

# Cook Park News

COOK PARK NEIGHBORHOOD ASSOCIATION

www.cookparkneighborhood.com • cpneighborhood@gmail.com

## Vision Zero

Source: *Denver Vision Zero Action Plan – October 2017*

At our November 21 Cook Park Neighborhood Association meeting, Denver's Public Works/Mobility/and Transportation representative, Rachael Bronson, presented Denver's goal of zero motor-vehicle injuries and deaths by 2030.

### Vision Zero's call to action

In 2016, 61 people were killed in traffic crashes in Denver and hundreds were severely injured. Someone loses their life every six days while traveling in our city. We simply do not have to accept fatal crashes as inevitable. Crashes are not accidents; with the right actions and commitments they are preventable. Everyone has the right to safely travel on our streets no matter where they are going or how they travel. That is why the city and county of Denver is committed to eliminating traffic deaths and serious injuries through a Vision Zero program.

### What is Vision Zero?

Vision Zero is a transportation safety philosophy that was developed in Sweden in the late 1990's to eliminate traffic deaths and serious injuries in the transportation system. Through its Vision Zero efforts, Sweden has reduced its traffic fatalities by half, making it one of the safest places to travel in the world.

(cont. on page 2)

## Cook Park Neighborhood Association 2017 Board

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## 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.

**Just one motor vehicle injury is too many for Denver or anywhere.**

## President's letter:

Welcome to the Winter issue of Cook Park News. We hope you'll enjoy this issue and perhaps during the holidays you will share it with friends and family as you gather together.

We strive to keep you informed about what is happening in our area as well as our great City. Our goal is to connect us as a neighborhood.

Each issue is a great undertaking to make sure we are bringing variety to our readers. We welcome editorial content from our readers/neighbors as well! If you have a story you'd like to submit, by all means let us know. Not a writer? That's ok too. If you have a tip for us we can always help write it.

If you have a business you want to advertise to our readers please contact us. The cost to advertise for one full year is very economical, starting at \$150 per year for exposure to 1500 homes and additional deliveries to local businesses and institutes 4 times each year.

Please note we have a new advertiser in this issue. Make a point to support them if you can. Their commitment to our newsletter is vital to our ability to sustain.

New advertiser in this issue:  
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And, of course we appreciate the advertisers that have stuck with us since our inception and through the past 7 years.

Thanks for reading!  
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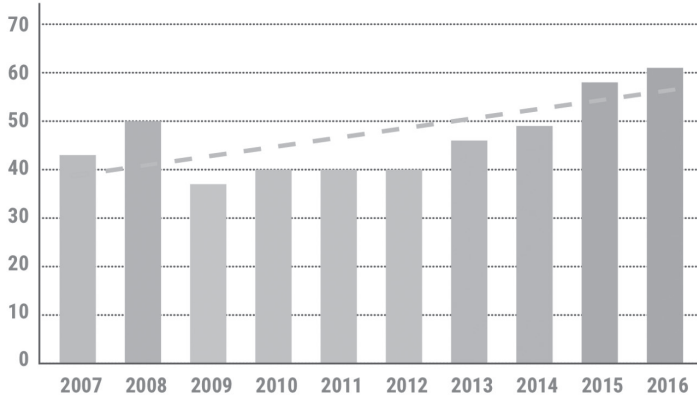
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## Vision Zero cont.

Figure 1: Denver Traffic Fatalities Over Time



A central tenet of Vision Zero is that people should not be killed or seriously injured as a consequence of mobility. Vision Zero realizes that humans make mistakes and, therefore, the transportation system be designed to minimize the consequences of those errors.

In the past five years over 20 U.S. cities, including Denver, have adopted Vision Zero's goals and developed plans for eliminating traffic deaths. The federal government in most states, including Colorado, have also established a goal of eliminating traffic fatalities.

### The Goal: Zero Traffic Related Deaths & Serious Injuries by 2030

We need to make Denver's streets safe for everyone – no matter where they live in the city, no matter their means, and no matter their choice to walk, bike, drive, or take transit. The Denver Vision Zero Action Plan is a five-year plan to set us on a clear path to achieve zero traffic deaths and serious injuries by 2030. The plan represents significant collaboration among city agencies, state partners, community partners and Denver residents. Through better processes and collaboration, improved street design, safe speeds, a culture of safety, and improved data and transparency, we will save lives.

In Colorado, motor vehicle crashes account for more than twice the number of deaths as homicides. Among all types of injuries, they are the fourth leading cause of death and the second leading cause of hospitalization. In Denver, between 2012 and 2015, traffic injuries represented 31% of paramedic encounters and 26% of ambulance trips.

### The Recent Trend

The recent trend on Denver's streets is alarming: despite concerted efforts to create multi-modal streets, investments in transit, and advances in technology, traffic deaths have continued to rise over time.

