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NEIGHBORHOOD Notes

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Sweat Den, Tikka & Grill Joy Hill, Kolacny Music Louisiana Pearl Construction

DUTCH ELM Disease

PLATT PARK'S Living XMAS tree

UPDATES FROM DECKER LIBRARY DISTRICT 7 3PA AND LOCAL SCHOOLS



Building a Healthy and Functional Immune System



W W W . 3 P A . 0 R G





Winter is upon us, which means it's time to start roasting those chestnuts on an open fire. (Please note however open fires are generally banned in Denver, unless you obtain permits from both the Denver Department of Environmental Health and the Fire Prevention and Investigation Division.) Jack Frost is likely nipping at your nose, so it might be time to get that furnace looked at, the one that hasn't been serviced in God-knowshow-long. But then you discover that Jack has done a number on your furnace one frosty night, and no service company can get to it for at least 48-hours. It's also probably time to brush up on some Yuletide Carols to be sung by the aforementioned fire that is technically illegal—but nonetheless, happy holidays!

New "Den" opened on Pearl! What? Another addition to the Sushi, Ototo, Izakaya, and Densu Dens? Nope. Well sort of no. This Den has nothing to do with food or the Kazaki brothers, unless of course you need to work off your own personal sushi roll. Sweat Den at 1804 S Pearl Street opened their doors on October 7. It is a center that offers in-person and on-demand fitness classes to people looking for a good sweat.

During the pandemic, Platt Park residents and owners, Kelsey and Ross Sheahan, began a fitness business that featured online workouts they created in their home. From there, the business grew steadily to the point where they were ready to open their flagship store in the home of the former Mayu Meditation Center. Now, you can join Kelsey and Ross in-studio for a variety of workout formats that are offered daily. Sweat Den also offers access to an expansive library of online workouts for members on-the-go or for those wanting to squeeze in a quick workout at home. Kelsey said, "Our mission is to inspire those around us to become the greatest version of themselves by taking control of and investing in their own health and wellbeing centered around a culture of passion, purpose, grit and gratitude." Learn more by visiting sweatden.com or, heck, get some exercise and just drop by.

The holidays are a great time for a couple post-pandemic feel-good success stories. I popped into Tikka & Grill (1300 S Broadway) the other day for dinner. In May 2020, we highlighted the unfortunate timing of Tikka & Grill's opening in April of that year, which happened to coincide precisely with the COVID-19 shutdown, casting a shadow over their launch. They forged ahead regardless, and I'm happy to report they seem to be thriving. After a great dinner at Tikka, it's clear that the restaurant has firmly cemented its presence on the bustling corner of Louisiana and Broadway, with a constant stream of takeout customers and diners walking through its doors. If you've never ventured over and like Indian-style cuisine, give it a try. Delightful staff and ownership I might add.

The timing for Joy Hill at 1229 S Broadway was even more unfortunate than Tikka's, as they opened on March 2nd, just three weeks before the shutdown began. On a recent fall



Construction impacting businesses on Louisiana and S. Pearl

afternoon, I went to a happy hour on their rooftop patio, overlooking the mountains. I enjoyed one of their signature pizzas, a pepperoni-roll appetizer (amazing), and a couple cold brews on tap with friends. The restaurant was buzzing with activity, and it appears to have achieved considerable success. In fact, it has earned recognition as one of Denver's top rooftop dining spots, according to eater.com.

I have been doing all that I can do to support the restaurants most affected by the construction at Louisiana and Pearl Street by hitting up Duffeyroll as often as I can, downing coffee at Nixon's, and pounding chicken from Chook. How about you? Hoja, just north of Duffeyroll on Pearl made the decision to just close and wait out the construction. Stay tuned to Hoja's website for news about when it will reopen after construction finally ends. In addition to all the new streetscaping (looks nice), the city is finishing up the storm drain system they began in Platt Park about ten years ago. The project should be wrapped up early in 2024. In the meantime, do your neighborhood merchants a favor by devoting a portion of your holiday weight gain to eating out at venerated Pearl Street faves.

