

Cook Park News

COOK PARK NEIGHBORHOOD ASSOCIATION

www.cookparkneighborhood.com • cpneighborhood@gmail.com

"Deck your homes with boughs of Holly" get ready for the Cook Park Neighborhood 5th Annual Holiday Light Contest

This year we're mixing things up and there is no need to register. Our board members will be driving the neighborhood in search of the most creative and festively decorated homes.

Categories:

Best Outdoor Home Display, Best Neighborhood Group Display

We award 1st & 2nd place winners in each category with a lawn sign & gift in recognition.

Rules to participate in the 2016 contest are as follows:

Categories:

Best Outdoor Home Display
Best Neighborhood Group Display (cont on page 2)



Cook Park Neighborhood Association 2016 Board

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(nb@barlowadvertising.com)
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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.

President's letter:

We're embracing the time of the year when we pause to give thanks with family and friends. As we welcome in the season of love we hope you'll continue the message of our winter newsletter of encouraging us to be better neighbors, better family members, and better Americans. Let us respect and support one another. Let us *enjoy* our differences, be *thankful* we're not all the same and be proud to live side by side in a free country with endless opportunities for each of us.

In the spirit of "pay it forward" I would like to challenge you all to do something random (and without recognition) that makes someone's life just a little better. Put a smile on someone's face, light a glow in someone's heart, put a twinkle in someone's eye. Any kind deed, no matter how small, will not only make another human being feel appreciated, it will do wonders for your own soul.

If you RECEIVE a "pay it forward" act of kindness please let us know! Post it to our Facebook page or let our neighbors know on Nextdoor.com. By sharing your experience we could start a avalanche of good deeds. Now, wouldn't that be a wonderful thing for all of us?

Thanks for reading!
Nancy Barlow,
President of the CPNA

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

December - no meeting
January 17
February 21



Cook-Park-Neighborhood-Association

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(cont. from page 1) **Holiday light contest**



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. Judges and CPNA board members are excluded from the contest.
3. All neighbors are eligible 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 between Dec. 16-19 and lights must be turned on during the judging period to qualify. Judging will take place after sunset.
7. Winners will be determined by Dec. 20th and we will award prizes in person.
8. Yard signs for the winners will be in place by Dec. 24th.
9. Winners must agree to display a sign on their front lawn from Dec. 24th 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.
11. Prize must be accepted as awarded.

Get creative and help us brighten up our neighborhood! You can purchase something new for your outdoor lighting display at several places right here in our neighborhood. Check out our local ACE Hardware (Holly and Florida) for new ideas. If you're looking for a budget item that will enhance your display don't forget Dollar Tree in the Monaco shopping center or take a short drive to ARC Thriftstore (Iliff and Quebec). ARC stores hold their holiday decorations that arrive throughout the year at their warehouse. Once the holiday months arrive they ship their large cache of items to surrounding stores. Typically they have vintage items for sale as well. While you're at ARC, drop in next door at Big Lots for a few bargains as well.

Time for a year-end investment review

With the holiday season upon us, you may well be busier than usual. However, by spending a few minutes reviewing your investment scenario of this past year, you can see where you've been, where you might be going, and what you need to do to keep moving forward toward your long-term financial goals.

So, as you look back at 2016, pay close attention to these elements of your investment picture:

- **Performance** – Reviewing your investment performance over time is important in helping you determine if you're on track to achieve your financial goals. So, in evaluating how your investments did in 2016, ask yourself some key questions: How did your investments do relative to their performance in past years? If there was a big difference, what might have accounted for it? Were your returns relevant to your long-term goals? In other words, if you have already established a return rate you'll need to reach your goals – and you should indeed set such a rate – were your actual returns “on track” to help you make progress toward your objectives? And, just as importantly, were your return expectations realistic, based on your investment mix and the market environment?

- **Investment mix** – If you are a diligent investor following a well-designed strategy, you probably started out in 2016 with an investment mix that reflects your risk tolerance, time horizon, and short- and long-term goals. But over time, your investment mix can change, even without your having done so on purpose. If you owned a certain percentage of an asset, such as growth stocks, and those stocks appreciated in price substantially, they could take up a larger percentage of your portfolio than you had intended, thereby exposing you to a higher risk level than that with which you are comfortable. So now that the year is coming to a close, examine your investment mix to see if it needs “re-balancing.”

