

# Front Porch

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

DENVER, COLORADO

NORTHEAST DENVER

APRIL 2020



## Coronavirus Stalks Denver *and the World*

The state's first COVID-19 drive-through testing station opened on March 11 in Lowry and was able to test 100-150 people per day with doctor's orders. After two days, it moved to the Coliseum to better manage logistics; it is now being moved to different locations around the state.

Mayor Michael Hancock's March 23 "Stay-At-Home" order temporarily rescinds some of our liberties to protect the common good. It calls on citizens, who firmly believe our government

must respect these liberties, to accept the restrictions in order to protect our healthcare system. How much can our leaders ask of citizens in a free society? Story by Martina Will, PhD on page 5.



## Remington & Homer at DAM

*Natural Forces: Winslow Homer and Frederic Remington connects the work of two acclaimed American artists during the changing times around the turn of the 20th Century. Above: Remington's The Cheyenne, 'burning the air' with all four hooves off the ground. Story and link to online activities offered by the museum is on page 22 by Laurie Dunklee.*

## Front Porch Letter to Readers

Page 21

## The Power of Language



Northfield High School IB linguistics students visited History Colorado to examine how language empowers and disempowers. Senior Krystal Wortham considers the text of the museum's interpretive program. Story on page 12 by Martina Will, PhD.





As the A Line train passed in the background, the view from the bridge over Sand Creek at the confluence with Westerly Creek mirrored the clouds in the sky on a recent sunny March day

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

### Pick up a Front Porch at Safeway.

Even while rec centers, libraries and businesses are closed, the *Front Porch* will continue to be delivered to the racks in the Lowry and Mayfair Safeways

**Comment on and Share Stories** at [FrontPorchNE.com](http://FrontPorchNE.com)

**Letters to the Editor** — Send to [Carol@FrontPorchNE.com](mailto:Carol@FrontPorchNE.com)

## Events & Announcements at Stapleton

# MCA RESPONSE TO COVID-19

Stapleton Community,

What a strange time this is in our world, country, and community. The MCA has decided to make several changes in our community practices to prevent the spread of Coronavirus (COVID-19), and to foster the safety and health of our community.

As you may know, the Centers for Disease Control and Prevention (CDC) recommends that older adults and those with underlying health conditions avoid large gatherings. We also believe that we have an ethical and moral obligation to act now in mitigating community transmission (spread of an illness for which the source of infection is unknown) and minimizing the impact on our health care system, otherwise known as “flattening the curve.” As the CDC has termed it, “social distancing,” (staying away from mass gatherings and keeping a distance of 6 feet—about one body length—away from other people) is what we are advocating for at this time.

**The MCA has postponed/canceled all programs, activities, events, registrations, and facility rentals through April 30, 2020. This will include the following:**

- All swim lesson, swim program and swim team registration are postponed through April 30, 2020
- All summer employment including rehires, applications and interviews are postponed through April 30, 2020
- All Cube and Community Room rentals are canceled through April 30, 2020

- All park rentals are canceled through April 30, 2020
- All Cube events are canceled through April 30, 2020
- The Egg Scramble is canceled
- Stapleton's Got Talent is canceled
- All MCA front desks and offices will be closed through April 30, 2020

MCA staff will remain available by email, Monday–Friday, 10am–4pm. Phones will be answered on a modified schedule. Our full staff directory can be found at [www.stapletoncommunity.com](http://www.stapletoncommunity.com). For general inquiries, please email [info@stapletoncommunity.com](mailto:info@stapletoncommunity.com).

Essential services and operations including trash and park maintenance will continue. Our staff will maintain a presence in the community while maintaining the guidelines presented by the CDC until we fully understand the impact and duration of this pandemic.

In compliance with the City and County of Denver's “STAY AT HOME ORDER” issued March 23, 2020, the MCA will be closing all their playgrounds, basketball courts, volleyball courts, picnic areas and other similar areas conducive to public gathering until further notice.

We will keep you updated through our eblasts, social media, and our website. Please visit [stapletoncommunity.com](http://stapletoncommunity.com) for forthcoming updates and information.

We appreciate your understanding during this challenging time.

Be well,  
The MCA Staff

Master Community Association **STAPLETON**

Sponsored by Stapleton MCA

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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.

The Front Porch is printed with soy-based ink and the paper contains 30% post-consumer waste. We contribute monthly to replant trees equivalent to the amount of paper used in each issue.





# Bring us your old paint!

We are excited to do our part in making our community and our planet more lovely! We are proud to partner with GreenSheen, an innovative company that filters and purifies old paint and makes it new again. It's a remarkable repurposing plan- old paint stays out of the landfills and it's turned into beautiful new paint. It's less wasteful and saves energy too.

## HOW CAN YOU HELP?

Simple, declutter your basement and garage and bring your obsolete paint to us at our **drive through drop off zone.**

**DATE** Sunday, April 26, 2020

**TIME** 9 am to 2 pm.

**PLACE** New Perspective Team Office  
Design-To-Sell Warehouse  
10515 E 40th Ave Suite 112  
Denver CO 80239

\*Sorry, we can't take aerosol paint, paint thinner and cleaning agents.



### PRO TIP

One of the quickest and least expensive ways to freshen up your home is to paint it. It's also one of highest returns on investment - a few thousand dollars in paint will bring much more back at resale.

**Celebrate Earth Day with the dedicated folks at the New Perspective Team at Compass**



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# Your community has a paper courtesy of these businesses!

