

# Front Porch

DENVER, COLORADO

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

MARCH 2020

NORTHEAST DENVER



Front Porch photo by Steve Larson

## Water, Unleaded Please

Based on a concern about their water quality, the DeCelles family requested a free test kit from Denver Water for their 1941 home and learned they have lead in their water. Pictured are Jasmine and Jon DeCelles with their children Jameson and Jackson. *Read the story on page 5 by Martina Will, PhD.*



## Tuning Up for St. Pat's Day

Dancers from the Colorado Youth Pipe Band rehearse year-round; their hard work pays off each spring, as they perform around Colorado for St. Patrick's Day events. *Story on page 6 by Martina Will, PhD.*  
Front Porch photo by Christie Gosch

## With primary ballots now, what happens at CO caucuses?



Colorado's early March presidential primary marks the first time in 20 years that the state had a primary ballot for president instead of a caucus—and that's just one of three significant changes in this election. Read this primer on Colorado's primary and caucuses by Mary Jo Brooks on page 8. This photo was taken by Steve Larson at the 2008 Democratic Presidential Caucus at Westerly Creek School.






On sunny winter days, the Stapleton Skateboard Park at 26th and Xanthia attracts boarders of all ages.

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|---|--|



A new mural in Five Points honors Dr. Justina Ford, Colorado's first Black woman doctor

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### Is the *Front Porch* arriving on your front porch regularly?

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## Events & Announcements at Stapleton

### Stapleton Swim Team: New Parent Meeting

*Tuesday, March 10 | 6pm | The Cube*  
New parents to swim, dive, and synchronized teams are welcome to come to the parent meeting to find out more information about the team offerings prior to registration on March 11.

### Swim Team Registration Opens

*Wednesday, March 11 | Noon | Online/ The Cube*  
The swim team programs in Stapleton are designed to develop each swimmer to his or her highest potential. Participants practice and work together in an atmosphere that builds self-confidence, promotes positive team spirit, teaches and improves stroke performance, and builds endurance. Each program is designed to adapt to all ages while providing a quality experience for all skill levels. The MCA currently has swim, dive, and synchronized teams.

### Whiskey Education Night

*Wednesday, March 11 | 7pm | The Cube | \$*  
The MCA's Whiskey Education Night spotlights the educational side of whiskey tasting. The tasting will be guided by whiskey educator Kyle West and will spotlight a premium selection of whiskeys from Breckenridge Distillery. This sit-down tasting will include an hour of educational discussion, followed by time for questions, mingling, and additional sips. 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: Discovery of the South Pole

*Thursday, March 12 | 1pm | Sam Gary Library | Free*  
Join Active Minds as they discuss the discovery of the South Pole by Roald Amundsen, known as "the last of the Vikings." The race to the South Pole was one of the most significant international races prior to the race to the moon, and, like any good competition, it was full of tragedy and triumph. It featured tiny, newly independent Norway against the British Empire. Active Minds will share the gripping story of those who perished and prevailed in this epic quest.

### Resident Swim Lesson Registration

*Wednesday, March 18 | Noon | Online/ The Cube*  
Stapleton residents can register for all swim programs beginning at noon on March 18. Registration can be completed via your online account or in person at the MCA front desk at The Cube (8371 E. Northfield Blvd). We do not accept registrations over the phone.

### Active Minds Seminar: Ukraine

*Thursday, March 26 | 6:30pm | Sam Gary Library | Free*  
Seventy years of Soviet control in Ukraine ended with the collapse of the Soviet Union in 1991. During that time, Ukraine suffered extensive famines, the deportation of its citizens, and repopulation of its country by ethnic Russians. After independence, Ukraine aligned more with the west, resulting in escalating tension between ethnic Russians and Ukrainians. In 2014, Russia annexed the Crimea region of Ukraine, fueling an ongoing low-level civil war fed by Russian influence. This past April, Ukraine's President Petro Poroshenko was defeated by Volodymyr Zelensky, an actor/comedian who played the President in a popular television show. Join Active Minds as they review the history, present issues, and future challenges of this former Soviet satellite country.

### Family Film Series: *Hugo*

PG 2011 2h 9m  
*Friday, March 27 | 6pm | The Cube | Free*  
Our Family Film Series ends with Academy Award-winning director Martin Scorsese's epic journey, *Hugo*, based on Brian Selznick's award-winning, imaginative New York Times best-seller, *The Invention of Hugo Cabret*. This family-friendly homage to the magic of cinema is a visually breathtaking adventure, elevated by fantastic performances from the cast. Whether young or old, Hugo remains an arresting, heartwarming delight, and one of the must-see films for any admirer of cinema.

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# Front Porch

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The Front Porch – NE Denver distributes more than 28,000 free papers during the first week of each month. Papers are delivered to doorsteps and/or racks in Stapleton, Park Hill, Lowry, Montclair, Mayfair and NW Aurora.

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# Water, Unleaded Please

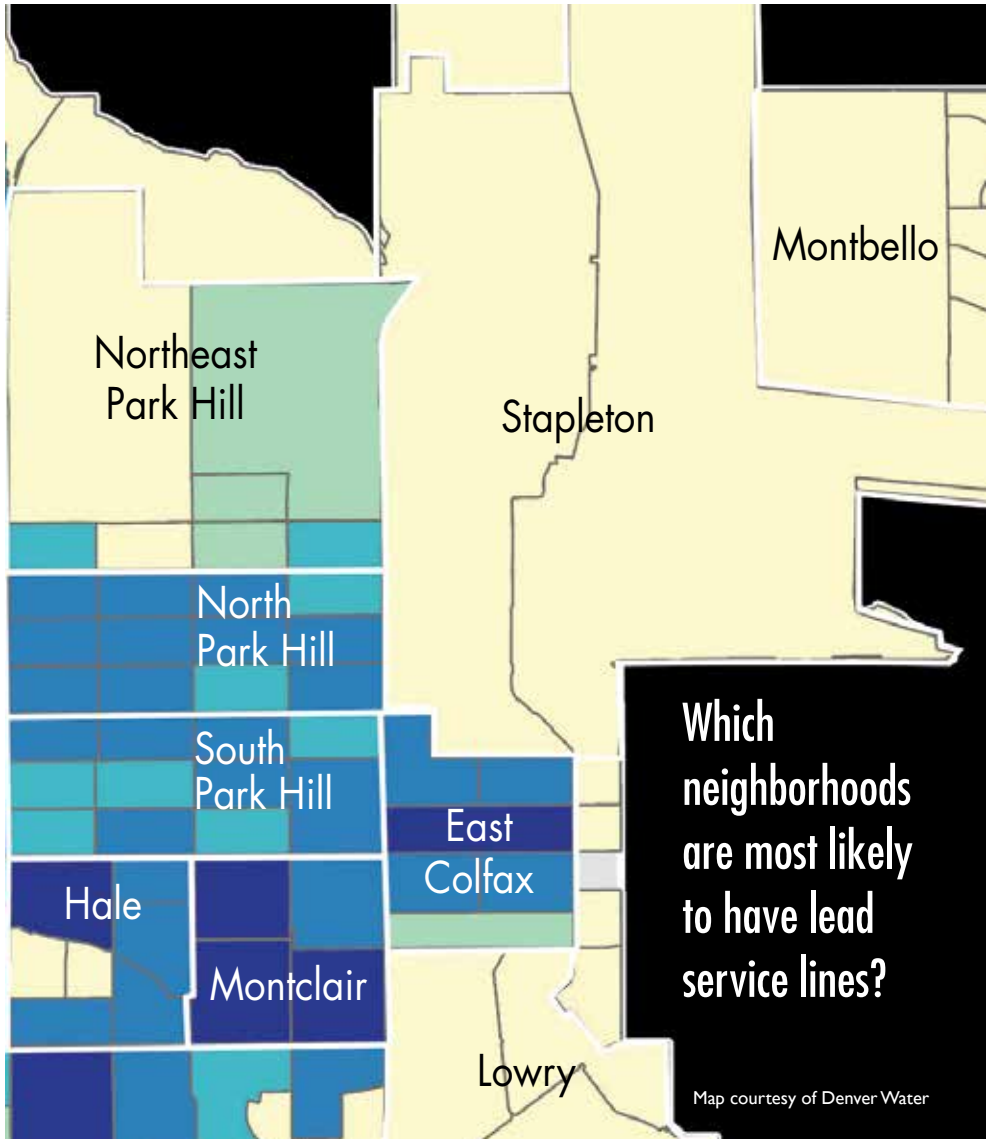
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By Martina Will, PhD

East Colfax homeowner Jasmine DeCelles recalls when her husband was washing something in the sink back in 2017 and noticed “a yucky film over the top of water sitting in a clean bowl.” Not even thinking about lead at the time, she requested a free testing kit from Denver Water, hoping to learn what was causing the water’s iridescent appearance.

DeCelles never learned the cause—Denver Water’s testing kit only determines lead content. But the tests (first of cold water drawn immediately, then two more tests after water continues to run) did tell her the water they had been using for drinking, bathing small children, preparing formula and cooking contained lead. Her tap water measured at 3 parts per billion (ppb); the EPA’s “action level” is 15 ppb. At that time (in 2017), DeCelles was disappointed to learn that Denver Water didn’t offer anything more than a loan to replace homeowners’ service lines.

DeCelles and her husband decided to replace all the water pipes in their 1941 home. A plumber determined their services lines were copper and didn’t merit replacing; however, a lead test of their water in 2019 showed a level of 6.9 ppb, more than double that of the 2017 test. These unexpected results have left the DeCelles family wondering what else can be done to solve their lead problem. They now make weekly trips to the grocery store for reverse osmosis water (treated to remove lead). “I fill up four or five five-gallon containers...and I just tell the kids not to put bath water in their mouths.” DeCelles had her children tested in 2017 and learned their levels were very low. According to the CDC “No safe blood lead level in children has been identified,” and preventing exposure to lead is the most important step parents

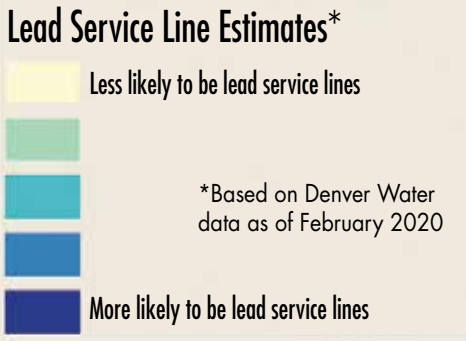


As part of Denver Water’s new Lead Reduction Program, renters and homeowners in housing with “known or likely” lead service lines can expect to see water filters and pitchers in their mailboxes sometime in March, as well as information about replacement of lead service lines.

and communities can take.

