



Getting Healthier – By the Pound, Inch and Mile

ONEN Residents Rock Penrose Project

The Old North End is more than 1,000 pounds lighter since January 2010, thanks to the collaborative efforts of 203 Healthy Neighborhood project participants and Penrose-St. Francis Hospital. The pilot project,

which offered an initial health screening, numerous wellness resources and one-on-one counseling, wrapped up in August.

At the outset, participants completed an online survey about their health history and lifestyle,

then came to Penrose for blood work and other metrics. They discussed their health and risk snapshot with a wellness coach, and worked out a plan for any desired changes. The Healthy Neighborhood project offered information, tools and incentives for participation, as well as follow-up coaching for accountability and motivation. There was no charge for most project components; participants who attended fitness or other classes paid nominal fees.

More than 90% of the project participants worked one-on-one with

a coach at least once; most people met with their coach monthly over the course of six months. Approximately 30 people chose to attend one of the various classes offered by Penrose.

Success came in many different forms. For one participant, a breakthrough came with information about community resources for those without health insurance. This led to a low-cost prescription (and much-improved cholesterol readings) and appointments for other preventive screenings. In his own words, “I believe my experience with the ONEN Healthy Neighborhood

Project may turn out to be life-changing ... my coach has been great to work with and has really helped me to quit procrastinating and take care of overdue health issues.”

Another participant became passionate about walking and its many benefits, surprising even himself. After initially expressing reluctance to work in three 20-minute walking sessions over the course of a week, this individual has developed a five-mile-per-day walking habit. He now walks for exercise and for daily errands – to the hardware store, to a doctor’s appointment and to

the library. With coach-prompted awareness of his eating habits, he’s improved his diet and lost weight, even introducing a friendly competition for weight loss among family members. “Over the course of this program I lost 10 pounds, reduced cholesterol by 20 points and lowered my blood pressure,” he said.

Here’s a summary of the collective achievements:

- Average wellness score increased from 81 to 86 (80+ is considered “healthy.”)
- % of individuals in “healthy” category grew from 61% to 84%.
- % of individuals in “moderate risk” category decreased from 32% to 15%.
- % of individuals in “high risk” category decreased from 7% to 1%.
- 203 individuals lost a grand total of 1,053 pounds.
- 203 individuals lost a total of 68.1 inches from around the waist.

The Old North End can be proud of its pioneer role in this low-cost preventive health initiative. Data and findings from this program will aid the design of future programs, for our community and others where the need may be much greater. Stay tuned for news about where the Healthy Neighborhood project will land next.

President's Corner



Hello Neighbors!

Since the last newsletter, your ONEN board has been fully engaged to represent the neighborhood on several local concerns:

- **Penrose- St. Francis** has plans underway to add a four-story, 72,000-square foot medical office building at the corner of Monroe and Nevada Ave. We have been working with Penrose staff, the building's developer, and the project architect to arrive at a 'neighborhood friendly' building design. We have also been tracking closely with the hospital to resolve new and unresolved issues between the hospital and our neighborhood – street parking in particular – and will keep you informed on progress.
- **Nevada Avenue bridge** repairs have been delayed, with no new start date yet announced.. Once the project begins, we will send e-blasts to keep you informed about lane closures and traffic changes necessary for project work.
- **ONEN's security team** continues to focus on prevention of crime and vandalism in the neighborhood. This past summer saw an increase in crime throughout the neighborhood; most incidents took place during early morning hours or in the middle of the day. Please report all criminal activity - call Cheyenne Mountain Security (CMS) or Colorado Springs Police (CSPD.) ONEN maintains CMS and off-duty CSPD patrols to provide additional neighborhood security. With Halloween right

around the corner, we have scheduled extra security to focus on traffic calming, DUI enforcement and daylight trick-or-treating.

- **Neighborhood/CC student relations** continue to improve. This year marks the fourth year that ONEN has coordinated a 'meet your neighbors' program to introduce CC students to their full-time resident neighbors. The goal of this program is to preempt any misconceptions that students and neighbors might have of one another, and foster calm and constructive relationships.
- **A new initiative to support sidewalk replacement** in the neighborhood is now underway. The City received 167 requests for sidewalk replacement from area homeowners. Since the current budget crunch puts such requests on a long timeline, ONEN has a triage program underway with an aim to replace the ten worst stretches of sidewalk in the neighborhood on a co-op basis. Getting the work done for minimal out-of-pocket cost will involve a collaboration of qualified volunteer labor and donated materials and equipment use. To learn more about this initiative, please feel free to contact me directly.

In closing, as we make our way through this busy election season, I encourage everyone to invest time to inform themselves about the issues at stake. It's safe to say most of us are frustrated at the state of City governance. Please thoughtfully consider the possible outcomes of all ballot initiatives, and be sure to register and vote.

