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APRIL 2018



Local Students Join National Walkout

Local students, like these from Northfield High School, participated in a national student walkout on March 14 to protest gun violence and call for better gun control, school safety and mental health resources.

By Melinda Pearson

On March 14, students across the country walked out of their schools to protest the deadly school shootings that have taken the lives of so many U.S. schoolchildren. Participants promoted increased gun control, school

safety measures and mental health services to protect students from further violence.

Locally, students across Northeast Denver also led walkouts, each unique. Students from East High School and Denver School of the Arts made a

(continued on page 10)

Dead Sea Scrolls



The Dead Sea Scrolls, 2,000-year-old manuscripts found in the Judean desert, are drawing crowds to the Museum of Nature and Science. The rare exhibition of 10 scrolls and 600 ancient artifacts is on display through Sept. 3. The writings include the oldest-known fragments from the Hebrew Bible, as well as documents about the customs of ancient Israel. Story by Laurie Dunklee on page 30.

"Play Ball"



Bruce Hellerstein stands at the door of The National Ballpark Museum located on Blake St., a block west of Coors Field. A Rockies game and visit to this treasure trove of memorabilia would satisfy the most baseball-hungry fan. Story by Dick Kreck on page 18.

Fifty years ago, on April 4, 1968, Martin Luther King, Jr. was assassinated. The day before, he gave his last public speech in Memphis, Tennessee, known as "I've Been to the Mountaintop." Although the specifics of the occasion related to supporting striking sanitation workers in Memphis, his speech ranged widely, reflecting on the sweep of his history and, ironically as it would turn out, his own mortality. But his message seems more pertinent than ever today:

"Let us rise up tonight with a greater readiness. Let us stand with a greater determination. And let us move on in these powerful days, these days of challenge to make America what it ought to be. We have an opportunity to make America a better nation."

"Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now. I just want to do God's will. And He's allowed me to go up to the mountain. And I've looked over. And I've seen the Promised Land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the promised land!"



The MLK monument was the first to memorialize an African American on the National Mall in Washington DC. It opened to the public in August 2011.

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

LETTERS TO THE EDITOR

We welcome your letters. Send to Carol@FrontPorchNE.com

Events & Announcements at Stapleton



Decades of Dance at The Cube

Thursday, April 5th, 6:30pm, The Cube

Join us at the Cube in April for our concert and dance event, Decades of Dance! There will be music, dancing and a concession stand selling drinks!

Wine Education Series

Wednesday, April 11th, 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. Visit stapletoncommunity.com to purchase tickets. Must be 21 to attend and no refunds are allowed.

Game Night at the Cube

Friday, April 13th, 5:00-9:00pm, The Cube

Come to The Cube for game night! 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.

Screenagers

Thursday, April 19th, 7:00pm, The Cube
Screenagers is about the impact of the digital age on children and how to help families minimize harmful effects and find balance. This film will be shown at the Cube on Thursday, April 19th. Tickets are not needed.

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, April 21st 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!

Non Resident Swim Team & Swim Lesson Registration

Wednesday, April 25th, 12:00pm

Non-residents can register for the Stingray Swim and Dive teams on Wednesday April 25th at noon as well as swim lessons. Visit www.stapletoncommunity.com for more information and how to register.

Trivia Night at the Cube

Friday, April 27th, 7:00-9:00pm

Come to The Cube on Friday, April 27th for our 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!

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, April 12th, 6:45-7:45pm

Native Americans of Colorado

Join Active Minds as we tell the stories of the original inhabitants of Colorado. From Mesa Verde to the high plains, we will trace the civilizations of the Ute, Cheyenne, Arapaho, Pueblo and other tribes as we seek to understand Colorado's Native American history and legacy.

Thursday, April 26th, 6:45-7:45pm

Cuba: Past, Present & Future

With U.S. policy toward Cuba currently at a potential inflection point, join Active Minds for a past, present and future look at our communist neighbor to the south. We will cover Castro's revolution, the Bay of Pigs, the Cuban Missile Crisis, Guantánamo Bay and current implications of the change in U.S. policy.

2018 Event & Aquatics Sponsorships

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

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.

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.

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

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Social Workers Join Cops on Patrol

By Melinda Pearson

Intersections between mental illness and crime have been prominent in the news lately. Law enforcement officers and high school students are among those who’ve been killed by perpetrators with a history of mental illness. But even in garden-variety crises, mental health issues impact victims, perpetrators, families and communities.

That’s why Denver Police Department (DPD) partnered with the Mental Health Center of Denver (MHCD) to provide mental health support through a co-responder program, where licensed clinicians are paired with patrol officers. The teams work together to address emergency calls where mental health services can help.

The program aims to divert those experiencing a mental health crisis away from jail and towards behavioral health services that can help prevent future crises.

Since its inception in 2016, co-responder teams have responded to approximately 1,200 calls a year. “In

the past two years, it’s only been about a three percent arrest or citation rate,” said Chris Richardson, the MHCD program manager. “About 33 percent of individuals we’ve had contact with have actually been brought into formalized treatment.”

Samantha Rabins, a licensed clinical social worker, has been working with the unit since its inception. Like the other three clinicians who currently staff patrols, she works in three-week rotations across the district, from 10am to 10pm. “That allows us some time to do follow ups in the morning, referrals we get from officers or other community agencies...or just follow-ups with people we meet personally in the community,” said Rabins.

In District 5, Lt. Ian Culverhouse said, “We’ve reduced the calls for service because



When social workers like Samantha Rabins (left) are paired with police officers, they can help “bridge the gap to help us resolve whatever situation is at hand,” says Lt. Ian Culverhouse (right).



As Lt. Ian Culverhouse looks on, social worker Samantha Rabins explains how her work with the police can help reduce repeat 911 calls by connecting people to the long-term resources they need.

of this program. If they’re not out on calls, they’ll be making phone calls, working on their case files, really follow-up.” As a result of this follow-up, unnecessary 911 requests from repeat callers have been reduced, according to Rabins.

The co-responders typically ride with an officer for eight hours a day, addressing situations where the services of a social worker seem most needed. Issues might include domestic violence, suicide threats and welfare checks. “A lot of people, when they’re in crisis, even if it’s not criminal, the police are there. That’s who they call,” said Rabins.

Having a social worker along on calls also helps law enforcement officers. “It disarms people. Sometimes the uniform can increase anxiety,” said Culverhouse. “So when they see a civilian partnered with us, it really helps bridge the gap to help us resolve whatever situation is at hand.”

District-wide, co-responders have

become popular with the police department. “It’s been insanely productive,” said Richardson. “The best part of this program is it [addresses] that one person that’s kind of been an ongoing stressor to the district, a stressor to officers. And being able to help just one person, word kind of spreads like wildfire [among police officers].”

Fortunately, MHCD recently learned that they will get more funding to expand the popular program. An additional \$1.2 million will help the unit grow to include 15 case workers. This will allow two social workers to be assigned to each of the DPD’s six districts, seven days a week, 12 hours a day, in addition to continuing coverage on site at the jail.

Program funding is covered by the Denver’s Office of Behavioral Health Strategies, a program instituted by Mayor Hancock, in addition to funding from Medicaid through the Colorado Department of Health Care Policy and Financing.



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Rocky Mountain Hospital for Children's new Mobile Training Center offers specialized training in pediatric emergency care.

By Anne Hebert

Many emergency responders do not have the opportunity to get advanced pediatric training. Now, a new mobile medical training unit is bringing hands-on pediatric training to healthcare providers in rural and urban settings. The Mobile Training Center carries four state-of-the-art manikins of different sizes to accurately simulate the needs of children ranging in age from premature infants to adolescents. The manikins can be programmed to move, talk, cry, and experience skin color changes. They also have visible respirations and audible heart and lung sounds. Healthcare providers use them to practice resuscitation, intubation, and intravenous line placement.

Northglenn Ambulance paramedics Justin Thomason and Brian Mikkelsen say continuing pediatric education and training is especially important for first responders. "In our service area, we can go up to a calendar year without seeing a pediatric patient," says Thomason. "When we do get a call involving a child, it typically involves trauma, respiratory difficulty, acute illness or an allergic response." Acknowledging the importance of feeling fully prepared and comfortable when treating children, Thomason and Mikkelsen say practicing their skills on the manikins gives them added knowledge, experience and confidence.



Chloe is the Mobile Training Center's 25-week-old pediatric simulation manikin. She can be programmed to move and cry.

Mobile Training for Pediatric Emergencies



Rebecca Peterson, BSN, RN, CPN explains that Hope, a 1-month-old full body manikin, is monitored using the same technology as a human patient.

Rebecca Peterson, BSN, RN, CPN explains that Hope, a 1-month-old full body manikin, is monitored using the same technology as a human patient.



Hope, a 1-month-old manikin, exhibits color changes around her mouth indicating lower than normal oxygen intake.

thinking and assessment skills in a variety of medical emergency scenarios.

Simulation training helps "bridge the gap" for providers, says EMS Manager Benjamin Dunn. Often, he explains, first responders don't know exactly what happens to a patient after arrival at the emergency room—and hospital personnel don't always know exactly how a scenario unfolds in the field. "The training emphasizes patient



Ryan, an adolescent simulation manikin, can move and talk with visible respirations and audible heart and lung sounds.



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Paramedics Justin Thomason (left) and Brian Mikkelson (right) practice pediatric intubation and respiration procedures under the guidance of EMS Manager, Benjamin Dunn (center).

care from the 911 call through tertiary hospital care, helping support the whole healthcare system,” Dunn says.

The Mobile Training Center is the first of its kind in the U.S. to offer simulated ambulance and emergency rooms with state of the art pediatric manikins. Owned and operated by Rocky Mountain Hospital for Children, the mobile facility can reach a broad range of healthcare providers and caregivers who wouldn’t otherwise have these training resources available. It made its debut two months ago and is now in high demand in both urban and rural areas. It will serve communities in a four-state region encompassing Colorado, Wyoming, Kansas and Nebraska.

In April, the Mobile Training Center will travel to Douglas County to provide instruction and education to 45 school nurses. Despite dwindling resources, school nurses face an increasing demand to administer student health care during the school day. Onsite mobile instruction and training offers a hands-on experience that might be otherwise unavailable.

The purpose of the Mobile Training Center is to “make healthcare education

and training available to anybody,” says outreach education specialist, Rebecca Peterson, BSN, RN, CPN. Responsible for scheduling and traveling with the mobile unit, Peterson says partnerships with the American Heart Association and the Red Cross will help make it available for onsite cardiopulmonary resuscitation (CPR) training and certification for babysitters and caregivers. Citing the advantage of hands-on instruction, Peterson says, “Scenario-based training helps people retain 83 to 85 percent of what they learn.”

Chief Medical Officer, Dr. Reginald Washington says Rocky Mountain Hospital for Children is initiating a strong community outreach effort to make training available that would be difficult to get any other way. He says “demonstrated success and improved care” will be important outcomes of the mobile unit. A second Mobile Training Center may be on the road before long.

To learn more about the Mobile Training Center, call 720.754.1000 or visit RMHCO Outreach.com.



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**The Future of Park Hill Golf Course
Golf, Park, Affordable Housing, Retail?**



Panelists at the forum on the future of the golf course, from left, Brad Cameron, INC; Kevin Doyle and Jeff Romeo, nearby homeowners; Charlotte Brantley, Clayton Early Learning; Kathleen Wells, Citizens' Climate Lobby. Brantley spoke about mixed use; the other panelists strongly favored continued golf course or park use.

By Carol Roberts

A standing-room-only crowd filled the sanctuary at Park Hill United Congregational Church on Saturday afternoon March 10. The "informational forum" billed as "The Future of Open Space in Denver" attracted citizens concerned about how the 155 acres of prime land that is now Park Hill golf course should be used if Arcis, the golf course lessee, doesn't renew their lease (which will be known by July 1).

The land is in a trust that has a fiduciary responsibility to fund Clayton Early Learning Center, which provides programs and services for low-income children. Whatever future use the land has, it must meet that legal obligation.

The forum was planned by Interneighborhood Cooperation (INC), whose mission is to bring together neighborhood organizations to actively engage in addressing city issues. INC has taken a position that this

is a "once in a lifetime opportunity for the city to purchase a huge amount of land in Denver that could serve as a regional park." They believe that the city needs to come up with enough money to meet the needs of the Clayton trust and purchase the land for a park. The panel, besides the Clayton representative, Charlotte Brantley, had four other members, all of whom spoke strongly in favor of using the land primarily for golf or parks/open space.