Click to find them at [www.FrontPorchNE.com](http://www.FrontPorchNE.com) > Business Directory

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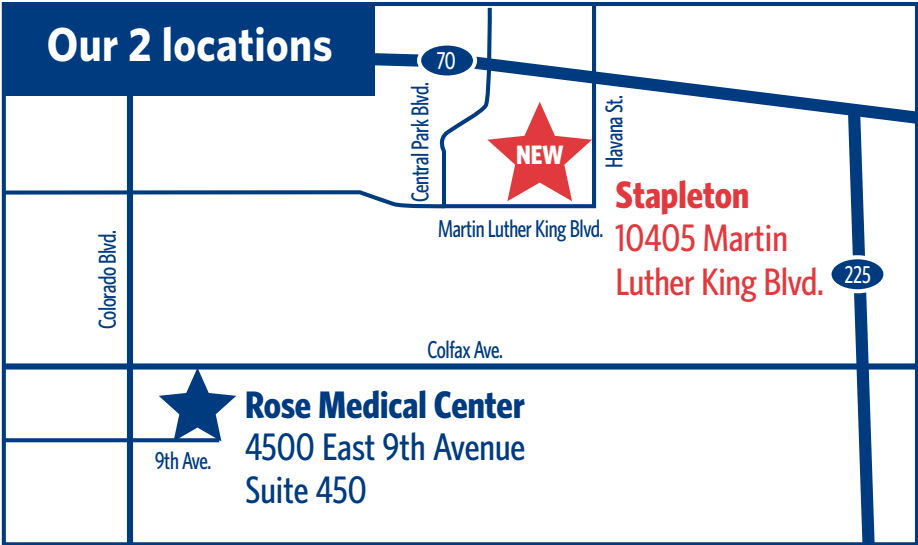
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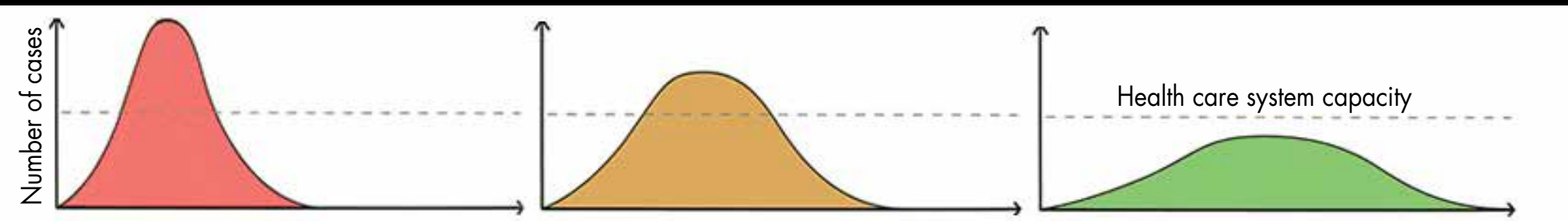


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# Individual Rights vs. the Common Good in the Age of COVID-19



“Flatten the Curve” has suddenly become part of our everyday language—and it’s all about changing people’s behavior so the health care system doesn’t get overwhelmed. “Even if every person on earth comes down with COVID-19, there are real benefits to making sure it doesn’t all happen in the next few weeks,” says the Director of CU’s Public Health Program, Matthew McQueen. In this article, three experts talk about the challenge to accomplish that. Graphic courtesy of Matthew McQueen

By Martina Will, PhD  
Denver Mayor Michael Hancock’s March 23 “Stay at Home” order underscored the half-hearted response to social isolation. The weekend before this order, Denver parks and playgrounds were crowded again after a thaw in the late March snow. Buy-in for social isolation is understandably challenging for many in a society that cherishes individual freedoms and individualism over the collective. The pandemic highlights how our behavioral norms as well as our nation’s overarching political philosophy may be incompatible with a crisis of this nature. *Front Porch* interviewed several local experts for their thoughts on the tensions inherent in an individualistic, democratic society curtailing individual freedoms to reduce contagion.

**Is Our Political System An Obstacle to Fighting a Pandemic or a Strength?**  
Dr. Karen Adkins, a professor of philosophy and Park Hill resident, is in her 24th year of teaching at Regis University. She understands this central conflict in

terms of libertarianism, which she describes as the idea that “government should be as small as possible because individual liberty is what defines us, and the more we give over our liberty and our autonomy to governmental limits, the less we become fully human.” Though she appreciates the libertarian philosophy, “big crises tend to reveal their weak spots; big problems can’t really be solved by a concatenation of individuals, because the problems are bigger than you can reliably depend on an assembly of individuals to solve.” The Founding Fathers valued individual



Park Hill resident Dr. Karen Adkins, Professor of Philosophy

liberties, Adkins says, but the government they established was mixed; because “they lived in small towns, they were deeply interdependent.” Though some of that sense of interdependence has been lost in the modern U.S., the pandemic reveals how very interdependent we remain at a global level.

*“...romanticizing the WWII era of shared sacrifice omits that ‘we were able to pull together, in part, because we were demonizing others...we were interning the Japanese and saying ‘they’re dangerous’...and we see some of that now.’”*  
—Dr. Karen Adkins

For Dr. Govind Persad, a professor at the University of Denver’s Sturm College of Law whose work centers on the confluence of healthcare and law, the pandemic suggests the strengths of our federalist system: “There’s no expectation that everybody needs to listen to one authority...even if the response at the federal level has not been what it could have been, a lot of states have stepped up in creative ways to think about strategies to slow the progress of the pandemic.” Persad extolls individualism insofar as it continues to inspire novel approaches to the novel coronavirus: “You’re seeing scientific labs and other groups thinking innovatively about different strategies for addressing the COVID-19 pandemic

and I think that’s something that’s really exciting to see.” But, as we watch New York battling the first and most intense wave of COVID-19 in this country, giving us a glimpse of what scientists tell us will happen elsewhere, it seems clear that viruses do not respect state and local borders. Therefore, any response that is not cohesive and comprehensive will ultimately be insufficient to exorcise COVID-19. When asked about enforcing social isolation in a society that cherishes individual freedoms, Lowry resident Dr. Daniel Goldberg, who specializes in public health and serves on the faculty of the Center for Bioethics and Humanities at the University of Colorado Anschutz Medical Campus, says, “There’s no question that more collectivist societies do this better,” referencing Singapore and South Korea as examples. Goldberg also cites the more robust social welfare systems and safety nets elsewhere, and says, “There’s (continued on page 6)



Univ. of Denver Sturm College of Law Professor Govind Persad



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COVID-19

*“We better all start pulling in the same direction if we want to leave our houses in the next 12 months, because otherwise the only hard stop to all of this is sufficient herd immunity, which would require a huge amount of morbidity and mortality to get to.”*  
—Dr. Daniel Goldberg

*(continued from page 5)*  
no question that some of what the U.S. is experiencing now and some of the trouble everybody sort of thinks we’re in for...is almost certainly a function of the fact that we don’t have much of a social safety net.” This fact, Goldberg believes, coupled with decades of underfunding public health despite credible predictions of a pandemic, have put us where we are today.