I hope to see many of you at the next neighborhood meeting on **October 20th, 2010**. Look for e-blasts announcing the time and location, most likely at CC. Have a safe fall season - it's an honor to lead the best neighborhood in Colorado Springs!

Thank you,

Old North End Neighborhood Board

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2010 Garden Party

Neighbors Gather for Summer's Last Celebration



ONEN Community Development Committee: *top row:* Lola Fennell, Molly Cassidy, Mary Beth Thomas; *middle row:* Sherry Landwehr, Becky Heck, Shane McCarthy; *bottom row:* Lila Wrubel, Ann Rolf, Aimee Stephenson, Kristine Prickett Vadala, Kristen Lowery.

The ONEN Board extends thanks to the following businesses and individuals for their generous support of this annual event:

- Bestway**
- Barefoot Wineries**
- Rich Designs**
- Colorado College**
- Jazzhands**
- Richard Celeste & Jacqueline Lundquist**
- Kim Petersen (Colorado College)**

FMVP Annual Meeting

The Friends of Monument Valley Park (FMVP) will hold its annual meeting on **Tuesday, November 9 at 7:00 p.m.** The meeting will take place at the Parks Department Auditorium, 1401 Recreation Way. New and returning members are welcome, as well as the general public.

The meeting program will feature **Carey Harrington**, master gardener and Colorado native plant master. Carey's presentation developed from her love for the north part of Monument Valley Park, and will include many images of blooms in the Park over the course of the seasons. See Carey's weekly blog posts of our beautiful native flora at <http://tiny.cc/2jdrn>.



Spotted in Monument Valley Park earlier this spring, this purple bloom is a western spiderwort (*Tradescantia occidentalis*.)

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Fall Fire Safety Reminder

With the fall season upon us, now is a good time to tune up our home safety awareness. Here's a reminder to replace the batteries in your smoke and carbon monoxide detectors, and run through a fire safety and escape plan with your family in case of a home a fire. Cooler weather means the return of space heaters, candles and the use of fireplaces. Don't let your guard down when it comes to fire safety in your home.



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444-7410
AskCSPD@SpringsGov.com

Drug Hotline
444-3111

Crime Stoppers
634-7867

Cheyenne Mountain Security
548-9990

Adopt-a-Streetlight
385-5903

Colorado State Patrol
635-0385
*277 or *CSP (on the road)

Impound Lot
667-2777



Bike Month 2010: 36 needy kids received new Giant bicycles this summer as part of Bike Month 2010 activities. ONEN's \$300 donation helped match federal funds for the project, which supports a better cycling community in Colorado Springs. Above, a proud recipient of one of the brand-new bikes.

Streetcar Foundation Needs Your Help

Visit, Volunteer, or Become a Sponsor

The streetcar feasibility study completed earlier this year recommended a route that passes through downtown and the Old North End, and extends to UCCS. City Council agreed to this recommendation, but committed no local funding from the general fund.

The Streetcar Foundation plans to contribute restored cars to the venture, with restoration activities underway. Also underway are environmental studies, design/engineering work and pursuit of federal and private funding to build the system. To move ahead, the Foundation seeks members, volunteers and streetcar sponsors.

In addition to basic members, the Foundation is also recruiting

interested individuals for the following roles:

- executive director (possibly a paid position)
- web designer/maintainer
- tour guides and docents
- streetcar operators
- restoration volunteers
- grant researcher/writer
- publicity director
- membership developers.

You can visit the Streetcar Foundation at Steel Drive, south of Fillmore just past C & C Sand. Hours are 10:00 a.m. – 4:00 p.m., Monday through Saturday.

Please contact ONEN resident **Dave Lippincott** at (719) 330-4746 or lppnctt@aol.com for additional information or to arrange a tour.



A streetcar system in Colorado Springs would provide a major public transit link between downtown and UCCS. With your help, this restored Ft. Collins 1919 Birney car could ride the rails in Colorado Springs in the years to come.

Please Consider Paying Dues to ONEN

- All contributions are voluntary and tax-deductible.
- Dues start at just **\$35.00**; ONEN welcomes other amounts. For example, a contribution of **\$65** provides additional funds to water and maintain trees, and helps pay for neighborhood security services.
- Your dues payment covers one year from the time of payment and helps us support ONEN master plan objectives to **protect and enhance our neighborhood.**

We first moved to the Old North End in _____ (year.)

Amt. enclosed: \$35
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 other amount

Name(s):			
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Please mail this form and your contribution to:

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OR

Click on the "Donate" button at oldnorthend.org to contribute via PayPal.

THANK YOU!

