

Cook Park News

COOK PARK NEIGHBORHOOD ASSOCIATION

www.cookparkneighborhood.com • cpneighborhood@gmail.com

Ignite your holiday spirit - register your holiday light display to WIN in our 3rd Annual Lighting Contest

It's that time of year again - our Annual Holiday Light contest. This year we have added the prize category of Honorable mention. Get creative and get in the spirit to win cash prizes. Rules for the contest can be found on page 2 of the newsletter.

1st place winners will be awarded \$50 each for an individual home and group home (each group home 1st place home owner will be awarded \$50 as well). Second place winners will be awarded \$35 (each group home 2nd place home owner will be awarded \$35 as well) and each honorable mention winner will be awarded \$25.



So, let's light up this neighborhood with the spirit of the holidays and show Denver just how passionate we are about our community! If you need to add decorations to your display this year, don't forget to shop our local ARC Thrift store and Goodwill stores - they have thousands of unique and traditional holiday decorating items for sale at reasonable prices. (cont. on page 2)

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.
January 20
February 17
March 17
(no meeting in December)

President's letter:

Oh what a year! 2014 is nearly in the record books and we should all be proud of what we accomplished.

It started with another bang-up event in April - The Annual EEBA Clean-Up, organized by Ron Weiss, VP, Cook Park Neighborhood. We shined up the East Evans corridor in fine fashion.

June brought us a successful neighborhood sale - adding a little spending money to several neighbors' pockets and clean closets, basements and garages. Thank you organizers, Mary Walsh and Steph Casey.

July's 4th of July bike parade and picnic was taken to yet another successful level with the leadership of neighbor Merrick Weaver and her hard working committee.

National Night Out in August was our best yet. This year the event was led by the EEBA and organized by a tireless committee of volunteers including Beth Trudgeon, Debbie Vandre, Joan Toohey, Rochelle Faraco, Jill Butterly and myself. The weather threatened up until the magic hour and then the skies cleared.

Our annual Holiday Light contest is next on our list of community events so please consider participating. Next year we will add a Garden Tour. If you're like me and don't have a "tour worthy" yard please plan on touring the gardens that will participate.

Thanks for reading!
Nancy Barlow, President of the CPNA



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The Cook Park Neighborhood 3rd Annual Holiday Light Contest Rules

Categories:

Best Outdoor Home Display
Best Neighborhood Group Display
Honorable Mention

We award 1st & 2nd place winners in each category with a lawn sign & gift in recognition. Lawn signs not available for Honorable Mention.

Rules to participate in the 2014 contest are as follows:

1. Must reside within the boundaries of the Cook Park Neighborhood Association. The CPNA is bordered by Cherry Creek to the North, Evans Avenue to the South, Quebec Street to the East and Holly Street to the West.
2. Must register with name, address, phone and category by Dec. 13th. To register call or email Stephanie Casey, Cook Park Advertising Director at 303-349-8981 and/or caseystephanie1@gmail.com.
3. Judges and CPNA board members are excluded from the contest.
4. No repeat winners 2 years in a row – let's give all neighbors a chance to win!
5. Neighborhood Group Display must include a minimum of 2 homes and no more than 4 homes on the same block or cul-de-sac.
6. Judging will take place the week of Dec. 14th and lights must be turned on during the judging period to qualify. Judging will take place after sunset.
7. Winners will be announced by Dec. 19th and will be notified by phone.
8. Yard signs for the winners will be in place by Dec. 21st.
9. Winners must agree to display a sign on their front lawn from Dec. 21st through Jan. 2nd. Please do not throw away the sign. They will be picked up by Jan. 3rd. Leave by front door.
10. Winner must agree to have their address posted on the CPNA website and Facebook Page.
11. Prize must be accepted as awarded.

HELP US BRIGHTEN THE SEASON!

Changes for 2014:

- We ask that you please register for one category only
- Maximum of 4 homes for group display category

Remember our wounded soldiers when you send holiday cards this year

A small act of kindness on our part can go a long way in the hearts of our recovering soldiers. The effort we go through when addressing cards every year can seem like a daunting task if our lists become too long but it's nothing in comparison to the sacrifices our service men and women make to keep us safe. As we spend time with family and friends please remember there are far too many wounded soldiers that won't be with their loved ones for the holidays this year.