If we hope to leave our homes in the coming year, Goldberg says we need “massive, community-based public health surveillance testing.” He stresses that this is not point-of-care testing but community-based testing that would allow experts to “identify exposures, epicenters, and hotspots.” This sort of data will allow for “targeted mitigation” rather than the current blanket mitigation requiring everyone to stay at home. The alternative, barring a vaccine which is at least a year away, is to achieve “sufficient herd immunity, which would require a huge amount of morbidity and mortality to get to,” says Goldberg.

The Costs of Social Distancing

Social distancing and other restrictions come at a cost to individual freedoms. “Every day that we’re doing this extreme physical distancing from each other we are imposing harms, and I certainly think that they’re justified at the present, but the longer it goes on, in my view, the more the ethical justification for it has to be questioned—and the legal justifications— because as a public health lawyer, we can’t ask a country of 300 million people to engage in extreme physical distancing from each other for 12 months. It’s not reasonable. It’s not possible. We’re faced with an ethical dilemma here, which is two potentially catastrophic outcomes,” says Goldberg. “The one is letting coronavirus run like fire through our populations. That’s no good, obviously. But the other is the public health catastrophe of



Lowry resident and public health ethicist Dr. Daniel Goldberg

The state’s first drive-through COVID-19 testing site in Lowry created logistical and safety problems due to the long lines. It was quickly moved to the Coliseum.



The closure of DPS schools and Denver City rec centers and libraries on March 16 was just the beginning of the closings ultimately needed to prevent a spike in COVID-19 cases. Restaurants and bars were ordered to close the next day, except for carry out service.



Above: As families fill their time together with activities at home, the language we all now associate with COVID-19, “flatten the curve,” has entered the lexicon of sidewalk graffiti.

asking people to practice extreme physical distancing for 12 months.” One of the best predictors of mortality among older adults is social isolation, and he and other public health experts worry that social

distancing may result in further casualties. Persad likewise emphasizes the importance of “really carefully tailoring any rules that you put in place in a way that tries to maximize the good

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On March 23, Mayor Hancock strengthened Denver’s restrictions to stop the spread of COVID-19. All non-essential businesses were ordered closed and a Stay-at-Home order went into effect at 5pm March 24. A copy of the order, with the list of excepted businesses is posted at [frontporchne.com/article/governor-mayor-heighten-restrictions/](http://frontporchne.com/article/governor-mayor-heighten-restrictions/)

The day before, Gov. Polis made a plea to all Colorado residents to strictly abide by social distancing, and recommended that people in their 70s and 80s and those with medical conditions not leave their homes.



With restaurants and bars closed, the Stanley Marketplace interior may be empty, but multiple restaurants there are offering curbside pickup in the parking lot. Numerous East Metro/Stapleton/Northfield/Lowry carry out options can also be found at [ToGoDenver.com](http://ToGoDenver.com).



Right: Students these days might be found at the kitchen counter, the coffee table, the computer—but not at their desks at school.

that they do versus the burden that they cause.” He stresses the importance of using data from other places to craft flexible approaches, designing measures that yield equivalent benefits while mitigating

some of the costs. If the burdens on individuals are too onerous, he worries that people may “break down,” and say “I can’t do this anymore. I’m going to stop [e.g. social distancing].” He suggests metering access to stores or pub-

lic facilities as a way of mitigating the burdens.

Though some have likened the current emphasis on self-sacrifice to the homefront during World War II, Adkins cautions that our romanticizing of this era often forgets that “we were able to pull together in part because we were demonizing others...we were interning the Japanese and saying ‘they’re dangerous’...and we see some of that now.”

### Will the Pandemic Cause Changes in Public Health Policy in the U.S.?

“We actually need to be much more serious about public health and how we approach health care in this country, and I don’t have a ton of confidence that people will be ready for that kind of national conversation when the crisis is over,” says Adkins. She reflects on our tendency towards episodic unity in the wake of severe weather events like Hurricane Katrina’s devastation: “The frequency and severity of catastrophic weather events has not really prodded a broad discussion of climate change and its impacts and how we should be funding a whole host of initiatives.”

If we reflect on the words of the Declaration of Independence, there is no tension between individual liberties and the current restrictions imposed for the common good, suggests Adkins. “Life, liberty, and then the pursuit of happiness...life comes before liberty. They are clearly ranked,” she says. As Governor Jared Polis recently stated, if we are unwilling to relinquish some of our individual freedoms during the pandemic, inadequate resources—hospital beds, face masks, and respirators—will force nurses and doctors to make even tougher moral choices, leaving the Grim Reaper to exercise his authority.

*“We’re faced with an ethical dilemma here, which is two potentially catastrophic outcomes. The one is letting coronavirus run like fire through our populations. That’s no good, obviously. But the other is the public health catastrophe of asking people to practice extreme physical distancing for 12 months.”*

—Dr. Daniel Goldberg

For more information: <https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/how-to-talk-to-kids-about-tragic-events/>



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# COVID-19 Resources

## DENVER HOTLINES

### City of Denver resources

Dial 311: Operators ready to help you find any local resources you may need.

### Colorado Crisis & Support Line

Dial 1-844-493-TALK (8255) to connect with a trained counselor in your area.

### Denver Health Nurse Line

If you are ill call 303-739-1211

### Denver Public Health For

COVID-19 health related issues: 303-389-1687 or 1-877-462-2911

### National Domestic Violence Help

1-800-799-SAFE (7233)

### National Federation of the Blind of Colorado

If you are a blind or low vision person in Colorado who needs assistance during the COVID-19 pandemic please call 303-778-1130 ex219 or email assistance@nfbco.org

### National Suicide Prevention Lifeline

Dial 1-800-273-TALK (8255) 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential. En Español 1-888-628-9454

### United Way Worldwide

Dial 211: Connecting people of all ages from all communities to essential health and human services you may need.