In March 2020, Denver Water is launching a 15-year Lead Reduction Program to eliminate one of the largest home lead sources: old lead service lines that connect homes to Denver Water’s delivery system, replacement of which is an

expense that would normally fall to homeowners. In East Colfax, Park Hill, Mayfair, Montclair, and other neighborhoods where residences predate 1951, people can expect to see utility vehicles as Denver Water replaces these service lines. This process may impact traffic flow as well as



require some crews to access basements to replace customers’ aging pipes.

For those in housing with “known or likely” lead service lines, Denver Water is providing free water pitchers and replacement filters that remove 99% of lead. Residents will see those in their mailboxes beginning in March. The utility has worked to reduce lines’ corrosion through pH/alkalinity adjustments for decades, but in March will further increase the pH range, to 8.5-9.2 (7 is neutral).

These changes are happening after the EPA agreed, in Dec. 2019, that these efforts would “provide health benefits and will be as protective in lowering the lead levels” as the requirements they had previously been following under the Lead and Copper Rule. Travis Thompson of Denver Water says before the EPA approved this new Lead Reduction Program, service lines—which belong to individual property owners—were outside of the utility’s bounds. For this reason, having a water utility replace service lines is unprecedented in the U.S., he says. “No other utility in the nation is taking this proactive and voluntary approach.”

No federal funding comes with this new lead reduction effort, but Denver Water has budgeted for these costs as part of its capital project planning. As with other infrastructure costs, says Thompson, Denver Water will pay for (continued on p. 7)

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Above: Carson McConnell plays the practice chanter. Right: Dancers Cora Delaney, Brynn Bishop, Zoey Palmer, Thatcher Delaney, Skylar Delaney, and Zivah Palmer dance the Highland Fling. Below: Maggie Bishop and Jeremiah Butterworth play snare drums. Front Porch photos by Christie Gosch



By Martina Will, PhD

When the Colorado Youth Pipe Band performs at area St. Patrick’s Day festivities later this month, their costumes and music will undoubtedly evoke favorite Hollywood films or nostalgia for a misty green landscape. The music is powerful, and even those with no Scottish or Irish ancestry often find it speaks to them. Jamie Cuthill, the band’s director for almost two decades, recalls the first time he heard it and how it catapulted him into what became his career.

“Both of my parents are Scottish immigrants. And my older sister...was competing in Highland dance from a very young age. We would go around to all of her competitions.” In 1990 he was among the founding students of the Youth Pipe Band. Over the course of his history with the band, he says has seen interest ebb and rise with each new big screen feature, from “Braveheart” to “Brave.”

Cuthill embraces his Scottish heritage and estimates that about half of the band’s musicians and dancers have some cultural connection to the region. For Cuthill and many of his students, though, it’s the sound of the bagpipe that drew them in. Stapleton’s Carson McConnell, age 10, first heard a solo bagpiper perform at Montview Presbyterian Church during a “Reformation Day” event when he was six and asked his parents if he could learn to play.

# Bagpipes: A Sound that Draws You In

When asked about his cultural heritage, McConnell talks about the clans identified with his parents’ ancestry: “On my dad’s side is McConnell, which is a clan in Scotland that, I think, came over to America several hundred years ago. And I think on my mom’s side it’s the Campbell clan.” Still, it’s the music that resonates most for him. “It’s an incredible experience. All those bagpipes together with all those drums, it sounds really cool, and it’s cool to be a part of that,” says McConnell. “Playing, in general, is really fun.”

Despite the name, piping, drumming and dance are all part of the Colorado Youth Pipe Band’s skill set. Drummers may choose from snare, tenor or bass drum, and dance lessons begin as early as age 4. Board President Gillie Bishop’s entire family is involved in some way in the band. Her husband began to pursue his lifelong dream of learning to play bagpipes a

few years ago. Their two daughters began to dance and drum, and Bishop was also drawn in. Over time, she engaged in more leadership roles as she realized how important parent support was to sustaining the small-knit group that has become a second family to her.



Because children age out at 18, Bishop says keeping the band at its ideal size can be difficult at times: “We’re always looking for new people who want to join and commit to the band.” Though music lessons and program fees sustain the band, Bishop says they are also undertaking some creative fundraising efforts.

Cuthill says music theory is helpful for learning to play the bagpipes, but is not required; of his own musical background, he says, “I played the



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Above: Carson McConnell, Hunter Delaney, and Ashton Steele of the Colorado Youth Pipe Band here play bagpipes at a rehearsal wearing their traditional Highlands dress, including tartans. Below: Dance instructor Cristy Jones and dancers Thatcher Delaney and Uri Palmer practice the Scottish Sword Dance.

trumpet very poorly.”

New bagpipe students typically begin playing on a practice chanter, a reed instrument that resembles an elongated recorder or oboe. “They learn the basic fingerings and then they start learning how to blow the big instrument. When they’re proficient, we’ll outfit them,” he says. McConnell worked his way up to the bagpipes from the chanter, a true test of willpower and commitment. “It was kind of hard just because being able to play was quite a long way away.” He’s been playing the bagpipe since 2018 and now has his own bag. He says he borrows the rest of his bagpipe’s parts from the band since



the complete ensemble can run upwards of \$1,000.

For performances, band members must dress in “proper highland attire,” says Cuthill. And yes, that includes kilts, normally in the Hamilton green hunting tartan (what the uninitiated might refer to as “plaid”), though dancers are allowed a pop of color if they like. Asked about wearing the kilt, McConnell responds with a smile in his voice: “...it takes a little while to get used to it.”

To hear the band play and see the kids perform in their tartans, though, you don’t need to fly to Edinburgh. The band performs on Sat., March 14 at noon at Denver’s Hard Rock Café (downtown) and at 2pm at the Abbey Tavern, 5151 E Colfax Ave. For additional dates and information on lessons and future events, go to: <https://www.cypb.net/>

# Water, Unleaded Please

(continued from p. 5) this ambitious project through “customer water rates, bonds, new tax sales fees, hydropower generation.” Denver Water will also explore grant opportunities to support the initiative. “Obviously, we [Denver Water] want to get all of the lead risks out of the system... This is a holistic approach... and really it protects future generations as well.”

Many adults recall when Congress banned lead in paint and most gasolines and undoubtedly imagine that these mandates eliminated or minimized the risk of lead exposure. They did help: a national survey showed average adult blood lead levels declined from about 15 µg/dL (ppb) in the 1970s to 1–2 µg/dL by 2007.\* But today, pre-1951 pipes that deliver water to homes, schools, and businesses may leach

lead into water as they corrode, especially in areas with more acidic water. “Just because you have a lead service line doesn’t mean you have high exposure to lead. We’ve taken precautions... to increase the pH in the past and there’s protective coating that we created that is separating the water from the actual lead pipe,” says Thompson.

Lead poses significant health risks, especially for children, pregnant women, and other susceptible populations; typically, symptoms

don’t appear until after one has accumulated a dangerous amount in the bloodstream. “As the level of lead in children’s blood increases from 0 to 100 ppb, IQ scores drop about 6 points,” says Dr. Bruce Lanphear, a Health Sciences professor at Simon Fraser University in Vancouver. Lanphear recently spoke in Denver on the impact of toxins on children and adults, and says lead service lines are second only to house-dust as a source of elevated lead levels. There is no safe level of lead for humans. Lead toxicity can result in developmental delays, learning disabilities,



The DeCelles family has used only bottled water since learning their water contains lead.

premature birth, kidney damage, and even death.

For more information, call 303-893-2444 or email [lead@denverwater.org](mailto:lead@denverwater.org). Denver Water’s Lead Reduction Program website

will soon allow residents to enter a street address to determine whether their home is among those that likely still have lead pipes: <https://www.denverwater.org/your-water/water-quality/lead/lead-reduction-program>. Some information from Denver Water, and the DeCelles’ lab results, are posted with this story at FrontPorchNE.com.

\* *The National Health and Nutrition Examination Surveys* – <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1797860/>



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This Democratic caucus photo was taken in March 2010 at Westerly Creek Elementary School.



This Republican caucus photo was taken the same night, in March 2010, at Montview Presbyterian Church.

# With primary ballots now, what happens at CO Caucuses?

By Mary Jo Brooks

Some big changes came to the Colorado caucus and primary system this year—and they have led to confusion about how candidates will be chosen. Here’s a quick primer on what to expect in the coming months.

On March 3, Colorado will be part of the Super Tuesday presidential contest. It’s the first time in 20 years that the state has held a primary instead of a presidential caucus; and it’s also the first time unaffiliated voters and 17-year-olds (who will be 18 before November) can vote in a presidential primary in Colorado. Ballots were sent to voters beginning February 10. Unaffiliated voters were sent both a Republican and a Democratic ballot, but could only return one ballot. (If both were returned, neither gets counted.)

The presidential primary determines how many delegates will be sent to the national party conventions held this summer. For Democrats, any presidential candidate who receives 15% of the vote in a state primary will send a proportional number of delegates to the convention, which begins July 13 in Milwaukee. With such a crowded field, delegates will be sent for multiple Democratic candidates. For Republicans, if

one candidate receives more than 50% of a state’s primary vote, all the delegates go to that candidate. It’s expected that Donald Trump will easily meet that threshold. The Republican national convention will be held in Charlotte, North Carolina beginning on August 24.

Three days after the presidential primary, on March 7, Colorado Democrats and Republicans will hold separate precinct caucuses to begin the process of determining which candidates for all state elected offices will appear on the primary ballot on June 30.

There are actually two ways candidates can get on that ballot. One is the caucus system, which is run by the Democratic and Republican parties. Only voters registered with those parties may participate. For the Democratic party, candidates need to receive 15% of the vote—first at the precinct caucuses, then at county or district assemblies, and finally at the state

assembly. The caucus process is much more participatory than a primary. Voters meet for several hours and hear speeches from candidates’ surrogates.

“If anyone has ever wanted to have a say on who appears on the primary

ballot in the first place, they really should be going to caucus or assembly because those are smaller but they have a very big impact on deciding who actually shows up on the ballot,” says Morgan Carroll, Colorado Democratic Party

Chair.

For the Democratic precinct caucus, the marquee race to watch will be for the Democratic nomination for the U.S. Senate. The five candidates who are vying via the assembly process are John Hickenlooper, Andrew Romanoff, Stephany Rose Spaulding, Erik Underwood and Trish Zornio. Results of the preference poll for these Senate candidates will be announced on March 7, although all who receive

15% of the vote will continue through the assembly process. On the Republican side, there is no serious opposition to incumbent Sen. Cory Gardner, so there will be no preference poll conducted on March 7. Ballot eligibility for caucus candidates will be finalized at both parties’ state conventions on April 18.