Send cards to wounded recovering vets:

Recovering American Soldier
c/o Walter Reed Army Medical Center
6900 Georgia Avenue NW
Washington, DC 20307-5001

Holiday gifts that help the most

(What about Christmas for panhandlers?) *By Barbara Fallon*

Especially during the season of good will and sharing, it is sad to observe the street people who have resided along our thoroughfares, especially for us along Monaco and Evans. There was a day when I gave freely to, call them what they are, panhandlers. And the problem multiplied. When visiting a time ago with the son of the pastor of Church in the City, the young man re-affirmed my gut instinct that "helping" should not be "enabling." We agreed supporting the churches and charities that provided food, shelter, and assistance helps to resolve the circumstances and root problem of street people. To support those in need, I offer the following agencies with proven ability to change lives.



The Salvation Army

In 1891, Salvation Army Captain Joseph McFee sadly observed many poor people going hungry in San Francisco. During

the holiday season, he resolved to provide a free Christmas dinner for those suffering. But how would he fund the project?

The Captain remembered his sailor days in Liverpool, England. He visualized how at Stage Landing, where the boats came in, there was a large, iron kettle into which passers-by tossed a coin or two to help the poor. Captain McFee placed a similar pot at the Oakland Ferry Landing at the foot of Market Street. Beside the kettle, he placed a sign that read, "Keep the Pot Boiling." He soon had the money to see that the needy people were properly fed at Christmas. Today in the U.S., The Salvation Army assists more than four-and-a-half million people during the holidays.

SERVICES for 2013 included: 58,434,217 meals served, 10,847,192 lodgings supplied, welfare orders/cash grants 7,632,666, and tangible items distributed, 19,577,943. Ninety-four percent of donations are used for services; only six percent for marketing and management. IMPRESSIVE!

To make a donation to your local chapter, call 1-800-SAL-ARMY or donate online @ <http://www.salvationarmyusa.org>. I never pass a kettle without putting in my dollar bills.

Denver Rescue Mission

The Mission is located at 1130 Park Avenue West, Denver, with an auxiliary site on Champa Street and a warehouse. For more than 122 years, the Mission has provided meals and shelter to Denver area's needy. The Denver Rescue Mission's goal is to serve more than 122,000 meals this season. Just \$1.92 provides a hot meal or helps provide shelter. Great value here! When I spoke with a representative of the Mission, she guided me to their media website with suggestions to support and redirect people on the street. The site stated that there are many stories behind individual homeless. Treat them with respect; call police for their safety in dangerous weather; advise of help available at the Mission and other shelter, food, and resource agencies. Consider small packets with fast-food coupons, bus tokens, and small toiletries. Cash is not advised.

To give a gift online, go to DenverRescueMission.org; to charge by phone, call 303.297.1815; or checks should be made payable to Denver Rescue Mission, P.O. Box 5001, Denver, CO 80217-9245. I donated today. (cont. on page 4)

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COOK PARK NEIGHBORHOOD ASSOCIATION

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Holiday gifts cont.

Catholic Samaritan House, Denver, CO

Located in downtown Denver, 2301 Lawrence Street, Samaritan House was built in 1986 and specifically designed and constructed for the homeless. The structure can accommodate over 320 men, women and children each night. There are separate facilities for single men, single women and families with children. Residents receive a bed, food, clothing and various services on site, including case management, medical care, and referrals for employment, social service assistance and educational opportunities. The charity supplies about fifty percent of the shelter housing available to families in the Denver area.

Somewhere in Samaritan House, subsequent to a development project, there are five bricks, four named for each one of my children and one with my name in thanksgiving to God for many blessings. For more information, go to www.ccdenver.org/samaritanhouse or call 303-294-0241.

Step 13, Denver, CO

Step 13 is an acclaimed Denver rehabilitation center for those with addictions under the strict and successful model of founder Bob Cote. Step 13's mission is that through sobriety, training and work, residents of Step 13 shall become self-reliant and productive members of our community serving as an example to others that success can be achieved by stopping the practice of enabling self-destructive behavior, breaking the cycle of dependency, and promoting responsibility. Step 13 has a proven model: Work Works! For more information or to donate, go to <http://www.step13.org>.

