

Cook Park News

COOK PARK NEIGHBORHOOD ASSOCIATION

www.cookparkneighborhood.com • cpneighborhood@gmail.com

Join in on the fun at National Night Out: Tuesday, August 5

Planning is in full swing for another spectacular National Night Out at Cook Park. The East Evans Business Association will sponsor this year's event and all residents of Cook Park Neighborhood and Virginia Village Neighborhood are invited to attend. Come meet your neighbors and the East Evans businesses, listen to great jazz, enjoy free food and entertainment and most of all meet our local police and fire representatives that work hard to keep our community safe. Festivities begin at 6:00 pm in the park.



What is National Night Out? The introduction of National Night Out, "America's Night Out Against Crime", in 1984 began an effort to promote involvement in crime prevention activities, police-community partnerships, neighborhood camaraderie and send a message to criminals letting them know that neighborhoods are organized and fighting back. The National Night Out program culminates annually, on the first Tuesday of August all across the country.

Our very own NNO celebration is one of the largest in Denver so you won't want to miss taking part!

Cook Park Neighborhood Association 2014 Board

President - Nancy Barlow
(nb@barlowadvertising.com)
Vice President - Ron Weiss
Treasurer - Ray Vreeland
Secretary - Debbie Vandre
Advertising Director - Stephanie Casey
Webmaster - Justin Wimbish
Director at Large - Barbara Fallon

Our Neighborhood

Cook Park Neighborhood is bordered by Cherry Creek to the North, Evans Avenue to the South, Quebec Street to the East and Holly Street to the West.



www.facebook.com/pages/Cook-Park-Neighborhood-Association

**CPNA
meets every
3rd Tuesday at
5:30 pm at the
Rec Center.**

**June 17
July 15
August 19**

President's letter:

What an action packed summer this is setting up to become. If you're like me, spring cleaning has revealed a lot of unwanted treasures from the basement, garage and behind cupboard doors. Yes, June 28th is neighborhood sale time once again. If you're inclined to make some spare cash just gather your items and join us in the sale frenzy. There's an article on page two that will give you all the details to sign up and be part of our free advertising efforts.

A must do on July 4th: Come to the annual bike parade and picnic. It's not only a patriotic event but you'll get the chance to see all sorts of neighbors, enjoy a picnic in the park and simply breathe in the majesty of your neighborhood.

National Night Out is going to be even more spectacular this year and if you've never attended you'll be grateful you did. Live music, fun activities and free food await you. Come meet our local police and fire departments and enjoy a warm August evening with your neighborhood.

WE NEED YOUR HELP! Please see the article asking for your input on something new: a Cook Park Garden Tour. (page 10)

Thanks for reading!
Nancy Barlow – President of the Cook Park Neighborhood Association



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It's neighborhood sale time

Gather your unwanted treasures and join us! It's time again for our annual neighborhood sale, held every year in June. This year we are planning on Saturday, June 28 as the BIG DAY! We had over 60 participants last year and would like to include YOU!



Here's how YOU can participate:

- Send an e-mail to: cpneighborhood@gmail.com; OR
- fill out a slip at the Cook Park Recreation Center, OR
- call Mary Walsh at 303-589-1981 by June 20.

We will need your name, phone number, address and a brief description of what treasures you are willing to part with. We will provide free advertising in area newspapers, area newsletters and advertising via the internet. Now is a great time to join with others and have a bonanza sale or acquire something you never knew you could use! One of the unique aspects of our sale is that we publish a walking map, listing only addresses and items for sale. No names or phone numbers will be on the walking map. This map will be e-mailed or copies will be available at the Cook Park Recreation Center by Friday, June 27.

2014 EEBA clean-up a huge success!



In support of Earth Day, on April 26th, the East Evans Business Association sponsored its third annual clean-up along the East Evans business corridor from S. Colorado Blvd to S. Quebec St. A committee was formed in January to organize the clean-up. Ron Weiss, a neighbor, Cook Park Neighborhood Association officer and member of the EEBA, volunteered to head up the committee and that he did! We had 50 volunteers this year! Thank you to EVERYONE for your efforts.

