

# Front Porch

DENVER, COLORADO

NORTHEAST DENVER

JANUARY 2020

## The Urban Farm's Secret to Success...

## Grit!

A Chevy truck provides light for 4H youth walking their sheep. Electricity is fickle at the farm, and it isn't unusual for the 4H kids to work with their animals well after the sun has set in the winter months. The kids (left to right) are Hattie Mettler, [face obscured], Greta, Caden McGill, Iris Fledge, Kali Bradley and Emma Goebel. *Story on page 22 by Tracy Wolfer Osborne.*

## Helping Build Medical Capacity in Tanzania

A team from SCL Health (Sisters of Charity Leavenworth) traveled to Tanzania in November to offer training and assistance with medical care. As they provided medical knowledge, they gained the perspective of a culture that treats healthcare holistically. At right, Park Hill resident Erin Fahres teaches nursing students how to find a pulse. *Story by Martina Will, PhD on page 12.*



Photo courtesy of trip participants.

## Undomesticating Your Dinner



Elise Wiggins, Stapleton resident, chef and owner of Cattivella shares a sneak preview of her new program, *Roots to Ranches*, premiering on RMPBS in January. Wiggins talks about her vision for her latest enterprise, which centers on sustainably ranched, foraged, hunted and farmed foods and includes her unique spin on the traditional cooking show. *Story on page 8 by Martina Will, PhD.*

## Front Porch Camp Guide 2020

By Friday, January 17, upload camps at [FrontPorchNE.com](http://FrontPorchNE.com) > Events





Diana DeGette, Denver's representative in the U.S. House of Representatives, was chosen to preside over the impeachment proceeding on Dec. 18. DeGette has served as Colorado's 1st District Representative since 1997. Before her, Pat Schroeder had served since 1973, giving Colorado's 1st District residents a woman representative for 47 years. And women have just had the right to vote for 100 years.

When Colorado was admitted to the Union as a state in 1876, it had just one Congressional district. In 1893, it was the first state to enact equal suffrage through popular vote. The state currently has seven Congressional Representatives and is expected to increase to eight seats after the 2020 census, with the first representative from that district to be elected in 2022.

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or our sidewalk racks. Readers are welcome to take multiple papers from any *Front Porch* racks to share at local businesses and organizations.

## Events & Announcements at Stapleton

### Active Minds Seminar – The History of Radio

January 09 | 1–2pm | Sam Gary Library

Throughout human history, there have been many inventions that have fundamentally changed how people communicate. One of the most influential was the advent of radio. Although radio technology was discovered in the 19th century, it came into popular culture in the first half of the 20th century. Even today, the radio continues to reach nearly 250 million Americans weekly. Join Active Minds as they trace the history and lasting impact of this important technology.

### Family Game Night

January 10 | 5–9pm | The Cube

Put on your game face and roll the dice at our open-house style game night! Choose a game and challenge your friends and family or team-up for some neighborly competition against others in the community. A diverse selection of game-night essentials will be provided, including Monopoly, Apples to Apples, Clue, and more! Attendees are welcome to bring a picnic-style dinner or snacks with them. The MCA will also have a variety of snacks and drinks available for purchase at our concession stand. The stakes are low, as this event is free and open to the public. So, can we deal you in?

### Wine Education Series

January 16 | 7–9pm | The Cube

The MCA's Wine Education Series spotlights the educational side of wine tasting. The tasting will be guided by wine expert Grant Harmsen of The Vineyard Wine Shop, who will educate attendees on the selected wines' evolution from vineyard to table. This sit-down tasting will include an hour of educational discussion highlighting a variety of wines, followed by time for social tasting and intimate interaction. Tickets are \$20 and will increase to \$40 on the day of the event. To purchase tickets, visit [stapletoncommunity.com](http://stapletoncommunity.com). You must be 21+ to attend; no refunds will be permitted.

### Active Minds Seminar – Venezuela

January 23 | 6:30–7:30pm | Sam Gary Library

Venezuela is in an economic and political crisis. Food shortages, rolling electrical blackouts, and a crumbling healthcare system have triggered a mass migration of millions out of the country and prompted political opponents, led by Venezuelan Parliament leader

Juan Guaido, to seek the ousting of President Nicolas Maduro. Join Active Minds as they explore how this once budding democracy has wound up in an ongoing state of unrest. We will examine how the price of oil, policies of the late President Hugo Chavez, and other factors converged to create this crisis and explore what the future holds for this important South American country.

### Family Film Series – *The Princess Bride* (PG)

January 24 | 6pm | The Cube

We kick-off our three-part Family Film Series with *The Princess Bride*, one of the all-time great fantasy films, combining both a spirit of adventure and uplifting humor that all ages can appreciate. For parents who feel they're unable to endure more witless absurdity often exhibited in kid-friendly films, *The Princess Bride* might be the breath of fresh air they've been waiting for. We welcome back our accomplished host, Dr. Vincent Piturro, who will provide the audience with a unique filmmaker's perspective, revealing exclusive industry insights behind some of the most beloved family-friendly films in cinematic history. For more information and to purchase tickets, visit [stapletoncommunity.com](http://stapletoncommunity.com).

### Harry Potter Lock-In

February 7–8, 4pm–10am, The Cube

Witches and Wizards, grades 2nd through 5th, are invited to attend a magical overnight stay at Hogwarts School of Witchcraft and Wizardry! Step into the Wizarding World through a one-of-a-kind immersive experience that is sure to bring the magic from the books and movies to life. Students will be sorted into houses, encounter some of Hogwarts' most celebrated curriculum, and compete against other Hogwarts houses for the Quidditch Cup! Furthermore, students will get to explore Hogsmeade and Honeydukes, where they will find a diverse assortment of enchanted treats and uncommon treasures. Space is extremely limited and filling fast! Register today at [stapletoncommunity.com](http://stapletoncommunity.com)!

If you have any questions or comments about the information above, please feel free to contact me.

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# Front Porch

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When completed in 2024, the campus will have almost twice the space as the existing site, with multiple educational spaces for food, agricultural discovery and entertainment.

# Stock Show Grows into the National Western Center



Le Mouton, a massive and primarily concrete building where sheep auctions have taken place in the past (above left), was torn down in September. By October, only the base of the foundation pillars were visible (right) and concrete from the building had been crushed for recycling and used elsewhere in the project. The iconic water tower (visible in both photos) will be removed during construction, carefully stored, and reinstalled at a later date in a new location where it will become a focal point of the campus.



we recently relocated near National Western Drive. We're storing it for future relocation on the campus," says Holloway. (And yes, the saloon will remain.)

Construction will be visible, but should not impact the visitor experience, says Holloway. During the Stock Show, he says, the City will "ratchet down quite a bit of our construction activities," to minimize disruptions to visitors' experiences. Access, parking, deep-fried concoctions and other key elements of the visitor experience will largely be the same as in

previous years, though vendor parking will be modified in 2020.

Once the Stock Show is over, however, construction will again pick up speed, and the first major vertical development will start. "It's our smallest building and it's going to be roughly the length of a football field," says Holloway of the new Stockyard Event Center. This arena, with up to 1,000 seats, will lend itself to community gatherings, seminars, car shows, expositions, and other activities. For more info, visit [NationalWesternCenter.com](http://NationalWesternCenter.com).

By Martina Will, PhD

Though no treasures have (yet) been found, Stapleton resident and Executive Director of the National Western Center Tykus Holloway, says construction at the National Western Center has uncovered a large old safe (empty), old flywheels, stone bricks, and a great deal of scrap iron and metal that he hopes can be reintegrated into the new buildings planned for the National Western Center campus in the years ahead.

After over 110 years, the National Western Stock Show's home is undergoing an overhaul that will increase visitor and livestock amenities and offer opportunities for greater year-round activities. Phases 1 & 2 of construction began in 2018. Most of the progress to date has been centered on the

"site-enabling work" that will prepare the land for the new construction happening after this year's Stock Show comes to an end in late January. A lot of the 2019 work focused on removing some existing elements. "Across the railroad tracks to the West is where the majority of our construction is focused for Phases 1 and 2...visitors will see some expanded space for the animals and livestock in the yards, and we've removed quite a few buildings to prep the land for our vertical development," says Holloway.

So what is different today is somewhat hidden unless you know what to look for. Currently, railroad tracks run along the South Platte River. They are in the process of being moved and consolidated, making way for open space. "An old train car that was near the saloon...



The Stock Show gives city families the opportunity to experience Colorado's rich ranching heritage. Those nostalgic about the past will be happy to know History Colorado is a program partner of the National Western Center to ensure that the new developments don't undermine the site's historic importance to the City.

## Scenes from prior years

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By Todd Engdahl

The Colorado Capitol may be the place where legislative dreams go to die in 2020. Democrats, freshly in control of the full legislature and the governor's office after the 2018 elections, came to the Capitol a year ago with grand plans on oil and gas regulation, middle class economic security, election reform, full-day kindergarten, gun control and more. They accomplished a fair amount of that agenda—and added new spending to the state budget in the process.

Some of 2019's unfinished work now is on the 2020 agenda, and last year's spending spree, among other things, has helped reduce the amount of new spending the 2020 legislature can put into the 2020-21 budget.

The State Budget

Much of the \$32 billion state budget is committed before lawmakers convene every January—the cost of existing programs, increases in medical caseloads and school enrollments and other continuing costs.

The state's economy continues to perform strongly, and state revenues are still growing, but not as fast as they were a year ago. But the state has hit the revenue cap dictated by the Taxpayer's Bill of Rights, so lawmakers can't spend all the new revenue that's coming in. Well over \$1 billion will have to be refunded to taxpayers over a three-year period.

But lawmakers and Gov. Jared Polis have lots of ideas—more funding for the state preschool program and other education initiatives, expanding air quality inspections, more money for school safety initiatives and drug addiction treatment, increasing the state reserves—the list goes on.

And the governor's budget proposal gives only modest increases to higher education and state human services and medical programs, so there may be pressure to increase funding in those areas.

The bottom line is there may only be about \$55 million in money available for truly new spending, and lots of spending bills will be on the cutting room floor once the session ends in May.



The Colorado State Senate chamber—quiet

Budget Realities Threaten Law

School Finance

The cost of education is a big chunk of the overall state budget, but this session will see lots of separate debates just about paying for schools. In addition to Polis' push for preschool funding, some lawmakers will push to further reduce a long-running shortfall in K-12 support; teachers' unions are pushing for more funding; and lawmakers may face two complicated plans to change parts of the funding system—one to change the state funding formula and one to force school districts to increase local tax rates.

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until the 2020 session starts on January 8.

## maker Plans as 2020 Session Opens

### Economic Security

In recent sessions legislative Democrats have pushed bills intended to help Coloradans cope with such pressures as medical costs, insurance and retirement savings. Some of those were discussed last session but not acted on. So expect renewed debates this year on a proposed state-mandated paid family leave program, creation of a state-sponsored health insurance option and of a retirement savings plan, plus measures intended to control prescription and hospital costs.

### Northeast Denver in the Legislature

The 2018 election produced no changes in Northeast Denver's all-Democratic legislative delegation, leaving familiar faces in office last year and this session. But that lineup is due for a shakeup before the 2021 session.

Veteran Sen. Lois Court (District 31) isn't seeking re-election this year. Rep.

### Hot Issues

Gun control was contentious in 2019. Despite the controversy, Democrats probably will be back with bills on safe storage and reporting of gun thefts, among other ideas. Other contentious issues expected to be back this year include immunizations and vaping taxes, among others.

