



Penrose-St. Francis Sponsors Healthy Neighborhood Project

Nearly 300 ONEN Residents Screened

A free, six-month pilot program launched by Penrose-St. Francis Hospital attracted nearly 300 ONEN residents to an initial health screening

other measures assessed to arrive at a health and risk snapshot. Each person was assigned a personal wellness coach to discuss the assessment and

recommendations and to set goals for any desired changes.

More than just health information, the Healthy Neighborhood programs offers a series of tools and incentives for participation, as well as follow-up health coaching for accountability and motivation. Participants can record their action

plan and accomplishments with an online program. When they complete additional coaching sessions, attend fitness and/or health education classes at Penrose, or sign up for community events such as the Race for A Cure, they earn incentive points toward prize drawings.

So Far, So Good

Healthy Neighborhood program organizers have been delighted with the response to this unique health initiative. As expected, the majority



Getting the stick: Healthy Community project technician takes a blood sample for screening.

and one-on-one counseling session. The hospital designed the Healthy Neighborhood pilot program to gather data that could help determine whether offering such services translates into measurable results for health risk markers like cholesterol and body mass index.

Screening sessions took place in January and February of this year. Participants completed an online survey about their health history and lifestyle, then had blood work and

Healthy Change, One Habit at a Time

Kristine Barrett is a coach with the Healthy Neighborhood program. She reports on one client who “absolutely hates to exercise.” Thanks to the guidance, accountability and encouragement offered through the program, this client now walks two times per week, at the field during her daughter’s lacrosse practice, and records three hours of weekly exercise - all without adding obligations to her calendar. “I think the pedometer gave her the incentive she needed to get started,” said Barrett. “Now she knows that 10,000 steps per day is a goal she can reach, and she’s excited for the first time about exercise.”

of participants rank as “healthy,” with two or fewer risk factors to address, but everyone has gained a learning opportunity. Project leader **Chris Hildebrandt** is impressed with the way the neighborhood came together

Continued on page 2

to communicate about the project and encourage participation. "We are hoping that this experience will lead to other projects that help increase the awareness of self-responsibility for a healthy lifestyle," she said. "Penrose is dedicated to delivering excellent care when individuals are sick or injured, but also to helping keep our

"The advice my coach offered was completely practical and easy to apply to my day-to-day life. She had time to answer all my questions without rushing. I'll be eager to see what's changed when we do follow-up testing in the summer."

Susan Metzger, Healthy Neighborhood program participant

community healthy. This has to be a partnership between the medical community and the individuals."

The program continues for six months, then tests and measurements will be taken again to see what, if any, changes have been achieved. If successful, the program may serve as a model to roll out to other parts of Colorado Springs and El Paso County. Penrose expects the program to cost approximately \$70,000.



President's Corner



Hello Neighbors - I hope everyone is having a good start to spring, and looking forward to longer days, warmer weather, summer vacation, and the return of outdoor activities. I love spring in Colorado!

Just a friendly reminder to everyone who drives in the neighborhood: please take extra care when driving near and around the neighborhood and schools. Beginning in February, ONEN's board of directors hired off-duty Colorado Springs police officers, on a very limited basis, to:

- calm traffic on ONEN streets
- stop all 4-axle semi trucks, unless enroute to a delivery within the neighborhood.

These officers are assigned to patrol the neighborhood on random shifts.

ONEN is proud to announce that 55 trees will be planted on Arbor Day weekend (April 16th – 18th, 2010) to replace diseased and dying trees within the neighborhood. The award-winning ONEN tree program will feature a mixture of trees from Trees Across Colorado, a nonprofit organization dedicated to enhancing and preserving Colorado's urban and natural forests. (For details, see the article on p. 7.)

Your ONEN community development committee has plans for another spring and summer filled with fun activities for the neighborhood, including Bike Month 2010, the 4th annual ONEN Yard Sale, bike decorating for the

4th of July parade, and the annual garden party, as well as a neighborhood-wide cleanup day. Look for more event information via eblast or www.oldnorthend.org.

The next ONEN neighborhood meeting is set for **Wednesday, May 19th, 2010, at 7:00 p.m. at Slocum Commons on the Colorado College campus**. Slocum Commons is located between Tejon and Nevada Ave on Cache La Poudre St. (north side of the street).

Hope to see you there!

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National History Day at CC

ONEN Recognizes Neighborhood Students

National History Day makes history come alive for America's youth by engaging them in the discovery of the historic, cultural and social experiences of the past.

This year's local event took place on February 19th – 20th at Colorado College. Participating students presented projects that embraced the theme of "Innovation in History: Impact and Change."