Volunteers dressed in BRIGHT YELLOW-GREEN team shirts hit virtually our entire area up and down Evans including all the parks in the area: Cook, Ash Grove, City of Potenza, and Garland Park, the culvert along Monaco and the drainage park on the SE of the corner of Iliff and Monaco. Schools and churches were also cleaned.

Very special thanks go out to:

- Virginia Village/ Ellis Neighborhood Association for numerous volunteers.
- Footprints Yoga (Alicia Harriott) for recruiting volunteers.
- LeRoy DeVries, Barbara Fallon, Janet Paulson, (committee members) and all of the team captains for their organizational efforts.
- Ace Hardware (Andy Carlson), Westwater Company (David McPhee), and Walgreens (Missy Gorham) for supply donations.
- Milo's Tavern (TC Clark) for feeding all the hungry volunteers.

The weather was perfect and by the feedback from several of the volunteers, the cleaning efforts have made it very pleasant to ride through the neighborhood.

We are no longer living in 1964

by Pastor Mike Lemke - Cross of Glory Lutheran Church

In one of the Apostle Paul's letters to the church in Corinth, he admits, "I have become all things to all men for the sake of the gospel, that I might share in its blessings."

This past week in Denver, Lutherans from the Rocky Mountain region, from Wyoming and Utah, Colorado and New Mexico, even Lutherans from the panhandle of Texas (Howdy, y'all), gathered together to discuss the welfare and mission of the Lutheran Church in 2014. A general consensus was reached... perhaps surprising given the vast differences among geographic



locales: We are no longer living in 1964! Ward and June Cleaver, dressed in suit and tie, house dress and pillbox hat, no longer lead Wally and the Beaver, hand-in-hand, into Sunday morning worship week after week! Forget about Lumpy and Eddie Haskell!

The challenge was clear to Lutherans strategizing in the Tech Center last week... an echoing of the seven last words of dying churches ("We have always done it that way!"): Get with the times! If churches are to attract more visitors, conceivably more members, they

are to meet "consumers" where THEY live. Churches are encouraged to better understand the culture of OUR day versus Camelots of Yore. They are to package their appeal in ways Wally and the Beaver, texting at this very moment, MIGHT notice.

Jesus told His disciples, "I will make you fishers of men." It occurs to me, thankfully, given diverse times and people, fish of all shapes and sizes, that there are a hundred different ways to fish! If I am to land a marlin, I better put away my tub of worms.

The challenge for us as business people in Cook Park is to better know our neighbors. If we wish to experience greater success in "selling" our wares, it is paramount we better understand the waters that we troll. Before we toss aside our rods and reels, however, in deference to nets, let us not leave back in the tackle box the ESSENCE OF WHO WE ARE. While Lutherans in assembly wondered about how to attract more members, they were called upon to re-commit to those things that made them genuinely and distinctly... THEM.

We are fortunate to live in Cook Park. Let us look at ways soon to better engage in conversations with one another about who we are, what we have to offer and how to twitter! A fish fry perhaps?



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Market Swings Making you Uneasy? Let's talk.

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Advertise in the Cook Park News for pennies per prospect!

The CPNA neighborhood newsletter is distributed to nearly 1,500 households from Holly to Quebec, Cherry Creek Drive to Evans 4 times per year.

Support your neighborhood and be supported by your neighbors!

Contact CPNA at cpneighborhood@gmail.com

Cook Park News
COOK PARK NEIGHBORHOOD ASSOCIATION

Local business reviews

Efficiency Garage Door Service, 5505 E Evans Ave, Denver, CO 80222, www.egds.com - (303) 759-3437

by Barbara Fallon

Efficiency Garage Door Service lives up to its name. The business, in the heart of our East Evans Business Association corridor, celebrated 50 years of fine service in 2013. The reason for their longevity is no secret. The company provides excellent customer service, sales, installation, and repairs with same day and 24-hour emergency service to residents of the Metro Denver area.