**OUR RATE PER POPULATION IS MUCH HIGHER THAN OUR PEER CITIES.** For example, in 2014, 6.3 people were killed in traffic crashes in Denver per 100,000 residents, compared to only 2.7 in Seattle, and 1.7 in Minneapolis. And while pedestrians and bicyclists are a small portion of over-all street users, they represent an acceptably large portion of traffic deaths.

### 50% of Denver Traffic Fatalities Occur on just 5% of our Streets

An analysis of Denver crash data showed two street design related issues: 1) Most fatal crashes occurred at mid-block locations and not intersections, especially for pedestrians, and 2) most pedestrians and bicyclist's fatalities occurred in unlit conditions.

The streets responsible for the greatest portion of fatalities in Denver, such as Federal Boulevard and Colorado Boulevard, tend to have higher speed limits and speeding problems. Speeding was a factor in 53% of fatalities in Denver in 2015. (cont. on page 4)

# New Year's Financial Resolutions

We've reached the end of another year – which means it's just about time for some New Year's resolutions. Would you like to study a new language, take up a musical instrument or visit the gym more often? All these are worthy goals, of course, but why not also add some financial resolutions? Here are some ideas to think about:

- Increase contributions to your employer-sponsored retirement plan. For 2018, you can contribute up to \$18,500 (or \$24,500 if you're 50 or older) to your 401(k) or similar plan, such as a 403(b), for employees of public schools and some nonprofit groups, or a 457(b) plan, for employees of local governments. It's usually a good idea to contribute as much as you can afford to your employer's plan, as your contributions may lower your taxable income, while your earnings can grow tax deferred. At a minimum, put in enough to earn your employer's matching contribution, if one is offered.

- Try to "max out" on your IRA. Even if you have a 401(k) or similar plan, you can probably still invest in an IRA. For 2018, you can contribute up to \$5,500 to a traditional or Roth IRA, or \$6,500 if you're 50 or older. (Income restrictions apply to Roth IRAs.) Contributions to a traditional IRA may be tax-deductible, depending on your income, and your earnings can grow tax-deferred. Roth IRA contributions are not deductible, but earnings can grow tax-free, provided you don't start taking withdrawals until you are 59½ and you've have had your account at least five years. You can put virtually any investment in an IRA, so it can expand your options beyond those offered in your 401(k) or similar plan.

- Build an emergency fund. Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. This fund can help you avoid dipping into your long-term investments to pay for unexpected costs, such as a new furnace or a major car repair.

- Control your debts. It's never easy, but do what you can to keep your debts under control. The less you have to spend on debt payments, the more you can invest for your future.

- Don't overreact to changes in the financial markets. We've had a long run of rising stock prices – but it won't last forever. If we experience a sharp market downturn in 2018, don't overreact by taking a "time out" from investing. Market drops are a normal feature of the investment landscape, and you may ultimately gain an advantage by buying new shares when their prices are down.

- Review your goals and risk tolerance. At least once in 2018, take some time to review your short- and longterm financial goals and try to determine, possibly with the help of a financial professional, if your investment portfolio is still appropriate for these goals. At the same time, you'll want to re-evaluate your risk tolerance to ensure you're not taking too much risk – or possibly too little risk – with your investments.

Do your best to stick with these resolutions throughout the coming year. At a minimum, they can help you improve your investment habits – and they may improve your financial picture far beyond 2018.

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

## What will you change in 2018?



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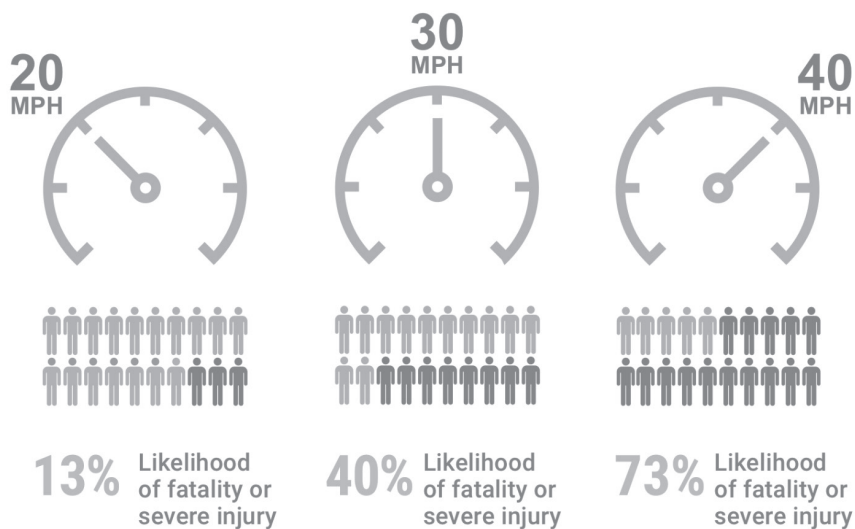
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 Contact the CPNA at cpneighborhood@gmail.com for advertising rates, dates of publishing and deadlines. The Cook Park News is distributed to the doors of 1550 homes within our boundaries as well as countless local businesses, the library and Rec Center.