- **Contribution levels** – Are you taking full advantage of your 401(k) or other employer sponsored retirement plan? Specifically, if you got a raise this past year, did you boost your contributions to your plan? The more you invest now, and throughout your working life, the less likely it will be that you have to play “catch up” in the years immediately preceding your retirement.

- **Mistakes** – We all make mistakes in every walk of life – including the way we invest. In looking back over 2016, can you spot some investment mistakes you might have made? Did you temporarily “bail out” on investing immediately after the “Brexit” vote, only to find, a few weeks later, that the markets had soared to record highs? Did you act on impulse and buy a so-called “hot” stock that turned out to be inappropriate for your needs and risk level?

While mistakes like these might be costly in the short term, they can ultimately prove invaluable – if you learn from them. We're just about ready to turn the page on the 2016 calendar. So, as you review your investment decisions for the past year, try to determine what worked, what didn't – and what you can do to improve your results in 2017.

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

What worked, what didn't – and what you can do to improve your results in 2017.



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Time for a year-end investment review. Let's talk.

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Etiquette for dogs... or rather – dog owners! *by Stephanie Casey*

As pet owners, we have a responsibility to manage our pets and ensure good behavior in public. There are a variety of methods available to help with training dogs so they can bond with their owners. Developing appropriate behavior in our dogs helps to create pleasant relations and peaceful coexistence among dog owners and non-owners alike.

While on a leash going for a walk, it may not be appropriate for one's dog to jump all over another person's dog. Part of training is to teach your dog that there is a time for play, and a time to pay attention to you. Allowing your dog to jump all over other dogs can result in injury and a bad reputation in your neighborhood!

Because there is a constant increase in traffic it is a good idea to keep our loved ones on leashes. We all like to let our 4 leggeds get some exercise but doing so in a high volume area may not be such a good idea. We also run the risk of getting fined by the park ranger and remember...there's always that chance a coyote is lurking. In addition, not everyone is comfortable around dogs, and dog owners must anticipate this and be respectful. Be aware that your dog may bark. If so, realize your dog may need some badly needed exercise or just likes to say hi to every other dog or passer-by. Do your best to quiet your dog so as not to be a nuisance to the rest of the neighborhood. Try to supervise your dog as much as possible to avoid any constant barking.

Keep your leashed dog close to you and stay alert to others using the path/park/sidewalk, etc. Your leash should be slack but short enough to prevent your dog from contacting or jumping on passers-by. Even if people say, "It's okay," your dog needs to learn to behave appropriately in public. Some people dislike dogs, others are frightened of them, still others may simply prefer well-mannered dogs! A well-trained dog and a considerate handler set a great example of responsible ownership to their communities, and ensure that dogs will continue to be welcome there.

If your dog does something that upsets someone else (jumping up, running after them, barking at them, etc.), apologize to that person and take measures to prevent the situation from re-occurring. Do this even if your dog's behavior seemed innocent. Ignoring the situation will not improve your dog's behavior and may negatively impact your reputation in the community.

Oh...and what about that poop? There are No excuses! Always have an excess of bags with you on each and every walk. If you run out of bags, either come back and clean it up or ask another walker if they have a bag to spare. As dog owners we all have enough of our own to clean up so finding a goody left in our yard is very disrespectful. Cleaning up every time will set a good example for others and promote an image of dog owners as caring, responsible citizens. It's also common courtesy to simply not even allow your dog to set paw on your neighbor's lawn. Many people take great pride in their lawn's health and don't appreciate that others don't respect that. Dog feces and urine can harm the quality of a lawn.



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What is the deal about uninsured motorist? (called both uninsured motorist/under-insured motorist: UM/UIM)

by Clint Wood, C.L. Wood Insurance Agency, Inc.

It is the most misunderstood coverage in the typical auto insurance contract.



The Colorado Insurance statutes allow a consumer to REJECT this coverage. The cost for this coverage is going up dramatically. So is this a good way to save on the total premium?

Just what is the meaning and function of this coverage?

UM/UIM coverage pays for your bodily injury damages resulting from a not-at-fault accident with an uninsured, under-insured, or hit and run driver.

Uninsured Motorist (UM) coverage has nothing to do with damage to vehicles or any other property. It has everything to do with any bodily injuries you sustain in an accident with an at-fault driver. It has everything to do with the 16%, or more, of drivers in this state who drive around without carrying any liability insurance*. And it has everything to do with the law firm advertisements you see on every channel at every hour of the day and night. If YOU are injured by another motorist who either carries no insurance or who has very low limits of liability coverage, then YOU are a candidate for this very valuable protection.