What the City Says

With neighborhood security and quality of life on the agenda, a representative from Denver's city attorney's office presented at the East Evans Business Association this summer. An issue of concern was the panhandling along Evans and Monaco.

Related prohibitions include the following:

- No "aggressive panhandling" in a public place, prohibiting the following: Continuing to panhandle after someone says "no"; physical contact; blocking pedestrian or vehicle travel; using violent or threatening gestures; using profane or abusive language; panhandling from someone waiting in line; approaching someone as part of a group or more in an intimidating way.
- Other prohibited acts: on private or residential property after being asked to leave by the owner/renter/manager; within 20 feet of public toilets; within 20 feet of ATM's; in public transportation; within 20 feet of a bus stop or light rail station; in any public parking lot or structure; within 20 feet of a pay phone; within 20 feet of an outdoor patio where food or drink is served; and after dark (one half hour after sunset and one half hour before sunrise).
- To Make a Difference – Not Enable

There it is – the Denver regulations and a plan to help street people without encouraging behavior that is self-destructive and a problem for Denver. It is the tough love I would want for my kids and grandkids. Give to those who care for, comfort, and guide the ill, the addicted, the unfortunate, and the destitute. Pray for them all.

Then, in the spirit of the season, we acclaim "happy holidays"!

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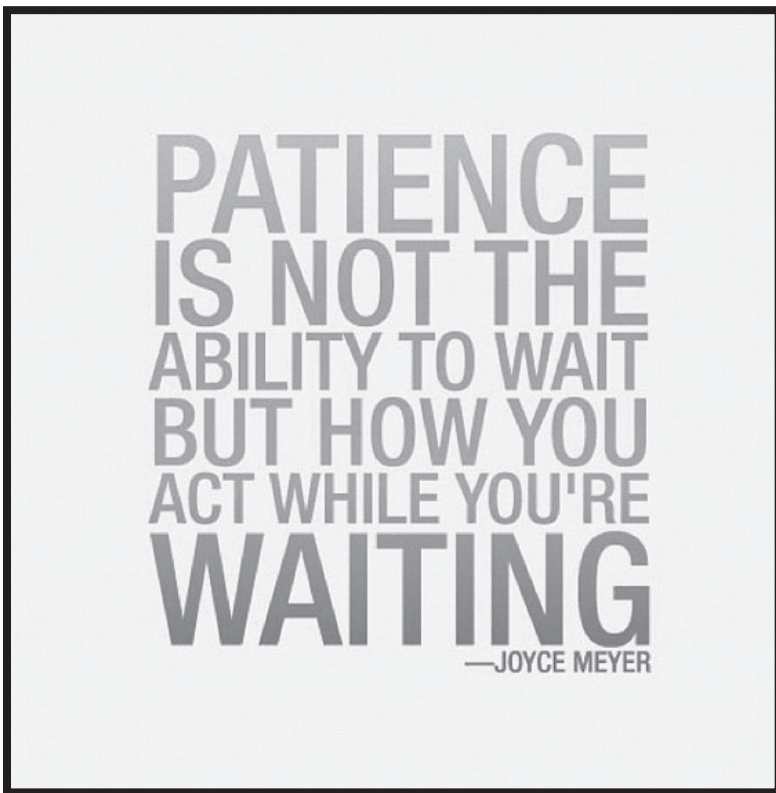
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Sometimes we just need to be patient!

by Pastor Mike Lemke - Cross of Glory Lutheran Church

I was heading home the other evening and drove it into the worst Denver traffic jam I can remember. The stoplight on Parker Road near the already busy I-225 exchange had decided to gift motorists with "Mind-of-Its-Own" directives during 6 p.m. rush hour traffic. The traffic reporter on the radio warned drivers to avoid the area altogether, but I was committed! I tried to be cagey. I exited Parker Road, driving through a big parking lot to my right in an attempt to take Yale Avenue to the east. Apparent-



ly, ALL of Denver, had the same idea!

I phoned my wife and told her to tape the Monday Night Football game. Disgusted, I realized that I probably would not be home for another hour.

Sometimes we just have to wait!

December, with its Christmas/New Years preparations is stressful enough. We can do without the honking cars and impatient motorists giving us the "You're Number One" sign. Against the hustle and bustle of the season, Denver darkness and Colorado cold, I surrendered to being stuck on Yale for a while.

