Cook Park News

COOK PARK NEIGHBORHOOD ASSOCIATION

www.cookparkneighborhood.com • cpneighborhood@gmail.com

Think SPRING. The 2015 Cook Park garden tour is in planning mode

There are many surprises that live behind the gates and walls of our lovely neighborhood homes. This August we will be invited into a few paradise gardens and from what I've been told, our jaws will drop.

The Cook Park Neighborhood Association will host a neighborhood garden tour on Saturday, August 8, 2015 from 10 am to 3 pm. At the time of this printing we have six or seven gardens signed up with a goal of securing as many as 12.

A committee has been formed and the excitement level is rapidly growing. Parameters for our garden tour are being set by this experienced team of volunteering neighbors. A nominal ticket price will be set to stroll the gardens and proceeds will be donated to a charity of the committee's vote. Participating garden owners will receive a gift for generously opening their yards for us

to experience. The committee will need volunteers for the day of the event so if you would enjoy being part of this special event please contact either Debbie or Pat. (Contact info follows).

If you are interested in participating and showing off your garden you may 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.

Cook Park Neighborhood Association 2015 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. CPNA
meets every
3rd Tuesday at
5:30 pm at the
Rec Center.
March 17
April 21
May 19

President's letter:

The Cook Park Neighborhood is a beautiful blend of neighbors and businesses that have a strong desire to improve our area. We couldn't bring you the Cook Park News without everyone's collective contributions. I believe it's important to acknowledge the efforts that make this Newsletter possible. Since the fall of 2009 we have been able to count on our local businesses to financially support us to bring you this Newsletter and support local non-profits and volunteer organizations.

- All of our revenue is derived from businesses that advertise in the Newsletter.
- The majority of our expenses go toward printing and distributing the Newsletter four times a year.
- After expenses, CPNA has been able to donate to various local, community organizations, including: Leetsdale Cop Shop, African Community Center, Special Olympics (via Comm. Montoya), Denver Municipal Jazz Band, and Denver Dollar Dictionary.
- We thank our advertisers for making this possible and our residents for supporting those businesses.

In January of each calendar year we elect our board officers. I am proud to announce that the volunteer board members of 2014 have generously agreed to remain for 2015. I personally want to thank each of you for contributing your individual unique talents.

We hope you'll enjoy this spring issue. Thanks for reading! Nancy Barlow, President of the CPNA





Please Support our Local Businesses They make it possible to bring you the Cook Park News!





Two fascinating presentations are slated for the March 17 meeting:

1. Investment Lessons Learned

2. Identity Theft Prevention

Both topics will be extremely useful as well as provide timely information for all of us.

1. Lessons Learned

This will be an interesting discussion on five investing principles for today and beyond by Tim Wolff of John Hancock. Take away good solid information for your financial future on these 5 key topics:

- 1. Every investment has risks, even cash
- 2. Diversification is not dead, it's just misunderstood
- 3. Not all bonds—or bond funds—are created equal
- 4. Yes, it's STILL stocks for the long run
- 5. Investing abroad shouldn't be a foreign experience

2. Identity Theft Prevention

Join us to meet Cary Steven Johnson, Director: 'Power Against Fraud' Crime Prevention, 1st District Attorneys Office.

Did you know?

- \bullet 5% of the people who live in the United States become victims of ID theft each year
- People who live in Colorado have a greater chance of becoming a victim of ID theft because Colorado has high rates of ID theft
- Very little personal ID theft occurs via the computer; most occurs the old fashioned 'hands on' way
- The average American consumer has developed some bad habits that ID thieves prey upon; it is the consumer who will have to change to be safer from ID thieves
- Federal and Colorado statutes provide about 15-20 steps which consumers can take to be safer from the actions of ID thieves
- A consumer stated: "I got a call from my credit card company asking if I placed \$2500 in charges in California? I hadn't been to California. When I got off the phone, I went and got my wallet and my credit card was in my wallet. How could that happen?"