## FACEBOOK GROUPS

### Denver Feed It Forward

Providing support to the frontline workers during the COVID-19 outbreak. facebook.com/denverfeeditforward

### Denver Mask Task Force

A grassroots effort to create a supply chain for face mask-making to support Denver medical personnel. Volunteer to make critically needed personal protection equipment (PPE) facebook.com/groups/2627853554125813/

### Help Needed in Denver Metro

**COVID-19** For Denver folks to offer to help our Denver neighbors in times of need. These services must all be volunteer. facebook.com/groups/516631032588738/

### Lowry Coronavirus Help Group

A safety net for at-risk Lowry Residents who are unable to get help through existing public/private services. facebook.com/LowryCoronavirusHelp, 312-515-3818, lowryhelp@gmail.com

### Stapleton Cares

A Stapleton area group for those in need to connect with those who can help. facebook.com/groups/199027428037856/

## SERVICES/ INFORMATION

### Find East Metro carry-out food options (and other areas, as selected) at ToGoDenver.com

### Centers for Disease Control and Prevention

Saving lives and protecting people 24/7. cdc.gov

### Children's Hospital Colorado

Parents' top questions about the Coronavirus (COVID-19). childrenscolorado.org/about/news/2020/march-2020/coronavirus

### City of Denver Small Business Grants and Loans

For more information and how to apply for the various relief funding opportunities, please visit denvergov.org/content/denvergov/en/environmental-health/news/coronavirus-info/support-services.html

### Colorado Crisis Services

Free, confidential, professional and immediate support for any mental health, substance use or emotional concern. 1-844-493-TALK (8255) or text TALK to 38255 to speak to a trained professional. colorado-crisisservices.org

### Colorado COVID-19 Business Resource Center

State and Federal COVID-19 announcements, programs and information relevant to Colorado businesses. choosecolorado.com/covid19/

### Colorado Department of Public Health and Environment

Up-to-date information on the outbreak of the Coronavirus in Colorado. Covid19.colorado.gov

### Coronavirus Online Therapy

\$50 online therapy sessions for healthcare professionals, first responders, grocery store employees, and those serving us during this pandemic. For sessions or to volunteer counseling services go to coronavirusonlinetherapy.com

### COVID-19 Facts for Coloradans

colorado.gov/pacific/cdphe/COVID-19-Facts-for-Coloradans

### COVID-19 Information By and For People with Disabilities

Plain language booklets with photos in English and Spanish. Gmsavt.org

### Connect for Health Colorado

An emergency, special enrollment period for health insurance has been opened up thru Friday, April 3. connectfor-healthco.com

### Denver Department of Public Health & Environment

Support services at denvergov.org/content/denvergov/en/environmental-health/news/coronavirus-info/support-services.html

### Denver Dept of Human Services

Apply for benefits (food, cash, medical, child care assistance, RTD Live); report changes; submit documents; check benefits status; pay child support; access info about rental assistance; download applications for energy assistance and property tax relief. 8am-4:30pm, Monday-Friday. denvergov.org/humanservices or 720-944-4DHS (4347)

### Denver Public School Food Resources

Free breakfast and lunch to students and their families at 12 locations throughout the city and dinner at Hiawatha Davis Rec Center (3334 Holly St) from 3:30-5:30pm thru Friday, April 17. 720-423-3200, dpsk12.org/coronavirus/#food

### Free Internet For Low-income Customers

New Comcast customers will get complimentary internet essentials service for 60 days. Internet-essentials.com

### Hunger Free Colorado

Food resources during the COVID-19 outbreak. hungerfreecolorado.org/covid-19/

### Telehealth for Uninsured Coloradans

Clinica Colorado is offering \$10 virtual health visits via phone or

video call in English or Spanish. clinica-colorado.org

### Workforce Services, City of Denver

A virtual job fair where job-seekers can access the same job opportunities they would be able to at our in-person job fairs. Info. at denvergov.org/content/denvergov/en/environmental-health/news/coronavirus-info/support-services.html

### World Health Organization

Live updates and all your questions answered about the COVID-19 pandemic. www.who.int

## SEEKING VOLUNTEERS/ NEEDING HELP

### ORGANIZATIONS ARE IN DIRE NEED OF VOLUNTEERS UNDER THE AGE OF 60 RIGHT NOW

### A Little Help

We're increasing our efforts to all our older members during this time. Sign-up to volunteer or contact us for help. Alittlehelp.org

### Colorado Division of Homeland Security & Emergency Management

For individuals and businesses go to ColoradoResponds.communityos.org

### Denver Emergency Food Network

Delivering free, prepared meals to homebound families and elderly individuals in need during. Sign up to receive a no-cost food box of 4-16 meals. Denverdelivered.com

### Denver Rescue Mission

Meals, shelter, program services at Lawrence St Community Center (2222 Lawrence St) and The Crossing (6090 Smith Rd.) Volunteers, donations and supplies needed. Denverrescuemission.org

### Food Bank of The Rockies

Volunteer, donate and get assistance at foodbankrockies.org

### The Gathering Place

Meals - breakfast, lunch and snack (no snack on Tuesday); laundry facilities; showers and restrooms; nap beds; mail pick-up; emergency clothing and food bags. tgpdenver.org

### Greater Park Hill Community Emergency Food Pantry

Mondays and Wednesday food distribution, 10am-1pm and food donations 9am-3pm. For a full list of what is needed, go to greaterparkhill.org/donate

### Meals on Wheels

Delivery routes are available Monday-Saturday throughout the Denver metro area. Donate, volunteer or get help at: voacolorado.org/gethelp-denvermetro-foodnutrition-mow

### My Community Partners

Helping those of a certain age, and/or disability who are disproportionately at risk of contracting COVID-19 during necessary daily tasks. Volunteer or get help at mycommunitypartners.org