Attendees with views that differed from those of the panelists raised the following concerns: "How is it that you don't have any representation on this panel from the African American community?" "How is building a regional park to which people must drive more responsible than building a walkable neighborhood?" The imam of the NE Denver Islamic Center, located less than half a block from the golf (continued on page 24)



People tend to pick a side and stick to it, commented James Roy. "Now we need to come to the middle...My question is why has this panel and event undermined a community process that has been more diverse than this."

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Olympics or Nooooolympics?



By Melinda Pearson

Watching the 2018 Winter Olympics from PyeongChang has been an exciting experience for many Denverites. Now many are pondering what it would be like for Denver to host its own Winter Games in 2030.

The Denver Inter-Neighborhood Cooperation organization recently hosted a public debate – or conversation, as participants preferred to call it—between members of “Sharing the Gold,” Denver’s Olympic exploratory committee, and opponents of Denver’s Olympic aspirations. Held at the Park Hill United Congregational Church on March 10, the event filled every pew.

Bidding for the Olympics is a controversial issue. While the excitement, opportunity and prestige that the Games bring to a community is appealing, opponents say that the costs outweigh the benefits. Historically, cities

spend more to host Olympic Games than the revenue generated, and many host cities build infrastructure and temporary venues that become albatrosses.

At the meeting, Sharing the Gold members Rob Cohen, Steve McConahey and Jerome Davis represented the cautiously optimistic stance. Cohen, CEO of IMA Financial Group and the chair of the committee, emphasized no firm decision has been made on whether to submit a bid and the committee would only do so after listening to community concerns.

“What we’re trying to do with the exploratory committee is not make a decision upfront based on the old information we have about the games but ask ourselves the tough questions,” said Cohen. “Is this an opportunity for us as a community to do the games the Colorado way?”

McConahey, who is the Co-Chair of the



A March 10 meeting about Denver’s potential bid for the 2030 Olympics attracted a crowd of interested citizens, many of whom oppose the idea. Former Governor Dick Lamm (below left) and Boston Olympics opponent Chris Dempsey (below right) spoke out against bringing the Olympics to Denver.

Finance Sub-committee, later added, “The primary goal of our plan is to not require any subsidies or guarantees by state or local government.”

Panelists opposing the bid included former Colorado Governor Dick Lamm, who helped squelch an early 1970’s bid; RiNo developer, Kyle Zeppelin; and Chris Dempsey, who successfully led an effort to prevent Boston from submitting a 2024 Summer Olympics bid.

Dempsey was outspoken, labeling the Olympics a “three-week party on the taxpayer’s dime.” Through a well prepared PowerPoint slide show, *(continued on page 13)*

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Local Students Join National School Walkout



Above and left: Through 17 minutes of silence, students at Northfield High School released biodegradable balloons as the names of each of the 17 Parkland students was read.

Northfield High School

Northfield chose a similar approach—a silent remembrance of each victim through a 17-minute event, with the release of a biodegradable white balloon as each name was read out on a megaphone. The moving event was organized by Northfield students Ellie Clifford, Kate Stewart and Ava Motarjeme, who are passionate about their cause.

Clifford said she realized soon after hearing about walkout plans on news and social media that “it

would be a great opportunity for us to do something that would really be heard and really have an impact on how our country views gun control and how students have a voice also.”

“[The walkout] is important to me because people are getting hurt because of guns and because of people that are allowed to have access to guns,” added Stewart. “Guns have become a tool for hunting people, and now the targets are children and people that should not be attacked.”

“The first school shooting should have been the last,” said Motarjeme. “Nothing ever changed in all these years since Columbine...nothing has been done to change laws or anything.”

Northfield social studies teacher Peter Wright, who has taught the history of protest in his freshman U.S. History

class, linked the students’ protests to their education. “It’s really cool to see that that type of historical teaching is being borne out around the country...and with our students here,” said Wright.

An increased educational focus on deeply analyzing language is a factor in motivating the student activism, according to Wright. “I think a big focus in all levels of schooling has been asking kids to really analyze rhetoric and look at what it means or not,” said Wright. “I think that they are able to see in some political statements that what is being said isn’t exactly what is being meant. And they don’t buy it.”

Wright feels that the current tenor of national politics also plays a role in the students’ activism. “People in politics, particularly at the highest levels, seem to feel free to speak their minds and kids wonder, ‘Why can’t we do the same?’” he said.

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At McAuliffe, eighth graders Izzy Carabetta, Stephanie Danahey and Elliott Guinness organized the protest at the Smiley Campus in Park Hill. Right after the Parkland school shootings in February, the students designed T-shirts that list the names of schools that have experienced shootings and the victims, with a message on the back about taking action (see below/right/left, etc.).

"We wanted to raise awareness on the topic of gun violence," said Danahey, about their efforts. "I think people know about it when the event happens, but they don't do anything about it afterwards," added Carabetta. T-shirt sales have been booming, spiked by local TV news coverage, and all proceeds will



benefit the Giffords Law Center because of its focus on law and policy relating to gun control, said Guinness.



For the March 14 event, the three students decided on a message of love and remembrance, honoring the victims with a silent

A large crowd of students is gathered outdoors for a school event. In the foreground, a young man in a red hoodie with "MCAULIFFE" printed on it looks down. To his right, another student in a dark blue hoodie also has "MCAULIFFE" visible. Behind them, many students are wearing white t-shirts with a school logo. The background shows a grassy field, trees, and a clear blue sky.

Far left: Elliott Guinness and other organizers designed shirts with the names of schools and the student victims of school shootings. On the back, the message acknowledges "Thoughts and Prayers" but emphasizes "Policy and Change."

walkout. The McAuliffe students who chose to participate formed a heart as they sat in the athletic fields behind the school. The student organizers read the names of the 17 Parkland victims each minute through the 17-minute walkout.

Despite a field of tweens, the only sounds to be heard were sniffles—from kids, teachers and a few parents—as they reflected on the students' lives lost.



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.....NE News Updates



By Carol Roberts

1 What are those tan utility boxes popping up around Stapleton?



Three batteries were installed at 33rd and Beeler. All the boxes will be landscaped to help screen them from view.

The 60" x 52 x 53" tan metal boxes are power storage batteries that are part of a pilot project being conducted by Xcel Energy. Landscaping will be installed to partially screen them. Twelve boxes have been installed in groups of one, two, or three in North Central Park and Eastbridge. These neighborhoods were chosen because they have a higher than average number of homes with rooftop solar systems. Homes with rooftop solar sometimes put energy back into the grid and sometimes draw energy from the grid. This changes the way utilities provide power for customers—and many utilities around the country are now working to add more localized systems that can store energy and respond quickly to customers' power needs.

Tyler McGrath of Xcel Energy explains that such energy storage batteries, which used to be prohibitively expensive, are now becoming available at a cost that makes wider use possible. To illustrate the rate of change, he points out that about 1,000MWh (megawatt hours) of battery storage units were installed in the U.S. from 2013 to 2017 and in 2018 another 1,000MWh of projects are in development.

What about safety?

McGrath says bollards will be installed around the batteries to protect them, should a car go off the road. In addition, the boxes themselves are very rugged, built to last 10 years, and the batteries are contained in an additional protective box inside. "They are made of common equipment put together in new ways," he says. The batteries are like big computer batteries—and they do not emit radiation. The components are common parts that have been verified for safety and used in household appliances, among other uses, for

years. The most sophisticated part of them, he says, is the software.

What is the pilot project testing?

The project is studying the impact of batteries on three factors:

Solar time shifting—The batteries can capture the excess energy that's produced during the middle of the day when the local demand is low and then shift it to either morning or evening when there's much higher demand. Local renewable energy then is being used when it's most needed and the demand on the main power plant is more level.

Voltage regulation—Providing power not only means avoiding power outages, but also providing reliable voltage. Appliances and equipment rely on a consistent voltage, voltage variations can cause lights to flicker or even cause devices to not operate. If voltage variations occur, Xcel Energy can use the battery and the inverters to regulate the system within an acceptable range.

System Peak Demand Reduction (peak demand refers to highest amount of power a system needs to supply at a given time)—Peak demand for power is usually in the summer months around 7pm for this area. The Xcel Energy Control Center monitors the energy used across its service territory. If there is a very high demand for power, a signal can be sent for the batteries to discharge energy onto the grid to help lower that demand.

How much power can these batteries store?

Each cabinet can store 18 kilowatts (KW) of power, which is the approximate amount of power produced by six homes with rooftop solar panels. With 12 cabinets, the project can store up to 216KW of power. (A 2015 comparison of average residential energy use showed that Colorado homes average 723 kilowatt hours per month, placing us 37th in the nation for amount used. www.electricchoice.com/blog/electricity-on-average-do-homes/)

Another Xcel Energy pilot project in Stapleton

In a separate pilot project, six homeowners were selected to have 15.5KWh storage batteries installed at their homes so Xcel can study their use. At the end of the two-year pilot, those homeowners can take ownership of the batteries for their expected 10-year lifespan or have them removed. The two studies are separate but both were placed in Stapleton for more efficient use of staff who are working on both projects.

2 A Line Quiet Zone Update

As reported last month, a request to amend previously approved times at A Line crossing gates, adding up to 15 additional seconds, has been awaiting approval from the Public Utilities Commission (PUC) since last fall. They initially denied the request, then determined the issue would be researched by an administrative law judge, who would make a recommendation to the PUC. That judge held hearings in February.

Shortly before going to press, we learned that the PUC scheduled deliberations on A and G line crossing matters for March 28 at 1:30pm. The meeting will be streamed live. The webcast link is at <https://www.colorado.gov/dora/puc>. FrontPorch will post the outcome of the meeting on FaceBook and our website, FrontPorchNE.com.

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We questioned the city on what happens if the outcome is not favorable. Nancy Kuhn from Denver Public Works said by email, “the city will evaluate its options.” We also asked if the city can proceed with a Quiet Zone application anyway. “The city may have the legal authority to proceed with quiet zone application. However, the City is not aware of a circumstance in which the FRA has permitted a quiet zone where the crossing design is not yet final.” The PUC can notify the FRA “of the non-final character of crossings at issue. Beyond this, the City has not fully examined the ramifications or unintended consequences of establishing quiet zones before the PUC approves final A Line crossing designs, including covering any transfer of liability to Denver taxpayers,” said Kuhn. Following a favorable decision, Kuhn said, “The city is prepared to submit paperwork that will establish quiet zones... It could take ten weeks or longer depending on the order itself.”

By Melinda Pearson

3 A Cold Car or No Car?

Compared to the same period last year, car thefts have increased almost 15 percent in Denver but nearly 78 percent in Denver Police Department’s District 5, which covers Stapleton, Montbello and Green Valley Ranch. One of the largest categories of this crime is the theft of running vehicles with keys left inside them, which police refer to as “puffing.”

“The puffers are killing us,” says Lt. Ian Culverhouse of District 5. “Year to date, we’ve had 162 steals, of which 61 were puffers, so almost 38 percent,” Culverhouse added at a mid-March interview.

The most often stolen vehicles are Hondas, and Fords are a frequent target among trucks, according to Culverhouse. While 83 percent of stolen vehicles in District 5 are recovered, some are returned in poor shape – and some are even totaled - so avoiding theft in the first place by not leaving a car running is key.

“If you’re going to warm up the car, stay with the car,” said Culverhouse. “I realize it’s a challenge and people don’t want to go out to a cold car, but at the end of the day, would you rather have a cold car or no car?”

Devices called Clubs that prevent the steering wheel from turning are available upon request from District 5 for the most targeted makes of Hondas, Fords and Subarus. For information about how to get a club, contact Community Resource Officer (CRO) Marika Putnam at 720.913.1405 or by email at marika.putnam@denvergov.org.

The biggest single item on a Stapleton tax bill is WCMD, Stapleton’s special district Vote for WCMD Board Members by May 8

By Carol Roberts

Westerly Creek Metropolitan District (WCMD) has an elected board that is chosen through a biannual vote. The tax for this special district results in Stapleton tax bills that are 40% higher than a Denver home not in a special tax district. In this all-mail election, ballots will be sent to all Stapleton voters in mid-April and must be returned by Tuesday, May 8.

