Welcome

EMNA is currently looking for a newsletter editor and people to serve on the Board of Directors. If you have a few computer skills and a creative flair, consider volunteering. Consider volunteering about 2 hours a week and contribute to the betterment of the community.

Contact any Board member on the back of this page.

Save this front page for handy reference to upcoming activities and important contacts on the back.

EMNA Annual Holiday Party and 2011 Elections

EMNA General Meeting and Holiday Party
Neighbors meeting Neighbors and celebrating the Holiday Season

- December 15th at 6:30 p.m.
- East Montclair Community Center
  - 6740 E. Colfax Ave, Denver
  - Colfax & Newport
- Turkey and Ham provided
  - Please bring a side dish if you can
- See Page 3 for more Info

Inside this issue ...........
- Holiday Party and White Elephant Exchange
- 2011 Board Member Elections
- Mile High Youth Corps Rocks!
- Cyber Scam
- StarrFit Health Tip

Support the businesses in our newsletter. Do business locally.

Other EMNA Business Members

State-Wide Lock & Safe Inc.
- Ranch House Cafe
- StarrFIT
- Hangar Bar
- Allstate Insurance
- The Smith Group Agency
- Taxes & Bookkeeping by Jan
- The Candy House
- MTA Liquors
EMNA News

OFFICERS / EMNA BOARD

President: Rob Wilson
303-320-0707
robcwilson@msn.com

Vice-President: John Russell
303-333-3981
russelljc303@gmail.com

Secretary: Linda Johnson
720-891-6585
emna_secretary@live.com

Treasurer: Tera Holzschuh
303-929-2308
tera.in.denver@gmail.com

Board Member At-Large:
Ed Wasserman
720-212-0442
ed.wasserman@gmail.com

Board Member At-Large:
Needed

OTHER

Stapleton CAB: Laura Edler
303-321-0205
prairiepainter@aol.com

NEWSLETTER

Editor: Needed

Assist. Editor: Bonna Gayhart
303-322-6758
bonnagayhart@comcast.net

Distribution: Betty Aguilar
Joe DeBrower

INC DELEGATE

Tera Holzschuh
303-929-2308
tera.in.denver@gmail.com

Cathee Fischer

SUNSHINE LADY

Betty Aguilar
303-322-3291
bjgram@comcast.net

POLICE CONTACTS

Dispatch (Non-Emergency)
720-913-2000

Report Suspicious Activity

DISTRICT 2
Commander: Rhonda Jones
3921 Holly Street
Denver, CO 80207
720-913-2677

Community Resource Officers
Tech. Reyes Trujillo
720-913-1094
Reyes.Trujillo@denvergov.org
Tech. Amy Esten
720-913-1095
Amy.Esten@denvergov.org

DISTRICT 3
Commander: Kris Kroncke
1625 S. University Blvd.
Denver, CO 80210
720-913-1275

Community Resource Officers
Tech. Tony Burkhardt
720-913-1231
Anthony.Burkhardt@denvergov.org
Tech. Cari Jimenez
720-913-1175
Cari.Jimenez@denvergov.org

Gang Bureau
303-331-4081

SCAT Team
Sgt. Kevin Bray, 720-913-1163

Traffic Problems
Neighborhood Enforcement
Sgt. Ron Johns
720-865-6942

NOTE: If you call 911 from your cell phone, please specify that you need DENVER 911.

CITY DEPARTMENTS

All City-related business or non-emergency information/questions:
Call: 311
E-mail: 311@ci.denver.co.us
Fax: 720-913-8490
Hours: 6:00 a.m. to 11:00 p.m.

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!
Contact Bonna Gayhart

ADVERTISE HERE!
Details on page 8

EMNA Holiday Meeting
Election of Officers
December 15th
6:30 pm
East Montclair Community Center

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 February 2011 issue
January 24, 2011

EMNA News
2

December 2010
IT’S DECEMBER! MUST BE TIME TO VOTE AND PARTY!

OK, so actually it’s time for us to have our Annual EMNA Holiday Party and vote for new board members. Here we’re going to talk about the Party and the article below will cover the board members. Any of you who have come to the EMNA holiday parties in the past know it’s a good time and great for fellowship. It’s a chance to meet some of your other EMNA neighbors. This year we will have turkey and ham supplied by EMNA and ask that, if you can, bring a side dish. Don’t worry about what to bring. If you’re good at making something, then bring it. We have had some seriously good grub at former parties and believe me, I got some recipes!

The board members thought we’d have some fun at this year’s party and have a White Elephant Exchange. If none of you have participated in one before, you’re in for a treat because it’s a lot of fun. Basically, everyone brings a gift. It can be anything, but be tasteful. If you have an old knickknack around the house (gently use of course), Mom’s secret potato salad recipe, DVD that you already have a copy of that you were given on your birthday – things like this.

The way the exchange works is like this. All the wrapped gifts are put on a table and a name is drawn. That person gets to go up and pick a gift and they open it in front of everyone. But wait – don’t fall in love with your prize too quick. Another name is drawn and that person picks a gift. That person can either keep what they have or exchange it for yours. This goes on until all the gifts have been claimed. Normally exchanges can happen up to three times, however for this occasion, and time constraints, we’re only going to do one exchange.

