

Front Porch

Distributed to the Stapleton, Park Hill, Lowry, Montclair, Mayfair, Hale and East Colfax neighborhoods

DENVER, COLORADO

STAPLETON

MARCH 2015



Vietnam veteran Neal Stanley holds a photo of himself after he had served a year in Vietnam. During his deployment, he served as a medic on 746 missions in a “Huey” helicopter similar to the one behind him.

By Carol Roberts

The first room in The 1968 Exhibit at the History Colorado Center brings visitors face to face with the scene above. A TV in a ’60s decor living room has Walter Cronkite reporting on the Vietnam War. A real Huey

helicopter looms over the room and a casket sits in the corner—grim reminders that the controversial war was a very personal and painful experience in many American households.

As Vietnam veteran Neal Stanley stood next

The helicopter was purchased in parts by the Minnesota Historical Society and restored by volunteers to be used for displays such as this exhibit. Stanley helped reassemble the helicopter when it arrived at the museum.

to the Huey on opening night at The 1968 Exhibit, passersby respectfully stopped and thanked him for his service—not even knowing he was a medic who went on 746 medical evacuation missions.

Stanley’s story of the Vietnam War had a happier outcome than many of his fellow servicemen, but it is a reminder of what the year 1968 was like for U.S. soldiers.

After a year of college, (continued on page 5)

Robots May Help Kids With Autism



Gabe Bourque attentively listens to the humanoid robot Zeno during a study at the University of Denver. A faculty-student research team is conducting a study with robots designed to help kids with autism improve facial expression and eye gaze. Story on page 38.

Vaccine Data: One More Tool for Parents

By Carol Roberts

“I don’t think most parents would make the final decision about a school based on a vaccination rate, but the fact that they even think about it and now they’re talking about it is very important,” says Sean O’Leary, pediatric infectious disease specialist at Children’s Hospital. “Being able to see these rates offers parents one more piece of information when deciding where they want to send their child to school.”

The data has become more accessible due to a 2014 state law that requires schools and childcare centers to make immunization compliance and exemption rates publicly available.

“Up until now, the things that we have heard about in the media have been from the anti-vaccine people—

(continued on page 3)

2015 Front Porch Fitness Guide



Looking for new workout options? Check our new guide to fitness in NE Denver on page 11.

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Like us at Front Porch Newspaper for updates on local news and events.



Printed with soy-based ink. Paper contains 40% postconsumer waste.

The Bustos brothers, Osiris, 9, Orlando, 11 and Luis, 13, sled in Central Park in Stapleton.



Most of the events listed below are FREE or support nonprofits.
All are open to the public (additional events are listed on pages 30-33).

MARCH

Saturday, March 7

Denver Preschool Showcase- Free event to find out how to access tuition support and meet more than 150 quality-rated preschools in the Denver area. 9am-3pm at The Westin Downtown Hotel, 16th & Lawrence St. For more information, visit www.dpp.org/showcase

Monday, March 9

Showing of Green Fire. 3-4:30pm, Rocky Mountain Arsenal National Wildlife Refuge Visitor Center, 6550 Gateway Road. Film about Aldo Leopold, legendary environmentalist. Email kkramer@sandcreekgreenway.org

Tuesday, March 10

Active Minds Seminar- The Panama Canal. 12:30-1:30pm. Tattered Cover, 2526 E. Colfax. www.activeminds.com

Tuesday, March 10

Community Garden Spring Meeting 6-7pm, 7350 E. 29th Ave, Ste. 300.

Thursday, March 12

Active Minds Seminar- Tuskegee Airmen. 6:45-7:45pm, Sam Gary Library* www.activeminds.com

Saturday, March 14

Abbey Tavern's 2nd Annual Park Hill St. Paddy's Bash. 12-10pm. Free admission. 5151 E. Colfax. www.theabbeytaverndenver.com

Saturday, March 21

Who's Tracking Who? Learn how to identify tracks at Rocky Mountain Arsenal National Wildlife Refuge, 6550 Gateway Road. 1-2:30pm

Saturday, March 21

Saturday Night Live for Kids. 6-9pm at the Central Park Rec Center* Ages 7-12. Snacks, dinner, games, pool time, prizes and music. Register at www.StapletonCommunity.com or MCA office, 7350 E. 29th Ave.

Tuesday, March 24

Active Minds Seminar- Malcom X. 5-6pm. Tattered Cover,

MARCH

2526 E. Colfax. www.activeminds.com

Thursday, March 26

Active Minds Seminar- The Kurds. 6:45-7:45pm, Sam Gary Library* www.activeminds.com

Saturday, March 28

Egg Scramble 10-11:30am, The South Green*

Saturday, March 28

Electronics Recycling Event. Free. East High School, 1600 Esplanade. Sign up to attend, <https://mar28-ecycle.eventbrite.com>

APRIL

Saturday, April 4

Hippity Hop Easter Hop and Kids Cotton Tail Fun Run. Stapleton Central Park*

Sunday, April 5

Easter Sunrise Service 7am., The South Green*

Thursday, April 9

Active Minds Seminar 6:45-7:45pm, Sam Gary Library* www.activeminds.com

Saturday, April 18

Saturday Night Live for Kids. 6-9pm at the Central Park Rec Center* Ages 7-12. Snacks, dinner, games, pool time, prizes and music. Register at www.StapletonCommunity.com or MCA office, 7350 E. 29th Ave.

Thursday, April 23

Active Minds Seminar 6:45-7:45pm, Sam Gary Library* www.activeminds.com

* More information at Events@stapletoncommunity.com
The South Green: located between Roslyn & Syracuse on 29th Ave
Sam Gary Library: 2961 Roslyn St.
Stapleton Central Park: 8601 E. MLK Blvd.
Central Park Rec Center: 9651 E. MLK Blvd.

Events & Announcements at Stapleton



Aquatics

Mark your calendars! Registration for swim teams and aquatic programming is quickly approaching. Residents can register via their online account or at the MCA office. Nonresidents can fill out the registration form and email, fax or drop off their form in person.

Upcoming registration dates starting at noon:
Stapleton Stingrays (Residents) – March 9
Aquatic Programs (Residents) – March 23
Nonresident registration for all programs begins May 4

2015 Pool Usage Rates

Resident Membership Card rates and Daily Admission Fees will remain the same for the upcoming 2015 summer season. Residents are encouraged to renew their Resident Membership Cards online prior to their card's expiration date to receive a \$10 online renewal discount. **Expired cards will NOT be accepted for entry.**

Entrance Fees (Mon.-Fri.)

Resident discount	\$5
Nonresident	\$8

Entrance Fees (Sat., Sun. & Holidays)

Resident/Nonresident	\$10
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Children under age 1 are FREE.

Guest fees are nonrefundable and rainchecks are not given on inclement weather days.

Resident Membership Cards

New Resident	\$20
Online Renewal	\$10 (+ service fee)

Guest Passes

5-Punch Guest Pass	\$25
10-Punch Guest Pass	\$50
20-Punch Guest Pass	\$100
Unlimited Guest Pass (limit 4 per household)	\$80

Stapleton resident must be present with their guests. Punch passes expire at the end of each season. Unlimited guest passes will be renewable beginning in 2016!

Pools open Sat., May 23 at Noon!

Have You Moved?

If you have moved within Stapleton, in order to maintain your Active Net account (Resident Membership Cards), residents will need to bring proof of current address (lease AND utility bill or warranty deed) to the MCA office, 7350 E 29th Ave., Ste. 300. If you have moved within Stapleton and have not contacted the MCA, your resident card may be deactivated.

Saturday Night Live...for kids only!

The next SNL is scheduled for Sat., March 21. It will be a night of entertainment for children ages 7-12 at the Central Park Rec Center from 6-9pm. The event will include snacks, dinner, games, pool time, prizes and music.

Registration is open online at www.stapletoncommunity.com or by visiting the MCA office at 7350 E. 29th Ave. or registering at the Central Park Rec Center.

Active Minds

Thurs., March 12, 6:45-7:45pm

Tuskegee Airmen. Join Active Minds as we explore a chapter of this story from World War II: the Tuskegee Airmen. We will tell

the story of struggle and triumph of this group of African American pilots who were the first black military aviators in the U.S. armed forces.

Thurs., March 26, 6:45-7:45pm

The Kurds. The Kurds are an ethnic group of approximately 30 million with origins in a part of the Middle East that has been surrounded by the historic powers of the region. Join Active Minds as we explore this complicated dynamic and seek to understand the Kurdish people and their struggle.

Everyone is welcome. For more information, visit www.ActiveMindsForLife.com. This program is brought to you by the Stapleton Master Community Association. **Location:** Sam Gary Library, 2961 Roslyn St.

Stapleton Egg Scramble

The MCA's annual Egg Hunt will be held on Sat., March 28 from 10-11:30am on The South Green. The hunt is referred to as a scramble because that describes what happens! Over 12,000 plastic eggs will be laid out on The South Green. The scramble for these eggs will be divided into four different age groups.

0-2-year-olds	10:15am
3-4-year-olds	10:30am
5-6-year-olds	10:45am
7 and older	11am

This is a free event open to the public. Children are asked to limit their basket to 12 eggs so everyone can leave with several. The Easter Bunny will join us so bring your camera. We will also have a visit from several Disney princesses and characters so don't miss it!

Easter Sunrise Service

The service will be held on Sun., April 5 on The Green at 7am. Bring a blanket/chairs to sit on. This is the first year for a sunrise service in Stapleton.

Summer Movie Suggestions

The MCA would like to hear from the community about what they would like to see this summer for our Summer Movies on The South Green. Email your suggestions to ddeeter@stapletoncommunity.com by Mar. 31.

2015 Event & Aquatics Sponsorships

The MCA offers a variety of opportunities for sponsorship of the events and pools. Event sponsorships include single event sponsorships as well as packages. Prices vary for each sponsorship level. All prices are located at www.stapletoncommunity.com. If you have any questions, feel free to contact ddeeter@stapletoncommunity.com or call the MCA office at 303.388.0724.

If you have any questions or comments about the information above, please contact ddeeter@stapletoncommunity.com or call the MCA office at 303.388.0724.

Diane Deeter
Community Director
ddeeter@stapletoncommunity.com

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EDITORS and PUBLISHERS:

Carol Roberts & Steve Larson

ASSISTANT MANAGING EDITOR/WRITER:

Madeline Schroeder

PHOTOGRAPHY: Steve Larson

AD SALES: Karissa McGlynn 303-333-0257

KarissaMcGlynn@gmail.com

Front Porch

www.FrontPorchStapleton.com
FrontPorch@FrontPorchStapleton.com 303-526-1969

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Vaccines

(continued from page 1)
typically Jenny McCarthy and the people that are really on the fringe. But really, there's this huge silent majority of parents who are vaccinating their kids. Only now, when we're able to see these rates and we're hearing about outbreaks because parents are refusing vaccines, we're finally starting to hear their voices. The conversation may change because these parents now have a voice, and parents now have a choice. This piece of information goes along with everything else that they use to decide on where they send their child to school or childcare center."

Though vaccine data may not typically be a major factor in parents' decision making about their child's school, "There are certain circumstances where it becomes more important. In the event of a large outbreak, then it becomes very important," says O'Leary.

Park Hill resident Andy Sense experienced the second circumstance where vaccine rates are critically important. His child, at age 16 months, was diagnosed with cancer and went through two and a half years of treatment. "For my son, not only was he unable to maintain his vaccination schedule, but the chemotherapy for cancer killed his immune system altogether so he was doubly susceptible to any communicable diseases that came his way. For people who think this comes down to choice, I would hope that they would consider that many children in our neighborhood don't have that same choice...What they have to depend on is that 95% of people who are vaccinated in order to create herd immunity." Spence's son, now five, has been cancer free for two and a half years, but they are looking closely at immunization rates at the schools they are considering for kindergarten.

Spence adds that although he understands the importance of personal choice, he thinks



people also need to understand the limits of their own expertise and consider the overwhelming consensus of scientists who study immunizations. Brian Winn, an internal medicine doctor at Kaiser, has a daughter who had cancer several years ago, before vaccine rates were readily accessible and talked about. When going through that experience, he says vaccine rates weren't what was on his mind, but, he adds, "I felt secure enough that when she went to school that a vast majority of kids had been immunized and by them getting immunized it was herd immunity protecting her when she needed it most."

Winn speaks for parents of an immune compromised child. "I would certainly be

very grateful to the community for lessening his/her risk. Especially for something we can't control. You can't control when a kid gets a cancer diagnosis. You can control her risks for exposure. The community can certainly decrease that risk, that's for sure."

Winn also expresses concern about healthy kids at a school with a high exemption rate. "I know the data quite well and I'm not remotely concerned (about the vaccines). I'm more concerned about the non-immunized kids getting a serious preventable disease than I am about the rare but serious complication from the immunization."

In Colorado, parents have the right to sign an exemption form for personal reasons, even if there is not a medical or religious reason to withhold vaccines. A recent survey showed Colorado's exemption rate is 4.3 percent. That may not sound high, but "that translates into about 3,000 kindergarteners that are entering school each year that aren't fully immunized. That number carries some weight in terms of being out in the general community," says Stephanie Wasserman,

executive director of the Colorado Children's Immunization Coalition. She says measles are "one of the most infectious agents on the planet" with a 90 percent infection rate. If 10 unimmunized children are exposed to measles, nine of them will get it.

Wasserman's organization works to mobilize resources in the community to advance children's health through immunizations, including awareness campaigns about the safety and efficacy of vaccines. "We believe there are a lot of people in Colorado claiming a personal belief exemption out of a convenience loophole. Maybe (continued on page 5)

Share comments at FrontPorchStapleton.com

Compliance in NE Denver

Compliance rates do not show the percent of students immunized. They include the percentage of students who have gotten all required immunizations, have signed exemption forms, or are "in process" of getting up to date on their immunizations.

School	Compliance %	Exemption %
Ashley	91	0.9
Bill Roberts K-8	90.3	2.9
Denver Discovery MS	100*	6.5
Denver Language School	90.3	3.5
Denver School of the Arts HS	97.1	4.8
DSA Middle	95.3	5.4
DSST Conservatory Green MS	86	1.8
DSST Stapleton HS	98	4.3
DSST Stapleton MS	80.8	3.9
East HS	90.5	4.8
GW HS	92.3	3.3
Hallett Ele	96.1	2.1
High Tech Ele	89.4	2.3
Hill MS	75	4.3
Isabella Bird Ele	91*	2.9
Lowry Ele	92.2	2.3
McAuliffe MS	85.4	2.3
Monarch Montessori	84	0.8
Montclair Ele	90.4	2.7
Morey MS	93.3	4.3
Odyssey K-8	97.4	12.5*
Park Hill Ele	95.1	3.5
Smith Renaissance Ele	88	0.4
Stedman Ele	93	0.8
Swigert Ele	95	1.5
Venture Prep HS	93.2	5.6
Westerly Creek Ele	95.1	2.7

The counts were taken by DPS during the week of Feb. 2. Asterisks (*) show counts that were updated by schools after the DPS report.

Your night out could mean better days for Denver's children.

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Colorado Press Association annual newspaper contest

Front Porch Named Best Monthly Paper in CO



The Front Porch was also named 2014 Editorial Winner among monthlies.

Front Porch took first, second or third place in 30 categories, including 10 first-place awards in news stories, public service articles, graphics, advertising, and features in business, health and the environment. Madeline Schroeder had five individual first-place awards.

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A directory with links to these businesses can be found at www.FrontPorchStapleton.com > Business Directory

Vaccines

(continued from page 3) they don't have a strongly held belief, they're just filling out the paperwork because it's convenient. We want to see if there's the opportunity to talk to parents to see if they have strongly held belief."

As a DPS parent for 19 consecutive years, Wasserman says, "I was one of the parents who was blissfully ignorant about this issue. I was the silent majority. I assumed that every other parent took their children regularly to the pediatrician and got them fully immunized."

Donna Shocks, DPS head of nursing explains that compliance data is a moving target. Immunized students can have a birthday and fall out of compliance. "We're always working on immunizations and immunization compliance. The lower the number of immunizations, the harder the

nurses are working and the harder the school staff is working to reach out to parents."

If kids aren't in compliance Shocks says the nurses have to assess whether it's a question of access or preference. "If it's access we do everything to minimize whatever barriers they are facing to make sure the kids get immunized."

If it's preference, the school nurses offer more information or education. "Some people are pretty determined that they're not going to do immunizations. We still offer as far as the parent will allow us to go, but it is such a fine line there. I can't impose my beliefs on you. But if I can be of any assistance please contact me."

An alphabetized list of all DPS schools and their compliance and immunization rates is available with this article at FrontPorchStapleton.com. The Colorado Department of Health's immunization schedule is also posted.

1968 Exhibit

(continued from page 1) Stanley enlisted in the Army because that enabled him to choose his training rather getting assigned by the Army if he got drafted.