Then it occurred to me inching ever so slightly that snow glistens when struck by moonshine... that Denver twinkles on a chilly, Mile High night and that the crunch of slush under

tire tread, well... crunches! Had I not been delayed, inconvenienced... had I not needed to wait, I might have missed (surprise) the beauty of the night.

We have a choice this December. We can clench our steering wheels, frazzled and frenzied, determined to just get through our drives or we can try to see with new eyes, the marvel, the magic of this time of year. No-Room-at-the-Inn Bethlehem busied right past Christmas! May we in Cook Park though sometimes slowed, though sometimes stymied, see the goodwill of the season and allow otherwise crazed drivers to get home five minutes before we do. May we, appreciative of this time, and the blessings and promises of past and future, allow others to even cross into our lanes this upcoming year as we choose with patience, by giving thanks, to let the world go by us ever so often!

Merry Christmas and Happy New Year!

Pastor Mike Lemke Cross of Glory Lutheran Church

STAY IN THE LOOP

Join us at a CPNA meeting: every 3rd Tuesday of the month at 5:30 pm at the Rec Center.

We love meeting new faces!

(no meeting in December)



Cross of Glory

LUTHERAN CHURCH
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Mike Lemke, Pastor

CHRISTMAS EVE WORSHIP
Wednesday, December 24
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CHRISTMAS DAY WORSHIP
Thursday, December 25
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Local business reviews

• Eric J Srodulski, Financial Advisor - Edward Jones - *by Stephanie Casey*

Every Saturday morning Eric Srodulski wakes up at 5 am so he can spend some quality time reading Barron's financial magazine to keep up with the most recent financial news. He spends about an hour and half studying before his two girls, Isabelle, 5 and Olivia, 3 get up because he knows once they're up, they're going to require all of his time. Eric and his wife, Sharon Eckert, a local veterinarian who practices at Alameda East Vet Clinic, are longtime residents of Colorado and in addition to staying very busy with their girls, also find time to enjoy the great Colorado outdoors. As an avid recreational athlete, Eric competes in mountain bike racing, is a 4x IRONMAN triathlon finisher and an alumni of the Colorado Outward Bound School. When meeting Eric, it is very evident he takes great pride in being a financial advisor and is very passionate about helping people. Before joining Edward Jones in 2010, Eric spent over 20 years in financial planning and analysis, to include serving as principal of EJS Consulting, a senior manager of financial planning and analysis at BlueLinx Corporation and as a manager of financial planning and analysis at home buyers warranty. Eric has truly found his niche at Edward Jones and says it has been "fantastic" so far. As a financial advisor for Edward Jones, Eric stands by and promotes the culture of the company and the 3 principles it's founded on: to serve the serious long term investor, to focus on a quality and well-balanced portfolio and very importantly to establish and maintain personal relationships. Eric has clients who are seniors, young couples and folks who are thinking of or ready to retire. But regardless of the client, Eric believes in cultivating relationships and providing each client with one on one attention. Eric is located at 2000 S Colorado Blvd. in the Annex Building in Suite 220. He and his branch office administrator Kim Kempf provide a very welcoming and relaxed atmosphere and will give you the utmost attention. You'll receive detailed information and support pertaining to your portfolio to include a comprehensive portfolio analysis. Schedule an analysis today to discuss answers to 5 key questions geared toward achieving your financial goals. Eric can be reached at 303.759.5656.

• Atrium Denver Event Center - 2055 So. Oneida St. - *by Nancy Barlow*

Need to find a special location for a special event? Now there's a jewel of an event center right in our Cook Park Neighborhood. The Panorama Building South on the west side of S. Oneida and just north of Evans is now home of the Atrium Denver Event Center. The mid-century Panorama Building (previously the Harris Building) has been impeccably restored by owner Dan Dahlberg, of Hardcastle Company Builders. The building is home to various small businesses but in the center of this divine structure is a beautiful open event area known as the Atrium Denver. There is a spectacular mountain view and two open levels that provide a dramatic setting for any occasion. Plus, parking is ample. The Atrium can accommodate parties of up to 400 people so it's perfect for weddings, business meetings, parties or special events.