ONEN residents **Pat and Bruce Doyle** served as judges for the overall competition, as well as for the ONEN awards; **Vic Appugliese** presented the ONEN awards to the following

neighborhood students in recognition of their excellent submissions:

• **Ellie Hinkle, Senior Individual Performance**, for "Jessie Aiken: Women, Society, and Independence." (\$100 prize)

• **Margot Santa-Wood, Senior Individual Performance**, for "Caroline Churchill: Radical Writer and Righter of Wrongs; the Fight for Colorado Women's Suffrage." (\$60 prize)*



Ellie Hinkle, as historic figure Jessie Aiken, won the award for Senior Individual Performance at this year's History Day competition.

• **Jordan Bushnell, Junior Individual Exhibit**, for "For Whom the Bell Tolls: Alexander Graham Bell's Telephone." (\$40 prize)*

• **Zoe Jennings & Molly Rose Guiyun Merkert, Junior Team Performance**, for "Two Girls, Two Trains, Joining East & West." (\$30 prize)*

• **Josh Bethany, Junior Individual Exhibit**, for "Steam Engines: Rousing the Industrial Revolution." (\$30 prize)*

• **John Frank, Junior Individual Exhibit**, for "When Music Became Rock." (\$30 prize)

* Will advance to state competition in May.

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Struggling to find the perfect gift? Give the gift of choice with a Downtown Partnership gift card, which can be redeemed at most downtown merchants. Check for participating stores and purchase gift cards online at www.downtown80903 or stop into the Downtown Partnership office at 111 South Tejon, Suite 309, where you can also purchase EZ Park cards.

Are You Missing Out on ONEN Eblasts?

If you'd like to receive ONEN Eblasts with timely, local information and alerts, please visit www.oldnorthend.org, and follow the "News and Alerts" tab to enter your email address. If you need to update your contact information, please follow the "Membership" tab.

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Changes to City Historic Preservation Program

With the recent retirement of local historic preservation expert **Tim Scanlon**, the City's Historic Preservation program is now administered by **Erin McCauley**, LEED AP. Erin is a planner with the Land Use Review Division, and will serve as staff support to the Historic

Preservation Board. She will review Reports of Acceptability (Overlay Zoning) and will represent the City's interest by reviewing federal proposals under Section 106 of the National Historic Preservation Act. The tax credit program has been returned to the State Office of Archaeology

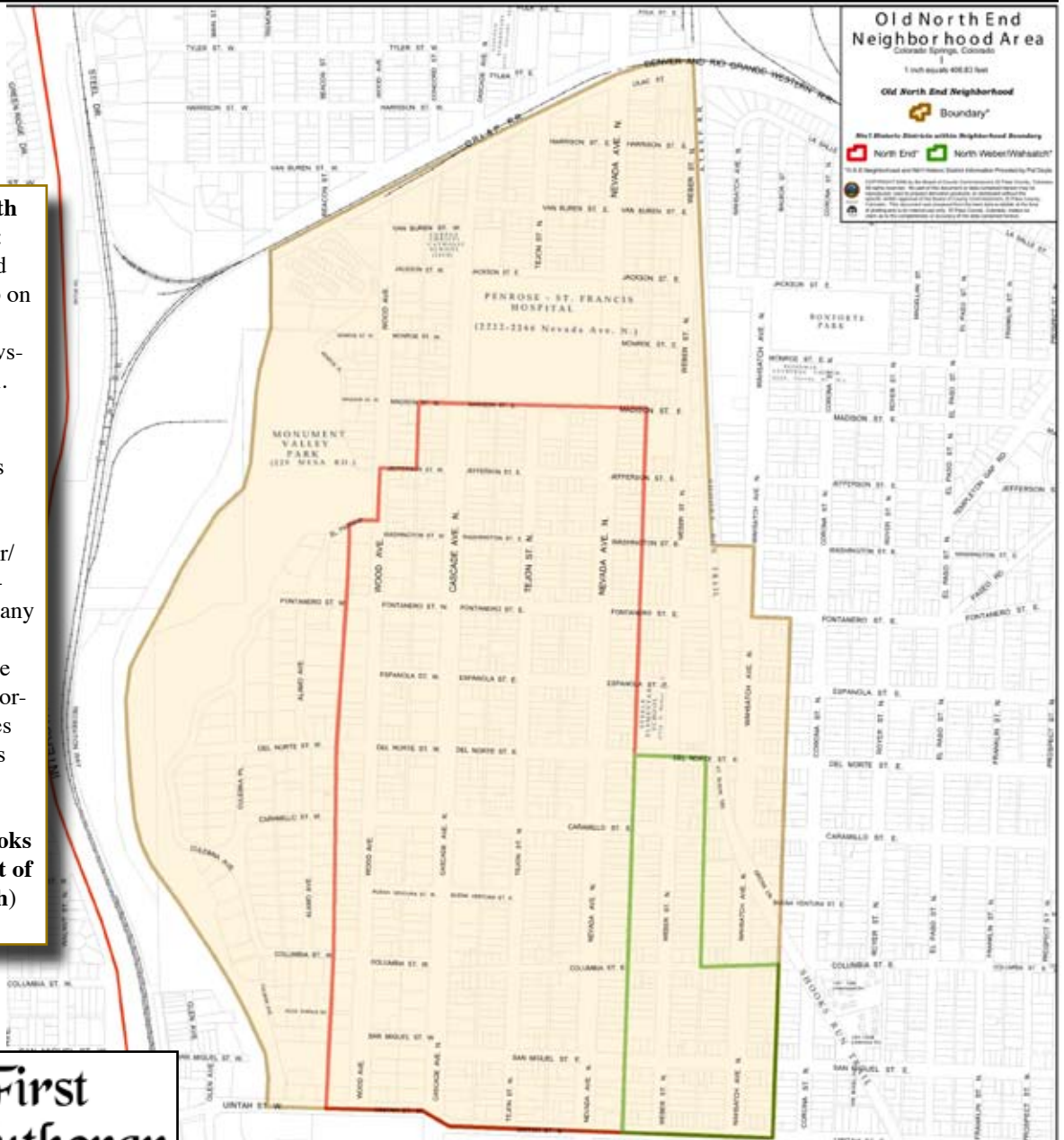
and Historic Preservation. For homeowners planning to apply for a historic preservation tax credit, contact the Historic Preservation Board to arrange for a home visit before the initial work begins. For questions or to chat with Erin, contact her at 385-5369 or