### Project Angel Heart

Meal delivery and more for seniors and those who are immunocompromised or have a long-term illness: projectangelheart.org

### State of Colorado COVID-19 Response

Looking for volunteers, donations, supplies, blood donation and providing childcare for first responders and help for organizations in need of funding. covrn.com

### United Way

Volunteer, make a donation, find help. unitedwaydenver.org/covid-relief

## EDUCATIONAL RESOURCES

### Cosmic Kids

Online kids yoga and mindfulness activities. cosmickids.com

### Denver Virtual Art

Offerings From art museums to a local ceramics company. theknow.denverpost.com/2020/03/19/denver-art

### Free Educational Subscriptions

Comprehensive list and links to education companies now offering free subscriptions. kidsactivitiesblog.com

### Kahn Academy

Online learning for every student. Khanacademy.org

### Museum Virtual Tours

travelandleisure.com/attractions/museums-galleries

### National Park Virtual Tours

totallythebomb.com/heres-33-national-park-tours

### Rocky Mountain PBS

STEAM-focused content, educational PBS KIDS programming or the free PBS KIDS Video or Games apps. For specifics and how to access channels based on location, visit rmpbs.org/channels

### Scholastic Learn At Home

Day-by-day projects to keep kids reading, thinking and growing. Organized by grade level. scholastic.com/learnathome

### The Social Distancing Festival

Celebrating art from all over the world, showcasing amazing talent, and coming together as a community. Socialdistancingfestival.com

## SPECIAL GROCERY STORE HOURS FOR THE AT-RISK POPULATION

### King Soopers

Stores only open to seniors and other at-risk customers from 7-8am on Mondays, Wednesdays and Fridays. Revised store hours: 7am-8pm.

### Safeway

Stores only open to senior citizens and other at-risk populations, such as pregnant women or those with compromised immune systems from 7-9am on Tuesdays and Thursdays. Revised store hours: 7am-8pm.

### Target

The retailer will reserve the first hour of shopping each Wednesday for vulnerable guests. Revised store hours 7am-9pm.

### Walmart

Hosting an hour-long "senior shopping event" every Tuesday for customers aged 60 and older. one hour before opening thru 4/28. Revised store hours 7am-8:30pm.

### Whole Foods Market

All stores will let customers who are 60 and older shop one hour before opening to the public (7am.) Revised store hours 8am-8pm.



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# Impacting Communities —Where It's Needed Most

## A Statewide Childcare System for COVID Emergency Responders

Gary Community Investments (GCI) is able to “make a big impact when we find those opportunities,” says CEO Mike Johnston. GCI just put that statement into action and is being recognized nationally for their response to the COVID-19 crisis.

Schools and businesses were closed to slow the spread of COVID-19, hopefully giving hospitals time to ramp up for the cases to come. “That would only work if all of our emergency workers could still get to work,” says Johnston. But with schools and childcare centers closed, would they be unable to work due to lack of childcare?

That realization led Johnston and GCI to play a leading role in creating a partnership

with the state and other foundations and providers to build a statewide system that would help connect the emergency workers to available childcare in their communities.

“In just 7 days, we look to be the only state in the country that has built a statewide system offering free childcare for emergency workers—designed and led by a public-private partnership. We matched more than 1,700 families last weekend—and they are now receiving child care this week,” Johnston told us by email. “It will make Colorado a model for the rest of the country on how people can pull together and solve big problems in a crisis.”

For more info visit [covidchildcarecolorado.com/](https://covidchildcarecolorado.com/)

This *Front Porch* file photo of Sam Gary was taken at the Sam Gary Library in Stapleton shortly before it opened in August 2012. The interview with him is posted at [frontporchne.com/article/sam-gary-library-opens-aug-11-2012/](https://frontporchne.com/article/sam-gary-library-opens-aug-11-2012/)

By Carol Roberts

Denver's 25th anniversary offers a reminder that while much of the city's attention in 1995 was focused on the historic opening of a new airport, a small group of civic-minded Denverites had been hard at work for years on a plan that would guide the use of the 4,400 acres it left behind.

One of those people was Sam Gary, a name most people in NE Denver now associate with the Stapleton library. Gary made a tremendous fortune in the oil and gas industry—and made a commitment to use his fortune to give back to the community. “Sam’s vision was to find the ways to make a big impact on the community—and he never really cared if he got the credit,” says Mike Johnston, a former state senator and Stapleton resident who was just recently named CEO of Gary’s charitable organizations, the Piton Foundation and Gary Community Investments (GCI).

“Sam was one of the initial visionaries with the idea to turn the former airport into a new mixed-use retail/residential neighborhood. The general thinking at the time was that it would be industrial. His

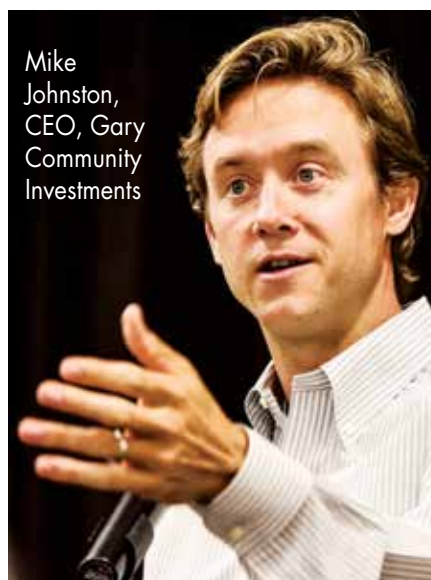
vision was to actually say, ‘No, this could be a great residential neighborhood.’ He was able to engage the stakeholders and partners to start the process—and eventually for the City to take it on. But I think Sam was one of the initial drivers to really develop the vision and build the coalition of people who wanted to make it happen.”

Johnston, whose career over the past 25 years has included being a teacher, a principal, a state legislator, and starting and leading nonprofit and for-profit organizations, says he has always focused on organizations that could make an impact on issues he cares most about. After dropping out of the U.S. Senate race last fall, he asked himself, “Where is the place I could have the biggest impact on the issues I care most about? I think one of the most pressing issues in Colorado and across the country continues to be inequality. How do we make sure everybody has access to opportunities?” Key areas of concern include access to quality early childhood education, quality K-12 education, preparing workers for the next generation of jobs, and ensuring that economic development is happening in all communities. “This job was an

incredible opportunity to have an immediate impact on a lot of the policy issues I’ve been working on over the last decade—directly putting resources to work in communities today to deliver real results.”