I personally have attended parties at the Atrium and have been very impressed with their attention to detail, variety of preferred vendors (although you are not limited to using them) and great location.

Think of the Atrium for wedding receptions, wedding or baby showers, graduation parties, anniversary celebrations, family reunions, business networking events, lectures or speaking engagements, birthday celebrations, class reunions, fund raisers and the list goes on and on.

For costs and availability please contact (303) 809-8777 and be sure to visit their website at www.AtriumDenver.com

• Canine Fitness Center - 5390 E Evans Ave. - *by Debbie Vandre*

On my way out the door each morning my little dog Joey is sitting by the front door wagging his tail. He is ready for doggie day care. I interviewed multiple day care center for dogs. I really like Canine Fitness Center on Evans. I took Joey in for an introduction for about an hour and he was hooked. They have been a huge part of Joey's life to date. He is 3 now and has been attending the care center for 2 years.

The staff is extremely friendly and helpful. They let my husband and myself know about his play mates and activity. They also inform us about the amount of food he eats in case there seems to be a change in him. I have allowed them to do his bordetella shot, clean his teeth and the photographer takes occasional photos which of course are just adorable. The hours are perfect, from 7am to 8pm on week days, and I can drop him off on weekends while I am running errands or having my home cleaned. Joey usually spends about 24 hours there each week for fun and exercise.

CFFC provides a safe and healthy environment to care and nurture each dog in a comfortable true indoor/outdoor location with several different stimulating activities (as well as a nap time to avoid over stimulation). They care about the health and wellbeing of our best friends, and know that by exercising your dog on a regular basis, you may be improving their quality of life exponentially. CFFC is appropriate for all legal breeds, sizes and temperaments of dogs as they all need exercise, play time, love, and extra attention.

Joey is just as excited today when I drop him off as he was 2 years ago. I highly recommend this tremendous fitness center. Call them at 303-394-3947 or visit their website www.caninefitnessandfuncenter.com

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

What is Nextdoor.com?

Seems a day doesn't go by without an interesting post showing up on Nextdoor.com. Nextdoor is the 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 your 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.

People are using Nextdoor to:

- Quickly get the word out about a break-in
- Organize a Neighborhood Watch Group
- Track down a trustworthy babysitter
- Find out who does the best paint job in town
- Ask for help keeping an eye out for a lost dog
- Find a new home for an outgrown bike
- Finally call that nice man down the street by his first name

Nextdoor's goal is to use the power of technology to build stronger and safer neighborhoods.

Their mission statement:

"We created this company because we believe that the neighborhood is one of the most important and useful communities in a person's life. We hope that neighbors everywhere will use the Nextdoor platform to build stronger and safer neighborhoods around the world."

If you haven't joined the Cook Park Neighborhood's Nextdoor forum, you should. Visit Nextdoor.com. Search for Cook Park. Join.

Craft Beer of the Month

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Jan: Stillwater Artisanal bombers

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Cook Park Neighborhood Board Elections:

Board Elections for 2015 will be held on January 20th at the monthly meeting. Anyone residing in the Cook Park Neighborhood can run for a board position. We encourage your participation so come join us!

Is Your Portfolio Truly Diversified?

Life is full of ups and downs — and the financial markets are no different. As an investor, you're no doubt happy to see the "ups" — but the "downs" can seem like a real downer. Isn't there any way to help smooth out the volatility in your investment portfolio?

First of all, to cope with volatility, it's helpful to know what causes it — and there can be many causes. Computers that make trades in milliseconds, based on mathematical models, are sometimes blamed for intra-day volatility, but large price swings can also occur following the release of government economic reports, such as those dealing with unemployment and housing starts. Global events, such as the European economic malaise, can also send the financial markets into a tizzy.

By being aware of the impact of these events, you can see that the workings of the markets — especially their volatility — may not be as mysterious as you thought. Still, while knowing the causes of volatility can help you prepare for market swings, it won't blunt their impact on your portfolio. To do that, you need to create a diversified mix of investments because your portfolio can be more susceptible to negative price movements if you only own one type of asset.

To illustrate: If you owned mostly bonds, and interest rates rose sharply, the value of your bonds would likely drop, and your portfolio could take a big hit. But if you owned stocks, bonds, government securities, certificates of deposit (CDs) and other investment vehicles, the rise in interest rates would probably affect your portfolio less significantly.

