



Cory Merrill Neighborhood Association Newsletter

SPRING 2020

## Sense of Community Stays Strong During Virus

By Dennis Robinson

**H**ello neighbors. Hopefully this newsletter finds you doing well and making the best of our extended stay-at-home period. As one of my colleagues put it, this has been a great time to really get to know our 'house and spouse.'

As I write this message,

I'm noting the difficulty in finding something to say about the circumstances in which we find ourselves, that has not already been said somewhere by someone else. However, I must note the sense of community here in Cory-Merrill that remains not only intact, but has perhaps grown even stronger, despite our inability to connect physically (in groups).

For example, over the last few weeks, I've seen and heard about many occurrences in the neighborhood to help build a sense of community and maintain some semblance of sanity, such as neighbors gathering together (appropriately 6' apart, mind you) in the alleys, on front porches, scavenger hunts around the neighborhood (more on that in this newsletter...) neighborhood Peloton groups (well done, ladies!), families spending time outside riding bikes together, chalk art on the sidewalks with positive messages, parades through the streets for children's birthdays, neighbors helping out other neighbors in need, and of course the 8 PM howl at the moon to show support for the emergency workers and people helping to fight this pandemic. It goes to show that the members of Cory-Merrill remain engaged in

making this a great community!

While many of these are not unique to Cory-Merrill, it does drive home that this neighborhood is a great place to live and raise a family. If there is a story or activity of how you are navigating this time that you would like to share with the neighborhood, please send us a message at [cmna@corymerrill.org](mailto:cmna@corymerrill.org) so we can publish it in the upcoming Summer newsletter to share with the community.

Speaking of community, later in this issue you'll find an updated calendar of events hosted by the Neighborhood Association. In addition, please visit [www.corymerrill.org](http://www.corymerrill.org) to sign up for updates via email from the neighborhood association. Please let us know if you have any questions. Thanks and see you around the neighborhood!

### Pics AND Poem Challenge

#### First Ever

What makes Cory-Merrill special to you? Show us in a pic or tell us in a poem. Simply submit your photo or poem and you could win a \$20 Bonnie Brae Ice Cream gift card.

Winners will be featured in the next newsletter, too. The CMNA Board will serve as the judging panel.

Submit your photo or poem (please include the age category) by Sunday, May 31st to: [cmna@corymerrill.org](mailto:cmna@corymerrill.org). **Pics and Poem Challenge age categories:**

**Ages 4-8; Ages 9-12; Ages 13-17; Ages 18+**



# News From South High

Guest artists, musicians, poets, lecturers, and World War II veterans added to our students' educational experience in school-wide assemblies and individual classrooms. Local politicians hosted Service Academy Days and our very own JROTC Program presented the colors at the State Capitol in front of Denver South High School alum, Diana DeGette.

Students excelled in academic pursuit while proving their mettle in Speech & Debate competition both here in Colorado and at Harvard in February, with the Model U.N.g.

Fine Art students secured internships in the competitive Art + Action Lab and

pieces, from all grades and media, were part of a juried selection for the Permanent Art Collection housed at the school. The Performing Arts program featured participation by several students in the Band, Choir, and Orchestra City Wide concerts that took place at the DU Newman Center. As well, the Denver South High School Drum Line participated in the Denver MLK Celebration and the Jazz Band showed off its talent during a trip to Chicago, Illinois.

Mama Mia, slated to be the spring musical in mid-March, was on track to be a sell-out show. Between tryouts, set design and construction with the Engineering/Design classes, and daily practice in acting, dancing, and singing,

students were ready to bring a modern day classic to the nearly one hundred year old stage at Denver South High School.

The Special Education Department stole the show, for the second time, during the "Freezin' for a Reason" event at Washington Park, benefiting the Special Olympics and defending their Coolest Team designation from last year.

The Denver South winter athletes, showed their talent and determination in rock climbing, girls swimming, girls/boys wrestling, and girls basketball. All of these teams made it to state competition..

To say that COVID19 threw a wrench in a highly productive start to 2020 is an understatement but also a moment to give pause as to what makes a community thrive. Denver South, not unlike other schools throughout the state will be embarking on a new endeavor going forward: Remote Learning. While it will take resilience, patience, and grace to transform a bustling building of 1600 students and 200 staff members into a series of internet connections, it will be Denver South going dark for the first time in almost a century that will allow us all to appreciate what a gem we have in Denver South High School.

## How To Boost Your Immune System

**Andrew Freeman, MD**  
*FACC*

*Cardiologist, National Jewish Health,*

Life since this global pandemic began is so different than it was just a few months ago! As a physician, I am constantly thinking about the best ways to keep people healthy. Keeping the body in its best shape is the easiest way to reduce the chances of illness, including from viral infections.

Here is the advice I give patients to boost immunity and to stay healthy in this challenging time:

1) Exercise: Please check with your doctor first before you begin any exercise program. If approved, aim for 30 minutes a day of brisk, breathless activity -- anything you enjoy from walking to

biking to jump rope is a great option. The goal is to exercise intensely enough that it is hard to hold a conversation for 30 minutes (not including breaks).

