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WINTER 2015

Big Palmer news kicks off Mayfair General Meeting

*By Elaine Zupancic and Todd Parker,
MNI Board Members*

Community leaders came out in force at this year's Mayfair General Meeting on Oct. 6 at Palmer Elementary School. Sponsored by Mayfair Neighbors and hosted by Sara Visser, the annual community meeting was chock full of information Mayfair residents need to know.



Dr. Paula Bieneman, Palmer Principal

Palmer Elementary School

Principal Bieneman applauded the tenacious efforts of Palmer parents, teachers and supporters to fund and install the new message board in front of the school. It took years to raise the money and plan for the project and everyone is thrilled with the results. Principal Bieneman also highlighted the school's big win of a Gates grant to make Palmer a "personalized learning school." This means additional resources to teach all students based on their individual needs. Tours of

Palmer are offered every Friday and the community is encouraged to come and see what's new and exciting at the school. Principal Bieneman can be reached at paula_bieneman@dpsk12.org or 720-424-5000.



Hilarie Portell, Executive Director, Colfax Mayfair Business Improvement District

Colfax Mayfair Business Improvement District Update

The Colfax Mayfair Business Improvement District ("BID") was formed in 2014 by a consensus vote of business property owners along Colfax between Eudora and Monaco and in the Mayfair Town Center area of 14th Avenue and Krameria Street. These business owners now pay an additional tax that is allocated to improvement projects specifically in the BID zone. The current annual budget of \$117,000 is slated for four things in the BID area: (1) enhance economic development, (2) design and

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MEMBERSHIPS

2016 Memberships

If you are a member of Mayfair Neighbors, please renew your membership to continue supporting our neighborhood efforts.

If you are not a member, consider joining for 2016.

See page 20 for details.

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SEPTEMBER 2015



fund public improvements, (3) improve public safety, and (4) advocate for the business BID represents. To date, BID has completed branding of the district, established the website www.colfaxmayfairbid.com and completed conceptual streetscape improvement designs. An exciting example of possible streetscape improvements is the included conceptual rendering of an enhanced pedestrian crossing at Fairfax Street and Colfax. Wouldn't this be great for restaurant hopping in this area? Portell can be contacted at 720-810-3906 or hilarie@colfaxmayfairbid.com.

Councilperson Mary Beth Susman, Denver District 5

Sidewalks have become a big topic of debate in Denver, according to Councilperson Mary Beth Susman. Historically, sidewalks are the responsibility of the property owner, not the City. Property owners must repair damaged sidewalks on their own nickel and any remodel over \$100,000 may require widening sidewalks. A new group called WalkDenver is calling on the City of Denver to assume responsibility for building and repairing sidewalks and to establish a dedicated funding source (such as a property fee) for this purpose.

State and Federal dollars have been secured to begin widening Quebec to two lanes both ways between 13th and 26th streets. The City already has a 15' variance on both sides of the street in this area and the widening project has been in the works for years. Actual construction will not begin

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General Meeting continued from page 2

until 2018 after an environmental impact study and final planning are complete. A bike lane will also be added along Syracuse to connect east/west bike lanes in Lowry and Stapleton.

In other news, the first family has moved into Boulevard One in Lowry and the development of 9th and Colorado is moving right along. The councilwoman expressed her admiration for all the planning that went into the implosion of the Health Sciences building — even to the point of preparing and protecting patients at the VA hospital. Councilperson Susman can be reached at 720-337-5555 or marybeth.susman@denvergov.org.



Lt. Ernie Martinez

Denver Police Department

Lieutenant Ernie Martinez described how the Denver Police Department recently completed a review of emergency plans and procedures for all district schools. An important tool for police is a school’s “HALO” camera system accessible on demand by HALO command. Being able to immediately see what is going on in a school is a great asset for situation awareness.

There has been a spike in car (and car contents) thefts in Mayfair but, overall, property crime is down. There has been an uptick in gang violence in the northeast part of the City. DPD has been working to identify the leaders of the gangs so they can apply pressure to reduce their influence. District 2 has recently been assigned two seasoned officers with 30 years’ shared experience, and we will be getting nine of the 50 newest officers from the



Sergeant Reyes Trujillo

police academy. We are number four in line for outfitting our officers with body cameras.

Sergeant Reyes Trujillo is our District 2 Community Resources Officer. He reminded the audience of the “Safe to Tell” anti-bullying website. He noted that the City’s ShotSpotter, a device that can pinpoint the location of gunshots, has been effective in retrieving evidence. The equipment has been on loan, but the city is considering purchasing it. Officer Reyes welcomed questions and comments and encouraged residents to contact him at 720-913-1094 or reyes.trujillo@denvergov.org.

Liz Adams, Ballot Measure 2C

Liz Adams explained that ballot measure 2C will extend the existing 1.75 percent tourism tax on hotel rooms and car rentals which is set to expire in 2020. (Colorado voters approved Ballot Measure 2C by a landslide on Nov. 3.) The money generated will be used for two main projects, (1) functional and technology upgrades to the Colorado Convention Center, and (2) improvements to the National Western Complex. National Western improvements include agricultural research, creation of a CSU equestrian vet center, cleaning up a section of the South Platte River and enhanced connectivity of the Globeville and Swansea neighborhoods to each other and Denver.

continued on page 4

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General Meeting continued from page 3



Michael Sapp

Michael Sapp, City of Denver Deputy Director of Community Affairs

Michael Sapp reported that the Mayor’s new budget allocates \$7.1 million for transportation, \$5.5 million toward a homeless Solutions Center and \$1.4 million for police body cameras.