Cary assisted with the creation and launching of the "Communities Against Senior Exploitation" (CASE) crime prevention program for the Denver District Attorneys Office in 2002. In April, 2005, he was asked to bring the CASE Crime Prevention program to the 17st (Adams/Broomfield Counties) and 1st (Jefferson/Gilpin Counties) District Attorneys Offices; in 2006 he moved to work exclusively for Jefferson/Gilpin Counties' District Attorney's Office. The program now reaches all ages with ID theft prevention information. He has presented over 1500 seminars to service clubs, faith communities, Senior groups, student groups, and businesses concerning identity theft prevention.

Cary serves as President of the Jefferson County Council on Aging and Co-Chair of the Jefferson County TRIAD Senior Safety Program. He received his Bachelor of Arts Degree in Political Science from U.C.L.A., his Master in Applied Communications Degree from the University of Denver, and a Doctor of Ministry Degree in Leadership Studies from Fuller Seminary, Pasadena, California.

Join us at the March meeting. Be prepared to ask questions and come away with meaningful answers.

Diversify Your Investment Risk

All investments carry risk. But, as an investor, one of the biggest risks you face is that of not achieving your long-term goals, such as enjoying a comfortable retirement and remaining financially independent throughout your life. To help reach your objectives, you need to own a variety of investment vehicles — and each carries its own type of risk.

If you spread your investment dollars among vehicles that carry different types of risk, you may increase your chances of owning some investments that do well, even if, at the same time, you own others that aren't. As a result, you may be able to reduce the overall level of volatility in your portfolio. (Keep in mind, though, that diversification can't guarantee a profit or protect against all losses.)

To diversify your risk factors, you first need to recognize them. Here are some of the most common types of investment risk:

• Market risk — This is the type of risk that everyone thinks about — the risk that you could lose principal if the value of your investment drops and does not recover before you sell it. All investments are subject to market risk. You can help lessen this risk by owning a wide variety of investments from different industries and even different countries.



- Inflation (purchasing power) risk If you own a fixed-rate investment, such as a Certificate of Deposit (CD), that pays an interest rate below the current rate of inflation, you are incurring purchasing power risk. Fixed-income investments can help provide reliable income streams, but you also need to consider investments with growth potential to help work toward your long-term goals.
- Interest-rate risk Bonds and other fixed-income investments are subject to interest-rate risk. If you own a bond that pays 4% interest, and newly issued bonds pay 5%, it would be difficult to sell your bond for full price. So if you wanted to sell it prior to maturity, you might have to offer it at a discount to the original price. However, if you hold your bonds to maturity, you can expect to receive return of your principal provided the bond does not default.
- Default risk Bonds, along with some more complex investments, such as options, are subject to default risk. If a company issues a bond that you've bought and that company runs into severe financial difficulties, or even goes bankrupt, it may default on its bonds, leaving you holding the bag. You can help protect against this risk by sticking with "investment-grade" bonds those that receive high ratings from independent rating agencies such as Standard & Poor's or Moody's.
- Liquidity risk Some investments, like real estate, are harder to sell than others. Thus, real estate is considered more "illiquid" than many common investments

Make sure you understand what type of risk is associated with every investment you own. And try to avoid "overloading" your portfolio with too many investments with the same type of risks. Doing so will not result in a totally smooth journey through the investment world — but it may help eliminate some of the "bumps" along the way.

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

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Our Voice on the Denver City Council www.LizAdamsforCouncil.com

Denver's Disaster Ready Club - Teen Community Emergency Response and Recovery Training (Teen CERT)

Sponsored by: Denver's Office of Emergency Management and Homeland Security (OEMHS); Denver Amateur Radio Emergency Service (ARES) and the Colorado North Central Region; Denver Parks & Recreation, Denver Youth Commission.