When my old garage door cable/spring sprung and shot a projectile at me about 15 years ago, I called the closest garage door service. Fortunately, the "closest" also was a source of friendly and skilled service. My "new" garage door has performed perfectly since. Testimony from other neighbors, include Ron who "used Efficiency in October and had a very good experience." Ron "had a previous positive experience and could vouch for them." From Stephanie: "Ditto! Used them in October, too. They replaced a broken chain and it only took only about 15 minutes. The guy wore a cowboy hat – very friendly, loves his job...or at least one would never know if he didn't."

Efficiency Garage provides factory authorized service for Genie, LiftMaster, Sears, Stanley and Allister. Their fast same-day repair is proven and valuable. In addition to broken springs and cables, the company offers tune-ups and general maintenance. Efficiency Garage is proud to hold one of the largest on-site garage door part inventories in the Denver metro area. They feature specials and discounts.

Efficiency features a large selection of new garage doors to choose from and always provide free estimates for all new door installations. Specializing in residential work, the company will "even work with any do-it-yourselfers out there." Look 'em up at <http://egds.com> for any and all garage door shopping or repairs. Or visit them Monday through Friday from 7am to 5pm and Saturday from 7am to 2pm for efficient and welcoming service while supporting our good business neighbor.

ZamZam Halal International Market and Deli, 7449 E Iliff Ave, Denver, CO 80231, 303.745.4555

by Stephanie Casey

I love to cook and I'm always on the lookout for new and interesting foods that I can add to my recipes to spice them up. There are a number of international markets popping up all over the Denver metro area and we have several right in our neck of the woods. A new market has opened up in the shopping center at the corner of Quebec and Iliff called ZamZam Halal International Market and Deli. The store is very casual with friendly service and is designed so one can walk up and down the aisles looking at all the great items they have that other grocery stores may not have. International markets carry a wide variety of spices and grains or lentils that other stores don't carry and this store has an exceptional selection. The day I shopped I left with a large bag of split moong beans also known as Dal, Mediterranean couscous, which is particularly difficult to find elsewhere, an 8 oz carton of middle east spices which I used in homemade applesauce and an 8 oz carton of fenugreek seeds which I use in spicy curry chicken. The total amount for all the items was very reasonable and best of all, will last a long time.

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2014 summer youth sports schedule @ Cook Park Rec Center



Softball - Girls

Age: 9-10 yr old Practices: Thu & Fri

6:00pm-7:30pm Games: Fri

Age: 11-12 yr old Practices: Tue & Wed

6:00pm-7:30pm Games: Wed

Age: 13-14 yr old Practices:

Mon 6:00pm-7:30pm; Fri 4:30pm-6:00pm

Games: Mon

Baseball - Boys

Age: 9-10 yr old Practices: Mon & Wed 6:00pm-7:30pm Games: Mon, Wed

Age: 11-12 yr old Practices: Tue & Thu 6:00pm-7:30pm Games: Tue, Thu

Age: 13-14 yr old Practices: Wed & Fri 4:30pm-6:00pm Games: Fri

T-Ball - Coed

Age: 5-6 yr old Practices: Mon & Wed 5:00pm-6:00pm Games: Wed

Coach Pitch - Boys

Age: 7-8 yr old Boys Practices: Tue & Thu 5:00pm-6:00pm Games: Thu

Coach Pitch - Girls

Age: 7-8 yr old Girls Practices: Tue & Thu 5:00pm-6:00pm Games: Thu

Registration Begins April 29, 2014 Summer Season: June 1 - August 2

Ages: 5-14 Age Cutoff Date: Aug 1, 2014 Fees: \$40 ages 5-8 yrs old, \$50 9-14 yrs old

*Dates, Times, & Days are subject to change.