Unfortunately, many investors think that if they own a few stocks and a bond, they're diversified. But you can actually extend your diversification through many levels — and you should. For the equity portion of your portfolio, try to own stocks representing many market sectors and industries. Also, consider international stocks. And rather than just owning U.S. Treasury bonds, consider corporate bonds and municipal bonds, and diversify your fixed-income holdings further by purchasing short-term, intermediate-term and long-term bonds. Work with your financial advisor to determine the mix of asset classes and investments that are appropriate for your financial goals and objectives.

How you ultimately diversify your portfolio depends on your risk tolerance, time horizon and long-term goals — there's no one "correct" asset mix for everyone. And over time, your diversification needs may change. To cite one example, as you enter your retirement years, you may need to increase your percentage of income-producing investments while possibly reducing the amount of growth investments you own. These growth-oriented investments tend to be more volatile, and you may want less volatility during your retirement. However, even during retirement, you will need to own a certain percentage of growth investments to provide you with the growth potential you'll need to stay ahead of inflation.

Keep in mind that diversification can't guarantee a profit or protect against loss. Nonetheless, building a diversified portfolio may help take some of the volatility out of investing — so look for diversification opportunities whenever possible.

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

GET HOLIDAY FIT!

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we treat your pets like the valued
family members they are.**

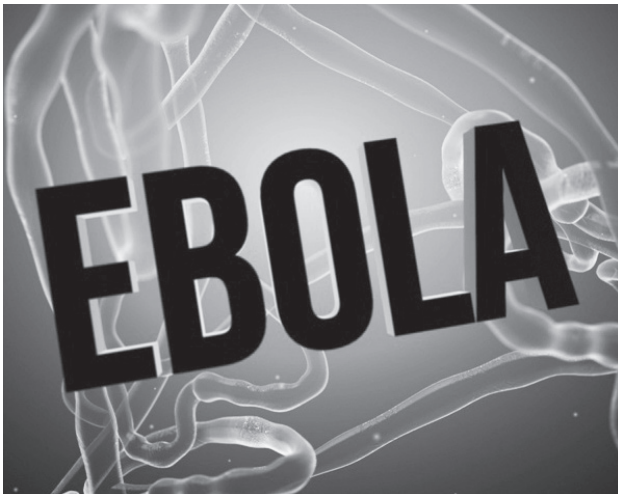
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Important facts about Ebola from Denver Health



Denver Health requests that local Neighborhood Associations report the facts on Ebola to our community:

Many in the U.S. may be concerned with the confirmation of an Ebola case at a Dallas-area hospital. That's why we believe it is important to share some facts about this disease.

- Ebola cannot be spread through the air or simply by touching someone infected.
- Ebola is only spread by direct contact with the blood or body fluids of an infected person.
- Those infected with Ebola transmit the virus only once symptoms appear, through the later stages of the disease and postmortem.
- While this is clearly the largest outbreak in history, the incidents of Ebola are still very rare.

We encourage you to share this key information with family, friends and co-workers through conversation, or by printing and then posting or distributing this info.

Lastly, it's important to understand that—in the rare cases of this disease—sophisticated health care systems like those in the U.S. can successfully contain the disease. Denver Health is a great example. We can safely manage patients with infectious diseases using recommended isolation and infection control procedures. We have the resources and expertise of Denver Public Health, housed right on our campus, which detects and investigates disease outbreaks. And because of our extensive training in emergency and public health preparedness, Denver Health is always ready for worst-possible scenarios even though they may never happen. For more information about Ebola, watch local news interviews with our Chief of Infectious Diseases, Dr. Connie Price. Or continue to check the home page of denverhealth.org for future developments.

