

Welcome to Fall - A Season of Change

September is a month of change, bringing us back to school, back to work for some, and a change of seasons. While the flowers are starting to fade there are still squash and pumpkins to be harvested. There is a lot to be grateful for in our neighborhood - friendships, and a variety of parties, gatherings and celebrations.

We held our second annual neighborhood association picnic on July 25th. Almost 60 people attended to share food, sit together and hang out, and play games - well, the kids played! The first ever "wellie" toss (that's Scottish for rubber coated boot!) along with a football toss amused our youngest attendees.

This time of year also marks the passing of one of our oldest neighbors, Ella Wilson. She was 95 years young. Those who live around Denver Christian High could see her gardening or walking to Safeway! She will be missed.

We still want your involvement in something that you are passionate about in our neighborhood! There's lots to do around recycling, crime reduction, dog-do pick-up, and oh so much more. Step up, get involved as the seasons change - so will our neighborhood.

Ellen Winiarczyk, Co-President
Kim Ritter, Co-President

Wednesday, September 15 Rosedale Harvard Gulch Neighborhood Association Meeting 6:30 to 8:45 pm

Harvard Gulch Recreation Center - 550 E. Iliff Ave.

Don't miss our fabulous door prizes!!! Agenda topics include but aren't limited to...

- ▶ Financial Report and Picnic Follow-up
- ▶ Safety Report - District 4 Officers
Neighborhood Watch
- ▶ Speaker – Jeff Shoemaker, *River Vision Project*
Jeff is a very dynamic speaker from the Greenway Foundation, who is excited to speak to us regarding the South Platte River Master plan. The river between Yale and Evans is targeted. <http://www.greenwayfoundation.org/>

SPECIAL THANKS TO OUR BLOCK CAPTAINS!!

Block Captains distribute flyers to the people on their block, and provide input on important issues. **One more block still needs a Block Captain:**

Block #25 – 2400 S. Lincoln (both sides) and east side of 2400 S. Broadway

Call Kristin at 303-927-6411.



At the Sept. 15 Meeting

You could win a house portrait by Carri Currier!!

Our Neighborhood

RHGNA boundaries extend between South Downing, East Evans, South Broadway, and East Yale Streets surrounding Harvard Gulch and Kunming parks in south central Denver, CO.

To volunteer for a neighborhood committee, contact a Board member!

WHERE IN THE NEIGHBORHOOD??

Email your answer to leader.rosedaleharvardgulch@gmail.com. The first correct response will win a prize.

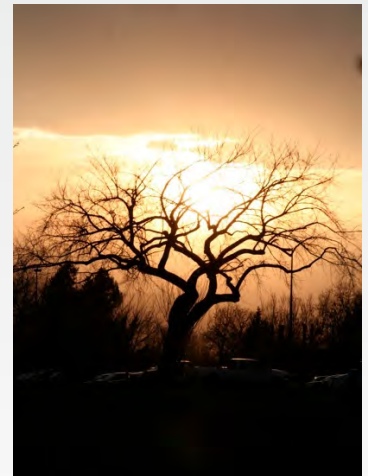


Photo: Lynne Schofield

Harvard Gulch Recreation Center HOURS

Mon / Weds - 11am – 9pm
Tues / Thurs - 9am – 9pm
Friday - 11am - 8pm
The exercise room has been remodeled with many new pieces of equipment. Come over and Pump Iron!!

What is Neighborhood Watch???

Come to the September 15th RHGNA General Membership meeting to hear Denver District 4 Police tell us key information in implementing the program! Neighbors are asked to provide local law enforcement with additional eyes and ears to watch for criminal activity and promote neighborhood security. Community crime watches address all types of crimes but focus mostly on residential burglary and other home-based crimes (e.g., larceny, vandalism, etc.). By implementing Neighborhood Watch, neighbors deter criminals from conducting drug or gang-related activities in our neighborhood. Police and residents form a crucial partnership - neighborhood participation is the key to success. Find out how this could benefit your block!

