A NOTE FROM COUNCILWOMAN MARCIA JOHNSON, DISTRICT 5

Over the last eight years, I have proudly served the residents of District 5 on the Denver City Council. When I wasn’t at City Hall keeping the cogs of city government moving, my staff and I were working to improve the lives of residents in neighborhoods like East Montclair.

Lynn, Sarah and I often serve as liaisons between residents, businesses and City staff to effectively communicate the many sides of each issue, prioritize projects and ensure work gets done in a timely manner.

We also respond to standard requests from East Montclair neighbors to get potholes filled, streets paved, and stop signs added. We call Neighborhood Inspection Services to make sure vegetation gets cut, snow gets shoveled, and properties in the area don’t fall into disrepair. We help residents get new mid-block and alley street lights installed by Xcel Energy. We ask the Police to enforce the speed limit or put up speed trailers in specific locations like 17th Avenue or Syracuse Street, and ask Animal Control officers to write tickets for off-leash dogs in McNichols or Verbena Parks.

Thank you, East Montclair neighbors, for working with me for the last eight years. My last day as your City Council representative will be July 18, 2011. On that day, the new Council representative for District 5 will be sworn into office.

Please feel free to contact my office with your thoughts, questions or concerns any time at (303) 355-4615 or marcia.johnson@denvergov.org.

NEXT GENERAL MEETING TIME AND AGENDA

EMNA’s next general meeting will be on June 15, 2011 at 6:30 p.m. We are still waiting for some speakers to confirm that they can attend. Once we have that, we will be sending out a blast email to everyone to let you know. However, remember this is a great forum for bringing issues up and an even better way to meet some of your neighbors. So come and join us.

EVENTS OF INTEREST

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues, June 7th</td>
<td>Election Day: Don’t forget to vote!!</td>
</tr>
<tr>
<td>Sat., June 11th</td>
<td>9:00 a.m. – 12 Noon: AARP Elder Watch Fight Fraud – Shred Instead Day at Windsor Gardens, 595 S. Clinton Street, Aurora. Up to 3 copy paper file boxes or 1 large trash bag; No fee, but a donation of Non-perishable food items for a local food pantry is requested.</td>
</tr>
<tr>
<td>Sat., June 11th</td>
<td>10:30 – 6:00 p.m.: Grand opening of new Denver Animal Shelter at 1241 W. Bayaud Avenue. Ribbon cutting followed by open house with door prizes, reduced Adoption fees, and tours.</td>
</tr>
<tr>
<td>Mon., June 13th</td>
<td>5:00 - 9:00 : Feast on the FAX</td>
</tr>
<tr>
<td>Mon., June 13th</td>
<td>City Council will hold a public hearing on the proposed changes to Denver Zoning &amp; Animal Code re food producing animals such as chickens, ducks &amp; dwarf goats. Click here for more info.</td>
</tr>
<tr>
<td>Sat., July 2nd</td>
<td>Free day at the Denver Art Museum</td>
</tr>
<tr>
<td>Tues., July 19th</td>
<td>Free day at Denver Botanic Gardens, 1007 York Street</td>
</tr>
<tr>
<td>Sat., Aug. 6th</td>
<td>Free day at the Denver Art Museum</td>
</tr>
</tbody>
</table>

ALSO INSIDE THIS ISSUE ..........

- Feast on the Fax
- Relay Team
- StarrFit June Health Tip
- Bonna’s Blog
- Brat Sale
- Sustainable Foods
- DPL’s Annual Gigantic Used Book Sale
- EMNA History
- More EMNA Businesses Advertising

**EMNA BUSINESS MEMBERS**

⇒ RANCH HOUSE CAFÉ
⇒ STARRFIT
⇒ HANGAR BAR
⇒ ALLSTATE INSURANCE
⇒ TAXES & BOOKKEEPING BY JAN
EMNA News

Do You Have an Interesting Story?
Experience with a local Business?
Do you want Change in the neighborhood?
Want to Share a Recipe?

Contribute to EMNA's Newsletter!
Next edition—submit by July 22, 2011
Contact Bonna Gayhart

EMNA General Meeting
June 15th, 2011 at 6:30 pm
East Montclair Community Center
6740 E. Colfax Ave
(Corner of Colfax & Newport)

EMNA News
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 August 2011 issue
July 22, 2011

NEIGHBORHOOD COMPLAINTS: If you would like to file a complaint anonymously about violations such as trash and weeds in yards, abandoned or junk cars, illegal dumping, too many people living in one house, etc., call Ed Wasserman, 720-212-0442, Property Upkeep Committee. If you would like to make the complaint yourself, you can do it on-line. Go to the Neighborhood Complaint Form at: http://denvergov.org/customerexperience/311/. If you don’t have access to a computer, call 3-1-1 for information.