As a teen, there are probably a lot of things you are told you can't do. But there is one very important thing you can do: Learn to protect yourself, your family and you friends in case of a disaster. The Denver Disaster Ready Club (DRC) training teaches you about the potential disasters that could affect the Denver Metro area and how to safely and responsibly respond to and recover from them. It is a national program of volunteers trained in disaster preparedness and emergency response. Volunteers come from all ages and all walks of life, including teenagers like you!

What You Learn: It takes about 24 hours to complete the training. However, the critical skills you learn will last your entire life. During the training you learn to:

- Extinguish small fires
- Conduct light search and rescue
- Assist those who are injured
- Set up medical treatment areas
- Assist emergency responders
- Identify and anticipate hazards
- Reduce fire hazards in the home and workplace
- Help reduce survivor stress
- And participate in a final disaster exercise

Why: When an emergency/disaster hits, we can't always depend on professional responders to be immediately available. We would like to have our communities trained to help within their own communities.

Who: This training is open teen's ages 14 – 18 years of age (includes public, private and home school students). We will accept up to 40 participants for this program.

When: Class will be held: March 31, April 1 and 2, 2015 from 8:00 AM - 4:30 PM.

(You must attend all class sessions (3 Days) and you will receive a certificate for 24 hours of community service.)

Where: Class will be held at St. Charles Recreation Center, 3777 Lafayette St, Denver 80205

How much: The training is provided at NO COST to participants.

To register and more information: Register on line starting February 24, 2015 at https://activenet018.active.com/denver/; questions email DenverCERT@DenverGov.org



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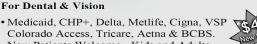
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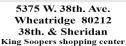
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AURORA DENVER WHEATRIDGE LAKEWOOD

Look what our neighbors have been up to! Beth Trudgeon of Virginia Village wins INC award

As reported by the Inter-Neighborhood Cooperation, INC: The Outstanding INC Delegate - The Walt Kembel Award was awarded to our neighbor Beth Trudgeon This prestigious award is in honor of Walt Kembel who was treasurer of INC in the late 1990s and was active in the Cherry Creek North neighborhood where he constantly worked to maintain the neighborhood character of smaller, modest homes in the North Cherry Creek area.

This award is given to a person who:

- Is an INC delegate.
- Has contributed to INC during the past year over and above normal expectations to develop and promote the organization, or has moved INC forward or in new directions in creative or unexpected ways.

Beth Trudgeon - Virginia Village/Ellis Community Association

Beth is a stellar community volunteer who has been involved with the Leetsdale Cop Shop for a decade or more; has helped with the Safety Expo each year; has volunteered with the Denver Library primary book sales each year and a multitude of other city volunteer needs that come up such as serving meals to the homeless and election support. She is an INC delegate and has been a regular meeting attendee for many years. She is a quiet, unassuming lovely lady who supports many needs in the Denver community. She deserves recognition for her tireless commitment to bettering INC and the City of Denver. Congratulations, Beth.

Ray Vreeland exhibits his photography at local restaurant

Our neighbor, Ray Vreeland has a stunning show of his original photography at a local restaurant, Phoenician Kabob. This Mediterranean cuisine restaurant is located at 5709 East Colfax Ave, (Colfax and Ivy). We invite you to visit this wonderful restaurant and view Ray's beautiful work. Don't hesitate to introduce yourself to Brahim, the charismatic proprietor and vice president-in-charge of the establishment. He is there during most hours of operation. Brahim makes you feel welcome and the food he serves is remarkable. The photography exhibit will run indefinitely.

Barbara Fallon recognized at the Capitol

On Friday, January 23rd, neighbor Barbara Fallon was recognized at our state Capitol by our state representative, Paul Rosenthal. In Paul's words, "What's great about southeast Denver is our great set of leaders like Barbara Fallon. I was honored to give her a Legislative Commendation here at the Capitol as she was surrounded by friends and family. Barbara has a long history as a neighborhood activist and officer in the Republican Party." Congratulations, Barbara.