Denver Moves: Making Bicycle and Pedestrian Connections in the Mile High City

Are you a bicyclist? Bicycle commuter?? The City of Denver is seeking citizen input for its comprehensive non-vehicular transportation plan, "Denver Moves: Making Bicycle and Pedestrian Connections in the Mile High City". To indicate where bicycle and pedestrian improvements are needed in our neighborhood you can provide input electronically on an interactive map at www.denvermoves.org. This information will shape recommendations for short and long-term bicycle and pedestrian improvement projects in Denver.

CONTACT US!

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RHGNA Mailing Address

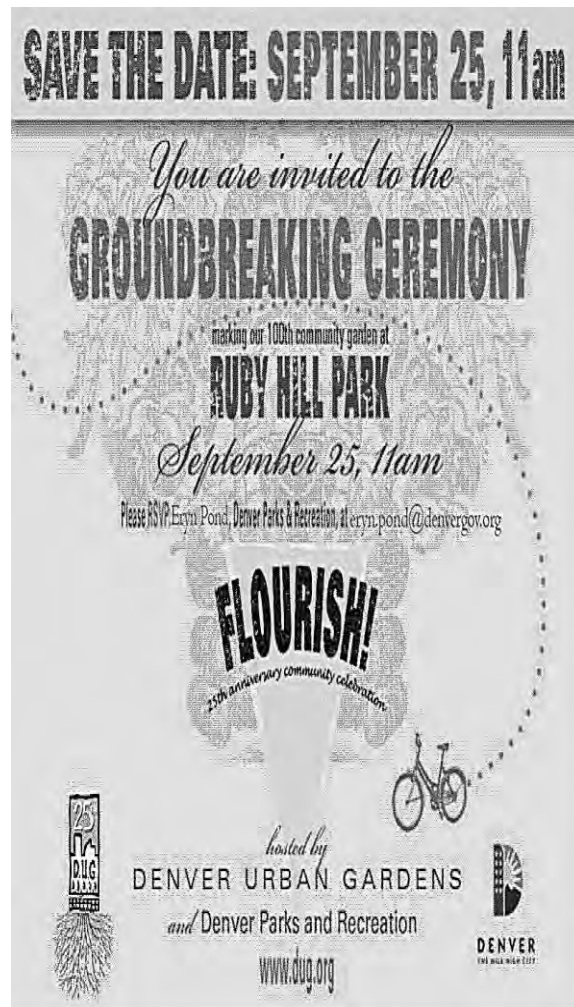
P.O. Box 101512
Denver, CO 80250-1512

Creating Communities Website

Highlights Denver History The new Creating Communities website from the Denver Public Library Western & Genealogy Department explores the history of 7 Denver neighborhoods and has digitized many tools used in researching building histories. Use it to research Neighborhood Histories, Building & House Histories, Historic Photographs, Maps & Documents – there is even a Mobile iPhone App! www.creatingcommunities.denverlibrary.org

Brush Off Challenge fights Graffiti Vandalism

The Brush Off program established by Denver Public Works Solid Waste Management offers free paint and supplies to folks committed to keeping their immediate neighborhoods graffiti-free. The hope is that residents will become more active participants in the removal of graffiti vandalism in their own neighborhoods by "adopting a spot" to keep clean, such as a dumpster or a sign. For information on how to become a Brush Off partner, call 3-1-1 or visit www.denvergov.org/brushoffprogram.



If you're a victim of graffiti vandalism:

SIGN A GRAFFITI REMOVAL

AUTHORIZATION FORM to allow Denver Public Works to remove graffiti for free on your property (we cannot remove graffiti without having this form on file!) Download the form at KnowGraffiti.com or call 311 to have it mailed. Return the signed form by fax: (720) 865-3287 or mail: Neighborhood Inspection Service, 201 W. Colfax Ave, #303 Denver, CO 80202-5332

REPORT THE GRAFFITI FOR FREE

REMOVAL – If we have a signed authorization form for your property, we can remove the graffiti right away. Report graffiti and request removal at KnowGraffiti.com or call 311.