EMNA News
Hello Friends and Neighbors,

It’s almost summertime and there will be lots of folks outside enjoying the great weather doing what we do here in Colorado. I would like to remind those of you who are out and about to stay alert for those out there who choose to make poor decisions when celebrating by drinking and driving. The following is a list which may indicate that someone has been drinking and is driving. While we work hard to turn cars into the cure and eliminate drunk driving forever, families must continue to be vigilant on our roadways. You can help protect your family from drunk drivers by looking for these signs of intoxication among other motorists:

- Quick acceleration or deceleration
- Tailgating
- Weaving or zig-zagging across the road
- Driving anywhere other than on a road designated for vehicles
- Almost striking an object, curb, or vehicle
- Stopping without cause or erratic braking
- Drifting in and out of traffic lanes
- Signaling that is inconsistent with driving actions
- Slow response to traffic signals (e.g. sudden stop or delayed start)
- Straddling the center lane marker
- Driving with headlights off at night
- Swerving
- Driving slower than 10 mph below the speed limit
- Turning abruptly or illegally
- Driving into opposing traffic on the wrong side of the road

If you see this kind of driving behavior, please do not engage them, but call 911 and be prepared to give details of what you observed along with the location, include a description of the driver and vehicle including a license plate number and the direction that they were last seen traveling.

Until next time, be safe and report suspicious behavior in your neighborhood to police.

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**APRIL & MAY 2011 EMNA FINANCIALS**

*Beginning Balance April 29, 2011: $2,310.48*

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<td>Mail Fees</td>
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<td>Ending Balance 05/29/2011</td>
<td>$2,727.19</td>
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</table>

*Ad Income, Flower Power, Brat Fry, EMNA T-Shirt, **Includes Brat Fry

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**EMNA News**  
3  
**June 2011**
NEIGHBORHOOD TIDBITS AND FYI

For those of you who did not come to the EMNA meeting on April 20th, you missed a lively discussion. We had a representative from the Sustainable Food Denver as well as from InterNeighborhood Cooperation to discuss the proposed changes to the ordinance that would make it easier for people to have urban farms in the city of Denver. There are benefits to the proposed changes such as there will not be as much "red tape" to cut through for those who want to raise chickens, ducks, and dwarf goats. This will allow those individuals and families to have fresh eggs and milk and raising these animals can also be a great way to teach children responsibility. There are also disadvantages to the proposed changes such as the increase in the predator population that comes with an increase in a food source predators enjoy. Another disadvantage is as the ordinance is currently written, the rules are quite loose and will be difficult to enforce in cases where animals are not being cared for properly. It was a lively meeting and all the members who attended learned a lot. Please come to our next meeting on June 15th. You never know what you might learn about your neighborhood! (Submitted by Jennifer Callender, EMNA Boardmember at Large)

GIFTS OF WORDS: According to a May 11 Denver Post article, 73% of the third graders in Colorado scored proficient or better in Reading. DPS students showed the most improvement. Let's continue to encourage our East Montclair students at Ashley, Montclair, and Place not only to read, but to understand what they read. We can do that by making sure they each have their very own personal dictionary and thesaurus. INC (Inter-Neighborhood Cooperation) began the Dollar Dictionary program 16 years ago. First they provided only dictionaries, then a thesaurus was added; but last year contributions fell off and only the dictionaries again! In this internet age, the WRITTEN WORD has become a true gem to be treasured. Those of us who have seen the faces of children as they receive these books can assure you that they are truly appreciative! Let's MAKE IT HAPPEN! Tax deductible donations can be made to Dollar Dictionary Drive, P O Box 18347, Denver, CO 80218, or can be made via credit card online at: www.neighborhoodlink.com/INC/home (click on “Dollar Dictionary Committee”). Questions? Contact one of the Co-chairs: Steve J. Nissen (pennissen@cs.com or 303-733-8524; and Cathee Fisher (Cathee@earthlink.net or 303-333-3141).

The FAX Partnership Presents the SIXTH ANNUAL FEAST ON THE FAX

Monday, June 13th, 5:00-9:00 p.m.

Visit Denver’s finest – and our favorite – neighborhood restaurants. Sample their hospitality, cuisine and ambiance.

You may walk, bike, or ride the FREE SHUTTLE!

Sour Solera
Pisco Sour The Elm
Oink’s BBQ Geez, Louise
The Cork House Phoenician Kabob
Aqua Lounge Abyssinia Ethiopian

Advance Tickets - $25 Day of Event - $30
Kids 5 years old & under are FREE
Children 6 to 10 years old - $10 Day of Event $15

Call Tera at 303-929-2308 for EMNA to receive $5/ticket

TheFaxPartnership.com

The FAX Partnership is a community non-profit organization with a commitment to revitalizing Colfax Avenue from Colorado Blvd. to Yosemite Street.


EMNA News 4 June 2011
WELCOME NEW AND RETURNING MEMBERS!
We hope you find the information and the events beneficial.