EXAMPLE: You are seriously injured by an at-fault driver (who happens to carry minimum liability coverage of only \$25,000). You contact any personal injury law firm and initiate a case against the at-fault driver. You win a judgment of \$750,000. Now how do you collect it?

(cont. on page 6)



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Make sure you have UM coverage!

After all, what good is a judgment that is un-collectible? In this example, you can immediately collect the \$25,000 from the carrier of the negligent party. How do you collect the balance of \$725,000? If you have UM coverage on your own auto insurance policy, you can process a claim against your own carrier for the maximum UM you carry. Say that number is \$500,000. How do you collect the balance of \$225,000? If you have a personal umbrella policy with UM coverage, you submit the balance to your umbrella carrier and the umbrella carrier will pay the balance of the \$225,000 directly to you. Without any UM coverage on either your own auto policy or your own umbrella policy the maximum you would collect in this example is \$25,000. So, was carrying UM a good idea? YES!

What should you do to have the maximum protection and put yourself and your family in the place of being able to collect a judgment rendered in your favor?

First. Get out your auto insurance contract and locate the declarations page. Make sure you have UM coverage. (If you do not, fire your agent. Do your agent a favor and take him/her off the list of people who can be sued for their professional error in failing to provide adequate coverage.)

Second. Make sure your UM limits are equal to your own bodily injury limits.

Do not fall into the trap of high liability limits and low UM limits because this will limit your ability to collect a UM judgment in your favor.

Third. If you have a personal umbrella contract make sure it **INCLUDES** UM coverage.

To have an umbrella without UM coverage is a very serious error. Also, be aware that your umbrella will be much more expensive with UM included. Do not fall into the trap of a competitor's lower price for an umbrella without UM coverage. This is a major source of professional malpractice for an insurance agent.

Fourth. If you do not have a personal umbrella policy, purchase one immediately from your auto insurance carrier and **INCLUDE** UM coverage.

Do not fall into the trap of companies and/or agents that offer you a 'lower price' at the expense of inadequate coverage. Inadequate coverage at a lower cost is frequently not a bargain.

*Contemplating a trip out of state? Based on 2012 numbers from the Insurance Information Institute, the rate of motorists without any auto insurance is 21.2% in New Mexico, 25.9% in Oklahoma, and 3.9% in Massachusetts.

CPNA has an amazing treasure just across the creek.

by Rivka Schwab

Place Bridge Academy, home to over 1000 children and 140 staff from Denver and from all over the world, specializes in teaching immigrant and refugee children. The Bridge culture (Belonging, Respect, Integrity, Diversity, Generosity, Effort) supports and strengthens everyone in the school community.

The unique newcomer program provides intensive English-language instruction to preschoolers through eighth-graders, while the Parent Welcome Center provides language and job hunting skills to adults. The school has a community garden and a Denver Health school-based clinic as well. They also share their International Night celebration in May with the whole neighborhood. If you're looking for a rewarding volunteer experience, check out place.dpsk12.org or contact Akudo Nwokeukwu (720-424-0965) or Annette Garcia (720-424-0973).

Another way to help:

Reading is Fundamental, a program that provided free books for distribution in low-income schools, and that provided Place Bridge Academy with over 3,000 books each year, now sells discounted books. So now the school has to raise substantial money to preserve their tradition of putting books into the hands of every child. The school has a \$3500 annual challenge grant that matches donations dollar for dollar, and hopes to have funds for a book giveaway for Family Literacy Night on January 26 as well as their International Night. We can help by sending tax-deductible donations to Place Bridge Academy, book giveaway fund, Bookkeeper, 7125 Cherry Creek Dr. North, Denver, CO, 80224.

Celebrating Hanukkah with food traditions - Compiled by Nancy Barlow

Hanukkah, the Jewish holiday celebrated for eight days and nights (December 24, 2016-January 1, 2017) commemorates the re-dedication of the holy Temple in Jerusalem following the Jewish victory over the Syrian-Greeks in 165 B.C.E. Like many Jewish holidays, Hanukkah has many wonderful food traditions. Fried foods like "sufganiyot" (jelly-filled doughnuts) and "latkes" (potato pancakes) are especially popular, as are dairy foods.

Hanukkah celebrates the miracle of the oil that burned for eight days when the Maccabees rededicated the holy Temple in Jerusalem after their victory over the Syrian-Greeks. Fried foods like potato pancakes ("latkas" in Yiddish and "livivot" in Hebrew) and doughnuts ("sufganiyot" in Hebrew) are traditional Hanukkah treats because they are cooked in oil and remind us of the miracle of the holiday. Some Ashkenazi communities call latkes "fasputshes" or "pontshkes."