His thinking when he chose medic training was, "Why not be on a medivac helicopter as opposed to walking in the woods with the infantry?"

There was no GPS in 1968. "If we'd had GPS, it would have been a wonderful thing," says Stanley. Everyone used the same FM frequency—and it was also known by the enemy. Field commanders often weren't sure exactly where they were but gave grids and coordinates to the helicopter crew to the best of their knowledge.

Stanley says when the crew thought they were close, they would radio for the ground troops to throw a smoke grenade. Then the rescue crew would verify the color of the smoke. "If there was a big battle going on, we'd tell them 'Throw another one,' because we learned the bad guys were listening to the radio and they might throw smoke to try to lure us in to where they are to land and then shoot us up big time." So they would verify that a second colored smoke bomb

was really the location of their injured troops.

Not every mission was a war injury, says Stanley. "You've got guys living in bad conditions. Many guys hadn't seen action in two weeks, but a guy falls down and breaks his ankle. And a lot of malaria, snake bites, spider bites. You've got everything that would happen if there wasn't a war. But then you've got a war going on and once a battle starts you've got a boatload of stuff happening."

All day every day during his year in Vietnam, Stanley flew on these rescue missions. His medals include a Silver Star, the third highest in the military, for gallantry in action. He also has a Bronze Star and 18 air medals, each of which represents 25 hours and 25 missions under combat.

After his military service, Stanley got a degree in engineering and worked in the oil and gas business. He currently volunteers his time with Boots to Energy, an organization that assists returning veterans in obtaining high-paying jobs in the oil and gas industry. For information, visit www.bootsstoenergy.com.

View pictures and information about The 1968 Exhibit starting on page 6.

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walk MS

COLORADO-WYOMING 2015

WALK MS DENVER

Saturday, May 2

Denver City Park

Walk MS is a fun community event that supports life changing programs and drives cutting-edge research to ensure those impacted by multiple sclerosis can live their best lives.

The funds you raise give hope to the more than 100,000 people affected by MS in Colorado and Wyoming. Join us and be inspired to make connections that count!

SIGN-UP TODAY!

The walk is free, but fundraising is encouraged.

walkMScolorado.org

National Multiple Sclerosis Society
Colorado-Wyoming Chapter

Visitors relive 1968 through displays that weave together the events of that tumultuous year.



Much of the text on these pages was taken from *The 1968 Exhibit*, currently on view at the History Colorado Center. (continued from page 1)

MLK

Martin Luther King was assassinated on April 4, 1968. Four years earlier he had been awarded the Nobel Peace Prize for his civil rights work. But he remained a controversial figure, constantly threatened and despised.

In April 1967, he began making impassioned anti-war speeches that drew millions more to his side while infuriating millions of others.

On April 4, 1967, he said, “So we have been repeatedly faced with the cruel irony of watching Negro and white boys on TV screens as they kill and die together for a nation that has been unable to seat them together in the same schools.”

In the months preceding his death, Dr. King increasingly turned his focus from civil rights for African Americans to a more universal struggle for economic justice, for the rights of all Americans who were suffering from low wages, employment discrimination and poverty.

RFK

Robert Kennedy was assassinated on June 5, 1968. He had just given a victory speech after winning the California primary and was exiting through the kitchen of the hotel when he was shot by an assassin. One of the kitchen staff is shown holding him after he was shot.

Kennedy had announced his intention to run for president on March 16, saying, “I run to seek new policies—policies to end the bloodshed in Vietnam and in our cities, policies to close the gaps that now exist between black and white, between rich and poor...I run because it is now unmistakably clear that we can change these disastrous, divisive policies only by changing the men who are now making them.”

THE 1968 EXHIBIT



The sign at the entry to the exhibit flashes images of iconic events and people from 1968.



Vietnam

Walter Cronkite is shown reporting on the Vietnam War on a TV in a 1960s era living room setting. A huge Huey helicopter adjoins the living room, symbolizing the impact of the war in American households.



Brand New Row Homes Overlooking Central Park

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Above left: A camping trip photo and picnic scene portray a stereotypical image of life for a 1960s white family.

Black Power

Left side of photo: At the 1968 Summer Olympics in Mexico City, Tommie Smith and John Carlos raised their black-gloved fists during the U.S. national anthem at the medal ceremony for the 200-meter race where they won first and third—a gesture that became known as the Black Power Salute.

In September 1968, Stokely Carmichael, an activist with the Student Non-Violent Coordinating Committee, became the “Honorary Prime Minister” of the Black Panther Party. Carmichael’s words from a 1966 speech in Berkley still resonated. “We are now engaged in a psychological struggle in this country, and that is whether or not black people will have the right to use the words they want to use without white people giving their sanction to it; and whether they like it or not, we are going to use the words ‘Black Power....We’re tired of waiting.’”

Nixon and “The Real Voice of America”

Richard Nixon won the bid for the Republican vice presidential nomination over Nelson Rockefeller and Ronald Reagan. In the general election, Nixon won over potential Wallace voters by appealing to racist fears of Southern whites. Nixon narrowly beat Hubert Humphrey in the presidential election and segregationist George Wallace got the electoral votes in five states.

In Nixon’s nomination acceptance speech at the Republican National Convention August 8, 1968, he said, “As we look at America, we see cities enveloped in smoke and flame...We see Americans hating each other; fighting each other; killing each other at home...Millions of Americans cry out in anguish: ‘Did we come all this way for this?’ Listen to the answer...It is the quiet voice in the tumult and the shouting. It is the voice of the great majority of American, the forgotten Americans. This is the real voice of America.”

Science and Culture (continued on page 20)

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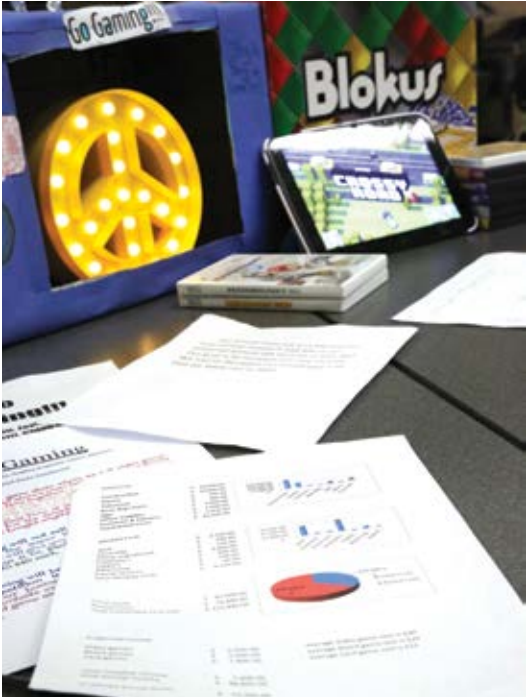
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Biz Ideas fr



Left: Chloe Mitzner explains the intricacies of her company, Go Gaming, to Aaron Alpert. Above: The business plan for Go Gaming shows initial costs, monthly costs and projected income.

By Carol Roberts

In a room full of fifth-graders, many engrossed with their computers and tablets, it wasn't video games or social media they were focused on—it was business plans with cost and income projections, charts and product descriptions. The mock business owners at the Entrepreneur Expo at Bill Roberts School on Feb. 12 were the fifth-grade students in Robin Tobin's gifted and talented class who worked in teams to create "real world" business plans.

"Coming up with the type of business was the hardest part," said Chloe Mitzner. "At the beginning we were thinking about opening a sushi restaurant. We thought, well, how about we have a pool in it? How about we do all this stuff? And then these parents with businesses came in to talk about it ... We were thinking it would only cost us like \$5,000 to open up a sushi restaurant, have a pool inside, like have everything. Then we kind of knew, well, that's not realistic. Start slower and how much money do we really want to spend?"

Go Gaming

Mitzner was one of four partners who created a plan for Go Gaming, a video and board game store. The idea they think will set them apart from other gaming stores is "a cycle." "It's a cycle of people will buy a game, they get tokens, then they use the tokens to test the game, and then they'll buy that game," says Mitzner. But the testing time is limited, she says, "One token equals two minutes and there's a limit of 10 minutes."

The group chose Lowry for their location, got the cost per square foot for a shop there and calculated rent and other costs based on actual prices. Alexa Coleman said the store's annual costs are projected to be \$73,440, total annual income will be \$88,800, and the first year's profit will be \$15,360. "Our goal is to increase our net income," she says, adding that they discovered their initial plan had too many employees. "We had to decrease our employees so we were not in debt."

Sweet Treats Cafe and Bakery

The threesome Caroline Smits, Abby Smith and Katie Paul created a plan for Sweet Treats Cafe and Bakery. They agreed the bakery should donate one-fourth of its income to people with cancer and the other three-quarters should be used to make the business bigger and better. And they agreed on their recipes: two from family traditions, Cuban bread from a bakery in Tampa and some recipes they found online.

But they didn't agree on everything. The partners had to work through differences of opinion on how much to spend on rent and where their shop should be located. Abby initially wanted to be located in the town center but changed her mind as the others pointed out there's more traffic on Central Park Blvd, it's closer to houses, and the rent would be lower. At the expo, the group offered free bite-sized samples ... but with their newly gained understanding of profit and debt, only the first sample was free—then they charged a quarter. After calculating all their costs and expenses, these entrepreneurs determined they would make \$510 in their first year.

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8

Stapleton Front Porch

om Budding Entrepreneurs



Who Rescued Who? Pet Adoptions

Austin Harris and Sadie Halpern adopt and rescue animals for other people to adopt. “We attract customers,” says Austin as he brings up the marketing screen on his computer, “by using billboards, lamppost signs, posters, etc. And once we have enough money to afford it, we’ll use commercials.”

The business is located in the Stapleton Town Center and has kennels, a storage room for food and a pet store for supplies in a 20- by 10-foot space. The pair would help match families and pets. “We could take the pets out of their kennels,” says Halpern. “Or the dog or cat could choose you,” adds Austin.

“People who are allergic to their dog or don’t want them anymore could bring them to us. Or if we find stray dogs, we can take them in and help them.” It’s free to bring in animals, \$15 for an adult dog or cat and \$25 for puppies and kittens. Harris checks their business plan and adds, “If you’re looking for a new best friend, come to us. Our competition is the Denver Dumb Friends League—and if you don’t like your animal we’ll accept it back for free, where Dumb Friends League charges \$30 or more.”

Flash Penzil

“The reason we invented the Flash Penzil is because sometimes businessmen and businesswomen that work in a building and type on a computer for a long time, they sometimes present ...” says Quin Baughman, “... and they spend a lot of money on their tools to present. You don’t want to use a yardstick for a laser pointer,” adds Trevor Fai.

Quin picks up the train of thought, “So we were like, why don’t we create a pen that could do all of that? We took four things that we could include into a pen. Some people would like a flashlight, some people would like a laser pointer, some people would like a pen, and some people would like a pencil.”

Costs are projected at \$200 to \$3,000 because, explains Fai, “some people may want to buy massive amounts while some may want to buy just two.” “We could start out small, with like three pens and once the word gets spread out it could go bam, bam, bam



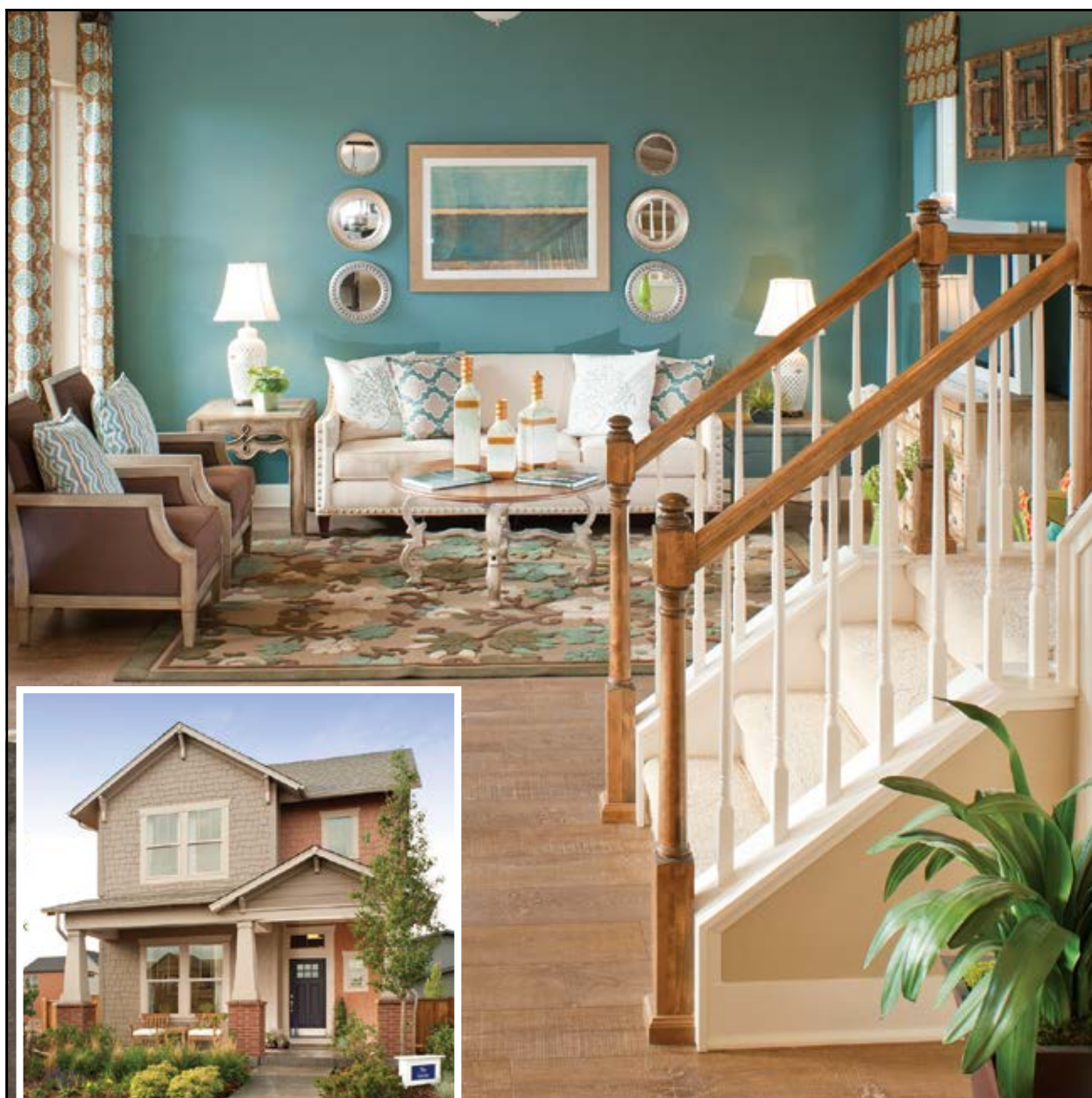
Left: Caroline Smits shows a video of products from Sweet Treats Cafe and Bakery as Abby Smith points to one of their recipes. Katie Paul, the group’s third partner is at Katie’s left.

Above: Austin Harris shows his business plan for Who Rescued Who? Pet Adoptions to his grandmother Peggy Harris.

Below: Quin Baughman (left) and Trevor Fai listen to a question about their project, The Flash Penzil.



and get very popular and people would want to buy,” adds Baughman. “That’s when the big money comes in,” says Fai, “and we can bang out like a thousand pens.” To keep costs down, the pair says they will sell the pens at a table on the sidewalk where a lot of people walk by.



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Strengthen and Stretch Technique Works for All

Jenny Bertrand leads an Essentrics class at Central Park Rec Center. Through a focus on stretching, Essentrics improves mobility, balance, flexibility and overall strength. The exercise is designed for everyone, regardless of age or athletic ability, created from real-life movements such as reaching, bending, pulling and twisting.

By Courtney Drake-McDonough

An athlete all her life, Jenny Bertrand clearly remembers the day her knees hurt so badly while climbing the stairs, she said to herself, “What am I going to do? I can’t get upstairs and I’m only 20!” Bertrand had never incorporated stretching in her routines because, as she says, “I was too busy working hard in my workouts even though I suffered knee and back pain.” But these days, stretching is what it’s all about for Bertrand and her growing, loyal following as she brings a new kind of exercise, Essentrics, to Denver.

Bertrand says Essentrics is designed for everyone to be able to do, regardless of age or athletic ability, created from real-life movements such as reaching, bending, pulling and twisting. It works on the premise of strengthening and stretching every muscle of the body to balance the whole body and its joints (including spine, hips, shoulders, knees, toes and fingers) and improves mobility, balance, flexibility and overall strength. Yet she says it can be surprisingly challenging. “All of a sudden, you’re kind of sweating and a little out of breath and the next day you feel a little soreness and it’s kind of a surprise,” says Bertrand.

A low-impact workout, that requires only a mat and maybe a chair, Essentrics moves at a pace meant to help participants feel their muscles moving, letting the muscles do the work

as opposed to using momentum. Bertrand says the body begins to “function more efficiently, feels better and reverses the idea that we have to be stiff and in pain as we age or as we perform athletically.”

