MARCZYK FINE FOODS LATEST NEW INVESTMENT ON EAST COLFAAX  
(provide by Sarah Hader Willis from the FAX Partnership)

Denver, CO—The much-anticipated grand opening of the Marczyk Fine Foods market on August 6 is adding to new energy and investment on East Colfax Avenue. The 6,500-square-foot neighborhood market, in an artfully renovated historic grocery store, also features the 875-square-foot Fairfax Wine and Spirits store. “Marczyk’s, Larimer Associates and others have discovered that East Colfax offers strong neighborhood demographics, huge drive-by traffic, easy access and reasonably priced real estate,” said Hilarie Portell, executive director of The Fax Partnership, an economic development organization for East Colfax.

East Colfax Avenue, known as “The ’Fax” to neighbors, is bordered by some of Denver’s most desirable neighborhoods—Park Hill, Belleview-Hale, Mayfair, Montclair, Stapleton and Lowry.

The area around Colfax and Elm Street, now home to Marczyk Fine Foods II, is a thriving new district. The district is home to several popular restaurants, including the Cork House Wine Restaurant, Jett Asian Kitchen and Sushi, The Elm, and the Africana Café. Offbeat Geez Louise Coffee House, the new Sol Vida Dance studio and the Funkay Junk boutique offer a creative vibe. A prime corner and interior space is being marketed by Colfax Shops LLC to tenants who might round out the mix. Larimer Associates is also marketing a 6,500 square foot building a few blocks away near Colorado Boulevard.

“Marczyk’s new market will be a terrific addition to The Fax district,” said Pat McHenry, partner at Larimer Associates. “Pete [Marczyk] understands that the surrounding neighborhoods value quality and support local businesses. These neighborhoods are currently underserved and Colfax is becoming the retail and restaurant spine for this district.”

Under construction further east near Poplar Street is Phoenix on the Fax, a new $10.5 million mixed-use building. Developed by Minneapolis-based Sherman Associates, the five-story, 75,000 square foot building will include 50 units of affordable rental housing, a restaurant and other live/work or office spaces. New investment is underway in nearby properties as well.

“On East Colfax, you can find a good glass of wine, dinner out, take a yoga class, stop by the hardware store or get your car repaired,” said Portell. “It’s the Main Street for East Denver, but with a little attitude. You can find what you’re looking for and support locally owned businesses at the same time.”

EVENTS OF INTEREST

>>>>>> EMNA ANNUAL PICNIC <<<<<<<
McNichols Park
August 20th at 11am—1pm

The PARK PEOPLE’S Annual DENVER DIGS TREES
Fall Shade Tree Distribution for Private Property
Application Deadline – September 1
Tree pick-up – October 1
Cost is $25 (for a $100 tree)
“Treeships” available for those with financial hardship
Apply online: www.theparkpeople.org
Or call The Park People at 303-722-6262

ALSO INSIDE THIS ISSUE ..........
- EMNA History: The Year is 1992
- Neighborhood Signs
- StarrFit June Health Tip
- Bonna’s Blog
- What To Do If You Hear Guns Shots
- Tribute to Our Friend, Cathee Fisher
- DPL’s Annual Gigantic Used Book Sale
- More EMNA Businesses Advertising

**EMNA BUSINESS MEMBERS**
⇒ RANCH HOUSE CAFÉ
⇒ STARRFIT
⇒ HANGAR BAR
⇒ ALLSTATE INSURANCE
⇒ TAXES & BOOKKEEPING BY JAN
EMNA News is published bi-monthly by the East Montclair Neighborhood Association. The newsletter is distributed to neighbors and businesses in the East Montclair area. It was started in 1972, and has continued to this day. Contributions of articles and letters are welcomed and published in the newsletter at the discretion of the editor and president.

Deadline for October 2011 issue
September 23, 2011
WHAT TO DO IF YOU HEAR GUN SHOTS (from Technician Reyes Trujillo, Denver Police District 2)

Recently, we have an increase in complaints of shots fired in some of our neighborhoods and I would like to share some prevention tips. As many of you who know me, I regularly tell our neighbors to not accept shots fired as the cost for living in the city. REPORT, REPORT, REPORT and tell other neighbors to also report. We have nuisance laws in our city that we can use for those who can’t follow the rules especially when they choose to mishandle a firearm and use it as a toy.

