

# Front Porch

COLORADO

Stapleton, Park Hill, Lowry, Montclair, Mayfair, East Colfax, NW Aurora

NORTHEAST DENVER

MARCH 2018



## A Special Teacher for Special Kids

Kelly Mitchell, a teaching assistant at Anchor Center for Blind Children, works with 4-year-old Asher Knudsen. Mitchell, who is legally blind herself, plans to obtain a master's degree that will enable her to be a full teacher in programs for students with visual impairment. Mitchell calls it "a good fit" to work with blind children because she can relate to them so well.

By Jack Etkin

Five days a week at 5:45am, Kelly Mitchell boards an Access-a-Ride van at her house in Superior for the ride to the Anchor Center for Blind Children. Like her fellow staff members, Mitchell is passionate about her

work and devoted to helping visually impaired children. And she can relate to them uniquely, because Mitchell is blind.

"The thing that really strikes me about her is she makes kids feel very comfortable" (continued on page 8)

## Degas at the DAM A Passion for Perfection



Artist Edgar Degas experimented with new art mediums and techniques in his 'attic laboratory' overlooking Paris. The recreated studio lets visitors look over the artist's shoulder into the processes of this restless scientist-artist, who was never satisfied and never finished. "Fortunately for me, I have not found my method; that would only bore me," Degas wrote. Story by Laurie Dunklee on page 22.

## Safe Vaping:



### Is It a Smokescreen?

By Melinda Pearson

Through social media—especially Snapchat and Instagram—kids of all ages come across images of other kids vaping. And it looks pretty glamorous. Pouty-lipped teens, swathed in ethereal clouds of vapor. Images of jewel-toned vaping pens and cartridges. Celebrity sightings—there's Kylie Jenner vaping! All these images promote the idea that vaping is cool. But what is vaping and what are its effects in adolescents?

### What Is Vaping?

Vaping is the act of inhaling and exhaling vaporized liquid from an electronic (continued on page 5)





On February 15, PG&IX, a Michael Jackson tribute band, performed for Decades of Dance night at the Cube (located at 8371 E. Northfield Blvd.)

## Contents

- |  |  |
|--|--|
| 1 A Special Teacher for Special Students                           | 16 NE News Updates   |
| 1 Degas at the DAM: A Passion for Perfection                       | 18 Uncertain Future of Prime Acreage Sets Stage for Land Use Drama |
| 1 Safe Vaping: Is it a Smokescreen?                                | 19 Event List—and find more online at FrontPorchNE.com             |
| 6 Fighting Rare Disorder, Family Gets a Win                        | 24 I Am a Dreamer  |
| 9 Kids Manage Successful Business that Gives Back to the Community | 26 be well Leader Alisha Brown Gets Statewide Recognition          |
| 10 Local Clinic Addresses Opioid Addiction                         | 27 Convenience Helps in Achieving Fitness Goals                    |
| 12 Indie Prof:—Oscar Nominee Reviews                               | 28 SUN Spot  |
| 14 Approaching Difficult Subjects through Music                    | 29 Letters to the Editor   |
|  | 30 Creatures of Light  |



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

Visit FrontPorchNE.com to comment and find articles from past issues.

### LETTERS TO THE EDITOR

We welcome your letters. Send to [Carol@FrontPorchNE.com](mailto:Carol@FrontPorchNE.com)

### A FOND FAREWELL

John Fernandez, who has written for the *Front Porch* for the past two and a half years, says he has punched the clock enough—it's time to work on his own schedule and on his own choice of projects. We wish him well in his future writing endeavors. We will miss him.



#### Decades of Dance at The Cube

Thursday, March 1st, 6:30pm, The Cube

Join us at the Cube for our concert and dance event, Decades of Dance! We will have the band Boogie Machine playing jams from the 70s.

#### New Swim Team Parent Meeting

Tuesday, March 6th, 6:30pm, The Cube

Is your swimmer new to swim team? Do you want to know more about the Stapleton Stingrays Swim Team program? Join us on Tuesday, March 6th to get your swim team questions answered! The aquatics team will go over an overview of the different swim team options, an overview of the season, volunteer roles and requirements, registration dates, communication and merchandise.

#### Swim & Dive Team Registration

Wednesday, March 7th, 12:00pm

Stapleton Residents can register for the Stingray Swim and Dive teams via your online account or in person at the MCA office or The Cube. Registration begins at 12:00pm. Non-residents can register for the Stingray Swim and Dive teams on Wednesday April 25th at noon. For more information about the Stingray program visit [www.stapletoncommunity.com](http://www.stapletoncommunity.com).

#### Wine Education Series

Wednesday, March 7th, 7:00pm, The Cube

The MCA's spring wine education series will feature an educational aspect to wine tasting. This sit down tasting will feature different wines from different regions with a wine educator leading the discussion. Tickets are \$20 and go up to \$40 the day of the event. Tickets at [stapletoncommunity.com](http://stapletoncommunity.com). Must be 21 to attend, no refunds allowed.

#### Game Night at the Cube

Friday, March 9th, 5:00-9:00pm, The Cube

The MCA will be hosting an open house game night featuring a variety of different board games for the community to play. Bring your family and friends for this free event. There will be a concessions stand that sells drinks and candy or bring in your own dinner from one of the many restaurants next to The Cube! The Cube is located at 8371 Northfield Blvd.

#### Swim Lesson Registration

Wednesday March 14th, 12:00pm

Stapleton Residents can register for all swim programs beginning at noon on March 14th. Registration can be completed via your online ActiveNet account or in person at the MCA office or The Cube. We can no longer accept registrations over the phone. Non-residents can register for all swim programs on Wednesday, April 25th at noon.

#### Whiskey Education Night

Wednesday, March 14th, 7:00pm

This tasting will featuring different types of whiskey with a spirits educator leading the discussion. Tickets are \$20 and go up to \$40 the day of the event. Tickets can be purchased on [stapletoncommunity.com](http://stapletoncommunity.com). Must be 21 to attend, no refunds allowed.

#### Trivia Night at the Cube

Friday, March 16th, 7:00-9:00pm

Kid-friendly trivia night! There will be prizes and drinks available for purchase. Geeks who Drink will be running the trivia questions. This event is free and open to the public!

#### Stapleton Egg Scramble at Runway 35!

Saturday, March 24th, 10:00am-12:00pm

The Stapleton MCA's Annual Egg Scramble will be held from 10:00am-12:00pm on Saturday, March 24th at Runway 35! This free event is open to children of all ages! The egg scramble will begin at 10:00am at Runway 35. Children will

be released by age group to scramble across the field to collect Easter eggs! There will also be pictures with the Easter bunny, food trucks, event sponsors and more! Bring your own basket or bag to collect the eggs!

#### Saturday Night Live...For Kids Only!

Stapleton MCA and Central Park Recreation Center are partnering to host a night of fun for children ages 7-12 from 6-9pm. SNL will be held on Saturday, March 24th at the Central Park Rec Center. Early registration will be open until the end of business Wednesday (4:00pm) prior to each SNL event date. Registrations will be accepted at the door, \$30 (cash only) per participant. Join us for a night of fun with games, dinner, snacks and more!

#### Active Minds Seminar

This is a free, no-reservation needed public program brought to you by the Stapleton MCA. Location: Sam Gary Library 2961 Roslyn St.

Thursday, March 8th, 6:45-7:45pm

#### Cowboys

Join Active Minds for the story of the American Cowboy. We will peel back the mythology and explain how the origins of the Cowboy lie south of the border in the Spanish colonies in the Americas. We'll trace the development of the American Cowboy and its influence upon this part of the country as well as tell a good old Cowboy story or two.

Thursday, March 22nd, 6:45-7:45pm

#### India: A Story of Contrast

India has the 3rd largest economy in the world, yet over 20% of the population lives below the poverty line. India's universities produce an educated elite that competes with the best in the world, while more than a quarter of the country remains illiterate. Join Active Minds as we explore this dichotomy as well as the ongoing challenges between the Hindu leadership and the Muslims in India and neighboring Pakistan.

#### The MCA is hiring!

The MCA is now hiring seasonal and year round positions. For all available positions and to apply please visit [www.stapletoncommunity.com/mca-info/employment-opportunities](http://www.stapletoncommunity.com/mca-info/employment-opportunities).

#### Resident Membership Cards

Stapleton residents are eligible to receive a Resident Membership Card. Residents must be current with association dues to receive a Resident Membership Card. In addition to use of the Stapleton Community facilities during open times, a membership entitles you to the following: discounts on most classes and programs, activities, events and facility rentals. **Resident membership cards are not transferable and non refundable**, each person in the household 12 months and older will need a membership card to present in lieu of the daily admission fee at the outdoor swim facilities.

Fees Associated with Resident Membership Card  
Annual Membership Fee (per membership): \$20  
Replacement cards: \$5

For more information please visit [stapletoncommunity.com](http://stapletoncommunity.com).

If you have any questions or comments about the information above, please feel free to contact [jolsen@stapletoncommunity.com](mailto:jolsen@stapletoncommunity.com) or call the MCA office at 303.388.0724.

Jennifer Olsen  
Communications Manager  
[jolsen@stapletoncommunity.com](mailto:jolsen@stapletoncommunity.com)

Get the latest on

Master Community Association



Sponsored by Stapleton MCA

#### PUBLISHERS:

Carol Roberts – Editor  
Steve Larson – Photography

#### WRITER: Melinda Pearson

#### COMMUNICATIONS/MARKETING: Anne Hebert

AD SALES: Karissa McGlynn 303-333-0257,  
303-993-9963, [KarissaMcGlynn@gmail.com](mailto:KarissaMcGlynn@gmail.com)

# Front Porch

[www.FrontPorchNE.com](http://www.FrontPorchNE.com)  
[FrontPorch@FrontPorchNE.com](mailto:FrontPorch@FrontPorchNE.com) 303-526-1969  
2566 Syracuse St., Denver, CO 80238  
Letters to the Editor: [Editor@FrontPorchNE.com](mailto:Editor@FrontPorchNE.com)

The Front Porch – NE Denver distributes approx. 35,000 free papers during the first week of each month. Papers are delivered to homes and/or racks in Stapleton, Park Hill, Lowry, Montclair, Mayfair, East Colfax and NW Aurora. The Front Porch is printed with soy-based ink and the paper contains 30% post-consumer waste. We contribute monthly to replant trees equivalent to the amount of paper used each month.



# Smile

The Best Dentists in Colorado  
*Are in Your Neighborhood*

Serving Stapleton and Northeast Denver since 2003, Town Center Dentistry and Orthodontics believes beauty radiates from your smile. Drs. Brett and Gina Kessler have been named the top Cosmetic Dentist/Orthodontist Team from **5280** Magazine, and Dr. Brett is the only dentist to receive the Dental Excellence in Healthcare Award from **THE DENVER POST**. For all your dental needs, call Dr. Brett and for all your orthodontic needs, call Dr. Gina. You'll be amazed at how great you'll feel when you flash your designer smile.

**Schedule an Appointment Today**  
**(303) 816-3101**



**TOWNCENTER**  
DENTISTRY AND  
ORTHODONTICS  
Serving Stapleton since 2003

[tcdodenver.com](http://tcdodenver.com)

7479 E. 29th Ave., Denver, CO 80238





# Without these advertisers, there would be no *Front Porch*.

Please let them know you appreciate their support of your community paper.

|                               |  |    |
|-------------------------------|--|----|
| <b>Auto</b>                   | Amina Auto Repair and Service                  | 26 |
|                               | DART Auto                                      | 30 |
|                               | Suba Performance                               | 29 |
| <b>Children's Activities</b>  | Your Soul's Movement                           | 12 |
| <b>Children's Camps</b>       | Avid4 Adventure                                | 13 |
|                               | Commerce City Summer Camps                     | 28 |
|                               | Jewish Community Center                        | 12 |
|                               | Jewish Community Center                        | 15 |
|                               | Summer at Ricks (Ricks Center)                 | 15 |
|                               | The Etiquette Factory with Ms Marsha's Manners | 12 |
| <b>Churches</b>               | Augustana Lutheran Church                      | 25 |
|                               | Denver Presbyterian Church                     | 7  |
| <b>Community Organization</b> | Rotary Club of Denver - Stapleton              | 28 |
|                               | Stapleton Master Community Association         | 2  |
| <b>Dance Classes</b>          | Dance Institute LLC                            | 13 |

Over 30,000 *Front Porch* newspapers are delivered monthly in NE Denver neighborhoods:

|                              |  |    |
|------------------------------|--|----|
| <b>Dental</b>                | Clair Family Dentistry                 | 23 |
|                              | Lowry Family Dentistry                 | 20 |
|                              | Nestman and Eng Orthodontics           | 25 |
|                              | Stapleton Dental                       | 24 |
|                              | Stapleton Orthodontics                 | 27 |
|                              | Town Center Dentistry and Orthodontics | 3  |
|                              | Williams Family Dentistry              | 19 |
| <b>Design and Remodeling</b> | Diane Gordon Design                    | 18 |
|                              | Vectra Bank                            | 5  |
| <b>Financial</b>             | Anytime Fitness                        | 25 |
| <b>Fitness</b>               | Bladium Sports and Fitness Center      | 26 |
|                              | New Day Acupuncture                    | 28 |
| <b>Health and Wellness</b>   | Boulder Creek Neighborhoods            | 32 |
|                              | Thrive Home Builders                   | 6  |
|                              | Thrive Home Builders                   | 25 |
| <b>Home Builders</b>         | Smart Spaces                           | 18 |

Stapleton — Park Hill — Lowry  
Mayfair — Montclair  
East Colfax — NW Aurora  
Visit [FrontPorchNE.com](http://FrontPorchNE.com)

|                          |   |    |
|--------------------------|---|----|
| <b>Home Improvement</b>  | Reflection Windows & Doors LLC                  | 26 |
| <b>Hospitals</b>         | St Joseph Hospital                              | 11 |
| <b>Housecleaning</b>     | Number 1 House Cleaning                         | 29 |
| <b>Insurance</b>         | Allstate - The Mathes Agency                    | 24 |
|                          | Kenny Plank - State Farm                        | 30 |
| <b>Lawyers</b>           | Livelihood Law LLC                              | 11 |
| <b>Medical Doctors</b>   | Med-Fit, PLLC- Weight Loss Specialist           | 31 |
|                          | Rose Medical Center                             | 21 |
|                          | Stapleton Pediatrics                            | 29 |
| <b>Mortgage</b>          | Thoroughbred Financial                          | 30 |
| <b>Museum</b>            | History Colorado Center                         | 14 |
| <b>Painting</b>          | Ciechanowicz Painting                           | 18 |
| <b>Personal Services</b> | Patricia Risch, coaching for sustainable change | 24 |
| <b>Psychologists</b>     | Trauma Resolution Colorado                      | 31 |
|                          | AuroraWorthDiscovering.com                      | 7  |
| <b>Real Estate</b>       | Mindy Milligan, Realtor with Realty Trends, LLC | 21 |
|                          | MODA lofts                                      | 10 |

To advertise, contact  
Karissa McGlynn at 303-993-9963,  
[KarissaMcGlynn@gmail.com](mailto:KarissaMcGlynn@gmail.com),  
Submit ads by the 15th of the month.

|  |                                  |    |
|--|----------------------------------|----|
| <b>Real Estate (continued)</b>             | New Perspective Real Estate, LLC | 17 |
|  | RE/MAX Momentum Stapleton        | 28 |
|  | The Kearns Team, RE/MAX Alliance | 24 |
|  | Tolan Real Estate                | 30 |
|  | Wolfe & Epperson Real Estate     | 27 |
| <b>Restaurants</b>                         | It's Brothers Bar & Grill        | 8  |
|  | Next Door Eatery, Stapleton      | 9  |
| <b>Retail</b>                              | Shops at Northfield Stapleton    | 4  |
| <b>Schools</b>                             | International School of Denver   | 14 |
|  | Monarch Montessori               | 13 |
|  | Roots Elementary School          | 15 |
| <b>Tax Preparation</b>                     | JNL Financial                    | 16 |
| <b>Window Coverings</b>                    | Budget Blinds                    | 18 |
|  | Rocky Mountain Shutters          | 22 |
| <b>Service Directory &amp; Classifieds</b> | Service Directory & Classifieds  | 29 |

Find links to our advertisers each month at [www.FrontPorchNE.com](http://www.FrontPorchNE.com) > Business Directory

## Purchase an Eats & Treats package and help end child abuse in Denver.

Net proceeds will benefit Denver CASA to aid abused and neglected children. Packages include:

- 1 Large Marco's Pizza
- 2 Hours' Arcade Play at GameWorks
- 4 Menchie's Frozen Yogurts
- 4 Harkins Theatres Movie Tickets

**Package price: \$50** (a \$110 value)

Packages on sale now at [DenverCASA.org](http://DenverCASA.org). Available while supplies last.



The Shops at

**NORTHFIELD**  
STAPLETON

[NorthfieldStapleton.com](http://NorthfieldStapleton.com) | [f](#) [t](#) [@](#)





Vaping

(continued from page 1) cigarette or vape pen device. The liquid propylene glycol in the vape pen usually contains nicotine, but it can contain marijuana, flavorings or any combination of these elements. Vaping pens can be refilled with e-juice or e-liquid. Some have disposable cartridges, some have re-usable ones.

Vaping devices, cartridges and e-liquids can be purchased at specialized vaping stores, online or even at local convenience stores. They come in many different shapes and sizes, depending on function or fashion. Although state law prohibits people under the age of 18 from buying or possessing nicotine products, kids find ways around it, like they always have.

Some people use vape pens to inhale flavored liquids, which come in appealing varieties, like Gummi Bear, Cotton Candy or Cinnamon Doughnut. The flavors are usually inhaled with nicotine, but some kids think it's safe to use vaping pens if the liquid doesn't contain nicotine.

Many independent vape shops manufacture their own proprietary e-juice, but there are national brands, like Juul, that can be found in convenience stores. Juul is an e-cigarette with a high concentration of nicotine that is among the fastest-growing products in the market and very popular among teens.

Vaping has become surprisingly popular among high school and middle school students, far overtaking cigarette use in recent years. Recent research shows that 46 percent of Colorado high school students and 15 percent of Colorado middle school students have used electronic vapor products, rates far higher than traditional cigarette smoking in those groups.

Those rates are especially concerning for a behavior that many parents and educators know little about.

Ashley Brooks-Russell, an assistant professor at the Colorado School of Public Health at the University of Colorado Anschutz Medical Campus, is also the project director for the Healthy Kids Colorado Survey (HKCS). Every two years, HKCS surveys over 60,000 kids across the state about a host of health issues, including use of tobacco and electronic vapor products.

The results from the 2015 survey were surprising: "Traditional cigarette smoking is



Many people—kids and adults alike—believe that vaping is safer than smoking. But experts present a different picture of the issue.

Photo from iStockphoto

going out of style and these e-products, e-cigarettes are taking hold." Several years ago, they didn't even ask about vaping, but the 2017 survey, whose results will be out later this year, included 10 questions, noted Brooks-Russell. "It seemed to come out of nowhere almost."

Risks of Vaping

Many people—kids and adults alike—believe that vaping is safer than smoking. Some believe it is a completely safe activity. But experts present a different picture of the issue.

Smoking Risk

A recent study in the *American Journal of Medicine* found that young adults who didn't smoke cigarettes but used e-cigarettes were more than four times as likely as their nonvaping peers to start smoking conventional tobacco cigarettes within 18 months. Researchers involved in that study think that it could be that the highly addictive nicotine in e-cigarettes leaves users seeking a larger dose from traditional cigarettes. Another explanation is that the behavior of vaping is similar to that of

smoking, thus an easy transition.