*Ask about our volunteer incentive program.

Application & Training Required

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6/1: Michelle Voeller

7/6: Merrick Weaver

8/3: Nancie Carollo

9/7: Lania Ross

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welcome!

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Family Fun!

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Useful telephone numbers and websites

Police/Fire/Medical Emergency 9-1-1 City Services 3-1-1
Police (non-emergency) 720-913-2000
District 3 Police Station (admin. and info.) 720-913-1300
Neighborhood Inspection Service 720-865-3200
(for zoning violations, un-shoveled snow, weeds, front yard junk, abandoned vehicles, etc.)
Graffiti Hot Line 720-865-7867
Street Maintenance/Pothole Repair 720-865-6855
Animal Control/Barking Dogs 303-698-0076
Denveranimalshelter.com
Denver Dumb Friends League to report a lost or found pet 303.751.5772 x 7254
Denver's Household Hazardous Waste Collection 800-449-7587
Power Failure—Xcel 800-895-1999
Denver Recycles 720-865-6805
Solid Waste Department (Trash Pick Up) 720-865-6900, after hours call 720-865-6855
Mayor Hancock, MileHighMayor@denvergov.org, 720-865-9090
Paul Rosenthal, State Rep. District 9 303-866-2910 or paul.rosenthal.house@state.co.us
Councilman Charlie Brown's office - 720-337-6666
Bruce Hoyt, School Board Rep. 303-764-3210
Bill James, RTD Rep. 303-316-6768
Rocky Mountain Poison Center – 1.800.222.1222
COP Shop - 303-329-0500

Neighborhood baby sitters:

Alexandra (Marsy) Crowley
303-512-1212
debdowns@msn.com (mom's email)

Gabriela Mar
303-937-4991
Cell 720-260-0910
Gabymar86@yahoo.com

Megan Gartland
Cell: 720-253-5245
Personal Email: megan499@gmail.com

Lily Rivera
303-667-3818 (her cell)
Lilyschmitttt@gmail.com
*She is Heartsaver Pediatric
First Aid, CPR, AED certified

Annika Moen
303-748-0047
annikamoen7@gmail.com

If you would like to be added to this list please contact Debbie Vandre at debbie@vandreprouperproperties.com

Have you joined Nextdoor.com?

At the time of this quarter's printing of Cook Park news, nearly 150 Cook Park Neighbors are communicating through the social media website that has taken off across the country. Nextdoor is a private social network for you, your neighbors and your community. It's the easiest way for you and your neighbors to talk online and make all of our lives better in the real world. And it's free. Thousands of neighborhoods are already using Nextdoor to build happier, safer places to call home.

Nextdoor competes with other social networks. It differentiates itself from Facebook, for example, by limiting the potential people in each network, so presumably improving privacy. It has been characterized by The Washington Post as part of a "wave" of community focus in the United States. They also hope to capitalize on what they perceive to be a widespread longing for local community at a time when online social networks are widely used. The site was in beta testing in 176 neighborhoods until October 2011.

Nextdoor's business plan is based on selling advertising to local businesses. Nextdoor also hopes to facilitate exchanges of goods and services in a manner similar to Craigslist. They believe, however, that users will be more comfortable trusting other verified users than they would using Craigslist. Recommendations of area resources are also provided.

Nextdoor was co-founded by Nirav Tolia, who based the company in San Francisco, California. Tolia had previously helped start Epinions. Early investors include Benchmark Capital, Shasta Ventures, and Rich Barton. As of October 2011, Nextdoor had 22 employees. In July 2012, NextDoor raised \$18.6M in venture capital funding. Dan Clancy (ex Google) joined Nextdoor in February 2014.