**What to do if you think you hear gunshots:** Call 911 immediately. Report as accurately as possible where the shots came from. If you want the responding officers to talk with you, let the 911 tele-communicator know. Likewise, if you don’t want the officers to contact you, tell them that. Do not investigate by going outside; wait for officers to arrive. If you are outside, find cover immediately.

If you have seen a person with a gun, give a specific description when talking with the 911 tele-communicator. Report such things as type and color of clothing, age, height, build, gender, race, address where you saw the person, and direction headed. Give vehicle information and direction of movement when appropriate.

If this is a recurring problem in your neighborhood, invite neighbors to a community watch meeting. You and your neighbors may learn more about the problem by documenting dates and times shots have been heard. Share this kind of information with your Denver Police District Commander to help with directing patrol efforts. But make sure you call 911 when you hear the shots fired. Document occurrences and have all neighbors call police when they hear shots fired. We don’t know if you don’t report and in the past, we have been able to save lives by locating victims of gunshots when no one saw the event but rather reported the shots fired.

**ONE SIMPLE THING YOU CAN DO to Prevent Gun Crime in Your Community:** BE ALERT!

Report suspicious activity and when you hear shots fired. Do not fall prey to threats about reporting criminal activity. Call 911 if you witness a crime in progress. Call 720 913-2000 for incidents that can wait for a response and 720 913-7867 to contact Crime Stoppers with a tip about crime. You never have to give your name to receive a reward.

**Ten Things Adults Can Do to Stop Violence** From the National Crime Prevention Council:

1. Set up a Neighborhood Watch or a community patrol, working with police.
2. Make sure your streets and homes are well lighted.
3. Make sure that all the youth in the neighborhood have positive ways to spend their spare time, through organized recreation, tutoring programs, part-time work, and volunteer opportunities.
4. Build a partnership with police, focused on solving problems instead of reacting to crises. Make it possible for neighbors to report suspicious activity or crimes without fear of retaliation. It makes it harder to retaliate if everyone reports crime.
5. Take advantage of “safety in numbers” to hold rallies, marches, and other group activities to show you’re determined to drive out crime and drugs.
6. Clean up the neighborhood! Involve everyone - teens, children, senior citizens. Graffiti, litter, abandoned cars, and run-down buildings tell criminals you don’t care about where you live or each other. Call the local public works department and ask for help in cleaning up.
7. Ask local officials to use new ways to get criminals out of your building or neighborhood. These include enforcing anti-noise laws, housing codes, health and fire codes, anti-nuisance laws, and drug-free clauses in rental leases.
8. Work with schools to establish drug-free zones.
9. Work with recreation officials to do the same for parks.
10. Develop and share a phone list of local organizations that can provide counseling, job training, guidance, and other services that can help neighbors.

Again, REPORT, REPORT, REPORT!!
TRIBUTE TO CATHEE FISHER: And condolences to her family. Cathee was a dynamic, many-faceted EMNA member, neighbor and friend. Her greatest passion since its founding in 1996 has been INC’s Dollar Dictionary Drive. Her family suggested donations to that in Cathee’s memory in lieu of flowers. Her contributions to EMNA are too numerous to mention. Prior to moving to our area, she served as President of the Harkness Heights NA. Her love of plants is demonstrated by her yard and the hanging baskets all around her front porch. The family invites you to select one of the hanging baskets as a memento if you wish. Those plants really need new homes!

EMNA NEIGHBORHOOD SIGNS

We have some exciting news at EMNA. The annual picnic is August 20th and we will be voting on street signs for the neighborhood. The street signs will be hung in the neighborhood and will look (for example like the picture to your left with out EMNA information). The street signs will be a great improvement to our neighborhood. It is a great way to beautify and show all the pride we have for our neighborhood. Please make it to the annual picnic and hear about more details.

FOR SALE - Two (2) new head rails for vertical blinds (blinds not included) 95” long, ideal for double door blinds; rails pull to the left, one rail has the pull cord on the left and the other has one on the right. Best offer.

Email: lhmpierce@yahoo.com or call Linda, 303-321-5981.