Since 2016, all WCMD board members have been Stapleton residential property owners. It had previously been partially or fully occupied by representatives of the developer, Forest City. Two current board members, Tom Downey and Tim Thornton are up for reelection.

Approximately 3% of the total mill levy goes for maintenance and operating costs and 97% is used to pay for debt service and build infrastructure. There is no ending date for the WCMD tax, and it will remain at least at current levels

until all debt is paid off. Once all debt is paid off, the tax will primarily be needed to cover maintenance, though new or replacement infrastructure needs could arise by that time.

The tax collected by WCMD is specifically used for local infrastructure development, including neighborhood streets and alleys, pools and pocket parks. The biggest remaining local infrastructure projects are in the one square mile of Stapleton land north of E. 56th Ave and the south-easternmost parts of Stapleton just west of Peoria and in Stapleton-Aurora.

Eighty percent of the local infrastructure costs (which are paid by the WCMD tax) have been spent, according to Brian Fennelly, chief financial officer at Forest City. The current principal balance is \$518,795,650. More than 90% of the land has been purchased by Forest City. More than 80% of the single family for-sale housing lots and 50% of land needed for apartments has been transferred to builders—making Stapleton housing

overall at about 73% built, under construction, or the land is in the possession of builders.

Regional infrastructure at Stapleton has been paid for by Tax Increment Financing, which will end in 2025, after which WCMD funds will be used for any remaining infrastructure development.

The original structure of WCMD dictated that WCMD board members have the authority to review revenue and expenses but they are required by the terms of the special district service agreement to pass on the WCMD tax revenue to the Park Creek Metro District (PCMD). PCMD is solely responsible for the financing and construction of all public infrastructure at Stapleton, including major roads, drainage, landscaping, water and sewer lines and regional parks.

The WCMD board has signaled its intent to re-evaluate the two-district structure (WCMD and PCMD) and a desire to renegotiate its 17-year old service agreement that defines the roles of the two districts.

Olympics in Denver in 2030?

(continued from page 9)

he presented an exhaustive list of arguments against Denver’s Olympics bid. Among points Dempsey made were that the International Olympics Committee (IOC) won’t contribute to infrastructure needs and will require a taxpayer guarantee, that no games have ever been on budget, and that IOC interests align with corporate interests, not host cities’.



Chris Dempsey, who led the effort to stop the Olympics in Boston, makes a joke about Boston oysters versus Rocky Mountain oysters.

The audience at the meeting appeared to strongly favor the opposition side, raising questions about logistics, cost, snowfall, racial impact and affordable housing, among other critiques.

The exploratory committee will continue to meet with community groups before deciding whether to submit a bid, likely by April. For more information, see www.denver.org/explore-the-games/

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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.

Strong Island (2017)

The close-up is a psychological shot: we get physically close to the subject, and then we get emotionally close. It can be uncomfortable. Especially with people we don't know, we don't like being that close to others. This touching documentary from first time director Yance Ford does just that: it makes us get uncomfortably

close to several different characters, especially the director. The film chronicles her brother's slaying at the hands of a Long Island gunman, and as she tells the story of her brother's death, we sit up close with her and listen to her story. It is unnerving, uneasy, and uncompromising. And wonderful.

Yance Ford's brother William, an African-American male, was killed in 1992 in Long Island by a white male mechanic. He was shot in the chest. The grand jury of 23 whites ruled that the shooting was in self-defense and never made an indictment. His killer never went to trial. The film thus sets out to tell the family's whole story—from the parents meeting

in high school in South Carolina, to moving to New York City in the 60s, to starting a family, to moving to the suburb of Long Island, to William being killed. It is a version of the American Dream—albeit the limited version this

African-American family was allowed, since they could only move to certain areas (black areas) of Long Island and then never got a fair trial after William was killed. The dream turned into a nightmare.

Overall, the documentary is close and personal and then stylized and striking in its aesthetic. It is visually mesmerizing at points and poetic in its narration, recalling such poetic narratives as the Holocaust documentary *Night and Fog*. The poetry and visuals work together to sustain the gravity of emotion and despair of the subjects in both films, and while covering different topics, they both achieve the same aim: Why? And will we let this happen again?

You will like this documentary if you enjoyed *Night and Fog*, *Traffic Stop*, and/or *The Central Park Five*.

Now available on Netflix.

Sneaky Pete (Season 2—2018)

In my review of *Sneaky Pete*, season one (March 2017), I wrote: “This is a well-written, professionally produced, and engaging series that is dominated by the acting. [Giovanni] Ribisi



is fantastic, and he carries the series the way most other protagonists of cinematic TV only wish they could.” I am happy to report that this review still holds true for season two, and in addition, the series goes much further in this ambitious sophomore outing. The acting is still superb, but Ribisi only helps to carry the show as the wonderful cast rises above the secondary function it served in the first season and moves the show into a worthy ensemble endeavor with numerous plotlines, thrilling action, and more twists and turns in one episode than in most full seasons of other series’. Where to start? At the end of season one, the ruse catches up to Marcus/Pete when two well-connected fixers nab him to find his mother, who purportedly stole \$11 million from their boss. *Pete’s mother*, that is. That is where we ended.

Season two then sets us on the path to find Pete's mother as Pete tries to outwit his captors; meanwhile, Grandma (Margo Martindale) tries to evade the police after she helped the demise of a crooked NYC cop; Grandpa (Peter Gerety) is abducted by the son of a man he hired to kill him (Grandpa hired the man to kill him so the family could get the insurance money, but

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the man was killed instead); cousin Julia (Marin Ireland) attempts to launder money for a former client (the same man who killed the man who was supposed to kill Grandpa) who threatened to kill her ex-husband; cousin Taylor (Shane McCrae), a local cop, tries to divert the NYC detective investigating the death of the crooked NYC cop away from grandma while being followed for having an affair with someone's wife; and young cousin Carly (Libe Barer) investigates the truth about Pete/Marcus. (And yes, I just wrote all of that in one sentence.) In other words, everyone gets their own storyline.

The ambitious story could fall apart in other shows, but the crisp writing and acting here carry the show forward briskly and expertly. Everything good from the first season remains, and more: the cinematography is particularly striking in this season, and the editing hits a breakneck pace without confusing us. Everything adds up to a swift binge and then a long wait until the next season. This season was worth the wait.

You will like this show if you enjoyed *Breaking Bad*, *Bosch*, and/or *Patriot*.

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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.



Sneaky Pete

Women's Homelessness Initiative

"There are a lot of commonalities with our lives."

by Carol Roberts

Every other month on Tuesday nights, 20 guests arrive at 6pm for dinner at Park Hill Congregational United Church of Christ (PHUCC). Many are mothers. "They have a lot of similarities with any of us," says Karen Truesdell, one of three coordinators of the effort. Yet, she acknowledges, their lives have been very different. "We encounter people who have had illnesses, sometimes mental illness, sometimes poor decisions. But we don't delve into that. The main thing is that there are a lot of commonalities with our lives."

The guests are 20 homeless women who, through the coordinated efforts of 14 churches in the Women's Homelessness Initiative (WHI), can receive dinner, breakfast and a safe warm place to sleep every night of the year. The women sign up for the night through a lottery at the St. Francis Center downtown, which provides shelter and services for men and women who are homeless. A van and driver provided by the Salvation Army



Photo courtesy of PHUCC

Every other month on Tuesday nights, a room at Park Hill Congregational United Church of Christ is transformed into a safe warm place where 20 homeless women can sleep and get a home-cooked dinner and a breakfast to go.

brings the women to the church in the evening and back to the St. Francis Center at 7am in the morning.

WHI started six years ago when a group of people in Capitol Hill United Ministries decided to "stem the tide of more and more women being on the streets and no more resources being offered." They

created a handbook to help churches get started.

Truesdell, along with two other volunteer coordinators and 94 volunteers, have kept the program going at the Park Hill church for four years. "We originally committed to six months—and we didn't know if we could do it. Now we just assume we will keep going. It runs so smoothly that it's hard to remember any difficulties we had getting started."

Everything is a volunteer effort except the laundry, which they get done with cash donations.

The spring carnival on April 21 is a free event, but families in the community are asked to bring donations of the food and personal

items noted. For more information or to volunteer, visit parkhillucc.org. For more information about WHI, visit chumdenver.org/womens-homelessness-initiative.

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One Spirit, Many Voices



At a meeting in Stapleton, research scientist Trish Zornio (right) took questions from attendees about her positions. Zornio is exploring a 2020 run for a seat in the U.S. Senate.

By Melinda Pearson

Scientists and supporters around the country and in Colorado are gearing up for a second March for Science on April 14, following the event last year that drew 20,000 participants to Civic Center Park. The theme for this year's Colorado event is "Making the imaginary positively real," and it is pinned to four ideas: investing in science; including diverse voices;

celebrating innovation; and inspiring people to explore science.

The March has a decided political aim. Many of its organizers are

concerned that politicians at all levels are ignoring scientific evidence and undervaluing scientific research in crafting policy.

Colorado's March for Science President Lis Cohen is a Stapleton resident and a climate scientist. She became involved with the March last year because "I was really worried about what was going on in politics," said Cohen. "It was frustrating for me to not feel like the leaders of our country understood and were willing to do something about

Scientists in Politics

climate change."

Stapleton resident and March for Science organizer, Kevin Hennegan likewise feels concern when he hears legislators like Rand Paul propose cutting back on what Paul deems "silly science," due to a lack of understanding of the implications of basic scientific research. "Anytime a legislator who doesn't have a background in science starts talking about science policy, it gets really bad, really fast," said Hennegan.

That's why Cohen, Hennegan and others are working to get more scientists involved in politics. The March for Science group organized a community meeting last fall with Trish Zornio, a scientist who is exploring a bid for Cory Gardner's U.S. senate seat in 2020.

Last Fall, Zornio met with March for Science members at Hennegan's Stapleton offices. A New Hampshire native, Zornio is from a rural and conservative background and



Trish Zornio

is the first in her family to achieve an advanced degree. Her graduate work in neuropsychology and neuropharmacology led her into mental health and rare disease research, and time spent between laboratory and clinic gave her experience in the impact of policies on healthcare.

"Given the massive backlash... towards science...from cutting funding to straight-out denial of the studies that have been going on for decades, whether it be climate change or vaccines or whatever it might be," said Zornio. "Getting people in office who are able not only to understand that science but break it down for the general public so it's not quite so overwhelming and scary—that's something I've become very passionate about."

To learn more about Zornio see zornioeyes2020.com. And to get involved with the March for Science go to marchforsciencedenver.org.

March for Science
April 14, 2018
Civic Center Park

FOR KIDS (continued)

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A new bilingual preschool program, a charter elementary and a program for teen parents and their children offer educational programs that many people in the community may not know about. These schools submitted the information below



Monarch Montessori Public Charter School — New Bilingual Program for Preschoolers

Monarch Montessori of Denver is two schools under one roof; infants through preschool program and a free Denver Public School charter elementary. Monarch is launching its newest offering—a dual language (Spanish and English) track starting in the fall of 2018 for our preschool (3 to 5-years-old) program. The classroom will have two teachers with both native languages, teaching 90% Spanish/10% English in a full Montessori model with materials in both languages. The student composition is 50% students with native English and 50% native Spanish. The program supports native language development of Spanish speakers with an introduction to English, and second language development for English speakers. The program will move up into the charter elementary the following year. The division of language balances out as the children progress each level. Kindergarten and lower elementary will be taught in 60% Spanish/40% English and upper elementary will be 50%/50% split. The goal is full bilit-eracy and bilingualism by 5th grade. Monarch believes this dual language model will boost problem-solving, critical-thinking, and listening skills—and as a result, improved academic achievement. To learn more or tour, visit our website at MonarchM.com. Monarch is located at 4895 Peoria Street.