Essentrics originated in Canada as Classical Stretch, created by Miranda Esmonde-White, who hosts the show of the same name at 5:30am on PBS in Denver. That’s how Bertrand got started 12 years ago, exercising in her pajamas before her newborn daughter woke up. At first she thought stretching would be really easy. But then she noticed that her post-baby stomach was flattening and that her lower back and knee pain were going away. She was hooked and continued exercising with the TV show for the next 10 years. Her interest and belief in the workout increased and, after training with Esmonde-White and becoming certified, the mother of three left her health care marketing job to teach Essentrics.

Bertrand credits the Denver Parks & Recreation Department with taking a chance on this new form of group exercise and supporting its growth. She started out teaching one class to two people in January 2014 and now teaches 12 classes per week to as many as 40. There are no class levels so Essentrics can be started at any time. People advance depending on how much effort they put into the movements,

keeping them loose and flowing or putting more effort into the movements for a deeper workout. Bertrand also encourages people to use Essentrics to augment other forms of exercise if they want, but says it’s not necessary because she feels Essentrics gives a full-body workout.

Lee Eitel, who has taken Bertrand’s class for a year, agrees. A self-described exercise addict, she has done yoga for the past 15 years but is moving toward doing Essentrics exclusively because she feels it gives her a better, more complete workout. Just three weeks into taking classes, Delyle Schott, an avid biker and walker, says, “The class made me realize there were muscles that weren’t getting exercised in my normal routines. You don’t realize you’re experiencing some stiffness until you do a class like this.”

Bertrand says another benefit of Essentrics is that it helps people believe in what their bodies can do. “People start to think they shouldn’t move because they don’t want to fall or injure ourselves so it helps to start believing that our bodies are made to move and *can* move,” she says. “It keeps people doing things they want to do.”

Bertrand’s Essentrics classes are held at various Denver Parks & Recreation centers including Montclair Recreation Center and Central Park Recreation Center. Class schedules can be found at www.denvergov.org.

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TYPE	NAME	ADDRESS/PHONE/WEBSITE
Boxing and Martial Arts	Enshin Karate Headquarters	4730 E Colfax Ave, Denver, 303.320.7632, enshin.com
	Grappler's Edge and Edge Boxing	5305 E Colfax Ave, Denver, 303.433.3343, grapplers-edge.com
	JKD Colorado	7000 E 47th Ave Dr #600, Denver, 303.726.6230, jkdcolorado.com
	Mike Giles Family Karate	7506 E 36th Ave #480, Denver, 303.377.5425, mikegileskarate.com
	Rad Muay Thai	30 Havana St #309, Denver, 303.557.8507, radmtfitness.com
	Stapleton Family Karate	8270 Northfield Blvd #1450, Denver, 303.928.0043, stapletonfamilykarate.com
Dance	Ballet Ariel	7808 Cherry Creek South Drive, Suite 209, Denver, 303.945.4388, balletariel.org
	Dance Conservatory of Denver	1958 Elm Street, Denver, 720.837.1578, www.danceconservatoryofdenver.com
	Denver Dance	1910 Roslyn St, Denver, 720.938.6519, denverdance.net
	Dance Institute	4601 Quebec St, Denver, 303.525.0011, danceinstitutedenver.com
	Dancing the Soul	950 Jersey St, Denver, 720.379.6072, dancingthesoul.com
	Leap Dance Studio	Central Park Rec Center, 9651 E. MLK Blvd, www.leapdancestudio.com
	Park Hill Dance Academy	4638 E 23rd Ave, Denver, 303.975.6111
Fitness and Weight Loss	Med-Fit	Medical weight loss, 2373 Central Park Blvd. Suite 300, Denver, 303.586.3943, www.denverweightlossclinic.com/
	Weight Loss and Exercise Research Study	Six months of supervised exercise is included as part of an 18-month comprehensive behavioral weight loss program for healthy, sedentary, non-smoking men and women age 18-55 with a body mass index (BMI) of 28-40 kg/m2. University of Colorado Anschutz Health and Wellness Center, COMIRB # 13-1550, PIVictoria A. Catenacci MD. For more information contact Kristen.Bing@ucdenver.edu.
	University of Colorado Anschutz Health and Wellness Center	12348 E Montview Blvd, Anschutz Medical Campus, Aurora. Trained fitness specialists, Body pump, yoga, indoor aquatics, meditation, Zumba and more. Science and research-based programs in nutrition, sports performance and weight loss, anschutzwellness.com
Free Meetups	Cycling- Cycleton Stapleton	www.cycleton.com/denver-cycling-events-cycleton/weekly-rides/
	Stapleton Run Club	Meets on Tuesdays at 6pm at Casey's Bistro, www.stapletonrunclub.com/
	Walk to Connect	Walking club meets 6:30am at Starbucks in Conservatory Green on Wednesdays. walk2connect.com/about/
Trainers, Gyms and Fitness	24 Hour Fitness	7600 E Academy Blvd, Denver, 303.343.1049, www.24hourfitness.com
	Base Fitness Denver	7565 E Academy Blvd, Denver, 303.537.4877, www.basefitnessdenver.com
	Bladium Sports and Fitness Club	2400 Central Park Blvd, Denver, 303.320.3033, www.bladium.com
	Camp Gladiator	Meets at Westerly Creek Elementary, 8800 E 28th Ave, Denver, 720.289.0427, www.campgladiator.com/denver
	Central Park Recreation Center	9651 MLK Blvd, Denver, 720.865.0750, www.denvergov.org > search by name
	Crossfit Park Hill	2857 Fairfax St, Denver, 720.257.4264, www.crossfitparkhill.com
	Crossfit Stapleton	3700 Havana St #218, Denver, 303.902.5088, www.crossfitstapleton.com
	Curves-Stapleton Town Center	7489 E 29th Pl, Denver, 303.333.5959, www.curvesofstapleton.com
	Curves-Mayfair	938 Jersey St, Denver, 303.333.6006, www.curves.com/locations/club/CO/US/80220/Denver-4
	Empowered Movement	Mobile, in client homes. 720.352.1458, www.empowered-movement.com
	Endorphin at Lowry	7555 E Academy Blvd 303.993.4041, www.endorphin.com/lowry
	Fit4Mom & Stroller Strides of Denver	denver.fit4mom.com/
	Fitness Together	340 Holly St, Denver, 303.322.7132, www.fitnessstogether.com
	Hiawatha Davis Rec Center	3334 Holly St, Denver, 720-865-0590, denvergov.org > search by rec center name
	Mile High Fitness	Mobile, client homes. Office: 3835 Elm St #G, Denver, 720.436.3899, www.milehighfitness.com
	MLK Rec Center	3880 Newport St, 720.865.0503, denvergov.org > search by rec center name
	Montclair Recreation Center	729 Ulster Way, Denver, 720.865.0560, www.denvergov.org > search by name
	Orange Theory Fitness Stapleton	Stapleton Town Center, 7349 E 29th Ave, Denver, 303.388.6600, www.orangetheoryfitness.com/stapleton
	Orange Theory Fitness Lowry	Lowry, 200 Quebec St, Bldg. 700, Unit 101, Denver, 303.366.3311, www.orangetheoryfitness.com/lowry
	Pando Crossfit and Yoga	Northfield Stapleton, 8340 Northfield Blvd, Denver, 720.441.3726, pandodenver.com/schedule/
	Up Gym Functional Training Center	4801 E Colfax Ave, Denver, 720.447.1400, www.upgymdenver.com
	Urban Pump Personal Training Studio	2322 Central Park Blvd, Denver, 303.781.1558, www.urbanpump.com
	Urban Survival Fitness	5929 E 38th Ave, Denver, 720.838.4401, www.urbansurvivalfitness.com
Sports Leagues	Big Bear Ice Arena	Recreational hockey, www.bigbearice.com/page/show/451048-adult-hockey
	Ladies Golf League	Casual (no handicap required!) Ladies Golf League plays 9 holes at Park Hill Golf Course at 4pm every Monday, June thru August. Contact Joanna Johnson: 303.522.3686,
	Let's Kick It Adult Kickball League	Coed, www.letskickitcoed.com/
	Ultimate Frisbee	www.facebook.com/stapletonultimate
Yoga	Bikram Yoga Mile High	5019 E Colfax Ave, Denver, 303.377.2227, bikramyogamilehigh.com
	CorePower Yoga	Stapleton Town Center, 7485 E 29th Pl, Denver, 303.377.7444; see website for classes: corepoweryoga.com
	Harmony Yoga	560 S Holly St, Ste 15, Denver. Classical Hatha yoga, vinyasa, gentle, restorative & therapeutic yoga; classes for kids, teens, families, new & expecting parents. 303.388.8501, help@harmony-yoga.com
	Park Hill Yoga	2072 Ash St, Denver, 303.622.3773, parkhillyoga.com
	Sacred I Yoga	2212 Kearney St, Denver, 303.355.5856; see website for classes: mysacredi.com

Fitness Guide by Emily Aronow, Chris Hegstrom & Judith Schwartz

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You Don't Have to Be a Fitness Nut to Be Healthy

Just exercise moderately and reduce sitting time

By Carol Roberts and Laurie Dunklee

Every year, people resolve to improve their lives starting on January 1—and in 2015 weight loss and exercise was the number one resolution according to a Marist Poll released in December.

A local trainer, Gregg Hoffman, says he sees about a 25 to 30 percent increase in new clients in the first two weeks of January. But studies show that a third of these exercisers will have given up within a month.

If you didn't carry out your resolution to get more exercise—or if you didn't even make one—the good news is even small changes in your life can improve your health. Stapleton resident Emily Aronow, a physical therapist at National Jewish Health since 2003, discussed some health studies that point to the value of getting moderate exercise and minimizing sitting time.

A little moderate exercise makes a big difference.

Studies confirm that even a very low level of activity is

significantly healthier than no activity. A 2012 study published in *PLOS Medicine** found that people who walked

from 1 to 74 minutes per week added 1.8 years to their life versus people who were inactive. These gains are apparent regardless of the person's weight. In this study, overweight people who were minimally active (1 to 74 minutes per week) gained more than three extra years of life versus normal weight people who were completely sedentary.

“The study pooled information from six studies comprising approximately 650,000 people ages 21 to 90,” said Aronow. “Walking 79–140 minutes per week added 2.5 years to people's lives. More than 150 minutes added 3.4 years; more than 300 minutes added 4.2 years; and 450 minutes added 4.5 years.”

“What's interesting about this study is that the biggest jump is between 0 and 74. Each additional amount produces a gain, but not as much. Also, people got big benefits whether they were overweight or not, and overweight people saw the biggest benefits.”

Aronow suggested ways to increase moderate exercise: “Park farther away from the office and walk. Some people like to use a pedometer because they're competitive with themselves and they can track their number of steps. Or bike to work.”



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Vice President, Child and Family Services



Stand more and sit less.

The most surprising new research indicates there is another major component to good health— reducing time spent sitting. Multiple studies are finding that time spent sitting has a negative effect on health that is not completely erased by exercise. Simply standing while watching TV or pacing leisurely while on the phone decreases the risk of cancer, diabetes and heart disease. A study published in *BMJ Open*** estimated that by decreasing sitting time to three hours per day, the average person adds two years to their life expectancy.

“Scientists are discovering two distinct aspects of being active: one, that exercise is good, and the other that sitting is bad,” Aronow said. “Even going to the gym doesn’t counteract sitting too long. An ‘active couch potato’ who drives to work and sits 10 to 12 hours, then goes to the gym for one hour, does not counteract the negative effects of sitting. A busy mom who chases her kids around but never goes to the gym is better off than someone who plays racquetball and then works at a desk for eight hours. It’s like thinking exercise will counteract the effects of smoking—



they are separate problems.”

Aronow said the research study published in *BMJ Open* included approximately 166,000 people in a wide age range. Removing other factors like weight and smoking, the study found that participants who reduced their sitting time lived longer. Reducing sitting time from 50 percent of their day to 25 percent of their day added an average of two years to their lives.

Aronow shared ideas for sitting less: “When I’m in the office all day, I split the time in thirds: sitting in a chair, sitting on a fitness ball and standing up at my desk. In this way, I’m able to reduce my sitting time from six hours to two. It can really help to alter your environment. Also, instead of emailing someone down the hall, walk over there.”

She suggested ways to rethink our commuting and TV-watching time: “Make your commute standing on the bus, walking or biking. It’s a significant difference from sitting on the bus or in the car. At home while watching TV, iron or fold laundry, or stand up and do arm exercises—or sit on a fitness ball, which makes you readjust your posture.”

**PLOS Medicine*, 2012, “Leisure Time Physical Activity of Moderate to Vigorous Intensity and Mortality: A Large Pooled Cohort Analysis,” multiple authors, plosmedicine.org.

***BMJ Open*, 2012, “Sedentary behaviour and life expectancy in the USA: a cause-deleted life table analysis,” Peter T Katzmarzyk and I-Min Lee, <http://bmjopen.bmj.com/content/2/4/e000828.full>.

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At the University of Colorado School of Medicine, students learn to be empathetic and caring doctors by understanding patients' illnesses within the context of their lives. They do this through communication courses, which are integrated into all 4 years.

Students are recorded on video doing role plays with patient actors, which experts watch and critique from a control booth (left). Kirsten Broadfoot, communication skills specialist, and Donnie Bette, video technician, discuss how medical students are communicating with their patients.

Creating Compassionate, Empathetic New Docs

By Madeline Schroeder

At a recent doctor visit after two weeks of feeling miserable, the doctor patted me on the back and said, “You’re definitely sick. I’m sorry.” That simple gesture gave so much relief I almost hugged him. He understood and compassionately expressed he felt bad for me. I had never experienced such a human moment with a doctor before.

Along with diagnosis and treatment, doctors provide emotional support in what are often stressful times for patients. This dual role as social workers and medical providers is a more recent idea.

Search the National Library of Medicine and a slew of articles pop up about the

growing importance of physician communication and “emotional intelligence.”

“We think communication is a key skill in being a physician and healing and sharing people’s lives,” Dennis Boyle says. He has helped develop the communication program at the University of Colorado School of Medicine.

When Boyle went to medical school in the ’70s, empathy wasn’t a valued skill in medicine. He remembers one slide about it: “Be nice to patients.” He now teaches practicing physicians, who like himself never learned it in medical school, how to communicate and connect emotionally.

“It’s about taking the communication techniques and building them into your

style. It’s not just a thing you do, it’s a part of you,” Boyle says.

At CU, communication is taught with rigor from day one and continues throughout the four years. Some students from day one can naturally communicate and express compassion; others have compassion, but struggle showing it; and some, though not uncaring people, only speak in clinical terms.

Associate Director of Communications Deborah Seymour believes medical school can help students learn to be caring and understand illnesses within the context of patients’ lives.

CU uses the Calgary-Cambridge approach, a set of 72 skills on how to hear a

patient’s story and respond “empathetically, clinically, humanly and professionally.”

Students practice communication at the school’s Center for Advancing Professional Excellence (CAPE)—a fake (but very convincing) clinical setting equipped with manikins that have pulses and make breathing sounds. There are 15 outpatient exam rooms, three consultation rooms, and three simulation rooms that can be transformed to look like an ER, inpatient hospital room, labor and delivery suite, or operating room. No other simulation rooms exist in the Rocky Mountain region.

Students are filmed interacting with patient-actors while communication coaches watch in real time from a control booth.

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Get to Know Dr. Jane Limmer

Jane Limmer completed her undergraduate work at Dartmouth College and her Ob/Gyn training at Harvard Medical School and Duke University. She is committed to providing patients with individualized care during pregnancy and is especially interested in prenatal and postpartum fitness. She lives in Stapleton and spends her free time hiking and cycling with her husband and family.



Medical students Paul Tran (left) and Abby Nimz are recorded diagnosing and treating patient-actor Donahue Hayes, who is reenacting a stroke.



Tran diagnosing the severity of Hayes' stroke. In addition to diagnosing and treating illnesses, students are taught to provide emotional support in often stressful situations like this.

Afterward they give feedback including everything from eye contact to body language to providing clear information.

The communication skills can be adapted to all clinical settings.

Kirsti Broadfoot is a communications skills specialist at CAPE and implemented the Calgary-Cambridge approach in 2012. She coaches students how to strike the right balance between social worker and medical provider. How an individual finds that balance cannot be predicted and it shifts. "Medical school is about creating a person," she says.

While she works to create caring doctors, she is careful about requiring empathy. Doctors don't have enough time to see patients, get the diagnosis, prescribe treatment and then give emotional support. Burnout is a big problem.

Because of the time crunch, doctors may revert to teaching mode and try to share as much information as possible. At the end of giving this information,

there is no time left to provide patients emotional support.