Sam Gary’s organizations are structured unlike other foundations, says Johnston. “Sam, as someone who came out of the private sector, believes there are a lot of problems for which nonprofits are the right solution—but when policy or politics are the right solution, a for-profit organization might actually be the right solution. For example, the Garys gave a million dollars to the Denver Preschool Program ballot measure to help make sure it passed. You can’t do that through a nonprofit, but you can do it through an LLC, so that’s why we have both.... That structure of the organization gives us maximum flexibility to invest in any good idea if it advances our outcomes,” says Johnston.

GCI will lead a statewide ballot measure this November to create universal preschool for four-year-olds all over Colorado through a tax on tobacco and vaping products.



Mike Johnston, CEO, Gary Community Investments

Sam Gary’s organizations will not exist in perpetuity. They have a sunset provision, planned for approximately 2035. “Instead of relying on philanthropy as a perpetual solution, we get involved in trying to change the systems in an ongoing way. For us, that adds real urgency and focus on getting the work done,” says Johnston. “The idea is that every dollar will have

to be invested in the community in organizations that will do work in an ongoing way. If you’re a foundation that’s set to exist in perpetuity, you have to be much more cautious about what you do. This allows us to make some real big bets that we think could make a big impact if we find those opportunities.”

Sam Gary’s organizations are impacting the lives of people in an area that spans seven counties. For more information visit <https://www.garycommunity.org/>, 303.628.3800 or [info@garycommunity.org](mailto:info@garycommunity.org).

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# Openness about Mental Health —



Bruno Anthony, PhD, Chief of Psychology and Laura Anthony, PhD, child psychologist, at the Pediatric Mental Health Institute, Children's Hospital Colorado. Front Porch photo by Christie Gosch

riorated from there," she says, "and I ended up in Children's Hospital, in the inpatient unit a year later." Tracy Edwards Konkol says her daughter had experienced "severe anxiety, paralyzing anxiety" as early as age 4, and agrees that Ethan's death intensified Chloe's struggles. In time, these manifested in depression, an eating disorder, and a suicide attempt.

Chloe, who is now a college freshman at CU Boulder, is one face of many in a national pediatric mental health crisis. Colorado especially has been hit hard, with data showing increases in youth anxiety, depression and suicide. Though Chloe shared some of her feelings with friends, few could really relate to what she had experienced.

"You know, it's interesting when somebody dies, there's an outpouring of grief immediately and then, nine months or a year later nobody thinks about it anymore. I remember at the time Chloe felt very lonely," says Konkol, who believes more supports are needed for youth and their parents. She cites the challenges of transitioning back to work after dealing with a crisis and finding

*"Having frequent open conversations with your child that convey trust and respect and really listening to what they say they want and need is the best approach, hands down—no matter what the problem is."*

—Dr. Laura Anthony

a spot for behavioral health care for a child. Konkol is grateful for Children's, and says she's seen the hospital put in place greater supports for parents in recent years, but admits that even as an educated parent with resources, "I still don't know what I'm doing, and I can't imagine a family that has no resources...where you're going to find a therapist, and you can't pay for a therapist."

"You'll often be surprised that kids are not all that opposed to talking with a counselor," says Dr. Bruno Anthony, Chief of Psychology for the Pediatric Mental Health Institute. He recommends being very positive about these

conversations and saying something to the effect of, "I think there are things you might be more comfortable talking with someone outside of the family about." He also encourages parents to be vulnerable with their kids

and share examples of times when they have not felt great, and "what they did to help themselves or what they wish they had done."

"Modeling for your kid or talking about family values" like wellness and asking for help is another approach, says Dr. Laura Anthony, who encourages families to combat stress, depression and anxiety with laughter and positive experiences.

She adds that when it comes to talking about mental health, it's important to be a "really empathetic listener....and allow them to



Just a year apart in age, Chloe here stands with her brother, Ethan McNamee, in their grandparents' backyard in 2005. Family photos courtesy of Chloe and her mom.

Editor's Note: We chose Chloe's story to highlight the importance of talking openly about feelings and mental health well before we knew how much COVID-19 would affect our community. As the impact of the virus settles into our lives and creates stress and anxiety for many, families may find this is a time they can nurture openness in their communication.

By Martina Will, PhD

Talking about mental health issues is difficult for children and parents, but should not dissuade people from having these conversations, especially given the current challenges facing us all. "Having frequent open conversations with your child that convey trust and respect and really listening to what they say they want and need is the best approach hands down—no matter what the problem is," says Park Hill resident Dr. Laura Anthony, a child psychologist in the Pediatric Mental Health Institute at Children's Hospital Colorado.

Chloe McNamee recalls her brother Ethan's suicide when she was 12 as a turning point. "My mental health kind of dete-

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# and Using this Time to Nurture It



Chloe (middle) is pictured with her stepfather, Steven Konkol and her stepsister, Allie Konkol, on a hike in South Park, CO with their dogs Finnegan and Bentley.

sort of direct the conversation....That's when you usually get the... most important kind of output."

Chloe did eventually share her feelings with someone other than her peers. "I was at Judy's House [a nonprofit that specializes in bereavement work for families], doing my grief therapy and I opened up to this group counselor and she brought my parents in and was like, 'She needs to go to the hospital.'" Being hospitalized, she says, is what allowed her to finally open up to her parents. "They were

actually a lot more receptive to what I was saying than I had anticipated." The path ahead was not clear and simple, but the support of her parents and her counselors allowed Chloe to address her struggles and move forward in a positive way.

"The mental health community has become more aware of asking the right questions around depression and anxiety and being able to identify it earlier and there are very successful treatments for anxiety and depression now," says Dr. Bruno Anthony.