Although it’s months away, Sapp encouraged everyone to get out for Denver Days during the first week of August. The event supports service projects and block parties so residents can meet their neighbors and get involved in their community. Other plans and projects of the Mayor include investing in the urban core, enhancing open space downtown, improving

the 16th Street Mall and addressing the need for more affordable housing. The City’s goal is to have 3,000 units of workforce housing (1,300 have so far been developed). The city grew by 100,000 in the last decade and the expectation is that we will gain another 100,000 this decade. For immediate City updates to your smartphone, residents can sign up for the “PocketGov” mobile app. One of the more useful features of the app is a street sweeping alarm personalized to where you live...no more tickets. Sapp can be reached at (O) 720-865-9024, (C) 303-507-2405 or Michael.sapp@denvergov.org. Links to the PocketGov and Denver Days websites are as follows:

PocketGov Website

www.denvergov.org/content/denvergov/en/mayors-office/newsroom/2015/denver-launches-innovative-mobile-web-application.html

Denver Days Website

www.denvergov.org/content/denvergov/en/mayors-office/programs-initiatives/denver-days.html



Mike Anderson

Mike Anderson, Denver Public Works

There are two main storm sewer branches that run through Mayfair. Both need significant upgrades to the tune of \$35 million each. Mayfair storm sewer improvements are a high priority of the City of Denver based on storm flooding, but funding has held up construction. The goal for completing new sewer drains in the neighborhood is 2018. High flood risk areas in Mayfair have been termed “areas of potential inundation” instead of “flood plain” so as to help homeowners obtain insurance. To obtain more details about the storm water plan go to www.denvergov.org and follow the links or contact Mike Anderson at 720-865-3023 or mike.anderson@denvergov.org.

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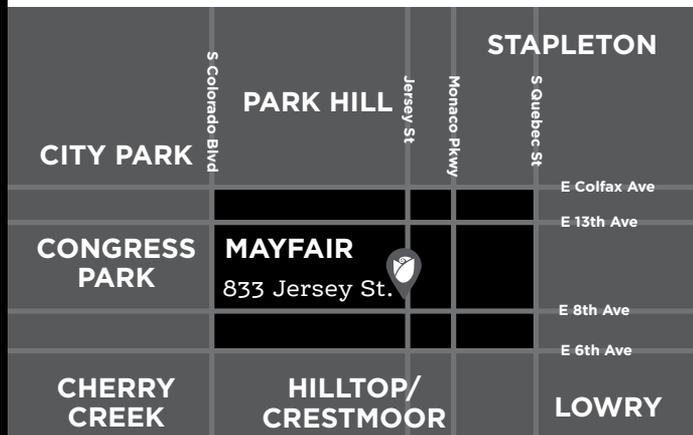
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Let there be garage sales

By Todd Parker, MNI Board Member

I didn't dare open the garage door until my items were priced and ready to sell. The early bird, "professional," buyers were already prowling the streets at 7:30 a.m., ready to pounce on jewelry, silver, bikes and other finds valuable beyond the knowledge of the naïve sellers. Two of my neighbors, Len and Jeff, opened their combined sale at 7:45 a.m. and I could hear their banter and car doors slamming as the first buyers looked at their merchandise. Their driveway would get more raucous as the day went on as they yelled discounted specials at passersby. Len being a beer distributor and providing samples to neighbors definitely livened up our corner.

So started Saturday, Sept. 19, another fine fall day for Mayfair Garage Sale Day. It's unclear how many homes participated this year but buyer traffic was heavy.



Above: Mayfair neighbors peruse a sale at 11th and Holly.

Right: Violet Eleson shops for deals at a Mayfair Garage Sale Day sale.



Mayfair Neighbors marketed the event on social media and put general signs out on major thoroughfares. Many sellers, including myself, put out homemade signs and posted address-specific Craigslist ads. Some buyers lamented the absence of sale location maps...certainly a nice extra, but challenging to produce and distribute.

Selling unneeded items is a goal of every garage sale, but Garage Sale Day is also about community. I love going down to see what the camera guy on Hudson has this year, browsing hand-crafted products and admiring the Coca-Cola collection in that one backyard (you know the one). Neighbors finding the perfect table at another neighbor's sale and carrying it down the street to their house. Kids going around on bikes looking for treasures and being amazed that they can buy something for a quarter.

Let's keep Mayfair Garage Sale Day going. We need organizers for next year. If you have ideas and a desire to build the Mayfair community, come to the next Mayfair Neighbors board meeting to volunteer help. The Board meets the first Monday of each month at 7 p.m. at the Montclair Community Center at Colfax and Newport.

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Socializing at the Mayfair wine tasting.

New venue, great wines make Tasting a success

By Lynn Gregory, MNI Board Member

This year's Mayfair Wine Tasting was held at the beautiful new Avenue 8 Apartments at Ivanhoe and 8th Avenue. Wow! You won't believe the common area at Avenue 8 until you see it. The wine vendors were positioned around a huge indoor lounge with plenty of comfortable seating and room for socializing. Large windows connect the indoor space with an outdoor patio designed for entertaining. Outdoor furniture surrounds a circular gas fire basin that glows under crossing string lights above. The setting made us all jealous of the residents of the new project.

Our good friends and neighbors at Mayfair Liquors once again hosted seven of their top wine distributors, who brought some great wines to taste and purchase. The theme this year was comparing European to American wines and the attendees all had fun debating the merits of the different vineyards. Mayfair Liquors generously donates 20 percent of all wine sales to Mayfair Neighbors. Their contribution directly supports the Easter Egg Hunt, new perennials for the gardens at Mayfair Park, signage for events and all other Mayfair Neighbors-sponsored activities. Mayfair Liquors is located in the King Soopers shopping center at 14th and Krameria. Thank you Mayfair Liquors!

Great wine deserves great food and Phoenician Kabob catered a fantastic spread. Hearty portions of hummus, pita bread, baba ghanouj, falafel, tabbouleh salad, gyros, chicken shawarma and rice were served throughout the wine tasting. Phoenician Kabob Owners Ibrahim

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“Smart” fitness in Mayfair – Koko FitClub

By Todd Parker, MNI Board Member

Need fitness motivation? Now there’s a convenient gym in the heart of Mayfair where you can complete a personalized workout in 45 minutes. Introducing Koko FitClub, Mayfair’s newest fitness studio, located at 14th Avenue and Krameria Street in the Mayfair Plaza. Combining high tech cardio and strength training with nutritional advice, Koko FitClub takes the guesswork out of working out so you see results.

How it works

A typical workout starts with a minimum 15 minutes of high intensity cardio on an elliptical or treadmill machine. A digital coach takes you through an interval workout designed to be more efficient exercise than, say, a constant speed jog. After you work up a cardio sweat you move to the strength machines for a 30-minute, full-body session. This is where I thought the digital coach really shined. The screen on each strength machine shows you what exercise to do next, how much weight to use and whether your form is correct. Member Nel Lenhart was working out during my visit and she put it this way, “I don’t have to remember each exercise, the



Koko FitClub in Mayfair Plaza.

screen tells me what to do next and what my goal is.”