KC Keefer featured in the Villager News about Route 66

If you know your neighbor, photographer and film maker, KC Keefer, you know he has a passion for travel and Route 66 is top on his list. Recently, writer Peter Jones of the *The Villager Newspaper* met KC and was immediately curious about the lure of this historic route from Chicago to LA. You can read the story at www.villagerpublishing.com/get-kicks-route-66 and maybe, just maybe, you'll be soon getting your kicks on Route 66 as well.

If you know a neighbor that has an interesting story or an award please contact Nancy Barlow at nb@barlowadvertising.com and we'll share it in an upcoming newsletter.



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Easter Sunday Celebration April 5th Services at 7:30am and 10:00am Breakfast 8:30am - 10am Kids Egg Hunt 9:15am

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!



Take the plunge! District 3 Police by Barbara Fallon

It's that time of year again that District 3 Commander Joe Montoya supports Special Olympics with a plunge into the chilly waters of City Park to benefit Special Olympics Colorado (Saturday, February 28th annual Splash and Dash Plunge and 5K Run/Walk). I know Commander Montoya, and many of District 3's officers, because I attend the District's Citizen Advisory Board (CAB) meetings on the 1st Thursdays of each month at the station at 1625 S. University Boulevard (by I-25).

At the CAB, the Commander reviews crimes and concerns of the district and listens to the people about how we can work together for secure and prosperous neighborhoods. Recently, neighbors have been alarmed at rising crime in our Cook Park and surrounding areas. Consequently, the CAB meetings have been filled with concerned citizens turning to the police for additional neighborhood patrols. Commander Montoya reallocates resources responding to neighborhood needs. A district officer frequently attends Cook Park Neighborhood Association meetings on 2nd Tuesdays.



By the time the CPNA newsletter goes to press, all but the shivers of the "plunge" will be over. However, considering the essential and dangerous work of the men and women in blue, there is another plunge we need to take and that is to support our police. For the thin blue line that divides civilization and chaos has come under undeserved attack. My "home," born and raised, is 20 minutes from Ferguson, Missouri. The story of the town looted, burned, businesses destroyed, over a false narrative of police violence is heart wrenching. Denver's Officer John Adsit was protecting students protesting "police" when he was severely injured. Without evidence, a broad brush has been used to unfairly malign the profession of policing in the United States.

The truthful conversation about the essential place of the police, their risks, and the sacrifices of their fam-

ilies in a nation under law must be undertaken with facts. Start here: There are 40-million police-civilian contacts each year. Over the last decade, 1,500 police officers have been killed in the line of duty protecting us. Police have a right to self-defense. Policing is dangerous work. (cont. on page 7)



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plunge cont.

The tough work of police is imperfect, like the work, and humanity, in every field. If we have a duty, and we do, to be good citizens, then we must be observant, get to know our officers, and demand best practices while knowing most officers put on their uniforms and go to work every day and night to protect people under the laws of our cities.

We are also obliged to understand, to speak out, and to change the situations that find our young people in the way of violence through their own actions. What happened to respect for authority? Whether with our police, our schools, our neighborhoods, our institutions, in an old-fashioned word, thuggish, criminal behavior has, and must have, consequences. The alternative is chaos. It is the minority urban, high-crime areas that depend on the police the most. Try a day, or night, without that protection, and fear would keep vulnerable communities locked inside. What if there were no 1st responders responding?

Join the police supporters of the CAB, of the CopShop, 7150 Leetsdale Drive, #120A, of the voice that tells the sometimes unpopular truth. Or try the following plunge.

The Denver Police Department hosts several Citizens Police Academies (CPA) throughout the year that are open to residents in the Denver metro area. The CPA is designed to give insight into how/what/why the department operates. The up-coming class is co-hosted by Police Districts 2 and 5, with primary locations at the District 2 Station, 1331 Cherokee Street, and the Denver Police Academy, 2155 N. Akron Way. The dates are March 18, 25 and April 1, 8, and 15.