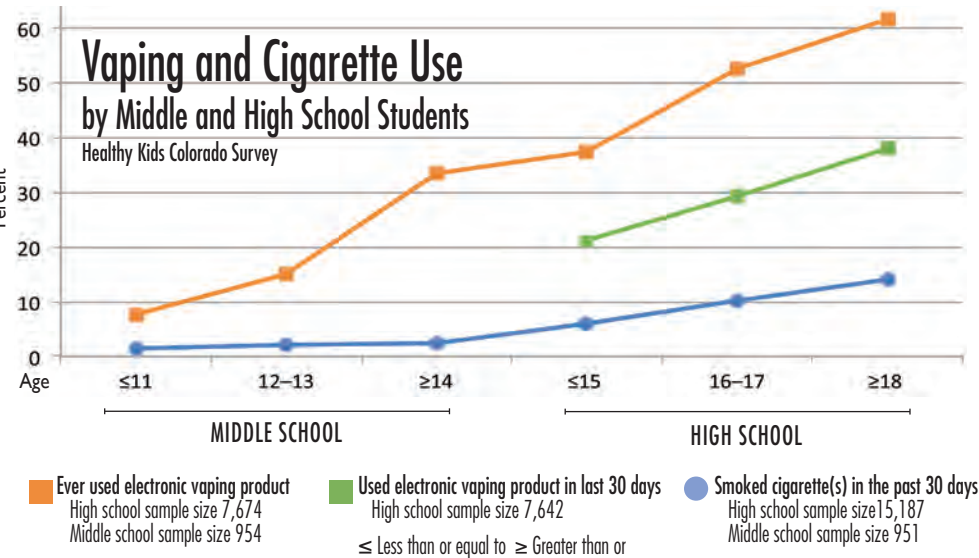
Nicotine Effects on Developing Brains

Dr. Christian Thurstone specializes in adolescent substance abuse at Denver Health. He works with youth in a clinic setting and at six school sites across the city and is concerned about the prevalence of vaping. About two-thirds of his substance abuse clients also have a tobacco dependence, and most of that is vaping, he says.

Thurstone says there is an impression that vaping is safer than smoking, and in some adult studies, it appears to be preferred. But in adolescents whose brains are developing, it is a different story. "Nicotine exposure on the developing brain is probably not a good thing," said Thurstone. "We know from some animal studies that nicotine exposure to the developing brain causes problems with attention and impulsivity later in life."

Effects on Wound Healing and Pulmonary Function

Dr. Frederic Deleyannis, a plastic surgeon with (continued on page 15)



For your 'a-penny-saved-is-a-penny-earned-squirrel-it-away-it's-a-better-place-than-under-your-mattress-save-it-for-a-rainy-day' plan.

1.50% APY\*

12-Month Certificate of Deposit Promotional Offer

Turn that list of sayings, into SAVINGS, with a 12-Month CD from Vectra Bank.

vectrabank.com  
720-947-8249

Big Enough To Count / Small Enough To Care



\*Annual Percentage Yield (APY) is accurate as of 2/15/18 and is fixed for 12 months. Offer good for the initial term only. CD is automatically renewed into a personal or business CD at the same term and at the current published rate. Minimum \$1,000 opening deposit required to earn advertised APY and opening deposit funds must come from a source other than a Vectra Bank account. The stated APY assumes interest on deposit until maturity and a withdrawal of interest will reduce earnings. Substantial penalty for early withdrawal. Fees may reduce earnings. Offer subject to change. See banker for details.

A division of ZB, N.A. Member FDIC





# Fighting Rare Disorder, Family Gets a Win

have someone take your day-old child and tell you they're going to do spinal taps." After four weeks in the Neonatal Intensive Care Unit, the family was discharged home with no diagnosis, a handful of medications and little Harper still experiencing seizures. At five weeks, fortunately, the seizures stopped—due perhaps to a trial medication or just good luck—but the struggle for the Sims-Johnson family had only just begun.

### Diagnosis

The underlying reason for Harper's seizures was unclear until her father, Jim Johnson, came across a paper that described a rare genetic disorder, KCNQ2, and emailed the authors. "Essentially, Jim diagnosed her," said Sims. "We knew she had a mutation in the gene, and then Jim found this research paper that had come out." Discovered in 2012, according to Sims, KCNQ2 is the leading genetic cause of epilepsy in the first week of life and may affect as many as 1/16,000 live births, though it is still underdiagnosed.

But, "Seizures are only a part of [KCNQ2]. They're the outward sign...of what's gone wrong as far as the function of the brain," said Jim Johnson. "Obviously, most kids have profound, lifelong cognitive disabilities, vision issues, sleep, [gastrointestinal] GI issues. It's kind of a global package of badness, unfortunately."

### Symptoms

Harper's symptoms run the gamut, including cognitive disabilities, sleep issues and GI problems. Sims says Harper is considered to be on "the mild end of the severe" spectrum for KCNQ2 and has

autistic features. "She's cognitively 12–14 months, depending on the skill." Harper is nonverbal, although she can use sign language to communicate. "It's kind of like she has this reservoir and she can only hold so many signs. When we give her new signs, other ones kind of fall out," says Sims. "You want to be careful what you put in because you don't know what you're going to lose." Harper currently attends school in Park Hill at a multi-intensive special needs center. But the biggest issue for Harper has been her GI symptoms, which reached a low point last September. "She was raging and screaming in pain nonstop," recounted Sims. "She was self-harming, slapping her face, scratching her face and cutting herself up, and biting herself because she was in pain." Gelatin suppositories weren't enough to address the discomfort, which Sims explained was from gas that Harper was unable to expel.

### Treatment

The family turned to Children's Hospital Colorado again. Although they had almost given up on finding help there after multiple, fruitless years of trying, they discovered that Children's had a program, called Neurogastroenterology, begun in 2013 and headed by Dr. Jaime Belkind-Gerson, who joined in 2016. The Neurogastroenterology program is the only one of its kind in the region, said Belkind-Gerson, who explained that the gut is like a "second brain." The GI tract contains half a billion neurons, and "when it works, it's great."

By Melinda Pearson

Scotty Sims knew there was something different about her second pregnancy. She told her OB/GYN her baby was "getting in these weird positions and locked, and I was in a lot of pain and discomfort." Sims kept saying that she thought it was seizures, but with no family history, multiple health care providers reassured her it was probably nothing to worry about. But soon after Harper's birth in May, 2011, it became evident that Sims had been right. "We noticed within the first

24 hours concerning behavior," said Sims. "She ended up having the most common type of seizures...the tonic-clonic...a grand mal. She ended up having one in front of the neonatologist and they immediately were like, oh my gosh, you're right." Born at Rose Hospital, Harper was life-flighted to Children's Hospital Colorado within a few days of her birth when the seizures didn't resolve. "They didn't know what she had. She had every test imaginable. She had MRIs, she had spinal taps," said Sims. "I just can't even tell you what it's like to



Harper Johnson, age 6, is nonverbal but has a reservoir of sign language that she uses with parents and caregivers. She has about 50 signs in her



KNOWING YOUR HOME IS HEALTHY IS WORTH

# Celebrating!

We have taken the care to reduce the level of formaldehyde, radon and other harmful chemicals in the air you breathe.

Shouldn't every home help you breathe easier?

ThriveHomeBuilders.com  
EFFICIENT. HEALTHY. LOCAL.

ZERO ENERGY. SOLAR POWER. TESLA POWERWALL. HEALTHIER INDOOR AIR.



Homes that do more.

|                                |                       |              |
|--------------------------------|-----------------------|--------------|
| Panacea at Beeler Park         | from the Mid \$800s   | 720.941.0359 |
| Z.E.N. 2.0 at Beeler Park      | from the Low \$600s   | 303.665.6100 |
| Vita at Beeler Park            | from the Low \$500s   | 303.707.4409 |
| Solaris III at Bluff Lake      | from the Upper \$400s | 303.707.4448 |
| Bluff Lake 2 & 3-Story Rows    | from the Low \$300s   | 720.949.1696 |
| Elements Income Qualified Rows | from the Low \$200s   | 303.707.4410 |





Jim Johnson and Scotty Sims have become experts in understanding KCNQ2, a rare genetic disorder that affects daughter, Harper. They founded the KCNQ2 Alliance to raise awareness and improve research for new drug development.

But in cases like Harper’s, when the neurons are damaged from birth, “the result is they don’t feel OK or move OK” and it can be uncomfortable even to eat, he added.

Belkind-Gerson established an immediate rapport with the family, listening and taking seriously their perspective on Harper’s condition. “He said, ‘You know, I hear what you’re saying.’” Said Sims. “That was the greatest thing



vocabulary, but when new ones are introduced, she loses old ones, said her mother, Scotty Sims.

ever because we had not had that [in the past].” After addressing Harper’s special pain issues with medication, Belkind-Gerson recommended what seemed an unusual therapy: anal Botox. Botox is sometimes used in special needs kids to relieve muscle tightness or to control drooling through the salivary glands, but this was a new approach for Sims and Johnson.

The results were almost instantaneous for Harper. “It was life-changing,” says Sims. The very afternoon after the surgery, Harper was smiling and laughing for the first time in ages. Harper’s pain had so consumed her that she had been unable to participate in other therapies she needed, but after treatment “she’s in the moment and participating in therapies and not lying on the floor screaming in pain,” said Sims.

**The Future**

Sims and Johnson are happy that Harper’s GI pain has been addressed, and the relief has allowed them to focus on other aspects of her care, including physical therapy, sleep and motor control. But the family is also intent on advocating for families and raising awareness about the disease, hoping to promote increased research and drug development. To that end, they created a foundation, the KCNQ2 Alliance.

“[KCNQ2] is an attractive target scientifically. Even though it’s fairly newly discovered, they’ve made a lot of progress in understanding it, with a lot of help from foundations like ours, [which is] putting researchers together with pharmaceutical companies,” said Johnson.

The annual summit put on by the KCNQ2 Alliance will take place in Anaheim, California this year, and Sims and Johnson expect over 150 researchers, families, and pharmaceutical company representatives to join in a spirit of collaboration.

They also help bring families together through a Facebook page that Sims administers. She is passionate about the role that parents can play as advocates for their children and urges medical professionals to pay attention. “Listen to the parents. No matter how crazy they might sound, they’re crazy for a reason,” said Sims. “They’re irritated. They’re irritated and angry and persistent for a reason—their child is suffering.”

DENVERPRESBYTERIAN  
CHURCH

Celebrate  
EASTER

Denver Presbyterian Church

MCAULIFFE INTERNATIONAL SCHOOL (2540 HOLLY ST.)

APRIL 1, 2018 | 10AM

denverpres.org

Front Porch – NE Denver

AURORA, COLORADO

UNEXPECTEDLY PERFECT.

**THAT’S SO AURORA**

We’re not bragging but our vibrant cultural scene, amazing local restaurants, booming career opportunities and livable, lovable neighborhoods are attracting some pretty awesome people and businesses. Aurora may surprise you. Go explore.

AuroraWorthDiscovering.com





Colorado in Boulder and graduated in May 2014 with a degree in environmental engineering. At CU, Mitchell said she heard of Anchor Center from a couple of friends who went to its preschool.

A month after graduation, Mitchell

leads activities with 4-year-old Owen Gutenplan, including literacy—a core component of Anchor Center’s Preschool Program. They also explore pizza-making as part of the monthly inspired curriculum unit, bringing together both experiential learning and fun.

ell sent her résumé to Anchor, which had no positions posted. A member of Anchor’s administrative staff called her in August. Mitchell went for an interview and said she was hired the next day.

In addition to her role as a teaching assistant on Tuesday and Thursday mornings in the preschool, Mitchell coordinates the sibling program on Monday and Wednesday during the infants and toddlers programs that run for one-and-a-half hours on those mornings and afternoons. While parents, grandparents or caregivers are in the program with their infant or toddler, Mitchell plans activities for siblings, who can be as old as 5 or 6 and flock to her.

“She has this line where she says, ‘Best

## Anchor

(continued from page 1) and safe,” said Laura Moran, an early childhood special education teacher in Anchor’s preschool, whom Mitchell assists. “And she’s walked the journey. She understands what it’s like.”

Mitchell has discussed her visual impairment with the 3- and 4-year-olds in Moran’s class. She is a beacon of hope to the youngsters and to their parents, who see Mitchell when they bring their child to the classroom and she guides them as they sign in on a braille to start the morning.

“I’m going through the same stuff that they are, and I’m still here doing it,” Mitchell said. “So if I can do it, then so can they.”

Mitchell, 26, was born with a genetic disorder that she said caused significant breakdown of the soft tissues in her body and corneal scarring that left her with about 20/1,000 vision. She is able to see from 20 feet with the same clarity what someone with normal vision is able to see from 1,000 feet.

Mitchell grew up in Tyngsboro, Mass., about 35 miles north of Boston. She attended a camp in New Hampshire for the visually impaired for six years. Then came six years at the camp as a counselor, summers that were immensely satisfying.

“It just felt like a good fit to be working with the kids and especially kids I could relate to so well who were also blind,” Mitchell said. “It’s such a small population. Most of us don’t have other people

in our schools who are blind, so we’re like the only ones in our classes that are going through these things.

“So it’s nice to have other people around who have been through it, too. You don’t have to feel bad when you walk into a door or something. You just understand that’s what happens sometimes and are able to laugh about it and not feel bad about it. So I really loved that experience and having that opportunity. I really wanted to be able to do something like that.”

Yearning for a new and different college experience after living her whole life in Tyngsboro, Mitchell went to the University of



# FOOD & DRINK

# It's BROTHERS








**BIG FOOD MENU**

**OVER 40 BIG SCREEN  
TELEVISIONS**

**OVER 35 BEERS  
ON TAP**

**KITCHEN OPEN LATE**

**WE'RE OPEN 11AM 'TIL WAY LATE, ALL WEEKLONG. SEE YOU HERE!**

ACROSS FROM HARKINS THEATRE IN THE SHOPS AT NORTHFIELD STAPLETON  
(303) 953-0229 • WWW.BROTHERSBAR.COM



day ever,” said speech/language pathologist Zoe Morgese, who has been at Anchor for 16 years. “No matter what is coming up, it’s going to be the best day ever. I wish I had that in my life’s attitude. We’ll say that to each other sometimes, and I think that describes a lot of Kelly’s strengths.”

Mitchell has applied to the University of Northern Colorado and Portland State University programs to become a TSVI (teacher of students with visual impairment). She said it would take about two years to complete the master’s degree requirements, and most of the work can be done online. As a TSVI, Mitchell would be a full teacher and could lead a classroom and be able to do more to support the children at Anchor Center and their families and “help them get all the opportunities and tools they need to be the best they can be in their lives.”

Best day ever. Best they can be. There is a pattern here, an outlook, really, that helps explain not only how Mitchell has found such a rewarding niche at Anchor but also how she has kept striving.

“This is what I’ve had for my whole life, and this is normal for me,” she said. “People tell me all the time that I’m strong or that I’m brave or that I’m an inspiration and all that. But really for me, it’s just my life and what I’ve been given. And I’m going to make the best of what I’ve got.

“It’s hard sometimes. It’s scary sometimes. It’s awesome sometimes. It’s rewarding sometimes. But at the end of the day, it’s what I’ve got, and I’m going to make the best of it.”

# Anchor Center

At preschool graduation in June, parents of the Anchor Center for Blind Children graduates are invited to speak. It’s common for the adults to become emotional as they recount the progress of their children and express their gratitude to the Anchor staff for help on a journey that initially seemed overwhelmingly daunting.

A privately funded non-profit organization, Anchor Center provides early intervention and various educational services to children from birth to age 5 who are visually impaired and blind. Few are totally blind. Some children have hearing loss as well. Over 75 percent of the children served at Anchor Center have additional challenges, including being on the autism spectrum, cerebral palsy and other serious medical conditions. Last year, 110 children were referred to Anchor Center, most from Children’s Hospital Colorado.

Founded in 1982, Anchor has been located since 2007 at 2550 Roslyn St. in a specially designed 15,000-square-foot building.

There are 25 children in Anchor’s preschool for ages 3–5. About 75 children are in the programs for infants (birth to 18 months) and toddlers (18 months to 3). While parents, grandparents and caregivers go into these programs with the infants and toddlers, Anchor provides a sibling care program.

Every child in an Anchor program receives regular assessments from the time they enter a program. The Anchor team includes teachers of students with visual impairment, occupational therapists, physical therapists, speech/language pathologists and a developmental/behavioral specialist.

Anchor has a fully equipped eye exam room where Dr. Robert King and Dr. Anna Steele, pediatric ophthalmologists with Children’s Eye Physicians, voluntarily run three eye clinics a month. Last year, King and Steele performed 160 eye exams for Anchor students, graduates, and babies and young children whose parents are concerned about their child’s vision and are referred to Anchor to be examined.

# Kids Manage Successful Business that Gives Back to the Community



Breck and Brooke Massey view the Power Point presentation about their business.

By Anne Hebert

Well into their StapleFUN coupon book’s third year, siblings Breck and Brooke Massey talk about it with contagious enthusiasm. Breck, age 10, and Brooke, age 9, say the reasons for starting the project were to “build a successful business, offer families great deals, and raise money for schools.”

Breck got the idea for creating StapleFUN, a Denver Public Schools (DPS) fundraiser, from his dad, Drew Massey, who started a coupon book project as a student in Fort Collins. The siblings run a full-fledged business, handling advertising sales, accounting, banking, production and distribution.

“No is the first step to yes,” says Brooke about their sales strategy. With transportation provided by their dad after school and on vacation days, Breck and Brooke visit area businesses to share their sales brochure and explain the benefits of advertising. “Each year we approach over 200 businesses,” says Breck. This year, 60 area businesses chose to advertise in StapleFUN. At the end of the year, advertisers receive a hand-delivered thank you card and a small gift. Email updates keep businesses informed about the project’s fundraising status.

The pair presents a Power Point presentation at area schools when they request permission from principals to distribute the books. At the Denver School of Science and Technology

(DSST), Breck and Brooke spoke to a crowd of over 500 students, faculty and staff.

Breck and Brooke located a printing company offering “the best price, paper, and color” for their money. They also had a chance to watch the printing press run to see exactly how the books are made.

StapleFUN coupon books are distributed to students at 11 schools free of charge with a suggested donation of three dollars per book. A collection box is kept in each participating school office, and donations are accepted during the fall/winter semester. Coupon books are good for one year, though some coupons include an expiration date.

Last year, StapleFUN raised over \$1,000 for participating schools to fund purchases and activities benefiting students. The siblings plan to “keep it going for as long as they can.” They say StapleFUN is a great learning experience that teaches them a work ethic and business skills useful in any career. Breck wants to start an engineering company someday. Brooke says her classmates call the project “really cool and impressive.”

The covers feature new artwork drawn by Breck and Brooke each year. Other than transportation and some initial help from their parents with the sales brochure, the kids manage on their own and say they are “very proud” of the project.

For information, email StapleFUN@outlook.com.

**NEXT DOOR®**  
— AMERICAN EATERY —

STAPLETON • CO

**HAPPY HOUR DAILY**  
**EASTBRIDGE TOWN CENTER**  
**3 PM - 6 PM**  
**\$3 SNACKS | \$4 CRAFT BEERS**

@nextdooreatery | 10155 E. 29th Drive, Suite 160 Denver, CO 80238 | (720) 930-4366

from THE KITCHEN





Dr. Stefanie Huff counsels a new patient by explaining how buprenorphine works using a model. Buprenorphine is the active agent in Suboxone, which Briar Rose prescribes to patients trying to stop using heroin or other opiates.