It should be a great time for everyone and may become an annual tradition for the holiday party.

If you have any questions on the party or the gift exchange, please feel free to contact one of the board members.

WHO WILL BE THE 2011 EMNA BOARD MEMBERS?

It’s also that time of the year to elect board members for EMNA. This organization represents and supports you! It needs your support as well. We will be voting for President, Vice President, Treasurer, Secretary and three board members at large. This is a great opportunity for anyone interested in getting involved. If you would like to volunteer and run for one of these offices, contact one of the current board members and we will add your name to the ballot. If you have questions on the duties, again contact us. It is very rewarding and highly recommended.

Mile High Youth Corps ROCKS!

Ten households in the East Montclair neighborhood are most appreciative after yard work assistance provided by youth from Mile High Youth Corps (MHYC). Home owners reported the MHYC Corps members were pleasant, courteous and very hard workers. EMNA has no pictures of the actual yard work, but learn more about the Corps and see what a typical MHYC crew looks like through the link below.

The mission of Mile High Youth Corps (MHYC) is to help youth make a difference in themselves and their community through meaningful service opportunities and educational experiences. The Corps employs young adults on projects in neighborhoods, public lands and open spaces throughout Metro Denver and the Southern Front Range. We have an 18-year track record of engaging youth in jobs that help the planet and provide pathways to a promising future. By integrating paid work experience on community projects with career exploration, education and life skills training, MHYC helps youth gain the knowledge, skills and motivation they need to make positive changes in their community, their own lives and the world. For more information, you can go to www.MILEHIGHYOUTHCORPS.com or contact Kelly Causey at kellyc@mhyc.net or 303.433.1206 (opt. 2, x225).
“A Christmas Carol” has become a tradition of the season and EMNA’s own Verna Melorango will be performing in the musical presented by the Empire Lyric Players. If you have never seen this story put to music, you are missing out. It is based on the classic book by Charles Dickens, words by Gayden Wren (inspired by W.S. Gilbert), and music by Arthur Sullivan.

The show will be performed at the Washington Park United Methodist Church Fellowship Hall, 1955 E. Arizona Ave, in Denver.

Showtimes are:  December 2nd and 3rd at 7 p.m.
December 4th at 3 p.m.

Admission is $10.00.

For more information call 303-377-4831 or visit www.elps.org

Lack of Sleep Leads to Fat Gain: The effects of sleep deprivation are slowly gaining attention amongst fitness and wellness professionals. Getting adequate sleep quantity and quality is not only essential to optimizing mental and physical recuperation, it may be essential to preventing obesity. In a recent study published in the journal Sleep, researchers from Wake Forest University reported that getting less than 5 hours of sleep or more than 8 hours leads to increased intra-abdominal fat when compared to those who sleep for 6 or 7 hours. More than 1,000 African- and Hispanic-Americans were interviewed to obtain information on sleep habits, nutrition, physical activity and lifestyle. Baseline measurements were then compared to a re-assessment at 5 years. Participants who slept less than 5 hours a night experienced a 32% increase in deep abdominal fat over 5 years, while those who averaged more than 8 hours of sleep increased by 22%. Subcutaneous abdominal fat increased similarly. After factoring in lifestyle factors such as total calorie intake, education levels, physical activity and smoking, sleep duration persisted as an independent risk factor for increased abdominal adiposity, especially in participants under 40.

Researchers offer broad speculation to explain the cause and effect relationship of sleep to fat gain. The primary explanations involved increased daytime fatigue, which limits energy to participate in physical activity. In addition, some believe in the potential for sleep deprivation to inhibit appetite-suppressing hormones, thus leading to overeating.

If you are interested in beginning a resistance training program, contact David E Starr of starrFIT Personal Training at 720-270-5994 or david@starrfit.com to begin today!

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://www.denvergov.org/NISConcerns/complaintform. If you don't have access to a computer, call 3-1-1 for information.
Welcome New and Returning Members!
We hope you find the information and the events beneficial.

NEW MEMBERS:
Nell & George Dominquez
Paula Blummert
Mindy Siegel - Old Fashioned Candy House

RENEWALS: Barbara Taylor, Susan Hauck, Brent Coatney, Mary Hargrove, and Kerry Collins

EMNA Welcomes New Business Member

The Old Fashioned Candy House & Pet Treats
1503 Trenton Street. Denver, Colorado 80220
720.382.1224 - thecandyhouse@hotmail.com

Welcome sweet friends.

Candy! Candy! We all want candy.

I grew up in New York City and as a child my parents would always take me to the neighborhood candy store. I was in heaven; I couldn’t decide what candy to get from the Taffy Taffy to the O’Henry bar.

I have a big sweet tooth and what makes me happy is to eat Candy!

My husband and I wanted to bring back the neighborhood candy store filled with candy bars, hard candies, chocolate, gummy bear’s peanuts, trail mix, lollipops, jelly belly and popcorn and a full line of Mexican candy.