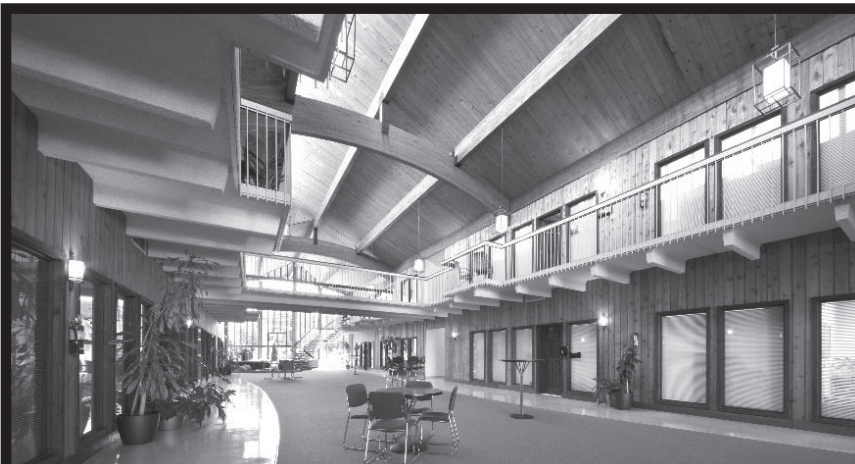
East Evans Business Association meetings - winter 2015

Have you been to an East Evans Business Association meeting? Local businesses and neighbors come together every month to keep up-to-date on local happenings. 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.

NEW MEETING LOCATION: The Panorama Building at 2055 S. Oneida Street, Denver 80224 at 5:30 pm.

There is **NO MEETING IN DECEMBER** however there will be a social on the evening of Thursday, December 18th at 6 pm - 9 pm Milo's tavern.

Future meeting dates at the Panorama Building are: • January 27 • February 24 • March 24



The Offices 
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Cook Park Rec Center Winter 2014/2015 Youth Sports Schedule - Pee Wee Basketball (Ages 5-8)

BOY'S BASKETBALL

Age: 7-8 yr old

Preseason Practices:

Team 1 & 2— Wed 6:00pm-7:00pm &
Sat 11:15am-12:15pm

Team 3 & 4— Thu 6:00pm-7:00pm &
Sat 12:15pm-1:15pm

Regular Season Practices:

Team 1 & 2— Wed 6:00pm-7:00pm

Team 3 & 4— Thu 6:00pm-7:00pm

Games: Sat

COED BASKETBALL

Age: 5-6 yr old

Preseason Practices:

Team 1 & 2— Wed 5:00pm-6:00pm &
Sat 8:15am-9:15am

Team 3 & 4— Thu 5:00pm-6:00pm &
Sat 9:15am-10:15am

Regular Season Practices:

Team 1 & 2— Wed 5:00pm-6:00pm

Team 3 & 4— Thu 5:00pm-6:00pm

Games: Sat

GIRL'S BASKETBALL

Age: 7-8 yr old

Preseason Practices:

Mon 5:00pm-6:00pm &
Sat 10:15am-11:15am

Regular Season Practices:

Mon 5:00pm-6:00pm

Games: Sat

Additional Program Information

*Register at Cook Park Rec Center, 7100 Cherry Creek So. Dr., Denver 80224 (720)865-0610

*All participants will receive a basketball jersey top. Participants are encouraged to purchase a pair of black basketball shorts to be worn at all games.

*Sign-up for the time that works best for you and your child! (For the 5-6 Coed & 7-8 Boys exclusively)

Additional Game Information

*Game locations might be different than your practice location and the game times could vary from week to week.

* 5-8 age divisions play Saturday mornings – early afternoon

Registration Begins Tuesday, October 28th • Season: Jan 4 - Feb 28 • Ages: 5-8 Fees: \$40 • Age Cutoff Date: March 1, 2015

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

Cook Park garden tour 2015



The Cook Park Neighborhood Association will host a neighborhood garden tour in mid-August, 2015. People interested in participating and showing off their gardens are asked to contact either 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! Watch for more information and specific details in future issues of Cook Park News.

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Evening appointments are by appointment only.

A letter from Pastor Bruce - Thank you Cook Park Neighbors for helping to make the 2014 Crop Walk a success!



On October 12th, the only cold and rainy day the entire month, Salem United Church of Christ, located on the corner of Florida Ave and Grape St, hosted the 2014 SE Denver Crop Walk. Salem volunteers scurried from the beginning of the morning, setting up tables, assigning tasks, and even posting new directional signs that had blown away in the early morning wind and rain. As participants huddled in the Sanctuary or around the coffee urn in the vestibule breezeway of Salem, walkers were not deterred by the weather and rallied to support this wonderful charity. People kept arriving, registering walkers, and smiled in satisfaction of their opportunity to give and make a difference in others' lives.