By Melinda Pearson

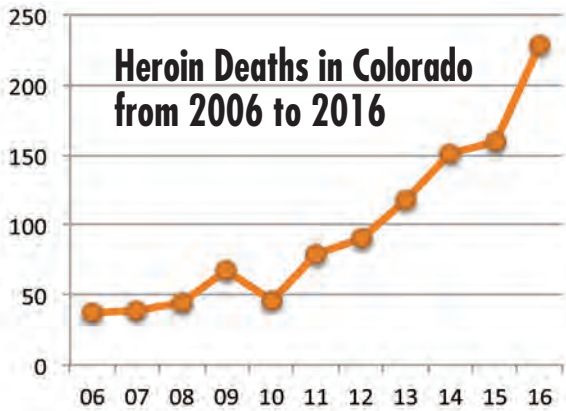
The opioid addiction epidemic gripping the country has dominated the national news cycle in recent years. Every day seems to bring a new story: the Florida infants strapped into a car seats as their mothers overdose in the front seat; the school nurses trained to administer Narcan in rural towns beset by the epidemic; the cycle of hope and failure as addicts depicted in a New York Times story struggle to maintain sobriety.

Although Colorado ranked 33rd in the nation in 2016 for its rate of total drug-overdose deaths, according to the Centers for Disease Control and Prevention, that rate has been steadily rising, with a record of 228 heroin overdose deaths reported in 2016, up from 160 the year before, and 300 dying from opioid overdoses.

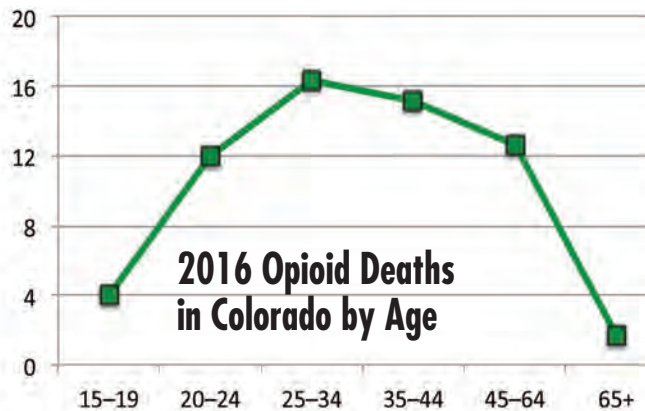
And it is not only a rural problem in Colorado—according to reporting by *Westword*, heroin deaths in Denver are up a whopping

933 percent over 14 years, with an estimated 31 deaths in 2016. The Denver Library, an informal haven for addicts, now carries Narcan and has saved nearly a dozen lives.

Robert Valuck, a professor of clinical pharmacy at the University of Colorado, says there is an 85 to 90 percent treatment gap for opioid addiction, meaning “85 or 90 people out of 100 that have an opioid use disorder and are seeking treatment can’t get it,” he said. For reference, this compares to a treatment gap rate of one to two percent in diseases like cancer. Substance abuse has “among the worst treatment gaps that there are,” said Valuck.



COACEP.org, Colorado Chapter, American College of Emergency Physicians



# Local Clinic Addresses Opioid Addiction

## Medication Assisted Treatment

As local and state government agencies grapple with the epidemic, private entities are also stepping up. Almost a year ago, Stapleton resident Dr. Stefanie Huff partnered with Dr. Matthew Ponder to open the Briar Rose Medical Group, a medication assisted treatment (MAT) clinic in Aurora. MAT involves the use of methadone or buprenorphine, usually in conjunction with counseling, to help addicts stop using heroin or other strong opioids.

Huff and Ponder have been longtime emergency medicine physicians in the Denver metro area. “We’ve seen the really bad side of things. We’ve seen overdoses that don’t come back. We’ve seen the ones that we saved [come back to the ER],” said Huff. Both had felt frustrated by the repeat visitors, frustrated that there was no effective treatment to offer them, until recently, when a drug called Suboxone became more widely used in the U.S.

Suboxone treatment for opioid is relatively new, gaining traction only in the last five or ten years, and “there is research to show that medication assisted treatment is the best treatment for opioid addiction,” said Ponder. Valuck agrees, “Medication assisted treatment has been shown to be the most effective form of treatment for opioid use disorder, so I strongly support it.”

Suboxone combines buprenorphine and naloxone and is administered under the tongue in film or pill form. Buprenorphine is the active component in the

medication. It binds to the same part of the opioid receptor as heroin and other opiates. However, the way that buprenorphine binds is different so it does not give a euphoria like heroin, but diminishes the intense cravings and withdrawal symptoms that addicts suffer when they do not have opiates in their system.

The naloxone part of Suboxone is an opioid antagonist, or



## Modern & Affordable Condo Living in Stapleton. Starting from the \$260s. Welcome Home.



Situated just steps from the Stapleton Town Center, MODA Lofts is more than a residence, it’s a modern maintenance-free condo lifestyle. Compare to any other homes in this price range and the difference is clear. Featuring a calculated palette of finishes that places an emphasis on craftsmanship and design. 1 and 2 bedroom floorplan options.

Please visit [MODAStapleton.com](http://MODAStapleton.com) for more information.

Jared Blank: 303-521-5025  
Steve Blank: 303-520-5558  
Kacey Bingham: 720-245-0356  
[SJBlank@livsothebysrealty.com](mailto:SJBlank@livsothebysrealty.com)

LIV | Sotheby’s  
INTERNATIONAL REALTY



reversal agent, and acts as a contaminant to deter against misuse of the Suboxone. “If a patient takes their Suboxone film and tries to melt it down or shoot it up, the naloxone in it deactivates it,” explained Ponder.

The challenge for providers like Huff and Ponder is convincing other people that Suboxone is a viable option, and not just swapping one addiction for another. Even within the addiction community, there’s disagreement, with some former addicts and counselors believing that since they made it through without medications, others can also.

Ponder and Huff persist, however, offering their outpatient clients Suboxone paired with addiction counseling. “The goal is to get them off Suboxone,



Erika Hurt, 26, sits in her car with her baby in the back seat in the Town of Hope, Indiana. Police said she appeared unresponsive from an overdose and had a syringe in her hand. Medics revived her with a shot of Narcan. She has been clean for over a year and is looking forward to the future with her child. Photo courtesy of Town of Hope Police Department

but it’s not always possible,” said Huff. She compares it to blood pressure medication—patients can change their diet and exercise but still might need extra help from a medication to maintain their health. One of their patients needs just a milligram a day of Suboxone to maintain sobriety, for example, but her last attempt to go without it entirely ended in a relapse to heroin.

Unlike methadone, which requires patients to go to clinics daily for treatment, Suboxone can be prescribed monthly, allowing addicts to carry on with their lives. Many successfully hold jobs, raise families or go to school.

A typical monthly prescription costs \$500, and Briar Rose offers clients a reasonable self-pay option, although most use Medicaid and some use Medicare. Briar Rose hopes to begin accepting private insurance once Ponder and Huff complete their board certifications in addiction medicine in the fall.

Huff and Ponder have been self-funding the clinic because they are so passionate about helping addicts get effective treatment. Reflecting on the national dialogue, Ponder says, “There’s a lot of talk, but it doesn’t seem like the help is there for the individuals who need it.” With politicians and the government mired in debate, Huff and Ponder hope that private outpatient clinics like Briar Rose can fill the gap to reach people who are ready to change.



Dr. Matthew Ponder (left) and Dr. Stefanie Huff (right) explain how buprenorphine, the active ingredient in Suboxone, binds to the same part of the opioid receptor in the brain as heroin and other opiates. It lessens withdrawal symptoms that addicts suffer when they stop using.

IF YOUR LIVELIHOOD IS JEOPARDIZED, WE CAN HELP



EMPLOYMENT LAWYERS  
FOR EMPLOYEES  
&  
SOCIAL SECURITY  
DISABILITY BENEFITS

**LIVELIHOOD**  
LAW FIRM

3401 QUEBEC ST, SUITE 6009, DENVER, CO 80207  
720-465-6972 | WWW.LIVELIHOODLAW.COM

Front Porch – NE Denver



There’s a more natural place  
**To have a natural childbirth.**

Introducing Birth Center of Denver

Colorado’s **first and only** freestanding, hospital-owned birth center. Women and their families are empowered to customize their birth plans to create the most memorable experience in the most natural way possible. Our high-touch, low-tech approach from our Certified Nurse-Midwives encourages a low-intervention delivery. Birth Center of Denver is owned by Saint Joseph Hospital, so if medical care is ever necessary, Colorado’s top baby hospital is always close by. Soon there will be a new place in Denver to deliver your baby the way nature intended.



[saintjosephdenver.org/BirthCenter](http://saintjosephdenver.org/BirthCenter) | 720.605.0590





Each month, the Indie Prof reviews a current film in the theater and second film or series available on DVD or instant-streaming service. Follow “Indie Prof” on Facebook for updates about film events and more reviews.

Hollywood certainly has its issues. They are well-documented and well-known, and hopefully those practices will change. Still, it is, and has always been, a powerful agent for social commentary and social change. This year’s nominees show us the best of Hollywood at a time when we should all be screaming for change in the industry. More than one thing can be true, and both are true of Hollywood. The Oscars on March 4<sup>th</sup>, 2018 will display both the best side and the worst side of Hollywood. Here are the nominees for Best Picture, and a sample of the better side.

### *Three Billboards Outside Ebbing, Missouri*

Every film starts out as a blank sheet of paper. The screenplay fills those pages and the movie begins to take shape, and that is where we start with this gem from writer/director Martin McDonagh. The screenplay is brilliant (it should win the Oscar), the acting



is superb (Frances McDormand and Sam Rockwell are favorites in their respective categories), the direction is masterful, and the entire production is first-class. The story: a woman, grieving after the death of her daughter, rents three billboards to ask why the local police have not found the perpetrator. It causes a furor and sets off a chain reaction of events that takes us down surprising and interesting roads. If you can see only one film, this should be it.

### *The Shape of Water*

Magic realism is a wonderful genre of film (and literature) that includes random magical, expressionistic events in an otherwise realistic narrative. Think of the literature of



The story of a mute woman who works in a top-secret government lab in 1962 Baltimore and befriends the magical swamp-creature imprisoned therein speaks to abhorrent attitudes toward race, gender, and marginalized peoples of all kinds. The direction of del Toro shines here, and I see him accepting the Best Director award—the third straight for “The Three Amigos,” as the trio of del Toro, Alfonso Cuarón, and Alejandro González Iñárritu are called. If you can only see two films from this bunch, this should be your second.

### *Lady Bird*

A smart, well-written, well-directed, and well-acted film about a young girl coming of age in Sacramento. Director Greta Gerwig and Saoirse Ronan in the titular lead are a formidable duo. It may be overwritten at times (suffering what I call the “Juno complex” where teens do not speak like teens), but it is so laser-sharp in

**NOW OFFERING  
TRANSPORTATION  
FROM STAPLETON**

**Summer  
BUCKET LIST**

**JCC CAMP SHAI**

- ☐ CONQUER YOUR FEARS
- ☒ MAKE YOUR DREAMS A REALITY
- ☐ CREATE A LIFELONG MEMORY

**REGISTER TODAY AT [JCCDENVER.ORG/CAMPS](http://JCCDENVER.ORG/CAMPS)**

350 South Dahlia Street | Denver, CO 80246 | 303.316.6445

[jccdenver.org](http://jccdenver.org) | [@jccdenver](https://www.instagram.com/jccdenver) [f](https://www.facebook.com/jccdenver) [y](https://www.youtube.com/jccdenver)

## Etiquette Summer Camp

Teaching proper manners for greetings, parties, table, phone, bullying, hygiene and more.

Ms. Marsha's Manners. Camps Mon-Thur, 9am-noon. Ages 6-10.  
1195 Newport St. 720-292-0455 | [www.theetiquettefactory.com/withmsmarshasmanners](http://www.theetiquettefactory.com/withmsmarshasmanners)

Gabriel García Márquez. It’s roots in Latin American literature have informed the filmmaking of Mexican director Guillermo del Toro, and his style shines in a film that is beautiful, magical, unnerving, and powerful.

## FOR KIDS

**Monday Music Magic**

♪ Voice & Piano ♪

Discover The Magic in Music!

**Register by Feb. 19**  
**Special Code: VNP 450**  
**Mondays: Piano 4:45–5:30pm**  
**Voice 5:30–6:15pm**  
**Full Spring Semester:**  
**\$130 - 1 class (\$300 value)**  
**\$250 - 2 classes (\$500 value)**

**SUMMER DANCE INTENSIVE**  
 June 11–16 | Ages 13+ | 9am–4pm | \$450

**THE ENTERTAINERS WORKSHOP**  
 June 18–23 | Ages 13+ | 9am–4:30pm | \$450

**MIXED MEDIA CAMP - Old Hollywood Re-imagined**  
 July 16–28 | Ages 8+ | 9am–7pm  
 \$500/2 weeks or \$300/1 week + \$40 materials fee

**303-284-1553 | [www.yoursoulsmovement.com](http://www.yoursoulsmovement.com)**  
**3825 Newport St. Denver, CO 80207**





its focus and crackling in its tone that the rest is forgiven. *Lady Bird* is a strong, independent, and refreshing young woman who takes the world as she wishes. It is uncomfortable at times, but it hits home in all the right places.

### Get Out

This is one screwed-up movie, and how refreshing it is! I am talking about story when I say it is “screwed up,” but the film is expertly made, acted,

and executed. It is also ridiculously timely with up-front social commentary that would be hilarious if not so terrifyingly pertinent. The story about young black males lured to a strange town where their bodies are “stolen” recalls such sci-fi classics as *The Stepford Wives* and *Invasion of The Body Snatchers*, but it places events in the context of a current society that has thrown off its façade of racial equality in favor of uglier sentiments. Just the fact that this “horror” film is included in the category speaks not only to the quality and integrity of the film, but also to the sad state of our world.

### The Post

You always know what you’ll get with a Steven Spielberg film: solid directing, solid storytelling, excellent acting from A-list performers, social commentary, and an all-around top-notch production down to every detail in every frame of film. *The Post* is no different. It tells the story of *The Washington Post*’s Katherine Graham, the first female owner of a major American newspaper. While the film itself deals with whether or not the

newspaper should print the Pentagon papers in the early 70s, the film sparkles when it deals with the sexism and patriarchal world of America during that period. Still, true to Spielberg’s mastery, the film is also a fascinating thriller at points when the procedural drama takes over. Overall, it’s an important film, and I can’t believe I’m saying this, but you can probably wait until it hits VOD. (First, however, you must see at least two of these nominees on the big screen. That is your homework.)

### Dunkirk

This is the very definition of visual-driven cinema: the cinematography is rich, not just in the technical sense but even more importantly, in its thematic intensity. That cinematography drives the story, which to summarize neatly, is the rescue of British soldiers at Dunkirk in May 1940. We see the events from land,

ematography, editing, music, and setting make this film indelibly engaging. See this one on the big screen if you can.

### Darkest Hour

A companion piece to *Dunkirk*, it tells the same story from the other side the channel, as the English political machine endeavors to save the soldiers. The film is a curious case in that it “suffers” from a magnificent performance: Gary Oldman as Winston Churchill in a sure Oscar-worthy performance. The film itself is quite engaging, and when Oldman is not eating the screen, it is quite dynamic and stylized. But it always comes back around to Oldman, and the overall production takes a back seat to the performance. That is not a bad thing. It is something to see, especially if you love watching actors.

### Call Me By Your Name

This may be the opposite of *Dunkirk*; the focus here is on character and story with very little interference from the visuals. It is no less brilliant or stirring. The setting is early 80s northern Italy where the brilliant/

precocious/introspective 17-year-old son (Timothée Chalamet) of an American Archaeology Professor (Michael Stuhlbarg) and his wife (an exquisite Amira Casar) falls in love with a 24-year-old grad student (Armie Hammer) who

comes to live with them for the summer. Chalamet is a revelation, and the rest of the cast is equally wonderful. There is too much subtext in this film to mention, but prominent subjects include religion, same-sex relationships, coming-of-age, intellectualism, diversity, and family dynamics. It also has one of the best father-son talks I have ever seen in the cinema. As a father myself, it not only brought tears to my eyes, but it made me proud to see such a wonderful portrayal.

### Phantom Thread

What a curious film. The first three-fourths are a tight character study of an odd-couple in post-WWII London: a dressmaker to the wealthy (Daniel Day-Lewis) and his less-refined partner (Vicky Krieps). The last quarter turns into a bizarre mix of Hitchcock and David Cronenberg. To be sure, any Daniel Day-Lewis performance is worthy of our attention, and when you add in mercurial director P.T. Anderson (*Boogie Nights*, *Magnolia*), you have a first-rate production with phenomenal performances. You will leave the theater thinking, and in today’s world, I count that as a victory.

Most films are still playing at area theaters such as the Sie Film Center and the Landmark Theaters. Some are on VOD.

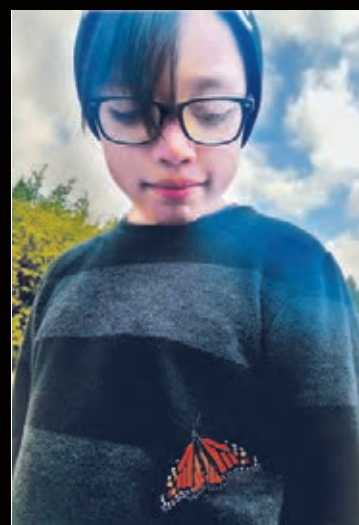
### My Oscar picks:

Best Picture: *Three Billboards*  
Best Director: *Guillermo del Toro*  
Best Actress: Frances McDormand  
Best Actor: Gary Oldman

*Vincent Piturro, Ph.D., is an associate professor of Cinema Studies at Metropolitan State University of Denver. He can be reached at [vpiturro@msudenver.edu](mailto:vpiturro@msudenver.edu).*



sea, and air, and the cinematography is brilliant in all areas. Short on dialogue and melodrama, this film sutures you into the unrelenting action and keeps you there. It is an ensemble cast with minimal storylines, but the directing, cin-



### Enrolling K-3rd grades for 2018-19 School Year

Round 1 of DPS School of Choice just wrapped up, but there is still time to learn how your child can excel in our **FREE Montessori Elementary** in time for Round 2.

- 100+ Year Proven Learning Model
- Individualized Learning
- All Day Kindergarten
- Before & After Care
- Multi-Aged Classrooms



Free Public Elementary

6 Weeks - 5 Years Old

### Enrolling Infants, Toddlers and Preschool

Introducing our new **Bilingual Preschool** track. Begin your child’s path to becoming bilingual and biliterate in English and Spanish.

- 100+ Year Proven Learning Model
- Individualized Learning
- Part-time and full-time options
- Bilingual track starting in preschool
- Multi-Aged Classrooms



Sign up NOW for a tour on our website!