Dairy foods did not become popular on Hanukkah until the Middle Ages. The custom of eating things like cheese, cheesecake and blintzes emerged from the story of Judith. According to legend, Judith was a great beauty who saved her village from the Babylonians. The Babylonian army was besieging her village when Judith charmed her way into the enemy camp with a basket of cheese and wine. She brought the food to the enemy general, Holofernes, who consumed increasing amounts of wine along with the cheese. (According to the story, the cheese was very salty, hence making Holofernes very thirsty.) When Holofernes eventually became drunk and passed out, Judith beheaded him with his sword and brought his head back to the village in her basket. When the Babylonians discovered that their leader had been slain, they left. In this way Judith saved her people and eventually it became traditional to eat dairy foods in honor of her bravery.

Useful phone numbers/websites

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- 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 Paul Kashmann's office - 720-337-6666
- Bruce Hoyt, School Board Rep. 303-764-3210
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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!

Ask your Realtor: *By Debbie Vandre*

What's the "earnest money deposit" on a home purchase?

Earnest Money is a small deposit generally submitted with an offer to purchase a home or property. This deposit is presented to show the buyer is serious about the purchase and the offer is being made in good faith. It is generally submitted with the original offer to purchase. The amount of the earnest money deposit is usually 1-2% of the seller's asking price or list price of the property.

The check is made out to the escrow, real estate firm or title company in which the seller chooses to handle the closing of the sale. The funds must be deposited into an escrow account and the money then becomes part of the buyers down payment or prepaid cost to finalize the sale of the property. In some instances the listing agent and seller may ask the purchaser to present proof of good funds at the time the earnest money and offer are submitted.

This is a general overview of Earnest Money and this topic may indeed branch into greater depth. If you have questions on Earnest Money or another real estate question please contact your neighborhood Realtor: Debbie@VandreProperties.com or 303-517-0891.

Debbie Vandre

Vandre Properties, LLC, Keller Williams DTC, LLC.

Holiday craft fair and bake sale

The Salem United Church, 5300 E. Florida Ave. @ S. Grape St., will hold their annual sale on Friday, Dec. 2, from 2pm - 7pm, offering supper from 5pm-6pm. And on Saturday, Dec. 3, from 9am-3pm, offering lunch from 11am-1pm.

The EEBA - Business owners and neighbors attend their



monthly meetings

The EEBA meets every 4th Tuesday of the month. Local businesses, property owners, non-profits and neighbors are encouraged to attend. The purpose of the EEBA is to improve the quality of life on Evans and its surrounding neighborhoods and to support our business community. Presently there are nearly 30 members of the EEBA and attendance is typically very robust at these informative meetings. Starting in 2017 the organization will be actively growing the membership and attracting interesting speakers that bring a fresh perspective to their members and guests. If you know of a business that would benefit from joining their group please pass along information to have them attend. At the beginning of each meeting attendees have the opportunity to introduce themselves and their businesses to the group. **Join them at the Panorama Building, 2055 S. Oneida St. Denver 80224 at 5:30 pm, lower level conference room.**

• Tuesday, December 6, Holiday party • Tuesday, January 24 • Tuesday, February 28

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Yaffa's story *By Barbara Fallon*

Yaffa's Savory, 2200 S. Monaco Pkwy, Unit B, Denver, CO 80222, 303-758-0083

Yaffa Hanouna served morning tea while telling her amazing journey to Yaffa's Savory, a café serving healthy, old world Mediterranean cuisine in a small café atmosphere, a hidden treasure in our neighborhood. The background music "Barcelona Café" was playing gently, which sounds led to the centuries-old history of Yaffa's family and her husband Raphael (Rafi). For it was only recently Yaffa learned through a sister that the Jewish Turgeman family was rooted in Spain and the family was expelled in the late 1400's during the Spanish Inquisition.

Yaffa was born in Israel, the tenth child in her family, with the older seven born in Morocco, across the Gibraltar passage as ancestors fled Spain. When the Israeli state was only eight-years-old, the family moved to Israel where the new state was encouraging population. With a crowded household, the baby Yaffa was often with her mother in the kitchen. From her mother, Yaffa learned the power of tea shared and healthy food cooked with love and welcoming.