JUNE & JULY 2011 EMNA FINANCIALS

Beginning Balance: $2,310.48

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WELCOME NEW AND RETURNING MEMBERS!
We hope you find the information and the events beneficial.

NEW MEMBERS: Bob and Helen Bryer

RENEWALS: Donald Carroll
John & Kathy Dates
Michael Goffman & L.A. Williams
Deb Zediker

DISTRICT 5 MEETING

District 5 Councilwoman Mary Beth Susman will be holding a meeting for neighbors with members of the city public works department about the recent flooding from the rainstorms that some of us have experienced.

Mike Anderson, Senior Engineer with Denver Public Works, will be with us to describe the drainage efforts being made by the city and to answer your questions.

The meeting will be held Aug 23rd at the East Montclair Community Room, 6740 East Colfax, at 6:30pm.

EMNA HISTORY—THE YEAR IS 1992

A FEW “STATS” (as published in 1992)
*There are 632 acres of land in our neighborhood.
*Our main streets (i.e., Colfax and Quebec) average 10,000 to 50,000 vehicles per day.
*We are served by five (5) bus lines.
*We have bike routes on 12<sup>th</sup>, 17<sup>th</sup> & 19<sup>th</sup> Avenues.
*We have over 2,000 single family homes and 2,000 multi-family apartment buildings.
*Our population per the 1990 census is over 7,000.
*Our neighborhood is comprised of 41.5% single person households, 13.5% married couples without children, 2.6% male head of households with children, 11.8% female head of households with children, and 14.9% other type households.
*We are 10.2% Hispanic, 53.3% Anglo, 32.9% African American, 2.2% Asian, and 4% Other ethnicities.

1992 EMNA Officers & Highlights
President – Ray Sanford; Vice-Pres. – Joe DeBrower; Secretary - Laura Edler; Treasurer - Dale McInerney
Board Members: Evelyn Donahoo (deceased), Bonna Gayhart, Leah Howard

The first meeting of UNO (United Neighborhoods Organization) was held in June. UNO was composed of all neighborhood organizations surrounding Lowry Air Force Base on both the Aurora and Denver sides. Its purpose was to monitor the closure and have as much input as possible.

The Denver Landmark Preservation Commission held a public hearing in October to consider designation of the Ashley Elementary School for preservation. The designation was approved in 1993.

Ray Sanford, owner, announced the closure of the Apple Tree Shanty which had been famous not only throughout the metropolitan area, but nationally. Three weeks later the Denver Police Department shut down three (3) motels and issued restraining orders to the Regiss, Sand & Sage, and El Patio Motels. The first use of the Public Nuisance Ordinance to confiscate property in East Montclair came later that year when the Regiss and Chateau Motels were taken over by the City.
A Fiber-Rich Diet may Protect Against Cancer: High fiber or not high fiber—that is the question. The controversy over whether a fiber-rich diet wards off colon cancer has been widely debated for many years. After several studies failed to show a benefit, new research has shown that a high-fiber diet may indeed reduce the risk of colon cancer. In a recent US study published in *The Lancet* (Vol. 361: 1491-1496), researchers looked at the fiber intake of 3,600 people who had precancerous growths in the colon and compared it with that of approximately 3,400 people who did not. People who ate the most fiber (about 36 grams per day) had a 27% lower risk of precancerous growths than those who ate the least fiber (about 12 grams per day).

What Should You Do?
It is best to fortify your diet with fiber-rich foods to help protect against colon cancer as well as many other conditions, such as heart disease, constipation and diverticulosis.

Consider the following tips:

1. Choose whole grain breads, cereals, pasta and rice.
2. Enjoy a variety of vegetables and fruits with the skin when appropriate. Have fiber-filled fruits and veggies such as carrots and apples as snacks.
3. Bulk up on bran. Sprinkle or mix one or two tablespoons of wheat bran into foods like hot or cold cereals, yogurt, puddings, thick soups, meatloaf or casseroles.
4. Enjoy vegetarian meals with beans, peas and lentils. Add beans to salads, stews and soups.
5. Add one or two tablespoons of whole or ground flaxseed to yogurt, cereals and baked goods. Try Nature’s Path Flax Plus cereal, which contains 7 grams of fiber per serving.