The cops are going the extra mile to get to know us; walk a few steps to get to know and support our cops. With grateful thoughts and prayers for Officer Adsit, for long-time Neighborhood Officer Tony Burkhardt for successful surgery, and for all our first responders, we give thanks.

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

Craft Beer of the Month

Try our monthly recommended craft beers. March: Green Flash Brewing Co. - 6 packs April: Squatters Brewing Co. - 6 packs May: Sam Adams Brewing Co. - 6 packs

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Tips on preparing your garden beds for spring

The success of your planting depends on the first steps you take with the foundation of your garden bed – the soil! And in gardening, "making your bed" means preparing your soil for planting. Whether you are preparing a garden bed that has been planted in before or is brand new, City Floral Garden Center has some tips on the best methods of preparing your garden beds for springtime.

Start with a soil test! Determining the right pH balance and nutrient levels of your soil before you even get your hands dirty (literally) will help prolong the health and wellness of your planting. Too high of a pH (more alkaline) and your plants may not be able to take up the right nutrients even if they're present in the soil; too low of a pH (more acidic) and the soil can become toxic to your plants. On a pH scale of 1 – 14, most vegetables and flowers prefer a 6 or 7 pH.

When you're ready to begin working your planting area or garden bed, the soil should be moist when you start. Particularly if your soil is quite dry or cracked from the winter, turn on the hose and make the soil slightly damp (not too much as soggy soil is devoid of air pockets that are needed for planting). Damp



soil will also make it easier when you begin turning over the soil with a spade or fork, which specifically is done to loosen the soil and make it well aerated.

When 'turning over' the soil, it's best to go down to a depth of 12 inches – the deeper the better if you're planning on planting strong root crops like carrots. During this process, integrate at least a couple inches of compost to add a rich layer of nutrients into the soil. Compost acts as an inexpensive fertilizer and keeps the soil more absorbent and flush with nutrients.

If you're starting a new raised bed or working with an existing garden bed, City Floral Garden Center has a wide range of potting soils, composts, and other soil amendments to help you get started! Come into our greenhouse at 1440 Kearney Street in Denver if you have questions; our staff are thrilled to help out.

City Floral also sells Do-It-Yourself (DIY) soil test kits, as well as test kits that go to labs at Colorado State University. Article courtesy of City Floral, established in 1911, City Floral Garden Center is the oldest remaining greenhouse in Denver.





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 Panorama Building 2055 S. Oneida Street **Denver 80224** 5:30 pm, lower level

• MARCH 24

- APRIL 28
- MAY 26

Why don't we call them "New Day" Resolutions?

Can you believe it? Here we are already into March! I am guessing that for many, New Year's resolutions have "marched" right out the door! Remember last January when personally and professionally we made those decisions to enrich our lives by changing this or that? Maybe we did great for the first few weeks. We followed through! We consistently remembered promises to ourselves... and lived them out... for the first three weeks! Then, as in past years, we gave way to the interruptions, the 'surprises" of each passing day. Before long, our resolutions, our best intentions, fizzled out like the sparklers of New Year's Eve night. Today, months into 2015, we may even wonder, "What's the use?" Ironically, we may be tempted to believe that it is wiser not to make New Year's resolutions at all! At least we do not have to feel the disappointment of not living up to our hopes.

Maybe we should call them New Day Resolutions instead of New Year's Resolutions...

Jesus ended His Sermon on the Mount with a word of advice to those overly preoccupied with the cares of the world. He challenged His listeners not to worry about tomorrow... that tomorrow certainly would have concerns of its own. Jesus encouraged listeners to remember that each day had enough preoccupations... and consequently... to live for the day!