### A Big Grab Bag

Over the summer and fall 15 legislative study panels (they're called interim committees) delved into issues ranging from drug addiction to sales taxes. Together that record number of committees proposed more than 50 bills, teeing up lots of issues for the 2020 session. Many of the bills are technical or minor, but proposals on drug treatment, school safety, prison reform and others could draw significant attention.

Election-year legislative sessions can be especially unpredictable, given that many lawmakers have one eye on the fall election and let campaign concerns influence their legislative actions.

Add contentious presidential and U.S. Senate campaigns to the mix, and there's potential for some partisan venting under the Capitol dome.

Chris Hansen (District 6) is running for her seat.

Sen. Angela Williams (33) last year entered the Democratic primary field for U.S. Senate. So Rep. James Coleman (7) announced he was running for her legislative seat. But Williams subsequently dropped out of the U.S. Senate contest and announced she was running for re-election, setting up a potential primary (see story on page 19). The one stable member of the delegation seems to be Rep. Leslie Herod (8), who ran unopposed in 2018 and has filed paperwork to run this year.


Four Democrats—Sean Camacho, Hazel Gibson, Steven Paletz and Steven Woodrow—have registered to run for Hansen's House seat. Three other Democrats—Bernard Douthit, Jennifer Bacon and Simon Maghakyan—have registered or announced a run for Coleman's House seat (see Douthit and Bacon interviews on page 16).

Primary caucuses are expected to be held March 7 and the primary election will be June 30.

All five members of the current delegation held leadership positions during the 2019 session. Court was elected president pro-tempore (the chamber's second-highest position) and was chair of the Senate Finance Committee while Williams led the Business, Labor and Technology Committee.

Hansen is on the Joint Budget Committee and chaired the House Appropriations Committee. Coleman was co-whip (a party floor manager) and vice chair of the Business Affairs and Labor Committee. Herod chaired the Finance Committee and was vice chair of the Judiciary Committee. Leadership positions generally—but not necessarily—carry over into the second legislative session between elections.

*Todd Engdahl owns Capitol Editorial Services, a firm that provides legislative coverage, intelligence and analysis to private clients. During a long career as an editor and public policy journalist, he served as executive city editor of The Denver Post, founder of DenverPost.com and a founder of Education News Colorado, which later became part of Chalkbeat Colorado.*



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Cattivella owner and chef Elise Wiggins and Sous Chef Zuri Resendiz recount his first hunting experience in the deep woods of Louisiana, part of episode one of Wiggins' new cooking show, *Roots to Ranches*. The program premieres on Rocky Mountain PBS in late January, airing Thursday nights. Check local listings for air times.

By Martina Will, PhD

Executive Chef/Owner of Cattivella Elise Wiggins was only six years old the first time she went hunting with her father in the woods of Louisiana where she grew up. “If you do this, you have to understand we don’t take life to take life. If we take life, you will eat it. Are you ok with that?” she recalls her father asking. He helped her hold the shotgun, which was large for a little girl. “I took the shot, and we got the blackbird.” After showing her how to clean the bird, they cooked it and ate it together. “I remember the process as if it were right now. To this day, I can feel the blackbird in my hand,” she says. “It was a very special moment. I was hooked.” Though Wiggins’ first love is cooking—she was obsessed with Julia Childs’ show from age four on—she is passionate

about hunting and the origins of food as well. Her new venture—*Roots to Ranches*—is a cooking show that rejects the genre’s predictable studio sets and domesticated approach to food. It combines her passion for cooking with her love of adventure and family storytelling traditions. *Roots to Ranches* moves through different states and regions while hunting, foraging, ranching, and farming for food according to the seasons. *Roots to Ranches*’ first season is a tour of the South, including Louisiana, Georgia,



Alabama, and Texas. “Hurry up and wait for something to happen to capture that moment that will help tell the story you’re trying to tell,” is how producer Jared Petsche describes filming the first season of six episodes over two weeks in 2019. Icicles formed on Petsche’s mustache as he stood chest-deep in icy water, video camera patiently aimed at the sky, waiting for the perfect shot of birds in flight for one episode. Filming on location rather than on a stage in a scripted production is just one of the many elements that distinguishes *Roots to Ranches* from existing cooking shows. Each program focuses on a different place and a unique food, eventually leading to Wiggins preparing dishes that she hopes will expand viewers’ creativity and knowledge while also connecting them to the

origins of their food. After watching her program, she hopes viewers will consider the sources of their food as they plan their own dinner menus. “I would rather have an animal that has had a full life in the wild without hormones, eating what’s natural...” than domesticated protein, she says, alluding to factory farming practices common in the U.S. “We can eat beef and not feel guilty by giving them enough space to be natural.” Wiggins says wild game has a higher protein



Season 2 of *Roots to Ranches* travels through the Rocky Mountain West, including this, the KB Styles Adventures Ranch in Kiowa County, Colorado. Here,

content and foraged food has a higher nutritional content than their counterparts in a grocery store or farmers’ market. But not everything she prepares on *Roots to Ranches* is available in your local supermarket. Squirrel is the focus of the first episode, which she screened before a November audience at the Sie Film Center. Guests sampled several varieties of this staple of traditional Louisiana cuisine before viewing the pilot, in which Cattivella Sous Chef Zuri Resendiz joins Wiggins to go squirrel hunting. This entire sequence is funny and engaging; the pair share



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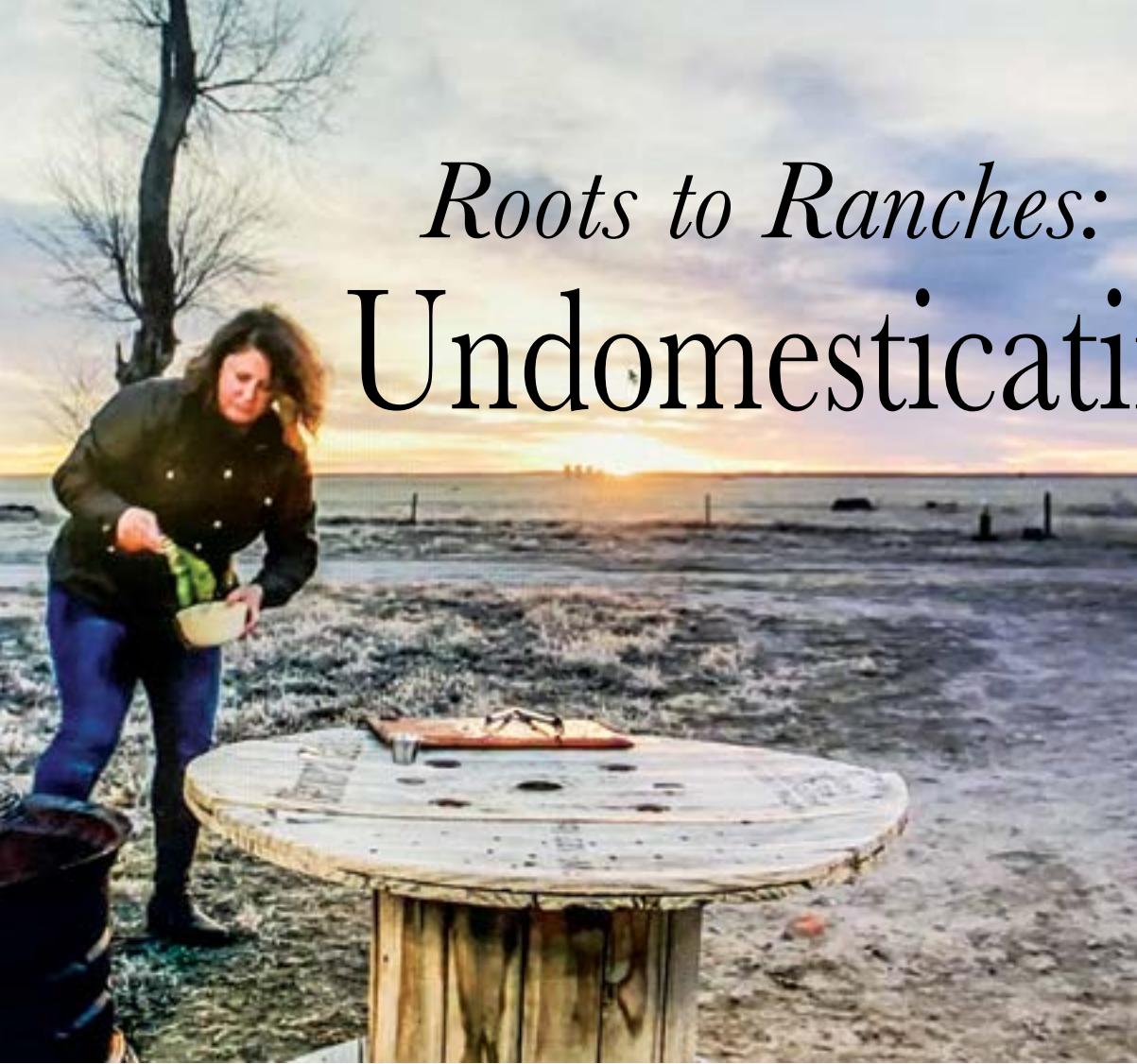
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# Roots to Ranches: Undomesticating Your Dinner

Photos courtesy of Roots to Ranches



Wiggins prepares rabbit outdoors, suggesting the spirit of adventure and creativity that distinguishes her program from the current menu of cooking shows. Wiggins hopes her show educates people about the origins of their food as well as local fare across the country, as each season moves to a different region and centers on a different food source.



Wiggins, executive chef/owner of Cattivella in the Eastbridge Town Center, is just at home in the kitchen as she is in front of the camera.

a natural chemistry on camera. Though admittedly outside of his comfort zone in the insect-rich deep woods of springtime Louisiana, the Mexico City native says he hopes to go for “something bigger than a squirrel” next time he goes hunting. “As a chef, we’re spoiled; maybe we get whole animals, but they’re already clean....going in there in the woods and doing it yourself... it’s something we have lost contact with,” says Resendiz.

Beyond the adventure implicit in hunting or foraging, the show includes anecdotes reminiscent of the Wiggins’ family tradition of storytelling. At the premier, Wiggins

shared the story of a “mixed fry” her grandmother once served. Excited to find a large “nugget” among the meats, Wiggins saved it for last. When she hit bone, she peeled off the breading and discovered a squirrel head. She assumed it had accidentally landed in the mixed fry. “Nope, that’s good eating,” said her grandfather as he instructed her how to crack the bone and scoop out the meat. “In my family, you eat everything. You don’t waste anything,” she smiles.

Wiggins’ stories and wit engage viewers even as she is herself learning along with her audience. Foraging, she concedes,

is outside of her skill set, so she finds local experts to teach her the nuances of searching for lichen and Queen Anne’s Lace. With each new food she tries, she imagines complementary flavors, likening her creative process to composing a symphony. Not everything is exotic, however; much of what we consider off-limits for consumption, Wiggins deems flavorful, nutritious, and locally abundant. She finds inspiration in Stapleton’s Central Park, for example, which is replete with purslane, mallow, and dandelions.

Season two, scheduled to air in the

summer of 2020, is a tour of the Rocky Mountain West including Colorado, New Mexico and Utah. She devotes an entire episode to The Urban Farm at Stapleton, which she praises for its educational programming and organic farming. Though she appreciates that most viewers will never prepare squirrel for dinner, Wiggins hopes *Roots to Ranches* connects people to their food and becomes “aspirational,” the way Julia Childs’ program was for generations.