Stories from her mother's kitchen were wise and endearing, such as "a cup of tea goes a long way" in sharing the ups and downs of lives and in comforting. Yaffa's mother gifted each of her five daughters with a teapot at their wedding. Yaffa's café holds a mini-museum of her tea pot collection, some over 100-years old, handmade and inscribed, along with antique coffee grinders, and butter churners. Among the display are many pieces that go back to the Colorado gold rush, to honor the early pioneers and her (and our) American heritage. Yaffa shared the story of her mother's "silk soup", a soup to the look chunky with seven vegetables, lentil, beef, and noodles. It was the tradition to give the soup to every new mother for the nourishment provided. The name, silk soup, relayed Yaffa's mother upon her daughter's inquiry, was to reflect the soft, smooth skin of the new-born child.

However, it was as an educator that Yaffa's path led to America. Twenty-six years ago, there was no bilingual English/Hebrew education for pre-school age students in Denver. Yaffa was offered a job contract and a path to America to fill that need for Judaic studies. Eventually, Yaffa and husband Rafi built a pre-school in Aurora. Raphael, with degrees in mechanical engineering from Israel's renowned Technion University, was the perfect partner building the seven-classroom, twenty-one staff school. Named "Children's Playland," the school's model was the interconnection of loving, playing, and learning. To be certified as Director of Education, Yaffa returned to school at night from 6pm to 10pm after working from 6am to 5:30 at her school.

Realizing there were limited food choices from her heritage in the area, Yaffa broadened her teaching to include sharing her culinary skills in the Jewish foods she knew so well. That beginning led to ten years in farmers markets, then private workshops, followed by larger venues in churches and private catering. Four years ago, Yaffa and Raphael sold their school to caring and passionate educators and followed Yaffa's dream for a café to welcome and share the healthy and delicious food she lovingly prepared. In seeking a location, they returned to the neighborhood where they first lived when they came to America. The property on the southeast corner of Monaco and Evans was presented to them four years ago by the Realtor as at the cusp of a mixed-development with specialty food and retail businesses and lofts.

Yaffa and Rafi attribute their catering to maintaining profit in a very competitive market. The busiest catering season is beginning. A woman from Castle Rock recently ordered her family's prepared turkey from Yaffa as she did last year. The Air Force Academy ordered 600 latkes for the Jewish holiday last year. Remember Yaffa's Savory when planning your holiday needs.

Yaffa is writing a book of her own telling of her fascinating and contributing life and including some of her recipes. She has achieved designation in the American Association of Personal Chefs and the Professional Chefs of Colorado. Visit the website at www.yaffassavory.com for Yaffa's dine-in and catering selections. Or email Yaffa at customerservice@yaffassavory.com. I personally attest that the food is fabulous and the café a beautiful oasis. (Ask about Yaffa's best-selling, gluten-free vegan chocolate cake.) Yaffa will gratefully prepare your Thanksgiving turkey or full dinner. (Please order early!) Her warm and welcoming café hosts Christmas Eve, Christmas day, and Hanukkah diners.

All of Yaffa's siblings live in Israel; their grown daughters, educated in the east, remain on the east coast. In learning of her Spanish ancestry, both Yaffa and Raphael have found they are eligible for Spanish citizenry with the effort by the Spanish government to return people expelled centuries ago to fill the need to grow their population. However, we hope the wonderful Yaffa, Rafi, and Yaffa's Savory remain in our part of Denver. There is so much more for us to learn and for Yaffa to tell and for us to enjoy the delicacies and treasure that are Yaffa's Savory.



Photo by KC Keefer

Thoughts from Your Councilman

By District 6 City Councilman, Paul Kashmann

I was raised in a middle-class family. Not upper-middle, not lower-middle. Middle class. We had a simple two-story home that was large enough that my brother and I each had our own rooms. The basement was unfinished, but sufficient to host spirited games of ping pong. We made do with a single bathroom on the second floor.

I always wished we had a bit more. Perhaps a nice rec-room with space to host parties and sleep overs, a pool table to sharpen my stick skills or maybe even a pool to enjoy on hot summer days. A second bathroom off the kitchen, so I wouldn't have to truck upstairs whenever I had to "go." But it wasn't to be. As hard as my parents worked, the demands of raising a couple of kids on blue-collar income kept things fairly basic.

I'm embarrassed to say that I felt bad that we weren't a bit higher on the income ladder. Now, as I look in the rear view mirror, how fortunate was I to have "the basics." Our simple, well maintained home sat on a lovely block in a small town in the New Jersey hills. I not only was blessed with three square meals each and every day, but, though I know family finances got very slim a number of times, I never once worried that I might miss a meal. It never crossed my mind.