**MonarchM.com**

4895 Peoria St

## CONFIDENCE.

Empowered by:



**AVID 4 ADVENTURE**  
SUMMER CAMPS  
[www.avid4.com](http://www.avid4.com)

**SAVE \$15:** use code **FRONTPORCH18**



**Dance Institute**

*Making Memories for a Lifetime*

For information about classes at **Dance Institute** call 303-525-0011 or visit [DanceInstituteDenver.com](http://DanceInstituteDenver.com)

Located at 4601 Quebec Street

Established 2005



# Approaching Difficult Subjects through Music

By Courtney Drake McDonough

Do you, as a parent, think it's important to talk with your children about complex issues like racism, identity and social change? Have you found it's uncomfortable? Or that you don't know how to start the conversation?

## March 10, 9-10:30am, Free Workshop Talking to Kids About Diversity with the Alphabet Rockers

Parents, grandparents and caregivers are invited to the event at the Hangar at Stanley Marketplace. Registration is required at [eventbrite.com](http://eventbrite.com) [Search for Brave Coalition and Alphabet Rockers]

Performing and recording artists Kaitlyn McGaw, a white Harvard graduate, met Tommy Shepherd, a black actor/writer/musician, in the San Francisco theater community ten years ago. The duo formed the Alphabet Rockers with goal of using their music and performances to open conversations with kids on important but difficult topics.

"We're able to write songs that translate really complex topics, that we as adults may struggle with, into sing-a-long raps and dances," says McGaw. "We make it something kids learn the words to and want to sing. We're writing about power and identity and racism and how to stand up for one another."

The message for kids is to be proud of who you are and share your voice." Shepherd adds, "We have a knack for making people comfortable talking about uncom-

fortable stuff because we do it so openly and without ego."

The pair regularly travels with a choreographer, writers, dancers, visual artists or a DJ to help them perform their original, interactive hip-hop music with dancing, chanting and talking. From March 5-9, they will joined by DJ Wonway Posibul for their performances in Northeast Denver schools. "He [Posibul] is Latino, Tommy's African American and I'm white, so we each have a different place in the movement of what we need to share," says McGaw. Shepherd says they convey the message, "I know I don't look like you but I still have your back."

The group uses music as a learning tool. "Clinically, music is a healer," says Shepherd. "For us, hip-hop music is a culture that's full of music and dance and storytelling. So that's the reason why we modeled [our programs] in that way. It's less about music to us than a way of life."

Northeast Denver schools made it onto the group's travel schedule when Stapleton resident Sara Blanchard re-connected with her college friend, Kaitlyn McGaw and took on the task of scheduling the duo in local schools. Knowing parents need "to have someone help us find the words to have these conversations with our kids," Blanchard contacted the local group Brave Coalition about organizing a session for adults with the Alphabet Rockers.

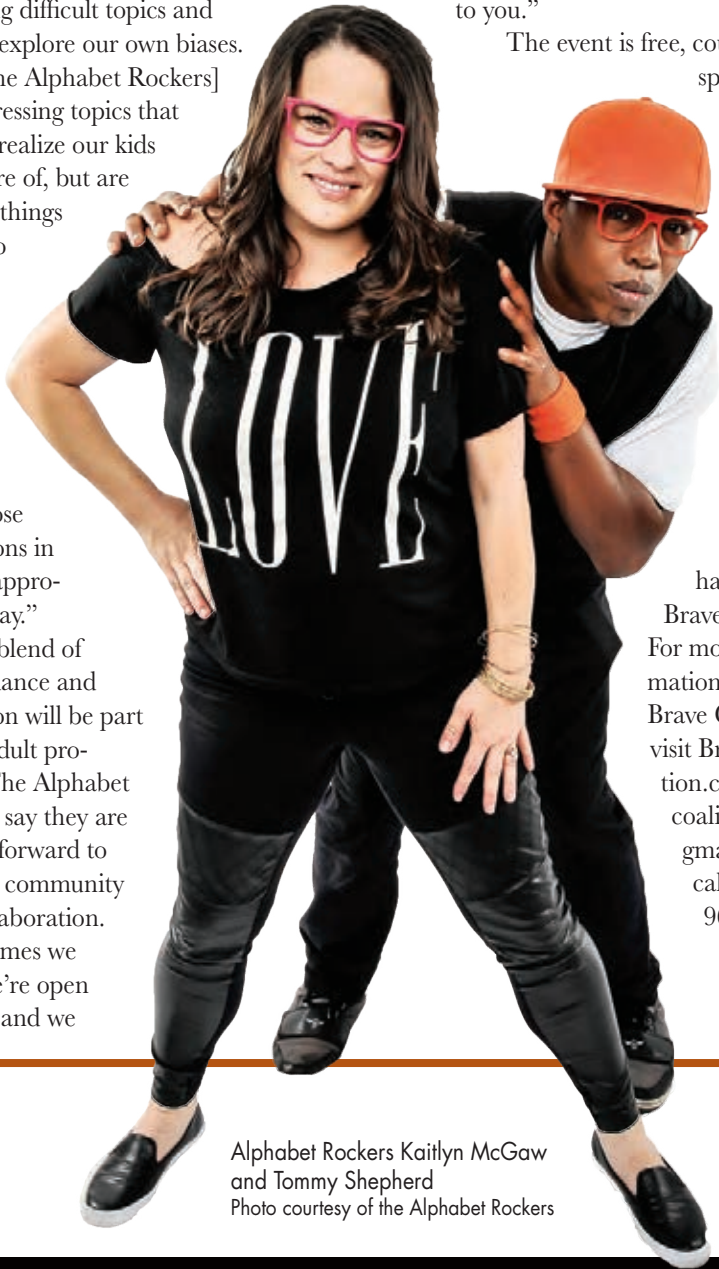
Lauren Kolfenbach, co-founder and president of Brave Coalition, agreed. The organization, which describes itself as non-political, was originally formed to create a better relation-

ship between the community and elected officials with the goal of increased safety for kids. "It's really our responsibility as adults to develop a culture that's more inclusive and safe for our children," says Kolfenbach. "All of our events have created these spaces for people to come together and have what we've termed 'brave conversations,' exploring difficult topics and ways to explore our own biases. They [the Alphabet Rockers] are addressing topics that parents realize our kids are aware of, but are difficult things to talk to our kids about. It's helpful to learn how to have those discussions in an age-appropriate way."

The blend of music, dance and discussion will be part of the adult program. The Alphabet Rockers say they are looking forward to creating community and collaboration. "Sometimes we think we're open minded and we

actually are more resistant," says McGaw. "We have space for that, for people to say, 'This is hard for me and I don't even want to talk about it.' It's a safe space." Shepherd adds, "We're not here to fight each other. We're here to see what we can share. It can be uncomfortable to be honest. You'll walk out of there changed in a way. What you choose to do after that is really up to you."

The event is free, courtesy of sponsorship by Weichert Realtors, meeting space donated by Stanley Marketplace and organization handled by Brave Coalition. For more information about the Brave Coalition visit [BraveCoalition.com](http://BraveCoalition.com), [bravecoalition@gmail.com](mailto:bravecoalition@gmail.com) or call 303-909-9654.



Alphabet Rockers Kaitlyn McGaw and Tommy Shepherd  
Photo courtesy of the Alphabet Rockers

## FOR KIDS (continued)

### EDUCATING LOCAL CHILDREN, DEVELOPING GLOBAL MINDS



**Here, your children will transform from students to global citizens.**

Our educational approach uniquely combines French, Spanish, and Chinese (Mandarin)-immersion education with an interdisciplinary International Baccalaureate (IB) Middle Years Programme in our sixth through eighth grade middle school. Plus, with world travel opportunities and multicultural events throughout the year, you are part of a thriving international community right here in Denver.



INTERNATIONAL  
SCHOOL of DENVER

**YOU BELONG HERE. JOIN US:**  
**[WWW.ISDENVER.ORG/FRONTPORCH](http://WWW.ISDENVER.ORG/FRONTPORCH)**

HANDS-ON  
HISTORY  
FAMILY FUN DAYS

MARCH 10<sup>TH</sup>

**\$25 FAMILY  
PACK\***

4 Museum Admissions + A Discounted Family Meal Deal +  
A Backpack Full of Family Friendly Ways to Explore Colorado's Stories!

**EXPLORE. PLAY. CREATE.**

HISTORY  
COLORADO  
— CENTER —

\$25 Family Pack  
Available Online ONLY  
[HISTORYCOLORADO.ORG](http://HISTORYCOLORADO.ORG)  
\*Offer Valid January - May 2018\*

Hands-On History  
is sponsored by  
The Sturm Family Foundation



# Vaping

(continued from page 5) UCHealth, has studied the effects of nicotine-containing e-cigarettes in the laboratory. Recent research Deleyiannis has been involved in at University of Colorado School of Medicine suggests that e-cigarettes are equally harmful as regular tobacco cigarettes in terms of wound healing and pulmonary effects.

“If you’re comparing e-cigarette vapor to tobacco smoke...they both have toxic effects on the lungs which appear to be similar,” said Deleyiannis. “This...goes along with a previously published study that shows that wound healing and skin circulation changes were detrimental.” Deleyiannis also said that the lungs of lab rats exposed to e-cigarette vapor showed similar findings of emphysema as rats exposed to tobacco smoke.

## Risk of Flavorings

Many teens think that e-cigarettes that don’t contain nicotine, just flavorings, are benign, but research suggests otherwise. In fact, according to Alison Bauer, an assistant professor and toxicologist at the Colorado School of Public Health, “In the pulmo-

nary world, the flavorings are most definitely the most concerning [aspect].”

Bauer cited a 2015 study by Harvard researcher Joseph Allen. Allen’s study found that more than 75-percent of flavored e-cigarettes and liquid refills contained a flavoring compound called diacetyl. Diacetyl and other flavoring compounds are linked to a lung disease called bronchiolitis obliterans, known informally as “Popcorn Lung” because it was found in workers at microwave popcorn processing facilities who had inhaled the artificial butter flavoring that contained diacetyl.

Some cutting edge research also suggests that the flavorings affect how users inhale—how many puffs, the length of the average of the puff, and the force of

Vaping devices come in many shapes. Larger ones generally produce more vapor. Most can be refilled with e-juices that come in different flavors and usually contain nicotine, or marijuana.



Photos from iStockphoto



the average draw. “All of these aspects are dependent on flavoring,” said Adam Lippert, an assistant professor of sociology at UC Denver. Appealing flavorings can lead to longer, stronger puffs, which can heat up the vaporizing liquid. This in turn produces a formaldehyde compound, one that is many times more carcinogenic than those found in regular cigarettes, said Lippert.

## Addressing the Problem Parents

Parents who have found their teens—or tweens—vaping have cause for concern, says Thurstone, even if their child tells them they are just inhaling “vape liquid” or “essential oils.” Not only do the flavorings pose a health threat, but “I’ve had a lot of patients sneak in nicotine to it, sneak marijuana into it. I’m sure you could probably sneak in other things,” said Thurstone. “It seems like a slippery slope to me.”

So what should parents do if they find a stash of vape pens, e-juice or cartridges in their kid’s backpack? Thurstone says that families should take it seriously, first of all, and then talk to their children, not merely punish them. He recommends parents take “an empathic approach,” one where they seek to understand the behavior and then work with the child to set expectations and change. “We know that parents have great influence over their kids and substance use: by monitoring, by setting forth expectations and by having a positive relationship,” said Thurstone.

(continued on page 26)

# Summer at Ricks for Preschool–8th Grade

A blend of fun summer activities and rich learning experiences. Campers will enjoy weekly themes and specialty camps ranging from Grossology to coding and more!



Week long camps | June 6–August 17  
8:30am–3:30pm

2040 South York Street, Denver, CO 80210  
Info at: 303-871-4839 | [www.du.edu/ricks](http://www.du.edu/ricks)  
Or email [Margaret.wright@du.edu](mailto:Margaret.wright@du.edu)



5280 Magazine calls Roots “One of the most innovative public schools in Denver.”



- Tuition FREE including FREE FULL-DAY kindergarten
- Rigorous, college preparatory academic program
- One of DPS’ highest academic growth ratings, **GREEN**, like all Stapleton schools
- Innovative model for social and emotional development
- Diverse enrollment and an inclusive community
- 33rd & Hudson, next to after-school care for only \$2/yr
- One mile west of Stapleton, bus transport available

Roots will enroll K–4th grade in 2018–19  
Miss Round 1 Choice? Contact us about Round 2 Choice Process.  
Schedule a tour: [rootselementary.org/enroll](http://rootselementary.org/enroll)  
Questions: 720-593-1338 or [questions@rootselementary.org](mailto:questions@rootselementary.org)  
DPS Choice process: [schoolchoice@dpsk12.org](mailto:schoolchoice@dpsk12.org)

NOW OFFERING TRANSPORTATION FROM STAPLETON



# Summer BUCKET LIST

## MACC ART & THEATRE ACADEMIES

- ☐ MASTER A DANCE COMBINATION
- ☒ TAKE AN IMPROV CLASS
- ☐ BUILD A SET

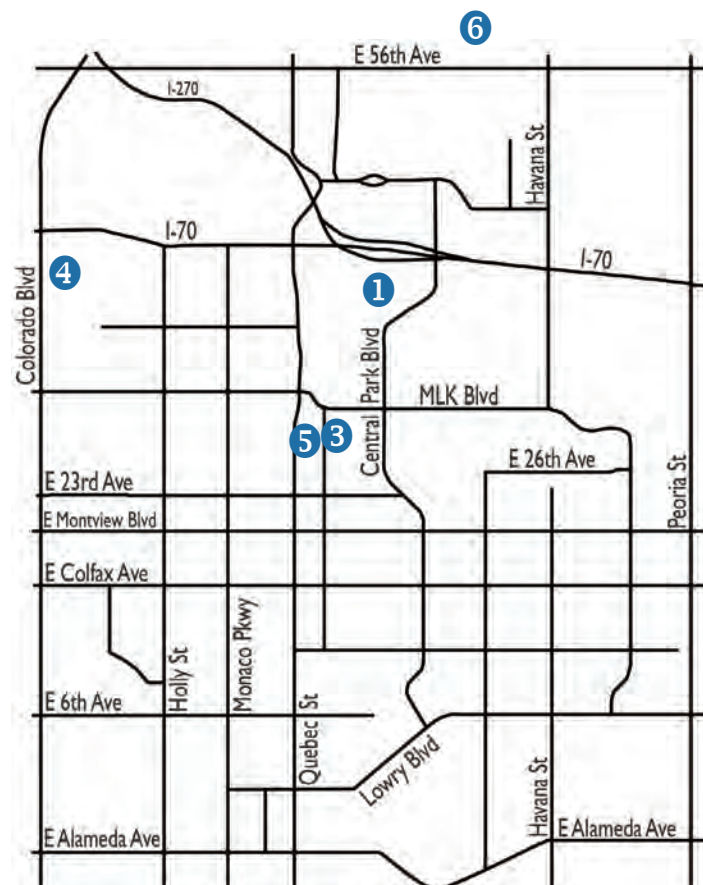
REGISTER TODAY AT [JCCDENVER.ORG/CAMPS](http://JCCDENVER.ORG/CAMPS)

350 South Dahlia Street | Denver, CO 80246 | 303.316.6445

[jccdenver.org](http://jccdenver.org) | @jccdenver



# .....NE News Updates



By Carol Roberts and Melinda Pearson

## 1 A Line Horns

On Sept. 28, the Federal Railroad Administration (FRA) approved the A Line's Positive Train Control (PTC) system based on the timing level they have achieved. However, the system still has to be approved by the Colorado Public Utilities Commission (PUC), which last fall rejected RTD's request for approval.

The PUC appointed an administrative law judge to do a third party investigation of RTD's request to amend warning times at crossings. Scott Reed, RTD assistant general manager, communications, explained that appointing an administrative law judge is an unusual, and likely positive, move in this process. In mid-February, RTD presented testimony and evidence to the judge to support an extension of up to

15 seconds from the originally-approved warning times along its A and G commuter lines. They also asked to remove the requirement to post flaggers at each crossing. The judge will make a recommendation to the PUC. Reed says he does not know at this time whether the judge will have further questions or requests for information, or whether he'll make a definitive response based on what's been presented.

Terry Bote from the Colorado Department of Regulatory Affairs told the *Front Porch* by email that PUC commissioners will determine, based on

the evidence RTD presented to the judge, whether it is in the public interest to grant the requested changes. A PUC decision is expected to be issued in March.

## 2 DSST Aurora Charter to Open at Fitzsimons

Aurora Public Schools (APS) announced last month that the Denver School of Science and Technology (DSST) charter network will open its first charter school in Aurora at the Fitzsimons Innovation Campus.

The Fitzsimons Redevelopment Agency (FRA) unanimously approved the proposal to locate the DSST on the Fitzsimons site. APS Superintendent Rico Munn said in a memo about the plan, "The location of an APS school on the Fitzsimons campus

is an amazing opportunity. The proximity to the world class facilities at Anschutz provides for unique learning opportunities and access for all of APS' students across the District."

Originally, DSST had been in talks with APS to locate its first Aurora site adjacent to Fletcher Community School. The Fletcher site is located near the new Stapleton housing developed in Aurora, just east of the Stanley Marketplace on 25th Ave., but the purchase of the site was tied up in legal proceedings. According to Munn's memo, the Fletcher site was also more expensive than the Fitzsimons site.

APS still has a long term interest in the site adjacent to Fletcher but has ceased current acquisition efforts. The Fitzsimons location in northwest Aurora site means the DSST school will still enroll students from an area with one of the highest concentrations of poverty in APS.

It is still unclear how the new building will be paid for, as Munn had offered to use bond money to pay for half the building. DSST had not committed to paying for the other half, although it is partnering with APS to fundraise for it, according to reporting by Chalkbeat. Construction is slated to begin in spring of 2019.

## 3 March for Science-Denver Information Meeting—March 17

Last year 15,000 to 20,000 people gathered in Civic Center Park to celebrate science at March for Science-Denver. This year, the all-volunteer-organized event will be held on April 14, 2018—and thou-

sands are again expected. Last year's march was one of the largest such gatherings in the world according to Lis Cohen, president of March for Science-Denver. Stapleton residents Cohen and Keven Hennegan will meet with community members at Sam Gary Library to share their passion for science and its importance in our community. Hennegan, one of the volunteer organizers, says, "I feel it is my obligation, as a scientist and a citizen, to speak out when science is ignored, or worse yet, silenced." Another volunteer, Kendra Uhl of Arvada believes science has been used as a tool of oppression in the past—so she marches "to elevate marginalized communities." She adds, "Going forward I think we have to do whatever we possibly can to bring equity to science. Advocating for evidence-based policies is necessary to uplift marginalized communities, because we know that bad science and climate change will affect them disproportionately."

To learn more about the march and/or sign up to be a volunteer, attend the meeting at Sam Gary Branch library on March 17 from 9:30 to 11:30am, email [lis@MFSdenver.org](mailto:lis@MFSdenver.org), or visit [www.MarchForScienceDenver.org](http://www.MarchForScienceDenver.org).



## 4 March 10 Forum—The Future of Park Hill Golf Course

If the Park Hill Golf Course operator does not renew its lease, what will be the future use of those 155 prime acres near I-70 and Colorado Blvd? Planned urban development or continued use as a golf course? A group of citizens has organized a forum on March 10 to help community members be informed participants in rezoning decisions if the golf course operator does not renew its lease by June 30.



2017 March for Science-Denver

# TAX TIME IS HERE!

LET US SHOW YOU HOW **EASY** YOUR INDIVIDUAL, SMALL BUSINESS OR CORPORATE TAX FILING EXPERIENCE CAN BE!



