



Cory Merrill Neighborhood Association

Cory Merrill Neighborhood Association Newsletter

Winter 2014/2015

#### **HOLIDAY GATHERING - SHARING THE SPIRIT**

There was a great turnout for the 2nd Annual CMNA Tree Lighting. A special thank you to Mrs. Klaus (Krissa Murphy) and her Santa's elves who helped neighborhood children and their parents hang ornaments on a beautiful live, lighted tree. And the hot chocolate and marshmallows were a big hit with neighbors of all ages!





## Next Neighborhood Quarterly Meeting WEDNESDAY, JANUARY 7, 2015 6:00pm - 7:00pm Kirk of Bonnie Brae

Division Chief Joe Gonzales, the Denver Fire Marshall will be present to discuss neighborhood issues related to the fire department and safety concerns.

There will be time for questions and answers.

## Do you have a Denver student ages 5 to 18 in your life?

Sign them up for free, year-round access to the city's 23 recreation centers and 29 pools with the MY Denver Card. This service was supported by Measure 2A in 2012, and it is sponsored by UnitedHeathcare. The MY Denver Card also serves as a student's Denver Public Library card. In addition, cultural institutions

throughout the city have

the year.

partnered with the MY Denver program giving youth and their families discounted admission to a variety of museums, zoos, etc. at different times throughout

Parents can register their student online at www.denvergov.org under the Office of Children's Affairs. Once registered online or in person, cards can be picked up at any of the recreation centers. Actual website link is https://www.denvergov.org/educationandchildren/OfficeofChildrensAffairs/MyDenverCard/tabid/445459/Default.aspx

Information provided by Marti Freeman CMNA Board President

#### Comfort Food - Vegan Style CREAMY CASHEW MACARONI

Ingredients (makes 8 servings)

- 2 cups raw cashews
- 3 tablespoons extra-virgin olive oil, plus more for the baking dish
- 1/4 cup lemon juice
- 2 tablespoons nutritional yeast
- 1 tablespoon white miso
- 1 clove garlic
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon paprika
- 1/8 teaspoon ground black pepper
- 1 pound whole-grain elbow or fusilli pasta
- 1 (14.5-ounce) can no-salt-added diced tomatoes, drained



Soak cashews with enough water to cover for at least 4 hours. Drain and discard water.

Place cashews in a food processor with oil, lemon juice, nutritional yeast, miso, garlic, salt, paprika and pepper. Pulse until cashews are finely chopped. With the motor running, add 3/4 cup water and process until smooth. Meanwhile, preheat the oven to 350°F and lightly oil a 9x13-inch shallow baking dish. Cook pasta according to package directions. Drain and return to pot. Add cashew mixture and tomatoes and stir to combine. Transfer mixture to the prepared baking dish and bake 30 minutes or until heated through and golden on top.

Recipe shared from http://www.wholefoodsmarket.com/recipe/creamy-cashew-macaroni

#### -FINANCIAL PLANNING=

#### Seek to Balance "Risk Tolerance" and "Required Risk"

Investing involves risks. To be a successful investor, you need to understand and manage those risks. And that means, for starters, you need to consider your risk tolerance and your required risk level. For example, you may feel that you have a low risk tolerance, leading you toward "safer," low-growth investments. However, you might have a goal — such as early retirement that requires you to take on a greater risk level by investing in vehicles that offer significant growth potential.

In this case, your risk tolerance is going to collide with your required risk level, leaving you with these questions: Should you "stretch" your risk tolerance and accept the need to invest more aggressively? Or, conversely, should you stay within your risk tolerance and accept a later retirement date?

There's no one "right" answer for you. But in this situation, as in many others, you may need to balance your risk tolerance with your required risk level. Ultimately, this flexibility can help you make progress toward all your important financial goals.