And while I remember crying myself to sleep when the East Coast heat and humidity became oppressive in my upstairs bedroom, I never once worried that I might not have a place to sleep.

Since taking office, I have had a chance to speak with dozens of Denverites who find themselves homeless, with no reliable source of income. Some are new to the street life, while others have been without a stable place of residence for years. I don't know how they survive.

My friends know that when I get hungry, if I go a couple of hours past my expected dining hour, I get cranky. If I go 12 hours without food before a doctor's appointment, I'm in a daze. If I am short of sleep for even one night — 4 or 5 hours instead of 6, 7 or 8 — I am functioning at far less than full power the following day.

As a young adult, most of the time a full-custody single parent of two young children, I experienced times where I wondered how I'd make the monthly bills. When the balance sheet went too far into the red for comfort, my family would bail me out until I could right the ship on my own. The fact that I needed and received help did not doom me to a life of dependence. That help steadied me until I was ready to move forward.

Providing someone a mat on a floor on a frigid winter night, or a hearty meal at a soup kitchen or holiday "banquet" may keep someone from dying in the cold or starving on the street, but it does not go nearly far enough toward rebuilding their spirit, their body or their self-esteem to prepare them to reintegrate into society as an independent member of the community.

Much attention has been paid to the ongoing "sweeps" that have broken up communities of people that have sprung up on our downtown streets, along our trails and waterways, in our parks and on our corners. We cannot sweep away homelessness. There is no "away." As we tidy up downtown, those without shelter spread out farther from the city center. The only solution to homelessness is to build housing for those in legitimate need along with the services they require — medical and mental health, job training, etc. — to rebuild their lives. (*cont. on page 11*)



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Your Councilman cont.

I am not interested in catering to the aggressive, abusive contingent that is passing through on their way to wherever. I am interested in helping the 40% of those without homes who are employed. And I'm interested in helping the 3,000 children in Denver Public Schools who are homeless and many others down on their luck. I am convinced that Denver needs to be more assertive in providing the housing and services mentioned above for those wanting assistance. Other

**We can
and must
do better.**

cities are finding "permanent supportive housing" to be the most effective means for lifting up those who will respond to outreach efforts. For those who are suffering from mental and physical ailments that make them even more challenging, we must meet that challenge by increasing the availability of mental-health and addiction treatment. The largest provider of mental-health services in Colorado is the Denver County Jail. We can and must do better.

I do not want people huddled in pop-up camps on public right-of-ways, or hiding beneath bridges or in our urban wooded areas. It is not good for them, and not good for the city that continues to hustle and bustle around them. We can and must do better.

I salute the many social service providers in our city who are standing in the breach as the last line of compassion for the homeless. We will soon start reading articles of how many beds are available for men, women and children during the cold of winter. Remember that "beds" often mean mats on the ground, and try to remember how well rested you were the last time you slept on a mat on the ground in a crowded room with people you didn't know.

As the holiday season approaches, we need to not only be thankful, but behave thankfully. We can and must do better.

Paul Kashmann

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Wolf wheeled (yes, wheeled) snow shovel/thrower" which claims to clear snow three times faster than traditional snow shovels with half the effort and less risk of injury. Or, for those who just cannot get past the look of a snow shovel attached – unicycle wheel (pictured: a strange looking device – google "Snow Wolf wheeled snow shovel"), purchase an electric start snow blower that will clean an average-sized sidewalk in less than 10 minutes. Also, consider sharing the expense/storage and maintenance costs with one or two of your trusted neighbors.

Rock salt and other salt-based ice melters contain sodium chloride or potassium chloride which can heat up to 175 degrees Fahrenheit when exposed to water, ice, or low temperature. For dogs, exposure to salt-based ice can cause skin ulcers, which can lead to bacterial infections. Dogs can also develop intestinal problems and inflammation of the stomach from licking the salt-based products off their paws. Children exposed to rock salts while playing in the snow may experience eye irritation, stomach problems, and skin rashes. Finally, salt residue can cause permanent damage to pavers, asphalt, concrete, floors, and rugs. When it washes away in the spring, rock salts can kill plants, burn grasses, contaminate groundwater and poison birds. For ice removal, use a pet/kid/environment safe low-salt product, or proceed to suggestion #3.