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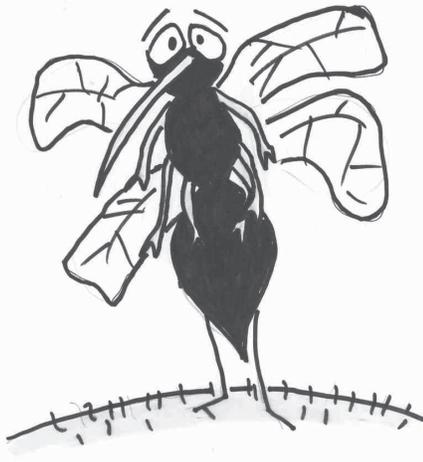
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9 surprising home remedies for insect bites and stings

Despite our best efforts, we all get insect bites. The good news is there are some quick ways to ease the sting and most of them can be found right inside your house.



From the “ounce of prevention” department, it’s a good idea to make sure kids don’t go to bed with food or candy residue on them since sweets especially attract insects. However, if they do get bitten these handy tips will help soothe the itch.

1. **Banana Peel:** Use this or a plantain peel to take away the sting and itch. Peel it, then place the inside of the peel directly on the bite; after about 90 minutes, wash the area and apply hand sanitizer to it to ease the itch.
2. **Ice pack:** Remember what mom said? “Get some ice on it!” You can use an ice pack alone or in conjunction with any of the methods listed here as cold helps reduce the inflammation of a sting.
3. **Baking soda:** Make a paste with baking soda and water, then apply it to the bite; you can add it to a warm bath if more than one insect was feasting on you. One note: skip this if the wound is open.
4. **Natural Oils:** Lavender and Tea Tree oils can be applied to the area with a swab. The Lavender oil is a natural anti-inflammatory and Tea Tree oil disinfects.
5. **Toothpaste:** A little toothpaste on the sting helps take away the pain. The fluoride acts as an antihistamine and helps in minutes.
6. **Preparation H:** It’s designed to relieve pain and swelling so if you have some on hand, break it out. It will also take away the itch from that nasty bug bite.
7. **Mouthwash:** Soak a cotton ball with mouthwash and apply. Use one with antiseptic and it will also help keep the area from becoming infected.
8. **Mud:** Make a paste with mud then put it on the sting and let it dry. Rinse the area and the itch should be gone afterward.
9. **Aspirin:** Aspirin doesn’t just work on headaches -- the anti-inflammatory properties will work in this case too. Crush an aspirin, make a paste, then apply it to the bug bite. Cover it with a band-aid overnight and in the morning you are itch-free.

These are some quick fixes that will hopefully help you and your children feel better if bites or stings happen.

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MAKING SENSE OF INVESTING

Free Yourself From Cycle of Emotional Investing

In many areas of your life, you're probably aware that it's useful to keep emotions out of your decision-making — and that's certainly the case with investing. However, it can be difficult to keep your feelings from influencing your investment decisions. But you may find it easier to invest with your head, rather than your heart, if you know a little something about two different cycles: the market cycle and your emotional cycle.

Let's start with the market cycle. If you've been investing for a while, you're aware (probably highly aware) that the financial markets are rarely static — they are always moving up and down, at least in the short term. (Over the very long term, a period of many decades, the markets have trended up.) But these short-term movements, while perhaps appearing as “zigs” and “zags” on a daily basis, actually form a pattern, or a cycle, that can last for months or years. These cycles are known as bull (up) or bear (down) markets. Going back to the Great Depression, the average bear market has lasted 21 months, while the average bull market has extended for 57 months, according to research from Standard and Poor's Index Services.

These market cycles greatly influence investors' attitudes and behavior. In fact, they lead to the formation of investors' emotional cycles. During bull markets, investors tend to feel optimism, excitement and even euphoria. But once a bull market ends and a bear market begins, investors start getting nervous. And the longer and deeper the bear market, the greater the depth of emotion felt by investors. These emotions can begin as anxiety and then progress to denial, fear, desperation and panic.