All of Koko FitClub’s machines have digital screens that provide a personalized workout based on your evolving fitness level. Members carry a USB drive that plugs into each machine, tracks their progress and compares it to their fitness goals. The cool motivational part is that you can look online to see your cumulative progress and how much stronger you’re getting. We looked at Nel Lenhart’s online page and it showed she has lifted 349,504 pounds since she started at Koko FitClub! Wow...that will keep you going!

Koko FitClub was founded in 2007 in Boston and now has locations all over the country. Of the seven locations in the metro area, only the Mayfair Koko FitClub is located in Denver proper. Jennifer and Kevin Mercado, a civic-minded couple that lives in Congress Park, own

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Wine Tasting continued from page 7

Dahleh and Victoria Williams not only catered, they attended as neighbors and mingled with the group. Located at 5709 E. Colfax Ave. (Colfax and Ivy), Phoenician has been voted “Best Mediterranean Food in Denver” and we’re lucky to have them so close. Please stop in and enjoy their food and thank them for their support of Mayfair Neighbors.

The central location of Avenue 8 encouraged many attendees to walk to the event. We all met new neighbors and caught up with old friends. If you haven’t visited this beautiful new addition to Mayfair, please stop by and meet their terrific leasing consultant Sara Miller. Miller would love to show you the amazing facility, complete with dog parks, rooftop deck and now, a wine tasting room. Thanks to the great neighbors who volunteered and made this event a success.

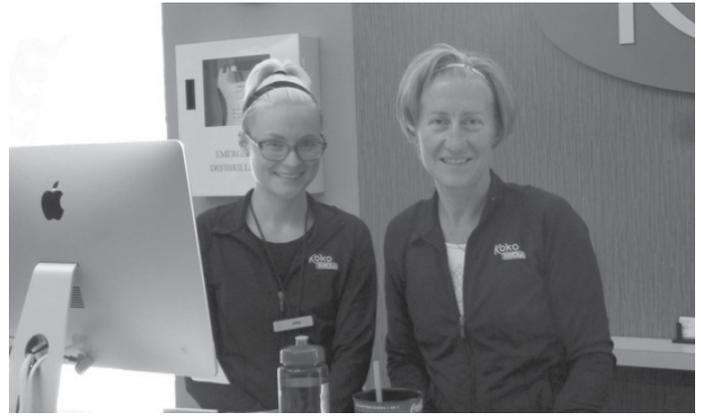
Koko FitClub continued from page 8

the Mayfair Koko. Both coached baseball and softball and have always stayed fit so when they decided to open their own business they wanted to focus on health.

Kevin hails from the software industry, so he was attracted to the Koko FitClub program because of its “smart” fitness technology. Jennifer worked in corporate America for years and was impressed with Koko’s broad appeal.

“Cardio and strength training is important your whole life,” said Jennifer, “it’s wonderful to be able to help people of all ages and backgrounds.” Koko’s machines are a great way to learn strength training, according to Jennifer, because they show you proper form and pace. Watching the machines in action, I would totally agree.

The Mercado’s picked Mayfair Plaza for their new club because of its convenient access, visibility and easy parking. “Most of our members want to get in and get out,” said Kevin. Inside, the studio is roomy and comfortable with cardio machines on one side and strength machines on the other side. Members come in and get right down to business. A personal, professional coach (and often one of the owners) is in the room, assisting and encouraging members during “staff



Koko Owner Jennifer Mercado (right) with one of Koko’s personal coaches.

hours” (see below). It’s designed to be an unpretentious environment with no mirrors or unnecessary glitz.

Koko FitClub is located at 6231 E. 14th Ave., in Mayfair Plaza and can be contacted at 303-872-8380. The gym is available to members 24 hours, 7 days a week. Staff members are available Monday-Thursday: 7 a.m.-8 p.m., Friday: 8 a.m.-4 p.m.; Saturday: 8 a.m.-4 p.m. and Sunday: 9 a.m.-1 p.m. Introductory specials are currently available.

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City Donuts takes Mayfair by storm

By Blaine Olsen, a Mayfair Neighbor

As many of you have probably already noticed, there is a new donut shop in Mayfair. Following much anxious anticipation, City Donuts opened on Oct. 4, to the delight of many in Mayfair who have been waiting a long time for their own neighborhood donut shop.

Located at 4918 E. Colfax Ave. (between Elm and Eudora), the shop is owned and operated by Saleh “Sam” Saleh. The shop is his second City Donuts location, the original being located in Aurora, at Sixth and Peoria. The donuts are handcrafted from scratch at the Aurora location and delivered fresh to the Colfax location each morning. Saleh usually starts work at around 9 p.m. each evening to get the donuts ready for the next day. He starts the process even earlier — like 1 p.m. — if it is the day before a busy weekend.

Saleh didn’t realize that demand would be so strong for his donuts on weekends, and the store promptly sold out of donuts before 8 a.m. on the first weekend it was open. He has made adjustments to meet that the demand so that donuts will be available throughout the day on weekends. Hours are 6 a.m. to 1 p.m., but he anticipates that this will change with time. He eventually would like to be open 6 a.m. to 6 p.m., but wants to do this only when he is sure he can be open for his customers.

The original City Donuts opened in October 2013, a short three months after Saleh was married to his wife in Washington D.C. Prior to that, Saleh honed his craft working for Winchell’s Donut House for 15 years, starting there shortly after he emigrated from Eritrea. He worked at Winchell’s with his sister and his wife and both helped him with the plan to open his own store. They opened the original location in an old Winchell’s Donut House location.

He decided to open the Mayfair location following a conversation with one of his loyal customers who would drive from Mayfair to Aurora for his donuts on a regular basis. The customer encouraged Saleh to consider opening his own shop in Mayfair. After checking out a number of possible locations on East Colfax, Saleh settled on his location between Red Octave and Chop



Above: City donut owner Saleh “Sam” Saleh.



Left: Donut selection at City Donuts.