# Vision Zero cont.

## HIGHER SPEEDS = HIGHER INJURIES

Changes & improvements we will see in Denver as a result of the Vision Zero plan



Source: *Impact Speed and a Pedestrian's Risk of Severe Injury or Death*, Brian Tefft, AAA Foundation for Traffic Safety, 2011

### Leading Pedestrian intervals:

Leading pedestrian intervals (LPI's) give pedestrians a head start at the traffic light by approximately 5 seconds, with the precise time depending upon the intersection. This signalized intersection treatment is intended to improve safety by separating the pedestrian crossing from turning vehicles, and by increasing the visibility of pedestrians to drivers. Research suggests that a nearly 60% reduction in pedestrian-vehicle crashes can be achieved by adding LPI's.

### Multi-modal Street Design Guidelines

One of the single biggest influencers of how a street is built is a city's design standards or guidelines. Transportation Professionals and others look to these types of documents to inform street width, intersection geometry, sidewalk and bikeway configurations, and crossing treatments. Many cities have created new, comprehensive design guidelines to incorporate state-of-the-art principles that

prioritize people, walking, and biking. Creating multi-modal street design guidelines is a key part of a safe systems approach and will allow for more consistency, transparency and decision-making processes, and great street experiences in Denver.

### Parking Restrictions/Daylighting

Vehicles that are parked too close to intersections or mid-block crossings block sight lines, which can contribute to crashes. Eliminating on-street parking near a crossing can improve visibility and, in turn, improve safety. Instituting no-parking zones within 20-50 feet of an intersection is one strategy to improve sight lines and decrease certain crash types. Restricting parking near intersections has been shown to reduce crashes by 30% and decrease aggressive driving.

(cont. on page 5)

<h1>2018 INCOME TAX SEASON</h1>	<b>PERSONAL RETURN</b> <small>(Federal + 1 state)</small>	<b>\$85</b>
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# Vision Zero cont.

## Slow Zones

Slow zones provide safety benefits through speed limit reductions, often set to 20 miles/hour that are typically applied through signage, pavement markings, and self-enforcing traffic calming treatments. Zones are typically applied to areas with sensitive land uses, such as residential areas with a concentration of schools or senior centers. Research shows that 20 miles/hour speed zones are effective in reducing pedestrians' risk of injury or death, with the greatest benefits reserved for children under age 15. Slow zones have been found to reduce the number of pedestrians killed or seriously injured by up to 35%.

## Median Refuge Islands

Median refuge islands (also called median crossing islands) provide protective spaces for pedestrians and bicyclists in the middle of the street to facilitate crossings. They are often used to slow traffic and simplify crossings by allowing people to walk across just one direction of travel at a time. Studies show that median refugees at un-signalized crossings with a marked cross walk provide a 46% crash reduction, while median refugees with an unmarked crosswalk provided a 39% crash reduction.

## Make your case – you are invited to present at the February Cook Park meeting *by the Cook Park Board*

Would you like to promote your hobby, charity, organization, interest, or cottage industry at the February 2018 Cook Park Neighborhood Association (CPNA) monthly meeting?

We have had some outstanding, informative, and educational guest speakers in 2017, including presentations by: the Better Business Bureau, Denver's Animal Protection Services, Denver's Parks & Recreation Centers, County Court Judge Colleen Clark, Denver Park Ranger Bob Toll, Denver Health Paramedics (EMTs), State Senator Lois Court, Excel Public Safety Coordinator Lori Warner, Martha Garbison, Virginia Village Branch Library, and most recently, Rachael Bronson, Denver's "Vision Zero". Additionally we have been honored and pleased to have City Councilman Paul Kashmann and Denver Police Officer/Community Police Officer Mike Borquez attend a majority of our monthly meetings.

New for next year, the CPNA board would like to extend an invitation to any Cook Park Neighborhood neighbor or neighbors to be our guest speaker/s at our February 18 monthly meeting and give you an opportunity to promote/advertise your hobby, charity, idea, society, company, group, or interest, etc., etc. (No political topics, please.) In addition, we will invite you to submit a follow-up article in one of our upcoming newsletters.

To request a speaking slot at our February 2018 meeting, or at one of our future meetings, please contact any CPNA board member (see front page of this newsletter) or submit your request to: cpneighborhood@gmail.com. Please include your contact information along with a brief description of your topic.