The second way candidates can get on the June 30 primary ballot is through the petition process, which is managed by the Secretary of State’s office. U.S. Senate candidates must get 10,500 signatures by March 17. Hickenlooper and Underwood are participating in the petition process, as well as the caucus process. Diana Bray, Lorena Garcia, David Goldfisher, Critter Milton and Michelle Farigno Warren are participating only in the petition process.

U.S. House candidates must get 1,500 signatures by the same March 17 deadline. Other state offices have different signature requirements. Once those signatures have been verified, those candidates will appear on the June ballot in addition to the candidates from the caucus process.

The winners of the June 30 state primary election will then go on to compete in the general election to be held on November 3, 2020.

*March 3: The first time in 20 years that Colorado has had a presidential primary instead of a presidential caucus.*



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**The Future**  
Pilotless vehicles may someday pick up a person from the top of their building, says Ben Theune, standing in front of a life-sized model set in New York's Central Park.



# Drones: Fun & Technology to Solve Problems

By Karyn Cole

**T**he average person would be surprised to learn the depth and the breadth of the use of drone technology. Most people think a drone is just a toy you get for Christmas, but actually it's used by the military, animal conservation, real estate, the movie industry, you name it," says Ben Theune of Wings Over the Rockies Air and Space Museum.



"Drones: Is The Sky the Limit?" reveals how 75 years of technology has turned simple remote-controlled airplanes into the highly specialized aircraft being used throughout the world today. The exhibit at the Wings Museum in Lowry runs through Sunday, May 3. Guests take a self-paced tour showing the history of drones, current uses, and glimpses of where drone technology can take us in the future.

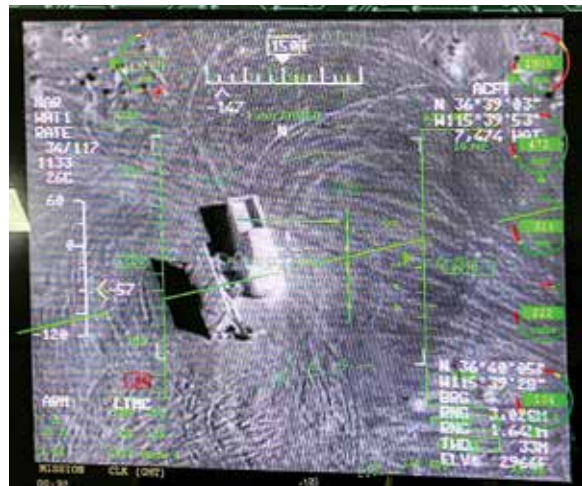
"...Drone technology is not this obsolete or far fetched proposition...and everybody can get involved," says Theune. Drones are being used every day in ways that improve our lives. Firefighters use them to fight fires more effectively and save more lives. Animal

conservation groups use drones to keep accurate counts of endangered species and watch for poachers. And drones are used to deliver medical equipment and supplies to remote communities. But the magnitude of drone use—from hobbyists to use by the military, film makers and real estate agents—has opened up serious questions of airspace ethics and privacy. "The drone industry has grown so quickly that it has been difficult for the FAA to keep up with that . . . literally, it changes every single month. It's changing all the time," says Theune.

How drones will affect the future remains unclear. Pilotless Vertical Takeoff and Landing vehicles (VTOLs) could make flying

cars a reality in the future. "...One day, somebody on the top of their building in New York City could call up an Uber and this pilotless VTOL aircraft comes and takes them to their destination." But development of an air traffic control system that can manage pilotless vehicles will need to go hand in hand with the development of the VTOLs. The current air traffic control system can't be scaled for that task.

For more information call 303.360.5360 or visit the museum's website at wingsmuseum.org. Wings Over the Rockies Air and Space Museum is located at 7711 East Academy Boulevard. The Drones exhibit is included with museum admission.



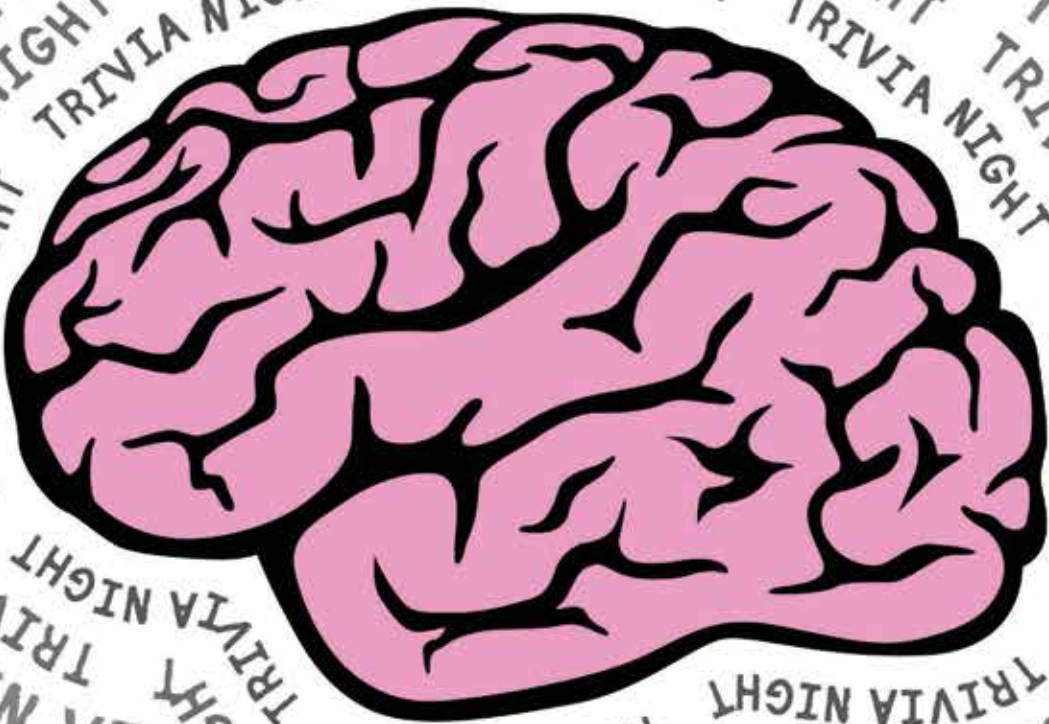
**Firefighting**—Left: Drones are being used to determine the most effective location for personnel and equipment in large fires.

## Military Surveillance

Left: This shows what the operator can see using a drone when it flies twice as high as a commercial airliner.



**Fun and Competition**—Many racers use goggles that show the drone in flight to practice tight turns and narrow passages at high speed.



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# Third Culture Becomes Part of Local Culture

By Martina Will, PhD

Food and beverages offer a perfect and nuanced interpretation of the term “third culture kid,” or TCK, which refers to children raised in a culture other than their parents’ native one. The result is, according to Third Culture Bakery’s hot pink handout: “Forming a third interpretation of the two. A global generation.” Though mochi muffins and matcha drinks were not even on the radar when the term was coined in the 1950s,\* it is an apt description of this new E. Colfax bakery. For bakery founders Sam Butarbutar and Wenter Shyu, both raised by immigrant parents in the U.S., TCK is suggestive of their



Wenter Shyu and Sam Butarbutar, both raised by immigrant parents, created a bakery/coffee shop that reflects their life experience—they were both shaped by multiple cultures. *Top photo:* All their pastries are gluten-free and baked in a nut-free kitchen with rice flour.

creative take on food and community. Menu items—muffins, doughnuts, matcha drinks—offer tangible representations of their TCK identities. The inspiration and ingredients originate in the U.S., Indonesia, Japan, and beyond. All pastries are gluten-free, baked in a tree-nut-free kitchen exclusively with mochiko rice flour that they source from Koda Farm, family-owned for generations in California.

Butarbutar and Shyu are equally particular about their other ingredients, importing their black sesame seeds from an 11th-generation family farm in Japan, and using coconut sugar from Indonesia.

Beyond the tasty treats, the “third culture” moniker speaks to their view of the bakery as “our chosen family,” a sort of third culture in its own right. “This bakery exists because of love,” says Shyu. “We try to really welcome everyone...and we coach our staff and team that ‘you are working for a company that, yes, makes amazing pastries....But there’s no race, there’s no gender...no barriers...it is our chosen family.’” Their business ethos is, “We treat everyone with grace and kindness,” which also means profit-sharing and fair wages for all staff.

Though their Aurora bakery just opened, Butarbutar and Shyu now live in Aurora and manage their Berkeley, California store from afar. “Colorado has been so kind to us,” says Shyu, sharing how supportive the City of Aurora was in helping them and their landlord (herself a TCK) to get the old building renovated. Visit Third Culture at 9935 E. Colfax Ave. in Aurora or [www.thirdculturebakery.com](http://www.thirdculturebakery.com). A second location is anticipated to be open by Summer 2020 in RINO.

*\* The term Third Culture was coined by sociologists/anthropologists John and Ruth Useem after their family’s year-long visit to India.*



Peter and Margo Wanberg, owners of Jubilee Roasting Co., share a doughnut.

Front Porch photos by Christine Gosh



Park Hill’s Honey Hill Café offers a large variety of coffee drinks as well as fresh pastries. Tabitha Hallock helps a customer.

# Coffee Mornings, Wine

By Martina Will, PhD

Asal Danesh worked as a Munich-based Lufthansa flight attendant for eight years before deciding it was time to grow some roots. So she gave up her nomadic lifestyle and planted her feet in Denver, where much of her family has resided since the 1970s. Along with her business partner and brother Donnie, she opened Honey Hill Café in Park Hill in May 2019.

When the neighboring business became available, she and Donnie jumped at the opportunity to expand their café’s space, which now has seating for 45 inside and 75 total when including the large patio that looks perfect for lazy summer evenings. “It’s a community space,” says Danesh, “an extension of your living room or dining room, and pretty much 50-70% of the people here on a daily basis are from the neighborhood; we know all of them by name, and we kind of know each other’s stories. And that was the idea behind this space.”

Located at 23rd and Dexter, across the street from longtime Park Hill favorites Spinelli’s Market and The Cherry Tomato, Honey Hill’s menu includes breakfast burritos, quinoa bowls, paninis, sandwiches, salads, a variety of toasts and daily specials along with coffees and teas.



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# Coffee Shops in NE and Our Neighborhoods



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## Nights at Park Hill Café

In anticipation of the café’s new liquor license, Danesh is designing an evening menu that will include light appetizers and some specialties from Germany’s Rhineland, where she grew up. She plans to offer Rhineland wines among others, and add mimosas to the existing brunch menu.