*Roots to Ranches premieres on RMPBS in late January. Check local listings for times.*

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Front Porch photos by Christie Gosch

Senior Planet Colorado, which held its ribbon-cutting ceremony on October 24th, boasts a modern space that encourages both community and collaboration. Students can grab a latte before heading to class.

By Tracy Wolfer Osborne

“**O**K Boomer” is the most recent meme-worthy catchphrase to go viral. The verbal eye roll—coined by millennials—isn’t just a succinct rebuttal to the decades-old “back-in-my-day” diatribe, it’s also a cutting insult meant to once and for all dismiss an entire generation that seems unyielding to an ever-evolving world.

But millennials in Denver might want to think twice before hurling the ageist attack, as mile-high seniors are flocking to a program called Senior Planet that offers new opportunities through technology. Their mission is “to enable older adults to come together and find ways to learn, work, create, and thrive in today’s digital age.” They promise to help seniors with almost anything they desire

including: harnessing technology, getting in shape, saving money, and making new friends. They’re not just offering computer classes; they’re part of a larger movement that aims to flip the cultural narrative about aging. The current culture says the golden years are a time of decline, but the new narrative insists seniorhood is a time of vital rejuvenation and a jumping off point for new adventures.

The program, which opened in the Hanger 2 District in Lowry, looks more like a sexy silicone startup and less like what you might envision when you think of your grandpa taking a computer class. The space—complete with trendy chandeliers, a coffee bar, and modern art—is free and available to anyone sixty-plus. And the classes, which include Creating Your Own Website, Digital Storytelling, Fitness Essentials, Money Matters, and SmartPhone Photogra-

phy, are already full with a waiting list.

The typical member might begin by taking a five or ten-week computer course from the “Basics” or “Essentials” series to learn fundamental digital skills and then go on to engage in lectures, workshops, or special events in one of the program’s five impact areas including: financial security, health and wellness, civic engagement, social engagement, and creative expression and lifelong learning.

State Director Khristine Rogers, said, “I think the most exciting thing happening is the growth of our mission to harness technology to change the experience of aging in urban, suburban, and rural Colorado. Our network of partners throughout the state is growing with new classes scheduled in

Mesa County and other emerging statewide locations. We are excited to connect people through in-person and digital experiences that empower the possibilities for growth as we age.”

One of Senior Planet’s goals is to help their members envision, build, and grow their entrepreneurial aspirations. Rogers said, “The center has a dedicated space designed as an entrepreneur/innovation incubator where members can flesh out business ideas. Members participated in Startup Week in September by co-hosting a Longevity Economy pitch event. Volunteer consumer validators provided feedback to entrepreneurs about their products and services. But Senior Planet aims to do much more than just teach seniors about technology.







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Monyett Ellington helps students download music on Spotify during her 10-week "Beyond the Basics" class. One of her students, Corina (pictured front in the grey sweater) says, "I like taking classes with other seniors." Pictured below is the innovation incubator where students can suss out their entrepreneurial aspirations.

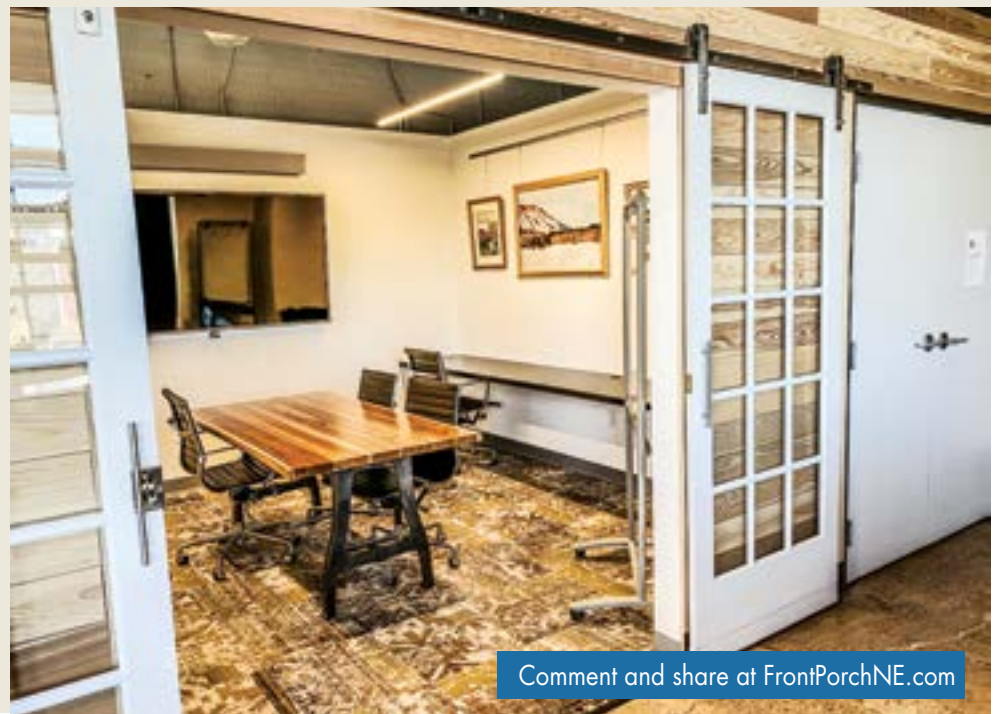


## Senior Planet Where Boomers Learn, Work, Create and Thrive

They're also trying to build community both locally and internationally. One such opportunity will come on January 30, 2020, when Center Manager Judy Rough will connect Senior Planet members from Denver and other parts of the country to a group of fifty-plus seniors in South Africa. The real-time conversation, which will take place via Zoom video conferencing, will be broadcast "Brady Bunch" style and address the topic of older adults and work. Rough, who's an international expert in aging and technology, said, "It not just for people interested in working; it's more about the social and political impact on a nation and its generations. It's about demonstrating digital intimacy with the use of this technology versus the digital divide that is happening in society today."

So, will all this high-tech acumen and community-building be enough to bridge the generation gap? Well...maybe. At the very least, it's a forward-looking step, and that might have some millennials changing their tone. Perhaps the next time you hear, "Ok Boomer," it'll be with less sarcasm and more encouragement, perhaps even punctuated by an exclamation point.

Senior Planet is funded through The Next Fifty Initiative, The Harry and Jeanette Weinberg Foundation, The Gates Family Foundation, and a growing base of Senior Planet members and donors. To learn more visit [www.seniorplanet.org/colorado](http://www.seniorplanet.org/colorado), call 720-364-1038, or visit them in person at 7585 E. Academy Blvd. in Denver.



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First-year nursing students pose for a fun photo with the new pen lights they will use to shine into patients' eyes to see whether their pupils react.



Roxanne Cook, an RN from Platte Valley Medical Center, uses a patient's vital signs to teach the SBAR technique (situations, background, assessment and recommendations) to nurses to help them have clear communication with doctors.

# Helping Build Medical Capacity in Tanzania

## “Without Creating Dependency or Harming the Dignity

By Martina Will, PhD

After traveling to Tanzania for four years with a medical team from SCL (Sisters of Charity Leavenworth) Health, Stapleton resident Shelley Michas speaks with deep respect and appreciation for the healthcare network's two partner hospitals in Tanzania, Arusha Lutheran Medical Center and Selian Hospital. She values the team's dedication as well as the different approach to healthcare she's observed. "The Maasai believe that when you are sick and you come into the hospital—let's say you were bit by a mosquito that had malaria—their first question is 'what relationship did I break?'"



Shelley Michas' hug with this child exemplifies the many close personal connections made between the SCL team and the Tanzanians they met.

And so the hospital there treats that whole person," says Michas. Based on her experience as the International Ministry Program Lead for SCL Health, Michas suggests that Western practitioners have much to learn from Tanzanians' more holistic conception of health, which addresses an individual's physical, mental and spiritual wellbeing. Conversely, this different approach to illness also means that by the time clinicians see patients, they may already have been sick for quite some time and have likely explored some traditional treatments. "When they finally end up in the hospital they're very very sick and still wondering what

relationship they might have broken." As an employee of a Catholic health-care network, Michas finds the Tanzanian approach reminiscent of Pope Francis' emphasis on the four relationships. She paraphrases this as "our relationship with ourselves, with each other, with God and with the environment." In her experience, even after treatment or a procedure resolves a medical concern in Tanzania, self-examination continues. "They still want to know how can they help fix whatever relationship was broken...and that's the same thing when you look at being in balance in the Catholic faith." She chuckles,

not wishing to sound like she's evangelizing, which is not part of these trips, either. Oncology nurse Erin Fahres, who participated in the recent 2-week trip for the first time, also brought home lessons she has tried to incorporate into her work here. Her time in East Africa reminded her that "no matter where we are in the world or what our situations are, the basic needs of humanity are to be cared for and to be heard." With both nursing and teaching degrees, Fahres taught nursing students cancer and oncology basics among other things. "I was really pleasantly surprised by the enthusiasm and curiosity of the nursing students. They



Nursing students practice chest compressions and rescue breaths as they learn cardiopulmonary resuscitation (CPR).


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# CULTURAL TRAVEL

Fahres hopes the program can build more mentorship into future missions, and perhaps a debrief to allow people to process their experiences after returning stateside.

SCL Health has partnered for over 15 years with the hospitals and a nursing school to help train healthcare workers. The service trips are not, however, for those who wish to play “Barbie Savior,” the Instagram channel that parodies the culturally oblivious, self-serving Westerner traveling in Africa. Michas emphasizes that the team promotes sustainability and seeks to build capacity among local providers while “making sure that we’re not creating dependency or harming the dignity of people.”

Michas’ job includes collaborating with care providers in Tanzania to identify critical needs and pairing those with the appropriate health care practitioners. “We want to make sure that the skills that are required are the skills that are going—and I do orientation and help build cultural competence. We also teach a lot about ethics and doing the right thing at the right time and ensuring that whatever we’re doing is sustainable.” In other words, training

clinicians on a technique that is not sustainable once the team returns to the U.S. is not part of their ethos.

A deep sensitivity to culture and self-awareness as an outsider permeate Michas’ description of her time in Tanzania.

She grapples with some of the pitfalls of international philanthropy and mission work in particular. “People have very good

## of the People”

just blew me away, they were so smart and they were really so curious, and their level of questioning was amazing...they’re also really polite!”

Fahres also spent a day working with Selian hospice with patients of all ages, including children—most of whom were suffering from HIV. As she reflects on that overwhelming day, she wishes she had had more time in-country and a little less jet-lag prior to seeing 20 terminal patients. Still, she believes she was meant to be in that place on that day so that she could serve these individuals.



Erin Fahres and a clinician meet with a hospice patient and offer suggestions to help her manage new symptoms.



intentions,” she says, “but sometimes, that desire to help blinds us to things we may be doing that actually harm others. It is important to have humility and realize we have much to learn. We spend a lot of time talking about our motivations for participation. Our preparation goes beyond clinical work to understanding cultural traditions, what we post on social media, and even taking pictures.”

Built in to each mission trip is also some time off from work in the form of a 3-day safari, says Michas. “Pope John Paul II always took people out on retreats to the mountains to renew themselves and to work on being a whole person—keeping those relationships in balance in order to make us whole.”