- Our January 16, 2018 speaker will be Step Denver (previously known as Step 13). Additionally, Heather Erickson, our local "lead" on Nextdoor, will do a short, 5-8 minute presentation about the Nextdoor app and the rules and guidelines that apply to posting on Nextdoor.
- You can be our February 2018



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# CDOT Property Redevelopment

by District 6 Councilman Paul Kashmann

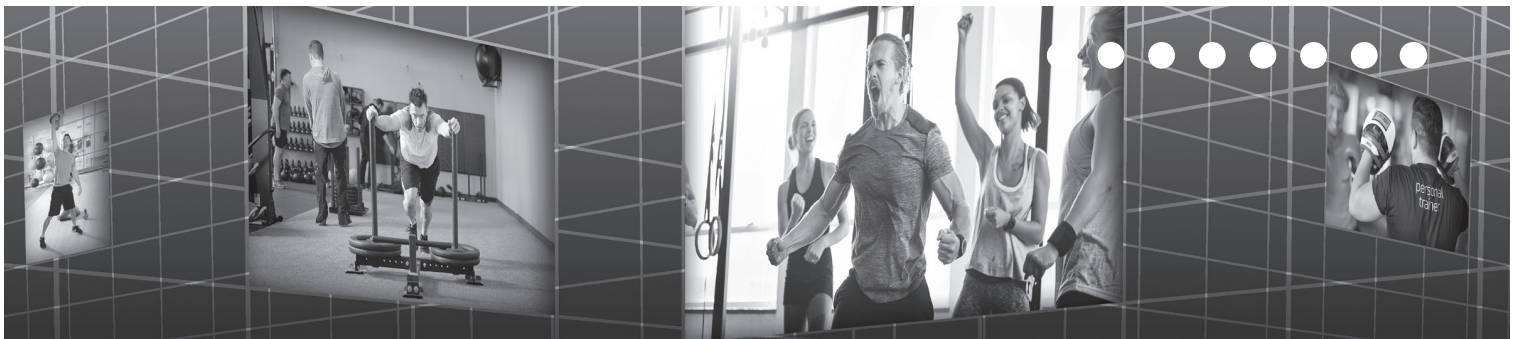
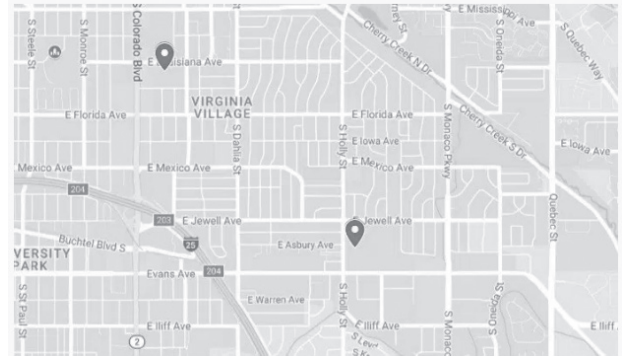
The Colorado Department of Transportation (CDOT) is building a new facility by Mile High Stadium (I shall call it that until my last breath), and put its headquarters site at Arkansas Ave. and S. Birch St. (12 acres) and the Region I facility at 2100 S. Holly St. (11 acres) for sale. The city Real Estate Department decided that while it was in Denver's best interest to direct development of the property, due to financial constraints and potential brownfield issues, it would not be prudent for Denver to own the property. Instead we were able to secure the right to negotiate for the purchase of that land with the intention of it being purchased by a private developer that would create uses that are in line with city policies. Last month, Denver forged an agreement with the Kentro Group for the purchase of both sites (\$14-million for headquarters; \$5.25-million for Region I). The contracts will be discussed in committee on Dec. 12.

The Region I site is zoned for mixed-use with a maximum 3-story height. Kentro's current proposal is to build a combination of 225 3-story walk-up (no elevator) for-sale units (no size or price-point available this writing) and 50-80 units of senior housing. There is no retail allowed on this site, and traffic generated should not exceed the current CDOT traffic load. As the proposed residential use is compatible with existing zoning, there will not be a need for the property to be rezoned.

Kentro's early plans for the Arkansas/Birch site WILL require a rezoning to allow for a combination of commercial/residential uses – commercial on the western portion of the site, and 150 units of for-rent affordable housing to the east. This plan still has numerous moving parts – there is a payment-in-lieu option if the developer decides to not build affordable, and proposed commercial uses are still jelling - and will require a full public process leading to a vote by City Council. While existing zoning would allow for some high-rise development, the deal with CDOT requires the existing microwave tower to remain on site, which limits development to 5-stories/60 feet.