“My hope is that we’re going to host some low-key, intimate live music here,” she says. Danesh’s vision includes



Asaf Danesh thinks of her café as “an extension of your living room or dining room.”

not only live music but also event rentals for those seeking to host a small private gathering in this neighborhood spot. Honey Hill Café is located at 4628 E 23rd Ave. in Denver. For more information about upcoming events and/or reserving the space, call (720) 242-6048 or go to [www.honeyhillcafe.com](http://www.honeyhillcafe.com); Instagram is @honey-hilldenver.

## Pursuing the American Dream: A Shop of Her Own

By Martina Will, PhD

When Muluye Hailemariam first arrived in the U.S. as a teenager, she had precisely \$38 in her pocket. “I started from zero,” she says, and smiles broadly as she discusses her life and her business, Kabod Coffee, located on the corner of Northfield and Central Park Blvds. Kabod opened in 2019. She radiates positivity and is effusive as she philosophizes on life, business, community, and culture. Hailemariam possesses an entrepreneurial spirit that exemplifies the American dream she has pursued since coming to the U.S., acknowledging many challenges along the way without dwelling on them.

“We are farm to cup, and that’s what makes us different,” she says. The granddaughter of a coffee farmer, Hailemariam buys her beans directly from farmers in Ethiopia. She uses family and business ties in Ethiopia to ensure that her coffee is high-quality and certified organic—resulting in a product that is both sustainable and environmentally-friendly. “There is no middleman,” she says, adding that she buys from the farmers’ union to ensure the farmers receive a fair price. “It’s a small thing, but I hope people appreciate it,” she says of her fair-trade practices.

Hailemariam roasts the imported beans in Montbello

and takes pride in the fact that her coffee is single-source rather than a blend of different beans from different sources, as is common in the industry.

Ethiopian coffee culture informs Hailemariam’s approach to business, which differs from the high-volume drive-through approach of the large chains. “Everybody is stressed. A few people, they come, and then they sit with each other. They start communicating, and then the stresses will lessen and they start enjoying life. It’s about creating the community and creating the connection.”

Hailemariam will soon open a DIA location, but NE Denver residents will find Kabod’s wide variety of coffee beverages, chai, smoothies, and free WIFI closer to home at 9165 Northfield Blvd. See [Kabodcoffee.com](http://Kabodcoffee.com) or call 720-750-8817 for store hours.



Muluye Hailemariam’s coffee shop, Kabod, at Northfield and Central Park Blvds., offers Ethiopian coffee from local farmers that is “farm to cup.” Hailemariam imports and roasts the coffee.



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## CULTURAL TRAVEL



Left: The Goldstein family did a 3-day, 100-mile bike ride in Normandy, France during the week before D-Day in June 2018. From left: Mina, Tamir, Kana, Nadav.



# Normandy: With Kids

By Martina Will, PhD

“I love cycling trips because it makes you feel more like a local. You’re close to ground level and smelling things and seeing things, and talking to people, and locals comment ‘where are you from?’” says Mina Goldstein. If you’ve never undertaken a long bike trip, the Goldstein family’s visit to Normandy, France suggests it can be an especially meaningful way to experience another country, provided your children are old enough to propel themselves.

“Our son Nadav has a personal interest in World War II history,” says Goldstein. He suggested Normandy as a side-trip on their travels. It was the Allies’ June 6, 1944 invasion of Normandy that would pave the way for France’s—and Europe’s—liberation from Nazi Germany.

Once the Goldsteins had decided on their destination, they found a local tour company that would help them to undertake a self-guided tour of the region. A train took

them from Paris to Caen, where a guide met them at their hotel with bicycles, road-books, GPS, and tourist information to guide them through the next three days. They selected from different routes and destinations each day, making stops at recommended restaurants and sites.

“The company that put it together is what

really made a difference; it wasn’t like we just followed the Google Maps cycling directions. They took us on back roads, country roads. I don’t know if you would know which roads to take if you didn’t book a trip like this because it was different from the Google Maps cycling directions. It was very relaxing, and you could go at your own pace and stop for lunch.”

And she is not referring to fast food. The bistros offered relaxing meals, with “mussels, and fresh seafood...and it’s part of their culture to sit and



Period aircraft were on display and flew overhead as the family explored and learned about the historic battle at Merville Gun Battery.



Photos courtesy of Mina Goldstein

talk and enjoy the food. So we got to be a part of that, which was really nice.”

The Goldsteins’ 100-mile bike tour nearly coincided with the June 6 anniversary of D-day, which meant there was a lot of activity along the way. Foreign tourists were arriving for commemorative ceremonies at Omaha Beach; British veterans had an especially large presence. “I didn’t realize that the Allied invasion was organized by country so that Canadians went to...Juno Beach and Americans got Omaha Beach. The Brits, you know had Gold Beach.... So when you cycle through those towns...you can kind of feel that they had a special connection to the particular country that landed there and liberated them...and there was a real sense of ‘we owe everything to the Canadians or

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Top left photo and below left: Local French volunteers dressed up in period uniforms and recreated a camp at the Merville Gun Battery, located about 8 miles from the beaches at Normandy. Merville was a fortification built by the Germans to defend against Allied forces and was one of the first places attacked on D-Day.



Top: Gold Beach, one of the five D-Day beaches, is located in the town of Arromanches-les-Bains. The Goldsteins ran out of the museum at Arromanche and took the photo when they heard the distinctive sound of bagpipes passing by. The bike trip took them through towns where many of the beaches were landing sites with monuments, flags flying and locals dressed up for D-Day memorial events. The last day, their weather was chilly and rainy, as it had been on June 6, 1944. The lower left photo shows a Nazi bunker. The lower right monument inscription says: "Here on the 6th June 1944 Europe was liberated by the heroism of the Allied Forces."



Left: At the Normandy American Cemetery and Memorial in Colleville-sur-Mer, grave markers differ to represent the fallen soldiers' religious beliefs.

you know, we deeply respect the British," says Goldstein. That legacy was also apparent in the frequent response they heard when people learned where the family was from: "We love the United States!" The family averaged 30-40 miles of cycling each day, traversing mostly flat landscapes with occasional hills. "To

ride by the beach and you could see the bunkers and the fortifications that the Nazis had put in the water as part of their Atlantic wall...for the adults, but also for the kids...history is real...I don't know how to say it other than that." One of the most moving places, says Goldstein, was the American cemetery at Colleville-sur-Mer, which occupies 172.5 acres and includes the graves of over 9,380 Americans. "It's staggering to see all those [gravestones] lined up in one place." Along with the sheer scale of death represented by the rows of headstones, she recalls seeing references to Native American troops along with Jewish and Muslim soldiers who died during the invasion, with some graves marked with the Star of David or the Islamic crescent. "It really felt like all of humanity was involved."



The trip took the family through the narrow streets of Bayeux where they got lost looking for their hotel, which was located on the other side of the town. The famous Bayeux Cathedral, a Roman Catholic church and a national monument, is visible in the background.



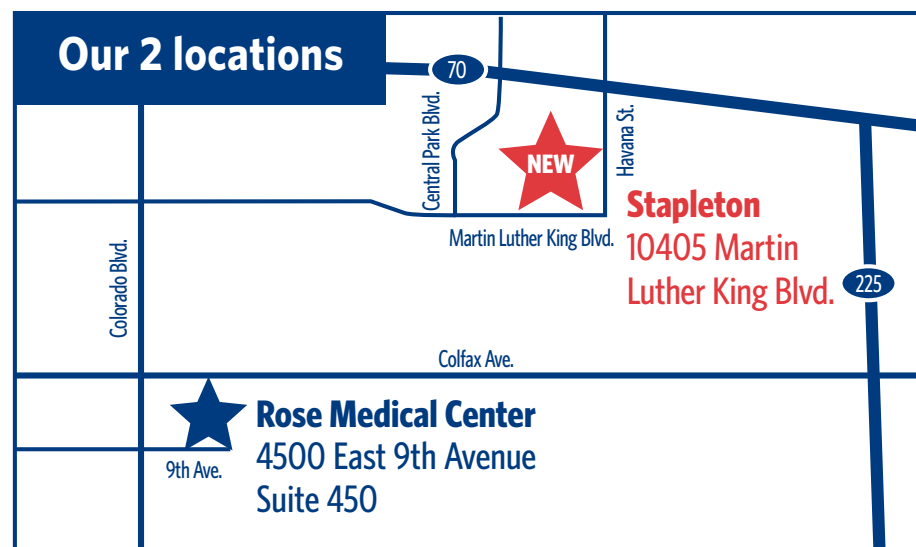
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# Oscar Is Broken

Each month, the Indie Prof typically reviews one or more films from the theater or an instant-streaming service. This month he instead shares his views on the Oscars.

Follow “Indie Prof” on Facebook for updates about film events and more reviews.

At the 14th Academy Awards in 1942, the Oscar for Best Picture went to *How Green Was My Valley*, directed by John Ford. It was Ford’s fourth Oscar for Best Director. The Awards themselves would have been forgettable if not for one vote: *How Green Was My Valley* beat *Citizen Kane* that year. Of course, *Citizen Kane* is now generally considered the greatest film ever made (a moniker this critic endorses).

The reasons why *Citizen Kane* did not win are many, and most concern the treatment of its subject: William Randolph Hearst. Hearst was the biggest media tycoon of the era, and he bullied exhibitors into ignoring the film while keeping it out of his papers entirely. His efforts effectively denied the film any real exposure, and even its inclusion at the Oscars seemed to be a transgression. Still, Academy members were able to screen it and chose otherwise. This was just the beginning of politics infesting the Oscars.

In 1981, *Ordinary People*, directed by Robert Redford, won the Best Picture award while Redford won

the Best Director award. Today, the film is hardly memorable; more memorable is the fact that Martin Scorsese’s *Raging Bull* lost (and Scorsese lost as well). Today, *Raging Bull* is considered one of the ten best films ever made. Once again, the reasons for this slight are complicated: the film was controversial because of its violence, and coming on the heels of the also violent/controversial *Taxi Driver* a few years earlier, America was having a societal discussion about violence in general and at the movies in particular. But the less public issue was that Scorsese had been fighting the studios for several years over the use of cheaper color film stock and developing processes. The studios did not like Scorsese’s activism.

The political aspects barely scratch the surface of Oscar’s issues. The voting system is highly problematic and fraught with cronyism and voters overloaded with information. The Academy includes over 8,000 voting members consisting of past winners and others who can petition for voting rights (if you have previous film credits). The nominations are chosen by peers in each category: actors vote for actors, directors for directors, editors for editors, etc. Everyone gets to vote for Best Picture nominations, and everyone gets

to vote for the winners in all categories. Therein lies the problem.