Roots K-4 Public Charter School

Roots is a tuition-free public charter school in Park Hill that opened in 2015 and was rated *green* for academic growth last school year. The mission of the school is to cultivate the innate sense of wonder all children bring to school and turn it into a lifetime of opportunity. The school “lives and breathes” their GROW values (Grit, Relationships, Ownership & Wonder). They encourage a love of learning in every child, deliver a rigorous college-preparatory curriculum, create a safe and predictable environment, and help each scholar discover his or her unique identity as a learner. Roots has a brand-new building with flexible instructional spaces, lots of natural light, and a staff that nurtures character growth and a close connection to home. The school is located at 3350 Hudson Street in Holly Square next to the Vickers Boys & Girls Club, Pauline Robinson Library, and Hiawatha Davis Recreation Center. For more information, visit www.rootselementary.org or call Simone (Family Engagement Liaison) at 720.593.1338



New Legacy Charter School Serving Teen Parents and Their Children

New Legacy Charter School (NLCS) serves teen parents and their children. Now in its third year, the organization was founded due to the disparity of higher teen pregnancy levels in Aurora and an obvious lack of services in the area. NLCS’s mission is to offer young parents a rigorous, relevant, and engaging education so they are empowered with the skills needed to raise healthy children and graduate prepared for success in college and careers. NLCS currently serves 90 high school students and 65 children through three main programs: 1) college prep high school that pushes students to reach beyond high school diploma or GED; 2) an on-site, high-quality early childhood education center (rated as level four by Colorado Shines), reducing a significant barrier to parents’ attendance; and 3) a hands-on parenting program to teach positive parenting skills. NLCS also offers an internship program and has a strong culture of health and wellness. As a public charter school, there is no tuition for the high school (regardless of where students live). The school is now enrolling for the fourth quarter that starts April 3. For children to attend the Early Learning Center, the program accepts CCCAP or private pay tuition. To visit or volunteer at the school, go to: <http://www.newlegacycharter.org/volunteer/>. New Legacy Charter School is located at 2091 N. Dayton Street in Aurora. Contact Julie Reyes at 303.340.7880 for more information.





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A Pitch For Ballpark History



Left: Stadiums, current and former, are the focus of the National Ballpark Museum near Coors Field. Hundreds of photographs, bricks from long-gone parks, turnstiles, signed baseballs, and other memorabilia fill several rooms. Chicago won the National League pennant in 1932, lost to the New York Yankees in the World Series, the one in which Babe Ruth is said to have called his home run in Game 3.

Above: One corner of the museum is devoted to the minor-league Denver Bears, predecessor to the Colorado Rockies. Among the Bears' items is the infamous 1952 "strike-zone" uniform, worn only one year by the team.

Below: An ushers cap from Ebbets Field and a baseball autographed by Babe Ruth and Lou Gehrig.



The author goes back in time in the museum's area devoted to Wrigley Field and the Chicago Cubs. The Cubs pinball game in the foreground

By Dick Kreck

When I walked through the front door of the National Ballpark Museum I was instantly transported to the days when I was a 14-year-old baseball fanatic, rushing down to the local drugstore to buy a copy of Street & Smith's pre-season magazine, to hours spent playing the table-top baseball game APBA (motto: "Say App-bah"), to my misplaced fixa-



tion on memorizing the starting lineups of all sixteen major-league teams. It's Bruce Hellerstein's fault. Known to one and all as "B," Hellerstein is creator and curator of the museum, housed in a storefront at 1940 Blake Street, a long fly ball from Coors Field. The CPA is a certified baseball nut (he once constructed a miniature field in his backyard), but his real passion is old ballparks, like Crosley Field in Cincinna-

ti, Wrigley Field and Comiskey Park in Chicago, and the Polo Grounds in New York City.

"This is what I tell people in the museum," he said, enthusiastically launching into his favorite subject. "What they are seeing with these old-fashioned parks you will never, ever see them again because the league would never approve of them for all the different distances and having batting cages in the middle of centerfield (as at Forbes Field in Pitts-

burgh) or whatever it might be. They won't do it. One of the reasons for the museum is people are seeing something they will never experience.



"When I was on the Coors Field design committee, I thought why not make centerfield like it was at the old Polo Grounds, make it 500 feet away and don't have your little garden out there, whatever. Baseball will not do that. Baseball can get really stuck in their ways and they're extremely conservative and don't like any-



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is one of the museum's treasured acquisitions. A miniature reproduction of Wrigley's famed hand-operated scoreboard dominates the room, which includes the home team's on-deck batting circle.

thing 'radical' like the old ballparks represented. So I tried to do the next best thing and put it in a museum."

To Hellerstein's knowledge no players have made the walk across Blake Street to the museum. "The problem is that the players of today, most of them could care less about the history of the game. It's very sad but it is what it is. Today's ballplayers, the money drives most everything."

Visitors enter Hellerstein's collection of thousands of bits of baseball history by passing through, not a metal detector, but an actual turnstile used at Shibe Park in Philadelphia in the 1900s. Inside, they'll

find Don Drysdale's 1961 Los Angeles Dodgers road uniform, an exceedingly rare usher's cap from Ebbets Field in Brooklyn, dozens of signed balls, and an entire section devoted to the minor-league Denver Bears and Denver Zephyrs, predecessors to the Rockies.

I was delighted to see an area about Wrigley Field and the Chicago Cubs, where fans can look up at a small reproduction of the ballpark's famed hand-operated scoreboard, stand on a rubber on-deck circle with the Cubs logo, and sit on



Left: Bruce "B" Hellerstein, creator and curator of the National Ballpark Museum in LoDo, began collecting baseball memorabilia as a youngster growing up in Denver. His collection includes thousands of items from major- and minor-league teams.

Below: A game-worn jersey from Dodgers pitcher Don Drysdale shares space with a complete usher's outfit from Fenway Park in Boston.



a section of actual bleacher seats. There's even a much-sought-after and working Cubs pinball game in one corner.

Ultimately, Hellerstein's hope is that the museum "conveys my love of baseball and ballparks, the passion, and conveying that this is our national pastime and that it's the greatest game ever played. They say

history repeats itself. It doesn't. Are we going to have another Mona Lisa? No."

The National Ballpark Museum, 1940 Blake Street, is open from noon to 4:30pm Tuesdays through Fridays and 11am to 5pm Saturdays. Admission is \$10 for adults; children under 12 are free. Call 303.974.5835 for information.



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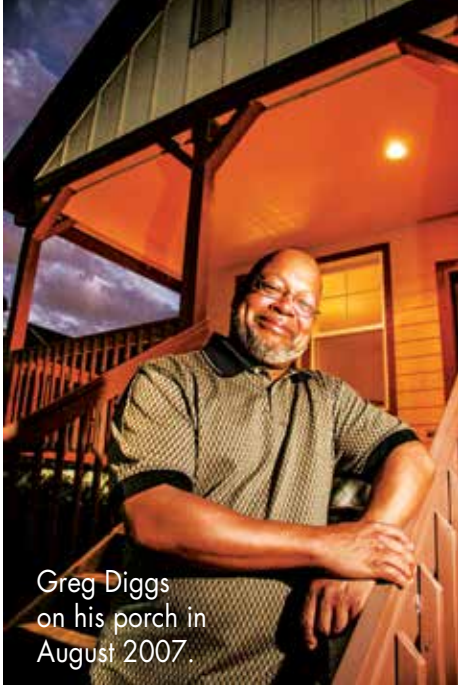


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Greg Diggs
on his porch in
August 2007.

By Carol Roberts

Gregory Diggs, one of Stapleton's earliest residents, died suddenly and unexpectedly on February 24 at age 55.

Diggs was a founding member of SUN, the registered neighborhood association, and, in 2007, when the *Front Porch* requested that readers submit memories of the first five years at Stapleton, Greg wrote a poem that is posted with this article

Remembering Greg Diggs

at FrontPorchNE.com.

Greg's younger brother Brian says they grew up in a household in Maryland with parents deeply committed to civil rights issues—and Greg's first cause came in middle school. The music being played at school dances was just white music. Diggs introduced the idea of mixing black and white music. By the time Brian came along two years later, mixed music was the norm.

In high school, Brian says Greg was the person trying to be sure all the different cliques and racial and socioeconomic groups were included in school functions. At Tennessee State University, Greg majored in psychology and joined Alpha Phi Alpha, an African American fraternity whose members had included many civil rights leaders, including Martin Luther King, Jr.—and had as a goal to address social rights issues.

On his LinkedIn page, Greg wrote: "My passion is working in cultural diversity and equity initiatives." In his most recent position at Denver Public Schools (DPS), Educational Support Specialist—Social and Emotional Learning, Greg worked to address the problem that a disproportionate number of children of color were being suspended from DPS schools. Greg had a Ph.D. in Research and Evaluation Methods and used those skills to assess the data on suspensions and create a plan to address the problem. Linking that with his background in psychology, Greg worked directly with school leaders to better understand and address the suspensions. And he mentored students having trouble in the classroom to help reduce their classroom issues. Greg's supervisor Kim Price said, "Greg was able to create important connections with students and use his mental health/

social work background to support students through challenging times."

Terry Whitney, another of the earliest Stapleton residents recalls attending a lottery to get a home before any had been built—and seeing a familiar face in the crowd. The families of Terry's wife Jolene and Greg's wife Allison had been longtime friends in Northern Colorado. "...as respective mixed race spouses and the parents of young daughters, we shared equal hopes and concerns for what Stapleton might offer our families... buying a house unseen and on a street grid yet to be constructed." The fears of the unknown were relieved when the two families learned they both got a house and would be next door neighbors.

Bill Fulton also shared early memories of Greg: "With his big smile, easy laugh, and genuine spark for life, Greg was one of the first people I got to know on the block. I suspect that was true for many people...Greg was one of the friendliest. He embodied in so many ways what the community aspired to be—welcoming, joyful, thoughtful, and committed to

making a better place for everyone. As conflicts arose in the early years—be it over traffic, noise, affordable housing, or other heated topics, Greg would always put people at ease by reminding us that tough issues didn't have to threaten strong relationships. I will miss him as a dear friend and an inspiring community leader."

In the past two-and-a-half years, Greg was an outspoken proponent of renaming the community due to Mayor Ben Stapleton's membership in the KKK.

Genevieve Swift met Greg two years ago as a the Northeast Denver Neighbors for Social Justice group was forming. She says, "He was proud. He had hope. He was excited...He spent a lifetime bringing communities together and participating in and mastering the work in having difficult conversations about race...I've never known anyone like Greg. I'll push on, because that is what he'd want. And I will carry him with me."

Greg is survived by his two children, Langston Shupe Diggs, 18, who is studying at the University of Hawaii and his daughter Clarke Shupe, 22, who lives in Memphis, Tennessee.



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April & Early May Events

NE DENVER/NW AURORA EVENTS

4/4 to 4/25—Star K Kids. Thursdays, 9:30 and 11am; kids 5 and under. Morrison Nature Center, 16002 E. Smith Rd., Aurora. www.auroragov.org/nature

4/5 Thursday—Thursday Night Bazaar at Stanley Marketplace. Shop and sip the 1st Thursday of the month, 5-10pm. www.denverbazaar.com

4/7 Saturday—Moms Demand Action. This nonpartisan, grass roots organization was created to decrease gun violence in America. Learn what Moms are doing in legislation on the state and federal levels and how YOU can make a difference in this important cause. 12pm, Sam Gary Library. RSVP to <http://act.everytown.org/event/moms-demand-action-event/10314/signup/?akid=&zip=>

4/12 Thursday—Knitting Circle by the Fireplace. Bring your knitting or crochet project and join other crafters in conversation around the Sam Gary fireplace. Sam Gary Library, 2961 Roslyn St. 720.865.0325, asksamgarylibrary@denverlibrary.org Repeats 4/26. <https://www.denverlibrary.org/event/knitting-circle-13>

4/21 Saturday—Spring Carnival Fundraiser Benefiting Women's Homelessness Initiative at Park Hill UCC. 5-7:30pm. 2600 Leyden Street family-friendly games and activities, local vendors and silent auction. FREE, donations requested to benefit the safe shelter of women in the Denver community: Toothbrushes, toothpaste, ear plugs, feminine products, cough drops, coffee, tea and sugar. www.parkhillucc.org

5/1 Tuesday—Mom's Night Out Productions Presents: An Evening with Heather Hunter, Internationally-recognized Psychic Medium. \$8 from every ticket will be donated back to the school of each attendee's choice. <https://www.eventbrite.com/e/moms-night-out-productions-presents-an-evening-with-heather-hunter-psychic-medium-tickets-42885932980>. Stanley Marketplace. <http://www.heathermhunter.com>

5/4 Friday—An Evening with John Fielder/Benefit for Sand Creek Greenway. Book Sales. The CUBE, 8371 Northfield Blvd. Music by Aurora Symphony, book sales and signing, silent auction. 6pm. Tickets \$25, call 303-468-3263 for ticket and event information. www.sandcreekgreenway.org

5/5 Saturday—Annual Carnival at Montview Community Preschool. 11am to 3pm. Live music, food trucks, train rides, magic shows, petting zoo, face painting. Advance tickets \$8 at school office; \$10 at event. Under 2 and over 65 free. 303-322-7296, 1980 Dahlia St.