BONUS: Aim for a few days a week of strength training – even pushups and sit-ups if you don't have any equipment.

2) Diet: Surprise! Junk food marathons are not the goal of quarantine! There's real evidence that a diet rich in whole fruits, vegetables, and whole grains can really help boost immunity. So, swap the candy for a nice orange or some peppers and leafy greens. Eating highly processed, high-fat, and animal-derived foods can raise the risks for diabetes, heart attacks, and even some forms  
**(Continued on page 5)**

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## CMNA Calendar of Neighborhood Activities; seats open on the CMNA Board

As you can imagine, there have been some changes to the Neighborhood Association's calendar of upcoming events in 2020. In general, the Spring activities have been cancelled or postponed, but the Summer events remain on schedule, for now. Specifically:

**The May 5th neighborhood meeting is cancelled.\*\*\*\***

**The May 12th Food Truck night is cancelled.**

**The May 16th and 17th community yard sale is postponed until further notice.**

\*\*\*\*The Denver Department of Transportation and Infrastructure (DOTI) was scheduled to attend the May 5th Neighborhood Association meeting to provide an update on the sidewalk project. They have informed us that there will be a public webinar held on May 21st, more details to follow. In addition, they have set up a website for more information. This link will also be posted on our website, www.cory-merrill.org.

Finally, the CMNA Board is looking for new members! During our August 5th meeting, we will be holding Board elections and would love to have a few new members join to share some ideas to keep our community engagement growing. The time commitment is minimal and manageable and even if you would not like an official position, there are at-large positions available too! For more information, send us a message at [cmna@corymerrill.org](mailto:cmna@corymerrill.org).



### Fun Facts Trivia Game

Cory-Merrill was once part of the Town of South Denver. Do you know the year and the reason it was originally founded?

*Submit your answer by Sunday, May 31st, and you might win a \$20 Bonnie Brae Ice Cream gift card.  
Email: [cmna@corymerrill.org](mailto:cmna@corymerrill.org).*

# Hello Neighbor...

Cory-Merrill is full of wonderful, friendly neighbors. Our new Hello, Neighbor section is a great way to get to know each other and make new friends. Meet the Viola family and the Parr family!

Tom and Melissa Viola (*pictured below*) live at 1365 S. Saint Paul Street with their two young daughters, Olivia (4.5) and



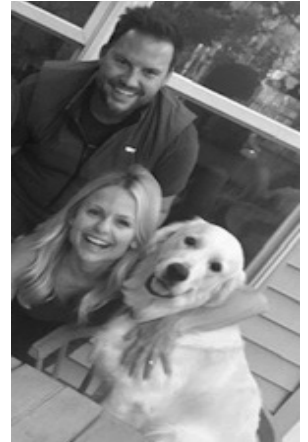
Eliza (2). They moved to the Cory-Merrill neighborhood in August 2018, after living in the Highlands area for nearly a decade. Tom and Melissa chose Cory-Merrill because of its good schools and quiet streets, but, since moving here, they've also discovered a strong sense of community among families living throughout the neighborhood.

For more than 15 years, Tom has worked at investment management firm BlackRock, where he is a director in the Register Investment Advisor channel. Melissa is a strategic communications and marketing consultant, working primarily with nonprofits and mission-driven organizations, and she spent seven years as the VP of Communications at Gary Community Investments/The Piton Foundation.

Olivia attends Stephen Knight Center for Early Education, where she will start Kindergarten in the fall. Melissa is involved in the SKCEE PTA and looks forward to being part of the Cory Elementary community in the future. Eliza attends Highlands Montessori but will become a SCKEE butterfly in a few years too.

They look forward to continuing to meet more Cory-Merrill families, so please say hello as you walk by their house!

Bill and Stacie Parr (*pictured right*) relocated from San Francisco in early 2018 and moved into their cozy Cory-Merrill home a few months later. Bill is a sales director for Xactly and Stacie is a manager of customer and event marketing for Medalia. Shortly after moving into their Cory-Merrill home, they welcomed Gary into the family. The sweetest boy, Gary, is an English Creme Retriever.



He loves eating sticks, and looking out the window during school drop-off and pick-up times.

Bill loves to golf! He recently joined the Colorado Golf Club and can also be found chipping and putting in the back yard. Stacie also enjoys golf and says that she needs "serious lessons". Stacie has been a Bar Method instructor for nine years and started teaching at the Cherry Creek Studio upon moving to Denver. Stacie says, "It's a great community and a great workout. We are currently doing online classes during shelter in place - want to give it a try? Let me know!"

The Parr's love their new home and living in Cory-Merrill! They enjoy walking to Devil's Food for coffee, eating nachos at Brightmarten, riding bikes to Pearl Street farmers market and sitting on the front yard playing cards when the weather is nice. Bill and Stacie also love to entertain friends, family and especially neighbors.

Bill and Stacie look forward to organizing a block party (everyone is invited) when the time is right. Until then they hope to see you walking by – they will always say hello



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# How To Boost Your Immune System

(Continued from page 2)

of cancer. Stay away from junk food and swap with plant-based food to boost your body's immune system!