## ACCURATE

TAX PREPARATION BY LICENSED TAX PROFESSIONALS FAMILIAR WITH THE UPDATED TAX CODE

## CONVENIENT

IN-PERSON OR VIRTUAL FILING OPTIONS AVAILABLE FOR YOUR BUSY SCHEDULE

## SECURE

E-SIGN AND ENCRYPTED CLIENT PORTALS KEEP YOUR DATA SAFE

## AFFORDABLE

YEAR ROUND SUPPORT FOR YOU AND YOUR BUSINESS

PROUDLY OWNED BY YOUR STAPLETON NEIGHBOR WITH A SECOND OFFICE COMING IN 2018!

ANTHONY LOSASSO | 303-835-6913 | [JNLFINANCIAL.COM](http://JNLFINANCIAL.COM)





Park Hill  
Golf Course

The panel will include representatives from nearby registered neighborhood associations and the executive director of Clayton, which leases the land. City officials say they appreciate being invited to participate but respectfully decline. They add that their only plans for the property, at this point, involve a flood-protection and storm-drainage project. Councilmembers Brooks and Herndon say they already had other obligations scheduled at the time they were invited to the meeting so they will not be able to attend.

See story on page 18 to learn more about the about the landowner, the City's development rights to the land, and the range of opinions on the land's future use.

The forum will take place at 1pm at the Park Hill Congregational Church, 2600 Leyden St.

## 5 Possible Sale of Forest City

Bloomberg News reports that since September Forest City Realty Trust Inc. has been considering a sale or merger and is now in talks with Brookfield Asset Management Inc., Canada's largest alternative-asset manager. Forest City, the Stapleton master developer, says on its website they have, for months, been reviewing "strategic alternatives to enhance stockholder value, including, but not limited to, an accelerated and enhanced operating plan, structural alternatives for the company's assets, and potential merger, acquisition or sale transactions. There is no timetable for completion of this review, and there can be no assurance that this review will result in a strategic change or any transaction being announced or agreed upon. The company will not comment further on the progress or status of the review unless the company determines that further disclosure is appropriate or required by law."

In the November *Front Porch*, we reported that the Shops at Northfield had been sold to QIC (Queensland Investment Corporation), a large investment company owned by the Queensland, Australia government.

## 6 Wildlife Refuge/Arsenal Information and History Series Begins March 15

David Lucas, Refuge Manager for the U.S. Fish and Wildlife Service, will introduce the refuge and its inhabitants. He will summarize the recreational and educational opportunities on this federally protected 27-square mile wildlife habitat.

Kip Cheroutes will tell the history of how the refuge came to be. As staff aide to U.S.

Rep. Patricia Schroeder from 1978 – 1994 he with many others guided the transformation of the land from a U.S. Army arsenal to a wildlife refuge. The visitors center is named in her honor.

A second event, date to be announced will preview summer-time activities at the refuge and will detail the history of the environmental

Rocky Mountain Arsenal National Wildlife Refuge—Lake Mary



remediation there. That event date will be announced later.

The third event, on September 6, 2018, will conclude with reflections by State Historian Patricia Limerick of the University of Colorado's Center for The New West. She will share her appreciation for the legacy of Colorado's high plains that Stapleton and the refuge share.

## NE Schools Apply for New DPS Innovation Zones

DPS recently announced that schools can apply to be in Innovation Zones, a designation that allows schools to operate with greater autonomy from the district. Already DPS allows schools to have innovation status, meaning they have more school-level control than traditional schools in areas like budget, calendar and curriculum. But the Innovation Zone model provides even more freedom. DPS already has one innovation zone, called the Luminary Learning Network.

Schools applying to form new innovation zones can apply to operate in a zone that is overseen by a nonprofit organization, as is done in the Luminary Learning Network. The other option is for the schools to form a zone overseen by the district but still operating with increased autonomy.

"The reason we would join a zone is to increase our flexibility with the budget and align our professional learning objectives across schools," Swigert principal Shelby Dennis explained via email.

Schools in either type of zone would have more control over the budget and what services they choose to get from DPS. If governed by a nonprofit, the schools would report to its board; if district-run, they would still report to DPS administration.

Five NE Denver schools have applied to join an "innovation zone" within DPS, joining eight other schools district-wide who are seeking that status. The thirteen schools have asked either to join the district's innovation zone or to band together in different configurations to create zones of their own.

The NE Denver schools are High Tech Elementary, Isabella Bird Community School, Swigert International School, McAuliffe International School and Northfield High School. These schools are already innovation schools, meaning they enjoy more school-level control over things like budget, calendar and curriculum than traditional schools.



## Homes Designed to Sell.

Coming Soon | Jody E. Donley

2646 Iola Street  
\$ Call Agent

3 3 2 1,671 ft²



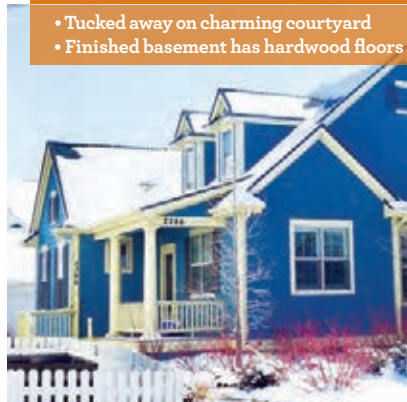
Situated in Bluff Lake, this paired home is near to the shops & eateries in the Eastbridge Town Center & Stanley Market-place. It provides a shady, low maintenance backyard.

Coming Soon | Melinda S. Howlett

2286 Uinta St \$ Call Agent

3 3 2 2,202 ft²

• Tucked away on charming courtyard  
• Finished basement has hardwood floors



NPRE's staging service has **always** been complimentary and helps your house **outshine** the competition.

**Design** : More **extensive** than just staging

**List** : Meaningful **promotion** to entice buyers

**Sold** : **Faster & higher** than neighborhood averages

Coming Soon | Jody E. Donley

5463 Valentia St \$ Call Agent

3 4 2 2,790 ft²

• Open floor plan with modern vibe  
• Fabulous backyard patio



Under Contract | Jody E. Donley

2795 Emoporia St  
\$925,000

5 5 2 3,938 ft²

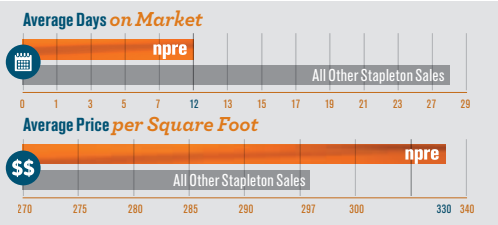


Perfectly perched on Ark Park, in the popular Eastbridge neighborhood, this former model furnishes both formal & casual rooms as well as rich layers of design. Stroll to Stanley Market Place and F15 Pool & Park.



**80238  
Real Estate  
Monthly  
Update**

Source: MLS, 8/11/17-2/20/18,  
single-family detached homes  
under \$1Million.



If your property is currently listed with a Realtor, please disregard this message. It is not our intention to solicit the offerings of other Brokers.

www.NPREco.com

**npre**

**New Perspective  
REAL ESTATE**

NPRE, Stapleton's original real estate firm, delivers a client experience so comfortable, that more than 90% of our business comes from referrals.

Jody E. Donley  
Melinda S. Howlett  
Susan Ingle  
Laura T. Hudgins  
Megan E. Farina

Tiffany Mayor Burke  
Allison Hundley  
Ashley L. Howlett  
Kelsey Lee George  
Megan Elizabeth Davis



GET  
*comfortable.*



10515 East 40th Ave | Unit 113  
Denver Colorado 80239  
**303-394-4526**



# Uncertain Future of Prime Acreage Sets Stage for Land Use Drama

By Carol Roberts

Will the 155-acre Park Hill Golf Course be an urban planner's dream? Or will restrictions that allow only golf course use continue?

**Who are the characters in this drama?**

The landowner is the Clayton Trust. Its mission is to use the land in its trust to fund early learning opportunities for children through age five, particularly those with limited opportunities. Its lease with the golf course operator for 155 acres along Colorado Blvd. near I-70 brings \$700,000 a year that goes toward funding its programs.

The lessee is a subsidiary of a Texas private equity firm, Arcis Equity Partners, LLC. Its lease with Clayton runs out in December 2018. Under the terms of the lease, Arcis has provided financial statements to Clayton that showed the golf course was not profitable after lease payments were made. And they have indicated to Clayton that, based on economics, they would not likely exercise their option for another five-year lease

term But Arcis has not confirmed whether it will stay or leave—and it has until June 30 to do so.

The development rights to the land are held by the City of Denver. In 1997, under the Webb administration, which sought to maximize Denver's open space and parkland, the City paid the Clayton Trust \$2 million in a contract that limits the 155 acres to use as a golf course until 2099. A subsequent contract in 2000 made the land exempt from real property taxes.

Taxpayer money was used to purchase control of development rights on the land. Should citizens have a say in whether the land remains as a golf course until 2099? Or whether the contract between the City and Clayton gets changed to allow for other types of open



Park Hill Golf Course Club House

space use and/or development?

**What's happening now?**

In November of 2016 Clayton could see that golf course finances meant Arcis may not extend its lease, and started talking to community members about other uses for the land. That effort expanded in the fall of 2017 when they started a "visioning" process for future uses that has included an ongoing committee, community meetings, and a survey with about 750 responses.

Two-thirds of the respondents had not golfed, eaten or attended an event at the golf course for over two years. More than half of the respondents were very supportive of some or all of the land being repurposed, according to Charlotte Brantley, executive director of Clayton. Community suggestions have included mixed income housing, public park space, retail and restaurants, and a grocery store. The land is zoned as

open space, but Brantley points out there is currently no free public use of the land.

Clayton's financial goal is to get at least \$24 million for the land to generate investment proceeds that will fund its programs.

In September 2017, the City and Clayton put together an agreement for the City to buy and lease the land (<https://frontporchne.com/article/city-to-buy-park-hill-golf-course/>). This agreement would have nullified the 1997 agreement with the City and opened up all or a portion of the land for sale and development. But with the golf course holding an option to extend the lease, that deal couldn't be finalized.

Citizens are speaking out passionately on both sides—the opportunity for planned urban development and the value continuing the restrictions that limit the land to a golf course in order to keep green space. *Front Porch* letters to the editor in November articulated both positions (<https://frontporchne.com/article/letters-editor-re-park-hill-golf-course/>).

**How did Clayton come to own the land?**

The Clayton Early Learning website shares this story from the book, *Clayton Early Learning 1911-1988: A History*, by Beth Glandon and Thomas J. Noel:

In 1899 George (continued on page 26)

MURPHY BEDS • OFFICES • CUSTOM CLOSETS • CABINET BEDS • MEDIA CENTERS

SMART SPACES

Not Just Murphy Beds

Murphy Bed Package includes free mattress, delivery\* & installation!  
\*Metro Denver area

But Closets Too!

This month's special: **\$250 OFF** closet purchase over \$1500

SMART SPACES: MAKING THE MOST OF YOUR SPACE

smart spaces

SMART SPACES

1295 S Santa Fe Dr, Denver, CO 80223

303-777-6278 | SmartSpaces.com

Open Mon - Sat 10 am - 5 pm

Located on Northbound Santa Fe Drive, just South of Mississippi

\*Please see store for details and other space solutions

BBB

A+

ACCREDITED BUSINESS

## FOR YOUR HOME

DIANE GORDON DESIGN

KITCHENS, BATHS, BASEMENTS, WHOLE HOUSE REMODELS

303.355.5666

WWW.DIANEGORDONDESIGN.COM

PAINTING

• Interiors & Exteriors • Meticulous and Quick

• Faux Finishes • Free Estimates

Mike Ciechanowicz | 303-324-1653 | mbsn7789@q.com

A+ Business Rating with the BBB

BBB

ACCREDITED BUSINESS

Budget Blinds

a style for every point of view™

We have the styles you love.

Shutters • Draperies

Wood Blinds

Honeycomb Shades

Roller Shades • Vertical Blinds

Silhouette® • Woven Wood

and more!

Budget Blinds—custom window coverings that fit your style and budget!

Personal Style Consultants • Thousands of samples from the best brands

“Expert Fit” measuring and installation

FREE In-Home Consultation & Estimate

30% OFF

Home or Office Window Treatments

303-422-1499

Call today for details or visit us online at [www.budgetblinds.com](http://www.budgetblinds.com)

Excludes shutters. Must present at initial estimate. Lifetime limited warranties. Not valid with any other offers. Offer expires 3/31/18.



# March & Early April Events

## NE DENVER/NW AURORA EVENTS

**3/1 to 4/16—Rugby – Stapleton/Park Hill Wolf-pack.** Spring season begins - 1st practice on Monday April 16th. Check website for more details: [www.sphrugby.com](http://www.sphrugby.com)

**3/1 to 3/29—Knitting Circle.** Sam Gary Branch 2961 Roslyn St. 720.865.0325 [asksamgarylibrary@denverlibrary.org](mailto:asksamgarylibrary@denverlibrary.org) 5:30pm - 7:30pm. Bring your knitting or crochet project and join other crafters in conversation around the Sam Gary fireplace every Thursday. [www.denverlibrary.org/event/knitting-circle-4](http://www.denverlibrary.org/event/knitting-circle-4)

**3/1 to 3/31—Rocky Mountain Wildlife Refuge.** See Website for March programming [www.fws.gov/refuge/rocky\\_mountain\\_arsenal/](http://www.fws.gov/refuge/rocky_mountain_arsenal/)

**3/3 Saturday—Denver School of the Arts, Visual Art Sale.** The Visual Arts Department at Denver School of the Arts will host an art and collectables sale on Saturday, March 3 at the school on Montview and Quebec 8am to 2pm. Students and families will be selling original art as well as well as a variety of items to help raise money for their spring break trip to Italy. [Deb\\_rosenbaum@dpsk12.org](mailto:Deb_rosenbaum@dpsk12.org) [dosa.dpsk12.org/visualarts](http://dosa.dpsk12.org/visualarts)

**3/4 Sunday—Colorado Children's Chorale Concert, A Classical Afternoon.** 3-5 pm. Montview Blvd. Presbyterian Church, 1980 Dahlia St. Tickets [www.childrenschorale.org](http://www.childrenschorale.org)

**3/1 to 3/29—Denver BAZAAR.** Pop up market featuring curated food and craft beverage vendors. First Thursdays of the month from 5-10pm at Stanley Marketplace. Tickets \$20-\$50. [www.denverbazaar.com/](http://www.denverbazaar.com/)

**3/9 Friday—A Night At Hogwarts.** Teens only event from 6:30 to 8:30pm. Guests will be sorted into houses, enjoy a grand feast, and then participate in a variety of magical activities. Come dressed as your favorite Harry Potter character and win prizes. Open to students grades 6-12. Signed permission slips are required as part of registration. Register at <https://tinyurl.com/sgbharrypotter2018>, 720.865.0325 x4, [asksamgarylibrary@denverlibrary.org](mailto:asksamgarylibrary@denverlibrary.org) <https://www.denverlibrary.org/event/night-hogwarts-0>

**3/10 Saturday. 16th Annual Collaborative Health and Wellness Fair by the Center for African American Health.** 8:30am-3pm. Routine health screenings, education sessions, age appropriate health education move and learn for kids. Register at [Eventbrite.com](http://Eventbrite.com) > Collaborative Health Fair. Renaissance Denver Stapleton Hotel, 3801 Quebec St. FREE. [www.caahealth.org](http://www.caahealth.org)

Visit our online calendar to view more events or submit events [FrontPorchNE.com](http://FrontPorchNE.com) > Events

**3/24 Saturday—Neighborhood Music Grand Opening and Winter Tiny Tots.** The Hangar at Stanley. Two Tiny Tots inside the orchestra programs at 9:30 and 10:45am as well as tons of fun with Neighborhood Music. Guests from Neighborhood Music, Twinkle Together, LLC, Kim Robards Dance, Central City Opera, and Denver Center for the Performing Arts. Kids will learn about how the orchestra works as a team to make music - with focus on individual instruments and how they work together. [www.insidetheorchestra.org](http://www.insidetheorchestra.org)

**3/24 Saturday—Kick Bullying out of Stapleton Workshop.** Ages 4 and Up FREE event with four class times available: 4pm to 4:45pm, 4:45pm to 5:30pm, 5:30pm to 6:15pm. Our mission is to educate Stapleton children on how to deal with bullying before it destroys their confidence for life. Located in the Shops at Northfield. All families must RSVP due to limited space. RSVP by email: [erin@stapletonfamilykarate.com](mailto:erin@stapletonfamilykarate.com) or RSVP by phone: 303.928.0043 [stapletonfamilykarate.com](http://stapletonfamilykarate.com)

**3/26 Monday—Educational Forum & Expo: Symbolic Violence, Cultural Racism & Our Community.** What is Symbolic violence, what is cultural racism, and why does it matter to the residents of Denver and their surrounding communities? What you might not give a second thought may mean a great deal to someone else in your community. How have your interactions with schools, law enforcement, neighborhood social networks and local businesses caused damage? Join us for this enlightening discussion and connect with local organizations at the Expo. Admission is free and everyone can attend by registering today at <http://renameforall.com/educational-forum-expo/>

## DENVER METRO EVENTS

**3/1 to 3/17—Giant Woodcuts.** National Exhibition curated by Gregory Santos, Printmaking Director, Art Gym. Opening Reception: Thursday, March 1, 5-8pm On Display: March 1-17, 2018 Gallery Hours: Tue - Sat 9-6pm Giant Woodcuts explores this age old traditional technique to present larger than life prints, some of them printed with a steamroller instead of a printmaking press from artists across the US. This exhibition is part of Mo'Print - a month long celebration of printmaking in Denver Colorado. [www.artgymdenver.com/gallery/current-shows/](http://www.artgymdenver.com/gallery/current-shows/)

**To 3/4—Denver Restaurant Week.** 200+ restaurants offer multicourse meals for special pricing. See website for menus and pricing. [www.denverrestaurantweek.com](http://www.denverrestaurantweek.com)

**To 3/4—Colorado Garden and Home Show.** Colorado Convention Center, Downtown Denver. Flowering gardens, 1,400+ booths; spring landscaping, patio/outdoor projects. Tickets: \$12 online, \$10 at the door with a canned goods donation. See website for ticket specials. [www.coloradogardenfoundation.org](http://www.coloradogardenfoundation.org)

**To 4/8—Master Printers and Print Educators of Colorado.** Presented by The Invisible Museum and Mo'Print, exhibit highlights Colorado printmakers. The original prints on display were created by master printers and print educators in the Denver regional area. Prints displayed represent a wide variety of printmaking techniques, mediums and unique styles. McNichols Civic Center Building, 3rd floor, 144 West Colfax Avenue Denver. [www.moprint.org/master-printers-educators-exhibit/](http://www.moprint.org/master-printers-educators-exhibit/)

**3/2 Friday—First Friday Art Walks.** Santa Fe Arts District, Tennyson Art Walk, River North(RiNo) Art District, Golden Triangle Museum, Navajo Street Art District. [www.denver.org/things-to-do/denver-arts-culture/denver-art-districts](http://www.denver.org/things-to-do/denver-arts-culture/denver-art-districts)

**3/2 Friday—A Passion for Contemporary Art of Ballet.** Dimensional wall art formed directly from posed Colorado Ballet dancers available for public view one night only during Art District on Santa Fe's First Friday Art Walk. [www.AliveOnCanvas.com](http://www.AliveOnCanvas.com), [ColoradoBallet.org](http://ColoradoBallet.org)

