

Cook Park News

COOK PARK NEIGHBORHOOD ASSOCIATION

www.cookparkneighborhood.com

CPNA Elections!!

Each January we elect a new Board of Directors for the Cook Park Neighborhood Association. The 2011 elections will be held on January 18th at 6 pm. If you would like to get involved with the Board or serve on a committee you are invited to join us at the Rec Center on that day.

Virginia Village Library Closed

On Thursday, November 4, 2010, the Virginia Village Branch Library closed for a period of approximately six months for renovation as part of the Better Denver Bond Program approved by voters in 2007. The branch is tentatively scheduled to open in early May 2011.

For more information visit www.denverlibrary.org/content/virginia-village-branch-library

Our Neighborhood

Cook Park Neighborhood is bordered by the Cherry Creek to the North, Evans Avenue to the South, Quebec Street to the East and Holly Street to the West.

2010 Officers and Directors

President – Becca Reidy
(association@cookparkneighborhood.com)
Treasurer – Ray Vreeland
Secretary - Mary Walsh t: 303.589.1981
Webmaster - Jani Duncan Smith
Advertising Director - Nancy Barlow

The Promise of a Park

by Virginia L. Wielgot, an excerpt from The Story of Judge Joseph E. Cook Park

A new house! Ed, and I were moving back to Denver after an absence of five years. We had enjoyed our residency in Salt lake City, Utah, but were glad that Mountain Bell Telephone Company was transferring us back to its Denver headquarters. Our search for just the right home for our family of four was finally ending. It was the fall of 1963, and our sons, Glen (10) and Larry (8), were just in time to enroll at Ash Grove Elementary School at S. Holly St. and Mexico (now the Rocky Mountain School of Expeditionary Learning).

Our new address was 1702 S. Magnolia St. on the corner of Mexico and Magnolia, and the north side of our house faced the promised park. But first, there were unpaved roads to deal with, and no road at all Mexico between Magnolia and Monaco (our nearest arterial street) because of Goldsmith Gulch which ran from south to north just east of Monaco. But the inconvenience mattered little; we and our neighbors were preoccupied with planting lawns and getting to know one another to talk about fences and other items of mutual interest.

To the south of us lived the Riccardi's, a family of four. Joe worked for the City of Denver as a fireman. In back of us lived Paul and Eloine Honor, another family of four. Paul was the second-generation owner of a store which sold typewriters. The Honors had two sons, Jim and Eric, just the age of our boys.

The children of the neighborhood were not about to wait for the development of a new park! Indeed, the vacant property provided a vast area to explore, trees to climb, wildlife to discover, and newfound adventures. Garter snakes were brought home, and Ed built a large box with screening on the top to house the creatures on our patio. My dislike of snakes as revealed the day that Larry, hand extended, offered to let me hold one of his pet snakes. Thank you, but no. Some weeks later when the novelty of the snakes began to wane, the boys sold them to a pet store for 10 cents apiece. The pet store

owner would use them as food for a much larger snake. So began our sons' entrepreneurship.

And then there was a salamander which found a home in our unfinished basement. But the nicest pet of all was a little bunny rabbit. It was captured on Good Friday, so Easter became its name. Its home was our entire fenced-in back yard, and along with the rabbit food purchased at a nearby granary on Holly Street, just north of Evan, it dined on lettuce and other veggies we had planted for ourselves! Small shrubs provided hiding places for Easter when our toy terrier was out in the yard.

As promised, the development of the 33-acre park began in the spring of 1965. The welcome sounds of earth-moving equipment began to transform the acreage

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The Promise of a Park continued >>

from prairie to park. The long-established cottonwood trees along the gulch shaded a new picnic area with permanently placed tables and benches, and the land along the gulch was contoured to provide protection from overflows when sudden thunderstorms engulfed the area. Trees and grass were planted within the park's original boundaries, which extended along Monaco from Cherry Creek to Mexico, and from Mexico to Oneida Street. At that point, there was no "street" on Oneida, from Mexico to Cherry Creek, but that was the eastern boundary of the park. Paved pathways provided a place for pedestrians and bicyclists. Rest room facilities and a playground completed the original park development. (A recreation center and swimming pool were added later on the Cherry Creek side of the park.)

Editor's Note: *Virginia L. Wielgot lived in Cook Park, with her family, from 1963 to 2000. She served on the board of the CPNA (both as president and Vice President from 1991 to 1996). We thank Mrs. Wielgot both for her years of service to our community, and for allowing us to re-publish her works in this newsletter.*

Good Eats Right Here in Our 'hood

We asked our neighbors for some dining suggestions in the Cook Park area and here's what they had to say:

Nonna's Chicago Bistro

— recommended by Ray

Family owned Italian restaurant, located just north of our Neighborhood, a few doors away from the 7-11 at Leetsdale and Monaco. Recently named #1 Best Italian Restaurant on Denver 7's A-List (2010). Wonderful Italian dishes (Baked Penne and Sausage was worthy of my attention, twice) served by knowledgeable and engaging staff. Reservations recommended.

Pho 87 at 7585 E Iliff Ave.

— recommended by Becca

Pho (pronounced fuh) is a Vietnamese

continued on back >>

Try Farro; a Satisfying, Nutritious, Comforting Grain

Farro, a type of wheat, was among the first plants to be domesticated in the Middle East. It is low yielding and has been largely replaced over the centuries by other crops, but it survives in mountainous areas of Europe and Asia. Farro grows in wild and cultivated varieties, and it is still a popular food in some areas of the world, most notably in Italy. It is highly nutritious and a very useful grain.

Here are two recipes to help comfort you through the winter months ahead!