DO IT YOURSELF AND WE'LL PROVIDE THE PAINT - Call 311 to order paint and arrange for pick-up. Ask us about available paint colors and other supplies.

MAKE A POLICE REPORT - Online at KnowGraffiti.com or visit your local Denver Police station.

Walkable neighborhoods offer surprising benefits to the environment, our health, our finances, and our communities Source – www.walkscore.com

Environment: Cars are a leading cause of climate change. Your feet are zero-pollution transportation machines.

Health: The average resident of a walkable neighborhood weighs 7 pounds less than someone who lives in a sprawling neighborhood.

Finances: One point of Walk Score is worth up to \$3,000 of value for your property.

Communities: Studies show that for every 10 minutes a person spends in a car commute, time spent in community activities falls by 10%.

Rosedale/Harvard Gulch
scores very well
in regard to “walkability”.

Check out the score
for your own house at
<http://www.walkscore.com>

What makes a neighborhood walkable?

- ▶ **A center:** Walkable neighborhoods have a center - a main street or a public space.
- ▶ **People:** Enough for businesses to flourish and for public transit to run frequently.
- ▶ **Mixed income, mixed use:** Affordable housing located near businesses.
- ▶ **Parks and public space:** Plenty of public places to gather and play.
- ▶ **Pedestrian design:** Buildings are close to the street, parking lots are to the back.
- ▶ **Schools and workplaces:** Close enough that most residents can walk from home.
- ▶ **Complete streets:** Streets designed for bicyclists, pedestrians, and transit.

Petition Seeks to Reduce Train Noise Submitted by David Muelken

The following describes a petition regarding train noise. The RHGNA does not support any petitions or initiatives, but this information is included here since it may be of interest to our residents.

As residents living within the vicinity of the railroad tracks, we are bombarded with damaging levels of noise pollution from train horns at all hours of the night. The train horn noise is negatively impacting our right to the quiet enjoyment of our homes, and it creates an environment that is detrimental to our health and well-being. Sleep deprivation can impact one's mind and body, impairing judgment and causing accidents and illness. The frequency, volume and hours of the train horns at night can affect our overall quality of life, and also creates an undue financial burden upon us by negatively impacting the value of our homes. We are petitioning The United Pacific Railroad & The Burlington Northern Railroad Company to create a "Quiet Zone" in our neighborhoods in the Denver Metro Area. Existing technology allows for the creation of a Quiet Zone without lowering safety standards in any way. **There is a Facebook page devoted to this topic that has a video demonstration and the petition link in it. Go to Facebook and type in "Stop Train Noise Pollution in Denver" to visit that page.**

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Relatively Speaking: How Genetic Counselors Help You Manage Risk

Submitted by Porter Adventist Hospital

If you read the papers, you may wonder how advancements in genetic testing over the past decade could benefit you and your family, or what your family medical history reveals about you. Enter the genetic counselor, an expert who helps you discover important clues to your future health. "The goal of genetic counseling is to help people understand their risk," says Melissa Gilstrap, MS, a genetic counselor for Littleton, Parker and Porter Adventist Hospitals. "If you're at a greater risk for a specific disease, there are sometimes preventive steps you can take to reduce your risk."

Colon cancer and breast cancer lend themselves to preventative strategies. If you're at an increased risk for Lynch Syndrome, a hereditary form of colon cancer, you can undergo annual cancer screenings at an early age to help catch cancer at its most curable stage, you can exercise at least 30 minutes a day and avoid foods high in fat and cholesterol.