**3/3 to 3/4—Rocky Mountain Train Show.** Denver Mart, 10am-5pm Saturday, 10am-4pm Sunday. Adults and kids 12 and over \$10. Under 12, scouts in uniform and active duty with military ID Free. Admission good for both days. 451 E 58th Ave Denver 80216. [www.rockymountaintrainshow.com](http://www.rockymountaintrainshow.com)

**3/7 to 3/11—Rocky Mountain Horse Expo.** National Western Complex, tickets from \$10. [www.coloradohorse-council.com](http://www.coloradohorse-council.com)

**3/11 Sunday—The Longing of the Spirit, A Celebration of Women Composers.** Women composers will be the focus of the Colorado Chorale's concert at Central Presbyterian Church 4pm. 1660 Sherman St, Denver. \$20 for adults; \$15 seniors; 21 and under free. [www.coloradochorale.org](http://www.coloradochorale.org)

(continued on page 20)



Treating all members of the family and ALWAYS accepting new patients

Margie Williams, DDS  
Molly Johnson, DDS  
2979 N. Iola St. Denver CO 80238

FREE Whitening For Life\*  
\*Call for details

[www.MargieWilliamsDDS.com](http://www.MargieWilliamsDDS.com)

• 303-945-2699



**3/4 Sunday—Fight for Air Stair Climb.** Benefits American Lung Association. \$35 entry fee and \$100 minimum fundraising. Individual or team. Republic Plaza, 16th and Tremont Entrance. [www.lung.org](http://www.lung.org)

**3/11 Sunday—Special Olympics Denver Polar Plunge and Splash and Dash.** 5K run/walk and polar plunge to benefit Special Olympics. Beer Garden, live music, contests. 1pm. Elitch Gardens. [www.specialolympicsco.org](http://www.specialolympicsco.org)

**3/6 to 3/27—Little Wings Club.** Tuesdays in March, 11am-11:45 kids 11 and under. Activities, stories and crafts for kids and their adults. Free with admission. [www.wingsmuseum.org](http://www.wingsmuseum.org)

**3/17 Saturday—Young Eagles Flight Experience.** 3rd Saturday of the month, experience the thrill of flight with a Colorado pilot at the Centennial airport 8am-12 pm. ages 8-17 register at [www.wingsmuseum.org](http://www.wingsmuseum.org)

**3/1 to 3/31—Tech Help Appointments at Sam Gary Branch.** Sam Gary Branch Library 2961 Roslyn St. 720.865.0325 [asksamgarylibrary@denverlibrary.org](mailto:asksamgarylibrary@denverlibrary.org). Get personalized technology assistance and instruction from one of our experts on your own device or a public computer. Call for available times and to schedule your appointment. Topics include: computer basics (Mac or PC), email, eMedia, resumes, Android OS, Microsoft Excel,

**3/15 Thursday—Attention Gardeners! Let's Get Dirty!** Learn the dos and don'ts of soil amendments, NPK, and using fertilizers effectively. \$20 6pm The Urban Farm 10200 Smith Road [www.theurbanfarm.org](http://www.theurbanfarm.org)

**3/15 Thursday—Blueprint Denver.**  
5:30pm. DSST Stapleton high School 2000  
Valentia St. Community workshop meeting to  
discuss development and land use in Denver

Front Porch – NE Denver



and proposed changes to classification system.

**3/22 Thursday—Active Minds (Free)—India: A Story of Contrast.** 6:45-7:45pm. Sam Gary Library, 2961 Roslyn St. 720.865.0325. [www.ActiveMinds.com](http://www.ActiveMinds.com)

**3/23 Friday—Active Minds (Free)—Women of Denver History.** 1:30-2:30 pm. Hiawatha Davis Rec Center, 3334 Holly St. 720.865.0590 [www.ActiveMinds.com](http://www.ActiveMinds.com)

**3/27 Tuesday—Active Minds (Free)—North Korea.** 5-6pm. Tattered Cover 2526 E. Colfax 303.322.7727 [www.ActiveMinds.com](http://www.ActiveMinds.com)

**4/3 Tuesday—Active Minds (Free)—Take a Bite of the Big Apple.** 10-11am. Jewish Community Center, 350 S Dahlia St. 303.316.6359. [www.ActiveMinds.com](http://www.ActiveMinds.com)

**4/10 to 5/17—Adult Art Classes at Denver School of the Arts:** Introduction to Printmaking, Watercolor, and Photo-shop; held once a week from 6-8pm. Cost \$90 - \$110. Class descriptions and registration forms are available on the Visual Arts web site: [dsa.dpsk12.org/visualarts](http://dsa.dpsk12.org/visualarts). Questions? [deb\\_rosenbaum@dpsk12.org](mailto:deb_rosenbaum@dpsk12.org)

## MUSEUMS

**To 5/20—Degas: A Passion for Perfection.** Special exhibit featuring more than 100 works of French artist Edgar Degas, separate ticket required. Denver Art Museum. [www.denverartmuseum.org](http://www.denverartmuseum.org)

**To 6/10—Creatures of Light.** Special exhibit, included with museum admission. [www.dmns.org](http://www.dmns.org)

**3/3 Saturday—Girls and Science.** 9-5pm. Be inspired by women in science; talk with women scientists, participate in activities, learn about opportunities in science, math, technology engineering and more. [www.dmns.org](http://www.dmns.org)

**3/10 Saturday—Move Closer: Looking at Chinese Painting at the Denver Art Museum.** Art historian and critic Kealey Boyd will discuss the shared visual thinking of ancient Chinese calligraphy with Song and Yuan painting. Participants will gain a better understanding of compositional choices and painting techniques that influenced

artists for centuries and became transnational. Doors open at 2 pm Members \$18, nonmembers \$23. [www.denverartmuseum.org](http://www.denverartmuseum.org)

**3/15 Thursday—Science Lounge-Luminous.** Cocktails and entertainment third Thursday of the month for ages 21+. 6:30-9:30pm. \$10/members; \$12/nonmembers. [www.dmns.org](http://www.dmns.org)

**3/16 to 9/3—Dead Sea Scrolls.** Special exhibit, Separate ticket required. [www.dmns.org](http://www.dmns.org)

**3/30 Friday—Denver Art Museum Untitled Final Fridays.** 6-10pm. Adult evening out the final Friday of each month at the Denver Art Museum. [www.denverartmuseum.org](http://www.denverartmuseum.org)

## MUSEUM SCFD FREE DAYS

**3/2 Friday—Museo de las Americas Free First Friday.** SCFD Free day, 861 Santa Fe [www.museo.org](http://www.museo.org)

**3/2 to 3/30—Clyfford Still Museum Free Friday Evenings.** SCFD Free Day. 5-8pm. [www.clyffordstillmuseum.org](http://www.clyffordstillmuseum.org)

**3/3 Saturday—Counterterrorism Education Learning Lab Free Day.** SCFD Free day. 99 W. 12th Ave Denver. [www.thecell.org](http://www.thecell.org)

**3/3 Saturday—Denver Art Museum Free Day.** SCFD Free day [www.denverartmuseum.org](http://www.denverartmuseum.org)

**3/3 Saturday—Denver Firefighters Museum.** SCFD Free day [www.denverfirefightersmuseum.org](http://www.denverfirefightersmuseum.org)

**3/9 Friday—Four Mile Free Day.** SCFD Free day 12-4pm. [www.fourmilepark.org](http://www.fourmilepark.org)

**3/19 Monday—Denver Botanic Gardens Free Day.** SCFD Free day [www.botanicgardens.org](http://www.botanicgardens.org)

**3/22 Thursday—Denver Botanic Gardens Free Day.** SCFD Free day [www.botanicgardens.org](http://www.botanicgardens.org)

**4/3 Tuesday—Denver Botanic Gardens Free Day.** SCFD Free day [www.botanicgardens.org](http://www.botanicgardens.org)

## PERFORMANCE AND THEATRE

**To 3/3—Spotlight Theatre Presents Neil Simon's "Rumors".** John Hand Theater, Lowry. [www.thisisspotlight.org](http://www.thisisspotlight.org)

**To 3/11—Sleuth.** Vintage Theatre, 1468 Dayton St, Aurora 80010 [www.vintagetheatre.org](http://www.vintagetheatre.org)

**To 3/17—Gross Indecency: The Three Trials of Oscar Wilde.** The John Hand Theatre 7653 E. 1st Place [www.FirehouseTheaterCompany.com](http://www.FirehouseTheaterCompany.com)

**To 3/18—Real Women Have Curves.** Aurora Fox Arts Center, 9900 E. Colfax Ave, Aurora. [www.aurorafoxartscen-center.org](http://www.aurorafoxartscen-center.org)

**To 5/6—Sense and Sensibility.** Arvada Center, 6901 Wadsworth Blvd, Arvada. [www.arvadacenter.org](http://www.arvadacenter.org)

**3/1 to 3/31—Comedy Sports.** Fridays and Saturdays in March. Avenue Theater, 417 East 17th Ave [www.avenuetheater.com](http://www.avenuetheater.com)

**3/2 to 3/11—Ring of Fire.** The music of Johnny Cash. Vintage Theatre, 1468 Dayton St, Aurora Cultural Arts District [www.vintagetheatre.org](http://www.vintagetheatre.org)

**3/8 Thursday—Denver Young Artists Orchestra Presents 40th Anniversary Spectacular!** Over 250 young musicians from all ensembles of the Denver Young Artists Association. 2:30pm. Boettcher Concert Hall. [www.dyao.org](http://www.dyao.org)

**3/16 to 3/18—Denver Brass: Brass, Bagpipes and Co: Off Kilt-er.** Tickets \$22-\$44, Newman Center for Performing Arts, DU Campus [www.denverbrass.org](http://www.denverbrass.org)

**3/18 Sunday—Sorcerer's Apprentice and Sleeping Beauty Suite.** Presented by Ballet Ariel. 3:00pm, D.L. Parsons Theatre at the Northglenn Recreation Center, 11801 Community Center Drive, Northglenn. Tickets \$10 children and seniors, \$15 adults. [www.balletariel.org](http://www.balletariel.org) or call 303-945-4388.

**3/22 to 3/24—Star Wars: A New Hope- Live in Concert with the Colorado Symphony.** 1st Bank Center, Broomfield 7pm Thursday 3/22 and Saturday 3/24. Tickets \$45-\$85. [www.coloradosymphony.org](http://www.coloradosymphony.org)

**3/31 to 4/28—The Diary of Anne Frank.** Spotlight Theatre Company at John Hand Theater [www.thisisspotlight.com](http://www.thisisspotlight.com)

## VOLUNTEER OPPORTUNITIES

**Ronald McDonald Family Rooms at Rocky Mountain Hospital for Children.** At Presbyterian/St. Luke's Hospital for once-a-week commitment, 6-month minimum. [www.ronaldhouse.org](http://www.ronaldhouse.org) under "How You Can Help" for info.

**Reading Volunteers Needed.** For students in K-8 grade. 1 hour, 1 student, 1x week. During school hours. [julie@partnersinliteracy.org](mailto:julie@partnersinliteracy.org) or 303.316.3944 ext. 241

**Project Worthmore.** Nonprofit organization of committed community members give, volunteer, mentor; befriend refugee neighbors. 1532 Galena St., Ste. 380. 720.460.1393

**Single Volunteers of Greater Denver.** Volunteer, not-for-profit singles group, meet others and assist nonprofit organizations for events/activities. [www.svgd.org](http://www.svgd.org)

# Stapleton.RealtyTrends.com



**Which builder should you choose? Check out my guide!**

Mindy Milligan | 303.919.0811  
[Mindy.Milligan@RealtyTrends.com](mailto:Mindy.Milligan@RealtyTrends.com) | Realty Trends, LLC



## Rose Babies Birth Center

A LOW-INTERVENTION BIRTHPLACE

[RoseMed.com/birthcenter](http://RoseMed.com/birthcenter)

Health ONE  Rose Medical Center

*Delivering the Natural Birth Experience You Desire  
But if Circumstances Change, You are Just Down the Hall  
from Rose's World-class Labor & Delivery Unit*

At the Rose Babies Birth Center, families experience a calming, home-like environment that is free from interventions and supports physiologic birth.

### The Rose Babies Birth Center Features:

- Spacious, comfortable, all private rooms
- Queen size beds for labor, birth and family bonding
- Hydrotherapy in oversized bathtubs
- Apple TVs in each room to aid in relaxation
- Holistic pain management, including HypnoBirthing and labor support tools
- Rose Childbirth Navigator: your go-to resource for all questions about having a baby at Rose
- Rose Doula Connection, a flat-fee program
- Lactation support for all moms
- One-to-one nursing care
- Both OBs and Midwives can deliver in the Rose Babies Birth Center -- the only birth center in Colorado that provides that option!

Questions? Contact Christi King, Rose Childbirth Navigator: [Christi.King@healthonecares.com](mailto:Christi.King@healthonecares.com) • 720-300-1441





# Degas at the DAM

The Denver Art Museum is the sole American venue for *Degas: A Passion for Perfection*, showcasing the prolific French artist's works from 1855 to 1906. Visitors will get an intimate look into his creative process as well as his life.

By Laurie Dunklee

Degas is best known for his paintings of ballet dancers, but his palette of subjects was much broader, as was his range of artistic mediums. *Degas: A Passion for Perfection*, at the Denver Art Museum through May 20, opens our view of the famous artist and his personality. The exhibition covers a period of 60 years and includes Degas's early historical scenes, his studies of horses, and his fascination with the nude—as well as his most familiar depictions of dancers.

"This exhibition is all about what people don't know about Degas," said Timothy Standring, Gates Family Foundation Curator of Painting and Sculpture at the DAM. The more than 100 works on display include paintings, drawings, pastels, etchings, monotype and bronze sculptures.

The presentation also serves as an introduction to the man behind the art. "Edgar Degas (1834-1917) was a man and an artist full of contradictions," Standring said. "He was artistically radical, yet politically conservative. He had some training but could also claim to be self-taught. Fiercely independent, he exhibited with the Impressionists but refused to be labeled as one."

## A man of contradictions

The contradictions in Degas's life and work come to light in his own writings, splashed on the gallery walls, including this quote: "I should like to be famous and unknown."

"Crude and often cold, Degas was known as a curmudgeon with a sharp wit," said



Left: *Woman Combing her Hair*, about 1887-90. Charcoal and red chalk on tracing paper. Right: *At the Café*, about 1875-77. Degas' focus on the women's conversation is evident in his sketchy rendering of the foreground and the moving crowd in the background.



*Elisabeth de Valois, after Anthonis Mor, about 1865-70. Degas learned by studying the great masters. The source for his drawing, right, was likely a portrait by Anthonis Mor*



(about 1517-1577), left. Degas applied different pressure with black chalk, turning and working it into the fiber of the paper to enhance the interplay of light and shadow.

Standring. "But he was also a poet, once writing that dancers had sewn his heart 'into a pink satin bag, slightly faded satin, like their ballet shoes.'"

Degas's artistic journey becomes evident as the visitor walks through the exhibition. From his early studies to his masterworks, Degas's various motifs emerge. "He studied the old masters and even copied their paintings," said Standring. "He studied figures, as all the artists did, at the *École des Beaux-Arts* in Paris, and his first nudes are on display here. We see some of his plein air [outside] work, including small panels depicting the family villa in Naples."

Horses, especially the movements of horses, were a fascination for Degas. He studied early films of running horses and captured the movement in bronze sculptures and paintings of races. "He was interested in movement, not static images," said Christoph Heinrich, Frederick and Jan Mayer Director of the DAM.

## Capturing the moment

His "bathing women" series, including works in pastels, charcoal and bronze sculpture, was intended to convey not only movement but



NewStyle® hybrid shutters



Rocky Mountain  
SHUTTERS & SHADES

HunterDouglas Gallery®

Installed in Three Weeks.  
Or Less. Guaranteed.

call for details



NewStyle® hybrid shutters



Designer Screen Shades



Pirouette® window shadings



Up to \$1,000 Off your order

call for details

Contact us TODAY for a FREE in-home estimate

303-534-5454

www.rockymountainshutters.com



Silhouette® window shadings

Local Family-Owned Business  
Established 2003  
Real Photos. Real Customers. Real Homes.

Showrooms  
Cherry Creek Park Meadows





Above: *At the Races: The Start*, 1860-62. Degas positioned small wooden horses on a board to help him make sketches for oil paintings. “You can’t turn live horses around to get the proper effects of light,” he wrote.  
Right: Bronze horses originally wax-modeled in the 1870s–1880s and cast posthumously in the 1920s.



*Dance Examination*, 1880. Degas captures the moment when two dancers are about to audition. One adjusts her stocking, while the other focuses on positioning her legs and feet.

immediacy. “He was capturing the moment; he was not interested in the next 150 years of viewers,” said Standing. “But it speaks to how infectious these works are, that we still talk about them.”

Degas was an innovator who experimented constantly with his materials and techniques. “He blurred the boundaries of traditional media and pushed them to extremes,” said Standing. “In order to imitate flat Italian painting, he invented an oil medium known as *l’essence*, in which the oils in oil pigment are leached out and then mixed together with paint thinner. Sometimes he used oils like watercolor, making them liquid-y, or he added water or oil to pastels, to blur the line between painting and drawing.”

Degas experimented extensively with monotype print-making, in which pigment is applied to a smooth plate and then transferred to paper using a printing press. He frequently reworked the printed images with pastels. “Later in his life his family needed money, so he produced and sold a number of monotypes,” said Standing.



*The Tub*, original wax modeled about 1889, cast posthumously in 1920. Degas’ bathing women series allowed him to explore movement and experiment with technique.

### A restless artist

The artist repeated his subjects—horses, bathers, dancers—again and again, continually experimenting and making adjustments. “The viewer is engaged in his process,” Standing said. “He was obsessed with the repetition of making; he did not want to stop. He was a restless artist—never satisfied and never finished. Perfection, defined only on his terms—was a constant pursuit and elusive reward.”

Visitors enter the exhibition’s final, ballet-themed gallery

through a mirrored hallway with a barre (handrail), evoking a dance studio. The showing includes some of Degas’ most iconic images, including *Dance Examination* (in the DAM collection), the large-scale *Dancer with Bouquets* and *The Dancing Lesson*, an example of his pastel-over-monotype technique.

“He was interested in the reality of the dancers’ experiences, not just the fantasy,” said Standing. “Like Degas, his dancers dealt in contradictions—beauty and pain, grace and vulgarity, playfulness and discipline.”

For more information and tickets, see [denverartmuseum.org](http://denverartmuseum.org) or call 720.865.5000.



**CLAIR**  
family dentistry

Our corner near The Green, will make your smile beam!  
Dentistry for the whole family. Insurance accepted.



[clairdental.com](http://clairdental.com) | 8793 E. Northfield Blvd., Denver, CO 80238 | Corner of Xenia & Northfield | 303 322 2081





Mike and Diana Ninomiya will open up a new Enshin Karate location at the Stanley Marketplace. They envision their new dojo as a bridge that will connect children from neighboring communities, embracing ideals of equality and empowerment.

By Martina Will de Chaparro

Diana Ninomiya is a mother of two, second-degree black belt, teacher at Enshin Karate, and co-owner of the dojo that will open at the Stanley Marketplace in late March. One of her earliest memories is of hearing the words, “Run! Don’t look back! Keep running!” Diana is a Dreamer, and she recalls these commands more than two decades after waking up in the desert outside of Tijuana. She ran until arriving at a waiting vehicle and—exhausted—squeezed in with other children. She did not recognize the woman driving, and worried how she would reunite with her family, but did not ask questions. “As a kid, you just listen to your parent,” she reminisces. Uncertain and confused, she knew only that she was hungry after the long journey through the desert, and that somewhere ahead, her mother anticipated their reunion.