Farewell to Kolacny Music at 1900 S Broadway. This fall, the long-standing business finally closed their doors after 93 years. Kolacny Music was founded by William Kolacny in 1930 and remained in the family's ownership until closure. Current owners and siblings, David and Donna Kolacny, determined the time had finally come to close up shop, selling the building for \$1.5 million. That was an amazing run. No word yet on what the future holds for the site, but we'll keep you posted.

I went to yoga the other day. That may sound unremarkable to many of you who regularly partake in the pretzel-twisting ritual, but for someone who's flexibility tends more to be like a surfboard, I've not always found such to be my thing. Enter Yoga Box which newly opened at 1947 S Broadway, offering three free sessions to entice people like me in to give it a go. Great space, helpful staff, and the instructor was encouraging. I liked it. Who knows? In a few months, my favorite pose might advance from Shavasana to Bakasana. Check out all their offerings at yogabox.com/south-broadway/.

From my desk, along with the faithful staff at the Platt Park Post, 3PA board, and the South Pearl Merchants Association, we wish you all a wonderful holiday season. May it be filled with good times, rich friendships, love, and laughter.

See you around the neighborhood,

Tom Snyder

WELLNESS IN WINTER

As we enter the holiday season and following winter months, the excitement of festivities, romance of cooler weather, ski season, and hot cocoa are staples for many of us to look forward to and prepare for. A less desired characteristic of entering winter is the associated illnesses that seem to prevail. It's a rich conversation in my office, regarding what we can do to prepare our bodies to be resilient and to stay well during the winter months. Other than getting the flu shot, here are some other easy and proactive ways to build and maintain a robust immune system in the winter.

An important piece to proactively building a healthy and functional immune system is to understand that it takes time for the body to digest exogenous vitamins. Taking vitamin D, C, zinc or any other well-known supplements when you're already ill isn't as effective as integrating them into your daily routine weeks or months in advance.

I like to keep things easy, simple, and effective for my patients. What are the best vitamins to add to your day, and what other practices can you take on to reduce the likelihood of dealing with inconvenient, winter-associated sickness?

First and foremost add vitamin D3/K2. Vitamin D functions in the body as a prohormone for many physiological processes. It is essential for proper function of the immune system. Supplementing with vitamin D is a slippery slope, because your body produces endogenous (made from within) vitamin D with enough sun exposure. Getting enough sun to generate the required amount of vitamin D in Colorado in the winter, is nearly impossible. I recommend that all individuals supplement Vitamin D3/K2 from October through April. And in the warm weather months, focus on getting plenty of sun, so the body isn't always reliant on external vitamin D. If you are supplementing vitamin D, your body is not making it. It is also important that both D3 and K2 are both in the supplement, as K2 is required for the activation of vitamin D in the body. My go-to vitamin D supplement is made by Thorne. It is available online and affordable.

Vitamin C is also an important player in immune system health. Fortunately, it is easier to consume through food and doesn't necessarily require supplementation. A daily citrus food is enough to get your vitamin C intake. Bell peppers, spinach, kiwi, and parsley are a few other satisfactory sources of vitamin C. I believe, whenever possible, we should try to meet our body's nutritional needs through consuming whole foods. This is an easy one to execute without needing a vitamin C supplement.

Zinc is another big player in immunity. Zinc is a key in mediating intercellular communication. The relationship between the immune system and zinc is complex, but it is factual that zinc is required for healthy immune function. Incorporating high quality shellfish and meat are the two best ways to get zinc through food. Legumes—including lentils, beans, seeds, and nuts—are also sources of zinc. If one needs more or isn't consuming enough of the aforementioned foods, I recommend Cymbiotika's zinc supplement, available online. A few daily practices can also support immunity. When the sun is out, it's always a good idea to get sunlight, ideally for 30 minutes minimum without sunscreen or sunglasses. Sunscreen and sunglasses block the sun from entering the body, therefore limiting the body's ability to make vitamin D and regulate hormones.

Be mindful of your sugar consumption. This is tricky with the holidays around the corner, but sugar is an antagonist to virtually all normal body function. It reduces immune function, therefore being selective about indulging in it is always a good choice.