These types of doctor's visits stick out to

Michael Rudolph. At age 3, he had lymphoma, which was cured, but he has experienced residual health effects into his adult



Video technician Donnie Bette is able to control camera angles so communication coaches can observe every part of how students interact with patients.

life. At times he's felt like doctors don't listen or believe what he's experiencing.

These "bad doc" experiences drew him to medicine and inspired him to be the "good doc." He is now a fourth-year med student at CU. "It's easy to get lost in the medicine and the science, and trying to get the right diagnosis and all the right tests," he says. "Obviously that's important, but I think that when you get so heavily into that you seem to forget that ultimately there's a person who you are doing all this stuff for."

Nearing the end of his schooling, he is still in medicine for the same reason—simply to help people. He tries to keep his patient experience in mind. Interacting with people and experiencing human moments, like a pat on the back, continue to make the profession fulfilling.

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Death with Dignity



Julie Selsberg holds a photo of her father Charles Selsberg surrounded by his grandchildren. Julie, her sister Elaine Selsberg, and her dad's long time partner, Bebe Epstein, are carrying out Charles Selsberg's wishes by supporting a proposed law that would allow terminally ill patients in Colorado to choose when to end their own life.

I have to give my testimony to you now, because by next week I hope to be dead.

By Carol Roberts

On February 28, 2014 Charles Selsberg wrote this statement in a letter to the editor of the Denver Post. The letter propelled his daughter, Julie Selsberg of Park Hill, into a public conversation about giving terminally ill patients in Colorado the right to choose when and how they die.

At age 77, Charles Selsberg was diagnosed with amyotrophic lateral sclerosis (ALS), and the disease progressed quickly.

I was a healthy man my whole life... I never thought I would be this person, really just this mind now, trapped in a dead body... I asked my pulmonologist at National Jewish whether his ALS patients waited to die a natural death. He said nearly none of them did... Legislators, you have shown mercy on patients in pain before. Take the next step: Show mercy on the terminally ill.

"I may be diagnosed with ALS one day.

Look at me and tell me, Julie, I vote for suffering."

—Julie Selsberg

Selsberg decided to stop taking any nutrition, which he felt was the only way he could take control and end his suffering at the time of his choosing. It took 13 days for him to die.

State Representative Lois Court saw the letter and contacted Julie. Court researched legislation in other states and proposed a bill this session that she called "Death with Dignity" modeled on a law that has existed in Oregon for 16 years. A scientific poll conducted by Talmy-Drake in the fall of 2014 showed that 68 percent of Coloradans supported such a bill.

The bill listed multiple requirements to qualify for the program: You must be an adult, you must have your mental faculties, you must have a terminal diagnosis confirmed by a second doctor, you must have two oral requests separated by two weeks, you must have a written request not witnessed by an heir or caregiver, you must be advised of all other options, you can change your mind at any

time, you have to be able to self-administer. Any one that plays with any of these requests in any way can be convicted of a felony. No doctor or pharmacist is required to participate.

The legislative committee held a hearing that lasted 11 hours. One hundred people spoke. "Testimony was split about half and half," says Court. "It was doctors, lawyers, hospice, disabled, ministers. It was every kind of person on both sides."

Julie testified at the hearing, telling the legislators, "You are not making the choice to kill them; you are making the choice to give them control over their deaths. Do not shift the responsibility.... Hospice and palliative care work for most people—it worked for my mom—but it does not work for everyone. I may be diagnosed with ALS one day. Look at me and tell me, 'Julie, I vote for suffering.'"

Court says some of the testimony reflected concern that the bill discriminates against people like ALS or Alzheimers patients. Because the bill requires that the prescription be self-administered, people with ALS or Alzheimers might not be able to take advantage of the law. "If an ALS victim said, 'I want this,' and went through the whole process and got the medicine and put it away, by the time they would think they're ready for it they couldn't self-administer, or they wouldn't be mentally competent so they would no longer be eligible under the Colorado bill."

But even with all the safeguards built into the law, it raised fears in the disabled community.

"A lot of articulate well-spoken people from the disabled community came in," Julie explained. "They said, 'Insurance companies will readily hand me the sign-off and say we'll pay for your lethal dose of this medicine, while simultaneously denying whatever medicine or equipment I might need that will help me go through life with my disability.'"

"Nothing of this nature has happened in the 16 years it's been in place in Oregon," says Court. "You can't create rational law in relationship to fear. It's very real but I don't know how we can address it."

Doctors Bill Bolthouse and Charles Hamlin both testified at the hearing, expressing opposing views.



Bolthouse is a family doctor at the Inner City Health Center that serves those who are poor and uninsured. He says, "I was deeply moved by the stories of the people who are dying. What I want to extend to them (those who are dying who spoke at the hearing) is all we have in medicine to help them through this very difficult time in terms of hospice and palliative care. There are very good reasons we shouldn't have physician assisted suicide in Colorado. I think it's bad for doctors. It's bad for patients. And it's bad for our society."

"The one asset that I have besides my medical education is the trust that I have with my patients. When you introduce the possibility that I would write a life ending prescription for my patient, that begins to erode that trust."

Bolthouse thinks a bill like the one Court proposed would set a dangerous precedent. "I see elderly patients in my practice that are subject to elder abuse. How much overt or even covert pressure will there be on the elderly to say you've lived long enough? How long will it take until we expand the definition of terminal illness to Alzheimers?"

Hamlin, a retired hand surgeon, is President of the Colorado board of Compassion and Choices. He was deeply influenced by his parents' deaths, which he says would have been far more compassionate under such a law.

He does not believe abuses will happen due to the many hurdles to get into the program. He says, "In the 16 years of data in Oregon, no one has been taken advantage of by this system."

Hamlin cites data from Oregon: 1400 prescriptions have been written. Only 753 actually took them, because once people who are dying feel in charge of a peaceful death, they are

comforted by it and they almost don't need it. They have autonomy. Questionnaires show they deal better with their disease and their pain. Their doctors report they are communicating better with their patients who have come to grips with this. Families have less guilt and depression before and after the death when they've had the conversation. And the dying have autonomy and feel in charge of their lives at the end.

"I think compassion in medicine is the understanding of suffering and the desire to do something about it, and that includes recognizing the transition, not from life to death, but from dying to death," says Hamlin. "I'm talking about people who are dying and they want a peaceful end. How do you want to die and how do you want to be remembered by your family? It's not in the ICU. It's not lying in bed with diapers on being unable to eat and speak like my mother."

Hamlin points out that 20-22% of the public has advance directives (the legal document that specifies what happens if a person can no longer make decisions for themselves), but over 60% of doctors have them. "We know what's out there and we don't want to go there."

Bolthouse doesn't trust the Oregon data. He says, "It's completely up to the doctor to report the diagnosis, the medication they chose, when the person took it, how their death occurred, and whether the patient had an adequate psychiatric evaluation or didn't need one. All of that is completely up to one person—the attending physician. If that doctor doesn't report an abuse, well then there's no abuse."

Bolthouse also opposes the bill because he believes it's bad for our society. "We are judged as a society by how we treat the weakness among us. This bill is very dangerous to those who are the most fragile—the poor, those that have limited or no insurance, the disabled, the elderly. The people on the fringes."

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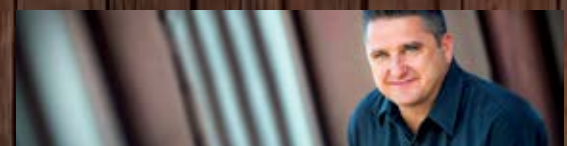
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Each month, the Indie Prof reviews a current film in the theater and a second film that is available on DVD or VOD. Follow "Indie Prof" on Facebook for updates about film events and more reviews.

March is a busy month in the Colorado film world. The Boulder International Film Festival takes place from March 5–8. For more info, visit www.biff1.com.

One pick: Denver doc-maker Daniel Junge's new film, *Being Evel* on Sunday, March 8. It got rave reviews at Sundance and Junge is Colorado's best filmmaker and one of the best in the country.

March also brings us the Women and Film



Scene from *Ida*

Voices Film Festival at the Denver Film Society from March 17–22. Local (and Stapleton resident) Berni Slowey's film *Berni's Journey* will play at the fest. For information and scheduling, see voicesfilmfestival.com.

I chose to review two films this month, both of them about women on a journey.

Berni's Journey (2015)

"From the beginning, this movie refuses to follow the script I have in my head."

You are a successful businesswoman in your 40s, you have a loving husband, and two great kids. What do you do now? Quit your job, travel halfway around the world, and make a documentary film about your journey, right? Of course. Except none of us would ever actually make the transition from dream to reality. None

of us except Berni Slowey. The film *Berni's Journey* is the result of that process—a several year journey of life change, spiritual quest, and filmmaking that has culminated in a fascinating final project about the life of Berni Slowey. It is definitely worth your time and effort to find it at the Voices Film Festival.

Berni has a fascinating story: child refugee from Vietnam, successful businesswoman in a "man's world," and active mother and wife in the Stapleton community. But something was gnawing at her, and while she traveled around the world

to figure it out, she really found it right back at home.

The film is heartfelt and honest—you can't ask much more of a film. It is a straight-ahead look at one woman's search for meaning. But her search is our search, and we can all learn as we tag along on *Berni's Journey*. You should



Scene from *Berni's Journey*

tag along too. You will enjoy this film if you liked *Wild*, *Ida*, or *Frances Ha*.

(Writer's note: Berni Slowey is a friend, and we have consulted on the film at various points, although I had no direct input.)

Ida (2014)

Ida is a wonderful gem of a film by Polish director Pawel Pawlikowski. As many great films are, there is a simple premise: a young novitiate nun on the verge of taking her vows undertakes a journey to find family. What she finds is more than she hoped for. The film is powerful and provocative, subtle and soft. It is the work of a literature and philosophy major from Oxford who has said, "I don't define myself as a filmmaker; it is only a little part of who I am." Even though he may not define himself as such, that part of him is brilliant.

The Polish film industry has a fascinating past of its own: kept under wraps behind the Iron Curtain, the Polish film lineage formed a line of filmmakers who excelled in subtlety, nuance, and allegory. Even after the Iron Curtain fell, the Polish filmmakers retained their gift for simple storytelling underlined with thematic depth. The result has been decades of interesting and thoughtful films—films imbued with the pain of history and the watchful eye of observers to that pain. *Ida* follows in that path.

The economical film is short on run time but long on allure. Newcomer Agata Trzebuchowska in the title role steals the camera in every scene, giving an alternately austere and sizzling performance. It's hard to image a Hollywood actress lending such subtlety to the role of the perhaps naïve, but perhaps a bit more knowing soon-to-be-nun. Agata Kulesza, as *Ida's* aunt Wanda, balances the screen as *Ida's* Virgil into the world. The meaty role provides a stage for a talented actress, and Kulesza is up to the task. The acting and directing behind it pop from the screen in every scene.

Another famous characteristic of the Polish cinema is the brilliant cinematography. Here it is Ryszard Lenczewski behind the camera, filming in a high-contrast black and white that recalls the classic Polish films of the 60s, such as *Closely Watched Trains*. Shot mostly with a soft focus that gives us a short depth of field, the long lens allows us to focus on the emotion of the characters as the fuzzy background comes to represent the collective Polish past.

You will like this film if you enjoyed *Wild*, *Frances Ha*, and/or *Closely Watched Trains*. Available at most Video-on-Demand (VOD) outlets.

Vincent Piturro, Ph.D., teaches Cinema Studies at Metropolitan State University of Denver. He can be reached at vpiturro@msudenver.edu.

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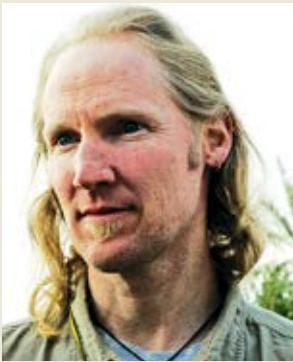
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Just the Facts

Colorado's Other Pot Problem: Those Holes

by James Hagadorn



Ka-thunk! Potholes regularly jar Coloradans' winter and spring commutes. And they're becoming more abundant. Hundreds of thousands are repaired every year, at an annual cost of \$8 to \$25 apiece. Ka-ching!

Our roads develop more potholes than most other states. Even on newish residential streets like mine, alligator cracks quickly become potholes—yawing open to gobble up dirt, wayward Legos, and the occasional dog paw.

A generation or two ago, Colorado had fewer potholes per mile of road—despite the fact that street pavements weren't as highly engineered as today. To a minor extent, that's because roads didn't have as much deferred maintenance as today's byways. But this is only part of the story.

Yesteryear's roads were less traveled, speeds were slower, vehicle weights lighter, and there were fewer trucks per capita using our streets. Not to mention there was no Amazon Prime.

These factors are relevant because the impact of vehicles on pavement's pre-existing weaknesses is what triggers and then exacerbates opening of potholes. That impact is mostly governed by how fast tires hit the pavement, how much weight is riding on a tire and how hard the tire is. For example, truck tires, inflated to 100 psi, are tougher on pavement than are most 32 psi car tires. Tires cooled by winter temperatures are more rigid and hit pavement harder than do tires warmed by summer heat.

Today's trucks are heavier, drive faster and travel more on local streets and highways than a half-century ago. Many are overweight. Cars are also heavier, have

tougher tires and travel at generally higher speeds than back in the day.

Put these factors together, and potholes blossom. Moreover, each municipal bus, 18-wheeler or garbage truck can have between one and 5,000 times the impact of a car on the road. FedEx and UPS trucks have about a hundred times a car's impact.

The road type can also make a difference: interstates and major intersections are usually 10"-thick concrete, whereas most highways and urban streets are asphalt. Both use a mix of gravel, pebbles and/or sand, held together by cement or tar. Major arterials might have 12"-thick beds of asphalt atop a roadbed of crushed rock or sand, whereas residential streets might only have 2"-3" pavement.

But the big kahuna of pothole production is our climate. That's because our high-elevation weather is dominated by regular oscillations above and below the freezing point of water (32° F). Our winter and spring days are often warm(ish) and sunny. This makes our winters enviable—but frequent daily forays above freezing followed by subfreezing nights combine to wreak havoc on our roads.

Warm winter and spring days allow water from rain and melted snow to drip down cracks in the pavement and enter the soil that underlies the concrete or asphalt. Once below the pavement, cool nighttime or next-day temperatures cause the water to freeze. Frozen water expands by about 10 percent—enough for a subsurface puddle to buckle the pavement upward a bit. Once the soil thaws out, it slumps back to its original position, but the buckled pavement doesn't. All it takes is the right whack of a tire to dislodge a chunk of the weakened roadway. The same thing happens in cracks, which gradually get wedged

open more and more.

Potholes tend to form where these weaknesses experience heavy traffic. They can also form where a pre-existing weakness exists, such as where two different road types intersect, like where asphalt meets a concrete gutter, manhole cover, or intersection walkway. But the most common roadbed weakness that leads to potholes is where streets are cut by utilities, contractors or developers.

Colorado has a team of road wranglers that keep potholes from getting out of control. Prevention is the first tool in their saddlebag—they beat potholes to the punch by sealing cracks or embalming alligator-skin streets with oily slurries. Where roads are beyond such preventative maintenance, they strike a middle ground by scraping off the top of the road like a hockey-rink's Zamboni, and redepositing it with some new asphalt and goo. But many years it's hard to keep up with the demand for road maintenance and replacement, so as the pavement ages and fails, they also play pothole whack-a-mole. In rushed or stormy situations they mash asphalt into holes as quickly as they can—usually only as a temporary fix. But at other times, they use a giant snorkeled machine whose snout uses

infrared light to warm the pavement and help pothole patches stick.

Given these factors, potholes seem like they will always be with us.

My only advice: if you're about to hit one, just roll over it. Hitting the brakes compresses your suspension before or on top of the impact event. It's about as helpful as tightening your arm muscles just before the nurse gives you a shot. Ouch!

James Hagadorn, Ph.D., is a scientist at the Denver Museum of Nature & Science. Suggestions and comments are welcome at jwhagadorn@dmns.org.



A car on Central Park Blvd. passes one of many potholes plaguing Denver roads after cycles of freeze and thaw.

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The 1968 Exhibit



(continued from page 7)

The Arts

Visitors experience music of the late sixties in a competition to guess the names of songs.

At the Oscar ceremony April 10, 1968, the racially charged drama *In the Heat of the Night* beat out *The Graduate*, *Bonnie and Clyde*, *Guess Who's Coming to Dinner* and *Dr. Dolittle* for Best Picture of 1967.

The 1968 Exhibit will be at History Colorado Center until May 10.

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Space Exploration

Walter Cronkite, on a 60s era TV, announces the launch of Apollo 8 on December 21, 1968, the first manned spaceflight to leave the Earth's orbit.

Apollo 8 orbited the moon, making the three astronauts the first humans to see the far side of the moon and to see the earth from outer space. One of the astronauts' tasks was to photograph potential sites for a future moon landing. The successful mission took 7 days and included 10 orbits around the moon.