> This article was written by Edward Jones for use by Todd Young, your local Edward Jones Financial Advisors. Member SIPC



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I wanted to relate to you a very positive police interaction I experienced in the neighborhood during a late night walk, (Don't ask why!). One of our great police officers from District 3 was slowly cruising our neighborhood streets. As a former police chief and current law enforcement officer, I can assure you that his very friendly, but inquisitive interaction with me was appropriate and in-line with excellent community policing principles. A good (Excellent!) police officer needs to be well trained; aware of his local community issues; and most of all, able to discern good from bad situations in his or her area of responsibility. I was pleased with my personal experience and want to tell you, my neighbor, that we, the residents of the Cory-Merrill neighborhood, are very lucky to have the policing presence which patrols our neighborhood. With all of the negative information we hear about law enforcement services in this country, I can assure you that the vast majority of law enforcement officers are the protectors of our established laws; dedicated public servants; and in many cases, your neighbors, friends, and relatives. "Protect and Serve". To reach non-emergency police services, call 311 or 720-913-2000. Story provided by Chris Olson, CMNA Board Member and Police-Fire Representative

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#### What's going on at the St. John Paul II Center?

Information provided by neighbor Lisa Straffon

Lisa has been doing research on her neighbor...and this one is located right across the street from her home...she has offered to share the following:

- "It's so beautiful, well kept, the residents are so polite, my kids play over there all of the time"
- "Neighbors are also welcome to use the library and internet"
- "The Deacon at our church is a student there and he is such a great guy"

Here are some facts:

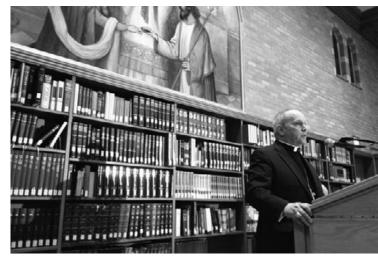
- 108 years old
- 60 acre property
- Home to two seminaries, residence of archbishop and Archdiocese of Denver headquarters.

Current updates the property- all funded by private donors - include:

- New Fire Hydrants
- Fire Lanes
- More Parking
- Improved drainage of the property (infra-structure work being done on Steele)
- Holy Trinity Center

The Holy Trinity Center—along Arizona Street—was added on as the current seminary facilities are filled to capacity. There will be living spaces on the second floor of the facility for Archbishop Samuel J. Aquila and several other priests, as well as rooms for visitors. On the first floor, there will be a large scale meeting space, conference rooms, some reception space for up to 150 people, rooms for communal living, a library and a chapel. Attached to the Holy Trinity Center is a separate living space for a retired bishop or priest.

The architectural plans reveal a design symbolizing the Holy Trinity. Three arches above the main entrance facing south reflect the Holy Trinity. Windows and doors also have a three part scheme. The building aesthetics will echo other buildings on campus made with brick and red tile roofs.



Archbishop Samuel J. Aquila in the Cardinal Stafford Library, announcing his appointment to Denver.

#### Cory-Merrill Neighborhood 2014 Board Members

**President**Marti Freeman

Vice President Jessica & Daniel Hillman

**Treasurer** Lisa Reynolds

**Secretary**Debbie Fimple

**Zoning**Bart Blanchard

Website Scott Rodgers

Social Committee
Lisa Straffon

Board Members At-Large
Christine & Frank Baier
Stephen Brown
Jill Easley
Mike DiFranco
Sam Kimpton
Krissa Murphy
Christopher Olson\*
\*(special focus Fire & Safety)

To reach any of these individuals, visit our website www.corymerrill.org

Mailing address: CMNA PO Box 101713 Denver, CO 80210-1713

This newsletter has been designed and coordinated by neighbor, Mikki Wilder Submit story ideas to www.corymerrill.org click on CONTACT

A special THANK YOU to our proofreader Patricia Milstein

#### SJV - GETTING IN SHAPE FOR THE NEXT 70 YEARS!

The Saint John Paul II Center for the New Evangelization, located right in the middle of our Cory Merrill Neighborhood includes the St. John Vianney Seminary. And that Seminary appears to be in "GREAT SHAPE" for next 70 years

The I927 buildings of St. John Vianney
Theological Seminary, vacant since May 2013
for an extensive systems and mechanical
remodel, have come back to life this semester
with the completion of renovations.

Improvements totaling \$9 million included replacing antiquated plumbing, electrical and heating systems; installing new energy-efficient windows; and adding air conditioning and a sprinkler system.

"I'm so grateful for the donors who had a sense of stewardship for this great facility we have," said Father Scott Traynor, installed as rector Dec. I2, 20I3. "The infrastructure desperately needed to be replaced and now it's in great shape for the next 70 years."

