EMNA — IT’S TIME TO ROCK THE VOTE!!!

For those of you who missed our February general meeting, you missed a great time. EMNA hosted a District 5 Candidates Debate, we had a great time and everyone walked away a bit more informed. We covered three topics (that are so very important for our neighborhood); Eastside Mobility Study, Colfax (what is your vision) and Westerly Creek. Our current council women Marcia Johnson will be retiring in May. Below are the folks running for our council seat. There are also ten candidates for mayor!!! This is a mail-in ballot ONLY election.

CITY COUNCIL DISTRICT 5 CANDIDATES
Michele Fry
Meredith Hartigan
Steve Saunders
Mary Beth Susman
Ted Tompkins
Leslie Twarogowski

May 3, 2011 Municipal Elections
The May 3, 2011 Denver Municipal General Election and June 7 Municipal Run-Off Election, if needed, will be conducted as mail ballot elections.

Ballots will be mailed to voters approximately April 20, and voters will have the option of mailing their ballots back or dropping them off at a Voter Service Center.

— District 5: Montclair Recreation Center, 729 Ulster Way (drop off your ballot here)!!!

NEXT GENERAL MEETING TIME AND AGENDA

EMNA’s next general meeting will be on April 20, 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.

2011 COLFAX MARATHON: May 15th is the 2011 Colfax Marathon and for the second year, EMNA is organizing a relay team to complete the 26.2 mile race. If you are interested in joining the team, please contact Ed Wasserman at 720-212-0442.

Want to participate, but don’t want to be on the relay team? Well, you can still join the EMNA team! In addition to the Marathon Relay event, there are also personal events you can run or walk in. There is the full marathon, the half marathon and the 5k. If you are going to sign up for any of the personal events, let Ed know and he’ll make sure you get an EMNA t-shirt so you can represent us!

Anyone can participate, even if you think it’s just too hard. You just need to start a training plan. A good coach for the 5K plan can be found at: http://www.coolrunning.com/engine/2/2_3/181.shtml

More information can be found by calling Ed or by visiting: http://www.coloradocolfaxmarathon.org

ALSO INSIDE THIS ISSUE ...........
- be well—The Health Hub
- Free Tax Preparation
- StarrFit April Health Tip
- Bonna’s Blog
- Pedestrian Safety
- Street Sweeping begins April 1st

**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 June 2011 issue**
May 25, 2011

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 May 25, 2011

Contact Bonna Gayhart

---

**EMNA General Meeting**
April 20th, 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.

---

**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://www.denvergov.org/NISConcerns/complaintform.](http://www.denvergov.org/NISConcerns/complaintform.) If you don’t have access to a computer, call 3-1-1 for information.

---

**ADVERTISE HERE!**
Details on page 8
PEDESTRIAN SAFETY (from Technician Reyes Trujillo, Denver Police District 2)

This month I would like to detail some sobering facts and rules of the road regarding Pedestrians. We will soon begin to have warmer weather and more people will be enjoying our beautiful Colorado environment, and we want everyone to be safe, and to that end we are asking you to be mindful of drivers and pedestrians alike.

When cars collide with pedestrians, there is high potential for serious injury. About 5,000 pedestrians are killed and another 64,000 are injured in motor vehicle accidents every year in this country.

Although a substantial number of pedestrian injuries occur at intersections, the majority of pedestrian accidents occur at locations other than intersections. This is due to higher vehicle speeds and the fact that drivers are not expecting any stops.

Young children and the elderly are the most vulnerable for pedestrian accident related injuries. Based on population, children under the age of 16 years are most likely to be struck by motor vehicles.

Most pedestrians are struck by the front of a passenger vehicle. The initial contacts are with the vehicle bumper and/or the front edge of the hood, depending on the shape of the vehicle structure. When pedestrians are struck by taller vehicles such as SUV’s or pickup trucks, the initial contacts are higher on the victim’s body.