One voter who released his/her ballot this past year, highlights how the voting process can be so unseemly and downright ignorant. The voter stated they did not like Greta Gerwig’s *Little Women* because “English actresses had been chosen to play Americans, and that the characters all complained about how poor they were when they lived in a nice house with a cook.” Huh? Did this voter not know that the film was based on a book? The story has been around for over 100 years. And the voter was only responding to aspects of story, not acting, directing, cinematography, editing, costume design, production design, etc. It is entirely myopic, not to mention uninformed.

Another voter responded to the de-aging technique used in *The Irishman*. They abhorred the process and noted that “Francis Ford Coppola had rightly used different actors of different ages to play the same character in *The Godfather*.” Again, Huh? Yes, both Robert DeNiro and Marlon Brando played Don Vito Corleone in *The Godfather*, but that was in two different films! They were never in the same film. And besides, what does that have to do with the overall film anyway? The film was judged based on one small aspect.

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These are just two anecdotes from this year's Oscars, but stories abound about how members go about choosing the winners. Should 8,000 people, from 17 different areas of specialty, choose the winners in all categories? Should actors choose the winner for Best Cinematography or Best Sound Editing? Some may be well qualified, to be sure, but my guess is most are not. In my opinion, the award for Best Picture, for example, should not be subjective at all—it should be the film that is best in all categories—the sum total of Best Screenplay, Best Director, Best Cinematography, Best Editing, Best Acting, and so on. It should be an objective choice, and too many people who may not have the expertise, time, and/or all-around film knowledge are deciding the outcome. And that doesn't even broach the issues of inclusivity, which have become more egregious in recent times.

What to do? I propose a voting system more akin to the nominating process where experts in the category vote for the winners. Still, that process exposes the voters to politics and pressure campaigns of voting for a specific studio film when your livelihood depends on that studio. People may vote according to who pays them.



The voting for the winners, then, should be relegated to another set of jurors, much like the jury system used at film festivals, and consisting of 9 people in each category who must meet, in person, and decide the winners through discussion (like a jury!). The jury should consist of at least 5 members of the nominating category (5 editors for editing, etc.) but the remaining 4 should be outside the industry completely: critics, film academics/historians, and/or others without a vested business interest in the industry. For Best Picture, 5 of the jurors should come from a random

sample of the 17 categories along with 4 outsiders. The jury should also be representative of the world population in terms of race, gender, ethnicity, etc. The 9 jurors must decide together, face-to-face, eliminating the possibility that they had not seen the film. The majority rules in the jury room.

To be fair, Hollywood in general has been historically progressive, and the Academy has made strides in recent years to include more women and people of color in response to non-inclusive member-

ship and results. Those efforts are laudable, and the selection of Parasite this year is a small step in the right direction. In addition, most members have earned their voting rights, and it would be a bitter pill to take that away. Many are worthy, knowledgeable, and objective; however, the results over the decades have tainted the process, and it is time for a new direction with a fairer process.

The Oscars have always been encumbered by politics, misinformation, disinformation, sexism, racism, and downright ignorance. That needs to change if the Awards are to remain relevant.

The Oscars have become the movie version of Iowa's role in politics—too white, too bloated, and too concerned with tradition. But it can change.

Vincent Piturro, Ph.D., is a Professor of Film and Media Studies at Metropolitan State University of Denver. He can be reached at [vpiturro@msudenver.edu](mailto:vpiturro@msudenver.edu). And you can follow "Indie Prof" on Facebook and @VincentPiturro on Twitter.

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# ...NE News Updates



By Martina Will, PhD and Carol Roberts

## 1 Sand Creek Regional Greenway Closed Due to Health Concerns

On Feb. 4, the Denver Department of Public Health & Environment (DDPHE) announced a temporary closure of the Sand Creek Regional Greenway from Commerce City to Quebec. The Greenway had been closed from Quebec to Central Park bridge due to flood mitigation work since June 2019, but the recent closure was due to public health concerns. According to the notice from DDPHE: “the Area defined below presents public and environmental health risks due to unsafe conditions associated with pest activity, harbored conditions, human waste, and trash accumulation.” On Feb. 5, the closure was amended to permit bicyclists and pedestrians to travel through the Greenway for recreational or transportation use, though “lengthy stops on this section of the Greenway will not be allowed.”



Homeless camp at Sand Creek Greenway in January. Photo by John Fernandez

DDPHE’s Manager of Media Relations, Tammy Vigil, said DDPHE along with DPD are monitoring the area to maintain the closure, adding, “The weather has posed a huge hurdle as the build-up of snow and ice on the embankments we need to clean has prevented CDOT and DOTI from authorizing workers

to access the area.” As long as snow persists, there is no clear timeline for remediation efforts to begin, and no way to know how long the clean-up and trail closure will last. A map showing the closed area is posted at <https://sandcreekgreenway.org/temporary-trail-closure-in-denver-2/>

## 2 The News is No National News at Denver Rec Centers

Denver Parks and Recreation in February eliminated national news networks from their 30 centers. According to Cyndi Karvaski, with Marketing and Media Relations: “We decided to limit the channel selection list for staff to all local news media and channels that are recreation related such as food, sports, weather, travel, leisure, hobby, etc. This specific change has reduced

the number of complaints we receive regarding political favoritism. We as a department are strictly neutral on all political matters.” When asked as to the number of complaints, Karvaski says “I have no idea....we don’t have the ability to track all complaints.” Karvaski says “People would complain to us about the fact that they thought that there was political favoritism if FOX was on national or CNN was on national, that maybe we had some bias, when that was not the truth.” At recreation centers with one or two televisions, however, the hope is that apolitical TV content will reduce potential conflicts and the perception of political bias.

Karvaski says the policy has been in place since 2018, but in February, “we actually provided all of our recreations centers a list of stations that would show local news channels and recreation-related channels.” The shift eliminates MSNBC, FOX, and other national media outlets from the TVs, which Karvaski says are an “amenity.” Instead, HGTV, Food Network, the Weather Channel and other non-political channels are available to gym enthusiasts across the city’s 30 recreation centers.

Stapleton resident and longtime Central Park Recreation Center patron Dennis Campbell says “It seems to me even if it were say 5% of the patrons complained,



A Feb. 2015 photo at Central Park Rec Center shows a TV on national news. Now the Rec Centers have banned national news stations.



You never know where a presidential candidate might show up these days! With less than 48 hours notice, the Klobuchar campaign staged a rally at the Stanley Hangar attended by 1,100 people.

that does not justify the decision to affect the other 95% of us.” When asked if an individual recreation center director may override the policy, Karvaski says “the staff reserves the right to determine what stations are appropriate and we have given them a list of what those stations are.” Campbell is troubled by the change. “No one was asked or surveyed or anything about this. It would seem to me given

that we all, generally speaking, pay for the facility through membership dues, etc. some sort of input should have been undertaken.”

## 3 Denver Unveils Group Living Zoning Proposal

The Denver Zoning Code currently limits the number of unrelated people who can live as a household to two people—which doesn’t reflect how people live today and severely limits options for people to save on housing costs. The proposed changes would allow unrelated people to live together, allow group homes in more places, standardize permitting and spacing between group living facilities and require community information meetings for residential care uses. Proposed changes are posted at [www.denvergov.org/groupliving](http://www.denvergov.org/groupliving). The Planning Board will hold a public hearing in April, and ultimately the proposal will go to City Council.

## 4 Presidential Race Comes to NE Denver/Aurora

How the Klobuchar rally at the Stanley Hangar on Feb. 20 came to be in the neighborhood offers a glimpse of how fast the presidential campaigns must operate. Stapleton resident Tom Downey says he signed up to be an area representative for the Klobuchar campaign, but the job didn’t require much...until the New Hampshire primary. Then he got calls. On Tuesday, Jan. 18, the call was to find a venue for Thursday night, Jan 20. Downey called Stanley Hangar owner Mark Shaker, who says he got that call at 6:12pm Tuesday. By 4pm Thursday, the room was set up and 1,100 people were streaming in. As the time came for Klobuchar

to speak, phones lit up with the Denver Post headline that President Trump was speaking in Colorado Springs—another set of volunteers were doing their part.

## 5 Three Upcoming Openings Announced for The Shops at Beeler Park, East 56th Ave at CPB

Paws ‘n’ Play pet store specializing in natural foods and toys for your favorite furry friend is expected to open sometime in March. This is the third pet store for local owner Bob Corman, who owns Ciji’s in Park Hill and a pet store in Arvada.

Also expecting to open in March is Box State Barbers, described by owner Lorenzo Robledo as “a full service gentlemen’s barber shop”—a place where clients of all ages can relax and network with friends and colleagues.

HELLO Car Wash intends to open June 1. Owner Frank Nuchereno describes their equipment as state-of-the-art and environmentally efficient so they can be “a good neighbor to our environment and the planet.” Nuchereno adds they plan to participate community activities and host fundraisers.



Upcoming openings have been confirmed with three of the businesses in The Shops at Beeler Park: A pet store, a barber and a car wash, located on the northeast corner of E. 56th Ave. and Central Park Blvd.

## 6 New Asian Restaurant Coming to Stanley by Summer

Robert and Charlene Thai, owners of Misaki Sushi in the Stanley Marketplace, will be adding an Asian restaurant at Stanley by early summer. Though no details are available yet about the menu, the festive decor already up is transforming the space previously occupied by Sazza Pizza (by the Stanley Beer Hall) to a restaurant where guests may feel they’ve jetted to Asia for an authentic dining experience.

Below: Decor is going up at the Qi-Lin Ramen Restaurant in Stanley Marketplace.



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# March and Early April Events

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

## NE DENVER/NW AURORA EVENTS

**3/1 Sunday—Author Visit: Mona Siegel on Women's Rights and the Suffrage Movement.** 2–3pm. Sam Gary Branch 2961 Roslyn St. denverlibrary.org

**3/4 to 4/1—Generations at Play.** Designed for seniors but everyone welcome. Different programming on Wednesdays from 12:30–1:30pm. Details at denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

**3/8 Sunday—Creative Aging: The Basics of Print-making.** For ages 50 and up, registration required. denverlibrary.org/event/basics-print-making. Sam Gary Branch, 2961 Roslyn St.