Despite all evidence to the contrary, many people still fear that talking about suicide will cause someone to act. Dr. Laura Anthony says this is simply not true. "You're never putting the thought in their head." In fact, talking about it may be positive in many ways. "We have many examples of people who are feeling suicidal and really desperate and one person reaching out with a kind gesture or checking in made them decide not to go through with it."

"I know from personal experience being in a suicidal state," says Chloe, "someone mentioning it to me and trying to talk with me about how I'm feeling and about suicide in general did not increase my likelihood at all of me wanting to act on any suicidal thoughts; in fact, I felt it was helpful because having that conversation makes you feel less alone. I think avoiding it is not helpful, it's not the right thing to do. I think just talking about how you're feeling is better than not saying anything at all," says Chloe.

Recalling how her counselors who had



Now a freshman at CU Boulder, Chloe (pictured here during her senior year of high school in 2019) is studying psychology so she can make a difference in others' lives.

gone through similar hardships were those she most connected to, Chloe is now pursuing a degree in psychology.

She hopes her experience will someday allow her to help others navigating similar challenges. Both Chloe and the Anthonys point to higher levels of stress and social pressures as being fundamental to the rise in pediatric mental health issues.

It's important that parents not fix children's problems for them, says Dr. Laura Anthony. "That cuts off their ability to face and overcome challenges... That is a really important part of growing up—figuring out how to solve your own problems... which then makes you really much more resilient in the long run, and... is really positive against depression and anxiety."



Chloe says "the possibility of something getting better" impelled her to reach out for help. She is pictured here with her mother, Tracy Edwards Konkol.

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# The Power of Language

*How can one exert power through language?*

*And how does language empower some and disempower others?*

*"The other night while I was preparing for this (high school valedictory) speech, I asked myself... 'What does America mean to you?' I hesitated. I was not sure of my answer. I wondered if America still means and will mean freedom, equality, security, and justice when some of its citizens were segregated, discriminated against and treated so unfairly. I knew I was not the only American seeking an answer." —Marion Konishi*

*By Martina Will, PhD*

Marion Konishi wrote these words (at left) in 1943, from the Amache internment camp in Granada, Colorado. On a field trip to History Colorado, Northfield High School (NHS) students read her speech in the Amache concentration camp exhibit room. Japanese-Americans—both Issei (Japanese-born) and Nisei (US-born)—were incarcerated at Camp Amache in Granada, CO from 1942-45 following President Franklin Delano Roosevelt's Executive Order 9066.

NHS students studied how one can “exert power through language...and the relationship between language and realities,” says Dr. Greg Hessee, who teaches English at Northfield High School, and “how language empowers some and disempowers others.”

At the Amache exhibit, the museum's Field Trip Manager, Dr. Josie Chang-Order said her goal was for the students "to be able to compare and contrast the propaganda language that the government was using at the time with what the Japanese and Japanese internees were actually saying."

History Colorado's online resources offer insights as to how the federal government's language was euphemistic, using words like "evacua-



History Colorado Field Trip Manager Dr. Josie Chang-Order (right) explains how our government rounded up Japanese-Americans during WWII and put them in concentration camps, one of which was located in Colorado.



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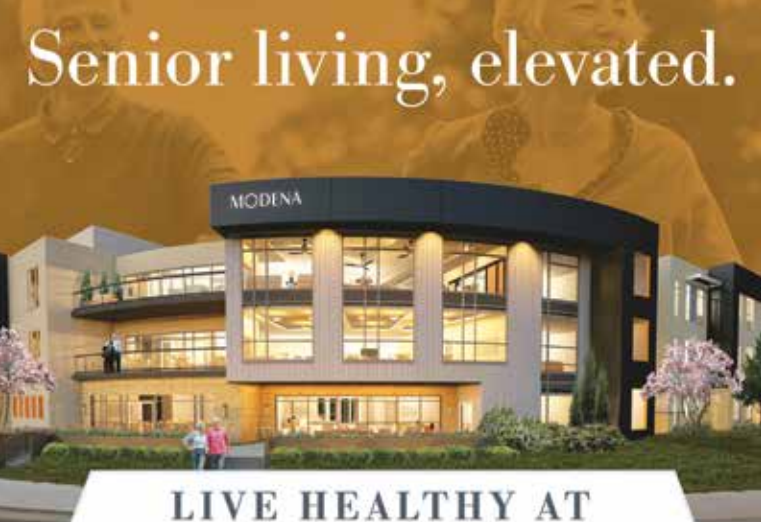
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tion” (which suggests a natural disaster) to describe the forced removal of an entire population based purely on national heritage. According to the *Power of Words* handbook: “To obscure the unconstitutional nature of these forced removals, the government referred to the Nisei victims as ‘non-aliens’ instead of ‘citizens,’” which might provoke public inquiries on the lack of due process. Another way language was used to obfuscate this history is that the sites were referred to as “internment camps,” which are, by definition, for enemy aliens.

Seniors Kate Dominguez and Tyler Imhof expressed surprise at this dark episode in our nation’s history and found reading the Amache high school valedictorian’s speech especially relatable. “Some of that language really does hit home and you feel...the exact kind of feeling, especially in a political climate like today,” says Imhof. “She wrote a very honest and genuine speech that you could see delivered in front of you...a lot of the words are very similar [to today].”

For Dominguez, whose first language is Spanish and whose parents are immigrants, the experience was deeply personal. Reflecting on re-



Far Left: The NHS class studied how language and arguments can propel shifts in the power structure, both in progressive and reactionary ways. The class here sits within History Colorado’s recreation of a typical home in the Amache concentration camp in Granada, CO, where over 7,300 people of Japanese descent were held during World War II.

cent headlines and the history of incarceration at Amache, she says, “I think I see progress—and I don’t, but it’s sad and it sucks...I do feel like we’re not moving forward. And those camps get to me because that could have been my family.”

Other History Colorado exhibits offered students the opportunity to reflect on language associated with social movements, says Chang-Order. “We have a lot of protest movement posters dating back to the 1800s...so I was trying to have them really look at like where do you see powerful word choices, where do you see appeals to emotion versus logic?...I also had them look at the notion of ‘we versus they’ in exhibit language.”