For more information visit <https://sclhealthtanzania.wordpress.com>

Comment and share at  
FrontPorchNE.com

Top: Hannah and Richard Wang (pink and orange jackets) are Park Hill residents who participated in the trip. Hannah is an ICU nurse and Richard is a doctor.

Right: The 3-day safari offered views of animals in their natural habitat and stunning views of Tarangire Park in Tanzania.



Photos courtesy of trip participants.

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Each month, the Indie Prof typically reviews one or more films from the theater or an instant-streaming service. Follow “Indie Prof” on Facebook for updates about film events and more reviews.

### The Irishman (Netflix)

Martin Scorsese is the best living director in the world, and his newest film confirms that status. Given \$100 million+ and complete control by Netflix, Scorsese was afforded the freedom to make the film his way—a rare gift, even

with a limited theater release shorter than theater owners wished. Here in Denver, the film played for only a week, so I hope you got to see it on the big screen. Now on to the film.

This is Scorsese’s 32nd feature film (depending on how you count it), and he has made dozens of other shorts, TV episodes, and music videos. He literally never stops working. While he is best known for his Mafia films, the truth is that of his 32 features, only 5 have been about Mafia: *Mean Streets* (sort of), *Goodfellas*, *Casino*, *The Departed* (sort of), and now, *The Irishman*. He also made a film about a single mom in the southwest,

*Alice Doesn’t Live Here Anymore* (1973); a musical, *New York, New York* (1977); a black comedy, *The King of Comedy* (1982); a period piece, *The Age of Innocence* (1993); a film about the Dalai Lama, *Kundun* (1997); a kid’s film about the early days of cinema, *Hugo* (2011); and, oh yeah, *Taxi Driver* (1976) and *Raging*

### The men behind The Irishman



for a director of his status. The results are obvious: *The Irishman* is a sweeping epic and a virtuoso performance by a giant among giants in the film industry. In his over 50-year filmmaking career, this will stand as one of his best.

The narrative centers around the life of Mafia hit man Frank Sheeran (Robert DeNiro) and chronicles his life from his time as a truck driver in post-WWII Pennsylvania, to his rise in the local Mafia with boss Russel Bufalino (Joe Pesci), to his association with legendary organized labor leader Jimmy Hoffa (Al Pacino) in the 60s and 70s, up until, and after, Hoffa’s death in 1975. The movie posits that it was Sheeran who killed Hoffa.

The film is based on the book *I Heard You Paint Houses* by Charles Brand and clearly announces it is “based on real life.” Whether everything in it is true or not is up for debate—and theories abound. The FBI maintains that Hoffa’s death is an unsolved case, and there is evidence for all sorts of (im)plausible accounts of the events. My assertion is that the film tells a story; it is one person’s take. On to the film.

Wait, there is another controversy: the fact that the film was made by Netflix means that it only had a very limited theater run. As the online giant increases in-house production, theater owners (and the Oscars and many other directors...) have been fighting over if/how long those films should run in theaters. The Oscars require a theater run, and cinephiles wished for the normal period of (at least) two months before moving online. Netflix compromised

*Bull* (1980). He is one of the most versatile directors in film history and hasn’t always resorted to violence. Now, on to the film.

But first, there is the matter of the run time: at 3.5 hours, it has received some criticism for being overly long, and Anna Paquin’s muzzled performance, and the controversy over Scorsese’s comments about *The Avengers*, and....

You get the point: with a Scorsese film, there is so much other “stuff” that the actual film gets lost in the ether. Wade through it and sit in awe. It has all the trademarks of Scorsese at his best: stunning cinematography; brutal realism; rapid-fire editing punctuated by long takes of intimate conversations; edgy dialogue; ridiculously good performances by DeNiro, Pesci, and Pacino (Pesci in particular will surprise and delight); memorable supporting performances by dozens of first-rate actors; period music; gangland shootouts; epic storytelling that traverses decades and continents; freeze frames; screen titles; and to add to his technological repertoire, a digital de-aging process that makes the older actors look younger in the flashbacks. Scorsese has always been a master of the art as well as the technology, and this film is no different.

The film also takes a harsh view of its subjects, and even minor Mafia characters get tagged with when they were killed and how. It is not melancholy about its violence and its male-dominated brutality. No one is spared, which brings us to what I see as the central theme of the film: it is a violent patriarchal world in which we live, and there seems to be neither a beginning nor an end. The opening scene really tells all: in a very Scorsese shot, the camera tracks and mean-





The Irishman

ders down a long hallway to 60s pop on the soundtrack. But the shot doesn't end with a flourish (as it did famously in *Goodfellas*); it ends with a whimper as we meet Sheeran as an old man in a wheelchair, alone in a senior home. We don't love the characters we meet for the next 3.5 hours; we despise them. This is clearly on Scorsese's mind, especially since he had a hand in glorifying them over the decades. This film demystifies and de-romanticizes much of what people think about Scorsese's work, and the only melancholy we feel is that Scorsese, DeNiro, Pesci, and Pacino are also aging, and we don't get them for very much longer. That is also clearly on his mind.

Two local screenings of note this month:  
Hitchcock's *To Catch a Thief* at 2pm Sunday, January 12 at Sam Gary Library.  
*The Princess Bride* at 6pm Friday, January 24 at The Cube in Northfield. I will be there for an intro and discussion. See you there!

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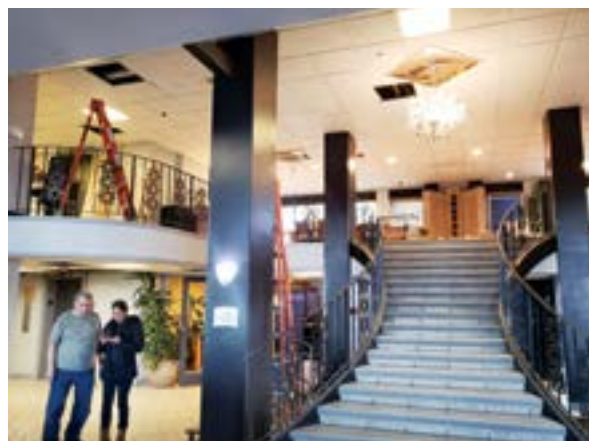
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silence on universal design, an approach to design that ensures greatest accessibility to a public of diverse ages, sizes, abilities, and disabilities. As at previous meetings, housing density, traffic speeds, parking, building height, the BRT (Bus Rapid Transit), and affordable housing were other points of discussion. Meeting materials, updated draft recommendations, and surveys are online at [www.denvergov.org/eastplan](http://www.denvergov.org/eastplan).

## 2 Community Donates Welcome Baskets for New Neighbors Who Have Been Homeless

Following the announcement that the Quality Inn at 37th and Quebec is being remodeled as long-term housing for singles and couples experiencing homelessness, individuals and organizations have been contributing to a “welcome home” basket drive. Pledges have been received for about 100 of the 139 baskets needed to equip the rooms at Fusion Studios with kitchenette and bathroom necessities. Basket commitments have come from local Girl Scout, Brownie, and Cub Scout troops, as well as from individuals. “It is so nice to see a community coming together with this intensity!” says Chalonie Craighead with the Colorado Coalition for the Homeless. “We are so happy our folks will have the opportunity to feel like a part of the neighborhood.



Chalonie Craighead of Colorado Coalition for the Homeless meets with the site engineer at Fusion Studios, formerly the Quality Inn.

I think the baskets will help us do that.” To donate a basket, contact Craighead at [ccraighead@coloradocoalition.org](mailto:ccraighead@coloradocoalition.org); you can also specify a gift for Fusion Studios in the instructions line at <https://www.coloradocoalition.org/donate-now>.

Numerous renovations are being made, including filling in the old swimming pool, and the first residents are expected to move in early in 2020. See the November *Front Porch* for details on the project.



Jennifer Bacon, currently vice president of the DPS School Board, says she would bring a voice for public education to the statehouse.

## 3 Familiar Faces—Bacon and Douthit—Jump into State House District 7 Race

James Coleman’s run for State Senate created an opening in House District 7. The *Front Porch* asked two local candidates, “What are the three most pressing issues in House District 7 and what are your qualifications to address them?” A third candidate, Simon Maghakyan, has registered to run in the HD7 race.

**Jennifer Bacon** says her first priority is to really push the state to support education funding. Her second priority is smart development—with pushing against fracking and building affordable housing as the main efforts. Third is job security and the ability to earn livable wages.

She would want to be on the House education committee, pointing out that James Coleman was the only Denver representative on it. Bacon says her colleagues on the School Board are supportive of her run. “We all agree that it would be absolutely tremendous to have a voice for public education in the state house.”

In talking about the needs of families, Bacon points out that District 7 is one of the most diverse districts when it comes to ethnicity and income. Through her work in education, she has observed, “schools are kind of like a microcosm of state issues.” She says she will assess new legislation through the lens of its impact on families. “I just want to be sure that the prioritization of what we’re spending our money on goes directly to those who need it the most. Those who work hard should be able to live and thrive here.”

“I’m most specifically interested in how do we come to a conclusion about how much it actually costs to live here? That means we look at prices of housing and we try to create a culture in which employers really respect their employees [by paying enough for them to live in the community].”

Bacon observes that Coloradans are proud of how much taxes they pay compared to other states, which is pretty low, but says “...we need to figure out, while not overburdening with taxes, how to prioritize and push for the places we want to make investments.”

Bacon, currently the Vice President of the DPS school Board says in her time on the school board, a non-paid position with no staff, she has “figured out tricks on how to manage my school board work.” With those skills, she says she can manage the demands of that position while working as a state legislator. She believes her experience as a teacher, an organizer, and an attorney—and listening to what people need—give her the ability to articulate that in policy. She believes in the power of partnerships, and says that’s reflected in her leadership style. She wants to get out into the community listening to people and she wants people to feel they are able to touch the decisions being made in the legislature.



Bernard Douthit, who previously ran for State Treasurer, says he would add an economics and finance skillset to the legislature.

**Bernard Douthit** says the number one issue at the moment is protecting the environment. Number two is people, particularly people who work. His third priority is public banks—something he ran on in his bid for state treasurer. And he adds education as his next priority.

On the environment, Douthit cites the recent incident when ash spewed from the Suncor refinery in Commerce City and says we need to beef up monitoring of our air quality and have more and better reporting all around the district. He’s in favor of doing everything we can do legislatively to support the environment, whether it’s tax incentives or better regulations. “I just think there’s a lot of things we can do.”

To support working people, he says, “Everyone knows we’ve got a huge problem with inequality in this country...and all the evidence I have looked at demonstrates that one of the key ways to solve this problem is to pass legislation. We have to do whatever we can from a policy standpoint to support the rights of workers... We need to do more to make it easier for them to organize and bargain collectively...[workers like] teaching assistants at universities, health care workers, Uber and Lyft drivers.”

Douthit believes the state needs a public bank for deposits of its tax receipts instead of using a Wall Street bank. North Dakota has had a state bank for 100 years. It’s taxpayer money that can be used for lower-interest loans for priorities set by the state such as student loans, infrastructure or affordable housing. A public bank would not be competing with any local banks or credit unions; he says it actually becomes another source of capital that they can partner with to make loans.

In education, he expresses concern about how to get the best educational outcomes. “I think we all can agree...that we want smaller class sizes, we want every school to have the best facilities possible; 21st century facilities with everything working; and we want to pay our educators more and demonstrate that they’re valued...I think the better we treat our teachers, we’re going to see better results with with our kids.”