Shop Casual Urban Eatery and across from The Elm. He was interested in the Colfax location due to the large number of new businesses going in, including the aforementioned restaurants, Nuggs Ice Cream and the Abbey Tavern. The new shop is not the only recent change in Saleh’s life as his daughter was born a mere five days before the shop opened.

The shop offers traditional raised donuts, cake donuts, old fashioned donuts and a number of fancy donuts, including maple bars, cream- and jelly-filled donuts and cinnamon rolls, bear claws and fritters. It serves freshly brewed drip coffee rather than espresso drinks, which Saleh prefers to leave to other local coffee shops nearby. I sampled a number of the donuts on multiple recent research trips to City Donuts and found its freshly handcrafted donuts to taste delicious. The raised variety were deliciously chewy and the cake and old fashioned donuts had the right degree of slight crispiness on the outside with a moist center. The specialty donuts are delicious. The bear claw was a delight with its cinnamon topping and apple filling. All of the donuts were extremely fresh.

The next time you have the desire to try some fresh donuts (tomorrow if you’re like me) stop by City Donuts on Colfax and find some of the best donuts that Denver has to offer.

Red Octave brings new twist to Italian on Colfax

By Abby Robertson, a Mayfair Neighbor

Mayfair continues to attract great new businesses to our neighborhood. The two-block section on Colfax from Eudora to Forest has added multiple new businesses in the last two years, from the Abbey Tavern, Chop Shop and Nugg's Ice Cream to Belcaro and, now, the Red Octave. Red Octave, an Italian restaurant with a



Red Octave music stage and lounge.

sports bar, has something unique to offer Mayfairians - live music. If you have ever done an après ski evening at Vail's Red Lion, you know what I am talking about. Owner and musician Phil Long decided that the Colfax corridor was in need of a place that offered great food, great drinks and great music. You will find its patio to be spacious and its main dining room quiet and comfy, while the bar is like an upscale sports bar with its own separate menu. It's like it has three dining options. The bar hosts Phil's band on select weekends during the year. They play all the classic sing-along covers from James Taylor to Neil Diamond. You can also watch as much football as you desire on the NFL Sunday Ticket.

We haven't even discussed the food - Italian cuisine. Phil's Executive Chef and partner, David Burton Sanchez, has created some delicious twists to traditional Italian dishes. On the bar menu you can find a shrimp slider or a Colorado Dog, which is a Vienna wrapped in smoked bacon, bacon jam, pico, and ghost chili cheddar cheese. Yum! Or there are other unique choices like Smoked Trout Polentini. The dinner menu offers Italian classics like spaghetti and lasagna along with dishes like Conchiglie (carbonara pancetta, smoked bacon, sweet peas, pork belly), or their Torchietti (fresh sage and pumpkin seed pesto, grilled chicken, sicilian olives, tomato). If you want to splurge, you can choose a nice cut of Beef tenderloin, prime beef rib eye or lamb chops, but the prices on these were a little out of my price range. The braised short rib, lamb shank and a veal picatta were incredible. You can find a good glass of wine too. I find it difficult to find a bar with multiple wine options on East Colfax. Most establishments have limited selections or just a house wine. Red Octave has an extensive menu from by-the-glass options to a bottle

list. It also has a selection of light beers on tap. The price is slightly higher than what we are used to but is well under the prices of the prior Cork House restaurant. I should note that Phil purchased the donut and florist shop next door as well. He truly believes that Mayfair is growing. Let's keep supporting our local businesses to help our neighborhood continue to grow. Cheers!

Red Octave is located at 4900 E. Colfax Ave. It is open from 11 a.m. to midnight and offers a weekend brunch too.

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A winning formula

By Chris Ringwood, MNI Board Member



Last spring, I set out on a search to maintain some of the fitness goals that I'd started while working with a personal trainer in the winter. I wanted the facility to be close and have a wide range of hours, but also not be a 'meat market,' where socializing and grunting is the focal point of the workout. I did the obligatory three-day trial at a place that is open 24 hours and, while the hours were unbeatable, it completely missed the mark on my other needs. On the way home from work one day, I turned the corner past Trader Joe's and opened my eyes at the shops along Eighth Avenue. It was there, on the corner of Eighth and Albion, that I saw the 'Formula Fitness' sign and decided to check it out.

The website (www.formulafitnessstudios.com) seemed to have everything I was looking for, but perhaps it was too good to be true. So I contacted the proprietor, Kevin Hodgson, to get more information and take a tour. Kevin is the owner of the roughly 800-square-foot gym and offers a no-contract membership that utilizes a keyless

entry so that you can use the gym when you want to. His philosophy is to provide an impeccably clean, convenient and safe neighborhood gym experience. In addition to the no-contract monthly memberships, he also offers multiple packages for private and semi-private personal training sessions allowing for the right package that fits your budget. The by-appointment private personal training offers a variety of hours to receive individual, private instruction without the hassle of others being in the facility.

When I went in, the first thing I noticed was that the facility was extremely clean. There were two bathrooms with showers (for those getting a workout in before or during work hours) and not a speck of dust on the floor. In terms of equipment, there were two elliptical machines, a stationary bike and a treadmill for cardio-philes. There also is a bench press station, smith machine bench press, multiple leg machines, a full rack of dumbbells and a large rack of pulley and pin weight stations. It was not a maze of machines and people, but rather the feel of having a really good personal workout studio.

After the tour and hearing Kevin's philosophy, I signed up that day. One thing I appreciated, after being other places, was the fact that Kevin didn't try to sell me something that I didn't want. While he does offer and perform personal training, program design, body fat testing and nutritional counseling, it wasn't a car-sale type experience. I only paid for what I needed and continue to do so a month at a time.

I considered not writing this article, mostly for selfish reasons. I love the fact that when I go to work out at 8 p.m., I am the only person in the gym. I've run into only a handful of other people over the summer and they always look surprised when someone else was in at the same time, as they have come to enjoy and expect the low-pressure nature of their workouts. At the same time, I want to support Kevin and ensure that I have this great place to go to for the months and years to come. So, maybe this year, before the New Year's resolution fad hits, do yourself a favor and take a tour and sign up today. See you there.

Contact Kevin Hodgson at 303-909-7344 or send an email to formulafitnessstraining@gmail.com.