For more about SJV, visit their new website at www.sjvdenver.edu.

Information provided by Karna Swanson Director of Communications, Archdiocese of Denver Karna.Swanson@archden.org | (303) 715-3230



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#### CORY MERRILL HOUSING MARKET LIFTED WITH THE TIDE

By Karen Staggs, Keller Williams Integrity

As I sit to write this article on the state of affairs of Cory Merrill Real Estate on this last week in December, the S&P 500 extended its three-day rally to 5%, the most gains since November of 2011, and traders exploded on the floor of the New York Stock Exchange this past Wednesday when Janet Yellen announced this week that policy makers are likely to hold rates near zero. With gas at \$2.46 a gal average across Colorado, unemployment at 5.8%, and with the economy growing at a faster pace than predicted, consumers cannot pick a better time to buy and sell their Denver home.

REColorado® (formerly Denver Metrolist®) reports 6,566 active listings on the market in the Denver Metro and surrounding area which represents an 18% decrease compared to last month and a 27% year-to-year decrease. Strikingly, inventory levels are half of what they were three years ago. Further, home prices continue to climb with the average cost of a Denver home at \$329,000 particularly as inventories tighten. Days On Market has seen a month-to-month increase to 37 days average, which is three days more than October, but thirteen days fewer then November 2013.

When PJ Magin and I started working in Cory Merrill in 2012 the average price of the low end homes was \$249,000 and there were no homes higher than 1M+. Fast forward to 2014 and in the past six months Cory Merrill has seen eleven homes sold at 1M+ - 1.2M+, one home at 1.3M+, four homes at 1.4M and one home at \$1,650,000, out of a total of fifty-nine total sold homes. Currently there are twenty active homes with six homes between 1M+ - 2M+ and one listed home at \$1,328,500.



PJ Magin
Karen Staggs
Keller Williams Denver Central
50 S. Steele Street #700
Denver, CO 80209
(303) 921-7944 PJ
(303) 999-9642 Karen

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Lastly, there are seven under contract between \$300,00+ - \$500,000+, and one home at \$925,000. Corv Merrill, as the rest of Denver, is seeing some slowing in the market over the past ten or so days but industry experts say that is only temporary due to the holiday season, and suspect the housing market will be guite bullish in 2015. The Denver luxury market is positioned for continued strong growth due to the historic low rates of jumbo loans putting that pricepoint home in closer reach for many buyers. As Denver completes its second year of 9% home appreciation, the savvy buyer who is looking to upgrade their home to a preferred location can take advantage of getting the highest dollar for their home, get ahead of appreciating prices and own a larger property for less money than it will be possible to do for at least a generation.

**DID YOU KNOW...** the next time you see a Cory Merrill Neighborhood sign inviting you to a meeting or a special neighborhood event, say "Thanks" to PJ and Karen from Keller Williams...they sponsored those signs we have used over and over and over again!



A special thank you to Kevin Molick and his company, Timberleaf Construction for our Gathering Place and his continued support of the CMNA.

## TREECYCLE! RECYCLE!

DENVER TREE CYCLE 2015 JANUARY 5-16

Recycling your Christmas tree is as easy as 1,2,3!

- **1.** Remove all decorations and the tree stand. No artificial or flocked trees. Real trees only!
- 2. Set your tree out in your alley for collection during the first two weeks of January. Do not place trees in dumpsters or bins. Trees should be 2 feet away from dumpsters. Your tree will get picked up by a special tree collecting truck for recycling.
- **3.** Reclaim free mulch made from your tree at the Annual Mulch Giveaway in the spring!





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## SUPER BOWL PARTY CHECKLIST

Don't fumble on game day...check out this list of football party must haves to score big points with your guests.

#### **DECORATIONS**

Buy a banner, streamers and other footballthemed items to hang from the ceiling. Let team colors dictate your decor. Make sure you have plenty of seating, including pillows on the floor and lots of napkins.

#### **BEVERAGES**

Find some fun rubber buckets or tubs to fill with ice. This is a great way to keep the party going without guests coming into the kitchen for refills. Have plenty of ice. Not only with the beer but where guests drinking soda can get it too. Make sure you plan for non-drinkers.