CIVIC MEETINGS AND EVENTS

Future Use of Park Hill Golf Course Visioning Roundtable meetings in April. 4/10 Tuesday, Roundtable #2: An Equitable, Inclusive and Healthy Community. 4/24 Tuesday—Roundtable #3: Parks, Recreation and Open Space. 5/1 Tuesday—Roundtable #4: Community Amenities. 6pm-8pm. Clayton Early Learning Campus, Administration Building 3801 MLK Blvd.

4/19 Thursday—City Park Master Plan Update: Open house #3. 5-7pm, East High School cafeteria.

DENVER METRO EVENTS

To 4/8—Master Printers and Print Educators of Colorado. Presented by The Invisible Museum and Mo'Print present the

Visit our online calendar
to view more events or submit events
FrontPorchNE.com > Events

exhibit highlights Colorado printmakers. McNichols Civic Center Building, 3rd floor. 144 West Colfax Avenue. www.moprint.org

To 4/13—imPressed 2018: Behind the Hedges. Gallery Hours: M-F 9am-6pm Art Gym Denver 1460 Leyden Street Denver, CO 80220 www.artgymdenver.com

4/4 to 4/8—Denver Auto Show. Colorado Convention Center, 700 14th St. www.paragonexpo.com

4/5 Thursday—Inside the Orchestra for Adults. McNichols Building; food, silent and live auctions, prizes, and the magic of music. All proceeds bring Inside the Orchestra programs to children with the highest need. <http://insidetheorchestra.org/isoforadults>

4/6 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

4/6 Friday—Rockies Home Opener. Coors Field, 2:10pm vs Padres www.mlb.com/rockies

4/10 to 4/15—7th Annual Women + Film Festival. Presented by Denver Film Society www.denverfilm.org

4/13 to 4/14—Rodeo All Star Weekend. National Western Complex www.rodeoallstar.com

4/13 Friday—40th Annual Spring Brass Ring Luncheon. Fashion Show and luncheon benefiting programs of the Guild of the Children's Diabetes Foundation. www.childrensdiabetesfoundation.org

4/14 Saturday—Ski to Defeat ALS. Winter Park Resort, silent auction, raffle and lunch. Those living with ALS can participate free of charge. www.web.alsa.org/ski18. events@alsaco.org or 303/832-2322.

4/14 Saturday—Steering Class Shindig. Molly Brown House recreates the experience of the 3rd class passenger on the Titanic. 12+ \$40 person 6-9pm. www.mollybrown.org

4/14 Saturday—March for Science. Civic Center Park, 8:30am-2pm. Free. denmarchforscience@gmail.com www.marchforsciencedenver.org

4/18 Wednesday—Denver Public Schools Foundation Achieve Gala. 5:30pm, Dinner and Program at 7pm. Hyatt Regency Denver at the Colorado Convention Center 650 15th Street. Business or Cocktail Attire Individual tickets \$250, \$130 for DPS employees. info@dpsfoundation.org or (720) 423-3553. www.dpsfoundation.org

4/18 Wednesday—Photos and Memories. What one photo would you choose to tell a story about yourself and your life? In this storytelling program for people age 55 and older, DU photography students will record your story and then take a portrait of you holding your photograph. Register only if you can attend all dates: 4/13, 4/20, 4/27 and 5/11. Register at www.denverlibrary.org/event/photography-and-memory-series

4/18 Wednesday—Reading Partners, Read to Succeed. Westin Hotel Downtown Denver from 7:30-9am. The event helps ele-

mentary students in grades K-4 achieve grade level reading proficiency through one-on-one tutoring from community volunteers. amber.meade@readingpartners.org 720-409-9909. readingpartners.org

4/21 Saturday—Colorado Earth Day 2018. Colorado State Capital grounds, 9am-4pm. www.denvergov.org

4/22 Sunday—Eighth Blackbird at the Clyfford Still Museum. 6pm-8pm. Join Friends of Chamber Music with our partners at the Clyfford Still Museum for this special experimental "Music in the Galleries" event. Wine, beer and light hors d'oeuvre will be served. Tickets (\$20) are extremely limited. www.friendsofchambermusic.com/concerts-tickets/special-events, <https://clyffordstillmuseum.org/event/music-in-the-galleries-at-night-eighth-blackbird/>

5/5 Saturday—Denver Recycles Annual Mulch Give-away and Compost Sale. 8am-2pm. Five dig-your-own sites and compost sale at the Havana nursery location only. 311 (720-913-1311) or DenverGov.org/mulch

5/5 to 5/6—Cinco de Mayo Festival. Civic Center Park, 10am-8pm. FREE. www.cincomedaydenver.com

HEALTH, WELLNESS, FITNESS

4/1 to 4/30—9Health Fair. FREE Screenings, see website-various locations and times. Advance registration recommended. www.9healthfair.org

4/15 Sunday—Hoppin Half 5K/10K, Half Marathon. 7am. Stapleton Central Park www.featonthestreet.com

4/22 Sunday—2016 Cherry Creek Sneak. 10 and 5 mile runs, 5K and 1.5 mile sprint; Half mile kids fun run for ages 8 and under. Cherry Creek. www.cherrycreeksneak.com

4/29 Sunday—Rockies 5K. 8am, Coors Field. LoDo. www.mlb.com/rockies/fans/5k

KIDS AND FAMILIES

4/3 to 4/24—Storytime for Preschoolers. Tuesdays at 10:30am, Free. The Bookies bookstore, 4315 E. Mississippi Avenue 303.759.1117 info@thebookies.com www.thebookies.com

4/3 to 5/1—Little Wings Club. Tuesdays in April, 11-11:45am. Kids 11 and under, story and a craft to do with parents. Wings over the Rockies Museum, Lowry www.wingsmuseum.org

4/6 Friday—Four Mile Historic Park Hay Bales and Tall Tales. 12-1pm free with admission. 715 S. Forest St. www.fourmilepark.org

4/7 Saturday—Home Depot Kids Workshop. 9am-12pm. FREE how-to clinics first Sat. monthly, ages 5-12. Get Home Depot apron, wooden project and project pin. Metro-area Home Depot stores. www.homedepot.com

4/8 Sunday—Boulder Tulip Fairy and Elf Festival. 1-5pm. Pearl Street Mall, Boulder Live performances, face painting, free activities for kids. Dress as a fairy or elf. Rain date 4/15 www.downtownboulder.com

4/9 to 4/10—STEAM: The Amazing Eye. Denver Public Library, Sam Gary Branch 2961 Roslyn St. Denver, CO 80238 720.865.0325 x4 asksamgarylibrary@denverlibrary.org learn basic eye anatomy, look at eye charts, and build a (continued on page 22)

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(continued from page 21)
model of an eye. register online, limited to 12. www.denverlibrary.org

4/20 Friday—Life-Size Candy Land. Sam Gary Library, 2961 Roslyn St. Denver, CO 80238 720-865-0325, asksamgarylibrary@denverlibrary.org. After hours life-sized game of Candy Land for ages 3-8. Accompanied by an adult. Call branch to sign up for a start time, 720.865.0325. www.denverlibrary.org/event/family-after-hours

4/22 Sunday—Earth Day Celebration at the Children’s Museum. Earth day activities included with admission. 2121 Children’s Museum Drive, Denver 80211 www.mychildsmuseum.org

4/29 Sunday—Día del Niño at the Denver Art Museum. (Day of the Child) festival; free admission, family-friendly programming, live music and dances that celebrate children from around the world. www.denverartmuseum.org

5/5 Saturday—Star Wars at the Hangar. Wings Over the Rockies Museum, Lowry www.wingsmuseum.org

LECTURES, CLASSES, INFORMATIONAL EVENTS

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

4/3 Tuesday—League of Women Voters of Denver, discussion of Public Private Partnerships – What Are They and How Do They Affect Us. Explore public private partnership funding models and how they are used for infrastructure and urban renewal projects. Montview Presbyterian Church, 1980 Dahlia Street, McCollum Room. 5:30pm – coffee and networking, 6pm – Presentation lvwdenver.org

4/5 Thursday—From Seed to Plant. Urban Farm 10200 Smith Road; 6pm \$20 per person. Learn germination, seeding methods, and planting techniques. www.theurbanfarm.org/classes/

4/11 Wednesday—One on One Technology Appointments. Denver Public Library, Sam Gary Branch 2961 Roslyn St. Denver, CO 80238 720.865.0325 x4 asksamgarylibrary@denverlibrary.org personalized technology assistance and instruction on your own device or a public computer. Call Sam Gary Branch Library for available times and schedule your own appointment. www.denverli-

brary.org/event/tech-help-appointments-559

4/11 Wednesday—Teen Creative Writing Lab. Denver Public Library, Sam Gary Branch 2961 Roslyn St. Denver, CO 80238 720.865.0325 x4 asksamgarylibrary@denverlibrary.org Young writers explore their imaginations through creative, hands-on writing activities and games. www.denverlibrary.org/event/teen-writing-workshop

4/12 Thursday—Active Minds (Free)-Native Americans of Colorado. 6:45-7:45pm.Sam Gary Branch Library, 2961 Roslyn St. 720.865.0325 x4 www.activeminds.com

4/14 Saturday—Mossflower Seasonal Floral Design Workshop. 12-2pm @ Infinite Monkey Theorem, Stanley Marketplace Saturday, April 14, 2018, 3-5pm @ Infinite Monkey Theorem, Stanley Marketplace \$85/ student www.mossflower.net/collections/workshops/products/april-seasonal-floral-design-workshop

4/15 Sunday—Sam Gary Literary. Book club that meets once a month on Sundays and rotates between fiction, nonfiction, and reader’s choice selections. 2pm. April Title: Lost City of the Monkey God, by Douglas Preston Sam Gary Branch. 720.865.0325 x4, asksamgarylibrary@denverlibrary.org www.denverlibrary.org

4/19 Thursday—Developing a Plan for Planting and Growing. Maximize your garden space with a variety of planting techniques, season extension, and companion planting. \$20 6pm The Urban Farm 10200 Smith Road www.theurbanfarm.org

4/21 Saturday—Community Day of Reflection. Sam Gary Branch Library 2961 Roslyn St. 720.865.0325 x4, asksamgarylibrary@denverlibrary.org Learn about the regional history and the name “Stapleton.” Presented by Stapleton United Neighbors, the Denver Public Library, and the University of Colorado’s Center of the American West. www.denverlibrary.org.