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With 10,000 Baby Boomers turning age 65 each day, the need for assisted living continues to grow. Assisted living is designed for people who need assistance with meals, medication management, bathing, dressing or transportation. It was originally conceived as an alternative to the traditional nursing home, but it's so much more than that. It's a place where people continue to live and continue to grow.



*Sara Wright,
Rosemark executive
director.*

We know that people need people. A sense of belonging is a basic human need, no matter what age. No matter what phase of life. And being part of a community becomes even more important as people age. While many people hold on tightly to their homes and their familiar way of life, there can be significant negative consequences. As people age and begin to experience health or cognitive challenges, it becomes harder and harder to get out and engage with the world. They become isolated. Studies show that isolation and loneliness lead to a higher incidence of illness, cognitive decline and even a higher mortality rate.

Assisted living provides the setting and the support needed to continue to engage with people and with life. Moving to such a community can, quite literally, be a life saver. It's even better when that community is part of a familiar neighborhood, where older adults can continue to shop at their favorite stores, travel familiar walking paths and maintain connections with neighbors and friends.

That's what is so great about Rosemark coming to the Mayfair Park neighborhood. Indeed, the neighborhood was a key factor in the decision to build the community. Owners and developers Anne Rosen and Mark Cytrynbaum thoughtfully selected Mayfair to build their vibrant, person-centered care community.

"Rosemark at Mayfair Park is built with our own families in mind, a place for our parents. But really, we also are building it as a place we would want to live some day. The quiet idyllic neighborhood that is delightfully close to downtown, shopping, cultural centers and, of course, medical excellence with Rose [Medical Center], really there wasn't a better place than Mayfair. We've been welcomed and embraced from the start of building Avenue 8 Apartments and now with Rosemark."

The location is perfect. But the thoughtful, intentional planning didn't stop there. This community is perfectly

designed for the continuation of a full and engaged life. People are so different. One size doesn't fit all. This community has something for everyone and is designed to support residents in engaging in the physical, social, intellectual and spiritual components of successful aging. From the art studio to the workshop to the theater and library, all can pursue their passions. An on-site fitness center and therapy services will keep residents active and thriving. All together, the community boasts 33,000 square feet of space dedicated to community living – there isn't a living room or family room around this large, yet that is what people are gaining when they

make Rosemark their home. Knowing that a connection with nature is so important, the community will feature beautiful gardens and outdoor areas. Residents have 88 light-filled apartment homes in five different styles to choose from; all designed to make residents feel pampered and secure in a private retreat with amazing amenities just outside their door.

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Rosemark continued from page 13

Building on the foundation of well-planned design, Rosemark has hired a team of seasoned, innovative professionals who are passionate not just about caring for older adults, but about empowering and supporting them on their journey. Sara Wright, executive director of the community, will set the tone for the culture of the community.

“I am thrilled to be a part of such an incredible community,” said Wright. “We are a team whose goal is to create a community that maintains the dignity and respect of each resident all while instilling a sense of purpose and the opportunity for growth for each person we serve. From the other highly experienced department directors and nurses, to our devoted housekeepers and patient care partners, we all aspire to give our residents a home in which they are encouraged to grow and flourish in new ways.”

Wright and the Rosemark team, which includes long-time Mayfair friend Patty Halfon as outreach



Rosemark Owners and Developers Anne Rosen and Mark Cytrynbaum.

coordinator, are dedicated to providing excellence in customer service and hospitality and creating a vibrant culture where everyone can be their best.

Specialized assistance for those living with Alzheimer’s disease and other related dementia is paramount, as the prevalence of these diseases is growing. Wright is experienced in supporting people living with dementia and is a PAC (positive approach to care) trainer. The PAC approach focuses on responding to a person’s change in cognition in a positive way, understanding that “responding” rather than “reacting” leads to much better outcomes for all.

So often people only see the decline that comes with Alzheimer’s disease and other types of dementia. At Rosemark, we focus on what is still possible and build on the gifts and abilities that the person living with the disease possesses. The engagement of family and friends is critical to the well-being of individuals living with dementia. Family and friends will become part of the Rosemark care team learning and growing together to best support their loved ones.

Rosemark at Mayfair Park will be operated by CLS, part of the senior living organization that has owned and operated highly successful retirement communities, including Clermont Park, Holly Creek and Someren Glen, in the Denver area for more than 43 years. Assisted Living apartment homes start at \$4,500 a month and Memory Support apartment homes start at \$6,190 a month. Everything is included except phone service.

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When Should I Put My Home on the Market?

By David Bromberg, a Mayfair Neighbor

After the question “how is the market?” the second most popular query is “when should I put my home on the market?” The short, simple answer is when you are ready to sell.

The right time to sell your home is when you need or want to sell it. There are many reasons why people sell their homes: move-up, move-down, relocation, divorce, etc. Sometimes you have a choice and sometimes you do not.

There is seasonality in the market, but supply and demand tend to move together so there is not a “best” time. Historically, most sellers put their home on the market in the spring or early summer, planning to move when school is out of session. There are lots of buyers out at this time, many serious and many just looking.

Fewer sellers put their home on the market late in the year (around the holidays) and some homes that have been on the market are taken off during this time (not wanting the added burden of keeping the home in showing shape during the holidays). The buyers that

are looking during the slow period are typically very motivated and need to buy a home.

Over the past few years, the declining inventory during the busy spring/summer selling season has created a “seller’s market,” which has pushed prices higher. That has been good for the sellers except for the fact that they may also be buyers looking for a replacement home. The prospect of being a buyer in a heated market has kept many from putting their home on the market, which keeps the inventory down (I’ll provide details in my next article).

Once you make the decision to sell, it is time to get ready. Your REALTOR will work with you to set a listing price based on comparable sales in the area. The marketplace will determine the home’s value. Also, you should strive to create an inviting setting that will make buyers want to call it home.

If you plan to sell your home next year, now is the time to start preparing.