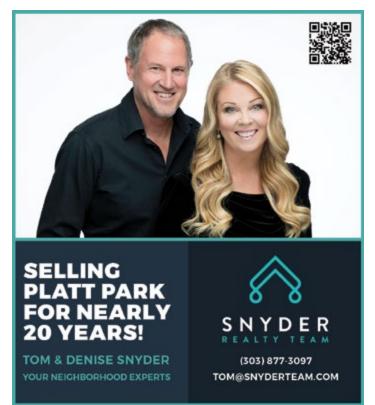
Another easy practice is cracking the windows in your home, when the weather allows, for fresh air circulation. One big reason for illness in winter—aside from less time outside and less sun exposure—is existing in the same stagnant air. Fresh air does the body good.

Arguably the most important habit to build (in winter and otherwise) is getting enough quality sleep. Create the intention to go to bed around the same time nightly, ideally before 10:30pm. Eliminate the use of electronics (phone, TV, computer, etc.) a minimum of 30 minutes before bed. And strive to get 7-9 hours of sleep as often as possible.

Lastly, participating regularly in a form of bodywork that supports neurological resilience also creates dependable immunity. Some staples include chiropractic care, acupuncture and lymph massage—among others.

There are many other habits and supplements that one can take to stay well. These happen to be my staples and what I believe gives you the biggest bang for your buck. Make wellness a priority for you and your family during these winter months, and you'll be pleasantly surprised with the outcome.

Maggie McGinnis



LUCKY DISTRICT 7 Councilperson's UPDATE

The 2024 Denver City Budget has been approved after a long process between the Mayor's office, City Council, and the public.

Mayor Mike Johnston presented his proposed budget for 2024 in September. Council members had the opportunity to submit budget proposals for items they wanted to include or additionally fund early October. Councilwoman Alvidrez asked for the following proposals to be considered by the Mayor:

- \$250,000 in additional funding for the business impact opportunity fund to help businesses outside of 16th Street Mall that have been impacted by construction and encampments.
- \$5 million to fully fund the Safe Routes to School Program
- \$200,000 for additional staff in the Youth Violence Prevention office, currently has one staff member.
- \$1.8 million for grants for Youth Violence Prevention to distribute to non-profit organizations.
- \$1 million to support a study of sidewalk network needs and implementation of the program

City Council sent budget requests to the Mayor, who adopted seven proposals. A public hearing for the 2024 budget was held for constituent input. Council members considered testimony and made budget amendments on October 30th and November 6th. Councilwoman Alvidrez proposed amendments for rental assistance, Safe Routes to School, and Vision Zero. The final budget passage occurred on November 13th.

RECENT 3PA EVENTS

Movie Night was a Hit!

What a fun night in the park watching Disney Pixar's Soul with the community! Special shout out to our neighbor Chad Smith with Outreach FX for providing the screen and the sound, so we could host this event. Our neighborhood fire engine was there to give kids a tour of the firetruck, and Pint's Peak Ice Cream truck was also serving out scoops to all of those who wanted a treat while watching the movie. We are so happy that this cherished Platt Park tradition is BACK!

Meier Skis Happy Hour and Ski Factory Tours

Meier Skis hosted our neighborhood happy hour in October and gave us free tours of the ski factory to show us how these special sticks were made. We had a great turn out and fun was had by all. Be sure and stop by Meier Skis if you are in the market for a custom pair. They'll take good care of you!

Halloween Scarecrow Contest

Platt Park kicked off Halloween in style by hosting our first ever Scarecrow Contest. The contest was the brainchild of neighbor Kerry Hammond, who was instrumental in making this idea a reality. Willing participants were asked to create and display their scarecrows on their property in a spot that was visible to those passing by. Kerry created a scarecrow walking map so that neighbors could walk the hood and see all of the scarecrows on display. Neighbors were then allowed to place their votes for their favorites on the 3PA websites. This year's winners were:

Overall Crowd Favorite - The Crow Bar by Jon and April Lind

Best Biz - La Taco Catrina by Uno Mas Taqueria

Scariest - Helga's Murder by Micki DeMaria & Amanda Slaughter

Most Coloradical - Colorado Jerry by Chance and Savannah Lehman

Most Creative - Scarelock Holmes by Kerry Hammond

A huge thanks to all who participated and made this such a fun new event! We can't wait to come back bigger and better for next year!