Furthermore, market cycles and emotional cycles don't really align. For example, investors may well experience euphoria when the market has reached its high point and a bear market has just begun. For a while, then, these investors, fueled by their euphoric feelings over the big gains they've achieved, may continue pouring money into the market, even as it's declining. This type of behavior, though, is probably better suited for when the market is already at a low, when investors' dollars will buy more shares. Conversely, investors may reach the peak of their fearfulness at the end of a bear market, just when things are about to turn around. At this point, their fear may hold them back from investing — even though, with prices low, it can be a good time to invest. Clearly, basing investment decisions on emotions can lead to poor choices. So don't get caught up in this pattern. Instead, strive to follow a disciplined approach to investing. Build an investment portfolio that reflects your objectives, risk tolerance and time horizon, and seek to hold appropriate investments for the long term. Of course, you may well need to make adjustments along the way, but do it for the right reasons — such as a change in your goals or in the investments themselves — rather than as a reaction to the current market cycle.

Our emotions are powerful, and their power can increase when applied to such a meaningful aspect of our life as our finances. But if you can detach yourself, as much as possible, from the emotional cycle of investing, you can avoid considerable angst — while helping clear the path to pursue your goals.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor



East Evans Business Association

The EEBA meets every 4th Tuesday of the month. Local businesses, property owners, non-profits and neighbors are encouraged to come. The purpose of the EEBA is to improve the quality of life on Evans and its surrounding neighborhoods.

The Idea Center
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- JUNE 24
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Denver in 1889

Georgia crossed the great plains of the Colorado Territory and made a region-changing discovery at the base of the Rocky Mountains. Gold. And although not much of the precious metal was found, the mere whisper of the word was enough to start a veritable stampede into the region. After all, the California Gold Rush had occurred just nine years earlier.

The legendary Buffalo Bill Cody was one of the many colorful characters who spent time in Denver during its early Wild West days.

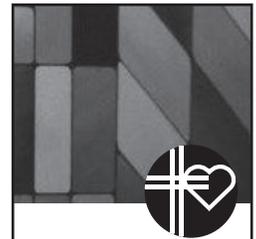
It wasn't long before tents, tepees, wagons, lean-tos, and crudely constructed log cabins lined the banks of the South Platte River as prospectors and fortune-seekers poured into the area. They came from all over the country, traveling on foot, in covered wagons, by horseback, and even pushing their belongings in wheelbarrows. Pikes Peak, a 14,000-foot mountain to the south of the mining camp, served as both a landmark and a rallying cry for weary travelers. The "Pikes Peak or Bust!" gold rush was in full force.

However, gold wasn't the only way to strike it rich in the boomtown that was springing up on the banks of the South Platte. Those who arrived early enough could simply stake out a claim of land, lay out city streets, and then sell the lots to those arriving after them. General William H. Larimer didn't arrive early but followed the plan perfectly. He claim-jumped the land on the eastern side of Cherry Creek, laid out a city and, in hopes of gaining political favor, named the city after Kansas Territorial governor James Denver. What he didn't know was that Denver had already resigned.

(cont. on page 10)

In honor of our summer issue and our beautiful city, a brief reminder of our history is always an interesting and patriotic read.

In the summer of 1858, a small group of prospectors from



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Denver's history cont.

After the Civil War, the all Black military units known as the Buffalo Soldiers were stationed in and around the Mile High City.

By the spring of 1859, there were cities on both sides of the South Platte. The situation was tenuous and filled with confusion, as tensions between the cities grew and nearly led to bloodshed. Horace Greeley described the rapidly growing metropolis as a "log city of 150 dwellings, not three-fourths completed nor two-thirds inhabited, nor one-third fit to be." Finally, a torch-lit meeting was held, and on the one bridge over Cherry Creek, for the price of a barrel of whiskey, all other names were dropped and the settlement in the shadow of the Rocky Mountains came to be known as Denver.