Douthit says he believes the state is leaving potential federal funds for schools “on the table.” With legislative action, the state board of education could do a better job of training people in school districts on the “tedious paperwork” required to claim reimbursements from the federal government.

Douthit’s background is in economics and finance. He says, “Having that skillset is something I would hope would really add a lot of value in the state legislature.”

## 4 You can make a difference...

—Recycled glass bottles are turned into new glass here on the Front Range...but only 67% of glass containers get recycled.

—80% of cardboard is getting recycled—but only about 50% of aluminum cans in Denver get recycled

—Denver could cut recycling contamination in half if recyclables weren’t bagged. Bagged recyclables are thrown in the trash.

—The average Denver household sends 306 pounds of recyclable material to the landfill each year. Don’t miss recycling holiday boxes, beverage bottles and aluminum cookware.

By Martina Will, PhD, Carol Roberts

## 1 East Area Plan Update: From “Lipstick on a pig” to “My community is open to anyone.”

In late November, over 450 community members came together—in body if not in spirit—to discuss the East Area Plan (EAP). The EAP offers a twenty-year plan and vision for the East Colfax corridor, and the Nov. 23 meeting at Johnson & Wales University demonstrated once again that there are almost as many concerns as there are individuals who call the corridor home. “From my perspective, you’re looking at a relatively unsavory area of Colfax, where you have an opportunity to maybe do something better, putting lipstick on a pig, to kind of improve that area. But what is it doing to the neighborhood that is established, the people who have lived here and raised families for 40, 50, 100 years, that have put their blood, sweat and tears, into their homes? You’re going to come in here and put in affordable housing, and for what? What’s the gain for the people who live here?” asked Debra Zupancic, a Park Hill resident, to considerable applause.

As Zupancic’s words suggest, the meeting was contentious at times, with people disagreeing with the plan’s recommendations, process, and timeline at different points. Some new issues also emerged. “My community is open to anybody and as you age, you will likely join us,” remarked community organizer and East Colfax Community Collective member Dawn Howard. She raised concerns about planners’



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# January and Early February Events

Events were submitted online. Please double check dates and times using contact info provided.

## NE DENVER/NW AURORA EVENTS

### To 1/5—Camp

**Christmas.** Tickets start at \$8. All ages. Over-the-top indoor immersive installation turns the holiday spirit all the way up. [denvercenter.org](http://denvercenter.org). The Hangar at Stanley Marketplace, 2501 Dallas St, Aurora.

**1/6 to 1/17—Denver Treecycle 2020.** Recycle your tree by removing all decorations/lights and set out for collection on scheduled trash day by 7am. [denvergov.org](http://denvergov.org), 311 or 720-913-1311

**1/8 Wednesday—Community Sing-Along.** An intergenerational sing-along with a live band. 6:30–7:30pm. Sam Gary Branch 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**1/9 Thursday—Active Minds: The History of Radio.** Trace the history and impact of the radio. Free. 1–2pm. [activeminds.com](http://activeminds.com). Sam Gary Library, 2961 Roslyn St.

**1/9 Thursday—Knitting Circle.** 5:30–6:30pm. Join other crafters in conversation around the fireplace. Sam Gary Branch 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**1/10 Friday—Family Game Night.** 5–9pm. Free open-house style game night. The Cube: 8371 Northfield Blvd. [stapletoncommunity.com](http://stapletoncommunity.com)

**1/15 Wednesday—Sam Gary**

### Literary Book Club.

2–3pm. January Title: The Snow Child by Eowyn Ivey. Sam Gary Branch 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

### 1/22 Wednesday—Kindness Club: Mindfulness

**Jars.** 4pm. Inter-generational, all-ages club. Sam Gary Branch 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**1/23 Thursday—Active Minds: Venezuela.** Explore how this once budding democracy has wound up in an ongoing state of unrest. Free. 6:30–7:30pm. [activeminds.com](http://activeminds.com). Sam Gary Library, 2961 Roslyn St.

**1/24 Friday—Family Film Series: The Princess Bride (PG).** 56pm. The Cube: 8371 Northfield Blvd. Purchase tickets at [stapletoncommunity.com](http://stapletoncommunity.com)

**1/25 Saturday—5th Annual Speakeasy Soiree.** Live music, vendors & performances. 7:30pm. The Hangar at Stanley, 2501 Dallas St. [speakeasysoiree.com/tickets](http://speakeasysoiree.com/tickets)

**1/28 Tuesday—Moms Demand Action For Gun Sense In America meeting.** Aurora meeting starts at 6pm. Aurora Central Library, 14949 E Alameda Pkwy, Aurora. [Momsdemandaction.org](http://Momsdemandaction.org)

**1/28 Tuesday—Middle School Teen Lounge.** Grades 6–8. Free. 7–9pm. Spots limited, bring photo ID. Denver Museum of Nature and Science. 2001 Colorado Blvd. [dmns.org](http://dmns.org)

**1/31 to 2/2—The Urban Farm Rug and Fine Art Show.** Fri. 5–8pm, Sat. 10am–4pm, Sun. 10am–2pm. The Cube at Stapleton, 8371 E Northfield Blvd. [theurbanfarm.org](http://theurbanfarm.org)

**Through February—Winter-**

Visit our online calendar to view more events.

Events submitted by the 17th of the month are considered for printing as space allows.

[FrontPorchNE.com](http://FrontPorchNE.com) > Events

**skate.** Old-fashioned, outdoor ice skating. More details at: [northfieldstapleton.com](http://northfieldstapleton.com)

## CIVIC MEETINGS/ EVENTS

**1/9 Thursday—District 5 Neighborhood Watch Meeting.** DPS offers suspicious behavior training 6–7pm. RSVP to: [danae.baskall@denvergov.org](mailto:danae.baskall@denvergov.org). 4890 N Argonne St, Green Valley Ranch Rec Center. [denvergov.org](http://denvergov.org)

**1/15 Wednesday—Lowry United Neighborhoods Quarterly Meeting.** 6:30pm. Two topics: Big Changes are Coming to Denver Neighborhoods and Vehicle, Bicycle and Pedestrian Safety. Eisenhower Chapel, 293 Roslyn St. [kathyhead1@comcast.net](mailto:kathyhead1@comcast.net)

## METRO EVENTS

**1/3 Friday—First Friday Art Walks.** Santa Fe Arts District, Tennyson Art Walk, River North (RiNo) Art District, Golden Triangle Museum, Navajo Street Art District. [denver.org/things-to-do/denver-arts-culture/denver-art-districts](http://denver.org/things-to-do/denver-arts-culture/denver-art-districts)

**1/6 to 1/10—Youth at DAVA Holiday Unite Show and Sale.** Downtown Aurora Visual Arts youth exhibit. 10am–5pm. 1405 Florence St. [davarts.org](http://davarts.org)

**1/9 to 1/12—Denver International Sportsman's Expo.** Colorado Convention Center, 700 14th St. Tickets \$16, active military and youth 15 & under are free. Thurs/Fri 12–8pm, Sat 10am–7pm, Sun 10am–5pm. [sportsexpos.com](http://sportsexpos.com)

### 1/11 Saturday—Womxn's March Community

**Workshop.** An interactive discussion of incidences that have divided our communities. 9:30–11:30am. UCC, 2600 Leyden St. [womxnsmarchdenver.org](http://womxnsmarchdenver.org)

**1/11 to 1/26—National Western Stock Show.** Kick off parade, Jan. 9 at noon in Downtown Denver. 4655 Humboldt St. [nationalwestern.com](http://nationalwestern.com)

**1/17 to 1/19—39th Annual Indian Market and SW Showcase.** Fri & Sat 10am–7pm, Sun 10am–5pm. Denver Merchandise Mart, 451 E. 58th Ave. [indianmarket.net](http://indianmarket.net)

**1/17 to 1/19—Denver Boat Show.** Colorado Convention Center, 700 14th St. Fri. 12–9pm, Sat. 10am–9pm, Sun. 10am–5pm. Sat–Sun non-perishable food item discount. [denverboatshow.com](http://denverboatshow.com)

**1/18 Saturday—The 2020 Womxn's March Denver.** Rally first followed by the march. 10am. Denver's Civic Center Park. Indoor events at McNichols Civic Center Bldg. [womxnsmarchdenver.org](http://womxnsmarchdenver.org)

**1/20 Monday—Martin Luther King Jr. Parade and Program.** Largest in U.S. Gather in City Park at Colfax and Columbine, and march to Civic Center Park. Program starts at 9:30am, Parade starts at 10:45am sharp from the Dr. Martin Luther King, Jr. I Have A Dream Memorial in City Park. [drmartinlutherkingjrhc.org](http://drmartinlutherkingjrhc.org)

**To 1/20—Denver International Airport's Ice Skating Rink.** 9am–9pm. Free; complimentary skates available. [denevents.flydenver.com](http://denevents.flydenver.com)

**1/20 to 1/21—National Western Stock Show Extreme Dogs Show.** Mon. 3pm, Tue. 6:30pm. Family 4-pack starts at \$79. 4655 Humboldt St. [nationalwestern.com](http://nationalwestern.com)

**1/25 Saturday—Denver Winter Brewfest.** 7pm. Mile High Station, 2027 West Lower Colfax Ave. Tickets start at \$30. Benefits Swallow Hill Music. [denverbrewfest.com](http://denverbrewfest.com)

**1/28 Tuesday—Moms Demand Action For Gun Sense In America meeting.** Denver meeting starts at 7pm. First Menno-nite Church of Denver, 430 W 9th Ave. [Momsdemandaction.org](http://Momsdemandaction.org)

(continued on page 18)

## US Senate Democratic Candidate Forum, Wednesday, January 29

Indivisible Stapleton hosts a Candidates Night to introduce the Democratic candidates for the U.S. Senate. State Attorney General Phil Weiser will speak. 6:30–8pm. For more info, contact Rita Hughes at [indivisiblestapleton@gmail.com](mailto:indivisiblestapleton@gmail.com). The Hangar at Stanley Marketplace, 2501 Dallas St., Aurora.

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[denverdiscoveryschool.dpsk12.org](http://denverdiscoveryschool.dpsk12.org) — 3480 Syracuse Street, 720-424-4790  
Principal: Charmaine Keeton • Office Manager Liz Muth: [Liz\\_Muth@dpsk12.org](mailto:Liz_Muth@dpsk12.org)



METRO EVENTS  
(continued from page 17)

**1/28 Tuesday—Trivia Night.** An opportunity to show off your trivia skills and bookish knowledge. Hosted by local experts from Geeks Who Drink to challenge yourself and compete for prizes. Ages 21+. 7–9pm at Zuni Street Brewing Co., 2355 W 29th Ave. denverlibrary.org

**To 2/16—Downtown Denver Rink.** FREE entry; bring

skates or rent: \$7/kids 12 and under, \$9/13 and older. downtowndenver.com

HEALTH, WELLNESS, FITNESS

**1/4 Saturday—The Resolve 1M, 5K, 10K.** Denver City Park. featon-thestreet.com

**1/5 Sunday—Resolution Rush 1M, 5K, 10K.** 8am. Central Park,

8801 MLK Jr. Blvd. bodiesracecompany.com

**1/19 Sunday—Polar Bear 5K.** 10am. Washington Park, 1000 S Downing St. letsdothis.com

KIDS AND FAMILIES

**Every Tuesday—Tattered Tales Storytime.** 30 minutes of stories, activities and snacks. 10:30am, 2526 East Colfax Ave. tatteredcover.com

**Every Thursday—Star K Kids.** 9:30 and 11am; kids 5 and under. Morrison Nature Center, 16002 E. Smith Rd., Aurora. auroragov.org

**Every Saturday—Little University.** 10:30–11am. Various kids' programming, changes weekly. Schlessman Library, 100 Poplar St. denverlibrary.org

**Baby, Toddler & Preschool storytime.** Denver Library. Various locations, times and days. Details at denverlibrary.org/events.