On TV, Cronkite reports the live event: "John F. Kennedy set this nation on a course toward the moon. This morning three Americans, Frank Borman, Jim Lovell and William Anders are on the verge of making man's first journey to the moon. '10, 9... We have ignition sequence start, the engines are armed...4, 3, 2, 1, 0. We have commit, we have liftoff."

"Growing like wildfire"

The Women's Movement

A newly powerful feminist movement began to coalesce in 1968, from the first women's march for peace in Washington DC in January to the first national Women's Liberation Conference in November. Women were demanding a national commitment to equality in employment and wages, to equal access to education and political power, to sexual liberation and reproductive freedom.

"Nobody had to really organize a movement; it just grew...And it took off in 1968—it was just growing like wildfire."

—Sara Evans, leading historian of the 20th century women's movement

"Women have always worked" was a feminist slogan in the 60s and 70s, implying women had been ignored, undervalued or unpaid. Women started entering the salaried workforce in the 60s and by 1968, women made up nearly 40 percent of the American workforce—although they were paid on average about 60 percent less than men.

"Women have always worked."



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Father Knows Food

By Courtney Drake-McDonough

Take one Denver native, add a sprinkling of jobs including Internet ventures, restaurant management, being personal assistant to Warren Beatty and Annette Bening, and real estate. Then combine one supportive wife, three kids and a passion for cooking and you have Peter Reynolds, host of *Father Knows Food*, a new cooking show on PBS. Reynolds, a Stapleton resident, is indeed a father who knows food, coming up with creative recipes to feed the family well and on a budget. The show started its run on public television, first on CPT12 and now on RMPBS PBS, channel 6. Reynolds describes *Father Knows Food* as a cooking demonstration show but with a lifestyle aspect to show viewers they can wear a lot of different hats. Reynolds who, while selling real estate and creating the show, is also full-time dad to his children, ages 7 months, 3 and 4. "You don't have to give up your life to be a work-from-home dad or stay-at-home dad and still be able to cook great meals for your family that aren't going to break the bank and are totally achievable by anybody with a fairly decent spice rack and pantry. You can still fly fish, play hockey and do all that stuff."

The show is a labor of love, not only feeding Reynolds' passion for cooking but also combining his wife's abilities and contacts. Jenna Reynolds serves as a creative force on the show, producing it from start to finish. She is the supervising producer for Food Network's *Giada at Home*, often traveling for the show but able to do a lot of her production duties from Denver. "*Father Knows Food* wouldn't be a show without her," says Peter. "It wouldn't be anything without her. I wouldn't be anything without her, let's be honest."

Peter says it was not an easy choice to have Jenna work and have him take care of the kids, full-time. "But that's where the steady money and most money was so it made sense for her to continue doing what she was doing and for me to still try to concentrate on selling real estate but at the same time, offset our expenses by watching the kids," he says. "I know I'm happier. I love hanging out with



Alongside his 7-month-old daughter, Cecilia, Chef Peter Reynolds, prepares dinner for the family.

my kids. Sometimes I want to pull my hair out but for the most part they keep me pretty happy." When asked how he manages to balance work and family, Reynolds laughs and says "not very well! The older kids are in school three days a week and that's when productivity really takes off."

The concept for *Father Knows Food* started with Peter's love of cooking, fostered by growing up with family dinners prepared by his parents. "I think having meals around the table with your family is really important," he says. "I've always loved to cook and I've certainly always loved to eat. Cooking is just one of those things for me that's cathartic and it's fun experimenting with different foods."

When the couple heard of an opportunity to submit a cooking show tape to Chef Bobby Flay's TV show, they jumped at it. The tape wasn't used but the experience of producing it led to Jenna saying "you're really a natural on camera; you're smooth and easy to edit so let's just put something out there." They did and made a video that became the first episode of their first season, sending

it to stations to garner interest. The couple has produced and filmed *Father Knows Food* with the help of a film crew that works with Jenna. The couple has funded the show themselves. "We're paying to work right now," says Peter, "but we're hoping to turn the corner and start getting underwriting to help cover the costs."

Peter's goal is to turn the show into a full-time business. "I'm not trying to get famous. I just want to make money doing this because I really do like it. It's fun," says Peter. Ultimately, the goal is to take the show national. "With a national audience, that's when the revenue really starts rolling in," Peter explains. "You can do the cookbooks, guest appearances, the endorsements that actually pay you. You sacrifice a lot when you decide to do that though, certainly on the front end because you're taking money and investing it in this business that is totally unproven. It's incredibly cutthroat and competitive."

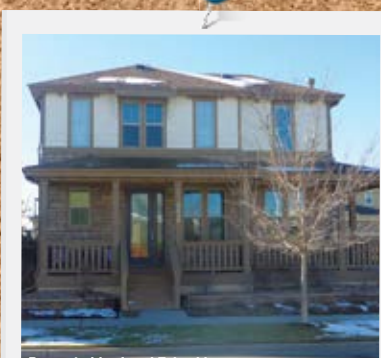
So far, the feedback on the *Father Knows Food* episodes and website have been very positive. "If we can keep doing that and keep people happy, then why not get paid for it and have fun doing it," he says. "We believe in it."

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Teaching English to Refugees from All Over the World

By Laurie Dunklee

What would you do if you were forced to leave your country, your home and all your possessions behind, and start over in a place with a completely unfamiliar language and culture?

"You don't know what you'd do until you're in that situation," said Sharon McCreary, volunteer coordinator for the Colorado Refugee ESL [English as a second language] Program. "Our students are regular people in unfortunate circumstances. Many say, 'I had a normal life; I didn't think trouble would come to my town.' But they find themselves in a long and grueling process of starting over."

"Learning the language is the first step in becoming part of the fabric of our community," McCreary said. "Our volunteer is often the first friendly smiling American they meet, who is not paid to be there."

Chanelle Redmon of Stapleton, 27, began volunteering as an in-home tutor last fall and works with Eman Ali, a mother of four from Iraq. "This work enlightens me," she said. "Eman is so grateful, it makes me grateful to give my time. Every lesson with her is an adventure and I enjoy getting to know more about them and their culture."

By the time they reach Denver, refugees have gone through a myriad of harrowing experiences.

"Eman Ali and her family fled Saddam Hussein's regime in Iraq in 1999, after her brother was killed by Hussein's people," said Redmon.

"Hussein's people started to follow her family and they felt their lives were threatened. Eman's family were Shia Muslims and Hussein was killing people who weren't Sunni Muslims. Eman, her husband Bassam, and their four daughters went to Libya until 2011 and then on to Tunisia. They had to sell everything to survive."

Park Hill resident Ann Lockhart tutors Shabnam, who fled Iran with her husband. "Shabnam was imprisoned and tortured as a political prisoner in Iran," Lockhart said. "She protested the gov-



ernment there and was put in jail and beaten for two weeks, then strangled, taken outside of town and left for dead. They have a baby now, and she has a bad back so she doesn't get out much. Her husband works two jobs, seven days a week."

Lockhart has volunteered with CRESL since 2000, tutoring people from Sudan, Iraq, Somalia, Burundi, Bhutan and Iran. "I feel for the people

who come here under traumatic circumstances with no money," said Lockhart, a retired journalist. "They start over in a new country with a new language. It takes a while for them to find new friends, jobs and schools. They really need and

want our help. It's personally rewarding to form lasting relationships with them."

Refugees who land in Denver find help and a friend in Colorado Refugee ESL (CRESL), whose staff and volunteers provide English instruction, as well as acculturation lessons. Newly arrived refugees attend classes at Emily Griffith Technical College in downtown Denver. Volunteer in-home tutors go to the homes of those who cannot attend classes because they lack childcare or have a physical disability.

CRESL serves refugees from all over the world. "Currently, refugees coming into the U.S. are mostly from Burma, Bhutan, Somalia, Eritrea, Iraq, Afghanistan, and Democratic Republic of the Congo," McCreary said. "They come here through a joint effort of the U.S. State Department and the United Nations. The overwhelming

majority of refugees in our area live close to Stapleton, with the largest concentrations near 13th Ave. and Yosemite Street."

McCreary said most people don't realize the difference between refugees and immigrants. Refugees have been forced to flee their homeland, and are unable to return, because of persecution on account of race, religion, nationality or political opinion. They find refuge in our country through the United States refugee resettlement program.

Resettlement is a difficult process, McCreary said. "The refugees receive some help, but they are expected to be employed within six months. They have been heavily traumatized and often PTSD comes up later. Often they have medical issues, and they struggle to feed their kids. All this can slow their learning the language."

“This work enlightens me...I enjoy getting to know more about them and their culture.”



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Left, Chanelle Redmon, a volunteer with the Colorado Refugee ESL program, sits with Eman Ali and her daughter, Al'Zahra, sixth grade.

Above, ESL tutor Ann Lockhart (right) helps Shabnam Asgari, an Iranian immigrant, and her 16-month-old daughter, Ariana, read a picture book in English. Lockhart feels that picture books speed up the process of learning a new language.

She said certain circumstances may help or hinder the resettlement process:

“Those who came from a middle-class life know how to live in a modern building, how to shop and use transportation, and have a main-stream job. On the other end, the Somali Bantu, who were farmers, find themselves plunked down at 13th and Yosemite and say, ‘What the heck?’ They have no experience with electricity or plumbing, or sending their kids to school.”

Educated people settle in more easily, as do children. “Eman and Bassam Ali were teachers in Baghdad,” said Redmon. “The whole family is well-educated. Eman makes good progress with learning English because she puts it in context; she thinks of new ways to understand.”

“Kids are more adaptable and they learn languages faster than adults,” said McCreary. “Plus they are in school so they get more exposure to English. They often get called on to be translators for their parents.”

McCreary is looking for more volunteer in-home tutors from the Stapleton and Lowry neighborhoods. “Volunteers experience that people are so much more alike than different across cultures, and that people do want each other to succeed.”

For more information, go to www.refugee-esl.org or call 720.423.4843.

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Breakfast, Lunch Restaurant Welcomes New Friends

By Courtney Drake-McDonough
For Tim and Genefer Thornton and Kurt and Sarah Pletcher, their joint appetite for risk is as big as their appetite for breakfast. That combination led the next-door neighbors and self-proclaimed “breakfast people” to open the kind of restaurant they routinely search for on weekends—a place for breakfast, lunch or brunch that has a varied menu, reasonable prices, is family-friendly, a little upscale but still welcoming. The aptly named “Four Friends Kitchen” opened in early March at 2893 Roslyn, between the Town Center and King Soopers.

The idea for the restaurant started two years ago when Sarah and Genefer joked that maybe they should just open their ideal restaurant, feeling that such a place that

We have a good mix of breakfast and lunch basics that you'd expect, but then there's the Southern dishes that are our signature.

focused solely on breakfast, brunch and lunch, was lacking in the area. The joking soon turned into serious planning between the spouses, even building their restaurant from the ground up.

Four Friends Kitchen serves breakfast and lunch on weekdays and brunch on the weekends. Offerings from Head Chef Larry Shore include staples like omelets, huevos rancheros and sandwiches but also Southern-style dishes including Bacon Praline Pancakes, Shrimp and Grits and Beignets, inspired by Genefer's grandmother's Southern cooking.

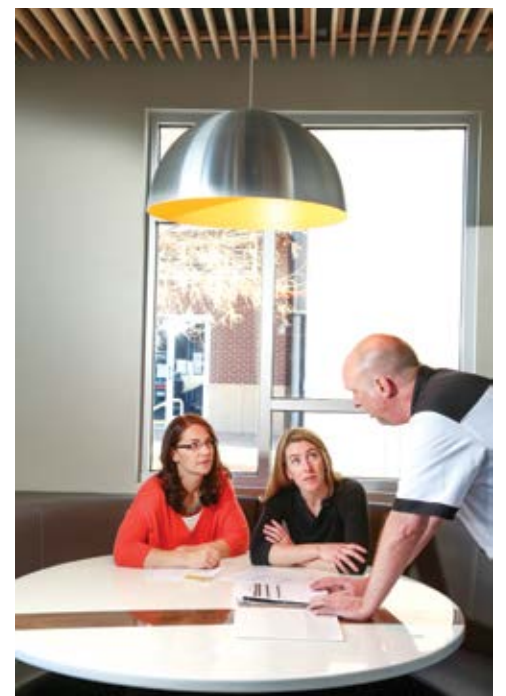
All four owners loved the idea of Southern-style cooking but asked themselves just how Southern it was going to be. “You risk getting into a niche where people might not feel like Southern cooking,” says Tim. “But we have a good mix of breakfast and lunch basics that you'd expect, but then there's the

Southern dishes that are our signature.”

They gave their chef, Larry Shore, ideas about what they wanted and he delivered, almost too well. “It's a double-edged sword,” says Tim. “He's so creative and so full of ideas, our biggest challenge was eliminating things off the menu, which was almost impossible.” Shore will provide seasonal cuisine, retaining some staple menu items and sourcing locally whenever possible.

The friends, who had no prior experience opening a restaurant, easily agreed about what they wanted and, as Kurt puts it, they all had “the risk appetite to take it on.” Each owner brings to the table individual skill sets that have enabled them to divide up responsibilities while still working together cohesively. Tim, who works in management consulting, handled the business plan and marketing; Genefer, who worked for the federal government but grew up working in her family's restaurants is the restaurant's general manager; Kurt, a lawyer, has handled the legal aspects of the business and construction; and Sarah, a child psychologist, had the vision for the restaurant's design as well as ideas for how to keep kids engaged and happy while there. Genefer will be the only owner working full time on-site. The others will keep their “day jobs” but will fill in as needed.

Lacking experience in building and opening a restaurant, the owners took advantage





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Left, Tim Thornton, Genefer Thornton (general manager), Larry Shore (head chef), and Sarah and Kurt Pletcher, stand in the main dining room at their new Four Friends Restaurant, which features an open kitchen and garage doors that open up to the street.

Lower left, Sarah and Genefer talk over the menu with Chef Larry Shore.

Above, business partners Tim Thornton and Kurt Pletcher sit on the rooftop of the restaurant, which offers views of the mountains and Stapleton South Green.

of a program through the Denver Metro Small Business Development Center (SBDC), which has a satellite office at Johnson & Wales University. Mentors offer free one-on-one consulting and training services to give entrepreneurs the skills and knowledge to develop and sustain successful businesses. “It was key in helping us get going,” says Genefer. The owners feel the help they got polishing their business plan improved their chances of getting funding for the business.

The owners see Four Friends Kitchen as a complement to the existing mix of restaurants in the neighborhood; not running head-to-head against them. Instead, they see their restaurant as an additional way to build community. They welcome community groups and plan to have children’s activities during the week. “We want it to be a place people can

come and, whether you have kids or not, feel comfortable,” says Sarah. That said, as parents of four children between them, ages 3–7, the co-owners feel Four Friends Kitchen has more options for children than most restaurants both in terms of menu options and activities, including a wall of Etch A Sketches to keep kids entertained. “It’s something to help with that time between when you walk in, get seated and when the child gets their food,” says Sarah. “We know, as parents, that’s usually the period where you’re like ‘just give me their food now so we can all enjoy our meal!’”

After looking into various lease options throughout Stapleton, the team decided it was better to build their own space. “It’s painful, it’s a lot of money and it’s a lot of risk,” says Kurt. “But when you look at the economics versus monthly rents and tenant improvement costs in a space

you don’t own ... there’s a ton of inherent risk in that too.” Instead of being limited by the small size of the lot, the owners took advantage of the situation, creating a rooftop patio to increase seating, allowing views of the mountains and The South Green. There are plans to open the rooftop patio on weekend evenings in the summer to take advantage of events in the area.

While the friends hope their restaurant will become popular within the neighborhood, they also see it as filling a void in the city. “We’re finally getting enough restaurants here that pull people in from outside Stapleton,” says Kurt.

“They come to our place for breakfast, see The Berkshire, for instance, and they go there next week for dinner. You can live somewhere else in the city and say ‘Hey, let’s go to Stapleton’ and there are all kinds of options.”

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Child Care Center Expands to Serve More Kids



By Laurie Dunklee
Happy Ladybug Early Learning Center, in Stapleton since 2007, has moved to a larger space in Aurora to serve more little ones. The child care center previ-

ously hosted a maximum of 12 toddlers and preschoolers but now has a capacity for 53.
“We had a long waiting list at the old location and often we couldn’t bring in younger siblings,” said owner Elvan

Goksu-Kaya, who began the center in her Stapleton home in 2007. She said Happy Ladybug still has 21 slots open for children ages 1 to 5.
Goksu-Kaya emigrated from Turkey in 2000 and has

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Above, teacher Lauren Rowe plays with sand with a group of 2- and 3-year-olds at Happy Ladybug Early Learning Center on Montview Blvd.