National boundaries are meaningless to a child, and Diana lived unaware of her undocumented status in the U.S. while her parents worked long hours making clothes in southern California’s sweatshops. Though initially her lack of English left her feeling lost, within two years her ESL classes allowed her to be fully bilingual. She speaks with measured pride of her mastery of the language. “I just applied myself. I wanted to understand people.” At age 14, her family relocated to Aurora, where she attended Aurora Central High School. As a senior, she earned a full scholarship to the Denver Art Institute to study photography. Her mother greeted this wonderful news with the devastating words, “You can’t accept it.” In this moment, Diana recounts, she learned that she was not wanted in the country that had been her home since age 7.

Unable to pursue her dream of higher education, Diana worked a variety of jobs, fueled by the same determination and fighting spirit that had driven her to master English ahead of her peers. A chance encounter in 2009 led her to a karate class, and she fell in love with the art form. Though for many the discipline associated with martial arts is intimidating, Diana says of those she teaches and trains with, “There’s nothing special about us. If you can come through the door, you can do it.” She cites the example of a 64-year-old grandmother testing for her black belt in April. A visit to the Enshin dojo that has been a fixture on East Colfax for three decades confirms this: all ages, races, religions and genders train together. Diana envisions the new space at Stanley as a bridge that will connect people from distinct communities. Growing up in a family that did not have money for extracurricular activities, she understands the need on a deeply personal level. “I want this school to give that opportunity to the children from both neighborhoods to come and learn, and to not be judged, to be accepted for



Diana Ninomiya came to the United States as a Dreamer, brought from Mexico at age 7. The Deferred Action for Childhood Arrivals Act enabled Dreamers like her to work without fear in their adopted homeland.

STANLEY MARKETPLACE | STAPLETONDENTAL.COM | 303-399-1488

**IT PAYS TO SWITCH.**

Drivers who switched to Allstate saved an average of \$446 a year. Call me today.

**The Mathes Agency**  
303-755-2600  
1450 S. Havana St., Ste. 308  
Aurora

**Allstate**  
You're in good hands.

Savings based on national customer reported data for new policies written in 2014. Actual savings vary. Allstate Fire and Casualty Insurance Co. Northbrook, IL. © 2015 Allstate Insurance Co.

Since 2003 we have helped our neighbors Buy, Sell, or Build over 350 homes in Stapleton!

If you're thinking of buying or selling in the next year, call or email us for a **FREE Real Estate consultation** and custom valuation of your home. Each homeowner who receives a custom valuation this month will be entered into a drawing for a **\$50 Gift Certificate to Punchbowl Social**.

**Diana Kearns, REALTOR®**  
ABR, ASP, EcoBroker  
Certified Mountain Area Specialist  
Cell/Text: 303.598.2076 • Diana@KearnsTeam.com

**Michael Kearns, REALTOR®**  
CRS, GRI, GREEN  
Certified Mountain Area Specialist  
Cell/Text: 303.598.3468 • Michael@KearnsTeam.com

**303.670.6367 :: www.BuildingStapleton.com**

1873 S Bellaire St, #700  
Denver, CO 80222  
Main: 303.757.7474

Each Office Independently Owned and Operated  
Equal Housing Opportunity

**coaching for sustainable change**  
**Patricia Risch**  
Professional Certified Coach (PCC)  
20 years' international experience

**Personal Integrative Coaching**  
**FOCUS. GET CLEAR. CHANGE. BE HAPPY.**

**303.653.1072**  
pattirisch@gmail.com  
www.CoachingForSustainableChange.com





Correct form is important in martial arts. Here, Diana guides a student throwing a roundhouse kick. The new dojo will have classes for kids as well as adults when it opens later this spring.

themselves.” Her husband, Mike Ninomiya, echoes her vision, emphasizing the fundamental equality inherent to martial arts, and adding that at its core, training is about “the ability to transcend conflict and limitations; it’s about empowerment.” Empowerment is also their objective in establishing a nonprofit—Awaken—which will provide scholarships to low-income youth who wish to train. This desire to lift up others originates both in Diana’s history and in the ethical framework of “bushido,” the warrior code, which calls on one to behave morally and not just exercise power blindly. Diana is now a legal resident and, together with her husband, co-owner of the new Stanley location of Enshin. The literal meaning of “Enshin” is “heart of the circle,” but as Mike explains “it’s not just the one that pumps blood but also the one that connects us to everyone.” His father,

*Kancho* (grandmaster) Joko Ninomiya, emigrated from Japan in 1974 at the peak of his martial arts career. He embraced the freedom of expression unique to the U.S., and integrated the disciplined mindset of the samurai from his homeland when he created Enshin in Denver. Since establishing Enshin in 1988, people from around the world have come to train and compete each April in the World Sabaki Challenge. *Sabaki* describes the ability to efficiently use an opponent’s energy and momentum against them. Diana took second place in the World Sabaki Challenge merely three months after giving birth to her son in 2016, but when asked, she proclaims without hesitation “Being a mom has given me the most strength.” Dreamer, mother, and warrior, Diana soon adds the title of entrepreneur to this list with the opening of the Stanley dojo.

WE'RE REDEFINING

# Efficiency.

Z.E.N. 2.0 at Beeler Park  
from the low \$600s

Luxurious Design, LEED Certified, Zero Energy Performance and TESLA Powerwall.  
Living efficiently doesn't mean giving up luxury. In fact, we think they go hand in hand.

Homes that do more.

For an exclusive tour of The Z.E.N. Collection in Stapleton, call Todd at 303.665.6100.

**ThriveHomeBuilders.com**

**EFFICIENT. HEALTHY. LOCAL.**

## Welcome to Holy Week and Easter at Augustana!

| March 25            | March 29         | March 30      | April 1                      |
|---------------------|------------------|---------------|------------------------------|
| Palm Sunday         | Maundy Thursday  | Good Friday   | Easter                       |
| Worship             | Worship          | Worship       | Worship                      |
| 8 a.m. • 10:30 a.m. | 11 a.m. • 7 p.m. | Noon • 7 p.m. | 8 a.m. • 9:30 a.m. • 11 a.m. |

**Augustana**  
LUTHERAN CHURCH

Sunday Worship: 8 a.m. | 10:30 a.m.  
5000 E Alameda Ave | Denver CO 80246 | 303-388-4678 | [www.augustanadenver.org](http://www.augustanadenver.org)

## Board-Certified Orthodontic Specialists for Children and Adults



Convenient new Park Hill location just blocks from McAuliffe International School. Brace yourself for a beautiful smile!  
**303-498-0351 | [www.nestmaneng.com](http://www.nestmaneng.com) | 2206 Kearney St**



Front Porch – NE Denver

## Get to a healthier PLACE.™

**March Madness!**  
Bring this ad to the Northfield location in March & pay no enrollment fee when you join!

Always open

Welcoming environment

Friendly support

9165 E. Northfield Blvd.  
Denver, CO 80238  
720-242-9948  
[anytimefitness.com](http://anytimefitness.com)

\*Offer valid with a minimum 12 month membership agreement at participating locations only. Terms and conditions may vary based on applicable state laws and regulations. Monthly dues still apply. Each location is independently owned and operated. Expires 03.30.18 ©2015 Anytime Fitness, LLC



# BLADIUM<sup>®</sup>

## SPORTS & FITNESS CLUB

# INNOVATE YOU

## \$0 Enrollment\*

\*Offer good on a 12-month term membership only with first month's dues. Offer ends 03/31/2018.

P 303.320.3033  
2400 Central Park Blvd.  
Denver, CO 80238  
**BLADIUMDENVER.COM**

# be well Leader Alisha Brown Gets Statewide Recognition

By John Fernandez

Alisha Brown, senior vice president at the Foundation for Sustainable Urban Communities (formerly called the Stapleton Foundation), has been named one of Colorado's "Most Influential Young Professionals." She says, "My passion my entire career has been around engaging people and creating solutions to address the challenges found in our community."

Brown has headed up the *be well* Health and Wellness Initiative since it began in 2003 under the name Healthy Neighborhoods Initiative. The name changed in 2006 to *be well*. The organization's vision is for a "culture in which all people have an equal opportunity to achieve the health they desire, regardless of their race, income, gender, or location."



Alisha Brown  
Photo courtesy of Alisha Brown

*be well's* staff of 10 provides services in six neighborhoods: Stapleton, NE Park Hill, Greater Park Hill, East Montclair, NW Aurora and Montbello. *be well's* "signature program" is the Block Captain program in which adult and youth volunteers receive training in how to advocate for health equity within their communities. *be well* has centers in area four public recreation centers where they provide programs and services that include cooking and nutrition classes, fitness programming, health screening fairs and enrollment assistance

for food (SNAP) and health (Medicaid). With a budget exceeding \$850,000, *be well* is a major part of the Foundation's total program. *be well* is funded almost entirely by grants from organizations such as the Colorado Trust, Piton Foundation and the Centers for Disease Control and Prevention.

## Vaping

(continued from page 15) **Schools**

Research by Lippert shows that school settings are a significant predictor of vaping behavior in adolescents. "Students who attend schools where vaping is more...common are not only more likely to vape, but they're less likely to see significant harm associated with vaping, they're less likely to view e-cigarettes as habit-forming devices and, among those who haven't done vapes...they're more likely to anticipate vaping in the future," he noted. In other words, a permissive or tolerant school culture can promote vaping behavior in adolescents.

But there is much that can be done to combat vaping culture in schools. "First, we need to get the information out there that vaping is not a safe alternative to smoking, especially for young people," said Thurstone. "We need to follow it up...figure out why they're doing it and what can be done with it. We know for a fact that behavioral interventions around smoking for young people are effective...you motivate kids to make positive change and you give them skills to make that change."

## Park Hill Golf

(continued from page 18) Washington Clayton, Denver's pioneer real estate tycoon, was found unresponsive on his office floor. His death two days later began the saga of Colorado's most ambitious attempt to help underserved children.

To the surprise and disappointment of relatives, Clayton left the bulk of his \$2 million estate to establish the George W. Clayton College. When opened in 1911, this state of the art, architecturally splendid campus occupied a sizable, 270-acre chunk of northeast Denver. Today, the handsome red sandstone buildings, now a designated Denver Landmark District, still grace 20 acres of land at the northwest corner of Colorado Blvd. and MLK Blvd.

Originally established for "white male orphans of reputable parentage," Clayton College has evolved into an early learning institution serving all races and genders. Over one hundred years after George W. Clayton envisioned this institution, he would take great pride in how his dream has evolved into a modern, pacesetting haven for our neediest children.



Hi, my name is Amina, which means trustworthy & reliable.

My dad named his business after me. We're both a lot of work, but we're worth it!

Trustworthy & Reliable  
Mechanical & Collision Car Care

- One block east of Stanley Marketplace -



303-321-8880

# 20% OFF\*

## Full-Service Window Cleaning

"Windows so clean you'll forget they're there!"

www.reflectionwindows.com  
303.426.4474

\*The full-service window cleaning experience includes interior, exterior, screens and tracks. Up to 15 windows for \$139, \$7 for each additional window.



# Convenience Helps in Achieving Fitness Goals



Left: Scott Lewis demonstrates a piece of equipment while his wife and business partner, Kim, watches. The Lewis's co-own the Northfield gym and plan to open another location in Green Valley Ranch.  
Right: Gym members can follow a customized fitness plan and work out 24/7, 365 days a year.

By Anne Hebert

Flexibility and convenience create the foundation for customer-focused fitness at the new Anytime Fitness gym location. With limited fitness options in the Northfield area, owners Scott and Kim Lewis felt the neighborhood was a great fit for a community-oriented gym.

The Lewis's met while working in higher education at the University of South Carolina. Kim has a background in fitness and wellness and Scott's experience includes risk management. "We really love working together," Scott says. "After moving to Colorado, we looked for another business venture we could pursue together."

As Anytime Fitness members themselves, the Lewis's were familiar with the business model. They bought the franchise rights for their Northfield gym and for Green Valley Ranch, the site of their next location.

The gym is open around the clock, seven days a week, 365 days per year. Designed to accommodate all fitness levels, the 3,600 square foot indoor space and 1,200 square foot outdoor patio offer clients the flexibility to work out according to their schedule. With 45 Anytime facilities in Colorado, and over 3,000 franchised locations in 20 countries, members can use Anytime Fitness gyms away from home, adding to the convenience factor for those who travel for work or play. Kim explains, "We are dedicated to helping motivate and inspire clients by helping them create a customized overall fitness plan that will help them reach their goals."

An initial fitness consultation provides direction for client workouts and instruction for proper use of the equipment. Staff is on hand to answer questions and each piece of equipment has a

QR code that members can scan with their smart phone for an instructional video. The Anytime Fitness app can be downloaded for users to track their progress and obtain information about wellness and nutrition.

Kim notes that while convenience is important, so is the security and safety of their clients. With a state-of-the-art security system in place, clients can feel entirely safe in the facility at any time of the day or night. Members use a key fob to "swipe in" says Kim. Not only does the fob system provide secure access, it also helps clients track the number of times they work out each month.

The gym is located at 9165 Northfield Blvd. For more information about membership and pricing, call 720.242.9948. For information about gym locations and the Anytime Fitness app, visit [www.anytimefitness.com](http://www.anytimefitness.com).

## Spring Into A New Home The Wolfe & Epperson Team



2730 Clinton Street  
Stapleton  
**NEW LISTING**  
\$1,545,000

- Exceptional custom home
- Unparalleled mountain views
- Gourmet kitchen with Sub-Zero & Wolf appliances
- Stunning master retreat with private balcony and spacious dressing room and spa-like master bath
- Steam shower, towel warmer, and a chromotherapy-equipped tub
- Oscar-worthy home theater with full bar and wine room
- Fully functioning outdoor kitchen, hot tub and fire pit
- 3 attached garage spaces



2070 Dahlia St  
Park Hill **New Listing**  
\$799,950  
3+1 Bed, 4 Bath  
2,750 Fin Sq Ft-7800 Sq Ft Lot



2519 Dahlia St  
Park Hill  
**SOLD**



9034 E 51st Ave  
Stapleton  
**SOLD**



6098 Beller Crt  
Stapleton-Beeler Park  
**SOLD**  
New Construction  
\*Represented Buyer \*\*Building Rendering

WE have Coming Soon! Contact us TODAY for more info and market timing.

**Selling Stapleton since take-off!**

Judy Wolfe & Jay Epperson  
303.886.6606 | [www.wolfe-epperson.com](http://www.wolfe-epperson.com)



## STAPLETON ORTHODONTICS

KAREN FRANZ D.D.S., M.S.

Orthodontic Care for adults and children

# We'll make you smile.

**invisalign® preferred provider**



**303.31.ORTHO** (303.316.7846)

[www.stapletonorthodontics.com](http://www.stapletonorthodontics.com)

2373 Cental Park Blvd., Suite 302, Denver, CO 80238



# The SUN Spot

The independent voice of Stapleton

Brought to you by Stapleton United Neighbors



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](http://www.stapletonunitedneighbors.com). To contact SUN or confirm meeting time, email [stapletonunitedneighbors@gmail.com](mailto:stapletonunitedneighbors@gmail.com)

## March SUN News and Events

Amanda Allshouse, President,  
Board of Directors Stapleton United  
Neighbors

With contributions from Geoff Horsfall,  
Mandle Rousseau, and Jeff Ederer

### Sustainable Neighborhoods Program, March 14, 6:30-8:30pm, Central Park Rec Center

The Stapleton Sustainable Neighborhoods Program team will be hosting its first project planning meeting on March 14 from 6:30–8:30pm. The workshop will be held at Central Park Rec Center. The Sustainable Neighborhoods Program is a certification program that offers resources and support to neighborhoods seeking to organize workshops, projects, and events that enhance the livability of their neighborhood and reduce residents' ecological footprint. Participating neighborhoods earn program credits for their efforts while the city provides in-kind resources, such as printing, venue and catering fees, and staff time to support projects.

<https://www.sustainableneighborhoodnetwork.org/sustainable-neighborhoods-denver>

Please contact Geoff Horsfall at [geoff.horsfall@gmail.com](mailto:geoff.horsfall@gmail.com) with questions.

### SUN Outreach Meeting, Tuesday March 20, 6:30pm-7:30pm Central Park Rec Center

The hour will begin with updates from our Denver Police Department Community Resource Officer.

The SUN Outreach Meeting for March will focus on topics of sustainability. The action items from the Sustainable Neighborhoods Program kick-off (2/28) and initial project planning meeting (3/14) will be reviewed and organizers will detail opportunities for community members to participate in upcoming projects.

### Recruiting SUN Board Members

Each year at the annual community forum (in 2018: May 15 6–8pm, The Cube) a slate of candidates comprising half of the 15 seats on the SUN board are voted on by the community. A nominating committee of the SUN board selects the candidates who will appear on the slate, these members will serve a 2 year term. A resident interested in participating should please attend SUN's third Tuesday meetings in-person, and send a short description of background, interests in the community, and how those would combine through service on the SUN board [StapletonUnitedNeighbors@gmail.com](mailto:StapletonUnitedNeighbors@gmail.com). SUN strongly supports the principles of diversity and equity. We encourage partic-

ipation from women, ethnic minorities, persons with disabilities and all veterans.

SUN board members participate in the purpose and mission of SUN centered on addressing problems and building community in ways that improve the quality of life for the residents. The purpose is to provide a forum for residents to participate in fostering a vibrant urban community dedicated to social equity, environmental responsibility, and economic opportunity. The mission is threefold, 1) to facilitate problem discussion and solving for issues that arise among residents, 2) foster a network of communication, and 3) provide a means of acting on matters of importance to the community as a whole. SUN board members encourage and promote open communication between residents in the community, between residents and the City and County of Denver, and between residents and entities with a local presence on subjects of importance to the community at large.

Responsibilities of each board member include:

Leading or facilitating the communication of information relevant to members of the our community or relevant governmental and non-governmental entities that impact the community,

Clear and ongoing communication with the board and community members,

Attendance at the board meeting each of 10 calendar months (up to two absences in a year with provide advance notice are accepted), and

Contributing to the SUN mission through at least one area of responsibility beyond meeting attendance. Examples include serving on a committee, representing SUN in other meetings, writing the SUN Spot in the *Front Porch* newspaper, or leading the completion of an ad hoc project.

### Community Day of Reflection Sat., Apr. 21, 12:30–4:30pm, Sam Gary Library

This day will bring an exploration of and a chance to think more deeply about our history, in particular the name Stapleton. Professors Albert Broussard (Texas A&M University), Robert Goldberg (University of Utah), and Geoffrey Hunt (Aurora Community College) will present, followed by discussion moderated by Professors Rebecca Hunt (University of Colorado at Denver) and Patty Limerick (State Historian). Principal learning objectives are: 1) a recognition of the distinctive features of the KKK in the 1920s and the American West; 2) a grounded understanding of the relationship between Benjamin Stapleton and the KKK; and 3) a chance to think carefully about the ways that citizens in a democratic republic can—with civility and openness—reflect on the wisest and most productive ways to respond to the complex stories we inherit from the past. This event is free and open to the public.