I am excited at the opportunity these projects present, but also starkly aware of the challenges. The main roads that would access these sites – Colorado Blvd., Evans Ave., Holly St. and Florida/Arkansas Aves. are already challenged. I will be looking for assurances that the planned developments compliment, rather than overrun the community.

I will be meeting soon with Kentro and our office of Community Planning and Development to discuss the public process and will announce that in short order



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# Denver's Opioid Crisis

by District 6 Councilman Paul Kashmann

At present, we lose one Denverite every 36 hours to a drug overdose.

Pharmaceuticals like morphine, methadone, buprenorphine, hydrocodone, and oxycodone (sold under brand names like Oxycontin, Percocet, Vicodin, Percodan, Tylox, Demerol and others) as well as the most popular street opioid, heroin, have taken an unprecedented hold on large numbers of the American public from all races and economic conditions.

The Harm Reduction Clinic, located on Colfax Ave., across from the State Capitol, provides clean needles and needle disposal for injection drug users. While other agencies and health care providers address the causes and treatment of addiction, HRC works to minimize the spread of diseases like AIDS and Hepatitis C by providing clean needles to drug users and disposal of used hypodermics. HRC staff assesses clients and provide referral to medical, mental health and drug treatment services.

Over the past couple of years, HRC has also trained hundreds of addicts in the proper use of Narcan (Naloxone), an opioid antidote than can reverse an overdose if provided promptly and correctly. The idea is to not give addicts a free pass (addicts hate Narcan, because it throws them into immediate withdrawal), but rather to keep them alive until they can be directed to services. HRC is also working to bring a new program to Denver that has found success in 10 countries and 63 cities – supervised use facilities. Addicts use their drugs in a location with trained medical professionals, instead of in restaurant or convenience store bathrooms, city parks or other public/private facilities. With every contact, as with HRC, clients are offered a variety of services aimed at treating their health needs.

There is no silver bullet for the opioid crisis. Mental health services, drug treatment, law enforcement and harm reduction must all play a part. I expect to host a community meeting in the New Year to discuss the public health challenges we are facing. Stay tuned.

## Useful phone numbers/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 3-1-1
- Denveranimalshelter.com
- 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 Paul Kashmann's office - 720-337-6666
- Ann Rowe, School Board Rep. 720-423-3210
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## 2018 BOARD ELECTIONS

**The CPNA Board elections are always held in January of each year. Any Cook Park neighbor is eligible to run for the board.**

**Please join us at the January 2018 meeting, Tuesday January 16th at 6:00 pm at the Rec Center.**

## Ask your Realtor: *By Debbie Vandre*

### What pre-inspections are most important before listing your home?

My last article for Cook Park News was about getting a pre-inspection on your home before listing your home on the market, I received many emails and phone call asking which inspections were the most important...

I always recommend 3 inspections (at a minimum) which are a 5-year roof certification \$35, sewer scope \$120 to make sure lines are clear and the HVAC units checked \$250 for both furnace and a/c. What a positive way to reassure the buyers they are purchasing a great home. There are no surprises for the seller. Big-ticket items such as a roof replacement is not fun to deal with on a time crunch. In many cases, your insurance company will cover the cost of the roof which lessens the odds of a buyer walking at the time of inspection. If repairs are needed, these items can be taken care of before listing and marketing your home in such a way the buyers will want to purchase your home over the competing homes in the neighborhood. If no repairs are needed, we can market your home that way also. At Vandre Properties, we call that a "WIN".

If you have topic for an article or specific Real Estate questions please reach out to me!

Debbie@VandreProperties.com or

303-517-0891

Debbie Vandre, Vandre Properties, LLC, Keller Williams DTC, LLC.

### 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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1 Active

Average Days on Market 51

Homes Priced Over \$500,000

3 Sold

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2 Under Contract

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4 Active

Average Days on Market 23



### Call for editorial content

Do you have an interesting story to tell? We would love to include your stories and share with our neighbors. Perhaps you want to share an interesting hobby, recognize a neighbor or local business that has gone above and beyond. We only ask that your articles are informational and not advertisements for your business. Email your articles to cpneighborhood@gmail.com

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# 2nd annual Cook Park Christmas Caroling event

by Your Festive Neighbors

Neighborhood Christmas Caroling!  
They're doing it again this year- Round 2! Mark your calendar!

When: Thursday, December 21st. Cookies and hot chocolate at 5:30.  
Caroling begins around 6pm.

Where: Meet at 1970 S Kearney Way. This year we will be caroling on the south side of Jewell.

What: Come spread Christmas cheer and sing along to classic Christmas carols!  
Music and lyrics will be provided.



## Colorado symbols contest winner

The winner of the Cook Park Neighborhood "Colorado Official State Symbols Trivia" contest is Kathy Freiburghaus, South Leyden Street.