#### BEER

Stock up on an assortment of bottles and cans and some local brews to keep everyone happy.

Mini kiegs can also be a fun addition to your atmosphere. Get some fun themed bottle openers and pick up coasters from your favorite local pubs.

#### FOOD

Serve a mix of items to satisfy everyone.

Go for both finger foods that are easy to pick up.
Think sandwiches, chips, dips,wings, pizza and even some chili. Make sure to have plenty of food and keep your serving trays replenished.

#### NOW HAVE FUN

Story is a partial reprint from www.realsimple.com



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We thought this might be a good time to start a new column...Get To Know Your Neighbors. In each of our newsletters, we will focus on one neighbor with bits of trivia about their work, their family and their choice to live in our neighborhood. Please send your recommendations of a neighbor or person of interest to the Cory Merrill website www.corymerrill.org using the CONTACT button and make sure to include their contact phone, email or any details you might have. This idea has been provided by neighbor, Bart Blanchard and Mikki Wilder.

#### Snow on Sidewalks...

Yes it's a code thing!

Denver requires property owners to clear their walkways so that everyone has safe access throughout the City.

Homeowners: Once snow has stopped falling, residences have twenty-four (24) hours to remove snow and ice from public sidewalks adjacent to their property.

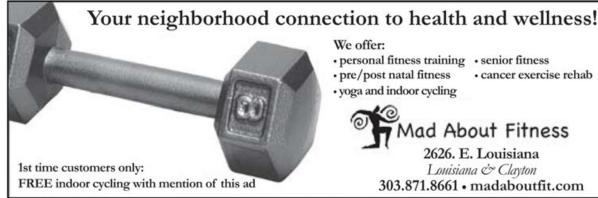
#### **Happy New Year!!!**

It's that time of year again...time to evaluate or re-evaluate "goals" or "resolutions". One of the number one goals on most people's list is to lose weight, to look better. Such external factors do not give us the stimulation to maintain the focus needed to get our desired results. Motivation needs to come from internal desires. This year, decide to put yourself first. Do not let life get in the way. Exercise, or more importantly, well-being needs to be a primary focus for so many reasons other than losing weight. (Although that is not a bad reason if appropriate). Exercise can do so many other things for you than just losing weight, and if you tap into these benefits, weight loss may just come with it. Try thinking of the following for reasons to get moving:

- \*feel more energized
- \*improve blood levels
- \*be able to withstand stress
- \*decrease risk of illness
- \*speed up recovery from injury or surgery
- \*keep focused/improve mental function
- \*build up cardiovascular endurance (heart/lung function)
- \*improve flexibility and joint mobility, decreasing risk of injury
- \*increase lean body mass
- \*decrease chances of falling
- \*improve sleep

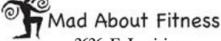
We all want to feel better. Doctors love to prescribe pills. Exercise can and does do more than a prescription. It is the best medicine there is. Try it. Increase it. See if the desire to "feel better" rather than the desire to "look better" keeps you motivated this year. Get started. Grab a friend for accountability. THIS IS YOUR YEAR.

Written by Jane Hastings - Mad About Fitness



#### We offer:

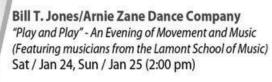
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#### WE'RE TALKING ABOUT

## SHORT TERM RENTALS

**Fellow Neighbors:** 

**CMNA stopped Short** Term Rentals (less than 30 days) four years ago. This insidious enterprise can bring a weekly supply of "visitors" to our neighborhood and destroy the very quiet/ safety we presently enjoy. This is an untaxed, unregulated and illegal enterprise that benefits a very small minority of investors at your expense. If you are against such activities in our neighborhood, please call/write to our representative:

Charlie Brown
Councilman District 6
2324 E. Exposition Ave.
Denver, Co. 80209
720 337 6666
email: charliebrown@
denvergov.org

Information provided by George Mayl Inter-Neighborhood Cooperation Short Term Rental Committee Zoning and Planning 303 999 8802 comayl@aol.com

#### ARE YOU A BOOKIE?

A true treasure adjacent to Cory Merrill, The Bookies is a bookstore like no other! This wonderful little treasure is a community focused, independently owned store with a 40-year history, located just east of the Cory Merrill neighborhood, on Mississippi (2 blocks



east of Colorado Blvd at 4315 E. Mississippi Ave).

