how you can handle the situation better the next time, and move on with your life. Also, know that every now and then it is ok to enjoy a box of cookies and a bottle of wine. **Be healthy!**

# BETCHA DIDN'T KNOW

Ever wonder why some streets in Jefferson Park like Federal Boulevard and Eliot Street are so wide?

The Denver streetcar system used to roll through here, until the system shut down in the 1950s. The railway system started only 12 years after Denver was founded and helped



Source: Denver Public Library

structure the city we know today. Sometimes you can see old rails pop up through the asphalt, as a reminder of the system. The extra width on these streets from the streetcar routes now provide bike lanes and on-street parking. The railway system also brought in commercial districts to certain intersections, such as West 25th Avenue and Eliot. Our commercial district housed retail shops and the Granada Theater, an early movie house. Although most of the commercial buildings were vacant just less than a decade ago, new business and development have drastically brought our neighborhood and "square" back to life. Source: [www.historicdenver.org](http://www.historicdenver.org)

# PICTURE THIS: THEN VS NOW

## 2601 Federal Boulevard



**First photo:** The Boulevard Congregational Church, shown here in 1912, opened its doors on Federal Boulevard in 1896. The church was razed in 1972 though.

Source: *Images of America: Northwest Denver* by Mark Barnhouse.

**Second photo:** Today, the location houses the 7-Eleven and local residences.

Source: Google Maps



# VOLUNTEERS NEEDED

## TO DELIVER THIS NEWSLETTER

Do you want to see the JPUN newsletter before most folks do?

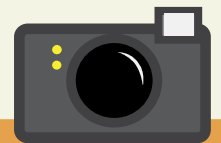
Help deliver the newsletters!

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).



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).



# BECOME A PART OF THE STORY

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.

- 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

- |   |                        |
|---|------------------------|
| <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           |