Left, Early Childhood Educator and Ladybug owner Elvan Goksu-Kaya works with a child, while teachers Lauren Rowe (left) and Jennifer Santos (right) interact with other students.

a 4-year-old son and a 3-year-old daughter at Happy Ladybug. “Having a childcare center is my dream,” she said. “Our program combines the best of Turkey and the U.S.—the best of both worlds.”

She said her homeland inspired the healthy food served at Happy Ladybug. “Mediterranean food is very healthy—lots of veggies, fruits and whole grains. We teach the kids about growing your own food and cooking it—not just eating stuff you pop in the micro-wave.”

“Physical health is most important,” said Program Director Katie McDonald. “We partner with Revolution Foods, which delivers fresh, 100 percent natural lunches every morning. They are not packaged food and there are no additives.”

Happy Ladybug’s program combines education with a social-emotional approach. “If a child is not comfortable emotionally, or has no tools to interact, she can’t learn,” said Goksu-Kaya. “We make sure kids understand their emotional state and express their needs in a proper way: to say ‘I’m mad because you took my toy,’ instead of hitting. We empower their social skills and their confidence. It eliminates chaos in the classroom.”

Happy Ladybug employs the Read, Play and Learn curriculum developed at the University of Denver. “Every morning we read a book and all activities that day—science, math and literacy—are related to the book,” said Goksu-Kaya. “For example, the preschoolers read a book about ‘things that move.’ For math, they made a parking lot and numbered the spaces from one to 20, then numbered their Hot Wheels cars and parked them in the correct spaces. For science, they built ramps of varying heights for the cars to go down and charted the results. Whose car went fastest and why? For literacy, they talk about what they are doing.”

“The kids learn fast because they don’t know they’re learning,” said McDonald. “They’re just having fun.”

Goksu-Kaya said they don’t teach preschoolers to read “because research shows their brain development is not ready to read yet. We prepare them for kindergarten.”

Happy Ladybug’s new space is at 9635 Montview Blvd. (at Dallas St.). “It’s close to Stapleton and the Anschutz Medical Center and it’s easy to get downtown,” said McDonald. “The space is light and airy and it encourages community. Everyone knows everyone.”

For more information, call 303.333.5492, see happyladybug.com or email Goksu-Kaya at elvan@happyladybug.com.

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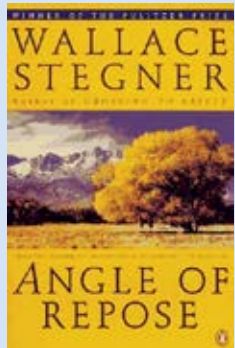
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The Book Worm

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Angle of Repose by Wallace Stegner, Reviewed by Jackson Turncliffe

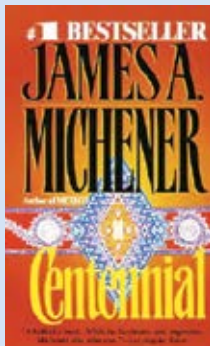


If you're interested in reading what most critics agree is one of the most important American novels of the 20th century and one about the American West by a master of the genre, then pick up a copy of *Angle of Repose* by Wallace Stegner. The book—awarded a Pulitzer Prize in 1972—weaves together two plots: One tells the story of a historian in the late 1960s who has become disabled and divorced and decides to research and write a biography of his artistic grandmother, while confronting his own

problems. The second plot involves the grandmother who left the cultured East after marrying a mining engineer in 1877 and spent her married life moving to various Wild West locales as her husband attempted to establish himself. How Stegner contrasts the nature and quality of lives a century apart holds the reader's interest throughout. A bonus for Colorado readers is the portion of the book which takes place in a very raw 1878 Leadville.

Centennial by James Michener, Reviewed by Bettina Basanow

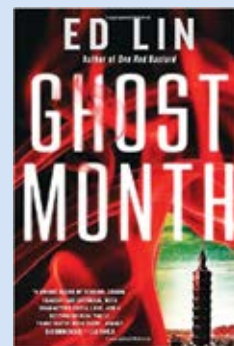
Yes, it's 1,000 pages, but a true page turner. I could give you my impressions, but the back cover describes it best. "A stunning panorama of the West, *Centennial*, is an enthralling celebration of our country, brimming with the glory and the greatness of the American past that only author James Michener could bring to stunning life. Here is the story of the land and its people--of Lame Beaver, the Arapaho chieftain and warrior, and his Comanche and Pawnee enemies; of Levi Zandt, fleeing with his child bride from the Amish country in Pennsylvania; and of the cowboy Jim Lloyd,



who falls in love with a cultured Englishwoman. It is a story of trapper, traders, homesteaders, gold seeker, ranchers and hunter—all caught up in the dramatic events and violent conflicts that shaped the destiny of our legendary West." I highly recommend it.

Ghost Month by Ed Lin, Reviewed by Jack Farrar

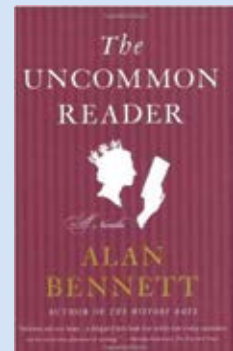
Many readers know Ed Lin from his *Robert Chow* mystery series, which is centered in Manhattan's Chinatown. In *Ghost Month*, protagonist Jing-nan takes us to a new locale—Taipei, the capital of Taiwan. As mysteries go, I would rate *Ghost Month* no better than an average read. In fact, the plot drags a bit. Nonetheless, I urge you to read the book for its rich descriptions of Taiwan history and culture, including its sights, sounds, smells and tastes (the last given special emphasis because Jing-nan owns a food stand in a bustling night market). August is Ghost Month in Taiwan, a time to commemorate the dead, burn incense, visit shrines, honor ancestors, avoid major financial transactions and postpone major decisions, like



taking on the Taiwanese mafia. Throughout the book, this undercurrent of superstition provides an effective tension.

The Uncommon Reader: A Novella by Alan Bennett, Reviewed by Sandra Niemi

The uncommon reader mentioned in the title is the Queen of England. This tiny book tells the story of how the Queen encounters a City of Westminster library van, borrows a book, and makes a new friend, Norman, who works in her kitchen. The royal family and their minions are famous for their anti-intellectual ways. The royals have lots of other people to do their chores, including deep thinking. With Norman's help, the Queen tackles book after book, coming to love literature and broadening her intellectual horizons. Norman is sent away as the changes in the Queen's views frighten her family and staff. She continues on her own with important consequences. Reading is important for everyone, even a Queen.



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CHURCH

By Nancy Burkhart

Grandrabbitt's Toy Shoppe gives customers a wide choice of classical and nostalgic toys that focus on open-ended, creative play without anything from the electronic world. Even the number of battery-operated toys is minimal.

"The store has a mindset and an atmosphere of nurturing the young kids' hearts, bodies and minds," explained Rosalyn Toves, general manager of the four Grandrabbitt's Toy Shoppe stores, which include Northfield. "We're trying to appeal to the educational side of things, allowing the children to be individuals, free spirits, and express how they feel. Our toys bring back the old concepts of using hands and minds and running around outside instead of sitting in front of a TV or computer screen all day."

The Grandrabbitt's Toy Shoppe lists its top-selling category as books. A wide variety of plush animals and tiny treasures priced in the \$10 to \$15 range are close behind. The shop offers items priced from 25 cents to \$400.

The store is set up to provide both children and adult shoppers with toys to play with while they shop. Staff members,

who are parents and/or grandparents, never eye a child with scolding eyes in the "please touch" atmosphere. Even a toy train set up in the center of the store is meant to be touched and played with by visiting children.

"If the parent is trying to shop and the kiddo has something to keep him or her busy, the parent doesn't have to worry about

whether something is getting broken," Toves said.

Grandrabbitt's Toy Shoppe owner, Lynne Milot, chose the shop's name to honor a special woman in her life. The friend's children called her the Rabbit and her grandchildren called her Grandrabbitt. Thus, Milot made her a part of the toy shop.

Left to right, brothers Aiden, 9, Jacob, 6, their mom, Rosalyn Toves (regional manager), and Lehshel Pond (store manager) play with a wooden train set at Grandrabbitt's Toy Shoppe in Northfield.

Grandrabbitt's Toy Shoppes also are located in Boulder, Westminster and Broomfield. The Boulder shop has been voted the Best Children's Store in Boulder by the *Boulder Daily Camera* every year for the past 30 years.

For those unable to visit a Grandrabbitt's Toy Shoppe in person, their inventory is available online. Online ordering was created as a service for grandparents who live far away from their grandchildren. Complimentary gift wrap and a high level of customer service are great draws to the shop, according to Toves.

Grandrabbitt's Toy Shoppe is located at Northfield across from the karate studio. It is open from 11am to 8pm., Mon. through Thurs., from 10am. to 9pm, Fri. and Sat., and from 11am to 6pm on Sunday. The store manager is Lehshel Pond.

For more information, call 720.252.7955 or go to www.grtoys.com. Email Grandrabbitt's Toy Shoppe at northfieldstore@grtoys.com.



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DISCLAIMER: The Front Porch obtains event information through websites and press releases and cannot guarantee that events will occur as listed. Please use contact information to check for updates.

For more events, search our online event database
Also submit your event at FrontPorchStapleton.com > Events

DENVER METRO EVENTS

Through 3/27—**Black Sheep Fridays at Museum of Contemporary Art Denver.** Fridays, 6-8pm in MCA Café. www.mcadenver.org

3/6 Friday—**First Friday Art Walks.** Santa Fe Arts District, Tennyson Art Walk, River North (RiNo) Art District, Golden Triangle Arts District, Navajo Street Art District. www.denver.org/things-to-do/denver-arts-culture/denver-art-districts

3/6 Friday—**First Friday Glass Painting.** Museo de las Americas. 5-9pm. \$10. RSVP required. www.museo.org

3/7 Saturday—**Harlem Globetrotters.** Pepsi Center, 1pm. www.harlemglobetrotters.com

3/7 to 3/8—**Rocky Mountain Train Show.** Denver Mart. 10am-4pm. Adults and kids 12 and up \$9. Under 12, scouts in uniform and active duty with military ID free. Admission good both days. 451 E 58th Ave. www.rockymountaintrainshow.com

3/7 to 3/8—**Symphony at the Movies: West Side Story.** Experience Bernstein's musical score live while re-mastered film shown in high def with original vocals/dialogue. Tickets \$25 and up. Boettcher Concert Hall, Denver Center for Performing Arts. www.coloradosymphony.org

3/8 Sunday—**Colorado Children's Chorale Presents "A Classical Afternoon."** Ages 4 and up. Adults \$24, Children \$19. Montview Presbyterian Church, Dahlia and Montview. www.childrengorale.org

3/8 Sunday—**Denver Young Artists Orchestra Presents "Fantastic Five."** 300 young musicians from all ensembles of Denver Young Artists Orchestra Assoc. Tickets \$5-\$18, available online. Ellie Caulkins Opera House, Denver Center for Performing Arts. www.dyao.org

3/10 to 3/22—**Denver March Powwow.** Denver Coliseum. www.denvermarchpowwow.org

3/13 to 3/15—**Denver Brass Presents "Celtic Fantasy."** Tickets \$22-\$44. Newman Center for Performing Arts, DU Campus. www.denverbrass.org

3/13 to 3/15—**Rocky Mountain Horse Expo.** National Western Complex. Tickets from \$10. www.coloradohorsecouncil.com

3/14 Saturday—**Irish Etiquette Tea.** Molly Brown House, ages 8 and up. Sitzings 11:15 and 2:15. Reservations required, \$22/person. www.mollybrown.org

3/14 Saturday—**St. Patrick's Day Parade.** Largest St. Patrick's Parade West of the Mississippi. 10am, LoDo. www.denverstpatricksdparade.com

3/15 Sunday—**The Chieftans.** Traditional Irish music by 6-time Grammy winners. Tickets \$25 and up. Boettcher Concert Hall, Denver Center for Performing Arts. www.coloradosymphony.org

3/17 Tuesday—**5th Annual Women+Film Festival—Voices.** Tickets \$12-\$35. Denver Film Society. www.denverfilm.org

3/20 to 3/21—**Colorado Symphony Presents So Percussion.** Sounds from the world of percussion. Tickets \$17

and up. Boettcher Concert Hall, Denver Center for Performing Arts. www.coloradosymphony.org

3/20 to 3/22—**Denver Home Show.** National Western Complex. Adults 13+ \$11, seniors \$8 at box office only, active and retired military \$5, kids 12 and under free. www.homeshowdenver.com

3/21 Saturday—**2nd Annual Collaboration Fest.** 3-7pm. Sports Authority Field. 50+ collaborative beer projects; limited edition, exclusive brews. \$50-\$75. www.collaborationfest.com

3/22 Sunday—**Peter and the Wolf.** Magic Circle Mime Company and Colorado Symphony. Tickets \$10-\$25. Boettcher Concert Hall, Denver Center for Performing Arts. www.coloradosymphony.org

3/27 to 3/29—**Peter and the Wolf.** Presented by Colorado Ballet. www.coloradoballet.org

3/28 to 3/29—**UMX (Ultimate Music Xperience).** Battle of bands with FREE admission. 40+ local solo and group acts. The Celtic Tavern, 1801 Blake St. 11am-7pm both days. <http://peoplesfair.com/music>

HEALTH AND WELLNESS

3/2 to 3/30—**Free Meditation.** Learn ways to meditate to feel peaceful, patient, healthier and joyful. Mon. mornings, 9am. The Garden, 3435 Albion St. www.stressintel.com

3/7 Saturday—**6th Annual Community Health Summit.** 8:30am-3:30pm. Denver School of the Arts, 7111 Montview Blvd. Register: www.2040partnersforhealth.org or 720.216.0075. www.2040partnersforhealth.org

3/14 Saturday—**Lucky Laces 5K/10K.** City Park, 9am. www.active.com

3/15 Sunday—**Running of the Green Lucky 7K and Walk.** Benefits Volunteers of America. LoDo. www.rotg.org

4/4 Saturday—**Hippity Hop Easter Trot and Kids Cotton Tail Fun Run.** Stapleton Central Park. www.active.com

KIDS AND FAMILIES

3/3 to 3/26—**Star K Kids.** Thursdays, 9:30 and 11am; kids 5 and under. Morrison Nature Center, 16002 E. Smith Rd., Aurora. www.auroragov.org/nature

3/4 Wednesday—**Wands and Wishes Character Story Time.** 10:30 am, stories, songs and character meet and greet first Wed. of month. \$11.50 price includes a book. 2208 Kearney St. 720.612.4363

3/5 to 4/26—**Denver Puppet Theater.** The Frog Prince.

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3156 W. 38th Ave. www.denverpuppettheater.com

3/6 Friday—Hay Bales & Tall Tales. Four Mile Historic Park monthly story time. 715 S. Forest St. 12-1pm. Free. Repeats 4/3. 720.865.0800 or info@fourmilepark.org. www.fourmilepark.org

3/3 to 3/31—Tuesdays in March Four Mile Historic Park Small Settlers. Ages 2-5 accompanied by parent/caregiver. 9-10am. \$5/child, adults free; members free. 715 S. Forest St. Advance register: 720.865.0814 or education@fourmilepark.org www.fourmilepark.org

3/5 Thursday—Home Depot Kids Workshop. 9am-12pm. FREE how-to clinics first Sat. monthly, ages 5-12. Get Home Depot apron, wooden project and project pin. Metro-area Home Depot stores. www.homedepot.com

3/6 Friday—Story time in the Exploration Station. 10:30 am. All ages, repeats 3/20. Wings Over the Rockies Museum, Lowry www.wingsmuseum.org

3/7 to 3/8—Forney Transportation Museum Moffat Modelers Toy Train Layout. Scale toy train layout open first weekend monthly. Free with museum admission. 4303 Brighton Blvd. www.forneymuseum.org

3/8 Sunday—Family Fun Forum. Discover performance skills and win tokens for prizes. FREE. All ages. 6-8pm. Robert and Judi Newman Center for Theatre Education, 1101 13th St. www.denvercenter.org

3/8 Sunday—Junior Rangers. Ages 6-12, 1:30-3pm. Learn about plants/animals of Star K Ranch. RSVP required, 303.326.8650. www.aurora.gov/nature

3/14 to 3/28—Lowe’s Build and Grow Workshops. Bring kids to Lowe’s stores to build FREE wood project: Monthly, 2nd and 4th Sat. Free apron, goggles, project-themed patch, merit certificate on completion. 10 am. www.lowes-buildandgrow.com

3/21 Saturday—Cockpit Demo Day. Wings Over the Rockies Museum, Lowry. www.wingsmuseum.org

3/25 to 4/3—Spring Break Workshops at Denver Museum of Miniatures, Dolls, and Toys. 1880 Gaylord St. Ages 6 and up with adult. \$10/person. 11am-1pm. Reservations required: 303.322.1053, education@dmmtdt.org or https://spring-break-dmmtdt.eventbrite.com.