CLICK HERE FOR MORE INFORMATION, UPDATES, AND THE COMPLETE BUDGET

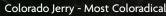


Movie night in Platt Park - Showing Pixar's Soul



Scarelock Holmes - Most Creative









La Taco Catrina - Best Biz





AN AUTHENTIC MIX OF REAL PEOPLE, LOCALLY-OWNED ONE-OF-A-KIND SHOPS,







SCENES FROM OKTOBERFEST









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DENVER'S HOTTEST RESTAURANTS, AND FUN SEASONAL EVENTS ALL YEAR LONG

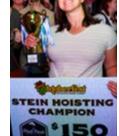














WHAT A YEAR! 2023 was a great year for the community supporting South Pearl Street! Our last Farmers Market of the year landed on November 12th, capping an amazing 27 week season. In September, we had our first Oktoberfest celebration on South Pearl since Covid and boy was it a party! Thousands of people gathered on the 1800 block to enjoy beers from over 10 different local breweries. Live music, pretzels & brats, costume contests, sausage eating contests, and stein hoisting events throughout the day kept everyone entertained on one of the most gorgeous Denver days of the year!

WINTERFEST FUN! By the time you read this, we will have just wrapped up our annual Winterfest on December 1st and 2nd. Hay rides, live music, holiday vendors, olde world santa, roasted chestnuts, and hot toddys were all included in our annual holiday tradition. This year we added a special event to kickoff Winterfest... We held a holiday tree lighting ceremony with the tallest pine tree in Platt Park! The 40 foot tree will continue to stay lit through the holidays and into January, so take the family on over and check it out!

SHOP SMALL THIS HOLIDAY! We all know that shopping for the holidays can be hectic every year. While giant retailers like Amazon take up all of the marketing bandwidth, please remember your local shops and boutiques up and down South Pearl Street that offer one-of-a-kind gifts for that special someone! A gift purchased from a local merchant says you made the effort to find something truly unique while also supporting your local community! The South Pearl Holiday Passport adds even more fun to shopping local! Pick up your passport at any participating South Pearl Merchant and check out all the holiday deals we have to offer while you shop, eat, and drink! With 10 stamps in your passport you are eligible to win hundreds in South Pearl Bucks to be spent throughout 2024! Happy Holidays from South Pearl Street!

DECKER BRANCH LIBRARY ASBURY ELEMENTARY WINTER PROGRAMS

BY QUETZALLI CORTEZ

Looking for something to do this winter? The library has you covered!

On Friday, December 8th from 11am-12pm, Colorado Hebrew Chorale and guest storyteller, Albert Banker, will perform Chanukah in Story and Song - a family-friendly musical tribute to Chanukah, the Festival of Lights.

Can't get enough Barbie in your life after watching the Barbie movie? Explore the slightly wild history and Denver roots of this doll who has done everything and been everywhere. Presented by the Denver Museum of Miniatures, Dolls, and Toys, Barbie: Beyond 50 lecture will be held at the library on Saturday, December 9 from 2-3pm. This lecture is best suited for people 18 and up.

Finally, on Thursday, December 14 from 10:30-11:30am, Inside the Orchestra will bring their instruments to the library for an Instrument Petting Zoo. After a short introduction to each instrument family, kids will have hands-on instrument time and explore a variety of instruments from around the orchestra.

Along with the aforementioned programs, the library will continue to offer our recurring programs such as Baby Storytime every Tuesday from 10:30-11am and All Ages Storytime every Wednesday from 10:30-11am.

Make sure to stay tuned as Decker Branch Library gets ready for another year of the adult Winter Reading program in January!

Happy reading!

EVENT RECAP!

Friday, December 8th at 11am Chanukah in Story and Song A performance by Albert Banker

Saturday, December 9th at 2pm Barbie: Beyond 50 Presented by Denver Museum of Miniatures, Dolls, and Toys

Thursday, December 14 at 10:30am Instrument Petting Zoo Presented by Inside the Orchestra

Every Tuesday at 10:30 am **Baby Storytime**

Every Wednesday at 10:30am All Ages Storytime

EAGLES SOAR INTO THE **NEW SCHOOL YEAR**

BY KIM SOKO SCHAEFER

At Asbury Elementary, education goes beyond textbooks and classrooms. This innovative school is making waves in the world of K-5 education with a curriculum that's all about nurturing a love for learning, teaching essential life skills, and fostering a strong sense of community.