(Cont. on page 13)

Welcome to a new quarterly addition to the Cook Park neighborhood newsletter with helpful seasonal hints, ideas and recommendations for our homes, yards, property, and health. J.T. Slivka, Senior Supervisor at our local Ace hardware store, offers these 7 suggestions for the coming winter season.

(1) Installation of a carbon monoxide/smoke alarm near all bedrooms in your dwelling. Carbon monoxide is a colorless, odorless, and tasteless gas that can be fatal when inhaled. It is sometimes called the "silent killer."

Carbon monoxide can come from any fuel-burning appliance, such as furnaces, gas ranges/stoves, gas clothes dryers, water heaters, portable fuel-burning space heaters, fireplaces, generators, wood burning stoves, idling cars, and motorized yard equipment. J.T. recommends the "plug-in" combination smoke/carbon monoxide alarm.

(2) For snow removal this winter, try the "Snow

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

7 Sold Avg Sold Price \$376,292
3 Under Contract Sold 90.70% of List price
2 Active
Average Days on Market 14

Homes Priced Over \$400,000

10 Sold Avg Sold price \$540,101
5 Under Contract Sold 97.69 % list price.
8 Active
Average Days on Market 20

2016

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PERSONAL RETURN (Federal + 1 state)	\$85
PERSONAL RETURN (plus Sch. C)	\$100
PARTNERSHIP/S-CORP (1065 & 1120s)	\$125
C CORP (1120)	\$200
ADDITIONAL STATES	\$35 ea
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(3) Forty to sixty pounds of tubed sand placed in the bed of a truck, or trunk of a car, will increase vehicle tire traction in snow up to 60%. Look for sand that will not freeze or leach acid. Tube sand, carried in your vehicle, can also be utilized in the unfortunate event that your vehicle gets stuck on snow or ice. When winter conditions end, use the tube sand to hold temporary posts and signs or anchor sporting equipment such as basketball backboards.

(4) With cold temperature upon us, now is the perfect time to test your home for the presence of radon. Radon is a radioactive and another colorless, odorless, tasteless gas that occurs naturally. According to the Environmental Protection Agency, evidence shows a clear link between lung disease and high concentrations of radon. Accurate testing for radon is best done with the windows closed and all drafts eliminated. That means the most opportune time to conduct radon testing is December through March. Radon test kits are extremely easy to use and testing can usually be completed in two to seven days.

(5) Window drafts can be eliminated by using a window insulation kit. Plastic window insulation is a simple solution to prevent unwanted drafts from entering your home. Kits are available in both indoor and outdoor installation options. For most kits, assembly is as easy as applying the window shrink wrap to double-sided adhesive tape. Then use a blow dryer to shrink, smooth, and seal the wrap to the window. An additional benefit to reducing cold drafts with plastic shrink wrap is that you will also minimize the invasion of unwanted pests, such as house spiders, crickets, and other small insects that will seek shelter in the warmer environment of your basement, crawl space, or main floor. If invaded by these pests, insect glue traps are effective for up to one year and will put an end to crawling, hopping, jumping, chirping, and slithering pests.

(6) The Filtrete Allergen Defense Furnace Filter will reduce allergens in your home heating air duct supply vent. With electrostatic technology, these filters capture particles like household dust, lint, dust mite debris, pollen, pet dander, tobacco smoke, and mold spores. Change the filter in December and not again until March.

(7) This Holiday Season all Cook Park residences are automatically entered in the annual Christmas Holiday Lighting Contest. There is no requirement to pre-register to enter. So, displaying even a few decorations, ornaments, or additional lights could make your family this year's winner. ACE has decorations of all sorts for prize-winning holiday homes.

Thank you, J.T. for your valuable seasonal hints and suggestions that will protect the homes, property, and health of all Cook Park residents. J.T. will return in March with 7 new springtime Ace Advice recommendations.

**2016 Holiday light contest:
No need to register this year.
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Support our service men and women and their families during the holiday season

Military budgets, which are often already stretched to their limits, do not contain a lot of money for buying Christmas presents. However, military families are also some of the most deserving people during the holiday season. To help thank military families for the sacrifices made year-round, many organizations offer programs to make Christmas possible for deserving military families, especially those with children who deserve to have a joy-filled Christmas.