Women who test positive for BRCA1 or BRCA2 mutations (the most common cause of hereditary breast cancer) can get more frequent screenings and avoid high-risk behaviors, such as consuming alcohol and taking estrogen. They can also take tamoxifen, an anti-estrogen drug shown to reduce the chance of developing breast cancer by about 50 percent. Or they can undergo prophylactic surgery (removal of breast tissue and ovaries). While this may seem extreme, consider the statistics. Women with BRCA1 and BRCA2 mutations have up to an 87% lifetime risk of developing breast cancer, compared to about 12% in the general population. They also have up to a 50% chance of developing ovarian cancer, compared to 1-2% in the general population. Prophylactic surgery reduces a woman's chance of developing breast and ovarian cancer below the overall population risk. Following the surgery, many women also choose to undergo reconstructive breast surgery.

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A personal cancer and genetic risk assessment takes about an hour.

"I see a lot of people who have family histories of early onset cancer, multiple family members with the same type of cancer, or people who are concerned about passing along a certain gene to their children," says Gilstrap. If you receive genetic counseling, you are under no obligation to pursue genetic testing.

Test results are not always clear. While a positive result means you have a mutation, a negative result simply means a mutation has not been found, so you don't know if there's a genetic risk; or if you have cancer, you don't know what's causing it. A positive result also does not mean you will get cancer; it means you have increased risk.

Many insurance companies cover genetic counseling and genetic testing, especially if there are risk factors. If genetic testing reveals a gene mutation, insurance companies cover increased screenings, preventative medications, prophylactic surgery and breast reconstruction. The Genetic Information Nondiscrimination Act of 2008 (GINA) prohibits health insurance companies and employers from discrimination based on genetic information, although it does not apply to life insurance, disability insurance, long-term care insurance or members of the military.

Genetic counselors offer their patients peace of mind and certainty.

They offer them information and support to make deeply personal, exceedingly difficult decisions with greater confidence. "I always talk with patients about the pros and cons of each option and I truly feel people choose the option that's best for them," says Gilstrap. "I'm always there for support."

An initial genetic counseling consultation costs \$20 at Porter and Parker Adventist Hospitals and is billed as a specialist visit through insurance at Littleton Adventist Hospital. For information, contact Melissa Gilstrap at 303-765-3923.



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Trees for Energy Savings

In an effort to reduce residential energy costs and provide job training for military veterans, The Mile High Million has teamed up with Veterans Green Jobs to plant trees in neighborhoods across Denver. Funded by a grant from the U.S. Department of Energy to improve community energy efficiency through the City's Greenprint Denver programs, the Trees for Energy Savings program will strategically plant 4,600 trees to shade homes and other structures to reduce energy usage and lower energy bills for residents. The program also strives to create jobs and provide job skills to military veterans.



Rosedale is a Trees for Energy Savings target neighborhood. If you live on the east side of the street you are eligible for a tree.

- ✓ If you are interested in a tree call 720-913-0681 or email million.trees@denvergov.org or use the online form at http://www.surveymonkey.com/s/Trees_for_Energy_Savings_request_form
- ✓ We will call and have your underground utilities marked.
- ✓ Veterans Green Jobs will visit your property to determine if there is space for a tree to be planted and to mark the location with spray paint and a flag to note what size tree will be planted.
- ✓ You will have one week to approve the tree location as marked; a non-response will indicate your approval.
- ✓ You will be notified of the time frame in which Veterans Green Jobs will plant and mulch your new tree.
- ✓ Water and watch your new tree grow!