At Asbury, education is not a one-size-fits-all approach. Project-Based Learning (PBL) is at the heart of the curriculum, and it's all about tapping into the unique interests of each student. Through engaging projects like guinea pig racing, which includes food preference testing, race track designing, and course building, students explore their curiosities and learn holistically. PBL encourages students to work collaboratively, think critically, and solve real-life problems. It's an approach that goes far beyond traditional rote learning and allows students to truly understand and engage with the material.

Asbury's commitment to nurturing well-rounded individuals extends to social-emotional learning. This mindset is woven into every aspect of Asbury's culture. Students learn how to interact

ASBURY ELEMENTARY THRIVES ON A STRONG **PARTNERSHIP BETWEEN STUDENTS. TEACHERS.** FAMILIES. AND THE COMMUNITY.

respectfully with their peers, preparing them with essential life skills. Those who exemplify these characteristics consistently are recognized weekly in front of the whole school.

Asbury Elementary thrives on a strong partnership between students, teachers, families, and the community. The Parent-Teacher-Student Organization (PTSO) is an active and inclusive community that organizes events to support staff, students, fundraise, and build a sense of togetherness.

DPS 2024-25 School Choice process is just around the corner. If you are interested in learning more about Asbury, consider taking a tour. Tours are on Fridays starting November 3rd and will rotate between afternoon tours and morning tours each week. Visit the asbury.dpsk12.org website to sign up or call the front office at 720-424-9750. Tours will continue until Spring 2024.

Asbury has so much to offer students, including a multiintensive program, a school psychologist, incredibly caring long-time staff, helpful before and after-school programming, and much more! Get to know this wonderful neighborhood school.

GRANT BEACON MIDDLE SCHOOL UPDATE

BY ELIZABETH WALTERS

The Beacon Network Schools community understands that you have a number of options when selecting the best middle school for your young learners. BNS proudly serves families in the Southwest communities of Denver with our two schools: Grant Beacon Middle School located in Platt Park and Kepner Beacon Middle School located in the Westwood neighborhood. BNS is set apart from other middle schools by our unwavering commitment to academic rigor and diverse educational opportunities. Our staff is composed of a team of adults deeply committed to the success of every student, with programming grounded in a blended learning model, incorporating personalized learning and technology-based instruction into each classroom.

Equally significant, GBMS and KBMS proudly offer an extensive menu of enrichments that students elect to participate in each quarter. Enrichments are divided into five primary categories: STEM, Athletics & Health, Arts & Culture, Leadership, and Academics, and include classes such as Shark Tank, Guitar, Game Design, Aerospace & Rocketry, and numerous other offerings. If you are seeking an outstanding middle school opportunity, please visit www.bnsk12.org to learn more about the Beacon difference and to sign up for a tour. We hope to welcome your students to the Beacon Network of Schools, where we believe every learner will individually and collectively achieve, lead, and grow together!





EXPERIENCE UPLIFTING AUTO SERVICE!





DUTCH ELM DISEASE: What denver Residents need to know

BY THE CITY OF DENVER OFFICE OF THE CITY FORESTER

Dutch elm disease is a fungal disease vectored in part by the elm bark beetle or spread through overlapping roots among elm trees. The disease is known to be lethal to elm trees, and it can rapidly infect neighboring trees of the same species. This disease was first discovered in the U.S. nearly a century ago—brought to the U.S. in European wood that was imported for fine furniture-making. It continues to threaten our elm trees today. Dutch elm disease is essentially incurable, so the best course of action is a hefty combination of diligence and prevention.

A term that may be new to readers is vector which comes from the Latin, vehere—which means "to carry." Think about it like this: a vector is a bug that carries disease to people and animals. For example, consider how mosquitos and ticks spread diseases that can harm humans and pets. A beetle vector is a beetle that transmits disease, but to plants and trees. Elm bark beetles are referred to as beetle vectors of elm trees. They feast under the elm tree bark, which then spreads fungus into the tree's "veins," making the tree very sick and rapid decline soon follows.

These infections are worse when they take root in early



spring, when the wood is still moist. But it's still destructive in the summer. Either way, without early preventative mitigation, the tree dies.