David Bromberg is a licensed REALTOR



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There's something egg-citing happening in the city

By Jean Bolling, MNI Board Member

Free range eggs anyone, from your own backyard? It's been a few years now since Denver changed the laws to make it easier for homeowners to raise chickens on their property. As of June 2011, Denver allows each lot to have up to eight chickens or ducks and two dwarf goats. These must be females, although there are some exceptions for newborn male goats and neutered goats. No roosters are allowed in the city. The Denver Animal Shelter at 1241 W. Bayaud Ave. (near Alameda and I-25) issues a one-time license for \$25. Apply in person and bring your driver's license. Once you have your license, make sure you have the space and adequate housing for your animals (ie. a coop), food, water, straw or wood chips and time to both clean out the coop and time to enjoy watching them.

As many folks have embraced growing their own organic vegetables and fruits, so do some folks



Eggs in a nesting box.

appreciate raising their own hens and enjoying the eggs they lay. In talking with a few chicken owners in the Mayfair neighborhood, most have some roots in farming or chicken raising from their youth, but a few are new to raising hens. You may live close enough to someone with chickens to have heard their familiar cackling (ie. bragging) after they lay an egg. We have one Black Astralorp hen that hasn't learned the art of humility and can be heard going on a tad longer than her sister hens care to tolerate. They will give her a good peck on the head if she doesn't quiet down after a minute or two. The well-known saying "the pecking order" is definitely a reality in the hen world. Each hen knows its place and if it forgets, another hen is ready to peck them back into their place. Most of the time, they all know the pecking order and get along just fine. They are very comical to watch. Hens are constantly on the lookout for something to eat, and they scratch in the dirt or the grass all day long for bugs, worms, grass, leaves and any veggies you throw at them. They are also easily excited and if anyone remembers the movie *Chicken Run*, they are always under high alert, sure danger is around every bend.

Predators

One of the biggest dangers and concerns with owning chickens is keeping predators out. As some neighbors of ours learned a month ago, there are still foxes around. They went out one morning to find the fox had made his way into the coop and their two hens were no more. My husband and I went out one morning to find black

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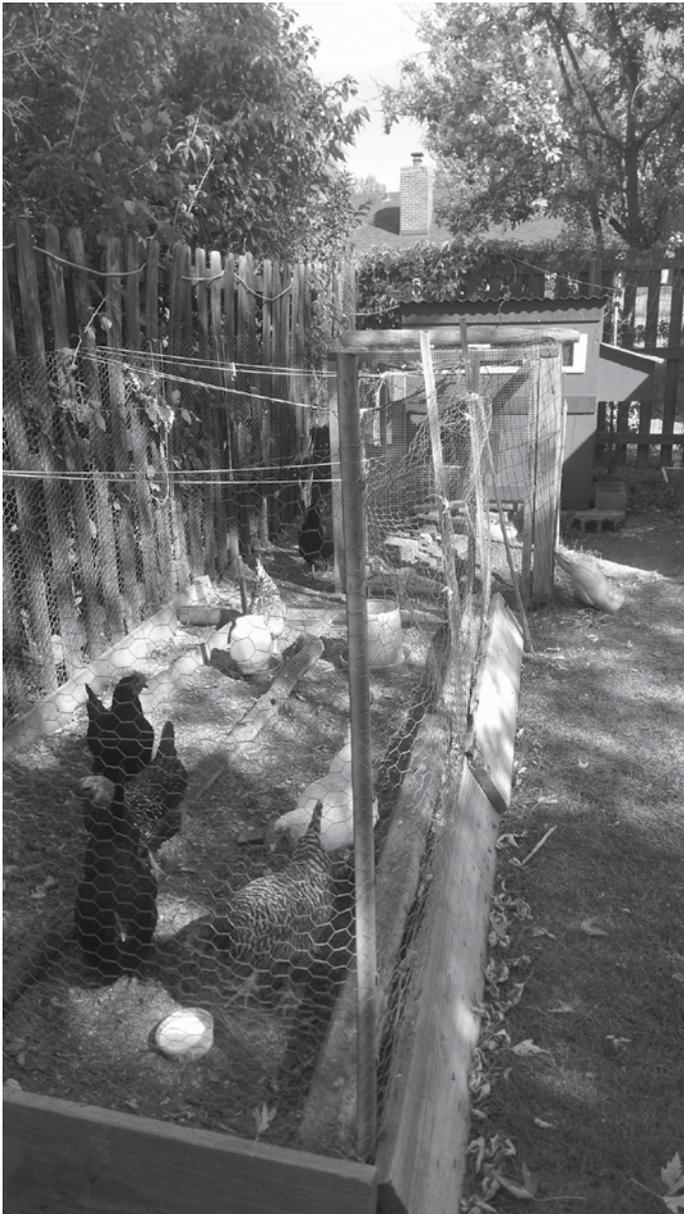


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Chickens in their run.

feathers all over the yard. As we picked them up, we could smell the distinct odor of skunk, another prime predator of chickens. Raccoons and cats will also kill a chicken. So make sure to lock those coop doors at night and don't let your hens out too early in the morning either. Our neighbor tells us a coyote has been seen a few times running east along 12th Avenue between 5:30 a.m. and 6 a.m. A coyote would make short work of your hens.

Daylight for eggs

Regarding those eggs, well, most hens will lay regularly for two years, but after that it will become quite sporadic. Regular means each hen will lay an egg daily, maybe some every other day. But once they reach the age of two it decreases. Egg production is also tied to the amount

of light exposure they have. Chickens need 12-13 hours of light each day to keep up production. In the winter, with the shortened days, egg laying can become scarce if a light source is not added for a few hours in the evening and again around 6 a.m. when it becomes light outside. Chickens can live a while, but most are very susceptible to disease and it can be hard keeping them alive for two years, as we found out.

Although Denver passed the law allowing up to eight hens on a property, some people do not abide by the rules. Some may have a rooster or more than eight hens or ducks, or the structure that houses them may be too close to a neighbor's house. If you have a justifiable complaint, you can call the Denver Animal Shelter to request an inspection. The inspector will set a time to come out and determine what changes needed to take place, if any, to comply with the regulations.

Raising hens is not for everyone. It requires time, expense and energy but can be worth it. To find out more about the ordinance, and what is needed to raise hens, ducks or dwarf goats, go to Denvergov.org and search for food-producing animals. Click on that link and it will take you to the page with all the information you need to start your own source of cage free eggs. And, of course, the entertainment that watching hens can provide.

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Welcome to the Mayfair Neighbors Board Anne Delphia!