Kathy won a \$50 gift certificate to Esters Restaurant. Congratulations, Kathy, and thank you to everyone who participated in our contest.

*The Stegosaurus is the official state fossil of Colorado.*

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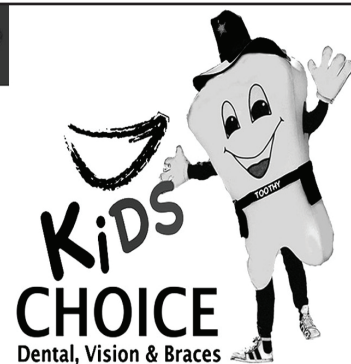
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# Subsidized Veterinary Care in the Metro Denver Area

*Information provided by Dumb Friends League*

## **PetAid**

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petaidcolorado.org.  
PetAid Colorado programs provide health care to thousands of vulnerable pets every year thanks to a collective of generous donors and volunteers who care deeply about the health of underprivileged and at-risk animals.

## **The Downtown Animal Care Center**

Phone: (303) 595-3561  
downtownanimalcarecenter.com  
A for-profit veterinary hospital which provides low-cost veterinarian care to the general public. The Center works in conjunction with the Downtown Animal Care Foundation, which provides funding in the form

of matching funds and grants to assist low income families in getting the veterinary care they need for their pets and to provide care for stray, abandoned or relinquished animals.

## **CSU Veterinary Teaching Hospital**

Phone: (970) 297-5000 [csu-cvmb.colostate.edu/vth](http://csu-cvmb.colostate.edu/vth)

## **Low-Income Veterinary Care Assistance**

The vision of the CSU Veterinary Teaching Hospital is to advance medicine by integrating world-class patient care with leadership in veterinary education and scientific discovery. The mission of the hospital is to educate the next generation of veterinarians by providing exceptional veterinary care and service to the community every day.

Your animal will receive care from a team of current leaders in veterinary medicine and the next generation of veterinarians. Providing the leading-edge technology, education, and research for the future of veterinary medicine and your animal requires significant resources, both human and financial.

These resource requirements, combined with Colorado competition statutes, make it unfeasible for the CSU VTH to provide free or below-cost veterinary care. We encourage those in need of financial assistance to discuss this with their VTH veterinarian and work with the VTH Client Services to pursue CSU VTH-based financial assistance. We have provided a list of low-cost veterinary care providers if care at the VTH is not a possibility.

## **CSU Veterinary Teaching Hospital Care Credit Programs**

CareCredit is a personal line of credit for healthcare treatments for your pet. It is a credit card, but it has some terms advantages if you are timely in your payments and pay off your balance in the agreed timeframe. You must apply and qualify prior to receiving care.

## **Friends of Nan Bush and Palomino**

Fund Limited funds are available for cancer treatments to assist clients in need, who have exhausted all other financial assistance alternatives. Minimum qualifications include being a current patient of the VTH and having paid for at least your initial visit. Discuss your needs with your VTH veterinarian, who will refer you to Client Services for an application.

## **Pets Forever**

Pets Forever is a Colorado State University sponsored non-profit program designed to help low-income elderly and disabled Larimer County residents maintain ownership of their pets for as long as possible, and to improve the health and well-being of these pets and owners by providing needed help and resources.





# Is your identity protected this holiday season?

by Stephanie Casey

As we approach the most wonderful time of the year, we may be at greater risk for identity theft. According to a recent Gallup poll, two-thirds of Americans are concerned that their sensitive information may get hacked or their identity stolen – far more than any other conventional crime. And with all the spending that occurs online during the holiday season, you can be sure thieves will be trying to exploit it. But there is good news! There are things you can do to protect yourself. Exercise common sense when making on-line purchases. Do some research to see if the vendors you're doing business with are reliable, and only make purchases from websites with https in the URL. Make sure that your end-of-year giving goes to credible charities and not to scams.


Hang on to your receipts. If there's an suspicious activity on your account, you can go back and demonstrate the discrepancy. Don't open suspicious digital holiday cards. Such emails can contain malware and can damage your computer if opened. Try to use a credit card rather than debit cards when making online purchases. Credit cards offer far better protection




than debit cards do, and purchases you make on them will likely be far safer. Give gifts that will help your friends and family protect themselves. Whether it's software that can monitor and handle threats across multiple devices like your iPhone, iPad and laptop, or a smart home monitoring system that allows you to keep an eye on the place when you're away, you can help the people you care about keep safe. Don't make transactions over a public network. As tempting as it is to shop while sitting in Starbucks, it's ultimately not very safe. Double-check the privacy settings on any shopping apps you might have, and limit the amount of personal data you allow them to share. Create new passwords for each website you use – and be particularly careful not to reuse passwords from highly-sensitive accounts, such as your email, bank or health care account. The holidays can be stressful enough without having to worry about your identity being stolen. By doing these few things, you can reduce the risk of would-be Grinches stealing the comfort and joy this season brings.