NEW MEMBERS: Rachel Lederer, Janie Mills, and Isaac Schloss (new Board Member too)

RENEWALS: J.D. Parker, Sherry Peterson, Gloria Pache, Joyce Ford, Greg McAllister, Marie Pemberton, Janet Gross, Robert Kriewald, James & Glenna O’Neal, Susan Thompson, Dorothy Baugh, Jennifer Coleman & Carvis Pope, Patricia Fox, Barbara Frakes, Umit & Elvan Kaya, Lorraine Lee, Josephine Mann, Dale McInerney, Frank McLaughlin, and John Stark

GO TEAM!!!!: May 15th was the 6th running of the Colfax Marathon, and for the second year, EMNA ran a team in the relay event. The team really enjoyed the changes the organizers made to the course. Our team consisted of David Starr, Jim Winski, Tera Holzschuh, Steve Duvall, and Ed Wasserman (pictured below right), and they completed the race 371st out of 483 relay teams with a time of 4 hours, 38 minutes.

LETTER TO THE EDITOR: Special thanks to a wonderful EMNA member Cherrie Buskohl (Willow Street). Cherrie comes to a lot of our EMNA General Meetings. She generously offered for me to pick up several plants (Lillies of the Valley, Tiger Lillies & Iris) out of her yard. I have transplanted them all and my husband and I are excited to watch them grow!! Cherrie dug most of them out for me & saved us tons of money. Thanks again; we are so lucky to have you for a neighbor!!!

Tera Pagel Holzschuh & Steven Duvall (Quebec Street)

EMNA HISTORY—THE YEAR IS 1972
The Montclair Community Association was organized March 1972 to protest an assessment for street improvements from Syracuse to Trenton, primarily for the benefit of the 1,000-unit Kensington Apartments (now Garden Court). It was quickly discovered that there was already a Montclair Community Association with boundaries of Colfax to 6th Avenue, Jersey to Yosemite Streets. In April we split off and became the East Montclair Neighborhood Association with boundaries of Colfax to 11th Avenue, Quebec to Yosemite Streets. Many years later, when the area around Richtoffen Castle was declared a Historic District, the Montclair Community Assn. became the Historic Montclair Community Assn.

Original dues were $1/family with a membership of 40 families. It required 1200 copies of flyers to cover the area. The first petition protesting a Quebec Freeway was presented at the June meeting. Verbena Park opened that summer, but was undeveloped. By the way, the area from Syracuse to Verbena occupied by the apartments & the park was housing for non-military Lowry Air Force Base employees prior to this time.

EMNA’s first picnic was held in September with free beer and pop. Under “Nostalgia” in the October newsletter, an old timer reminisced that brick homes in the 1300 block of Spruce sold, new, for about $4,000 in 1940-41; with frame homes in the 1200 block selling for $3,200. (Note: By 1949, frame homes on Xanthia were selling for $8,500.) By December, there were 104 members in EMNA!
**Older and Stronger: Progressive Resistance Training Can Build Muscle, Increase Strength as We Age**

Getting older doesn't mean giving up muscle strength. Not only can adults fight the battle of strength and muscle loss that comes with age, but the Golden Years can be a time to get stronger, say experts at the University of Michigan Health System.

"Resistance exercise is a great way to increase lean muscle tissue and strength capacity so that people can function more readily in daily life," says Mark Peterson, Ph.D., a research fellow in the U-M Physical Activity and Exercise Intervention Research Laboratory, at the Department of Physical Medicine and Rehabilitation. Through resistance training adults can improve their ability to stand up out of a chair, walk across the floor, climb a flight of stairs -- anything that requires manipulating their own body mass through a full range of motions.

"Our analyses of current research shows that the most important factor in somebody's function is their strength capacity. No matter what age an individual is, they can experience significant strength improvement with progressive resistance exercise even into the eighth and ninth decades of life," he says.

Progressive resistance training means that the amount of weight used, and the frequency and duration of training sessions is altered over time to accommodate an individual's improvements.

Peterson says that anyone over age 50 should strongly consider participating in resistance exercise.

A good way for people to start on a resistance training program, especially for people who are relatively sedentary -- and after getting permission from their doctor to do so -- is to use their body mass as a load for various exercises.

starrFIT Personal Training can help you plan an appropriate training regimen, and make adjustments based on how you respond as you progress.

Please call David of starrFIT at 720-270-5994 or email david@starrfit.com. Thank you and make it a great day!
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

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

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 | $ ________ |
| Mailing Fee | $ ________ |
| Donations | $ ________ |

Total $ ________ Make checks payable to EMNA

Remit to:  EMNA Membership
           P. O. Box 201273
           Denver, CO  80220-1273

EMNA News  7  June 2011
Support EMNA

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:

<table>
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<tr>
<th>Advertiser Size</th>
<th>Rate</th>
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<tbody>
<tr>
<td>Full Page</td>
<td>$120.00</td>
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<td>1/2 Page</td>
<td>$  60.00</td>
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<tr>
<td>Business Card</td>
<td>$  15.00</td>
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</tbody>
</table>

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

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East Montclair Neighborhood Association

P. O. Box 201273

Denver, CO 80220-1273

Address Service Requested

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PLEASE RENEW!