3/26 to 3/29—Disney on Ice-Worlds of Fantasy. Denver Coliseum. From \$15. www.disneyonice.com/worlds-of-fantasy

LECTURES AND CLASSES

3/3 Tuesday—Active Minds (Free)—Sand Creek Massacre. 10:15-11:15am. Jewish Community Center, 350 S Dahlia St. 303.316.6359. www.ActiveMinds.com

3/2 Monday—League of Women Voters Public Briefings. TABOR’s Legacy: Rebates Return and Legislative Options Concerning TABOR. Social time 5:30pm, program 6pm. McCollum Room, Montview Presbyterian Church, 1980 Dahlia. 303.321.7571 www.lwvdenver.org

3/10 Tuesday—Active Minds (Free)—The Panama Canal. 12:30-1:30 pm. Tattered Cover, 2526 E. Colfax. 303.322.7727, www.ActiveMinds.com

3/12 Thursday—Active Minds (Free)—Tuskegee Airmen. 6:45-7:45pm. Sam Gary Library, 2961 Roslyn St. 720.865.0325, www.ActiveMinds.com

3/16 Monday- League of Women Voters Public Briefing. A Vision for the Future:

DROCG Metro Vision 2035 Regional Planning. Social time 5:30pm, program 6pm. McCollum Room, Montview Presbyterian Church, 1980 Dahlia. 303.321.7571, www.lwvdenver.org

3/24 Tuesday—Active Minds (Free)—Malcom X. 5-6pm. Tattered Cover 2526 E. Colfax, 303.322.7727, www.ActiveMinds.com

3/26 Thursday—Active Minds (Free)—The Kurds. 6:45-7:45pm. Sam Gary Library, 2961 Roslyn St. 720.865.0325, www.ActiveMinds.com

3/26 Thursday—Building Blocks of Well-Being. 6-8pm. Free speaker series. Park Hill Golf Course, 4141 E. 35th Ave. Speakers from Mental Health Center of Denver. RSVP: 303.504.6732 or mhcd.org/speak-erseries

MUSEUMS—DENVER MUSEUM OF NATURE & SCIENCE

Through 5/3—Traveling the Silk Road. Separate ticket required for exhibit. www.dmns.org

3/19 Thursday—Science Lounge- Dino-mite! Third Thursdays, 6:30-9:30pm. \$10/members; \$12/nonmembers. www.dmns.org

MUSEUMS—FREE DAYS

3/2 Monday—Denver Museum of Nature & Science Free Day. SCFD Free day www.dmns.org

3/3 Tuesday—Children’s Museum Free Target Tuesday. 4-8pm. www.cmden-ver.org

3/6 Friday—Four Mile Historic Park Free Day. SCFD Free day www.four-milepark.org

3/7 Saturday—Denver Art Museum Free Day. SCFD Free day www.denver-artmuseum.org

3/22 Sunday—Denver Botanic Gardens Free Day. SCFD Free day www.botanicgardens.org

4/3 Friday—Free First Friday. SCFD Free day www.fourmilepark.org

MUSEUMS—HISTORY COLORADO CENTER

Through 3/6—Scholastic Art Awards. Showcase of award-winning art from Colorado 7th–2th-graders. Free with admission. History Colorado Center, 1200 Broadway. www.historycoloradocenter.org

Through 5/10—The 1968 Exhibit. History Colorado Center. Free with admission. Explore pivotal American year through photographs, artifacts, vintage pop culture items and interactives. 1200 Broadway. www.historycoloradocenter.org

3/4 Wednesday—Preschool Story Time. 9:30am, ages 2-5 with caregiver. History Colorado Center, 1200 Broadway. www.historycoloradocen-ter.org

3/12 Thursday—COMingle: Colorado is Stuck in ‘68. 6-9pm. 21+. Try on ret-ro fashions, taste mid-century snacks, learn 60s dance moves. \$10; reservations required. www.historycoloradocenter.org

3/17 Tuesday—History Colorado Center Extended Hours. 10am-9pm. www.historycoloradocenter.org

3/17 Tuesday—Segregation in Denver Public Schools: The 1960s and Today. 1pm and 7pm. Former DPS Board Member Laura Lefkowitz discusses legacy of court-ordered busing and compares segregation patterns of 60s with today. \$8.50 members, \$6.50 students, \$10 nonmembers with museum admission. www.historycoloradocenter.org

3/17 to 3/18—Hippie Haven Lounge. Celebrate 1968 Exhibit with fun activities. 11am-2pm. www.historycoloradocenter.org

3/20 Friday—Collections and Library Behind the Scenes Tour History Colorado Center. 3rd Fri. of month, 1pm. Free with admission. Register at front desk. Limit: 12 people. Visit rarely seen storage and processing areas; view artifacts up close. www.historycoloradocenter.org

3/21 Saturday—We (heart) Rocky Mountain National Park Exhibit Opens. Special exhibit celebrating RMNP’s 100th birthday. www.historycol-oradocenter.org

3/27 Friday—Macramé Me. 11am-2pm. Free with museum admission. Make your own plant hanger with popular craft from 1960s. www.historycoloradocenter.org

NATURE AND OUTDOORS

3/8 Sunday—Showing of Green Fire. Film about legendary environmen-talist Aldo Leopold. 3-4:30pm. Rocky Mountain Arsenal National Wildlife Refuge Visitor Center, 6550 Gateway Road, Commerce City. FREE. Discussion follows. kkramer@sandcreekgreenway.org.

NORTHEAST DENVER/AURORA EVENTS

3/6 Friday—3/6 Friday- Temple Micah’s Purim Jam. Enjoy Purim limer-icks and tunes! 6:30pm. Temple Micah, 5209 Montview Blvd. 303.388.4239 ext 1. www.micahdenver.org

3/2 to 5/31—Volunteer Tutoring with Reading Partners. Reading Partners Colorado seeks community volunteer tutors to work one-on-one with students in school-based reading centers (open Mon.-Thurs. 8am-4pm). Sign up at http://info.readingpartners.org/volunteer-in-colora-do or 720.369.7269 for info

3/7 Saturday— 32nd Annual Historically Black College and University (HBCU) College Fair 2015. 8am-3pm. Denver East High School, 1600 City Park Esplanade. \$5 preregister, \$7 at door. 89 HBCUs will be represent-ed. Theme: Raising The Bar-Determined, Focused and Bound for Suc-cess. Info/workshops on college preparation and financial resources. Continental breakfast and lunch provided. For middle school, high school, parents and educators. Seniors should bring transcripts. 303.550.5088. www.ethniccollegecounselingcenter.org

3/14 Saturday—Good Luck Gala. Park Hill Children’s Center 35th Gala & Silent Auction. Maggiano’s Restaurant, Denver Pavilions, 16th St. Mall. www.parkhillchildrenscenter.org

3/14 Saturday—The Abbey Tavern’s 2nd Annual Park Hill St. Paddy’s Bash. 12-10pm. Free admission. Special Irish festival menu and outdoor stage with live entertainment. 5151 E. Colfax Ave. www.TheAbbeyTavern-Denver.com.


3/17 Tuesday—A Gathering at the Grove. Tapas and refreshments, 1-5pm. 7483 E. 29th Pl. RSVP: 303.731.4390, www.GroveAtStapleton.com.

(continued on p. 32)

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LOCAL EVENT LISTINGS

(continued from p. 31)

3/21 Saturday—Community Night with the Rapids. 2pm. Pre-game BBQ picnic and then Rapids vs. NYCFC match. www.rapidstix.com/stapletoncommnight

3/21 Saturday—2nd Annual Spring Fling. 1-4 pm. Free. Hosted by Sunshine Food Project at Garden Events Center, 3435 Albion St. Refreshments/gardening activities for all ages. 303.321.5231, www.sunshinefoodproject.org

3/28 Saturday—Electronics Recycling Collection Event. No charge. 9am-3pm. Sign up for appointment at: mar28-ecycle.eventbrite.com

3/29 to 4/5—Augustana Lutheran Church Holy Week and Easter Services. 3/29 Palm Sunday worship 8am and 10:30am, 4/2 Maundy Thursday worship 11am and 7pm, 4/3 Good Friday worship 12pm and 7pm, 4/5 Easter worship 8am, 9:30am, 11am. www.augustanadenver.com

4/1 to 4/30—Stanley British Primary School Earth Month Recycling Event. Collecting used clothing, shoes, backpacks, purses, toys, stuffed animals, household textiles (towels, sheets, etc.). Nonprofit Red Apple Recycling sells donated items to local textile recycling company; proceeds fund sustainability/wellness programs in local schools. Deposit items in Little Red Schoolhouse in front of Stanley campus,

350 Quebec St. Allison Neckers: 303.360.0803.

4/4 Saturday—Temple Micah Community Passover Seder. RSVP and pay by 3/27. Families with kids under 5 may be eligible for Mazeltot discount. elaine.lee@micahdenver.org, 303.388.4239 ext 1, www.micahdenver.org

4/5 Sunday—Stapleton Fellowship Church Easter Services. 7am Sunrise Service at Founders Green; 8:30am, 10am and 11:30am at church, 8700 E. 21st Ave. www.stapletonchurch.org

NORTHFIELD EVENTS

3/6 Friday—Harkins Theatres 18 New Release. Chappie. www.harkinstheatres.com

3/13 Friday—Harkins Theatres 18 New Release. Cinderella. www.harkinstheatres.com

3/20 Friday—Harkins Theatres 18 New Release. Do You Believe; Insurgent. www.harkinstheatres.com

3/27 Friday—Harkins Theatres 18 New Release. Home; Serena. www.harkinstheatres.com

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

3/7 to 3/28—Wildlife Viewing Tours. Weekends; 9:30-11:30 Sat. and 1-3pm Sun. Naturalist leads bus tour through refuge to view bald eagles, bison, coyotes, deer, raptors and more. RSVP required. www.fws.gov/refuge/rocky_mountain_arsenal/

3/14 Saturday—Wildlife Photo Workshop. Enhance your wildlife/landscape photography skills with professional photographer Sean Pettersen. 10am-11am. RSVP required. www.fws.gov/refuge/rocky_mountain_arsenal/

3/21 Saturday—Waterfowl ID. 9am-12pm. Tips/tricks for identifying waterfowl. Binoculars and cameras recommended.

3/21 Saturday—Who's Tracking Who? 1-2:30pm. Learn to identify tracks in indoor program, then head outdoors to test knowledge. Make plaster cast of tracks. RSVP required. www.fws.gov/refuge/rocky_mountain_arsenal/

3/26 Thursday—Nature Tots- "Just Ducky." For toddlers ages 3-5 and their adults. 10am-11am. Learn about ducks and where they've been all winter. www.fws.gov/refuge/rocky_mountain_arsenal/

3/27 to 4/3—Spring Break Wildlife Viewing Tours. 9:30-11:30am. Naturalist leads bus tour through refuge to view bald eagles, bison, coyotes, deer, raptors and more. RSVP required. www.fws.gov/refuge/rocky_mountain_arsenal/

THEATRE

Through 3/15—Red Hot Patriot. Aurora Fox Arts Center, 9900 E. Colfax Ave, Aurora. www.aurorafox-artscenter.org

Through 3/22—Big Fish- The Musical. Aurora Fox Arts Center, 9900 E. Colfax Ave. www.aurorafox-artscenter.org

Through 4/10—Charlotte's Web. Arvada Center, 6901 Wadsworth Blvd, Arvada. www.arvadacenter.org

Through 4/26—Ain't Misbehavin'. Vintage Theatre. 1468 Dayton St., Aurora Cultural Arts District. www.vintage theatre.org

3/5 Thursday—The Australian Bee Gees Show. Buell Theater www.denvercenter.org

3/10 to 3/15—Stomp. Buell Theater, Denver Center for Performing Arts, 14th and Curtis. www.denver-center.org

3/13 to 4/11—Cock. Avenue Theatre, 417 E. 17th Ave. www.avenue theatre.com

3/13 to 5/3—Six Dance Lessons in Six Weeks. Vintage Theatre. 1468 Dayton St., Aurora Cultural Arts District. www.vintage theatre.org

3/20 to 4/5—Athena Project's World Premiere of Harm's Way. Aurora Fox Arts Center, 9900 E. Colfax Ave. www.aurorafoxartscenter.org

3/20 to 4/19—One Night in Miami. Space Theater, Denver Center for Performing Arts, 14th and Curtis. www.denvercenter.org

3/24 to 4/19—The Archbishop's Ceiling. Arvada Center, 6901 Wadsworth Blvd. www.arvadacenter.org

MORE SUMMER CAMPS

Dardano's School of Gymnastics Preschool Adventure Camp. Ages 3-5½ years. 6/1-6/25 and 7/6-7/30. Mon. to Thurs. 9:30am-12:30pm. Flexible scheduling. Combines gymnastics with enrichment activities. Different theme weekly. Sign up by day, week or full session. 2250 Kearney St. 303.355.0080 or www.dardanosgym.com

Spanish Is Fun. Fiesta summer camp includes music, games, Zumba, cooking and more. Kids learn about Latin American culture and become familiar with commands, daily expressions, and vocabulary using our Brain Path Language™ system (BPL). At Stapleton Rec Center, 9651 E. MLK Blvd. 7/13-17 and 7/20-24. 4-10 yrs. 9am-3:30pm. Register: <http://spanishisfun.net/children/summer-camps> or 303.200.0622.

Summer Camps at Stapleton Fellowship Church. Creative Arts Camp: \$25/child, ages 5 years to 5th grade, 6/15-17, 9-11:30am. Preschool Camp: \$90/child, ages 2.5 to 5, 7/14-16 and 7/21-23, 8:30-11:30am. www.stapletonchurch.com, www.stapletonpreschool.com

Children's Art School Joy of Art and Summer. Ages 4-12. Weeklong half-day programs June through Aug. University Park. 303.369.7956.

Stapleton Family Karate Ninja Summer Camp. 6/15-6/19, 7/13-7/17, 8/10-8/14, 8/17-8/21. 20 hours of fun and safe ninja training. \$199/person. Ninja equipment and gear included. Northfield. 303.928.0043, Erin@StapletonFamilyKarate.com, www.stapletonfamilykarate.com

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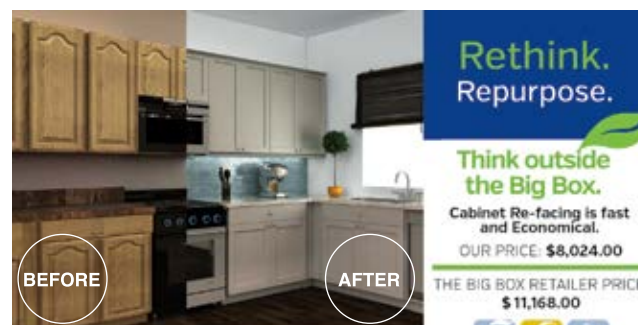


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This March—Get Free Tax Assistance Through Tax Help Colorado

Tax Help Colorado, a program of The Piton Foundation, offers free tax assistance for families with incomes less than \$52,000, including help navigating the ACA's new tax regulations (health insurance is now part of tax filing). A full list of free tax assistance sites in Colorado can be found by dialing 2-1-1 (it's a free call), visiting www.piton.org/eitc, or finding Tax Help Colorado on Facebook at www.facebook.com/taxhelp-colorado and Twitter at @TaxHelpCO.

March 7—The Dearfield Dream

The February *Front Porch* ran an article on Dearfield, the African American agricultural community founded east of Greeley in 1910. On Sat., March 7, the Third Annual Dearfield Conference will be held at the Univ. of Northern Colorado featuring presentations on early 20th century Dearfield, its colony, and 25 other Black communities of the same era in Colorado. The event, which will include time for personal interactions and audience Q&A, is free and open to the public. The event starts at 9am and is located at University Center, 11th Ave. and 20th St. To sign up to speak, contact Dr. George Junne (ghjunne@aol.com, 970.351.2418).

March 8—Showing of Green Fire

From 3-4:30pm on Sun., March 8, *Green Fire*, a film about the legendary environmentalist Aldo Leopold, will be presented at the

Rocky Mountain Arsenal National Wildlife Refuge Visitor Center, 6550 Gateway Road. Free admission includes the film and a discussion afterward. For more info, email Kate Kramer at kkramer@sandcreekgreenway.org with questions.

March 11, 18 & 25—Denver Citizens' Police Academy

The Denver Police Department (DPD) hosts several Citizens' Police Academies (CPA) throughout the year that are open to all Denver metro-area residents. The CPA is designed to give insight into how and why DPD operates, and covers traffic enforcement, officer safety, police history, and more. The next academy, co-hosted by Districts 2 and 5, will take place March 11, 18 and 25. Participants must be 18. The program typically runs for six weeks from 6-9pm on Wed. evenings at varied locations. For information or to register, call 720.913.6167 or visit www.denvergov.org/citizensacademy.