**1/2 to 1/3—STEAM Winter Workshops.** Space-themed lessons open to children ages 7–10 and 11–13. Wings over the Rockies Museum, Lowry. wingsmuseum.org

**1/2 to 3/1—Denver Puppet Theater.** Rumplestiltskin. 3156 W. 38th Ave. denverpuppettheater.com

**1/4 Saturday—Cuentos del Arte.** During free first Saturday listen to cuentistas tell the tales of artworks during the storytelling program. denverartmuseum.org. 100 W. 14th Ave. Pkwy.

**1/4 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. homedepot.com

**To 1/5—\$1.00 Kids' Admission!** Ages 4–16, 3 and under always free. Wings Over the Rockies Air & Space Museum, 7711 East Academy Blvd. wingsmuseum.org

**1/6 Monday—New Year New You.** Let's start 2020 off remembering just how awesome each of us is! 4890 Ironton St., Unit 6A. neighborhoodartstudio.com/school-out-camps

**1/8 Wednesday—Create Playdate: Drop-in Artmaking Program for Kids 3–5.** 10am–1pm. Tots and their grownups enjoy story time, art making, and more. Denver Art Museum, 100 W 14th Ave. Pkwy. denverartmuseum.org

**1/10 Friday—Kids' Irish Dance Class.** Kids learn the basics of Irish dance. 4:30–5:15pm. Park Hill Library, 4705 Montview Blvd. denverlibrary.org

**1/11 Saturday—8th Annual Preschool Showcase.** Need help finding a preschool? Free for families, 9am–noon. At the Denver Zoo, 2300 Steele St. dpp.org/showcase

**1/14 Tuesday—Lego Party.** 4–5pm. Make some Lego-themed crafts. Sam Gary Branch 2961 Roslyn St. denverlibrary.org

**1/19 to 1/20—Build a Fairy Garden.** \$15 non-members; \$12 members. 1007 York St. Preregister at: botanicgardens.org

**1/20 Monday—"I Have a Dream" Camp.** To honor the man we celebrate on this day we will create art that celebrates our dreams. 4890 Ironton St., Unit 6A. neighborhoodartstudio.com/school-out-camps

**1/21 Tuesday—Little Wings: Let's be Artists.** 9–10am. Ages 2–4. With one adult. \$1 off admission. Wings Over the Rockies Air & Space Museum, 7711 East Academy Blvd. wingsmuseum.org.

**1/21 Tuesday—Let's Build It - Cityscapes.** 4–5pm. Use paint chips and watercolors to design an amazing cityscape. Sam Gary Branch 2961 Roslyn St. denverlibrary.org

**1/26—Fourth Sundays at Four Mile Historic Park.** Story time and free wagon rides and hot cocoa & cider. Adults \$7, youth (7–17) \$5, under 6 free. Get here early! 715 S Forest St. fourmilepark.org

**1/28 Tuesday—Inside the Orchestra for Homeschoolers.** This two-part concert series engages young learners with the orchestra and performing arts. Additional enrichment activities also included. Pre-register to claim your 10% discount. The People's Building, 9995 E Colfax Ave, Aurora. insidetheorchestra.org

**2/5 Wednesday—Firehouse Tales for Tots.** Free with general admission. 11am–12pm. Denver Firefighters Museum, 1326 Tremont Pl. denverfirefightersmuseum.org

**To 5/8—LEGO Brick Building Contest.** For youth 3–18. Winning creations will be displayed.

Required theme is nature and science. Museum of Nature and Science, 2001 Colorado Blvd. dmns.org

LECTURES, CLASSES, INFORMATIONAL EVENTS

**1/7 Tuesday—Active Minds: Tobacco.** The story of tobacco, from its roots to its leaves.. Free. 10–11am. activeminds.com. The Jewish Community Center, 350 S Dahlia St.

**1/9 Thursday—Bold Women. Change History. Lecture Series.** Susan Helms, Pioneering Woman Astronaut. Complimentary childcare. 1200 Broadway. H-co.org/ BoldWomen

**1/14 Tuesday—Smartphone & Tablet Basics.** Please bring your own device. 2–3:30pm. Park Hill Library, 4705 Montview Blvd. denverlibrary.org

**1/18 Saturday—Effects of Toxins on the Developing Brain.** Dr. Bruce Lanphear MD talks on destructive, cumulative impacts of even low-level exposure to environmental contaminants (such as lead). Free. Registration starts at 1pm, presentation at 1:30pm. Rita Bass Education Center, 190 6th Ave. www.littlethingsmatter.ca

**1/22 Wednesday—The Civil Rights Movement in Colorado.** Watch Rebels Remembered. Discussion follows with director and activists featured in film. 6:30–8:30pm. Park Hill Library, 4705 Montview Blvd. denverlibrary.org

**1/25 Saturday—Refresh, Re-model, or Relocate? A Make-Ready Workshop.** A Renewal workshop. \$10 admission fee will be donated to Food Bank of The Rockies. Door prizes. Register at admin@NPReco.com. Hosted by NPRe Team | Compass. The Cube, 8371 Northfield Blvd.

MUSEUMS

**1/8 Wednesday—Monthly Indigenous Film Festival.** Free. Phipps Theater, Denver Museum of Nature and Science, 6:30–8:30pm. This month's titles at dmns.org

**1/11 Saturday—Cockpit Demo Day.** 10am–2pm, Wings over the Rockies Museum, Lowry. wingsmuseum.org

**1/12 Sunday—Music in the Galleries: Miguel Espinoza and Flamenco Fusion.** 1–3pm. Free with general admission. Clifford Still Museum, 1250 Bannock St. clyffordstillmuseum.org

**To 2/2/20—Claude Monet The Truth of Nature.** Exhibition features more than 120 paintings spanning Monet's entire career. Ticketed event. Denver Art Museum, 100 W 14 Ave Pkwy. denverartmuseum.org

MUSEUM FREE DAYS

**Monday–Friday—The Money Museum.** Closed weekends and bank holidays. 1020 16th St. kansascityfed.org

**Tuesday–Sunday—Aurora History Museum.** 15051 E. Alameda Pkwy, Aurora, auroragov.org

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# Coleman Challenges Williams for Colorado District 33 Senate Seat

By Mary Jo Brooks

A Democratic primary fight has gotten underway in Colorado Senate District 33. Incumbent Angela Williams is facing a challenge from Representative James Coleman (House District 7). Coleman said he decided to throw his hat in the ring after community members asked him to run. At the time, Williams had not announced her intention to run for re-election because she was seeking the Democratic nomination for the U.S. Senate seat. Just before Thanksgiving she ended that bid and announced she would try to retain her current seat. The primary will be held June 30.

Williams and Coleman have worked together as members of the eight-person Black Caucus at the state legislature. Williams has said she was surprised by Coleman's primary challenge, but in interviews with the *Front Porch*, neither Williams nor Coleman wanted to criticize the other or even offer reasons why they were more qualified for the senate job.

"I'm not going to go down this road or pit myself against my colleague," says Williams. Instead she said she would focus her campaign on her strong record of serving the most diverse district in the state of Colorado. "I have always been accessible to my constituents, being responsive and listening. I have an ability to understand the issues and how they affect different constituents."

"It's not what do I offer that she doesn't offer," says Coleman. "What I bring to the table is making sure I'm ground up versus top down. That's not something that necessarily separates me from her, but people know me as someone who is representative of the community."

Coleman has already received a number of high-profile endorsements from fellow lawmakers, including Representatives Leslie Herod, Chris Hansen and KC Becker. Herod, who serves House District 6, which is part of the Senate 33 District, says she admires Coleman for his leadership style. "He really

brings people to the table and builds consensus. James is also the Whip in the House. Just watching him count member votes and explaining what the bills are, where they may have deficits and how folks could make them better, that has been very impressive."

Williams wouldn't criticize lawmakers who endorsed Coleman, but says she thinks they made their endorsements too hastily. She also says she

"Eighty-eight percent of workers in Colorado don't have any access to paid family leave. That is one of the most pressing issues, not only in my district but in the state right now," says Williams.

Williams, who chairs the Business, Labor and Technology Committee, was one of the prime sponsors of a bill last session to create a task force to study the best ways to implement a family and

medical leave plan. She cites as her other major accomplishments: a climate action plan to reduce greenhouse gasses, a study to ensure small businesses are treated fairly in the state procurement process and the so-called "lemonade stand bill," which allows minors to operate businesses on a limited basis without a license.

"I ran this bill not just for lemonade stands but for all minors' businesses. We should be inspiring our kids, not discouraging them," says Williams.

Coleman, who is serving his second term in the House, says he thinks the biggest issues facing the district are reforming the justice system, promoting more diversity among business owners and improving public education.

"Education is the most important thing. Equity in schools. Making sure we have adequate funding, making sure we have individualized learning and meeting kids where they are," says Coleman.

He lists his biggest accomplishments in the House as sponsoring bills to foster economic development, public safety and education. He's particularly proud of a bill that helps small business owners sell their companies to their employees. "If you sell your business to an outsider, then it goes away as a resource for the community. Those folks who worked in that business no longer have a job there. So we passed a bill that provided a lower cost loan to get the funding you need in order to convert your business to employee ownership."



State Senator Angela Williams (left) and State House Representative James Coleman (right) are competing in the Democratic primary election for Senate District 33 on June 30. Front Porch photos by Steve Larson taken at the end of the 2018 session.

didn't think her run for the U.S. Senate had set her back in her statehouse campaign.

"I won my last primary by 82%. The people of Senate District 33 elected me once and I feel pretty strongly that they'll elect me again. But I'm not taking anything for granted."

Frank Sullivan is one of Williams' longtime supporters. A former Democratic party official, he says he admires how she has worked to elevate diverse voices in the legislature. "She worked hard for that and continues to work hard for that. I see that as a big help for the state, to have diverse groups speaking up and passing legislation." He says he doesn't know Coleman but wouldn't even think of voting for anyone besides Williams.

Senate District 33 is a majority minority district and encompasses Curtis Park, Whittier, Five Points, Cole, Park Hill, Stapleton, East Colfax, Green Valley Ranch, Montbello, and Denver International Airport.

Williams won her senate seat in 2016 after serving three terms in the Colorado House, representing the district that Coleman now serves. She says the biggest issues facing the senate district are high medical and prescription drug costs and family medical leave.