Contact David Starr of starrFIT Personal Training for more guidance on nutrition and exercise at 720-270-5994 or david@starrfit.com to begin today!

**NEW PARK AT 13th & XENIA!:** Have you noticed that work has begun? Even though its primary purpose is to serve the residents of the apartment dwellers nearby, it will also provide more park space for the eastern edge of our East Montclair neighborhood. It will also become a part of the Westerly Creek project.

**DENVER HUMAN SERVICES** is accepting proposals to name the new Eastside Human Services Building at 3815 Steele Street in Central Denver. Anyone who has an idea of a member of the City who should be honored, or any other idea for naming the building, is encouraged to submit a proposal. Proposed names must be submitted on or before Friday, **AUGUST 19th, 2011**. All proposals will be submitted to Denver City Council for consideration. For full details of the requirements for submittal of a proposed name contact Revekka Balancier, Communications Director, (720) 944-1422 or revekka.balancier@denvergov.org.

**DICTIONARY LABELING TIME!!:*** Children in our neighborhood attend three of the elementary schools where INC’s $$ Dictionaries will be distributed this fall. City-wide there are 6300 Third Graders who will enjoy them. Each book is labeled with the school and neighborhood association information. VOLUNTEERS are needed for the task! If you have questions, contact Steve Nissen at (303) 733-8524 or pennissen@cs.com.

**WHEN & WHERE??!!**
9:00 a.m. to 5:00 p.m.
Thursday, August 11 & 12, 2011
Our Savior’s Lutheran Church
915 East 9th Avenue (corner of 9th & Emerson)
Lunch & snacks will be provided
Spend the day – or drop in for an hour or two
EMNA wants you to get involved and make a difference in your neighborhood!

Goals: improve our quality of life, provide a neighborhood voice, and have fun!
Benefits: receive our newsletter and be able to vote on issues brought before the organization.
If you are interested, please join us and participate in our activities.

2011 EMNA MEMBERSHIP APPLICATION / RENEWAL FORM

Name 1: ________________________________________________
Name 2: ________________________________________________
Address: ________________________________________________
________________________________________________________________________
Phone: _____________________ Ext. _____________
E-mail: ______________________________________
To receive our newsletter by e-mail, check here _______

DUES: Family: $10.00 for voting members (max of 2, age 18 and older)
Hardcopy mailing: $15.00 (Includes membership & $5 postage)
Business: $25.00 (includes business card ad in next issue)

If you are a first time member, where did you hear about us? ___________________________________________
_____________________________________________________________________________________________

PAYMENT: Dues $ __________ Remit to: EMNA Membership
Mailing Fee $ __________
Donations $ __________
Total $ __________ Make checks payable to EMNA

PLEASE CHECK AREAS OF INTEREST:
Officer/Board Member _______
Refreshment Committee _______
Telephone Committee _______
Program Committee _______
Zoning & Licensing Committee _______
Graffiti Committee _______
Special Events _______
Membership Committee _______
Property Upkeep Committee _______

Not sure when your dues expire? Contact the EMNA Treasurer
Boundaries of the East Montclair Neighborhood Association are from Quebec to Yosemite, and from 11th Avenue to Montview. Additionally, the area between Quebec and Syracuse from Montview to 23rd Avenue is also included.

**Advertising Rates:**
- Full Page . . . . . . . .$120.00
- 1/2 Page . . . . . . . . $  60.00
- 1/4 Page . . . . . . . . $  30.00
- Business Card . . . $  15.00

Advertisers make checks payable to: **EMNA**

Mail to: **EMNA Advertising**
P. O. Box 201273
Denver, CO  80220-1273

**Note:** Send electronic, publishable advertisements with your payment.

**EMNA newsletters are published bi-monthly.** All submissions of newsletter items and/or advertising must be received by the 25th of the month prior to publication date.

**LETTERS TO THE EDITOR**

You are invited to submit letters to the editor on any subject you choose, such as comments on the newsletters, neighborhood concerns, a good neighbor, suggestions for general meetings or projects, etc.

Please send your letters to: Newsletter Editor, P O Box 201273, Denver, CO  80220-1273 or e-mail them to bonnagayhart@comcast.net

East Montclair Neighborhood Association
P. O. Box 201273
Denver, CO  80220-1273
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