In an NHTSA pedestrian accident study, 40 percent of pedestrian injuries resulted from contact with the vehicle, 32 percent resulted from contact with the ground, and 26 percent resulted from contact with unknown objects.

Some common negligent practices by motorists include:
- Inattentive or pre-occupied drivers are potentially very dangerous for pedestrians.
- A driver’s failure to observe posted speed limits can add to the severity in a pedestrian/motor vehicle accident.
- A driver’s failure to yield the right of way to pedestrians at marked cross walks can increase the chance of being involved in a pedestrian/motor vehicle accident.
- A driver’s disregard for traffic control devices can also increase the chance of being involved in a motor/vehicle accident.

Please be safe and remember to continue to keep a watchful eye for your neighbors and neighborhood and report suspicious activities.

FEBRUARY & MARCH 2011 EMNA FINANCIALS
Beginning Balance February 29th 2011: $2269.74

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Dues</td>
<td>$215.00</td>
<td>Printing</td>
<td>$103.41</td>
</tr>
<tr>
<td>Member Donation</td>
<td>$55.00</td>
<td>Postage</td>
<td>$69.40</td>
</tr>
<tr>
<td>Mail Fees</td>
<td>$30.00</td>
<td>Misc. Expense</td>
<td>$111.45</td>
</tr>
<tr>
<td>Business Dues</td>
<td>$25.00</td>
<td>Total Expenses</td>
<td>$284.26</td>
</tr>
<tr>
<td>Total Revenues</td>
<td>$325.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bank Balance</td>
<td></td>
<td></td>
<td>$2260.30</td>
</tr>
<tr>
<td>Petty Cash</td>
<td></td>
<td></td>
<td>$50.18</td>
</tr>
<tr>
<td>Ending Balance 03/29/2011</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MARK YOUR CALENDARS FOR MAY 21st

The Great American Cleanup® is coordinated locally by KEEP DENVER BEAUTIFUL – A Denver Public Works Solid Waste Management program that supports residents and businesses in maintaining an attractive, safe urban environment. More than 1,600 volunteers joined the effort last year and we look forward to another successful Cleanup this year! We’re gearing up for the 2011 Great American Cleanup and Citywide Neighborhood Cleanup Day! This year we’ve enhanced the project to include FREE COLLECTION SITES for household discards. So rally your neighbors. Clean out those alleys, garages and backyards. Register early to receive trash bags and other giveaways. SPREAD THE WORD!

SATURDAY, MAY 21, 9 A.M. – 2 P.M. – CITYWIDE NEIGHBORHOOD CLEANUP DAY

For more information, call 3-1-1 or visit www.denvergov.org/kdb

(Thai registrazione form is available at the paperclip to your right or let EMNA know and it can be mailed to you)

FREE TAX PREPARATION: Free tax filing is available for Denver families with income under $49,000. IRS-certified college students from Community College of Denver, Metro State College, and Emily Griffith Opportunity School will prepare and e-file tax returns for taxpayers whose household income qualifies! Here is the site:

Emily Griffith Opportunity School,
1250 Welton Street
Feb. 3 to April 14 (except March 24 & 31)
Thursdays, 2 to 8:30 p.m.

APRIL 1ST, STREET SWEPPING BEGINS!

Residential streets are swept once a month, from April through November. Street sweeping reduces air and water pollution. In 2009, 40,689 cubic yards of debris was removed from 104,991 miles of Denver streets! Because trucks can’t sweep under parked cars, the City needs your cooperation to move your car on sweeping day. Schedules are posted on signs that designate the sweeping day for each side of the block. For more information, see the citywide summerstreet sweeping schedule.