Just when people began settling into their new lives in Denver, a huge gold strike was discovered in the nearby mountain town of Central City. And as quickly as they came to Denver, the fortune-seekers packed up and headed to the hills - leaving the city nearly deserted. Gradually, people returned to Denver as they battled harsh weather conditions in the mountains, figuring there were better ways to make their fortune. They were the first to discover and enjoy the mild, year-round climate Denver had to offer and began growing the city as a trade center.

Like any city, Denver suffered its growing pains in its early years. During the Civil War, a Confederate army from Texas marched on the state in hopes of seizing the gold fields. A volunteer army was hastily put together in Denver and, although they were hardly trained and badly outnumbered, they managed to defeat the Rebels from Texas at the Battle of Glorietta Pass, saving Colorado for the Union. And that was just the beginning of the challenges the city would face.

A great fire burned much of Denver's business district to the ground in 1863. The following year, a flash flood swept down Cherry Creek, killing 20 people and causing a million dollars in damage. And shortly after that, an Indian war broke out, cutting stage stations and supply lines and leaving Denver with just six weeks of food.

The early hardships only solidified the resolve of Denver's citizens and made them more determined to not just survive but to thrive. When the Union Pacific Railroad bypassed Colorado on its transcontinental route, Denverites raised \$300,000 and built their own railroad to meet the Union Pacific in Cheyenne, Wyoming. Soon after, the Kansas Pacific Railroad crossed the plains to Denver and, when a major silver strike was hit in Leadville, Denver was a boomtown once again.

What about a Cook Park garden tour? Call for entries:

The Cook Park Neighborhood Association is considering hosting a neighborhood garden tour in mid August, 2014. People interested in participating and showing off their gardens are asked to contact either Barbara Fallon, 303.759.2290, Barbara_fallon@comcast.net. or Pat Horgan, 303.756.4779, pathorgan@comcast.net or Debbie Vandre, 303.517.0891, debbie@vandreproperties.com. If you aren't an avid gardener but would like to recommend a friend who is, we would love to hear from you as well. Any garden can be outside Cook Park but needs to be in close proximity as we are hoping to include 6-8 gardens and a tour time from 10am-4pm. All final details will depend on the feedback we receive and final logistics. Our hope is to create a stronger sense of community and pride by sharing our gardens and gardening knowledge. We hope to hear from you!

New weed control practices for Goldsmith Gulch

It has come to our attention that the Urban Drainage and Flood Control District (UDFCD) that is responsible for weed control on the Goldsmith Gulch from E. Evans to S. Monaco to the Skyline Acres Swim and Tennis Center will no longer maintain the areas by mowing. This will include the areas of grass on both the east and west sides of Monaco, just south of Jewell. The UDFCD will evolve their weed control practice from mowing to a "Weed Management Program" that consists of both mechanical and chemical measures for the reach of the Goldsmith Gulch. There will be visible changes through the summer season.

Local Real Estate News

Denver's market is still on the rise. Here is an overview from Debbie Vandre For more information on our neighborhood, contact Debbie Vandre at 303-517-0891 or email her at Debbie@VandreProperties.com

Homes Priced Below \$399,000

22 Sold

12 Under Contract

3 Active

Avg Days on Market 29

Over \$400,000 (All Mid Century Modern)

4 Sold

3 Under Contract

1 Active

Avg Days on Market 68

Cook Park 4th of July bike parade & picnic planning underway

Melissa Cantu, Angie Fellers Lemire & Merrick Weaver

It's almost time for our neighborhood's most patriotic event! Join your friends & neighbors on Independence Day for the Bike Parade & Picnic. Find us on Facebook at www.facebook.com/cookpark4thofjuly. Good food, good folks, good fun.

Bike Parade: 10:00 am - Meet at the corner of E. Mexico Ave. & S. Krameria Way

Bike decorating contest: May the most creative bike win!