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# Tips for successful winter bird feeding

by Stephanie Casey

Did you know it's important to feed birds in the winter? A large winter storm, with deep snow or ice cover, cuts off many birds from their natural food supplies and can actually cause them to starve by the thousands and even millions. Backyard bird feeding can make a real contribution to their survival and even thriving during the winter months.

Here are some pointers for a successful winter bird feeding season.

**Put out feeders with good size capacity:** And/or use multiple feeders to provide ample food especially during snow and ice storms. There are many stores in your area that sell excellent bird feeders including bird-specific stores and most lawn and garden centers. **Provide nutritious winter seed foods:** For most birds these often include seed mixes of: black oil sunflower seed, hulled peanuts, niger seed and white millet seed. Mixed seed bags can be purchased at local bird and lawn and garden stores.

**Offer fatty food too:** Birds need to burn more calories in the winter just to stay warm. Suet is considered a high energy food because it consists of fat that has 9 calories per gram compared to 4 calories per gram for carbohydrates or protein. Peanut Butter is also popular with our flying friends but is more expensive than suet. Suet feeders are a favorite of woodpeckers and other insect-eating birds.



**Keep your feeders full:** Winter birds need to stock up on calories especially for those long, cold winter nights.

**Be consistent and keep feeding through the winter:** Birds grow accustomed to your feeders especially in severe weather when the snacks you offer may mean their very survival. If you leave home for an extended period, try to have a neighbor or friend keep the feeders going.

**Remember water:** Birds can become dehydrated in winter even if surrounded by ice and snow. Putting out a pan of water near the feeder on warmer days is a terrific idea.

**Stamp down the snow below:** Ground-feeding birds such as dark-eyed juncos, doves and many sparrows will be able to gather up the seed that drop from the feeders if they don't have deep snow to try to manage.

**Hang feeders in cat-safe locations:**

Place bird feeders in locations that do not also offer hiding places for sneak-attacks by cats and other predators. Think of placing the feeders ten to twelve feet from shrubs or brush piles. This gives the birds some time to react.

**Remember feeder cleanliness:** Your feeders can get a little grimy. Because natural food sources are scarcer in the winter, more birds may be attracted to backyard feeders and those feeders will need to be cleaned with some hot water and dried a few times during the season.

**Save some money and stock up on seed:** Bird feeding veterans say it is best to stock up on birdseed in the Fall when many lawn and garden centers are discounting it to make way for winter merchandise. Stored properly, (in cool dry places) seed can easily last for months, particularly seed mixes and sunflower seeds.

The first days of winter are a great time to start feeding birds.

# Do unto others as you would have them do unto you. *by Stephanie Casey*

My parents taught this “Golden Rule” to me as a young child and I still think about it frequently to this day. This rule goes far beyond simply being kind to people, or going out of your way to be available or helpful to those in need. It’s really just about adjusting your views and attitudes. Instead of just treating others the way you would want to be treated, think about others the way you would want to be thought of. Feel about others the way you would want others to feel about you. Speak to others the way you would want to be spoken to or spoken of.

Should someone cross you or someone you know, take the opportunity to guide them into a better frame of mind. If someone is short or abrasive with you, try to turn the situation into a more positive one by killing them with kindness. Be open to the fact that maybe they’re having a bad day or have received some bad news, etc. Even if this is usual behavior for this person, try not to lower yourself to their level. We all talk about other people so try not to speak critically or be judgmental about someone just because you disapprove of him or her.

Holding onto unforgiving feelings will only harm you and make you hardened to feeling love and compassion. Refrain from thinking, or speaking, pityingly of someone — particularly if you feel you are better off than that person. Thinking of yourself as superior or better than another is not a beneficial way of thinking.

If you would like to help someone you think is less fortunate, do it from love, not pity. The holiday season is a good time to practice the “Golden Rule”. Life is hectic, highways are hectic, and people have short fuses. Do unto others as you would have them do unto you begins with you and me.

The best apology is changed behavior.

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# Recycle Your Tree with Denver's Treecycle Program

Recycling your holiday tree is as easy as ever thanks to Denver Recycles' annual Treecycle program. For every tree recycled with Treecycle, Denver residents help keep organic material out of the landfill, reduce greenhouse gas emissions, and create mulch that is made available to Denver residents for free at the annual Mulch Giveaway & Compost Sale in May.

Participating in Treecycle is easy, free, and truly a no-brainer. After the holidays, follow these easy steps to recycle your tree:

- Remove all decorations, lights, and the tree stand from your tree.
- Set your tree out for collection at your normal trash set-out location by 7 a.m. on Friday, January 5th or by 7 a.m. on Friday, January 12th.
- Reclaim free mulch made from your tree at the annual Mulch Giveaway & Compost Sale in May 2018.