Though the walkers numbered around seventy-five, the money raised by this fund-raising event is still being tabulated. To date, over \$11,000 has been counted and the total could easily surpass \$12,000 when all is said and done. Of these monies, around \$3000 will benefit SE Denver food banks and the delivery program of Fish of East Denver. Needy Denver peoples, who are mobility-challenged, can call Fish to have groceries delivered to their home. The local food banks of Washington Park United Church of Christ and Epiphany Lutheran Church will coordinate with Fish of East Denver to use this local money to respond to the hunger needs of SE Denver residents.

Look for Salem to host this event again in 2015, and help us to promote the Virginia Village/Cook Park Associations with another successful event next fall. And please remember, Salem Church offers a weekly Community meal, bringing the hungry together in fellowship with regular folks from the neighborhood. Also, please tell those working poor whom you encounter that Salem has a small food pantry to help anyone make it to the next paycheck or through the current crisis. We may not be able to provide all services, but we want to help where we can.

Thank you Cook Park, the East Evans Business Association and Residents, for your compassion and interest in helping raise consciousness of the issue of hunger right here at home. Bless you all.

Pastor Bruce

P.S. The Salem Community Meal mentioned in paragraph 3 is every Wednesday night @ 6PM. All are welcome to the free meal, even as donations to the meal are appreciated.

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Debbie Vandre,
Cook Park Neighborhood resident for 24 years.
303.517.0891
Debbie@vandreproperties.com

www.VandrePropertiesllc.com

Holiday safety tips from our Denver Police, District 3



Our local police department, headed by Commander Joesph Montoya reminds us that the busiest time of the year can also be a dangerous time but following are tips you can use to keep you, your family and your friends safe.

CRIME INFORMATION TIPS:

- **STAY ALERT!**
- Avoid driving alone or at night.
- Avoid parking next to vans, trucks with camper shells, or cars with tinted windows.
- Park as close as you can to your destination and take notice of where you parked.
- Never leave your car unoccupied with the motor running or with children inside.
- Do not leave packages or valuables on the seat of your car. This creates a temptation for thieves. If you must leave something in the car, lock it in the trunk or put it out of sight.
- Thieves look for purses, I pods, GPS devices, cell phones, or other small devices of value. **HIDE THEM BEFORE YOU LEAVE YOUR HOME!**

- Be sure to locate your keys prior to going to your car.
- Keep cash in your front pocket.
- Notify the credit card issuer immediately if your credit card is lost, stolen or misused.
- Keep a record of all of your credit card numbers in a safe place at home.
- Be extra careful if you do carry a wallet or purse. They are the prime targets of criminals in crowded shopping areas, transportation terminals, bus stops, on buses and other rapid transit.
- Teach your child to go to a store clerk and ask for help in case your child is separated from you.
- Teach children to stay close to you at all times while shopping.
- Never allow children to make unaccompanied trips to the restroom.
- Have something to eat before consuming alcoholic beverages.
- Eat high protein foods that will stay in your stomach longer and slow the absorption of alcohol into your system.
- Remember only time will eliminate the alcohol from your body.
- Use caution when climbing ladders to decorate high places.
- Don't decorate high places alone.

Please Report All Suspicious Activity – IMMEDIATELY

Emergency - 9-1-1 • Non-Emergency (720) 913-2000

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 \$400,000

15 Sold Avg List Price \$339,533
 3 Under Contract Avg Sold Price \$331,000
 3 Active Sold 97.26% of List price

Homes Priced Over \$400,000

5 Sold Avg List price \$473,580
 1 Under Contract Avg Sold price \$483,000
 1 Active Sold 102.27% list price.

**2015
TAX
SEASON**

PERSONAL RETURN <small>(Federal + 1 state)</small>	\$85
PERSONAL RETURN <small>(plus Sch. C)</small>	\$100
PARTNERSHIP/S-CORP <small>(1065 & 1120s)</small>	\$150
C CORP (1120)	\$200
ADDITIONAL STATES	\$35 ea

Additional cost may apply with excessive items on Sch D

New Business set-up/registration - \$150

Member: East Evans Business Association
 Member: Glendale Chamber of Commerce

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