Here are some programs and options available to military families in need and how people can assist:

Full Circle Home

Full Circle Home gives deployed servicemen and women a chance to send a gift box to their spouse back home. Gift boxes contain pampering items, such as lotions, bubble baths and spa socks. They also feature a handwritten note from the serviceman. You can donate at www.fullcirclehome.org

Operation Christmas Spirit

Operation Christmas Spirit supports local military families in the form of holiday gratitude by: "Adopting" over 100 families and fulfilling their Christmas wish lists with gifts for all family members and gift cards to do their own shopping; Sponsor gifts and crafts at unit holiday parties; "Adopt" single Marines and Sailors, giving them gifts and gifts cards to celebrate whether near or far from their families. Go to www.operationhelpahero.org

Operation Homefront

Operation Homefront offers many programs for military families throughout the year and Christmas is no exception. The organization partners with Dollar Tree to provide toys for military children. To receive a gift, you must register for your local Operation Homefront Toy Distribution. If your family lacks the funds for a holiday meal, you can also attend one of the organization's holiday meal events and receive all of the fixings for the perfect Christmas dinner. Go to www.operationhomefront.net

Veterans Service Organizations

Many Veterans' Service Organizations (American Legion, VFW, etc.) provide a wide variety of holiday support to service members, veterans, and their families. Program benefits often include meals, food, gift cards, and adopt-a-family, or adopt-a-veteran programs. Contact our local American Legion located at 5400 E Yale Ave, Denver, CO · (303) 757-1919 or go to www.legion.org



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A better day can begin with ME. Won't you join me?

by Pastor Mike Lemke

Dear Cook Park Friends!

Well, have you ever had one of those days that with each step you took forward, you felt as though you were taking three steps back? I had one of those days recently. Without going into too much detail, I remarked to a friend, "I think I am going to go back to bed and start this whole day over again!" The friend gently responded, "Instead of going to bed, why don't you put to bed the notion that you can do anything about the screw-ups of the morning and resolve to meet the challenges of the afternoon with a greater optimism... a greater belief that your best efforts will indeed have positive merits, if not in the immediate future, certainly soon?" Don't you just hate it when good-hearted people... true friends... meet your complaints with **THE TRUTH!** Sally did not allow me the chance to bemoan the morning with petty whining. She called me to be more.

Perhaps Sally's level-headedness comes from her dedication to a Twelve Step Program of recovery that encourages her to keep little things... little! Most people have heard of the Serenity Prayer. Attributed to theologian/philosopher Reinhold Niebuhr, the prayer is commonly quoted "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." By no means does the prayer call for complacency. It does not encourage a "Que sera, sera" attitude towards people and situations of resignation. The Serenity Prayer is a call for action. It asks people to honestly assess others and circumstances... while entertaining the possibility of needed changes. Though we may have regrets about the past, we certainly cannot change what has happened. We may choose to make amends for past insensitivities, if not for our outright, blatant mistakes, but there is **NOTHING** we can do to change yesterday! If we are wise, we will learn from the past. We will resolve to make better choices in the future while trying to be gentle with ourselves for "messing up." But the Serenity Prayer is more future-focused than rear view window-like. It calls us to get out of bed, rather than go back to sleep, when challenges are before us. Employing courage... mustering strength... we try to better the future by being actively a part of it. The Serenity Prayer asks us to believe that a positive future can be realized... a future impacted by **OUR** good decisions and involvements.

I don't know about you, but I am sure frustrated when people do not behave the way I want them to! "If only they would know better." I tell myself, "then they will come to see and do things... **MY WAY!**" "How long must I be patient?" Try as I may to **CHANGE** others, I have had little success over the years. In saner times, I recognize that it is hard enough for me to change **ME** let alone others! As difficult as it is to realize what little control I have over others, let alone myself, there is nonetheless an optimism, a hope in believing a better day can begin with **ME** today.

I saw on the news, the demonstrations in various cities over the results of the recent election. We live in a divided country right now. Apprehensions may have equally been as great had Hillary Clinton been elected President. Many worry about what is ahead. Now is the time to look inward... to look at what we might **BE** as answers to a positive future. Rather than bemoan yesterday... to complain about what has been... how about appreciating the many blessings of **TODAY** and actively be part of building a better tomorrow? Does it sound hokey? "Let there be peace on earth... and **LET IT BEGIN WITH ME?**" I think not. We have opportunity **TODAY** to actively make our community stronger... better. While appreciating... and growing **BECAUSE OF...** our community differences, we can make Denver better, even our nation, by committing to positive changes **PERSONALLY**. "God grant me the serenity to be sure... but God grant me the resolve to be willing and wanting to make positive differences for a brighter tomorrow."

Pastor Mike Lemke





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