Who says that treats are only for adults and kids?! We added a full line of Pet treats for your four legged friend.

Gift Baskets are a way to show them how sweet they are! Let us help you put a sweet tooth basket together.

Your child’s birthday party at a Candy Shop is ideal!

Who says that showers are for Adults?! Not anymore, we offer Puppies showers. Call for Details.

EMNA Needs YOU!!
VOLUNTEER TODAY!

Mention this AD for 10% Off your next order!!
Fraud Alert!!!

Cyber Scams: Beware When Posting Personal Information

Be careful of what you post on social networking websites. The popularity of sites such as Facebook or Myspace is also becoming the primary data source for fraudsters. Although these sites are resourceful ways of keeping friends and family informed, much of what is posted reveals the kind of information criminals are looking for in order to carry out more sophisticated and personal scams. Details one should be wary about posting include names and birthdates of family members, marital status, hobbies, hangouts, addresses, who’s on vacation or on a military tour, etc. Vigilance is especially important when it comes to protecting the identity of children. Cyber-scams cover all age ranges, cross all social spectrums, and are often up-dated versions of scams that have been around for a long time. The following are examples of common frauds perpetrated on-line or over the phone based on information obtained through social networking sites:

**Grandma Scam:** An older person gets a frantic call, presumably from a “grandchild” who claims to have been a victim of a crime or an accident, typically in Canada, or overseas. They need money wired immediately to get out of a jam. Posing as the grandchild, the con artist will give plausible reasons as to why the parents must not be told. These scams are often elaborate - another voice, perhaps a “police officer” or “bail bondsman” may get on the line, will ask the grandparent to verify personal information about the grandchild, then will give instructions on where and how the money is to be wired. Panicked grandparents comply, often wiring several thousands of dollars.

One variation of the ‘grandma scam’ is the call from a “grandchild” in the military who wrapped up a tour of duty early and wants to “surprise” the parents by returning home. The “problem” is there’s no money to do so. Delighted to be “in on the scheme”, the grandparents wire the amount that is requested to get the grandchild back home.

**Friend in Distress:** Yet another and very similar ploy is the “friend in distress”. In this scam, a participant of a social networking site receives a message from a site host “friend” professing to be overseas, and in a terrible mess. They appeal to their network friend(s) to wire them money to get back home. Unbeknownst to the network site host, their website has been hacked and taken over by fraudsters who are carrying out the scam.

**Romance or “Sweetheart” Scams:** Predators browse social networking sites to seek out on-line “romances”. To lure victims, they post eye-catching, but bogus photographs of themselves. Unlike other on-line frauds, sweetheart scams develop slowly and are relatively long-term. Suddenly, the “suitor” is faced with an awful dilemma and needs cash. Perhaps it’s a sick child, a terrible accident, or a false imprisonment. Sound familiar? The victim is asked to wire money, or to cash a money order and to send back the cash. A couple of distinguishing characteristics of the sweetheart scam is the suitor’s poor use of English grammar, and frequent, over-used expressions of love. Many sweetheart scams originate in Nigeria or Angola, and involve third-party accomplices in another country, typically England or Canada.

DON’T BECOME A VICTIM!

- Be careful when posting personal information. Keep in mind that prisoners often peruse social networking sites, and can perpetrate a scam from jail.
- Never share detailed information about upcoming trips, military tours of friends or family members, birthdates, addresses, etc.
- Be mindful that photos might reveal too much background information, such as street names or license plates.
- Don’t post the full names of children or their friends.
- Always call a grandchild, friend, parents, etc. to verify that they are in fact, safe.
- Don’t click on any link or respond to any hyperlink on a networking site. Often, this is how malware or viruses are introduced. Promptly delete!
- Change passwords often, and establish separate passwords for individual sites.
- Check privacy settings on network sites and give careful thought about the personal information others can access.
- Keep virus protection software programs updated regularly.
- A WORD ABOUT WIRE TRANSFERS . . . It’s the preferred method used by criminals because money sent over a wire is difficult to trace.

Scams that play on emotions not only result in the loss of substantial money, but are particularly devastating to victims. The inability to stop, or to prove such crimes are all the more reason to take special precautions when sharing personal information with others on-line.
EMNA News

East Montclair Neighborhood Association

TREASURER’S REPORT (Oct/Nov 10)

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Tera Pagel Holzschuh, Treasurer

IDEAS—

East Colfax has a ton of weeds growing in the divider. EMNA has requested that the city remove them (which they have not). Do you support the idea of decorating them? I’m thinking of driving by and throwing tinsel on them for holiday decoration. Do you support the idea? Let us know.  robcwilson@msn.com

JOIN EMNA

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.

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 or older)

Business:  $25.00 (includes business card ad in next issue)

Annual Mailing Fee: $5.00

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

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  ___

PLEASE Renew Now for 2011!
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:  Advertisers make checks payable to: EMNA
- Full Page . . . . . . . .$120.00
- 1/2 Page . . . . . . . $  60.00
- 1/4 Page . . . . . . . $  30.00
- Business Card . . $  15.00

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
Address Service Requested