emccauley@springsgov.com.

You're in the **Old North End Neighborhood** if:

- You live in the shaded area shown on the map on the right.
- You received this news-letter by mail or e-mail.

The Old North End Neighborhood includes all of the Historic Old North End District and part of the North Weber/ Wahsatch Historic District. It also includes many blocks north, east, and west of those areas. The Old North End Neighborhood Association serves all of the area shown as shaded on this map (roughly bounded by **MVP, the tracks, Shooks Run and the alley east of Wahsatch, and Uintah**)




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North End Connections

Neighborhood Bungalow Home to Leading Medical Researcher

Bungalows are an important part of Old North End history. Smaller than the first wave of ornate Victorian homes, their floor plans and abundant windows reflected a general shift to a more casual life-style after the turn of the century.

One ONEN bungalow owner and short-term resident, James J. Waring, came to Colorado Springs as a young medical student, for tuberculosis treatment. He purchased land from General Palmer in 1909, and in 1910 built a small bungalow at 1815 Wood Avenue. Living there with his mother and aunt during his convalescence, he raised laying hens, went for outings in the Garden of the

Gods and took naps on the south-facing porch of his home. The family made friends with other North Enders, such as the Gilpin family, whose daughter Laura Gilpin became a famous photographer.



James Waring feeds chickens behind his bungalow at 1815 Wood Avenue during his convalescence from tuberculosis (1910-1911.) Waring later became the president of what is now known as the Webb-Waring Institute for Biomedical Research.

James and his family left Colorado Springs in 1911, moving to Denver so James could resume his medical studies at the University of Colorado. They rented out their Colorado Springs bungalow for \$75 per month. In 1933, he was appointed Professor of Medicine and head of the Department of Medicine at the University of Colorado. After the death of local tuberculosis specialist Dr. Gerald B. Webb, the Webb Institute for Medical Research moved from Colorado Springs to Denver. Waring became president of the Institute, and guided it to world renown for research on tuberculosis and other lung diseases. After Waring's death in 1962, and at the insistence of the Webb family, the institute was renamed, and is known today as the Webb-Waring Institute for Biomedical Research. (From a book titled *A Medical Gentleman: James J. Waring M.D.*)



Please Consider Paying Dues to ONEN

All contributions are voluntary and tax-deductible. Dues start at just \$35.00. \$65 dues payment provides additional funds for trees and our neighborhood security service.

Your dues payment covers one year from the time of payment and helps us support the objectives of the ONEN Master Plan to protect and enhance our Neighborhood.

Please make checks payable to Old North End Neighborhood or ONEN.

Names: _____ E-mail: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Year first moved to the Old North End: _____ Telephone _____

Amount enclosed: _____

**Please mail this form and your contribution to Old North End Neighborhood,
 P.O. Box 8185, Colorado Springs, Colorado, 80933-8185**

e-mail: admin@oldnorthend.org

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13 Things Your Burglar Won't Tell You

1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
3. Love those flowers. That tells me you have taste ... and taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
5. If it snows while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.



7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom – and your jewelry. It's not a bad idea to put motion detectors up there too.
8. It's raining; you're fumbling with your umbrella, and you forget to lock your door—understandable. But understand this: I don't take a day off because of bad weather.
9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table and the medicine cabinet.
11. Helpful hint: I almost never go into kids' rooms.
12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.
13. A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, you can buy a \$35 device that works on a timer and simulates the flickering glow of a real television. (Find it at faketv.com.)