When the tree becomes infected, the leaves in the high branches – or crown – begin to yellow and wilt. Quickly, the leaves turn brown, curl up and then the entire branch dies. Branch by branch, the disease spreads until the entire tree dies. The American Phytopathological Society (APS) shares this simple-to-understand illustration on the cycle of Dutch elm disease:

Sadly, if you've already identified the disease, it may be too late for the tree. But there are still some steps you can take to keep the fungus from spreading.

Like most tree ailments, it's better to prevent the arrival of an illness than to cure a diseased tree. Prevention involves following good cultural practices, such as not planting too many of the same species of tree in a row, proper watering, avoiding damage to the tree, mulching, and rotational pruning. Property owners should not attempt to diagnose, prune or remove elms that may be infected, as that may unintentionally spread the disease due to beetles or fungus existing in the debris. It's always best to have a licensed tree contractor perform tree work and remove all debris.

If Denver residents rally to prevent the spread and save the elms, we'll see success. Below is a photo of a tree with Dutch elm disease at the crown. Look familiar? If you see one in a public right of way, please call 720-913-0651 or email forestry@denvergov.org.



A tree with Dutch Elm Disease

PLATT PARK'S Spectacular, Living Christmas tree

Have you been awed yet by the towering lighted Christmas tree on South Washington Street? Have you ever wondered about its back story? Wonder no more.

The approximately 45-foot tall Douglas Fir is on the west side of the 1500 block of South Washington, a few houses north of Iowa. The lights are turned on in late November and remain on until the Christmas season wraps up.



Barbara standing with her dog in front of the 45-foot Douglas Fir

The residents of the house, Barbara and her husband Steve, planted the tree in 1992 to celebrate their move to Platt Park. The living tree, just 4-feet tall, spread Christmas cheer for a week inside before Steve planted it in the front yard. 31 years later, it is again lighting up the holidays.

In 2015, a neighbor suggested decorating the tree. As a beautiful gift, the neighbor organized a Go Fund Me to raise money to light the tree and found a tree lighting service to get the job done. That neighbor was Michelle Lasnier, who is now the owner and force behind Ruby's Market on South Pearl Street.

Barbara purchased several strings of lights, and a date was set to put the lights on the tree. Several friends gathered in the front yard around the tree and sang "O Christmas Tree" as the lights were turned on. Barbara's brother read a poem he had written, "The Big Love Tree." He also made the sign that now appears next to the tree. Barbara said, "It was a most memorable and special celebration."

THE RESIDENTS OF THE HOUSE, BARBARA AND HER HUSBAND STEVE, PLANTED THE TREE IN 1992 TO CELEBRATE THEIR MOVE TO PLATT PARK... 31 YEARS LATER, IT IS AGAIN LIGHTING UP THE HOLIDAYS

Following the 2015 holiday, Barbara turned off the power but left the lights on the tree, awaiting for the next holiday season. But, in subsequent months, short sections of green wire and assorted bulbs appeared at the base of the tree. Who knew that squirrels were allied with The Grinch?! After 19 splices and replacing numerous bulbs, the lights were taken down and are now put up only for each year's holiday season.

The Platt Park community's response to the tree has been heartwarming. One woman remarked that her daughter on Pennsylvania Street could see the lights from her bedroom window and said "Goodnight Tree" each night before bed. Another woman dropped off a note on a napkin saying, "My daughter and I think your tree is the best in Denver."



Lots of Neighbors Were There! Were You?

About 50 neighbors and presenters participated in Platt Park People's Association (3PA)'s most recent General Neighborhood Meeting! The meeting's main highlights included information sharing; a Q&A session with our new Councilperson, Flor Alvidrez; updates from the Mayor's Office on the microcommunity project in Council District 7; interactions with Police Community Relations Officers; a presentation by the Kentro Group about the new Louisiana-Pearl development; and discussions related to 3PA committees. The next General Meeting for all neighbors will be Tuesday, January 16, starting at 6pm at Highlands Church, 1700 S Grant St. For more information, visit <u>3pa.org</u>.

Thank You Highlands Church!

For two years, Highlands Church has generously allowed 3PA to hold its General Meetings for all neighbors in the church's auditorium. 3PA appreciates the church's neighborliness and shouts out a huge THANK YOU to Highlands Church.