**3/12 Thursday—Star & Planet Viewing.** Join Bluff Lake staff any time between 7:30 and 9pm to look closely at the wonders in the sky. 3400 Havana Way. maggie@blufflake.org

**3/12 & 3/26—Knitting Circle.** 5:30–6:30pm. Join other crafters in conversation around the fireplace. Sam Gary Branch, 2961 Roslyn St. denverlibrary.org

**3/13 Friday—City of Aurora's 65th Annual Awards Dinner.** 5–9pm. The Chamber's annual awards dinner and silent auction. DoubleTree, 3203 Quebec St. business.aurorachamber.org

**3/15 Sunday—Sunday Showtime.** This month's genre will be film noir and we will screen *Naked Kiss*. Sam Gary Branch, 2961 Roslyn St. denverlibrary.org

**3/17 Tuesday—Greater Stapleton Business Association Monthly Meeting.** 8–9am. Monthly meeting to network, present your business, learn about other members businesses or stuff welcome bags. stapletonbusiness.com. MCA Offices, 7350 E. 29th Ave. Ste 300

**3/18 Wednesday—Community Sing-Along.** An intergenerational sing-along with a live band. 6:30–7:30pm. Sam Gary Branch 2961 Roslyn St. denverlibrary.org

**3/18 Wednesday—Sam Gary Literary Book Club.** 2–3pm. March Title: *Blink: The Power of Thinking Without Thinking* by Malcolm Gladwell. Sam Gary Branch 2961 Roslyn St. denverlibrary.org

**3/24 Tuesday—Moms Demand Action For Gun Sense In America monthly meeting.** 7pm. First Mennonite Church of Denver, 430 W 9th Ave. momsdemandaction.org

**3/25 Wednesday—Kindness Club.** 4–5pm. Make a "kindness gumball machine" full of kind ideas. Sam Gary Branch, 2961 Roslyn St. denverlibrary.org

**3/26 Thursday—Neighborhood Watch Meeting: Block Captain.** 6:30–7:30pm denvergov.org. The Cube, 8371 E Northfield Blvd.

**3/27 Friday—Family Film Series: Hugo.** 6pm. Free event at The Cube, 8371 E. Northfield Blvd. stapletoncommunity.com

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

**3/28 Saturday—Ukulele Workshop.** 2–3:30pm. Grab your ukulele or borrow one of ours to join us in an accessible, beginner level workshop. Sam Gary Branch, 2961 Roslyn St. denverlibrary.org

**4/2 Thursday—Fireside Chat at Bluff Lake Nature Center: Moon Viewing.** Join Bluff Lake staff any time 7:30–9pm to look closely at this wonder in the sky. Free. 3400 Havana Way. maggie@blufflake.org

## METRO EVENTS

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

**3/7 to 3/8—Rocky Mountain Train Show.** Denver Mart, 10am–5pm Sat., 10am–4pm Sun. Adults/kids 12 and over \$10. Under 12, scouts in uniform and active duty with military ID Free. Admission good both days. 451 E 58th Ave. rocky-mountaintrainshow.com

**3/10 Tuesday—Women Powering Change.** Free expo to inspire and connect women to create change. 1,000+ community members, leaders, activists and philanthropists + 100 CO organiza-

tions doing work to catalyze social change. 1399 35th St. 303-347-3449

**3/14 Saturday—St. Patrick's Day Parade.** Largest St. Patrick's Day Parade West of the Mississippi. 9:30am. Starts in the Coors Field parking lot. denverstpatricks-dayparade.com

**3/20 to 3/22—46th Annual Denver March Pow Wow.** Denver Coliseum. denvermarchpowwow.org

**3/20 to 3/22—Denver Home Show.** National Western Complex. For tickets and \$2 off, go to home-showdenver.com

**3/28 Saturday—Art Students League of Denver Pop Up Art Show and Studio Tour.** Presented in conjunction with MoPrint 2020. 200 Grant St. asld.org

**3/30 Monday—Building Bridges: How to Be an Antiracist.** The Mizel Museum & The Denver Post for an incredible night featuring Ibram X. Kendi, NY Times bestselling author of *How to Be an Antiracist*. mizelmuseum.org. 2344 E Iliff Ave.

**4/2 to 4/5—Denver Auto Show.** Colorado Convention Center, 700 14th St. denverautoshow.com

## HEALTH, WELLNESS, FITNESS

**3/12 Thursday—Alzheimer's Foundation of America's 2020 National Educating America Tour.** Featuring AFA's free Concepts in Care educational conference, free memory screenings and more. alzfdn.org. University of Denver, Craig Hall, 1745 S. High St. ssilverstein@alzfdn.org

**3/13 & 3/14—Sand Creek Greenway Walk Series.** 8:45am. 3–4 miles. Free public walk of the Sand Creek Greenway with Walk2Connect. walk2connect.com. Wetland Park Trailhead on Sand Creek Greenway, 6198 E 52nd Ave., Commerce City.

**3/14 Saturday—Lucky Charm 1M, 5K, 10K & Doubles.** 8am. City Park, Denver. featonthetreet.com

**3/17 Tuesday—Runnin' of the Green Lucky 7K.** 6–11am. 1685 S Colorado Blvd. racethread.com

**3/20 & 3/21—Sand Creek Greenway Walk Series.** 8:45am. 3–4 miles. Free public walk of the Sand Creek Greenway with Walk2Connect. walk2connect.com. Star K Ranch, 16002 E Smith Rd., Aurora.

(continued on page 18)

### March 3—Primary for U.S. President

Ballots must be mailed by Feb. 24 or drop off ballot by 7pm on Mar. 3. Vote (and register) in person starting Feb. 24 at any Vote Center. More information at: [www.denvergov.org](http://www.denvergov.org).

### March 7—Caucus for U.S. Senate and other state races

Voter registration was due by Feb. 14 to caucus. You must caucus at your precinct which can be found at: [www.sos.state.co.us/voter](http://www.sos.state.co.us/voter)

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## GALILEO-CAMPS.COM

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(continued from page 17)

**3/22 Sunday—Central Park**  
**5K.** 9:30am. Central Park, 8801  
 M.L.K. Jr Blvd. [central5k.com](http://central5k.com)

**Every Tuesday—Tattered Tales Storytime.** 30 minutes of stories, activities and snacks. 10:30am, 2526 East Colfax Ave. [tatteredcover.com](http://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](http://auroragov.org)

**Baby, Toddler & Preschool Storytime.** Denver Library. Various locations, times and days. Details at [denverlibrary.org/events](http://denverlibrary.org/events).

**3/7 Saturday—Sixth Annual Girls & Science Event.** 9am–5pm. Denver Museum of Nature and Science, 2001 Colorado Blvd. General info at [dmns.org/girlsandscience](http://dmns.org/girlsandscience)

**3/7 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. [homedepot.com](http://homedepot.com)

**3/10 Tuesday—3-D Water-color Fish.** 4–5pm. Create a serene underwater scene. Sam Gary Branch, 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**3/11 Wednesday—Create Play-date.** 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.vdenverartmuseum.org](http://pkwy.vdenverartmuseum.org)

**3/12 Thursday—College Admissions 101.** 6–7:30pm Let a former college admissions director answer all your questions. Sam Gary Branch, 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**3/15 Sunday—Carnival of the Animals** Introducing little ones to the joys of the orchestra. 2:30pm. Boettcher Concert Hall. coloradosymphony.org

**3/16 Monday—  
Nature Kids:  
Spring.** 4–5pm.  
Spring related crafts.  
Sam Gary Branch  
2961 Roslyn St.  
[denverlibrary.org](http://denverlibrary.org)

**3/18 Wednesday—Write & Talk for Teens.**  
4:30–6:30pm. Join local author and Lighthouse Writers Workshop instructor Whitney Gaines. Sam Gary Branch, 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**3/22—Fourth  
Sundays at Four  
Mile Historic  
Park.** Story time  
and free wagon rides  
and hot cocoa & ci-  
der. Adults \$7, youth  
(7-17) \$5, under 6  
free. Get here early!  
715 S Forest St.  
fourmilepark.org

**3/24 Tuesday—Let's Build It – Superhero Scene.** 4–5pm.  
Create a cave that's perfect for a dragon.  
Sam Gary Branch  
2961 Roslyn St.  
[denverlibrary.org](http://denverlibrary.org)

**3/27 Friday—Baby Welcome Party.** 11:15am–12:30pm. Baby Storytime with a twist! Meet other new parents, learn about early literacy and get baby a library card. Sam Gary Branch, 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**3/28 Saturday—Family Day at Bluff Lake Nature Center: Animal Tracking.** Learn about the tracks and signs animals leave behind. Stop by any time 9am–12pm. Free. 3400 Havana Way. [maggie@blufflake.org](mailto:maggie@blufflake.org)

**3/30 to 4/3—Staycation Camp.** Register for one, some, or all days. Each day we will have different activities. [neighborhoodartstudio.com](http://neighborhoodartstudio.com). 4890 Ironton St., Unit 6A.

**3/30 to 4/3—Super Animal Senses: Spring Break Camp.** SPREE= South Platte River Environmental Education. [thegreenwayfoundation.org](http://thegreenwayfoundation.org). 610 S Jason St.

**3/31 Tuesday—One Day  
Critter Camp.** Third–fifth graders explore the amazing world of animals. Dumb Friends League. [ddfl.org/youth-camps](http://ddfl.org/youth-camps). 2080 S Quebec St.

**3/31 to 4/3—College Application Essay Bootcamp.** 2–5pm. Work on your ideas for a personal statement with a former admissions director. Register at [tinyurl.com/sbgcollege](http://tinyurl.com/sbgcollege), Sam Gary Branch, 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**4/4 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](http://homedepot.com)

**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](http://dmns.org)

**3/3 Tuesday—Active Minds: California.** Reflect on the space race, the Apollo Mission and NASA since the lunar landing. Free. 10—11 a.m. [www.activeminds.com](http://www.activeminds.com). The Jewish Community Center, 350 S Dahlia St.

**3/5 Thursday—The New Faces of Representation.** 6:30–7:30pm. Discover what the new faces of representation mean for American politics moving forward. Sam Gary Branch 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**3/5 Thursday—Free Community Talk: 3 Key Steps to Prevent or Reverse Prediabetes.** Learn prevention and reversal to avoid diabetes. [cheatdiabetes.com](http://cheatdiabetes.com). Central Park Recreation Center, 9651 MLK Jr. Blvd.

**3/12 Thursday—Active Minds: The Discovery of the South Pole.** We discuss the discovery of the South Pole by Roald Amundsen, “the last of the Vikings.” Free. 1–2pm. [activeminds.com](http://activeminds.com). Sam Gary Library, 2961 Roslyn St.