8 More Things A Burglar Won't Tell You

1. Sometimes, I carry a clipboard. Sometimes, I dress like a lawn guy and carry a rake. I do my best to never, ever look like a crook.
2. The two things I hate most: loud dogs and nosy neighbors.
3. I'll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.
4. I'm not complaining, but why would you pay all that money for a fancy alarm system and leave your house without setting it?
5. I love looking in your windows. I'm looking for signs that you're home, and for flat-screen TVs or gaming systems I'd like. I'll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.
6. Avoid announcing your vacation on your Facebook page. It's easier than you think to look up your address.
7. To you, leaving that window open just a crack during the day is a way to let in a little fresh air. To me, it's an invitation.
8. If you don't answer when I knock, I try the door. Occasionally, I hit the jackpot and walk right in.

Sources: Convicted burglars in North Carolina, Oregon, California, and Kentucky; security consultant Chris McGoe, who runs crimedoctor.com; and Richard T. Wright, a criminology professor at the University of Missouri-St. Louis, who interviewed 105 burglars for his book *Burglars On the Job*.

55 Trees in April

Annual Arbor Day Planting on Track

ONEN is proud to announce that thanks to the combined resources of our organization and a gift from the City forestry department, we will be able to plant 55 trees to replace diseased and dying trees in the immediate area. This tree program, recognized last year with the Urban Forestry Award, will plant a mix of trees from Trees Across Colorado, a nonprofit organization dedicated to enhancing and preserving Colorado's urban and natural forests.

The neighborhood planting will take place again during Colorado Arbor

Day weekend, April 16th- 18th, 2010. If you or someone you know needs a tree replaced in the parkway or even a yard, please contact Vic Appugliese 630-3951 or vicappugliese@yahoo.com. As you might expect, parkway and median trees will be the first priority for replacement from our available supply.

"A society grows great when old men plant trees whose shade they shall never sit in"
-- Greek proverb

Trees come with free mulch, and planting and watering instructions. Please note that if you request a tree, ONEN expects you to take responsibility for planting and watering it. If you cannot physically plant the tree, please let Vic know and he'll make sure the tree gets appropriately planted.

The ONEN tree program is a pretty simple process, and the benefits are tremendous. You'll help ensure the continuing legacy of wonderful trees in our neighborhood that General Palmer.



Arbor Day 2009 - ONEN resident and FMVP member **Judy Ingelido** and grandchildren help plant a tree in Monument Valley Park.

Friends of Monument Valley Park Celebrate Arbor Day

Friends of Monument Valley Park (FMVP), Colorado College, and the City forestry department will partner with ONEN to celebrate Arbor Day on Friday, April 30th, 2010. Once again, ONEN and the Appugliese family have donated five trees to the park, to be planted at locations designated by the City forestry department.

Thanks to this annual collaborative effort, there are dozens of beautiful, healthy new trees planted in many areas of Monument Valley Park. Past Arbor Day plantings delivered new or replacement trees to both the historic Colony of Trees at the southern portion of the park, as well as the natural northern section. The Arbor Day 2009 event teamed FMVP members with volunteers from the Deaf and Blind School for planting activities. This year's trees include a Japanese Lilac, Glenleven Linden, Eastern Red Bud, and two Red Oaks.

For more information about FMVP, please visit www.FMVP.net. To join the Friends, please send annual dues of \$15 to P.O. Box 734, Colorado Springs, CO 80901. All contributions are tax-deductible.

Arbor Day 2010

Celebrating 100 Years of Colorado Springs Forestry

Friday, April 30th, 2010
Colorado College
(Cutler Hall) &
Monument Valley Park
10:00 a.m.

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UPCOMING EVENTS

ONEN

Home Research Workshop
Saturday, April 10th, 2010
9:30 a.m. – 2:00 p.m.
Carnegie Reading Room,
Penrose Library

Arbor Day 2010
Friday, April 30, 2010
10:00 a.m.
Colorado College, Cutler Hall

ONEN
Community-wide Meeting
Wednesday, May 19, 2010
7:00 p.m.
Colorado College, Slocum Hall

4th Annual ONEN Yard Sale
Saturday, June 19, 2010

4th of July Bike Decorating
Saturday, July 3, 2010
1:00 p.m. – 3:00 p.m.
Steele School Gazebo

4th of July Parade
Sunday, July 4, 2010
9:00 a.m.
Boddington Field

**Musical Mondays from Friends of
Monument Valley Park**
Monday, July 12, 2010:
Phil Volan & Joleen Bell
Monday, July 19, 2010:
Joe Uveges
7:00 – 8:00 p.m., Lawn west of
Fine Arts Center

ONEN Garden Party
Saturday, September 11, 2010
5:00 p.m. – 7:00 p.m.
Stewart House
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