Home to over 100,000 titles, the store is the only independent bookseller in town that specializes in children's books. From the classics to all of the latest and greatest childhood authors, The Bookies keeps its shelves well-stocked with plenty for your kids to enjoy. There are also lots of fun games, stuffed animals, craft kits, science kits and other educational toys and other fun stuff for the kids to check out, plus The Bookies has a great program for teachers and offers a lot of support for local schools.



Every Tuesday morning, pre-school storytime is led by a dynamic staffer. They occasionally host character storytime on the second Thursday of the month, featuring fulldressed actors reading

and performing your kid's favorite Disney stories!

You'll also find a very carefully curated adult section and a nice discount program that includes 30-percent off all New York Times best sellers. If you've never been to The Bookies before, then make sure to check this place out. It's one of the best places in town to let your inner-child come alive through the magic of reading. The Bookies also features the following everyday discounts on all purchases:

**30% off** American Booksellers Association weekly regional best sellers **15% off** cash and check purchases

10% off credit card purchases

Thank you to CMNA neighbor, Debbie Fimple, for providing this story.

#### **CREATIVE IDEAS FOR GIFT GIVING**

My son turned one in December and I am continually amazed at the large amount of "stuff" we have accumulated over the past 13 months. His first birthday celebration happened to fall over holiday gift giving time and I requested that no gifts be brought to his birthday party. I did not need any more things in my house that sing, light up, move, need batteries, and will be put into one of the drawers in his room only to be re-discovered months from now.

All this gift giving and receiving last month got me thinking- what could I give as a gift that would not require any wrapping, shipping, batteries or an accumulation of more stuff? I asked Google and voila, below is a list of anything and everything that answers this question. I urge you to make a 2015 resolution and consider creating memories and not more trash.

#### SEASON PASSES

Zoo • Museum • Butterfly Conservatory • Aviary • Aquarium • Amusement Park

#### ONE-TIME PASSES

Movies • Bowling • Swimming • Theatre • Sporting Events • Golf Disney On Ice Wild Animal Sanctuary • Ice Skating • Roller Skating • Miniature Golf • Concert

#### EXPERIENCES FOR KIDS

Horse & Buggy Ride • Train Ride • Ice Cream Voucher • Special Dinner Out Trip to the Fire Station • Visit to Chuckie Cheese (buy tokens ahead of time to wrap) Coupon book of "time" gifts (an afternoon making cookies with Mom or wash the car with Dad)

#### **OLDER KIDS**

Hot Air Balloon Ride • Zip Lining • Helicopter Ride • Rock Climbing • Swimming
Trip to a Spa (first manicure, pedicure, massage, facial) • Trip to Arcade
Day trip Downtown (with fancy lunch and museum) • Tea at the Brown Palace
A class or session of lessons • Swimming • Sports • Gymnastics
Dance class • Karate • Music Instrument or Lessons • Pottery Class
Craft Class (beading or knitting) • Horseback riding lessons

#### FAMILY EXPERIENCES

A night away at a local hotel (with a pool or an indoor water park)
Camping or tubing (depending on the time of year)
Consider camping gear so there is something to unwrap
Road trip • Physical gifts that aren't toys • Craft Kits • Piggy Bank
Books • Games • DVD • CDs of fun kids music (sing along)
Science Kit • Stationery • New Art Supplies • Magazine Subscription
Monthly Craft Kit Subscription • Memory/Photo Book • Journal
Fun Bath Supplies (color changing water, crayons that write on walls, foamy soap)
A wagon to pull kids when you go on walks

And one of the most important gifts you can give a child is the gift of "charity" - the voluntary giving of help. Together investigate the myriad of social and environmental causes that would benefit from your support. Let the child make the selection, together write the check, address the envelope and put the stamp on the letter! Or, work a food bank, knit scarves together, the opportunities are endless and lend a good feeling.

Ideas provided by CMNA neighbor and Board Member, Jessica Hillman.

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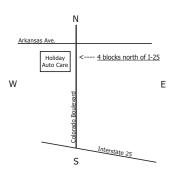
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