March 13-15—Denver Brass: Celtic Fantasy

Celebrate St. Patrick's Day with the Denver Brass at 7:30pm on March 13-14 and 2:30pm on March 15 at the Newman Center for the Performing Arts, 2344 Iliiff. Celtic Fantasy with Celtic Colorado Pipes & Drums, Rocky Mountain Highland Dancers, Wick School of Irish Dance, Joanna and Iain Hyde will perform. Leprechauns, fairies and music from *How to Train Your Dragon* make it especially kid friendly. Visit www.denverbrass.org.

March 16—A Vision for the Future: DRCOG Metro Vision 2035 Regional Planning

At 5:30pm on Mon., March 16, Brad Calvert, senior planner at the Denver Regional Council of Governments (DRCOG), will speak about goals for the future of Denver transportation. Time for questions will be included. The event will take place in the McCollum Room of Montview Presbyterian Church, 1980 Dahlia. For more information, contact the League of Women Voters Denver at 303.321.7571.

March 20—Iain & Joanna Hyde with Owen Kortz at Swallow Hill

On Fri., March 20, Park Hill natives and brother-sister duo, Iain and Joanna Hyde, will perform along with Denver native Owen Kortz at Daniels Hall at Swallow Hill Music, 71 E. Yale. Iain (guitar, mandolin, fiddle, vocals) and Joanna (fiddle, vocals) perform at festivals, house concerts and various music venues. Joanna has also studied and taught traditional music in Limerick, Ireland. Doors open at 7pm; show at 8. For more info or to purchase tickets: <http://swallow-hillmusic.org/denver-concerts/>.

March 20–April 5—Athena Project Arts Festival

The 2015 Athena Project Arts Festival will take place March 20–April 5 in five arts districts: Downtown Denver, Santa Fe, RiNo (River North), Aurora Cultural and 40 West Arts. This year, the festival highlights the

premiere of Harm's Way, one of 18 performances at the Aurora Fox Theatre, and looks at paranoia, denial and whether people are desensitized to violence. The festival will also include a music festival at Cervantes' Other Side and a fashion show fundraiser. For full details about art gallery shows or performances, visit www.AthenaProjectFestival.org or call the Aurora Fox box office at 303.739.1970.

March 21—2nd Annual Spring Fling

From 1-4pm on Sat., March 21, the Sunshine Food Project will host the 2nd annual Spring Fling at the Garden Events Center, 3435 Albion St. Free admission will include refreshments, gardening activities and more. For info, visit www.sunshinefoodproject.org or call 303.321.5231.

March 28—Electronics Recycling Collection Event

From 9am to 3pm on Sat., March 28, drop off electronics for recycling at East High School, 1650 Josephine. The event is open to all residents, but appointment is necessary. Sign up at mar28-ecycle.eventbrite.com. A full list of items accepted is available there.

By May 1—Register for Stapleton Open Studios

Stapleton Open Studios will take place from 11am to 5pm on Sept. 26–27. Artists will display work in their home studios. Art will be available to purchase. To apply, visit www.stapletonarts.com or to get involved in the planning, email carol@carolfennell.com.

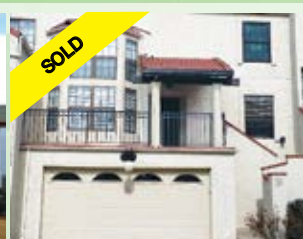
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March 29
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8 a.m. • 10:30 a.m.

April 2
Maundy Thursday
Worship
11 a.m. • 7 p.m.

April 3
Good Friday
Worship
Noon • 7 p.m.

April 5
Easter
Worship
8 a.m. • 9:30 a.m. 11 a.m.

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First New Church to Be Built in Stapleton

St. Stephen Missionary Baptist Church, currently located at 31st Ave and Humboldt St, will be moving to Stapleton and will have the first new-construction church built in Stapleton.

The top rendering shows the first phase, a preschool, which is now under construction at Montview Blvd. and Valentia (next to DSST).

Phase two, the lower rendering, shows the 580-seat sanctuary that will be built in the future. The sanctuary will be on Montview and the preschool is directly behind it. Until the sanctuary is built, an area within the preschool building will be used for Sunday services, according to the church's

pastor, Reverend Randolph West.

The preschool, called Acacia Learning Center, will have space for 209 children from infant to pre-school. They are

not yet accepting application but Pastor West says they hope to finish the building and open July 15. The head of the new program comes from Kindercare.



Rendering courtesy of St. Stephen Missionary Baptist Church

Let's Make a List!

If you're planning on selling in 2015, jot these tasks down.

1. Get a detailed market analysis of the neighborhood and your home's value.
2. Start on home repairs or improvements to make your home 'Market Ready'
3. Wish list of features for your new dream home!



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The image above is one of the conceptual drawings Forest City has posted on their website to show possible future types of transit oriented development (TOD) in the area around the Central Park rail station.

Ever since the rail line to DIA and its stop in Stapleton were announced, community members have been asking what kind of development will be built around the rail stop. At the February Citizens Advisory Board meeting, seeing a conceptual drawing of the Stapleton TOD for the first time triggered Park Hill representative Jim Wagenlander to ask again. Tom Gleason, Forest City vice president for PR repeated what the group had heard many times before, “It’s very conceptual. It depends on what the market will bear but it’s a possibility.”

But a day later, on Feb. 20, the Denver Business Journal posted a brief interview with Forest City Senior Vice President Jim Chrisman...still no specific details, but encouragement that TOD at Stapleton is likely to get underway before the trains arrive.

According to the Denver Business Journal article, “DIA20: Development plentiful along the rail line to Denver’s airport,” by

Molly Armbrister, Chrisman wants to include office, multi-family, retail and a hotel on the 34 acres around the station, but does not have a specific plan at this time.

According to *The Denver Business Journal* article, “The totals will be market-driven, Chrisman said, but the development could have between 1 million and 2 million square feet of office space, around 1,000 units of multifamily with ground-floor retail and a 150- to 200-room hotel, all organized around a “placemaking element.” That element could be some type of plaza, but there is no firm plan at this time.

The January Front Porch ran a brief article about the 61st and Peña Blvd TOD where Panasonic Enterprise Solutions Company will locate a hub (<http://frontporchstapleton.com/article/panasonic-deal-along-east-rail-line-big-win/>).

And the Urban Land Conservancy announced almost two years ago that they will develop 9.4 acres adjacent to the Colorado Blvd. stop into a mixed-use transit oriented development that will include affordable new homes.

First Five Tenants at Conservatory Green

Drake Real Estate Services confirmed the first five tenants in phase one of The Shops at Conservatory Green (located east of Valentia along Northfield Blvd.): Brix Wood Fired Pizza, Stapleton MCA, a dentist office, Jersey Mike’s Sandwiches and Tokyo Joe’s Japanese and Sushi. Construction will start late March or early April. Tenants for phase two, located west of Valentia, will be announced in the near future.

Quebec Square Shopping Center Sold

A *Denver Post* article by Steve Raabe on February 10 stated that Quebec Square had been purchased by Inland American Real Estate Trust Inc, a Chicago-based investment firm. However, the shopping center is still tied to Stapleton design guidelines, so if the new owner wants to change the exterior appearance, the plans will have to be approved by the Stapleton Design Review Committee.

CAB Assesses 2014 Projects vs. Green Book Vision

The Stapleton Development Plan (often called the Green Book) was written with significant citizen input and approved by City Council in 1995. Citizen input about ongoing development has



continued through the Citizens Advisory Board (CAB). The CAB obtains development information from Forest City and each year sets goals appropriate to the current stage of development. (continued on page 37)



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SUN Meetings are held on the 3rd Tuesday of every month at 6:30pm (Block Captain meeting) and 7:30pm (Board meeting) at the Central Park Recreation Center, 9651 MLK Jr. Blvd. For information about SUN, visit www.stapletonunitedneighbors.com. To contact SUN or confirm meeting time, email stapletonunitedneighbors@gmail.com

Improving Pedestrian Safety: Slow Down and Look Twice at Intersections

If you have traveled along MLK Blvd. west of Central Park Blvd. recently, you undoubtedly noticed that the right lanes in both directions have been re-striped to allow bicycle traffic only. This big change is the result of a request submitted to Denver city government (City) by SUN in September 2011, and serves as an important link to the bicycle lanes installed on MLK west of Quebec in 2010. Combined with bicycle lanes recently added to 23rd and 26th streets in Park Hill, there are now a variety of ways for bicyclists to travel between downtown and Northeast Denver.

SUN views the new bike lanes on MLK as just one step in a much larger process of making Stapleton safer for bicyclists, pedestrians and motorists alike. That process includes a variety of proposals submitted to the City by SUN in a November 2014 document that can be accessed and downloaded from the Transportation section of SUN's website. Those proposals include

the addition of bike lanes on MLK and 29th Drive between Fulton and Havana streets, something that so far has not gained traction with the City despite imminent plans to develop the Eastbridge Town Center between those streets.

Even if the City chooses to add bike lanes east of Fulton, that will still leave a significant stretch of MLK between Central Park Blvd. and Fulton without bike lanes. Unfortunately, the city has informed SUN that bike lanes are not feasible on that section of roadway because the pavement is not wide enough. According to the city, bicyclists should utilize the paved path on the north side of MLK instead. That makes it more important than ever for motorists in the area to come to a complete stop in front of stop signs as they enter MLK, particularly in high-volume areas such as the driveway for the Central Park Rec Center. Remember that if you don't stop

until after you pass a stop sign, you have already broken the law. Worse, you have jeopardized the safety of bicyclists and pedestrians who cross in front of you, both of whom have the right of way.

Stapleton was designed as a place where pedestrians and bicyclists can safely move throughout the neighborhood much more easily than they can in other places, but it only works as long as drivers hold up their end of the bargain by paying attention and keeping a lookout. That can be hard to remember during rush hour when you're in a hurry to get to work or drop your kids off at school, but peak traffic hours are also when the most bicyclists and pedestrians are sharing the roadway with motorists. Please do your part by slowing down and looking twice at intersections.

—David Vogel, *SUN Transportation Committee*

Stapleton Update

CAB Report

(continued from page 35)

Following is a brief summary of CAB's 2014 annual report to the Stapleton Development Corporation's board, based on a draft available at the time Front Porch went to the printer.

Parks

A major Parks Advisory Group goal accomplished in 2014 was getting the Uplands designed along with Westerly Creek Park.

Partially accomplished was Forest City presenting recommendations to SDC and PAG for review and to get PAG's recommendations on developing the remaining parks and open space.

Participating in discussions about the development of Stapleton in Aurora and construction of the 26th Ave Park were a goal for 2014. Status of that project is not known. Hearing a strategic plan for the completion of the 26th Ave Park is a goal for 2015.

Zoning and Planning

Communications worked well to get community and stakeholder input on the Section 10 plan. It worked less well for Eastbridge Town Center.

Forest City representatives attended ZAP and other community meetings and made very clear statements of their positions as the master developer

A shift from brownfield to infill development



The Citizens Advisory Board meets monthly to follow current and future development and provide citizen input to Forest City on keeping the community moving in the direction envisioned in the Stapleton Development Plan (the Greenbook). Front to back: Councilman Chris Herndon, Jim Wagenlander (Park Hill), John Fernandez (Aurora), David Netz (CAB chair), Angie Malpiede (NE Denver Transportation Connections), Damon Knop (SUN).

requires more, not less community outreach.

Forest City has become very resistant about presenting any concept plans for planned development, with the result that communications are limited.

Forest City declined to engage in specific discussions about planning for an integrated town center design.

The King Soopers and Evergreen plan for Eastbridge has divided the community over the designs, retail mix, environmental impacts, etc.

The project does not reflect the goals of town center design as presented in the Green Book.

Goals for 2015, work on Aurora planning (housing mix, open space, etc); Revisit zoning districts with the city, especially gas stations.

Housing Diversity

Stapleton has emerged as one of the most expensive neighborhoods in the state and does not meet the income, age, or cultural diversity goals outlined in the Green Book

Pacing is far behind on overall number of apartments and affordable for sale.

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Humanoid Robots May



Left, Gabe Bourque watches the social robot NAO dance the Macarena, one of its many programmed skills. NAO is controlled by a researcher (middle) in the other room where psychology student Sophie Silver (left) and Gabe's dad, Fred, observe.

Above, Gabe interacts with Zeno, a humanoid robot with a silicon face and realistic eyes that express many facial expressions. Zeno is designed to detect emotions during interactions with humans in a realistic way, which may help children with autism recognize emotions.

By Madeline Schroeder

Gabe, 12, is loud and talks a lot. He likes to read, especially *Harry Potter*. He is attentive and takes all mainstream classes. He's extremely curious; for example, he likes to open up the compartments of printers and examine how they work. He has poor vision. Empathy does not make sense to him and he

has no friends at school. Luke is his best friend.

Luke, 11, barely talks and reads far below grade level. He doesn't focus on anything except for what's right in front of him. He can build anything from his imagination out of Legos and creates freehand drawings. He has spectacular vision. He takes special education classes, except for band. Although he doesn't talk, he has many

friends in his class. Their time together is filled with lots of high-fives and other nonverbal communication.

"We both have autism, but our autism is different," Gabe says, loudly and almost robotically.

Their younger sister, Ellie, 5, shows autistic tendencies, and their dad, Fred, thinks he may

have autism as well. Although the Bourque family members may get diagnosed as being on the broad spectrum of autism, each is very distinct.

According to the U.S. Centers for Disease Control and Prevention, one in 88 children has autism, a brain development disorder. The rate is four to five times more common among

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boys than girls.

A mildly affected person might seem merely quirky and lead a relatively typical life. A severely affected person might be unable to speak or care for himself. Early and intensive intervention can make big differences in a child's development and outcome.

New therapies are developing to help children with autism. At the University of Denver, a faculty-student research team is conducting a study with humanoid robots designed to improve recognition of facial expressions and eye gaze.

The robots play social games and ask questions while cameras record the children's eye gaze. The robots reward kids for completing tasks. The robots are designed to be an additional tool for therapists or classrooms with children who have autism.

"Kids with autism really don't like to interact with strangers and human interaction usually is very overwhelming because of the flood of sensory input," says Mohammad Mahoor, assistant professor of electrical and computer engineering, who leads the study. "We use a robot as an assistive tool because kids with autism really love to interact with toys and objects."

The program has two robots: NAO, a cute social robot that can walk, dance and play, and Zeno, a sedentary robot with a silicon face and realistic eyes that makes different expressions. Zeno is designed to detect emotions during interactions with humans in a realistic way, which may help children with

autism recognize emotions.

The research team has completed three protocols with 70 participants, including Luke and Gabe, who were in the most recent protocol. They participated every other week for 2 hours over the course of six months.

On a recent day at the lab, Gabe was enthralled when NAO danced the Macarena. "That was great!" he cheered at the end, and the research team laughed. Luke didn't pay any attention and played with his Legos. He usually only participates if he's rewarded with breaks to watch clips from his favorite movies

"We adjust the study and programming of the robots for every kid because each one is so unique," says Sophie Silver, a psychology major working on the study.

Results are as diverse as the autism spectrum. Some kids do not want to play with the robots at all; others love it. The study team may reduce the age range (now 7 to 17) because

teenagers have shown less interest in the robots than younger children.

Temple Grandin, an activist for people with autism, can see how the robots are a good way for kids to get interested in something, but says they still need to interact with real people. Grandin has become the symbol of exceeding beyond the difficulties of a disorder. She is an animal science professor at Colorado State University, best-selling author and the subject of an award-winning movie.

Social interaction has been difficult for much of Grandin's life, but her mother never allowed her to be a recluse. As a young girl, Gran-

din was required to be the hostess at her mother's parties, which she did not like, but eventually got easier with time. Then in high school the only time she wasn't bullied was when she was participating in the electronics lab, horseback riding and building model rockets.

Grandin says social interactions based on shared interests offer a way for people with autism to interact more comfortably.

"People are always looking for the magic solution to a lot of things, but many require a

lot of management," she says, explaining there isn't a quick way for kids with autism to become comfortable socially and emotionally.

Fred Bourque can't confirm the robots alone have made a significant difference for his sons, but in addition to their other interventions he's noticed some change. "They're getting helpful training. Maybe they're not getting fixed in their brains, but they're learning how to cope with the rest of us because really they're in their own world," he says.

"Maybe they're not getting fixed in their brains, but they're learning how to cope with the rest of us because really they're in their own world."

—Fred Bourque



Some participants in the humanoid robot study at DU have shown improvements in emotional skills and affection, which are both typically difficult for people with autism. Gabe loves interacting with the robots, particularly Zeno.



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March 31st, 2015 • 7:00 p.m. Park Hill Golf Club 4141 E. 35 th Ave. Denver, CO 80207	March 31st, 2015 • 2:00 p.m. Augustana Lutheran Church – Anna Paulson Rm. 5000 E. Alameda St. Denver, CO 80246

Please RSVP to Theodore Kouba at **303-941-3894** or theodore.kouba@thrivent.com to reserve your spot. Refreshments will be served.

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