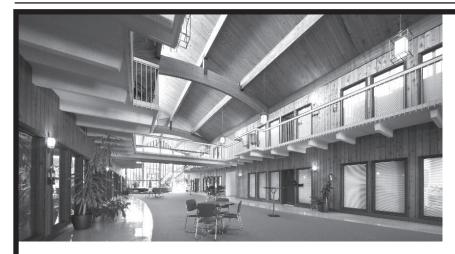
Perhaps taking to heart Jesus' words of 2000 years ago, theologian Reinhold Niebur wrote what would eventually be known as The Serenity Prayer: "God grant me the serenity to accept the things I cannot change, the courage to change the things I

can and the wisdom to know the difference." I wonder if Niebur imagined how many people would experience greater sanity in living each day... fully... sensibly... "One Day at a Time." Thousands around the globe over the last 75 years have experienced richer lives in resolving that TODAY they can make best choices... and responsibly live out those choices... in the now rather than in the future. To be sure, if we concentrate on resolving today... just today... to implement desired changes... we probably will fare pretty well tonight. Before long, as we experience the success of days lived out deliberately, conscientiously, we will realize that months have been lived out well. Of course, some days we will falter. We will not live up to our hopes. It is then especially that we should remember that climbing Colorado 14ers NEV-ER means climbing uphill all the time. There are the occasional, necessary switchbacks to eventually getting to the top.

So, Happy New Day Cook Park! You do not have to wait for the ball to drop in New York City in 2016 to live out great resolutions TODAY! Start climbing!

Pastor Mike Lemke Cross of Glory Lutheran Church





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And the winner is... The Cook Park Neighborhood 3rd Annual Holiday Light Contest Results:

Congratulations to all the winners of the 3rd Annual Cook Park Neighborhood Holiday Outdoor Light Contest! We appreciate all who entered the 2014 contest and just like 2013 it was once again very competitive and difficult to judge!





First place in the Best Outdoor Home Display category went to Tony Leopard & Paul Henni who live at 1860 S Monaco Pkwy. Every year they put on a spectacular showing with their decorations and this year was no exception. Tony and Paul have a large display of figurines as well as elegant lights to make their home one of the best in the community. What makes this even more special is that their neighbor always nominates them for the contest!

Second place in this category went to Beth & Bob Moore at 1915 S Kearney Way. Beth and Bob have won before and what makes this home and decorations so spectacular is the fact that they make all their decorations themselves using very creative methods. Such a beautiful display every year!

First place in the Best Neighborhood Group Display category went to 3 neighbors who obviously take pride in each other and came together to create a whimsical and delightful display. Christopher Maestas, 1581 S Krameria, Ashley Koe, 1583 S Krameria and Dale Lukenbach of 1577 S Krameria created an awesome display that lit up the entire street even though the homes were on different sides of the street. We thank them for entering the contest this past year! Unfortunately we did not have another group display for second place. We hope to change that this year.







Congratulations again to all the winners and thank you to all who registered and participated. We anticipate more neighbors will register for this year's contest and can imagine the competition will be very tough! Please keep those unique and elegant displays coming. We love them!

Beauty Korner

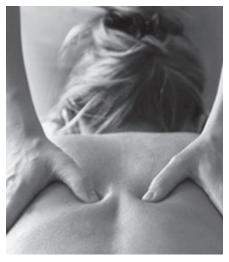
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Got the winter blues? Pamper yourself. Try a salon and spa experience! by Stephanie Casey



Let's face it, the winter months can be cold, dark and downright dreary at times! Cold and dry winter weather can have a major impact on both emotions and skin. So why not treat yourself to a day at the spa!

If your skin goes a bit wild during weather changes consider seeking the help of a skin care professional. Visiting a salon with the most advanced skin care equipment and techniques and products can do wonders for your skin and your mental attitude! A professional will be able to recommend the right products and treatments for your skin.

Today, spas and salons are popping up all over the place. Competition has become fierce where it previously did not exist. The success of a salon or spa depends on a few key factors that will help them keep important customers like you.