**1/4 and 2/1—Denver Art Museum Free SCFD 1st Saturdays.** Free for all ages. Kids 18 and younger are free every day. Denver Art Museum, 100 W 14 Ave Pkwy. 720-865-5000, denver-artmuseum.org

**1/4 and 2/1—One Cent Saturdays at the MCA.** For Colorado residents. 1485 Delgany St. mcadenver.org

**1/7 and 2/4—Chatfield Farms SCFD Free Day.** 8500 W Deer Creek Canyon Road Littleton. botanicgardens.org

**1/7 and 2/4—The Children's Museum Free First Tuesday Nights.** 4–8pm. mychildsmuseum.org

**1/7 and 1/27—Denver Museum of Nature & Science SCFD Free Days.** 2001 Colorado Blvd. dmns.org

**1/9 Thursday—Denver Firefighters Museum SCFD Free Day.** 10am–4pm. Denver Firefighters Museum, 1326 Tremont Pl. denverfirefightersmuseum.org

**1/10 Friday—Four Mile Historic Park SCFD 2nd Friday Free Day.** 12–4pm. 715 S. Forest St. fourmilepark.org

**1/12, 1/18 and 2/2—Denver Zoo SCFD Free Days.** 2300 Steele St. Daily schedule at DenverZoo.org/Visit

**1/16 Thursday—Plains Conservation Center SCFD Free Day.** 10am–2pm. 21901 E. Hampden Ave., Aurora. botanicgardens.org

**1/20 Monday—Botanic Gardens SCFD Free Day.** 1007 York St. botanicgardens.org

## PERFORMANCE/ THEATRE

**1/3 to 2/9—Frost/Nixon.** One man is looking to save his career, the other is looking to redeem his place in history. vintageheatre.com. Vintage Theatre, 1468 Dayton St, Aurora.

**1/4 Saturday—The Whiffenpoofs.** World's oldest and well-known acapella group, 14 Yale men. Newman Center for Performing Arts, DU campus. 2pm and 7:30pm. newmancenterpresents.com

**To 1/5/20—Jimmy Buffet's Escape to Margarita-ville.** Tickets start at \$28. denvercenter.org. The Buell Theatre, 1385 Curtis St.

**To 1/5/20—Tuck Everlasting.** Musical celebration is perfect for the whole family. vintageeatre.org. Vintage Theatre, 1468 Dayton St, Aurora.

**1/11 to 2/22—The Secretary.** This explosive black comedy takes aim at the trope "guns don't kill people, people kill people" with an all-female cast.. 1080 Acoma St. curioustheatre.org

**1/14 Tuesday—Black Violin: The Impossible Tour.** Join together to break down cultural barriers. 8am. Paramount Theatre, 1621 Glenarm Pl. paramount-denver.com

**1/14 Tuesday—Free Dr. Martin Luther King, Jr.**

**Tribute Concert.** Boettcher Concert Hall, 1000 14th St. Get tickets online at coloradosymphony.org

**1/17 to 2/9—The Squirrels.** A fiery look at race and class in America. Aurora Fox Arts Center, 9900 E. Colfax Ave. aurorafoxartscenter.org

**1/17 to 2/23—World Premiere: You Lost Me.** Tickets start at \$30. Ages 14+. denvercenter.org. The Ricketson Theatre, 1400 Curtis St.

**1/28 to 2/9—Summer: The Donna Summer Musical.** Tickets start at \$45. Ages 12+. denvercenter.org. The Buell Theatre, 1385 Curtis St.

**1/31 to 2/9—Peter Pan.** A high-flying adventure to Neverland. Ellie Caulkins Opera House. coloradoballet.org

**To 2/16—Goodnight Moon.** Tickets start at \$16. Ages: PreK-2nd grade. The beloved bedtime story comes to life on stage for a whimsical musical adventure. denvercenter.org. Randy Weeks Conservatory Theatre, 1101 13th St.

## VOLUNTEER OPPORTUNITIES

**Denver Snow Buddy.** Volunteers are paired with seniors within a 2-mile radius of one another, helping clear their walkways after two or more inches of snow has fallen. Application to volunteer at voacolorado.org/ Volunteer/Snow-Buddies or call Tiffany Harris at 303-297-0408. Please note, there is a one-time fee of \$25 for a background check.

**Every third Saturday—**Volunteering Orientation 9–10am. Urban Farm at Stapleton offers opportunities for individuals and families. RSVP: theurbanfarm.wufoo.com/forms/zia2rpb0ou3ewl. 10200 Smith Rd.

**Mentoring high-performing, low-income students.** Minds Matter is recruiting our next class of college access mentors to help high-performing, low-income high school. mindsmatterdenver.org

**Volunteers Needed at Ronald McDonald Family Rooms at Rocky Mountain Hospital for Children.** At Presbyterian/St. Luke's Hospital. Seeks volunteers for once-a-week commitment, 6-month minimum. ronaldhouse.org under "How You Can Help" for info.

**Single Volunteers of Greater Denver.** Volunteer, not-for-profit singles group to meet others and assist nonprofit organizations for events/activities. svgd.org

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

**Project Worthmore.** Nonprofit organization of committed community members give, volunteer, mentor, befriend refugee neighbors. 1609 Havana St., 720-460-1393



SUN Meetings are held on the 3rd Tuesday of every month from 6:30-8:30pm; a break at 7:30pm allows attendees to depart after an hour, though all are welcome to stay until the end. Meetings are held at Central Park Recreation Center, 9651 MLK Jr. Blvd. For information about SUN, visit [www.stapletonunitedneighbors.com](http://www.stapletonunitedneighbors.com). To contact SUN, email [stapletonunitedneighbors@gmail.com](mailto:stapletonunitedneighbors@gmail.com)

# January SUN News

### Considerations on Potential City Support for RNOs

Stapleton United Neighbors (SUN) supports the concept of additional support from the City of Denver for Registered Neighborhood Organization (RNO) activities; however recommends a flexible approach to improve community engagement and reduce barriers to participation that are tailored to each community.

SUN surveyed its membership about barriers to participation in RNO work in early 2017. Among 1,005 community responses, residents indicated that time (51%) and childcare (20%) were the most frequent barriers to community partic-

ipation in SUN’s activities. As meetings frequently occur in the evening, SUN has considered offering food during meetings to encourage attendance and participation, and minimize the time impact of the meeting by allowing residents to combine the meeting time with dinner. As meetings occur in the Central Park Recreation Center, childcare is available for a fee for a portion of the meeting time, but not through the end of the board meeting (at 9pm).

Communication with residents is the core function of RNOs. While imperfect, email is reportedly the mode of preferred communication for 77% of residents in this community as reported in the afore-

mentioned 2017 survey. Software packages for email communication that would integrate communication across social media and a web site exist.

The proposal to potentially list an RNO in poor standing if it fails to meet certain criteria potentially penalizes organizations that serve the most vulnerable. Rather than the threat of penalty, SUN suggests the allocation of resources to encourage participation. For the Stapleton community, allocating resources to provide childcare and food at monthly meetings, and access to improved technology for communication are anticipated to have the greatest impact in increasing community engagement. SUN recognizes that the needs across communities might vary and recommends that if resources are to be allocated to RNOs, the city take a flexible approach to accommodate different communities. SUN recommends input across RNOs and communities determine by what means the city could best support communities and their corresponding RNOs.

### Save the Date: Annual Community Forum: Wednesday May 15, 6pm-8:30pm (The Cube)

In May of 2020, SUN’s Annual Community Forum will be held at The Cube on Wednesday May 15 (in lieu of a third Tuesday monthly SUN meeting for May). The change in timing of this meeting is to accommodate schedules of presenters in the presence of a large retail expo out of state, which the annual forum has conflicted with in the past. At this larger community meeting, the agenda

will begin with SUN’s annual elections (see below); followed by development updates on retail and housing from Brookfield and other area developers. Other speakers to be announced.

### Seeking Volunteers to Serve on the SUN Board

Residents interested in civic engagement at the community level are encouraged to attend SUN’s monthly meetings.


SUN meets in the Central Park Rec Center on the third Tuesday of most months from 6:30pm-8:30pm, where the first hour includes speakers from city agencies or community organizations, a brief break at 7:25pm when attendees can come/go with minimal disruption, and a discussion-focused second hour. Speakers for early 2020 include: School Choice in January, the Census in February, and Public Works in March.

SUN is comprised solely of volunteers and serves a threefold mission: to provide a forum for our residents; to maintain a communication network between ourselves, our neighboring Denver residents, and the City of Denver; and to act on issues of importance to the community as a whole. SUN facilitates community discussion of key issues, encourages in proactive steps to avoid problems and conflict, and is committed to providing an inclusive and welcoming environment for all members of our community. SUN seeks to be comprised of a diverse group of community members who share this purpose and principles.

Annually at SUN’s community forum in May, a slate of SUN board candidates is presented to the community.

Nominations for the slate will be discussed at SUN’s March 17 monthly meeting. Interested residents should have attended at least one monthly meeting. Residents can initiate a nomination for themselves or a neighbor for a 2-year term on the SUN board in person at a monthly meeting or by emailing: [StapletonUnitedNeighbors@gmail.com](mailto:StapletonUnitedNeighbors@gmail.com).

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January 2020

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Front Porch – NE Denver





# Dolores Huerta: “Sorry you missed 1968, but we’re back!”

By Martina Will, PhD

For those who think nostalgically about the 1960s’ activism, Dolores Huerta says, “Sorry you missed 1968, but we’re back.” A crowd of 300 chants “¡Sí se puede!” (Yes you can!), the motto of the United Farm Workers (UFW), as she takes her seat at History Colorado. The Presidential Medal of Freedom awardee is here to share her thoughts on civic engagement and her work in civil rights as part of the “Bold Women. Change History.” series honoring the centennial of women’s voting rights.

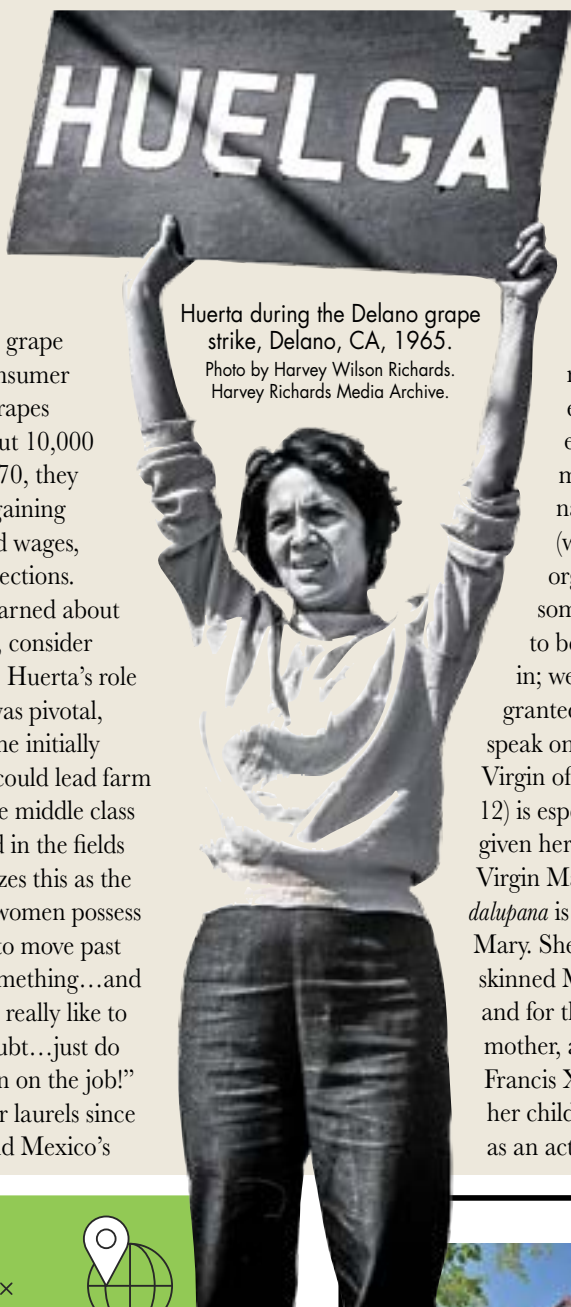
Huerta sees the 1960s as a cultural revolution, and suggests that today’s growing wealth gap signals an incipient economic revolution. “So many of the problems we are seeing now are because of the income inequality. We have 1% of the families owning 50% of the wealth....We have 10% of the wealthy corporations and families own 90% of the wealth.” Huerta says voters need to ask candidates how they plan to address income inequality.