## Program Reminders:

- Only natural, real trees are collected by Treecycle crews. No artificial or flocked trees.
- Trees set out by 7 a.m. on Friday, January 5th will be collected by 5 p.m. Monday, January 8th.
- Trees set out by 7 a.m. on Friday, January 12th will be collected by 5 p.m. Monday, January 15th.
- Trees will not be collected by Extra Trash crews during the first two weeks of January.
- Trees must be placed at least two feet away from collection carts, structures and other obstacles. Do not place trees inside bags or trash carts.
- Trees may also be dropped off at one of two Treecycle drop-off sites, open through January 31st.
- Treecycle is for Denver residents only.

Last year, Denver residents recycled more than 20,000 trees. Participate in this year's Treecycle program and help Denver recycle even more!

For more information about Treecycle, the annual Mulch Giveaway and Compost Sale or other Denver Recycles programs, visit [DenverGov.org/DenverRecycles](http://DenverGov.org/DenverRecycles) call 311 (720-913-1311).



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# Let's be ThanksLIVERS!

by Pastor Mike Lemke

Dear Cook Park Neighbors!

I woke up one November morning to drizzle, to frost on my windshield as I left the house for an early breakfast. My new neighbor Katie, from Arizona, stood in her driveway, disheveled and dumbfounded. Hair-matted from rising early, dressed in an over-sized Arizona Cardinal sweatshirt, wearing those thick, black glasses over a face without makeup (I did not know she wore contacts), her demeanor in the driveway said it all! "Welcome to Colorado Katie," I offered with a hint of apology. She gave me that laugh that after a month of acquaintance I had already grown to appreciate. "Do you have one of those... what do you call those things, Mike... those scrape things that clean the ice off windshields?" "An ice scraper, you mean, Katie?" Though most people may have had their thick, black-rimmed glasses fog up with frustration at that point, Katie peered at me with a smirk of "that-was-a-good-one"... "you-got-me" appreciation. Smiling... and walking towards me over the wet grass that shares our property... she said defiantly and playfully... "Yes, an ice scraper Mike. Now, GIVE me one of those whatcha-ma-call-em things!"

I knew I was going to like Katie. I knew I am going to like her a lot.

Thanksgiving came and went in the Midwest where I spent the holiday with family in Iowa. With it? Grey skies and Jack Frost, the smell of leaves burning and the sound of honking geese overhead. Thanksgiving came and went... but I hope not forgotten.

We have it so good in the United States.

I have not lived anywhere but America, but I can STILL say with certainty that I would not want to leave. We have our problems to be sure. We have our struggles. But in comparison to the great majority of people elsewhere, we have it pretty good! While many people this day wonder about clean water, a meal and/or shelter, we usually do not. We are blessed with freedoms that most in the world do not have. We have the ability to worship as we choose without fear or prejudice. We have the ability to choose our restraints, our laws and governing leaders, in a democracy most on the planet revere and envy. We do not even RECOGNIZE most of the time how very fortunate we are!

Abraham Lincoln, against the backdrop of America's bloodiest war called for ALL Americans... TO GIVE THANKS. How poignant a lesson! We remember Lincoln's emancipation of the slaves. We revere his gentle manner, yet hickory-strength, in guiding our nation to unity. Yet, among his greatest accomplishments, in my opinion, was certainly his encouragement that ALL people, especially FREE ones, ought always to remember our many blessings with THANKSGIVING.

Think of it everyone! YES, IT WAS a chilly November morning in Denver that day. YES, Katie walked across wet grass to get my ice scraper. Her moccasins... her feet... got soaked. But after scraping off her windshield, I am guessing Katie walked back into her warm house and had a cup of coffee. She probably got out of that Arizona Cardinal sweatshirt (does anybody have something ORANGE AND BLUE to give that woman?), wiped the sleep out of her eyes to see, from a closet teeming with stuff, appropriate clothes to wear. Most likely, Katie has already forgotten about the morning! Contrast that to the Pilgrims who crossed an ocean KNOWING that many on the ship would DIE before reaching land! Tight quarters, disease, sanitation concerns, worry over food spoiling and enough clean water to drink!

We have been so richly blessed. How about paying it forward Cook Park? How about being ThankLIVERS this month of December, with its look backwards at the blessings of the year into an even better new one? And while you are at it... scraping ice off my neighbor Katie's windshield, consider the many times God has seen US through some tough scrapes. Let us give thanks to the Lord our God for ALL His many blessing to us! Let us offer the Lord a sacrifice of Thanksgiving in being Thanklivers! Fourscore? NO, FOR SURE COOK PARK!

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