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CORNER KITCHEN



Chili Pie – Quick and Easy

Written by Eric Freisinger

INGREDIENTS

One pound of lean ground beef

Two large flour tortillas

One 16 oz can of refried beans

One large bag of cheddar cheese (you'll have some left over)

One package Taco Seasoning

Two 4 oz cans of diced green chiles

or one large can of green chiles from Costco

Round casserole dish

1. Brown meat and drain fat
2. Add Taco seasoning and cook according to package
3. Add refried beans to the seasoned meat and mix together
4. Add 1/2 of the meat and bean mixture into the bottom of the casserole dish
5. Add a thin layer of green chiles on top of the meat and bean mixture
6. Add a layer of cheese
7. Add one tortilla
8. Repeat steps 4 through 7
9. Put in microwave for 15 minutes
10. Call Chef Eric at 303-995-4282 with questions

Fall is for fertilizing lawns

by Carl Wilson, CSU Extension horticulturist

If you fertilize your lawn only in spring or summer, you're missing out on the benefits of fall fertilization! In Colorado's bright fall sunlight, photosynthetic activity remains high. In summer, photosynthesis fuels top growth. In fall it fills storage sites in roots and shoots and fuels new root growth.

This translates into better winter survival and early spring green-up without the excess top growth that comes with spring fertilization. The new root growth produces a healthier plant through the following summer. You enjoy a gain in benefits without the extra mowing!

Fertilize lawns through September with the same slow-release products used in summer, like dehydrated poultry waste. In October or later when the grass still is green avoid products that depend on soil microbes to release nitrogen. Cool soil temperatures slow microbial activity and limit the availability of fertilizers to the grass. Use cool-temperature active fertilizers such as urea, IBDU, sulfur coated urea and ammonium sulfate. Fertilizing a brown lawn does no good.

Stretch the benefits of fall fertilization into spring by returning grass clippings to the lawn. They break down quickly, returning one-third of the nitrogen back to the lawn in a natural, slow release form that avoids fast top growth and heavy mowing chores.

For more information, visit or call the Denver CSU Extension in Harvard Gulch Park at 720-913-5272.

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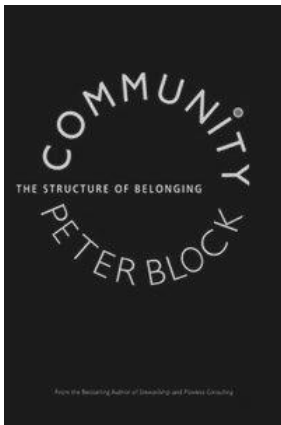
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Louanne Davies (FISTD, FCUSA)





BOOK RECOMMENDATION

Peter Block's **Community: The Structure of Belonging** explains that modern society is characterized by isolation and a weakened social fabric.

The various sectors of our communities - businesses, schools, social service organizations, churches, government - work in parallel, not in concert.

They exist in their own worlds as do so many individuals, who long for connection but end up marginalized, their gifts overlooked, their potential contributions lost.

Citizens have the power to change the community story and bring a new context into being. Block shows us how we can overcome isolation and anxiety and create communities alive with energy and possibility.

It is for anyone who wants to be part of an organization, neighborhood, city, or country that works for all, and who have the faith and the energy to create such a place.



Rosedale Real Estate Snap Shot

Written by Eric Freisinger 8/31/2010

Greetings neighbors - I am happy to provide you with useful statistical data for the "Rosedale Harvard Gulch Neighborhood" that includes the boundaries of Broadway on the West, Downing on the East, Evans on the North and Yale on the South.

My statistical research shows that over the past 12 months, the Rosedale area had approximately 47 sales that ranged from \$65,000 to \$600,000, average price per square foot of \$254, and average total days on market of 59. The median sales price for properties that sold from 7 to 12 months ago were \$270,000 (27 sales), 4 to 6 months ago \$255,000 (13 sales), and the last three months \$320,000 (7 sales).

This trend shows us that the median sales price for Rosedale has increased over the past 12 months! There are currently 29 active listings ranging from \$174,900 to \$595,000 with a median list price of \$299,950 and average days on market of 169 days. The data came from a custom search through the MLS (Multiple Listing Service).

Please stay tuned for the next issue of the Rosedale Real Estate Snap Shot and thanks for reading!



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porterhospital.org/heart

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