Pampering is an incredibly important aspect of the experience – making a customer feel special will help to ensure that he or she will not only return, but that he or she will help to spread a positive word of mouth, thereby increasing the chances of

landing new clientele. When

looking for a salon and or spa to visit look for one that creates a comfortable, clean and safe environment that feels like a retreat where you can relax and get away for a few hours. Recently when visiting Tala Salon and Day Spa located at 2118 S Hudson St., I had the pleasure of speaking with Randi Moore. She is one of 4 estheticians who has worked in the field for 3 years and 1 year at the salon. She said some things that set this salon apart from some



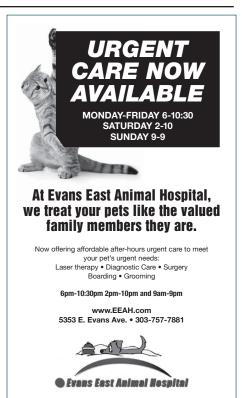
others in the area include a professional staff, a staff that goes above and beyond and the fact they take pride in offering the best service possible. She also pointed out the extensive line of both high end hair and skin care products. The salon is definitely larger than it looks from the outside. Upstairs is their hair salon and nail area while spa treatments are offered on the lower level.

Clients can sit in comfortable seating areas before and after treatments on both upper and lower levels. The spa area was very inviting with its dim and cozy lighting and serene atmosphere. This salon offers a multitude of services as do most ranging in price from about \$20 and up depending on the specialist. Give them a call to schedule an appointment at 303.692.Tala (8252). You can also check them out at www.TalaSalon.com

Mention this article and receive 20% off your first service.







2015 CPNA event schedule and CALL FOR VOLUNTEERS:

We're proud of the events we organize to bring our neighbors together. And, we're even prouder of the neighbors that help volunteer to make these events stronger every year. We encourage you to get involved - pick an event, volunteer a few hours - it gives you a sense of community, makes your neighborhood the best it can be and you're sure to have a great time.

May 2nd: The 4th Annual East Evans Clean Up Day CALL FOR VOLUNTEERS.

This event should be called the 2015 East Evans Clean Up FUN Day. This year, Nancy Barlow will head the committee and she's hoping she can count on you to join her. She's determined to break a record of volunteers so we hope you'll help her achieve her goal. The Clean Up Day starts at 9:30 am in Milo's parking lot where you will be assigned to a team. Then we're off to conquer the trash and debris that has settled in the nooks and crannies of our main thoroughfare. We spend a few FUN packed hours with our friends, families and neighbors and then we meet back at Milo's for a complimentary lunch. You'll be glad you joined the effort of invigorating camaraderie and community unity that ends with great food, beverage and conversation. Contact Nancy at nb@barlowadvertising.com or call her at her office: 303.671.6639.

June 20th: The Neighborhood Sale.

The neighborhood sale will be held on June 20, 2015 from 8 am to 2 pm. To sign up please contact Mary Walsh at wdusps5280@gmail.com or (303) 589-1981 to be put on the list and map.

July 4th: Bike Parade and Picnic - URGENT CALL FOR VOLUNTEERS.

This event is looking for organizers. Previously the event was organized by Merrick Weaver, Angela LeMire and Melissa Cantu. You can contact them at merrickweaver@gmail.com, melissabrennan@gmail.com or lemire.angela@gmail.com. This long tradition of our celebration of the 4th of July needs your energy and enthusiasm. Our neighborhood kids look forward to this every year - let's not disappoint them!

August 4th: National Night Out

This event will be organized by Nancy Barlow, Marketing Director of the East Evans Business Community. You can contact her to volunteer at nb@barlowadvertising.com or by calling her office, 303.671.6639.

August 4th: Cook Park Garden Tour

This event will be organized by Pat Horgan and Debbie Vandre. You can contact either Pat Horgan, 303.756.4779, pathorgan@comcast.net or Debbie Vandre, 303.517.0891, debbie@vandreproperties to register your garden for the tour or volunteer the day of the event.

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

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