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From the Archives

1920's North End Pilot Flew Daredevil Exhibitions

In 1929, Winfield E. Bowersox and his wife Anna lived at 1717 N. Wahsatch Avenue. Bowersox owned an automobile repair shop, but had a passion for flying, ignited after he attended an exhibition flight north of Colorado Springs. After learning to fly, he purchased a bedraggled Curtis biplane, which he rebuilt and began making short flights.

After several unfortunate incidents involving an overheated engine and sudden landings, Bowersox installed a Maxie Motor in his plane. The Maxie

was actually a motorboat engine adapted for use in airplanes, although its power turned out to be too much for the delicate wings of the Curtis, which flapped violently. Landings could be rough and dangerous. One crash landing required Bowersox to rebuild the frame and add wings covered in silk. The plane was a pusher variety, with a seat in front and slightly below the engine. There was a steering wheel, a propeller in the rear, and three wheels for landing. Bowersox calculated fuel requirements

by guessing. If caught in a rainstorm and water entered the carburetor, the engine would stop.

One unforgettable exhibition flight took place on July 4th in Haswell, Colorado. Bowersox arrived early in the morning and assembled his plane in front of a curious gathering of local farmers. He took off from the local ballpark, and the crowd waved their hats and handkerchiefs as his plane circled. The flight was all of 14 minutes; Bowersox recalled his excitement; the sleeves of his silk shirt flapped in the wind and he waved back to the crowd.

As luck would have it, when the young pilot returned for a landing, the enthusiastic spectators did not vacate the field. With almost no fuel left, Bowersox had to accelerate the aircraft and land in a nearby field. People charged over to find Bowersox unhurt.- he was now a celebrity. Surrounded by a cheering crowd, the bashful Bowersox had to attend a town dance that evening, where he was honored and fed to bursting! He was paid \$350 for that exhibition flight, a handsome sum at the time.

(Taken from an interview for the Gazette

Telegraph, 2/10/1929)



W. E. Bowersox sits in a biplane in a field near Colorado Springs, El Paso County, Colorado. The biplane has a propeller that is situated behind the pilot. The pilot holds onto a steering wheel.
© Western History/Genealogy Dept., Denver Public Library

State Tax Credit for Preservation Work

The City of Colorado Springs no longer reviews applications for Preservation Tax Credits. Instead, the program is handled through the State Office of Archaeology and Historic Preservation (OAHP). The State offers a 20% income tax credit based on \$5,000 or more of approved preservation work on properties that have been locally, state, or nationally designated. If your home is located in the North End National Register Historic District or the Weber-Wahsatch National Register Historic District, it contributes to the historic character of the district, you are planning a restoration or rehabilitation project, and you are considering an application for Preservation Tax Credit, contact Joe Sadibar at (303) 866-3741 or Joseph.Saldibar@chs.state.co.us. Other beneficial program information can be found at the OAHP website at www.coloradohistory-oahp.

(Find a map showing the boundaries of the Old North End Neighborhood and the location of each National Register Historic District at www.oldnorthend.org.)

Bungalow Tour August 28, 2010

Historic Preservation Ordinance and Overlay Zoning



This home at 1204 North Nevada was part of a recent walking tour of Old North End bungalows. ONEN's historic preservation committee extends a big thank-you to **Tom Mauch** for serving as tour guide to more than 60 neighbors. Planning is underway for another tour in 2011.

The North End National Register Historic District is also under the protection of the City's Historic Preservation Ordinance. If your house is located in this district and you intend to make changes to the outside of the structure for which a building permit is required, your proposal must be reviewed for conformance to City Council approved design standards by the Historic Preservation Board's minor work sub-committee.

For more specific information, please contact **Erin McCauley**, Leed AP at 385-5369 or emccauley@springsgov.com. Erin works for the City of Colorado Springs as a planner with Land Use Review.

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Upcoming Events

ONEN Community Meeting

Wednesday, October 20, 2010

7:00 p.m.

Location TBA

ONEN House Research Workshop

Saturday, October 16, 2010

1:00-4:00 p.m.

Penrose Library, 20 North Cascade

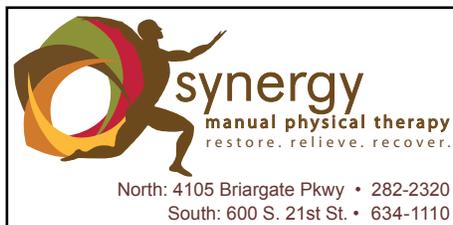
RSVP by October 13 to

Tamara Higgins, 244-8981

FMVP Annual Meeting

Tuesday, November 9, 2010

7:00 p.m. (see p. 4)



July 4th Memories



Anita C. Schimmel, GRI, SRES
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Market Snapshot for Home Values

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