**3/19 Thursday—The Green Amendment with Maya van Rossum.** 6:30–7:30pm. A grassroots nonprofit organization inspiring a nationwide movement to secure constitutional recognition and protection of environmental rights Sam Gary Branch 2961 Roslyn St. [denverlibrary.org](http://denverlibrary.org)

**3/19 Thursday—Active Minds: Leonardo Da Vinci.** We review his life, work and lasting impact. Free. 2–3pm. [activeminds.com](http://activeminds.com). Windsor Gardens, 597 S Clinton St.

**3/26 Thursday—Active Minds: Ukraine.** Review the history, present issues and future challenges of this former Soviet satellite country. Free. 6:30–7:30pm. [activeminds.com](http://activeminds.com). Sam Gary Library, 2961 Roslyn St.

**3/8 Sunday—Music in the Galleries: 300 Days.** 1–3pm. Free with general admission. Clifford Still Museum, 1250 Bannock St. [clyffordstillmuseum.org](http://clyffordstillmuseum.org)

**3/14 Saturday—Cockpit Demo Day.** 10am–2pm, Wings over the Rockies Museum, Lowry. [wingsmuseum.org](http://wingsmuseum.org)

**3/15 to 6/7—Natural Forces: Winslow Homer and Frederic Remington.** Features 60 artworks. [denverartmuseum.org](http://denverartmuseum.org). Denver Art Museum, 100 W. 14th Avenue Pkwy.

**3/18 Wednesday—Mindful Looking at the Denver Art Museum.** This month is a visual exploration of a traditional religious altarpiece created by Keith Haring. [denverartmuseum.org](http://denverartmuseum.org). 100 W. 14th Avenue Pkwy.

**3/20 Friday—Diego Rivera in El Pedregal at the Denver Art Museum.** Focus on one of Diego Rivera's works: the Anahucalli museum of archaeology (1940-1957). [denverartmuseum.org](http://denverartmuseum.org). 100 W. 14th Avenue Pkwy.

**To 5/8—Drones: Is The Sky The Limit?** Explores the modern phenomenon of drones, their uses in history and the exciting possibilities of their future roles. Exhibit included with admission. Wings over the Rockies Museum, Lowry. [wingsmuseum.org](http://wingsmuseum.org)

**Monday–Friday—The Money Museum.** Closed weekends and bank holidays. 1020 16th St. [kansascityfed.org](http://kansascityfed.org)

**Tuesday–Sunday—Aurora History Museum.** 15051 E. Alameda Pkwy, Aurora, [auroragov.org](http://auroragov.org)

**3/3 Tuesday—The Children's Museum Free First Tuesday Nights.** 4–8pm.  
mychildsmuseum.org

**3/3 Tuesday—Chatfield Farms SCFD Free Day.** 8500 W Deer Creek Canyon Road, Littleton. [botanicgardens.org](http://botanicgardens.org)

**3/7 & 4/4—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](http://denver-artmuseum.org)



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March 18 & 21

Lowry Foundation Film Series

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lowryfoundation.org.  
The Eisenhower Chapel,  
293 Roslyn St.

3/7 Saturday—One Cent Saturdays at the MCA.

For Colorado residents. 1485 Delgany St. mcadenver.org

3/13 Friday—Four Mile Historic Park SCFD 2nd Friday Free Day.

12–4pm. 715 S. Forest St. fourmilepark.org

3/19 Thursday—Plains Conservation Center SCFD Free Day.

10am–2pm. 21901 E. Hampden Ave., Aurora. botanicgardens.org

3/21 Saturday—The Urban Farm SCFD Free Day.

10am–1pm. The Urban Farm at Stapleton 10200 Smith Rd. theurbanfarm.org

3/22 Sunday—Botanic Gardens SCFD Free Day.

1007 York St. botanicgardens.org

3/23 Monday—Wings Over the Rockies Air & Space Museum Free Day.

10am–5pm. Free general admission all day. 7711 East Academy Blvd. wingsmuseum.org.

PERFORMANCE/ THEATRE

3/6 to 3/8—Tour de Force.

Innovative dance with dynamic and acclaimed contemporary works.. Ellie Caulkins Opera House. coloradoballet.org

3/7 Saturday—The Brilliance of Brahms: A Human Requiem.

One of the most celebrated pieces ever composed and an evening of uplifting and gorgeous music. augustanaarts.org. Augustana Lutheran Church, 5000 E Alameda Ave.

3/10 to 3/22—The Spongebob Musical.

Tickets start at \$35. Ages 5+. denvercenter.org. The Buell Theatre, 1385 Curtis St.

3/13 to 3/14—The Music of Queen.

Boettcher Concert Hall, 1000 14th St. Tickets start at \$15. coloradosymphony.org

3/13 to 4/5—For Peter Pan on Her 70th Birthday.

50 years later, Neverland calls again. Aurora Fox Arts Center, 9900 E. Colfax Ave. aurorafoxartscenter.org

To 3/14—Firehouse Theatre: When We Were Young and Unafraid.

A powerful play which takes us inside an underground women's shelter in the early 1970s. FirehouseTheaterCompany.com. 7653 E. 1st Pl.

3/14 to 4/19—Admissions.

A no-holds-barred look at privilege, power, and the perils of whiteness. 1080 Acoma St. curious theatre. org

To 3/15—The Scottsboro Boys.

Musical celebration is perfect for the whole family. vintagetheatre.org. Vintage Theatre, 1468 Dayton St, Aurora.

To 3/15—Secrets of The Universe and other songs.

Based on the true relationship between singer Marian Anderson and Albert Einstein. Aurora Fox Arts Center, 9900 E. Colfax Ave. aurorafoxartscenter.org

3/18 Wednesday—Benjamin Grosvenor, Piano.

Described as “one in a million...several million” by The Independent. Gates Hall, Newman Center for the Performing Arts, 2344 E. Iliff Ave. friendsofchambermusic. com

3/20 to 5/3—Until The Flood.

The headlines only tell a piece of Ferguson's story. This is the rest. Tickets start at \$30. Ages 16+. denvercenter. org. The Jones Theatre, Speer Blvd & Arapahoe.

To 3/22—The Improvised Shakespeare Company.

Based on one audience suggestion, a fully improvised Shakespearean masterpiece is created right before you. denvercenter.org. Garner Galleria Theatre, 1385 Curtis St.

3/25 to 4/12—Mean Girls.

Direct from Broadway, a hilarious hit musical. Tickets start at \$45. Ages 10+. denvercenter.org. The Buell Theatre, 1385 Curtis St.

To 4/5—Marvin's Room.

A comedy by Scott McPherson. vintagetheatre.com. Vintage Theatre, 1468 Dayton St, Aurora.

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 non-profit 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



Spring has sprung

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www.stapletonpeds.com | 2975 Roslyn St., Unit 100 | Denver, CO 80238 | 303.399.7900

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303-871-4839 | www.du.edu/ricks | email Margaret.wright@du.edu



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19

March 2020



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)

## Participate in SUN's Community Survey during March – Vote on Bike Lane Symbol Designs

Residents who would like to register opinions on community matters in SUN's March 2020 survey should visit [www.StapletonUnitedNeighbors.org](http://www.StapletonUnitedNeighbors.org) to sign up for emails from SUN before March to receive a link to the survey when it is available, or to access a link to the survey directly in early March. The March 2020 survey will include voting on submissions to the Central Park Blvd Comfort Bike Lane design (three submissions pictured here), questions about preferences for school enrollment zones, commuting habits and more.

## March SUN News



Three submissions for the bike lane design contest. SUN is accepting submissions through the end of this month

## Annual Community Forum: Wed., May 13, 6–8:30pm (The Cube)

In May of 2020, SUN's Annual Community Forum will be held at The Cube on Wednesday May 13th (in lieu of a 3rd Tuesday monthly SUN meeting for May). At this community meeting, the agenda will begin with SUN's annual elections followed by development updates on retail and housing from Brookfield and other area developers; other speakers to be announced.

## Seeking Candidates for a Diverse SUN Board

At the Annual Community Forum (2020 May 13th 6pm at The Cube) a slate of 8 candidates will be presented to the community for a vote to begin a 2-year term on the SUN board of directors. SUN seeks to have a board diverse in geography within Stapleton, sex, race, ethnicity, socioeconomic status, rental/ownership status, and professions. In addition to attending SUN's monthly meetings, (SUN meets in the Central Park Rec Center on the 3rd Tuesday of most months from 6:30pm-8:30pm), interested candidates should contact Nominations Committee Chair Geoff Horsfall ([geoff.horsfall@gmail.com](mailto:geoff.horsfall@gmail.com)) with questions, and to submit a biography of 250 words describing interests and relevant experiences. Interested candidates should have a passion for civic engagement, public service, and community. SUN is comprised solely of volunteers and is committed to providing an inclusive and welcoming environment for all members of our community.

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## SUN's March Monthly Meeting: Tues., May 17, 6:30–8:30pm (Central Park Rec Center)

Monthly meetings begin with updates from community partners (Denver Police, Northeast Transportation Connections, Denver Public Library, and Denver City Council District 8), followed by announcements, after which a speaker or topic is featured. In March, that speaker will be Dana Hoffman, Transportation Project Manager at City and County of Denver, with discussion around safe streets for cyclists, pedestrians, and cars.

## SUN's April Monthly Meeting: Tues., Apr. 21, 6:30–8:30pm (Central Park Rec Center)

Monthly meetings begin with updates from community partners (Denver Police, Northeast Transportation Connections, Denver Public Library, and Denver City Council District 8), followed by announcements, after which a speaker or topic is featured. In April, that topic will be Park Space. Speakers include Beth Nobles- Sand Creek Regional Greenway, Carol Wise - a Horticulturist in the department of Parks and Recreation who covers the Northeast Natural Areas, and other representatives from Denver Parks and Rec.

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Letters to the Editor

Goodbye and Thank You from the Berkshire

To our friends and family of NE Denver,  
Thank you so very much for all of your support over the years! Right up until the last bottomless mimosa, you welcomed us as part of your community for almost 13 years and supported The Berkshire with the utmost vigor.  
In 2007, right before the great recession broke, and as a rookie small businessman opening my first restaurant at the age of 32, I opened the doors to The Berkshire and tried to give you all a unique, fun and, above all, welcoming neighborhood restaurant that you could call your own. Being from Boston, I grew up on the show Cheers and I always strove to own a bar and restaurant “where everybody knows your name.”  
We are so honored to have been a part of this community and eternally grateful for all of the wonderful friendships that we have made over the years. I want to especially thank all of the wonderful staff members we’ve had throughout the years.  
*Andy & Krissy, Susan & Sasha, and The Berkshire Staff*

SB93 Would Protect Coloradans from Unfair Arbitration

How would you feel if you had been sexually harassed or discriminated against at work and were railroaded into a secret court and there is no chance to appeal? That’s exactly what happens to employees who have unknowingly signed a forced arbitration agreement hidden in the fine print of their new-hire paperwork  
There are several problems with arbitration in Colorado:  
–Few ethical standards for arbitrators like judges  
–No public records of arbitration, so patterns of bad behavior are buried.  
–Terms in employment contracts dissuade people from bringing their claim forward.  
The state legislature is considering Senate Bill 93 to level the playing field for everyday Coloradans trying to resolve disputes with corporations. It would:  
–Establish ethics and conflicts of interest standards.  
– Create transparency requirements so corporations can’t conceal bad behavior or protect serial predators.  
– Make terms that dissuade people from bringing their claim forward unenforceable.  
I urge our elected officials to vote yes on Senate Bill 93 to protect employees’ rights to hold employers accountable for sexual harassment or discrimination.  
*Rachel Ellis lives in Stapleton and is the owner of Livelihood Law Firm*

Do you even remember your New Year’s resolutions?