4/26 Thursday—Active Minds (Free)- Cuba, Past, Present & Future. 6:45-7:45pm Sam Gary Branch 2961 Roslyn St. 720-865-0325 www.activeminds.com

MUSEUMS

To 5/20—Degas: A Passion for Perfection. Ticketed exhibit featuring more than 100 works of French artist Edgar Degas, Denver Art Museum. www.denverartmuseum.org

To 6/10—Creatures of Light. Special exhibit, included with museum admission. www.dmns.org

To 9/3—Dead Sea Scrolls. Special exhibit, Separate ticket required. www.dmns.org

To 8/5—Drawn to Glamour: Fashion Illustrations by Jim Howard at the Denver Art Museum. Special exhibit included with museum admission. www.denverartmuseum.org

4/13 Friday—Uncorked Reserve and 3rd Annual Uncorked AFTERGLO at the Denver Art Museum. Denver Art Museum’s annual fundraising event and after party. For tickets and info: www.denverartmuseum.org

4/27 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

MUSEUMS—FREE DAYS

4/3 Tuesday—Denver Botanic Gardens Free Day. SCFD Free day www.botanicgardens.org

4/7 Saturday—Denver Art Museum Free Day. SCFD Free day www.denverartmuseum.org

4/8 Sunday—Denver Botanic Gardens Free Day. SCFD Free day www.botanicgardens.org

4/9 Monday—Denver Museum of Nature and Science Free Day. SCFD Free day www.dmns.org

4/13 Friday—Four Mile Free Day. SCFD Free day, 12-4pm. www.fourmilepark.org

4/29 Sunday—Denver Museum of Nature and Science Free Day. SCFD Free day www.dmns.org

NATURE AND OUTDOORS

Connecting the Creek: Walk2Connect Segment Walk on Sand Creek Greenway. Series of four walks covering the 14 mile Sand Creek Greenway from Aurora to Commerce City. Segment 1 walk: 4/22 Aurora to Star K Ranch. Segment 2 4/28 Star K Ranch to Bluff Lake. Walks begin at 9am and range from 3.5-4.5 miles. Segments allow you to walk the entire length of the Greenway or just a portion. See website for additional info. www.walk2connect.com/connectingthecreek/

4/7 Saturday—11th Annual Fishing Frenzy. 9am-12pm, check in 8am. Fishing derby for kids ages 3-15. Prizes and giveaways. Poles provided or bring your own. RSVP Commerce City Parks and Rec 303.289.3789 www.fws.gov/refuge/rocky_mountain_arsenal/

4/14 to 4/21—Wildlife Viewing Tours. Saturdays 4/14 and 4/21. Naturalist-led bus tour through the refuge to view bald eagles, bison, coyotes, deer, raptors and more. Call for times. RSVP required. www.fws.gov/refuge/rocky_mountain_arsenal/

4/22 Sunday—2017 Fishing Season opens. Catch and release fishing is allowed at Lake Mary and Lake Ladora on Tuesdays, Saturdays and Sundays sunrise to sunset. Wading allowed in Lake Ladora after Memorial Day. \$3.00 refuge daily permit and Colorado State license for anglers 16 and older required. Artificial bait and barbless hooks

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April 2018

22

Front Porch – NE Denver

4/29 Sunday—Kids Fishing Clinic. 10am-12pm. Poles available, for ages 6-12. www.fws.gov/refuge/rocky_mountain_arsenal/

4/23 Monday—Friends of Chamber Music
presents Eighth Blackbird. Newman Center's

4/28 to 4/29—Appalachian Spring and Ballerinas by Degas. Two original ballets by Ballet Ariel. Two shows only at the Lakewood Cultural Center on April 28 at 7:30 pm and April 29 at 2pm. Tickets are \$20 for children ages 3 through 12, \$23 for students and seniors, and \$26 for adults. www.lakewood.org/tickets, in person at the box office, 470 S. Allison Pkwy., Lakewood, CO 80226, or over the phone at 303.987.7845. For further information, please visit www.balletariel.org or call 303.945.4388.

4/22 Sunday—Earth Day Special/Sand Creek Volunteer Day on the Sand Creek Greenway/Sand Creek Park in Aurora.
9am to noon at Sand Creek Park in Aurora. Volunteers pick up trash, remove invasive species, plant native trees and shrubs, remove graffiti, and repair the trail. cgarwood@sandcreekgreenway.org www.sandcreekgreenway.org/calendar/

Ronald McDonald Family Rooms at Rocky Mountain Hospital for Children.
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Single Volunteers of Greater Denver: Volunteer, not-for-profit singles group, meet others and assist nonprofit organizations for events/activities. www.svgd.org

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on Raleigh St.
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FRED THOMAS PARK
Quebec St. & 26th Ave.

Reminders

- ▶ Please bring your own pitchfork or shovel, and bags or containers for loading mulch.
- ▶ Bring a tarp to cover your truck or trailer.
- ▶ Due to limited quantities, Denver residents only.
- ▶ Commercial vehicles are prohibited from taking or selling the City's mulch or compost.


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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

Local Author Shares Secrets to “Recalibrate” Your Age

By Carol Roberts

Richard Purvis’s newly published book, *“Recalibrate: Six Secrets to Resetting Your Age”* offers some age-old wisdom on which there is almost universal agreement, exercise and get enough sleep (Secrets 2 and 6). But the subjects of nutritional intake and supplements (Secrets 1 and 3) are just the opposite—we all hear a wide range of conflicting views. Purvis, after years of research (much of which is listed in 25 pages at the back of the book), offers his conclusions on those much-debated subjects. Rounding out his six secrets are intermittent fasting (Secret 4) and healthy gut (Secret 5).

Healthy diet became a big topic of discussion in our own extended family after a young pediatrician in our midst, concerned about all the overweight children he was seeing, took a suitcase full of research books on weight and diet on a vacation in Mexico. After a week of heavy reading, he concluded the typical American high-in-carbohydrates diet, and in particular sugar, was the primary suspect. Mexican officials, however, didn’t believe a tourist would bring a suitcase full of obesity research and flagged him—they went through every book, searching for hidden contraband. But our pediatrician made it home and decided on one simple piece of advice for his patients. Recognizing he couldn’t dramatically alter their eating habits, he thought their health could be improved if they could just follow one simple suggestion—cut out soda and sweetened drinks.

Purvis, a Stapleton resident, came to a



Richard Purvis

similar conclusion. His first suggestion in the nutritional intake chapter is that it is necessary to significantly reduce or eliminate sugar and other sweeteners from our diets in order to maximize our health. He suggests checking the sugar content of packaged products; many are very high.

For carbohydrates, Purvis says eat lots of vegetables, smaller portions for higher carb ones like yams and squash. Limit fruit due to its sugar content. And he has chosen to eliminate grains from his diet, though he says those made with sprouted or sourdough grains are more digestible and better able to release nutrients.

For protein, Purvis recommends a fist-sized portion of pasture-raised meats or fish. He also recommends grass-fed dairy products (milk, cheese, yogurt).

And he emphasizes that the right fats, particularly those high in omega-3, are healthy and needed by our bodies. “Our hunter-gatherer ancestors consumed omega-6 and omega-3 fats in a ratio of approximately 1:1. Today we consume almost 20 times more omega-6 fats.” Many of the commonly used cooking oils are high in omega-6. He points out that research has shown that inflammation leads to numerous health issues—and that a higher intake of omega-3 (and a lower intake of omega-6) can be beneficial in reducing inflammation. Meat and dairy products from grass-fed animals have more omega-3 than those from

grain-fed animals.

The nutritional intake chapter includes meal and snack suggestions and an acknowledgment that it’s ok to have an occasional dessert. A small amount of dark chocolate and red wine are indulgences Purvis enjoys in moderation.

On the subject of supplements (Secret 3), Purvis acknowledges his many years of working in the supplements industry, but says, “I now realize the use (or overuse) of dietary supplements is overall an absolute waste of money”—though he lists four exceptions, the first two being omega-3 and vitamin D.

Research on intermittent fasting (Secret 4) has shown benefits in brain function, loss of body fat, lowered blood pressure, improved heart health and improved insulin sensitivity, says Purvis. And it may help prevent degenerative brain diseases and cancer and may extend your lifespan. He cites a variety of fasting methods and encourages people to choose the one that works best for

them. Purvis’s personal choice is a method, called “Peak Fasting,” with a fasting period of 14–16 hours each day.

On the subject of having a healthy gut (Secret 5), Purvis says, “There are scientific indications the Western population’s microbiome has changed in the last century and not for the better.” What may be the cause of this change? The book cites processed foods, chlorinated/chemically treated water, sugar, overuse of antibiotics, artificial sweeteners, increased C-section deliveries, formula-fed babies and gluten.

Lifestyle choices hinge on many factors, not the least of which are time and money. But for those with an interest in reassessing how they might live a more healthy life, Purvis offers readable explanations of his secrets and, at the end of this 203-page book, lots of references for those who may want to do further reading.

Park Hill Golf Course

(continued from page 8) course, said Park Hill is a food desert and that needs to be addressed.

“The fact that this meeting was called and billed as about open space has maybe not attracted a representative audience about the concerns that exist in the community around gentrification and displacement in this neighborhood.”

Speakers supporting use as a park also brought up additional issues: One person said the prior community meetings had been too focused on cost trade-offs and a meeting was needed to primarily focus on Denver’s need for more parkland. Another person raised the question whether citizens are being appropriately represented in the city’s dealings with Clayton because Mayor Hancock’s campaign chair was from the same law firm as the one representing Clayton. A city attorney in attendance pointed out that city attorneys are representing Denver in the discussions with Clayton.

Brantley and several of the attendees pointed out that this decision is not *either* park land or development—with 155 acres it can be *both*. (See Civic Meetings on page 21 for an upcoming community meeting to discuss the future of Park Hill Golf course land.)

The city was invited to the panel but did not attend. The *Front Porch* contacted Evan Dreyer, deputy chief of staff in the mayor’s office, who said it’s not appropriate for the city to discuss future use of the golf course land until it is known whether the lessee will renew. He reiterated that Clayton has a financial, legal and fiduciary responsibility to the kids and that is their priority. And he said the city is hearing two things from the community: both a strong desire for continued golf or park/open space use *and* interest in affordable housing and community-serving retail. He also confirmed that if Arcis acts on their first right of refusal to purchase the land, the only thing they can do with the land is use it as a golf course.



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Local Chefs' Competition Benefits Schoolkids



Chefs from Next Door (left) and Cattivella (below) plate the food for attendees at Taste of Stapleton.



Cattivella
Representing Italy
 Woodfired Slow-Roasted Whole Hog with Creamy Polenta & Hunters Sauce
Gluten-free

Last summer, Swigert Elementary School parents came up with “A Taste of Stapleton” as the theme for their annual fundraiser auction. The schools sent applications to restaurants to participate in a chef-driven competition. The opportunity to taste local restaurants’ creations drew over 450 participants to the event at the Hangar at Stanley on March 10. Participating restaurants included: Cattivella, Concourse, Los Chingones, Next Door, Punch Bowl, Rolling Smoke, Sazza and Stanley Beer Hall. Restaurants were asked to select a country or region of the world and represent its culinary creations; attendees voted on their favorite creation. Rolling Smoke was first, Next Door and Cattivella tied for second, Los Chingones placed third.



Los Chingones
Representing Representing Northern Mexico
 Red Chili Chicken Taco with Avocado-Tomatillo Salsa
Gluten-free, dairy-free and nut-free



Punch Bowl
Representing Baja Mexico
 Chile Pickled Shrimp with Fennel, chillies and Lemon Juice, Curry, Mayo
Contains shrimp, gluten-free



Next Door
Representing Estonia
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Concourse
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Mental Health Services More Accessible for Consumers More Business-Friendly for Therapists

By Anne Hebert

In the French language, the word *sonder* can mean “to probe” or “to search.” That’s exactly what Mark Frank was doing when he began to think about a better way for therapists and patients to connect. A U.S. Army veteran and Stapleton resident, Frank’s business background in medical services and technology prompted him to imagine an innovative way to help patients find a therapist quickly and efficiently. His vision was to “really move the needle” to reduce barriers and improve the patient experience.

Along the way, Frank connected with Sean Boyd, a therapist and clinician with a practice in a shared office for behavioral health providers. Together, Frank and Boyd co-founded Sondermind, a two-pronged business concept designed to make mental health and wellness services more accessi-

ble and convenient for consumers, and offering technical services to assist therapists with the day-to-day business of managing their practices. These became Sondermind Wellness Centers and Sondermind, Inc.

The newest Sondermind Wellness Center is now open in Stapleton. It is the ninth location to serve patients in the metro Denver/Boulder area. Sondermind centers can accommodate 30 to 50 carefully vetted providers in a shared office concept that offers prospective patients quick response time, ready provider accessibility, and ease of scheduling.

Sondermind, Inc. is a medical software program enabling patients to find a provider match by using an algorithm similar to those used on dating website platforms. When information about preferred location, appointment times, areas of concern, and insurance coverage is entered, the system will offer “therapist matches.” A live chat feature can help consumers navigate the site and answer questions in real time. Prospective patients can contact one therapist, or several, to schedule consultations to determine the best fit.

Site users can also perform a directory search to view photos and profiles of a full spectrum of provider types and specialties. Sondermind providers include Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Nurse



Sean Boyd relaxes in one of the therapy rooms. Licensed mental health providers can use office space to best accommodate the needs of their practices and patients.



Co-founders Sean Boyd and Mark Frank (standing) join Stephanie Diaz, community liaison, in the lobby of Stapleton’s Sondermind Wellness Center. The Stapleton location is the newest of nine in the Denver/Boulder metro area.