By Sara Visser, MNI Board Member

Anne is one of the newest Mayfair Neighbors Board members and has quickly jumped into the mix as our secretary. Born at Mercy Hospital in Denver and the fifth of eight children, Anne grew up in Congress Park - just a stone's throw from Mayfair.

"These days, Congress Park is considered a 'rich' neighborhood," Delphia said. "Back then, it was lower-middle class with a lot of large Catholic families. Everyone I knew had five, eight, 13 kids."

Most of her siblings still live in Colorado, although one is in Mexico and another in Casper, Wyo. "I'm in touch with all of them, especially as the family grows," she said with a smile. "I have grandnieces and grandnephews who live in the south Denver suburbs and we get together for holidays."

A life in sales

Anne's professional career has always focused on sales — the variety and independence suits her. In fact, her first job was at Westword when it was still considered an "underground" publication. "It was just so much fun. I loved it," she said. "It was a fast atmosphere. I was young and it was exciting to be at a non-established newspaper that was always working against the establishment."

After brief stints in San Francisco and Kentucky for career opportunities, which had shifted to health care sales, Delphia moved back to Colorado and Mayfair in 2010. "When you're from Colorado, you don't go for that kind of weather," she said about the often cloudy skies in both of her transplant cities. "I missed the sunny days."

You may spot her in the 'hood walking her two miniature pinschers, Juko and Jango, both of whom she rescued from the Colorado Miniature Pinscher Rescue. "What's unique about this breed is they have a puppy kind of characteristic that they don't grow out of — that puppy kind of love," Delphia said.

Neighborhood connections

Walking Juko and Jango is one of her favorite thing to do in Mayfair. "People first connect with the dog and then with you. Walking gives you a whole different experience," she said. "When I go for a long walk, I connect to the cool neighborhoods that surround Mayfair, like Montclair and Hilltop. They all have their own look and I like to explore them and get ideas for my own home."

Delphia's other passions include hanging out with friends, cooking — "I make a killer bolognaise sauce!"



Anne Delphia with Juko and Jango.

gardening — "I designed my own garden and am so surprised when friends say how much they like it!" and reading, mainly listening to books on websites like audible.com. She describes herself as a "voracious" reader and her favorite genre is nonfiction. Anne has a goal to read about every U.S. president and she's about halfway there.

"I'm most impressed with FDR, although I don't necessarily agree with his politics," she said. "Although he came from the wealthy class, he had a lot of obstacles in his way...and even with his painful disease, he persevered to become a great president. He worked hard to overcome difficulties."

Another favorite is John Adams, with whom Delphia says she identifies most. "He and his wife were voracious readers who educated themselves," she said. "He was amazing - he doesn't get the accolades Lincoln and Jefferson got, but he sure put in the effort."

Currently, she is reading two books, although she may have finished them and more by the time you read this. "Killing Reagan," by Bill O'Reilly and Martin Dugard, is about Reagan's life, focusing on how the assassination

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Another year, another opportunity to show your generosity

By Hillary Barrett Osborne, a Mayfair Neighbor

We are again hosting a food drive for Metro Caring this Nov. 30-Dec. 13. For those not yet familiar with Metro Caring (formerly Metro CareRing), they advocate for solutions to hunger and poverty and help provide food and basic supplies to those in need.

Currently, the top food items needed by Metro Caring are: peanut butter (any brand, smooth/creamy), canned veggies (corn, green beans, peas), canned fruit (peaches, pears, mixed fruit), beans (black, pinto, refried), canned tuna (in water), entrees/soups (canned chicken, chili with beans, vegetable soup), and breakfast items (whole-grain cereal, instant oatmeal, breakfast bars) - with whole wheat, low sodium and low-sugar options preferred. Of course, other donation items are also appreciated and accepted.

“Whether it is a can of fruit from your pantry, vegetables from your garden, or a carload of toiletries, your donation is gladly accepted and distributed to people struggling to find their next meal,” according to Metro Caring.

Delphia continued from page 18

attempt affected him and made him a better president. And she’s reading “Amerika,” by Franz Kafka, for her book club, which focuses on fiction by classic authors.

Delphia became involved with Mayfair Neighbors, Inc. (MNI) because our president, Merritt Pullam, encouraged her and she wanted to make Mayfair a safer, stronger neighborhood. “At first I joined the Board out of my friendship with Merritt and now I’m there because I admire the other Board members. I’ve made new friends and I understand the goals of MNI and can hopefully help reach them.”

Community

She highly values Mayfair’s feeling of community and welcoming neighbors. When her 18-year-old niece visited recently, she mentioned that her aunt seemed to know everyone. “It’s a nice thing,” she said. “Everyone wants to know everyone. It’s cool – I feel safe and connected here.”

If you would like to help make a difference, please take your non-perishable food donations to one of our neighborhood drop-off sites from Monday, Nov. 30, to Sunday, Dec. 13. This year our drop-off sites are: King Soopers (at 14th and Krameria) and Nicholson Cleaners (at Ninth and Jersey). All donations will be picked up by Metro Caring and taken to those in need.

For additional information on Metro Caring, or if you would prefer to make a donation to them directly, you can visit them online at: www.metrocaring.org/get-involved/support/support.html.

Denver’s road home – finding warmth during the coldest months

In case you encounter anyone in need, those looking for a safe and warm place to sleep at night should call Mile High United Way at 2-1-1 (M-F 8 a.m. to 5 p.m.) to learn how to get connected to shelter. In addition, Metro Crisis Services can be reached at 888-885-1222 24 hours a day for those experiencing mental health and substance issues.

If you are looking for additional ways to help, many day and overnight shelters need new or gently used coats, gloves, hats, socks, blankets and toiletry donations. For more information, please visit www.denversroadhome.org.

Support local young entrepreneurs

This year’s Young Entrepreneurs Marketplace dates are rapidly approaching. With more than 150 youth businesses participating, you’ll be sure to find unique holiday gifts for the entire family. Plus, you’ll be supporting lots of budding business owners.