Picnic: Starts at 11:00 am

Cook Park south of the Rec Center & east of the Rugby Fields

Activities planned so far:

11 am: Denver Fire Department Pumper Truck

11 am – 1 pm: ACTASANA Dress up photo booth & Little Sprouts Kids Art Center

11:45 am & 12:30 pm: Harmony Yoga family yoga demos



We're so excited to announce our first sponsors! Big, heartfelt thanks to:

ACTASANA Acting Studio & Theatre
 Addison Automotive
 Harmony Yoga
 Little Sprouts Friendship Garden
 Basil Doc's
 Cook Park Neighborhood Association
 African Community Center

CALLING ALL SPONSORS: We're looking for more sponsors to get a blue grass band to play at the picnic. For more info on sponsorship opportunities, contact Fundraising Chair Merrick at merrick@hairelephant.com. All contributions are tax deductible this year!



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News from the Inter-Neighborhood Cooperation

Inter-Neighborhood Cooperation's mission is to advocate for Denver citizens by bringing together, informing and empowering Denver neighborhood organizations to actively engage in addressing City issues.

Volunteers Needed For People's Fair – Perks For Volunteers Too!

Capitol Hill United Neighborhoods, Inc., is now recruiting volunteers for the 43rd Annual CHUN Capitol Hill People's Fair to be held at Civic Center Park on June 7 and 8, 2014 (10am-8pm Saturday, 10am-7pm Sunday). Hundreds of volunteers are needed every year to assure the success of the People's Fair and the enjoyment of the many fairgoers. To sign up to volunteer for the CHUN Capitol Hill People's Fair, fill out an online registration form on CHUN's website or call the CHUN office at 303.830.1651 or please visit www.chundenver.org.

Electronics Recycling Collection Event, Saturday, June 7th

Recycle Your Old Electronics Before They Take Over! Take over all your storage space that is. Join other Denver residents in recycling electronic items on Saturday, June 7th from 9 AM to 1 PM at Metech Recycling at 500 W. 53rd Place in Denver. As a bonus each event participant will receive a free super efficient LED light bulb complements of the City's Denver Energy Challenge program.

Event participation is by appointment only.

Sign up at Denver-ecycle.eventbrite.com and select your appointment time slot, then show up on June 7th at your scheduled appointment time with your electronic items. There will be a \$5 per vehicle fee which includes the first two "screens" (televisions, monitors and/or laptops). Additional screens will cost an additional fee of \$5 per screen. A normal fee per screen can range from \$15 to \$40 so take advantage of this low cost event. This event is being brought to you by Denver Public Works/Denver Recycles, Denver Environmental Health and the Denver Energy Challenge.

Items accepted for recycling include: Televisions, monitors, CPUs, laptops, printers, scanners, faxes, keyboards, mice, stereos, external hard drives & storage devices, cellular phones, telephones, DVRs, VCRs, digital cameras, video recorders, MP3 players, video game consoles, wires, cables and some small appliances such as microwaves. Items Not Accepted: Air conditioners, large appliances, vacuum cleaners, car batteries or household batteries (rechargeable batteries okay).

This event is open to Denver residents only. No commercial or business recycling. One free LED light bulb per participating vehicle recycling electronics. For more information about how to help save energy visit the Denver Energy Challenge program at DenverEnergy.org.

Denver Recycles encourages residents to take advantage of this discounted opportunity to recycle electronic items, as these items are no longer accepted in the trash. It is now illegal for Colorado residents and residential waste haulers to dispose of electronics in landfills (Colorado's Electronic Recycling Jobs Acts, SB 12-133, 4/20/12). If you're not able to attend this event, call 311 (720-913-1311) or visit DenverGov.org/Ecycle for other electronic recycling options offered by Denver Recycles.

For more information visit DenverGov.org/DenverRecycles, call 311 (720-913-1311) or e-mail DenverRecycles@DenverGov.org.

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<small>Additional cost may apply with excessive items on Sch D</small>		New Business set-up/registration - \$150				
Member: East Evans Business Association Member: Glendale Chamber of Commerce						