Practitioners, Psychologists (Ph.D), and Psychiatrists (MD). With over 300 providers practicing at Sondermind Wellness Centers, patients have access to all levels of care and can search by insurance or self-pay preferences. Return calls to consumers are usually made within an hour, reducing the wait time to schedule consults and appointments. “It takes courage for people to acknowledge

they need help navigating life situations,” says Frank. “Removing obstacles helps make behavioral health an important part of overall individual wellness.”

Sondermind is located at 3401 Quebec Street, Suite 4500. To learn more about Sondermind and see a list of wellness center locations, visit www.sondermind.com or call 720.330.3713.

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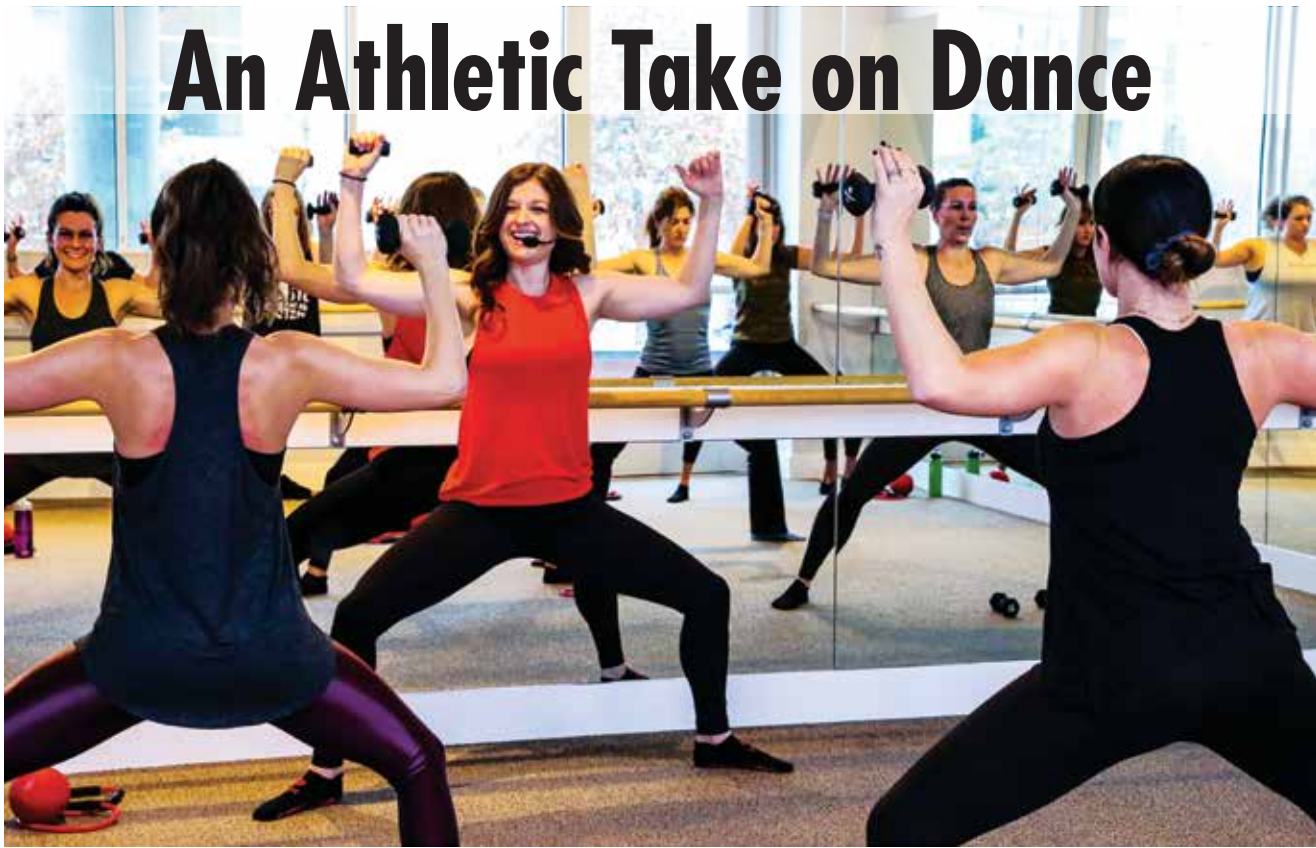


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An Athletic Take on Dance



Pure Barre co-owner and teacher Lacey Spruce leads a class. Pure Barre is the first commercial tenant in the new Mint Town Center building located adjacent to the 29th Ave. Town Center.

By Anne Hebert

The Mint Town Center building boasts a new fitness option for men and women. The building's first tenant, Pure Barre, offers a total body workout focused on lifting, toning and strengthening.

Pure Barre's co-owners, Lacey Spruce and Gail Nofsinger, met several years ago at another Pure Barre location. Nofsinger, an avid hiker, says she hated exercising in a gym environment. "When I found Pure Barre, I fell in love with the program. Not only was it something I could easily do, I saw results very quickly." With a high-stress job in oil and gas lending, Nofsinger says Pure Barre classes became the place where she could completely de-stress and focus on her own health and wellness. "It's a welcoming place and definitely not intimidating," she says.

Spruce is a Pure Barre teacher and loves that classes are fun and efficient. "Our classes are for people of all ages and fitness levels," she explains. "The program is one that anyone can successfully do and achieve results."

Spruce says one of the misconceptions about Pure Barre is that a dance background is essential. An athletic take on dance, the moves are easy for anyone to learn and the low impact emphasis is gentle to joints. Pure Barre also offers a cardio-centric Pure Empower class, a mix of cardio and strength intervals that

get the heart rate up and burn additional calories. "Empower is a nice complement to the barre class," Spruce notes. "Both are low impact and strengthen the tiny muscles that may be missed with other workouts."

The community focus at Pure Barre is intended to mirror the spirit of the broader community. Spruce says fostering a sense of community in the studio helps people share their goals and make new friends. Pure Barre has offered free community pop-up classes at Founder's Green and, most recently, at the Hangar at the Stanley Marketplace. "We love the chance to meet our neighbors and we have found this is a great way to do it," Spruce says.

Limiting class sizes to no more than 20 students gives teachers the chance to provide individualized attention and motivation. Students can download the Pure Barre app to check the schedule and sign-up in advance for classes. While advance class registration is recommended, walk-ins are welcome.

The studio is located at 7695 E. 29th Place and offers classes seven days a week. Open full days Monday-Friday and weekend mornings, Pure



Michael Song receives instruction from Spruce during a class. Pure Barre limits class sizes to give students individual attention.

Barre also has a retail shop carrying "athleisure" clothing, gym necessities, and gift items including candles and diffusers. The shop is open to the public during studio hours.

For more information about Pure Barre, visit purebarre.com/co-stapleton.



Pure Barre classes are for students of all ages and fitness levels. The classes are low impact and gentle to joints



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The SUN Spot

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Amanda Allshouse, president of the board of directors for Stapleton United Neighbors

April SUN Monthly Meeting Tuesday, April 17, Central Park Recreation Center

Outreach Hour: 6:30-8:30pm

At SUN's monthly outreach meeting in April, after updates from Denver Police, discussion will focus on block party planning. All are encouraged and welcome to attend, including veteran block party hosts, residents on new blocks who have not yet hosted a block party, or any resident looking to reinvigorate their block's traditions.

Discussion will include city and national efforts for community building, such as Denver Days, Denver's Sustainable Neighborhoods Program, and National Night Out. Denver Days (August 4-12) is a city program encouraging neighbors to get to know each other by "hosting block parties, picnics, and service projects with the focus on small, organic gatherings." Denver's Sustainable Neighborhoods Program gives residents the opportunity to become active partners in making Denver a vibrant and sustainable community. National Night Out (August 7) is an "annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make neighborhoods safer, more caring

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

April SUN News and Events

places to live." If interested in helping to design or pilot a program for neighbors on each block to embrace diversity and find a deeper connection on block party day, please attend the April meeting or contact SUN at StapletonUnitedNeighbors@gmail.com.

SUN board meeting: 7:30-8:45pm

The April SUN board meeting agenda will include final details for the First Community Day of Reflection, Community Forum, and logistics for the paper vote on bylaw change (see below for more detail on all three of these items).

Community Day of Reflection

Saturday, April 21, 12:30-4:30pm
Sam Gary Library

As the community deliberates issues around the name Stapleton, please consider attending the first Community Day of Reflection for an exploration of and a chance to think more deeply about our history. Through learning and processing evidence about the controversial historical figure Benjamin Stapleton, the community will have an opportunity to grow stronger together. Further, residents will have a strong factual foundation for a community-wide vote the following month on the organization name Stapleton United Neighbors.

Presenting historians are Professors Albert Broussard (Texas A&M University), Robert Goldberg (University of Utah), and Geoffrey Hunt (Aurora Community College). Discussion will be moderated by Professors Rebecca Hunt (University of Colorado at Denver) and Patty Limerick (State Historian, Center of the American West, University of Colorado Boulder). 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 relation-

ship 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.

Earth Day and Every Day

SUN board member and Sustainability Committee Chairperson Geoff Horsfall has registered an event for Earth Day, where participants will be picking up trash at Westerly Creek—separating landfill, recyclable, and compostable items—followed by a happy hour and dinner at Stanley Marketplace. In addition to being a beautification project, this particular cleanup will improve the local water quality as well as that of regional water sources that are fed by Westerly Creek. Participants will meet at 2:30pm on Sunday April 22 at Westerly Creek and MLK Blvd. All are welcome and encouraged to participate, or to post and host additional events. Through the City of Denver's Sustainable Neighborhoods Program, every resident has the power to register a sustainability-focused event on the city-hosted web site: <https://www.sustainableneighborhoodnetwork.org/sustainable-neighborhoods-denver/stapleton>

Annual Community Forum Tentative Agenda

Tuesday, May 15, 6-8pm at The Cube

RSVP: <https://www.facebook.com/events/1973904439592095/>

Updates from SUN President Amanda Allshouse, including a recap of recent events and ongoing efforts.

Vote on SUN board slate (see below) and paper vote on bylaw change (see below).

Fracking: procedural updates about legality in Colorado and city plans for resident notification.

Updates from Denver Police.

Representatives from DPS: enrollment and capacity information, and updates about Northfield High School.

Funding and timeline for infrastructure: Roads (CPB bridge and MLK completion)

Development updates from Forest City (Northernmost development in Section 10, Transit Oriented Development near Central Park Station, Eastbridge to Peoria)

Potential Addition of Operating Principles to SUN bylaws

Via a paper ballot at the Annual Community Forum, residents will be asked to respond yes or no to: "Should the name of the Registered Neighborhood Organization as reflected in Article 1, Section 1, of the Stapleton United Neighbors Bylaws be changed from Stapleton United Neighbors to Central Park United Neighbors?" Vote will be in-person only, residents must be present at the meeting to vote. Please refer to SUN's web page for other logistical details.

Slate of Board Members for Community Vote

Via a vote at the Annual Community Forum, residents will be asked to respond yes or no to a proposed slate of candidates for the SUN board. Joining returning SUN board members will be newly slated candidate Erin Parkins. Please refer to the SUN web page at www.StapletonUnitedNeighbors.org for all bios.

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Numbers**

Source:
REColorado.com
03/20/18

March 2018

Single Family Homes in Stapleton

33 : Active Listings (13 new / 20 resale)
39 : Homes Closed by NPRES
in the last 12 months
28 : Avg days on the market*
10 : NPRES's avg days on market
\$675K : Avg transaction price*

*Data from 90 resale homes sold in last 6 months.



Pending Melinda S. Howlett | 2286 Uinta St | \$525K
3BR | 3B | 2,202 ft²



Pending Jody E. Donley | 5463 Valentia St | \$599.9K
3BR | 4B | 2,805 ft²



Pending Jody E. Donley | 2795 Emporia St | \$925K
5BR | 5B | 3,938 ft²



Pending Jody E. Donley | 2646 Lola St | \$449.9K
3BR | 3B | 1,671 ft²

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Letters to the Editor

Global Warming is a Serious Problem

Global warming is a gradual increase in Earth's temperature that can and will have serious effects on our future. It occurs when pollutants such as carbon dioxide (CO₂) are released into the atmosphere from things like cars and factories. The gases absorb sunlight and solar radiation that bounce off of Earth's surface. This radiation would normally have passed back through the atmosphere into space, but instead becomes trapped by the air pollutants in the atmosphere, raising the temperature of the Earth.