This year’s Marketplace schedule:

- Saturday, Dec. 5, 2015, from 10 a.m. to 2 p.m. at 3550 E. First Ave., in Cherry Creek (Denver)
- Saturday, Dec. 12, 2015, from 10 a.m. to 2 p.m. at 401 S. Pierce St., near Belmar (Lakewood)

All products are handmade and personally sold by the owners. You will find beaded jewelry, greeting cards, bath products, home-baked goodies, artwork and unique gifts for everyone on your list. Each Marketplace will feature different entrepreneurs, is free to the public and has free parking nearby.

Councilwoman Mary Beth Susman



Mary Beth

A few weeks ago I held a town hall with special guests Dr. Mark Gelernter and Ken Schroepel, both with the University of Colorado Denver Architecture and Planning Department. They shared a wonderful presentation on “Walkable Urbanism” in the context of the challenges faced in Denver and in neighborhoods like Mayfair.

Walkable Urbanism is a school of thought that promotes neighborhoods that are easily traversed on foot or bike. They contain a range of housing and employment opportunities and seek to offer many things a person might need in their daily life in close proximity, as well as connections to local and regional transportation systems. The development at 9th and Colorado is an excellent example of such a neighborhood as it will be a true live, work and play community. Indeed, Mayfair is blessed with some of these amenities from its early origins, like the shopette on Jersey and the Mayfair Plaza at Krameria.

Demographic forecasts predict Colorado could see 2 million to 3 million new people move to our state over the next two decades, with most of them settling in the metro region. This will put additional burdens

on our roads, our transportation systems, our housing stock and concerns about car traffic. We need to create communities where people can easily choose non-car options at least for a few trips in their daily life.

Ideas presented spoke to how neighborhoods like Mayfair can be made more people-friendly. First, we would be better served with improved intra-city transit. Expansions of convenience and coverage areas provided by the new ride companies such as Car2Go, Bridj, Uber and Lyft can help improve first- and last-mile connections. Mayfair can also benefit from an improved network of sidewalks and bike lanes. We can also discuss together whether to consider the opportunity for adding zoning allowances for Accessory Dwelling Units (ADUs) in our established neighborhoods. Known as “granny apartments” sometimes, they can provide extra housing opportunities for our college kids, aging parents and the like, and increase affordable housing, without changing the character of a neighborhood.

Dr. Gelertner and Professor Schroepel helped us to see Denver’s challenges and responses to our growth that can be turned into opportunities.

Yesterday I attended a conference that visualized a world with driverless cars. It was overwhelming, and they are going to be market ready in the next five years! I’ll write more about that in the next edition.

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Palmer Elementary receives personalized learning grant

By Dr. Paula Bieneman, Palmer Elementary School Principal

Palmer Elementary School is a school on the move. At our last Mayfair Neighbors' meeting, I shared the good news that our school is moving forward in the Personalized Learning cohort. That's right; we received the grant funding our team has been pursuing this past year. The work we have done as a school community is designed to support our vision of personalized learning.

At Palmer, we believe that every child deserves an education that empowers him or her to "create" knowledge through critical thinking, to innovate, to discover and to design. For students to create knowledge, we realize that learning cannot be a one-size-fits-all endeavor. Last year, we sought to answer two key questions:

1. How do we want all Palmer students to think about knowledge?
2. How can Palmer Elementary provide all students with access to valuable knowledge and the opportunity to create knowledge?

As we considered these two critical questions, we realized that our beliefs did not align with our current practices. So we set out to change our practices. For our school to realize our vision, our Palmer design team understood that we needed to design and implement a personalized learning model that will nurture that individual genius in each of our students by focusing on three key initiatives: blended learning, competency-based education and project-based learning. We are now in our Year One rollout, going from pilot to scale with our efforts.

Involved community

Because our school enjoys the support of involved parents and community members like you, we have successfully piloted our design and secured the resources to scale up. In addition to an active PTA and Collaborative School Committee, our school is supported by a Palmer Volunteer Program with more than 50 trained volunteers, a Parent Marketing and Communications

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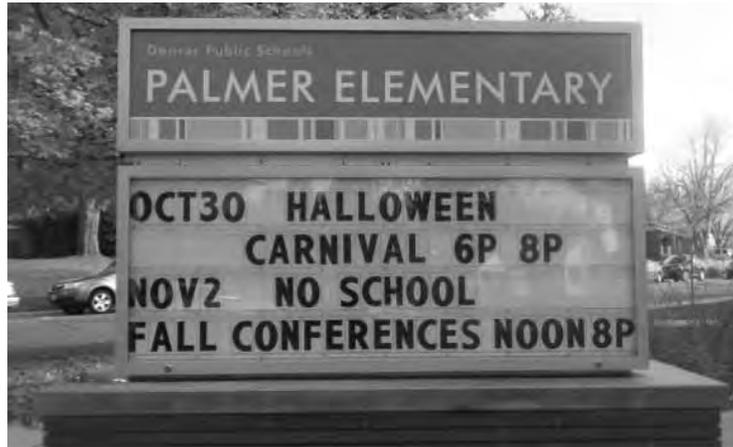


Palmer continued from page 21

Committee (Marcomm) and a Parent Safety and Security Committee. As a result of a community effort last year, the PTA funded the purchase of 25 Chromebooks and 25 iPads to support our personalized learning model. This summer we received an additional 116 Chromebooks through our grant. Palmer students now benefit from a 1:1 student to device ratio, allowing them to leverage technology and implement blended learning schoolwide. We can now ensure that all of our students are advantaged by a technology-rich learning environment.

Excellent education

At Palmer, our vision is a community where every child receives an excellent education without exception. Our school is a dynamic, learner-driven place where



New Palmer sign finally in place after fundraising success. See General Meeting story on page one.

the school, staff, and curriculum adapt to each students' needs, interests and competencies, based on real-time qualitative and quantitative data.

Achievement at Palmer will no longer have a ceiling or a floor as we shift from a graded level, industrial model to one that responds to student curiosity and needs. By creating and supporting personal learning paths to move through

competency-based curriculum, we will continue to meet each student where s/he is and support their learning on their terms.

Palmer promise

Last year we unveiled our Palmer Promise — to provide an excellent education to every student, without exception. Moving forward with our personalized learning grant will fulfill the second tenet of that promise, our commitment to embrace innovations that will inspire our students to engage meaningfully in the world around them. We hope you will stop by to learn more about blended learning at our school. Our teaching team and our students would love to share what they are learning with you!

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