The First Tuesday on The FAX on April 5th from 5:30-7:00 PM will be co-hosted by the Aqua Lounge & Piano Bar and Oink’s BBQ. So come and enjoy the ambience of the Aqua Lounge and GREAT BBQ from Oink’s BBQ. As usual there will be the opportunity for great networking and socializing with The FAX Merchants and residents from the surrounding five GREAT Neighborhoods and possibly a candidate or two. So mark your calendars and plan to join us for a fun evening on April 5th.
WELCOME NEW AND RETURNING MEMBERS!
We hope you find the information and the events beneficial.

RENEWALS: Betty Aguilar, Margaret Anderson, Lee Coleman, Nate Dahlin, Laura Edler, Joyce Fields, Helen Funk, Hangar Bar, Clennon Holl, Tom & Kathy Jochem, Marvine Lobato, Donna & Richard Mattson, Andrea Mauro & Emma Rios, Juanita Morales, Willa Mae Mosley & Karen Garvin, Jackie Simmons, Heidi Snow & Ted Thomas, Carey Vantress & John Grapel, Beatrice Williams, Janet Wilson, Larry Wilson, and Tobie Wooster

YOUR HEALTH HUB
(contributed by A. Brown)

Your Health Hub is a monthly column provided by the be well Health and Wellness initiative of the Stapleton Foundation intended to provide Park Hill residents with detailed information on what is happening in health in the East Montclair neighborhood. The column will also attempt to clarify the various measures of the new Healthcare Reform laws describing what they mean to Park Hill residents. One or more aspects of the new Healthcare Reform laws will be explained in the column each month. Various organizations and/or entities that serve the East Montclair neighborhood will contribute to the column.

be well is a ground-breaking movement of communities coming together to take charge of their health and wellness. By focusing on the critical relationship between our health and where and how we live, work, learn, and play. be well establishes community based projects that provide opportunities for residents and employees to live healthier lifestyles in the be well Zone, which includes the Park Hill, East Montclair, Northwest Aurora and Stapleton neighborhoods. The initiative is a project of the Stapleton Foundation.

HEALTHCARE REFORM: SENIORS! Did you know that if you’re a Senior Citizen and fall into the Medicare Prescription Drug “donut hole” coverage gap, you will receive a 50 percent discount on all brand-name drugs while you’re in the donut hole. That discount increases annually until the donut hole is closed. Also, if you are enrolled in Medicare, most preventive services are now free.

And, if you’re not yet Medicare-eligible but you’ve retired from your job, there is a program that helps employers continue early retiree coverage and keep premiums low. Check with your employer to see if they are participating. You can learn more about this program at www.errp.gov.

SMALL BUSINESSES! Just as in 2010, 21,600 small businesses in the Denver area will be eligible for tax credits for providing health insurance. These tax credits will cover up to 25 percent of the employer premium contributions, depending on the size of your firm.

Also, small businesses qualify if they have fewer than 25 full-time workers, and their employees’ wages are less than $50,000 a year, on average. Employers must cover at least 50 percent of the cost of health care coverage. To see if your firm is eligible, please visit: http://go.usa.gov/CA8

be well GRANTS: be well is offering small grants up to $500 to residents who organize unique activities, programs, forums and/or events that create awareness and engage others in conversations about healthcare access, prevention and reform. Participating groups or individuals will be provided the opportunity to establish projects and be well will cover or directly pay all of the cost up to $500. Examples of projects are community forums, house meetings, door-to-door campaigns, school projects and others that you think will help get keep people informed and engaged in healthcare reform.

It is our intention to ensure that our community is informed and directly benefit from the new healthcare reform measures. Our families deserve to receive a return on their investment!

For more information please contact Frank Lucero at 303.468.3226

BECOME A BE WELL BLOCK CAPTAIN: be well would like you to become a be well block captain. be well block captains educate and inform their families, friends and neighbors about important healthcare issues. be well block captains are given a $50 stipend each month to engage, educate and encourage people to speak out for health services that they deserve. They also receive free specialized training on how to live healthier lifestyles. For more information contact Frank Lucero at 303.468.3226

EMENA NEEDS YOU!! VOLUNTEER TODAY!
**STRENGTH TRAINING TO COMBAT AGING:** Year round, day or night, awake or sleeping, your body’s muscles are working. Strength training is the process of exercising this muscular system with weighted resistance. Developing a safe, efficient and effective strength training program is one of the four essential elements of optimal health. (strength training, cardiovascular training, nutrition/weight management and flexibility training.)