One of the greatest effects global warming has is on coral reefs. The big issue now is that the ocean temperature has risen above the highest temperature that corals have experienced in the past. As the oceans warm, coral dies off because of the increase in temperature. A couple of degrees may not seem like much, but to the coral it is similar to living with a high fever.

Coral is the base of the structure that makes, grows, and supports coral reefs—without it the entire ecosystem will collapse. If the coral die off, the fish that eat that coral will die. Then the larger fish that eat those fish will die, and so on, creating a chain reaction throughout the entire ocean. Also, many of the fish actually benefit by living in the structure that the coral provide or because of the energy that corals put in the system by releasing sugar into the water. This structure provides safety and protection from predators for the fish. If fish begin to die, it could endanger a major source of food and income for coastal communities. According to the World Wildlife Fund, the warming of Earth's oceans "...threaten[s] a critical supply of protein for more than one hundred million people." This major loss of a food source could have detrimental consequences to the human population.

In summary, global warming is a serious problem that needs to be addressed by society, not only to prevent the deaths of animals, but to maintain our Earth and make sure it is hospitable for future generations. One way that we can make a difference is by donating to organizations such as the Nature Conservancy or limiting our CO₂ emissions in our daily lives. This can be achieved through simple tasks such as turning off lights and unplugging devices. Even the small things can make a big difference.

Kailey Sieja, Holly McMahon, and Erin Nagel, 8th graders at McAuliffe International School

Editorial reviewed for accuracy and approved by Tyler Smith, Ph.D., Research Associate Professor of Marine Science at University of the Virgin Islands.

Denver's youngest at-risk residents have a stake in the future of the Park Hill Golf Course

Clayton Early Learning is a hidden gem in Northeast Denver; its historic campus at the corner of Colorado and Martin Luther King Jr. boulevards encompasses life-changing early childhood programs catering to

Denver's "at-risk" children. Playgrounds, sensory gardens and healthy meals that nourish young children's bodies and minds are par for the course at Clayton.

More than 850 children benefit directly from Clayton's educational and family support programs, which are provided at low or no cost to eligible families.

Clayton's children are the legacy of a trust funded more than a century ago from the assets of George W. Clayton, a pioneering Denver business leader. Clayton's trust includes the 20-acre property of the Clayton campus and 155 acres of open space located north of the campus, east of Colorado Blvd, currently leased as the Park Hill Golf Course. The golf course operator pays rent to Clayton that is critical in the support of its programs.

My children have greatly benefited from Clayton's high-impact programs. Clayton has helped my three-year-old foster-to-adopt son thrive through supporting his need for social/emotional learning. My four-year-old daughter started at Clayton at eleven months; she is now poised for a successful transition into kindergarten.

Recent public dialogue has identified challenges and concerns:

- Due to declining revenues, golf may no longer be a sustainable source for the funds Clayton needs to support its children.
- Although the Park Hill Golf Course is classified as "open space," the property is accessible only to paying golfers.
- Nearby healthy food options are lacking and housing costs are increasingly unaffordable.

Open space is key to Denver's future; however, devoting the entire 155-acre property exclusively to open space won't address all of Denver's pressing challenges and may tighten the budget Clayton needs to serve its children.

I urge all Denver residents to balance competing needs and consider the future of our youngest residents. We need to stand firm with Clayton's smallest voices—not yet old enough to be heard at city council or attend neighborhood meetings.

Rexford Canady, AIA, is a Northeast Denver resident and chair of the Clayton Parent Council.

Perseverance can make a difference in society

My name is Lily, I am in eighth grade, and I am part of Girl Scout Troop 4295. Last May, in order to gain our Silver Award, my Girl Scout Troop and I attended a woodworking class to create free little libraries for our neighborhoods. Throughout this experience, I learned how my perseverance can translate to make a difference in society, how

teamwork can make an impact on your community, how my peers could benefit from such a small action, and how people can unite through education and reading. Free little libraries are becoming a trend that will continue for as long as hard copy books are still used, and I encourage you to read, write and create to make a difference. "Whenever you read a good book, somewhere in the world a door opens to allow in more light."
—Vara Nazarian

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Above: Actor/educator Olivia Downs greets visitors to the exhibition with a live theater performance about the discovery of the scrolls in clay jars in caves near the Dead Sea.

Right: A timeline of artifacts guides visitors backward in time, from the discovery of the Dead Sea Scrolls in 1947 to everyday and religious objects used by ancient Israelis in 1200 BCE.



By Laurie Dunklee

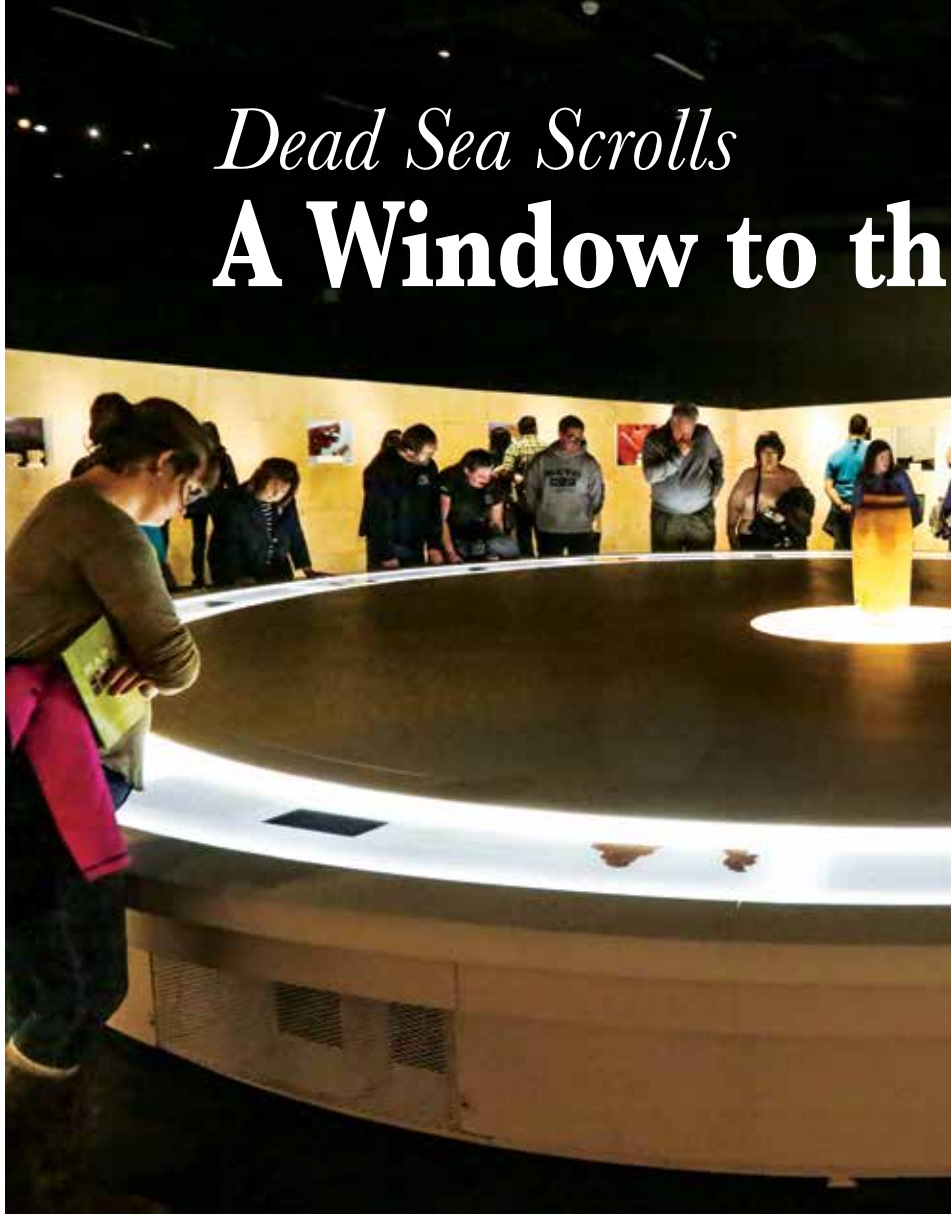
“Many of the people who are coming to this exhibition aren’t our regular museum goers. This is a once-in-a-lifetime experience,” says Robert Payo, an educator at *Dead Sea Scrolls*, at the Denver Museum of Nature and Science through Sept. 3. “People’s interest varies from a fascination with the crazy discovery story and miraculous preservation, to the scrolls’ direct connection with Islam, Judaism and Christianity.”

The Dead Sea Scrolls, ancient manuscripts that include the oldest known biblical documents dating back over 2,000 years, were discovered in 1947 near the Dead Sea in the Middle East. The scrolls are a record of customs and beliefs in ancient Israel, written between 200 BCE (before common era) and 70 CE (common era) in ancient Hebrew, Aramaic and Greek.

“They let us piece together the everyday lives, as well as the religious lives, of our common ancestors,”

Payo said. “It’s miraculous the scrolls survived for more than 2,000 years, that they weren’t eaten by animals or destroyed by weather.”

The Dead Sea Scrolls were found in desert caves in the West Bank of the Jordan River between 1947 and 1956. The first scrolls were discovered by young Bedouin goatherders who climbed into a cave, perhaps in search of a stray goat. “It was dark, but when I could see before me, there were about 10 jars in the cave on both sides,” said Muhammed edh-Dhib, one of the goatherders, speaking in Arabic in a 1961 interview. “There were three manuscripts in one jar only. Two of them were rolled in cloth, and the other was not.”



Above: Figurine of a man with a pointed beard, circa 1000 BCE, uncovered in Jerusalem. His hands are tied in front of him; perhaps he is a prisoner, or he may be carrying an animal on his shoulders.

Right: A re-created four-room house contains the necessities of life in ancient Israel: pottery, grinding stones, and a foot bath for ritual purity.

Over the next nine years, archaeologists and Bedouins searched the surrounding caves. After extensive excavation, more than 900 remarkably preserved scrolls were recovered,



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e Ancient Past



Center: Ten scrolls are displayed under half-light in a large circular display case, along with their English translations.

Left: Some of the scrolls were found in clay jars, several to a jar.

Below left: The individual cases are constantly monitored to maintain the optimal light, temperature and humidity for preservation.

Below left fragment: A document never displayed before is a quote from Leviticus 15 about cleanliness for the health of the community.



Above: A three-ton stone from the Western Wall in Jerusalem, believed to have fallen in 70 CE. Just as in Jerusalem, visitors are invited to write their prayers and insert the slips of paper into the wall.



leading to decades of scrutiny, preservation and debate.

“Most of the scrolls were written on parchment—goat or calf skin—and some are on papyrus [from plant material],” said Payo. “On some of them you can see where they were stitched together. They survived for 2,000 years because the caves were dry, hot and dark.”

Ten scrolls are on display. Due to strict preservation requirements, 10 different scrolls will arrive halfway through the run to replace the 10 initial scrolls. “After being on display, they are returned to Israel and placed in complete darkness for at least five

years,” Payo said.

The origin of the scrolls is a subject of debate. “One theory is they were written by the Essenes, a monastic sect. They hid the documents in the caves 20 miles from Jerusalem because no one went there, to keep them from being destroyed by invaders.

“Jerusalem was conquered 40 times, yet it’s still there, while other cities like Babylon are gone. The Jews are still there, with many of the same traditions they observed thousands of years ago. Why? Because their history and traditions were written down.”

In addition to biblical writings, the scrolls also provide commentary on the Bible and everyday religious practices, including ritual bathing and sacrifices.

Documents pertaining to everyday life have also been found, including a land lease agreement among four farmers that is signed by each of the four.

The exhibition places the scrolls in context by including 600 artifacts from the ancient Middle East, including inscriptions and seals, weapons, stone carvings, terra cotta figurines, remains of religious symbols, coins, shoes, textiles, mosaics, ceramics and jewelry.

“Combining the archaeological record of objects with the writings leads us to some interesting discoveries,” said Payo, pointing to a case of fertility figurines among the religious artifacts. “The ancient Jews were monotheistic [believed in one God], but also kept figurines representing the older religions. They co-existed in everyday life.”

For more information, see dmns.org/dead-sea-scrolls/.

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