Huerta is most famous for her role as a leader of the UFW, which she co-founded with César Chávez. “I said ‘César, when people think of California, they don’t think of potatoes,’” recalls Huerta of arguing with Chávez. He wanted a potato boycott—but her women’s intuition dictated otherwise.

“And I won,” she says, speaking of what became the famous grape boycott of 1965-70. The strike of Filipino and Mexican grape pickers, marches and consumer boycotts of non-union grapes resulted in a win for about 10,000 farm workers, too. In 1970, they reached a collective bargaining agreement that increased wages, benefits and worker protections.

For those who only learned about Chávez, and not Huerta, consider yourselves shortchanged. Huerta’s role in the labor movement was pivotal, though she admits that she initially questioned whether she could lead farm workers, coming from the middle class and never having worked in the fields herself. She now recognizes this as the typical self-doubt many women possess and encourages women to move past that: “If you aspire to something...and it’s something you would really like to do, but you have that doubt...just do like the guys do and learn on the job!”

Not one to rest on her laurels since receiving this nation’s and Mexico’s



Huerta during the Delano grape strike, Delano, CA, 1965. Photo by Harvey Wilson Richards. Harvey Richards Media Archive.

highest civilian honors, Huerta continues to promote civic engagement, LGBTQ rights, health and environmental causes, education, and economic development through her namesake foundation ([www.doloreshuerta.org](http://www.doloreshuerta.org)). “Democracy is something we have to be actively engaged in; we can’t take it for granted.” Hearing Huerta speak on the feast day of the Virgin of Guadalupe (Dec. 12) is especially meaningful given her devotion to the Virgin Mary—but the *Guadalupe* is not a submissive Mary. She is the brown-skinned Mary who speaks to and for the humble. Huerta’s mother, as a follower of St. Francis Xavier, instructed her children to help others as an act of faith. It was im-

portant, however, to never ask for recompense; “because if you ask for something in return, that’s quid pro quo” Huerta quips.

Huerta decries the “bigotry” that exists against manual workers in the U.S. and encourages those with college educations to work to make the world a better place rather than focus on making money: “That should not be a career, to get rich. No matter how much money you have, you can only eat three meals a day.”

At 89, Huerta remains relevant and engaged. She is feisty, funny, and gracious, answering audience questions with a mix of history, feminism, and a humor that comes from decades in the struggle for civil rights. She ends the evening reminding those present of our common humanity, including our origins in Africa. “We have to do everything we can to fight racism...we are all Africans in different shades of color.” To learn more about the Bold Women series that runs through September 2020, go to <https://www.historycolorado.org/bold-women-change-history>.

*These images are part of Dolores Huerta: Revolution in the Fields/Revolución en los Campos, organized by the Smithsonian Institution Traveling Exhibition Service in collaboration with the National Portrait Gallery, Washington, D.C. This exhibition received federal support from the Latino Initiatives Pool, administered by the Smithsonian Latino Center. It will be at the Greeley History Museum 6/27/20 – 9/27/20. See <https://www.sites.si.edu/s/tour-schedule>*

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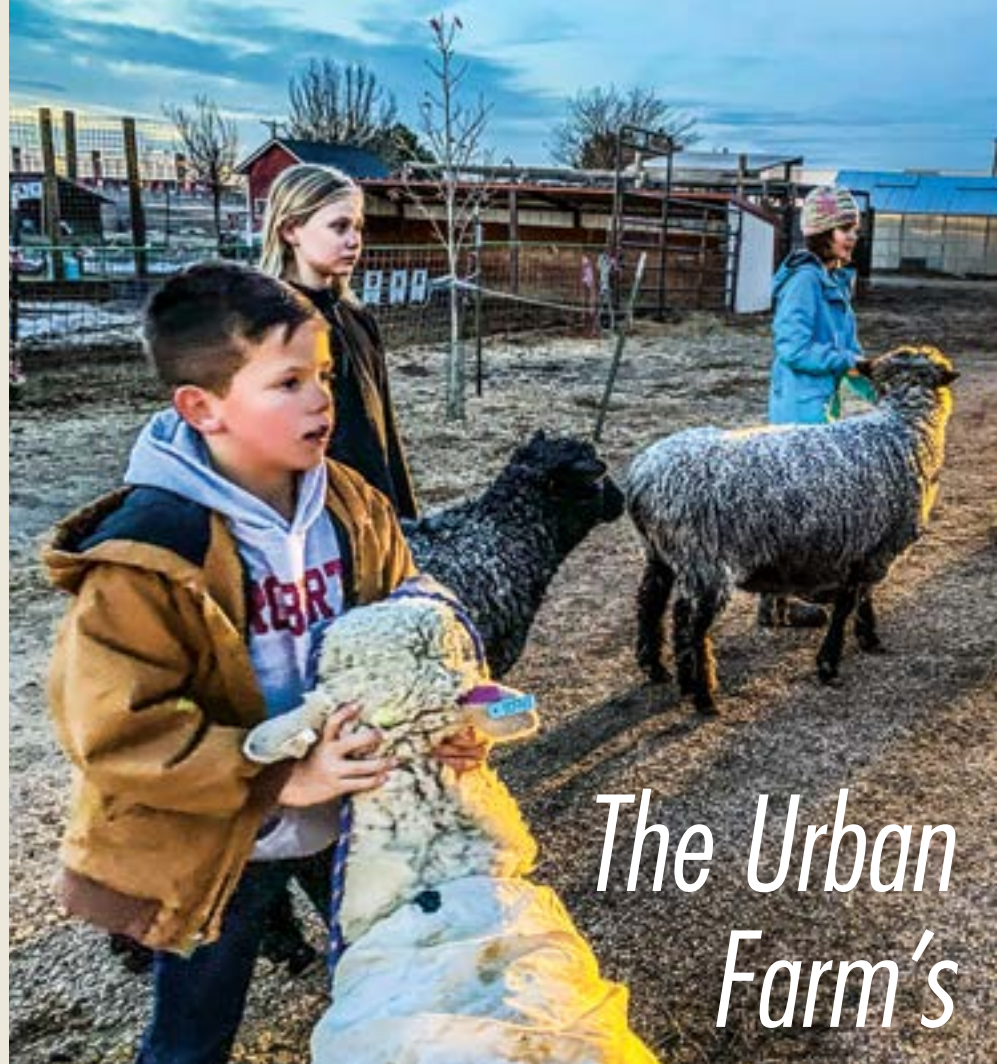
Juan Rojas discovered his passion in life at The Urban Farm. He became an advanced rider, went to horseshoeing school, and now at 21 has his own business as a farrier.

Photo courtesy of Juan Rojas.

people. “I had a friend who bought a gun on the streets, and I took it to school. I got in big trouble for that,” remembers Juan. “I thought to myself, my God, Juan, what are you doing?”

It was then that his teacher offered a science credit in exchange for real-life experience at The Urban Farm. “We would clean stalls, take care of chickens, that kind of thing, and for a reward we got to ride the horses. I loved it. The year was over,

but I wanted to stay on, so I asked what I could do to ride, and I learned about T.U.F. (The Urban Farm) Program, but it was expensive, and I was an inner-city kid. I couldn’t afford that kind of thing, but the executive director said if I worked Sundays, she’d give me lessons. I knew it was an opportunity I had to take, so after school I’d take an hour and forty-five minute bus ride to the farm, take my lesson, stay until 8 or 9 at night, and then get back on the bus and be home by 10:30, too tired to think about anything bad that was happening. I’d work all day Sunday mucking stalls, building pens, training horses, anything they asked me to do.



# Secret to Succe

It’s been 9 years since Juan first set foot on the farm and to say his hard work paid off would be an understatement. He became an advanced rider, graduated high school early, and attended horseshoeing school at just 17—his tuition partly paid through connections he made at the farm. He’s 21 now and a farrier with an impressive clientele including the horses at the farm. “I’m my own boss. It’s just



Students learn about aquaponics, a type of aquaculture that relies on the symbiotic relationship between plants and fish. The Urban Farm plans to start up another aquaponics program in 2020, similar to the one shown above that was operating in 2014.

amazing. If it wasn’t for the farm, I don’t know where I’d be.”

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Left: Students arrange their sheep in a semi-circle to practice their showmanship skills. In a showmanship contest, the judges aren't scrutinizing the animal, but the student's ability to show—so even the kid with the worst animal can win. Left to right: Evan Cassida, Emma Leone, Greta, Emma Goebel, and Caden McGill.

Juan's not the only one to forge an unlikely path to the farm. Michelle Graham—a transplant from New York—recently became the executive director, and like Juan, her challenges are many. The farm, which is in a ten-year lease from the City, may face a challenge when the National Western Center is completed in 2024 and possibly offers some competing programming. "I have to wonder," says Michelle. "What is our identity? Will kids keep coming here because they're loyal to T.U.F., will the next generation come here?"

She has a plan to make sure they do. One of her goals is to increase marketing, so people can understand the farm's history and the new idea of urban revitalization. Much like the American Dream, it seems people romanticize farm life. "I call it farm chic," says Michelle. "There's the farm-to-table dinner, the trendy farm aesthetic, but when it gets down to it, it's not that pretty. Our staff works incredibly hard. We have board members who commit to breaking ice at 5 am and 11 pm. Our days are filled with mucking stalls, tossing hay, and weeding gardens, often in the freezing cold or blazing sun."



The Urban Farm is currently home to 30 full-sized horses and three mini-horses. Deborah Venor, a volunteer at the farm, shows Claire Lauck, 9, ( helmet) and Sophia Layden, 11, how to bridle a horse.

Despite the hardships, Michelle is anything but defeated. She's energetic and optimistic with a seemingly endless list of goals including beefing up their summer camp and farming classes, and gardening with aquaponics and hydroponics. In fact, it seems there's nothing Michelle thinks is beyond the farm's capability. "I have a volunteer who wants trees out here," she says. "They're

incredibly hard to grow because there's a lack of water and the soil's tough, but he's like, 'My plan is to have trees,' so I'm like, 'Alright, let's do it! Let's have trees!'" Who knows, maybe with a little TLC and some grit, they'll take root and thrive. After all, it's happened before.

For more information visit [theurbanfarm.org](http://theurbanfarm.org).



Michelle Graham, who holds a degree in sustainable food systems and was once an adjunct professor, is the farm's new executive director.


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  - Using what you have
  - Latest low cost trends and updates
- **Remodel**  
*Presented by Kyndra Georgeson*
  - Form and function
  - Remodel and additions
  - Clever finish selections
- **Relocate**  
*Presented by Kim Kouba*
  - Best updates for resale
  - How not to over-improve for our market
  - Does a refresh or a remodel fix a location challenge?
  - How to front pre-market improvements with *Compass Concierge*
- **Refinance**  
*Presented by Ben Gehde*
  - Equity positions, HELOCs, Cash out Re-Fi demystified
  - Purchasing power of our low interest rates
  - Easy mortgage calculators to predict monthly payments

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