- Increased muscle fiber strength and size
- Increased tendon, bone, and ligament tensile strength
- Decreased risk of injury
- Increased metabolic rate
- Profound influence on physical capacity and physical appearance

Unless we perform regular strength exercises, we lose up to ½ pound of muscle every year after age 25. This gradual decrease in lean muscle tissue means that non-training adults will experience ½ percent reduction in metabolic rate each year. This decrease in muscle tissue causes a corresponding decrease in metabolic rate, but the good news is that an increase in muscle tissue will also cause a corresponding increase in our metabolic rate.

Fight the sedentary aging process with a regular strength training program and reap the many positive benefits it has to offer.

Make it a Healthy Day!

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!

**BONNA’S BLOG (Some notes from Bonna Gayhart)**

**ANNUAL SPRING YARD WORK:** We haven’t had confirmation from MHYC (Mile High Youth Corps) yet about their spring program. However, to be on the safe side, if you or your neighbor will need assistance, please let me know (303-322-6758). As soon as we receive details, I’ll let you know. Thanks

**CONGRATULATIONS TO JOHNSON & WALES UNIVERSITY** on 10 years in Denver! Their contribution to Denver’s economy is enormous. Their student population has grown from 300 to 1500 from 49 states and 9 countries with over 2300 alumni. Those of us who watched the slow deterioration of some of the buildings on the original campus are thrilled to see that JWU has renovated and restored ALL the buildings. To set up a tour or learn more about connecting your business with JWU, you may contact Joshua Casto, Manager of Industry Relations, at jcasto@jwu.edu or 303-256-9352; or Lindsay Morgan Tracy, Director of Public Relations and Community Affairs, at lindsay.morgantracy@jwu.edu.

We “old timers” have seen numerous changes at this Park Hill campus. In 1949 and prior years, it was Colorado Women’s College. Our teenagers were allowed to play tennis (and roller skate when it was not in use) on the tennis court which was on the northwest corner of Montview & Quebec. In 1966, the high school graduating class of the Randall School held their graduation exercises in the beautiful chapel. Numerous other community events were held on the campus and in the chapel. After CWC closed, the buildings sat vacant for a few years until the University of Denver purchased the campus for their Law School and Women’s College. About 2000, the University of Denver moved the Law School and Women’s College to their main campus and sold the property to the Johnson & Wales University. The rest is Modern History!

A BIG SALUTE to The INTER-NEIGHBORHOOD COOPERATION (INC) on a quarter century of service to the City of Denver and its residents! It is the “glue” that holds the various, widely diverse neighborhoods together and provides a source of communication and cohesiveness among them. It provides the means of presenting a unified front to the City and all its departments. Our own Cathee Fisher helped kick off the Dollar Dictionary Drive which provides dictionaries to all the 4th graders in our public schools each year. EMNA has been a participating member since INC’s inception. They work with the League of Women Voters to sponsor public forums with candidates for public office. Our sincere THANKS goes to those officers and committees who devote untold hours to bettering our living conditions!
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 $ __________ P. O. Box 201273
Donations $ __________ Denver, CO 80220-1273
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 ______

PLEASE Renew Now for 2012!
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>
<thead>
<tr>
<th>Type</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Page</td>
<td>$120.00</td>
</tr>
<tr>
<td>1/2 Page</td>
<td>$60.00</td>
</tr>
<tr>
<td>1/4 Page</td>
<td>$30.00</td>
</tr>
<tr>
<td>Business Card</td>
<td>$15.00</td>
</tr>
</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

---

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

---

PLEASE Renew Now for 2012!