Pasta with Farro

Toast one cup farro in a saucepan over medium-high heat with olive oil. Add 2 cups water and ½ teaspoon salt. Bring to a boil, then cover and simmer until the water is absorbed, 20-25 minutes. Meanwhile, cook 1 pound orecchiette as directed; drain. Brown 3 tablespoons butter; toss with the pasta and farro. Season with salt and pepper.

Whole Grain Breakfast Porridge

Ingredients:

½ cup red or wild rice

½ cup steel cut oats

¼ cup farro

½ cup farina or wheat cereal

1 2-inch piece orange peel

1 cinnamon stick

1-2 tablespoons packed dark or light brown sugar

¼ teaspoon salt

¼ cup dried fruit (cranberries, cherries, raisins and/or chopped apricots)

Chopped nuts, maple syrup and/or mild, for serving (optional)

Method: Up to 12 hours before serving, put the rice, oats, barley and farina in a rice cooker or slow cooker that has a timer. Stir in the orange peel, cinnamon stick, sugar, salt and 5 cups water. Add the dried fruit. Close the cooker, set the timer and program for the porridge cycle so that breakfast is ready at the desired time. (If you don't have a porridge setting on the cooker, program for 50 to 55 minutes). Serve warm with nuts, syrup and/or milk, if desired. *Note:* this recipe can also be made on the stove by simmering for about 50 minutes or until done.

Farro can be purchased in the bulk section at Whole Foods. It can also be found at your local Costco for a less costly option.

Orecchiette is a pasta shaped liked small ears.

Farina is a wheat cereal and is a trademark of Malt-O-Meal.

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Cook Park News

COOK PARK NEIGHBORHOOD ASSOCIATION

Don't Overlook Getting Your Dryer Vents Professionally Cleaned

by Joe Hemmelgarn

Having the lint removed from your dryer vent periodically is one of the most overlooked home maintenance tasks. Removing lint from your dryer vent makes for a more efficient clothes dryer, which saves you money and time. It also reduces wear and tear on your dryer and your clothes. **Most importantly, it keeps members of your household safe.** Dryer fires are one of the most common causes of household fires. According to the U.S. Consumer Product Safety Council, there are an average of 15,000 dryer fires annually. If you have not had your dryer vent cleaned of lint lately, you owe it to yourself and your family to get this task done, especially if your vent pipe is over 10 feet long and has numerous elbows or bends in the pipe. KYSO Home Renewal can make your home safer and your clothes dryer more efficient, with a power-brushing and cleaning of your dryer vent. Look for our ad in this newsletter.

Joe Hemmelgarn is Manager of KYSO Home Renewal, which provides home management plans and maintenance services for homeowners. KYSO can perform the necessary preventive maintenance services on these vital components, along with others in your home. Feel free to call Joe at 720-897-8540 or visit the company's website at www.KYSOHomeRenewal.com for more home maintenance tips.

Farewell to Kelly Kitts, Cook Park Rec Center's Supervisor

After serving from 2001-2010 as Supervisor of the Cook Park Recreation Center, Kelly Kitts has been named Supervisor of the Central Park Recreation Center at Stapleton. Kelly has been a city employee since 1984. She also served as Supervisor at both Harvey Park and College View Recreation Centers. Kelly's friendliness and involvement with the community brought the Recreation Center to where it is today. She will be missed. Kelly's replacement at Cook Park is Christie Gleim who assumed the position as of November 1. Christie has served as Coordinator at Cook Park for 11 years. We welcome Christie and wish her well in her new position.


Coyote Alert!

from Ashley DeLaup, Wildlife Ecologist with Denver Parks and Rec

I just received the first report of a coyote in the Cook Park neighborhood jumping a 6 foot fence and attacking a small (4 lb) dog. This seems to be new behavior for this neighborhood and I'd like to stop it before it gets established. Any one in that area please be aware and be VERY aggressive towards your neighborhood coyotes when you encounter them, we want to quickly reestablish and emphasize that they are TO AVOID PEOPLE AND PETS. We will be conducting review training with park staff in the area.

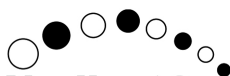
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Good Eats Right Here in Our 'hood continued >>

soup made with rice noodles, choice of meat, and is often served with basil, lime, bean sprouts, and peppers. It's quick, inexpensive, healthy and most of all delicious. We are fortunate to have one the best Pho places in the city nearby. The broth is Pho-nominal and the portions are enormous. Dine in at their nicely remodeled restaurant, or have it delivered. I recommend the rare steak with a side of Vietnamese spring rolls.

The Egg and I — *recommended by Mary*

Located at Leetsdale and Holly—a small intimate place which serves breakfast and lunch. Friendly employees and a wonderful menu with new varieties of sandwiches and breakfast food.

Pantaleone's New York Pizza

at 2120 S Holly

— *recommended by Jani*

If you haven't tried Pantaleone's yet, you're missing out! This neighborhood, family-owned restaurant has been gathering awards for the best pizza in town for years and after one bite you'll understand why. But don't just go for the pizza ... they also serve delicious salads, pasta, sandwiches, desserts, etc. You'll also enjoy the family atmosphere and friendly service! Warning: they serve pizza-by-the-slice for lunch during the week and it is a habit-forming. Dine-in or take-out only, open for lunch Monday-Saturday and dinner only Sundays

Milo's Tavern at 6495 E Evans St.

(corner of Evans and Monaco) — *recommended by Nancy*

Milo's has great food any meal of the day. Their menu is varied and creatively prepared with a unique twist on comfort food. I love the fish tacos and the Mac n' Cheese has many creamy delicious variations. Not the usual pub grub.

Do you have a favorite restaurant in the Cook Park area? Write a review for our next newsletter! Email submissions to: association@cookparkneighborhood.com



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