### Community Vote on Change to SUN by-laws at Community Forum May 15, 2018 6–8pm, The Cube

At the annual forum (5/15), residents in attendance will vote via paper ballot on a proposed bylaw change to remove the word “Stapleton” from the organizational name Stapleton United Neighbors. The SUN board of directors will vote at the March 20 board meeting on the language that the community will vote on in May. That language will be posted in the April *Front Porch* SUN spot.

### Block Party Pilot Concept

SUN is collaborating with the Department of Justice to encourage intentional community dialogues on race. If interested in helping to design a pilot program for neighbors on each block to embrace diversity and find a deeper connection on block party day, please contact SUN: [StapletonUnitedNeighbors@gmail.com](mailto:StapletonUnitedNeighbors@gmail.com).

# FREE COMMUNITY SHRED

Saturday, April 21 @ 9 am - Noon

Please come and join us for our Free “Document Shredding Event” to Reduce Identity Theft! Bring all your personal & business documents to safely dispose of your information.

( Open To The Public )

AVAILABLE UNTIL TRUCK IS FULL

303.321.0455

7505 E. 35TH AVE 360, DENVER

[WWW.MOMENTUMREALTYCOLORADO.COM](http://WWW.MOMENTUMREALTYCOLORADO.COM)

## DART auto

# PORSCHE Volkswagen Audi • BMW • MINI

## Full Service Repair

Dealer Quality Service for Less

4801 Monaco St • [dartauto.com](http://dartauto.com) • 303-296-1188

Free Shuttle to Stapleton & Park Hill

Loaner Cars Available!

Mention this ad and receive 10% off your 1st service

LAUGH • LIFE SKILLS • POSITIVE INFLUENCES • PLAY •

# SUMMER CAMP!

June 4-Aug. 3

Youth Camp: Ages 6-10  
Mon-Fri • 7 a.m. – 6 p.m.

Adventure Trek: Ages 11-15  
Mon-Thur • 7 a.m. – 6 p.m.

State-licensed and CCAP-approved.  
Low child to staff ratios. Just minutes away in Commerce City!

Enrollment is open.  
Space is limited.

[c3gov.com/camp](http://c3gov.com/camp)  
303-289-3789

NEW EXPERIENCES • LIFELONG MEMORIES • EXCITEMENT • CREATIVITY • POSITIVE INFLUENCES • MOTIVATION • STAYING ACTIVE • SELF ESTEEM • FRIENDSHIP • LEADERSHIP • TEAM BUILDING • PLAY •

# ACUPUNCTURE

Treating: Pain • Allergies • Stress, Anxiety & other Emotional Complaints  
Digestive Ailments • Women's Health Issues • Children's Health

New Day Acupuncture, 2840 Xanthia Ct. - Bruce Stoeber, L.Ac. - Serving Stapleton since 2005  
Free consultation • Herbal pharmacy • 720-838-7918 • [www.acupuncture-in-denver.com](http://www.acupuncture-in-denver.com)

## LOCAL SERVICE PROJECTS & VOLUNTEERING

Learn about the Rotary Club of Denver Stapleton and the many opportunities to give back to your community.

Weekly breakfast meetings and monthly happy hours  
Details at [www.facebook.com/DenverStapletonRotaryClub](http://www.facebook.com/DenverStapletonRotaryClub)



# Letters to the Editor

## Integrated schools at the core of DSST Public Schools

In the Feb. 1 article, “Local Schools Leading the Way in Integration,” we were satisfied to read about new efforts in the Greater Park Hill and Stapleton communities to push for more integrated schools. As educators, we’re encouraged that our colleagues understand the moral imperative of serving students from all backgrounds.

However, as leaders of schools that were founded on educational equity for all, we were disappointed by the failure of the article to mention schools that have been doing this work for years and achieving outstanding results. Our DSST: Conservatory Green and DSST: Stapleton campuses proudly serve diverse student populations, both in terms of race and socioeconomic backgrounds. Since our founding in 2004, we have committed to serve as many free and reduced lunch (FRL) students as non-FRL students. In a district where almost 70% of the student population is considered FRL, this is the only thing that makes sense. We purposefully create equal opportunities, with a floor of 50% of our seats reserved for students who qualify for FRL.

Our Conservatory Green and Stapleton middle schools campuses, both comprising two-thirds FRL students, consistently rank among Denver’s top middle schools. And DSST: Stapleton High School is ranked as one of the top high schools in the state. Our FRL students (53%) scored an average of 1111 on the 2017 SAT, the highest average score in Colorado for that group. And our non-FRL students scored an average 1274. Both were well above the state average of 1014. We’re certain our new DSST: Conservatory Green High School will achieve similar results.

DSST actively works toward building school communities where every student develops a strong sense of self while also understanding and appreciating the community to which they belong. Students and staff gather every day for “Morning Meeting,” where they celebrate the campus community, participate in team-building activities, and support each other in a visible and vibrant ways. We also have students participate in Advisories, small-class gatherings where they closely interact and learn from their peers on a daily basis.

The result: High-performing schools where all students excel. DSST campuses are proof that integrated schools work. As School Directors, we applaud the neighborhood’s efforts to step up in this realm, and hope this will be only the beginning of not only serving a diverse student body but also ensuring an equitable and exceptional educational outcomes.

John Clark, DSST: Conservatory Green Middle School  
Jeff Desserich, DSST: Stapleton High School  
Adeel Khan, DSST: Conservatory Green High School  
Dan Sullivan, DSST: Stapleton Middle School

## Ensure all points of view on Stapleton name change

I am concerned that the decision on eliminating the Stapleton name from our community is being controlled by a very small group of individuals, including many who don’t reside in Stapleton. A survey by the Stapleton United Neighbors revealed that two-thirds of respondents did not want a name change. Yet this small, vocal group continues to insist that our community bend to their will.

One of my concerns is the clouding of the issue with information that really has no place in a discussion which should be fact based. An example from the recently held Listening Session:

A woman said she was frightened while walking in Stapleton because someone was walking behind her on the same sidewalk – Perhaps his house was in that direction. Her fear is an example of the frenzy that opponents of the Stapleton name have whipped up and really has nothing to do with the name of our community. If she only feels safe if no one is walking on the same sidewalk, she is never going to be able to leave her house.

So many of the arguments for the name change focus on nebulous, vague claims that the change will foster more positive attitudes about inclusion and diversity. There are just a few, fact-based statements that should be considered:

- a. Stapleton joined the KKK when he was a young man.
- b. That KKK membership probably got him votes when he ran for the mayor’s office
- c. After winning the election, Stapleton renounced the KKK and fired the KKK associated head of the police department.
- d. The KKK, in turn, renounced Stapleton and that probably cost him some votes in the next election

Those are the facts and we are left with one question: Does Stapleton deserve credit for changing his mind and leaving the KKK or is there no redemption for having once belonged to the group. All the other arguments are merely a distraction from the key points of the discussion. All major religions honor redemption, so it seems that concept should be part of this discussion

Justice Hugo Black, who also belonged to the KKK when he was younger, later renounced it and

became a civil rights champion as a judge and Supreme Court Justice. He is credited with playing a vital role in passing civil rights legislation that did so much to move our nation away from bigotry. It seems that, if we are going to forgive Justice Black for his youthful mistake and honor him for changing, then Stapleton also deserves credit for his redemption. Respecting Stapleton for changing his mind is a positive example for all our children—that people can and do change and become a better person.

Thanks,  
Bert Singleton

## SERVICE DIRECTORY

### BUSINESS SERVICES

**ALWAYS HAULING INC.**  
Est. 1997 Free estimate. Furniture/Appliance removal Property cleanouts Commercial/Residential Susan G. Komen Partner: 720-373-5700  
**JUNK/TRASH HAULING 1/2 price 303-525-5421 Tad**

### DESIGN/REMODEL/HANDYMAN

**BASEMENTS** Best Builders-Best in Quality and Design at truly affordable prices. Call Jim at 720-276-7704

**HOME RENOVATIONS/REPAIRS-** Painting, Plumbing, Electrical, Tile, Drywall, Wood Floors. Prices Can't Be Beat. B&D Renovations 720.404.2649

**LIC. GC. Finish Carpentry, Remodeling, Home Repairs.** Small difficult jobs welcome. 31 yrs in Park Hill. Peter 720-291-6089

### ELECTRICAL/PLUMBING

**MASTER PLUMBER –** Mr.Plumber, Est.1978, Licensed, best prices, credit cards ok. Jeff 303-523-6652  
[www.mrplumberdenver.com](http://www.mrplumberdenver.com)

**PLUMBING -** Brugman Plumbing- I show up on time. I do it right. I don't price gouge. Larry- 303-935-6348

### HOME SERVICES MISC

**WINDOW & GUTTER CLEANING-** Also offering House Cleaning. Bob Starr 303 329 8205

### HOUSECLEANING

**HOUSECLEANING-White Magic-Excellent rates and references.** Weekly, monthly, one-time only. 720-371-3290

**PROFESSIONAL HOME CLEANING.** Stapleton homeowner has a few spots available. References available. Free estimate and free cleaning of fridge or oven on first cleaning. Please text Madelenye at 720-291-9654 or visit [www.myeprofessional-cleaningservices.com](http://www.myeprofessional-cleaningservices.com)

### PAINTING

**PAINTERS-Int./Ext. repairs, ins.Refs.** Owner works on site with small, highly skilled crew. Craftsmanship and integrity for 33 years. Call Mike 303 388 8151

**PAINTING-Affordable, Exceptional Results** 303-474-8882 / 720-338-1453 – [www.jcspainting.net](http://www.jcspainting.net) – Stapleton References

### PROPERTY MANAGEMENT

**PROPERTY MANAGEMENT, LEASING AND SALES –** Call John Carranza Central Park Realty, LLC 303.489.6196 or [www.stapleton360.com](http://www.stapleton360.com)

### HOMES FOR SALE

**FIX-UP HOME? CASH OFFER!** We Buy Fix-ups. Cash Offer, No Commissions. Call 303-321-SOLD (7653)



Spring  
*has sprung*

SADLY, SO HAS  
ALLERGY  
SEASON



[www.stapletonpeds.com](http://www.stapletonpeds.com) | 2975 Roslyn St., Unit 100 | Denver, CO 80238 | 303.399.7900

## Neighborhood SUBARU Service

**SUBA PERFORMANCE**

3921 Niagara St, Denver 80207  
720-261-4709  
[subaperformance.com](http://subaperformance.com)

In Business  
for 23 Years



## HOUSE CLEANING

Stapleton and Park Hill References

Detail Oriented • Ironing Included • Window Washing • Carpet Cleaning • Bonded & Insured • Offices/Apts./Homes • Park Hill Resident • [paulinaleon22@hotmail.com](mailto:paulinaleon22@hotmail.com)  
**#1 IN CLEAN: Paulina Leon 720-628-6690 or 303-719-2456**





Frank Krell, DMNS entomologist and curator, stands underneath a giant model of a firefly. "The science behind bioluminescence does not explain its enchantment away, rather it makes these phenomena even more fascinating."

By Laurie Dunklee

All that glitters isn't gold—it might be a bug or a fish. The Denver Museum of Nature and Science (DMNS) celebrates all living things that blink, glow, flash and flicker at its *Creatures of Light* exhibition, through June 10. From microscopic bacteria to creepy predators in the ocean's depths, the presentation explores the world of bioluminescence and biofluorescence: organisms that generate their own light or

reflect light.

"Many of us have seen lawns full of fireflies at night, though perhaps not here in Colorado," said Frank Krell, DMNS entomologist and curatorial advisor for the exhibition. "Colorado does have fireflies—which are actually beetles—but not many of the kind that light up. Fireflies are more numerous in humid areas because they eat snails and slugs. We're too dry in Colorado, although you might see them in irrigated areas or near creeks

# Creatures of Light

The anglerfish attracts prey with its built-in lure that pulses with light. If another fish gets too close, it's a meal.



on warm summer nights."

How do fireflies and other living things produce light? "It's a chemical process," Krell said. "In the firefly's abdomen, specific enzymes work in the presence of oxygen to produce light."

A wide variety of both terrestrial and marine creatures can produce or reflect light. Organisms use a variety of body parts to emit light in different colors and for different purposes, but the mechanism is much the same, Krell said.

In *Creatures of Light*, visitors move through a series of re-created environments, from the familiar to the extreme, to show light-producing organisms as different as mushrooms and scorpions. "This show will be a family favorite because it engages kids in so many activities," said Maura O'Neal,

communications and media relations manager at the museum. "Even infants will like it because of the lightshow."

The exhibit immerses visitors into semi-darkness to explore the variety of



## The Tolan Real Estate Companies "Prepare To Be Treated Like Family"



NMLS# 331226



Call Today on our  
Spring Listing Special!

303-888-0006  
jess@tolanrealestate.com  
www.denversluxuryrealestate.com



Kenny Plank, Agent  
7505 E 35th Avenue Unit 350  
Denver, CO 80238  
Bus: 303-377-1757  
kenny@kennyplank.com

Get a new  
lease on  
renters  
insurance.

Just pennies a day.

Did you know your landlord's insurance only covers the building? Protect your stuff. There's no reason to take a chance. Like a good neighbor, State Farm is there.<sup>®</sup>  
CALL ME TODAY.



0901142.1

State Farm Fire and Casualty Company,  
State Farm General Insurance Company, Bloomington, IL





In the dim waters of the mid ocean, hatchetfish glow along their undersides. By matching the faint sunlight filtering down from the sky, the fish camouflage themselves against predators lurking below. Reflectors and filters direct and adjust the fish's light.



The stoplight loosejaw uses its pulsing red light to spot a red shrimp and catch it in its extendable 'loose' jaw. Since it is almost the only fish to both produce and see red light, the shrimp can't see it.



The deep-sea siphonophore may look delicate, but it is a predator that paralyzes and devours its prey. This recently discovered species entices fish to drift into its clutches with red-glowing lures that, to a fish, may resemble plankton.

ways living creatures use bioluminescence and biofluorescence. "The light may be used to attract a mate, to lure prey, or to defend against predators. Some creatures use it to be invisible to predators," Krell said.

He said some species of fireflies communicate with specific flash patterns to signal their availability and attract potential mates. "Predators can imitate the pattern to attract prey."

Millipedes in the *Motyxia* genus glow with an eerie green color.

"The millipede produces cyanide. It lives at night and it glows to signal to predators that it is not safe to eat," said Krell.

Most bioluminescent organisms live in the world's oceans, from the shallows to the deep sea floor. "Ocean creatures produce light to communicate. Blue light goes deep, while red light is filtered out," said Krell.

Brittle stars, related to starfish, light up in blue or green when grabbed by a predator. "If the predator swallows the brittle star, it will glow, making it visible to larger predators," Krell said. "So the predator spits it out."



A coral reef during the day (top) and at night when lit. The vivid fluorescent colors only appear under certain wavelengths of light. Visitors can highlight portions of the coral and switch from white light to UV light to see how it changes color.

Interactive sections include a re-created Puerto Rican lagoon full of plankton that light up as visitors walk across it. Kids can peer into the darkness of a New Zealand cave to see glowworms, like long strands of stars.

"Glowworms produce blue light to attract insects into the cave," Krell said.

Live organisms in the exhibition—including a scorpion, bacteria and fungi—demonstrate biofluorescence. Biofluorescent organisms absorb light and transform it into a different color. In the ocean, blue light penetrates through the water, where some organisms absorb it and emit light at a lower energy, such as green or red. A "Does it Glow" activity lets visitors test everyday objects for fluorescence.

A tank of live GloFish demonstrates how fluorescence may help detect pollution and be used for medical research. "With cellular tagging, we use fluorescent proteins to see what living cells are doing. It helps us understand

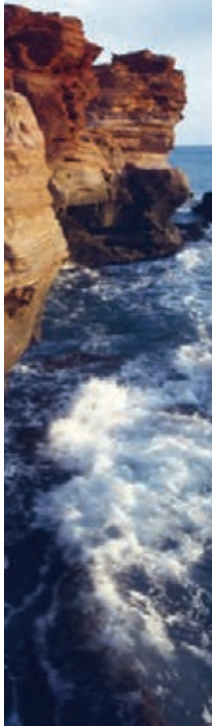
more about Alzheimer's and cancer," said Krell.

For more information see [dmns.org/creatures-of-light](http://dmns.org/creatures-of-light).



A 13-foot-tall model of a jack-o'-lantern mushroom is approximately 40 times its actual size. Mushrooms glow to attract insects, which eat and then spread the mushrooms' spores.

# WANT TO HEAL FASTER?



Anxiety, depression, PTSD, and other struggles are often the result of past emotional wounds. Why meet once a week for months or years when you can work through these wounds in days or a few weekends in a private, intensive therapy retreat?

Trauma Resolution Colorado  
Todd Harrison, LPC  
720-384-3498

390 S. Potomac Way, Suite C  
Aurora, CO 80012  
[traumaresolutioncolorado.org](http://traumaresolutioncolorado.org)

# No Time For Diets?

Get the doctor's guide to weight loss for busy professionals like YOU who have no time to waste!

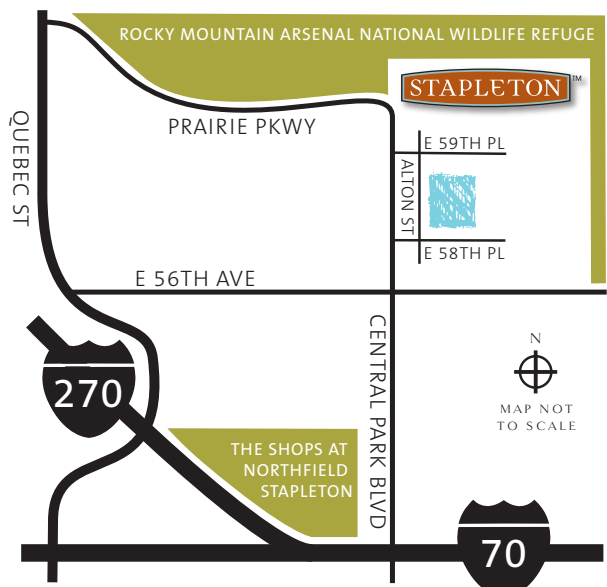
Get a step-by-step PLAN that easily fits into your schedule!

Call NOW for a **FREE** Strategy Session and Metabolic Profile (\$295 value)  
**303-321-0023** or Schedule Online at  
[www.DenverWeightLossClinic.com](http://www.DenverWeightLossClinic.com)



\*Offer expires 3/31/18





5876 Alton St, Denver CO 80238



**BOULDER CREEK**  
NEIGHBORHOODS™

- Low-Maintenance Homes
- Patio Homes
- Main Floor Master
- Main Floor Laundry
- Free-Time
- 1,520 - 2,830 Fin Sq. Ft.
- 2 - 4 Bedrooms
- Finished Lower Levels
- Quick Move-In Homes
- From the mid \$400s



**720-726-1785 • LiveStapleton.com**



\*THIS DOCUMENT DOES NOT CONSTITUTE A LEGAL CONTRACT. SEE A BOULDER CREEK STAPLETON SALES REPRESENTATIVE FOR HOA DETAILS INCLUDING MAINTENANCE SPECIFICS, LIMITATIONS AND DUES. ALL PRICING, AVAILABILITY AND SPECIFICATION ARE SUBJECT TO CHANGE WITHOUT NOTICE. SQUARE FOOTAGES ARE APPROXIMATE. BOULDER CREEK RESERVES THE RIGHT TO CHANGE, ALTER, DISCONTINUE OR ADD HOMES TO OUR PRODUCT OFFERING AT ANY TIME. © BOULDER CREEK BRANDS LLC 2018