By Martina Will, PhD  
Park Hill resident Keith Roberts does not make New Year’s resolutions. A motivational speaker, entrepreneur, and MIT Master’s degree-holder, Roberts says, “If you have character, you don’t have to wait until January 1 to make a change. As soon as you become aware of something that needs to change, that’s the time to change it.”

Roberts distills his knowledge from years of reading, studying, and thinking about the interconnections between business, psychology, and spirituality into his life’s work, which he describes as “using science, spirituality and generosity to help others be the best version of themselves.” He weaves aphorisms and quotations from favorite thinkers into his speech. One that he shares is “If knowledge equaled results, everybody would have a six-pack.” In short, we need to apply the knowledge and do the work to reach our goals.

Roberts advocates setting 90-day SMART (Simple, Measurable, Attainable, Realistic and Time-bound) goals, and employs an exercise from the field of hospice care to help clients establish their goals. “You imagine you have seven years left to live. What do I still need to accomplish? What do I want to see? What do I need to do?” After completing this reflection, replace seven years with seven months. From there, reflect on seven weeks. And finally, seven days. “When we do these in seminars and people read off what they would do if they had seven days left to live it’s like, ‘I’d have breakfast with my kids every morning.’ Great. It starts tomorrow...live today.” This kind of self-interrogation is a crucial step in

goal-setting, Roberts says, which you can then break down into daily goals to reach the 90-day objective. Why 90 days? “It’s been proven that we have at the most a 90-day attention span as humans.” He also counsels people to hold to a “two-day rule.” In other words, if you miss a goal one day, don’t beat yourself up over it. Just make sure that you don’t skip a second day of journaling or drinking your eight glasses of water or walking.

He recommends people identify an “accountability partner” to keep them on track; ideally, this is “a peer that’s not your partner.” No spouses or significant others, in other words. Writing down your goals, Roberts says, doubles your probability of accomplishing them. He takes a photo of his daily goals and shares them with his accountability partner/s, and they do the same. If someone sees a



Keith Roberts practices what he preaches; he set a 90-day goal for himself to do stand-up comedy and here sits before a photo of his standup gig at Caroline’s, New York City.

disconnect between a 90-day goal and the daily goals, they explore that.  
Though he was terrified at the idea of doing stand-up comedy, Roberts says that doing a stand-up set was on his bucket list. Since he lives by the techniques he teaches in workshops and seminars, he set a 90-day goal to perform and made himself accountable by sharing this goal with his entire social media network. “Once I put it out in the world, I was committed to it.” He set short-term daily goals and three months later performed a 15-minute set at Caroline’s, a well-known comedy club in New York City. “You can accomplish anything,” he concludes.  
A road map to Roberts’ goal-setting techniques, the OAK Journal, is available at <https://www.oakjournal.com>.

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This photo of Dr. Justina Ford, Colorado's first female African-American doctor, is displayed in the Black American West Museum. It is the image that was used for the new mural honoring her.

By Martina Will, PhD

At 81 years of age, Colorado's first African-American woman doctor, Justina Warren Ford, was still practicing medicine in Denver. In fact, she worked until two weeks before her death on Oct. 14, 1952, leading the Colorado Statesman to declare a few days later "Death Claims Prominent Woman Doctor."

Ford could speak between 8 and 11 languages and dialects and delivered over 7,000 babies, according to Sylvia Lambe, who serves on the advisory board of the Black American West Museum and Heritage Center. But despite completing all licensing requirements and having the respect and trust of her many patients, she was constricted by the racism and sexism of local, state, and national medical societies. They excluded her from their ranks until two years before her death. It was January 1950 before the Colorado Medical Society finally granted her membership.

# Two Strikes Against Her and She Persisted: The Enduring Legacy of Dr. Justina Ford



Dr. Ford lived and worked in the Five Points neighborhood for decades, providing vital medical services across a diverse community. Max Sansing's new mural at 2701 Welton St. that honors Dr. Ford was the site of a Feb. 21 dedication.

Now, 68 years after her death, a mural by street artist Max Sansing honors Ford at 2701 Welton Street. Connect for Health Colorado, which is the state's official health insurance marketplace, commissioned the mural. Along with city officials who attended a Feb. 21 mural dedication were some of the 7,000 "Ford babies." Lambe is launching a project to interview

as many "Ford babies" as she can. Formerly with the BBC, she hopes to videotape these oral histories so she can "memorialize their stories on film," in anticipation of Dr. Ford's 150th birthday next January.

Ford studied obstetrics, gynecology and pediatrics, graduating in 1899 from Chicago's Herring Medical College. She moved to Denver when her then-husband,

Rev. Dr. John Elijah Ford, was called to serve at Zion Baptist Church. When she applied for her medical license, Denver's medical license examiner said, because of her race and her gender, "I feel dishonest taking a fee from you. You've got two strikes against you to begin with. First of all, you're a lady, and second, you're colored." Not one to be dismissed, Ford

paid her \$5 fee and received Denver's first license for an African American female doctor, license #3800.

Dr. Ford defied the twentieth century's considerable racial and gender constraints. Since hospitals refused her medical privileges, she practiced medicine on the first floor of her Five Points home and made house calls to those who needed her. Her home on Arapahoe St. was in the heart of Denver's African American and immigrant communities, and she served everybody. Denver's African-American weekly, *The Denver Star*, reported in 1913: "Her large practice enables her to come closely in contact with live social conditions of many patients of the Latin and Japanese races. She enjoys the highest respect of the medical fraternity and has been honored more than once."

Toward the end of her career, in 1949, Ford appealed again to the Colorado Medical Society for admission to its ranks, stating in a letter: "I do general practice work among all classes and races—many are in the low-income group—I do a lot of OB work [and] have delivered around 7,000 babies in the State of Colo. It has required patience and fortitude to endure as I have from 1902 to 1949."

"There were 37 different nationalities in Five Points at that time," says Lambe. "When I speak to Ford babies, they all talk

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Research Study Investigates Aging, Memory, and Immune Function. The University of Colorado Anschutz Medical Campus is looking for interested adults 60 and over to participate in a research study examining how inflammation influences brain health. Data gathered from this study will be used to better understand how inflammation may or may not disrupt thinking and memory. This study involves two research visits over the course of two years at the University of Colorado Anschutz Medical Campus.

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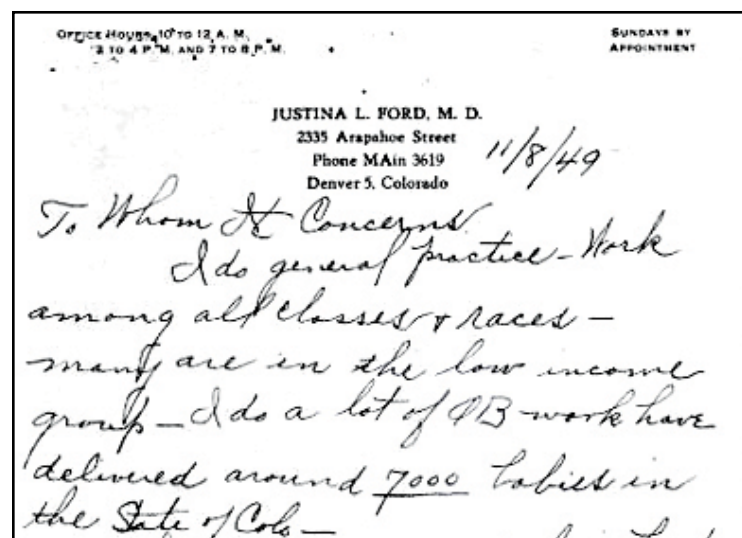
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Above: A statue of Ford in Five Points Park n Ride. Her home, now the Black American West Museum and Heritage Center is visible over her shoulder.

Below: Professional organizations denied Ford admission for most of her career, meaning that she did not have hospital privileges; here, a portion of her 1949 letter appealing for membership to the Colorado Medical Society.



Left: Dr. Ford saw patients in her home medical office, now the Black American West Heritage Museum and Heritage Center. This recreated view of her office includes items from that time period and some that were hers.

Below: Dr. Ford made many house calls in addition to seeing patients in her home office. Original photo in the Black American West Museum and Heritage Center.

Historic images are from the Black American West Museum and are used with their permission.



competition sponsored by the National Trust for Historic Preservation and American Express. The resulting media attention brought more people to the museum, which showcases the rich and varied contributions of African Americans to Colorado and the West. The museum includes items from Dr. Ford's practice as well as artifacts from buffalo soldiers, cowboys, and even a Civil War uniform from a Black volunteer unit. The museum is an all-volunteer organization, and welcomes new volunteers.

If you are a "Ford baby," please reach out to Sylvia Lambe at [sylvia@lambepr.com](mailto:sylvia@lambepr.com) or call 720-276-3880 to learn more about her oral history project. To learn more about Dr. Justina Ford, visit the museum at 3091 California St. Call the museum at 720-242-7428 for hours, special events, walking tours, to volunteer, and more. View the Colorado Experience episode dedicated to Dr. Ford, here: <https://video.rmpbs.org/video/colorado-experience-justina-ford-md/>

about her kindness and generosity. They talk about how people were so poor that they would pay her in vegetables and fruit...and she actually was so inundated with those she ended up given those away, too." "When all the fears, hate, and even some death is over, we will really be brothers as God intended us to be in this land. This I believe. For this I have worked all my life," Ford said a few months before her death according to the U.S. National Library of Medicine.

Ford's home was saved from demolition by a coalition of community leaders and historic preservationists and became home to the Black American West Museum and Heritage Center in 1988. In fall 2019 the museum received national recognition and a \$150,000 historic preservation award from National Geographic and Partners in Preservation as part of an annual

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