3) Stress: Yes, it does make things worse – including your health. Spend time each day being mindful: meditate, watch the nighttime sky, catch a sunrise, or just clear your head. The evidence suggests stress can worsen your immune response.

4) Connection and Support: It's true -- you heard it here from a heart doctor: Love and support improve health and reduce the likelihood of a number of chronic conditions and heart disease. Spend time with your significant other, partner, friends, or family. Use the extra time on your hands to catch up with friends and family you haven't had the chance to talk with in a while.

5) Sleep: Yes, sleeping enough improves your immune system and reduces heart disease. Aim for at least 7 hours of uninterrupted sleep per night. If you're not getting there, work to improve your sleep hygiene with good sleep habits.

Along with washing hands regularly, disinfecting commonly touched surfaces like doorknobs, handles and steering wheels, staying away from others, wearing a mask when outside, and keeping six feet from other people, the additional tips above can really keep you out of harm's way.

## \* Cory-Merrill Yard Sale \* <POSTPONED>

(Originally scheduled for: Saturday, May 16th & Sunday, May 17th)

Due to COVID-19 health concerns, major disruptions to our lives, and an inability to plan in this environment, we have decided to either **postpone** or **cancel** this year's Yard Sale. To share your thoughts, register for the next sale (whenever it is), or view this event's updates, please visit [www.CoryMerrill.org](http://www.CoryMerrill.org) ...

**Thank You!**

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# Cory-Merrill Fall Real Estate Update



Real Estate Resolutions: Tips to Help Your Home Sell in 2020

By Holly Carpenter, Broker Associate & Amanda Molitor

LIV Sotheby's International Realty

[www.CoryMerrillExpert.com](http://www.CoryMerrillExpert.com)

While this spring has been anything but ordinary, the Denver Metro com-

munity is handling the shifting landscape exceptionally well while placing a priority on health and safety. The real estate industry is a great example of a market that has remained active, even in the midst of these unprecedented times.

According to the monthly market re-

CORY MERRILL REAL ESTATE			
2020 1 <sup>st</sup> Quarter (Jan-Mar)			
Single Family Home Sales	2019	2020	Percent Change
Avg Price Per Sq Ft (Above Ground)	\$499	\$481	-3.6%
Highest Price	\$1.599M	\$1.730M	+8.1%
Lowest Price	\$370K	\$389K	+5.1%
% Sold to List Price	96%	94%	-2.0%

ports for Denver Metro complied by LIV SIR, the Denver Metro real estate market saw fairly regular activity throughout the month of March. In a year-to-date comparison through March of this year compared to through March of 2019, total sales volume increased by 12%. Additionally, Denver Metro saw an 8% rise in new listing coming onto the market during the same time frame, bringing the total new listings to 17,246 so far this year. Listings sold have also increased. Total homes sold through March of this year, compared to the same period of time last year, grew by 6%, reaching 11,168 homes sold.

The luxury market, which is defined as homes priced at or over \$1 million, has seen similar success over the last few months. In a year-to-date comparison, total sales volume climbed by 16% through March of this year. The number of luxury listings sold also increased by an impressive 16%. Denver Metro's real estate market is showing signs of strength even in the face of these unforeseen circumstances. To stay informed about the Denver Metro real estate market and read the full report, visit [coloradomarketreports.com](http://coloradomarketreports.com)

This representation is based in whole or in part on data of closed homes supplied by REColorado (MLS). REColorado does not guarantee nor is responsible for its accuracy. The data maintained by REColorado may not reflect all real estate transactions in the market.

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# Historic Words with Present-day Meaning . . .

By Paul Kashmann,  
Denver City Council, District 6

Revolutionary War-era philosopher, Thomas Paine, is remembered for the line, “These are the times that try men’s souls,” taken from a series of writings entitled The American Crisis, which he authored between 1776 and 1783. While Paine’s oft-repeated line is perfectly suited for our current situation, it becomes even more meaningful when viewed in the greater context from which it was taken.

“THESE are the times that try men’s souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us,

that the harder the conflict, the more glorious the triumph.”

For the vast majority of Denver residents these are certainly times that try our souls. It may be the simple inconvenience of a change in the normalcy of our daily lives, or it may be the paralyzing fear – or the cruel reality - of financial insecurity, or the fear – or the devastating impact - of the COVID-19 virus reaching into our immediate circle of loved ones.

It is a time when health care workers are considering how to make the decisions on who will live and who will die, should critical life-saving equipment fall into short supply. At the same time, politicians are weighing the risk to our city, state and national economy – and its very real impacts on all citizens - of keeping business in suspended animation in order to save lives, versus the

risk of increasing the stress on our health care system, and the ever rising death toll, by reawakening the capitalist infrastructure too soon.

While it is still far too early to declare any kind of victory, and with real sadness for the hundreds of Coloradans – including nearly 100 here in Denver - who have been lost to this terrible pandemic, I believe the early and aggressive actions of our Mayor and Governor have led to a COVID scenario far less devastating than it might otherwise have been.

I firmly believe in the efficacy and importance of following the self-distancing guidelines. . .

As you are able, look for ways to lean in to the community response to COVID-19.

*Paul*

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