Before visiting the museum, students read Richard Wright’s 1935 poem, *Between the World and Me*, James Baldwin’s 1962, *A Letter to My Nephew*, and selections from Ta-Nehisi Coates’ 2015 best-seller, *Between the World and Me*. Those readings helped students gain an understanding of how each text built on the previous author’s use of language that indicts our nation for its commitment to white supremacy over its commitment to equity. “It kind of touched me to see someone who is of my background be able to express themselves and be recognized for it,” says senior

Krystal Wortham. “Breaking down their language and meanings kind of helped me understand what I think of it and my own personal opinions...so it does give you a voice or help you to find your voice.”

Marion Konishi concluded the country had made many mistakes, but had acted to correct them. She’d been taught in her history classes that the country gave citizenship to the Indians after “hounding and harassing them;” the Emancipation Proclamation had freed the enslaved “Negroes;” the country repented for its “persecution” of German Americans during WWI, “recalling that America was born of those who came from every nation seeking liberty and justice.”

Konishi’s speech ends with an affirmation of the future. Even as she and her family remained indefinitely imprisoned she says: “I was just as much embittered as any other evacuee....I had also found my faith in America. Faith in the America that is still alive in the hearts, minds, and consciences of true Americans today.”

For information about guided field trips, contact Dr. Chang-Order at: [jose.chang-order@state.co.us](mailto:jose.chang-order@state.co.us) or call 303-866-3345. Learn more about Amache and view an upbeat newsreel describing the process of relocation at: [http://exhibits.historycolorado.org/amache/amache\\_home.html](http://exhibits.historycolorado.org/amache/amache_home.html)

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- We’re limiting entry into hospitals and clinics so anyone who enters into patient care areas can be carefully screened and masks can be provided to those who need them.
- Every employee, caregiver, and physician has been asked to follow a self-screening procedure, because protecting our patients starts with protecting our people.
- Precautions taken to treat patients with COVID-19 are similar to those taken to treat patients with influenza, with restricted visitation to limit exposure. This is commonplace procedure for us during any flu season.
- As always, cleaning to prevent the spread of infection is occurring throughout all of our care sites.
- Those patients with COVID-19 who require hospitalization are cared for in isolated areas of the hospital so we can safely provide continuous care for all other medical needs.

As this latest threat evolves, we are collaborating with federal and local health agencies, providing timely and practical updates that will help contribute to accurate reporting and consistent guidelines. While our immediate priority remains on the well-being of our patients and people, we know that sharing insights can impact care far beyond the communities we serve.

In the face of a threat, we don’t panic, we prepare.

In the weeks ahead, and as always, we are here when you need us.







I review two Netflix series this month since theaters have closed and we find ourselves with time to binge. There are 8 seasons spread across these two reviews, and I hope it helps you in this difficult and confusing time.

### *The Crown*

This review will cover season three of the series; the first two seasons were excellent in their own right, and you should certainly watch those before getting here. This season marks a big change, however, and a leap forward in the production. The cast changes are most obvious: Olivia Colman takes over from Claire Foy as The Queen; Tobias Menzies for Matt Smith as Prince Philip; and Helena Bonham Carter for Vanessa Kirby as Princess Margaret. Colman is her usual stalwart self, Carter is solid and even stunning at times, and I find Menzies is the pleasant surprise of the group—he is less well-known than Colman or Carter, and he shines, even overshadows the others at points. Overall, the trio alone is worth your viewing time, but it is the production values that truly reign. (Yes, pun intended.)

The writing is the star of the show. When we mention writing, the first thing that comes to mind is dialogue, but that is only a part of the whole. A screenplay/teleplay establishes the universe of the movie or show, outlining the settings and subjects but also providing overall depth in terms of theme. The writing in this season is so good because of the structure of

a two-month intensive course about Welsh language and history. He is happy at university in London and about to star in a play, but he is ripped out and sent to hostile territory so he can attain the title “Prince of Wales.” The monarchy sees it as a way to bridge its differences with Wales and use Charles as an olive branch; of course, he is not seen as one and is reviled. Still, he works through the cultural and educational hurdles and manages to forge relationships. His crowning even serves as a catharsis for him (or so he thinks) as he metaphorizes about his personal situation. The Queen, however, has none of it and curtly tells him that nobody cares what he thinks. “Nobody.” The cinematography, especially of the stunning Welsh countryside echoing Charles’ emotional state, wonderfully contrasts to



the staid and stuffy pomp of the ceremonies. The grays and desaturated colors mirror the hostility of the Welsh people perfectly, and all of the cinematic elements

each episode and how they are all extremely tight and self-contained stories. Each episode is very much its own movie. Each is perfectly well-rounded.

For example, one episode follows a young Prince Charles to Wales as he embarks on

come together beautifully in this episode for a perfectly rounded journey. We can feel everything.

Another episode highlights Menzies as he grapples with a mid-life crisis in the midst of the moon landing; his meeting with the astronauts is a genius of a scene. Still another episode follows Margaret on a tour of America as she charms President Johnson into an aid package for England; Carter steals the show here. An episode about the horrifying mine disaster in Aberfan highlights The

### *Narcos: Mexico*



Queen’s insensitivity and lack of empathy; Colman is wonderfully understated. Each episode is masterfully self-contained and expressively drawn. The entire season is thus a collection of such mastery, and the it all starts with the writing.

You will like this if you enjoyed *Darkest Hour*, *The Spanish Princess*, and/or *The King’s Speech*

### *Narcos: Mexico*

There are two different iterations of the Netflix series *Narcos*: the original series, which in its first three season focuses on Pablo Escobar and the Colombian cartels; and *Narcos: Mexico*, which focuses on Miguel Ángel Félix Gallardo, the founder of the Guadalajara cartel in the Mexican drug trade. The latter just released its second season, and it may be the best of the bunch.

The story of Gallardo begins in the 70s when he first formed the cartel and began to consolidate his power. Season one follows his remarkable ascent until he finally makes a grave mistake with an American DEA agent. Season two picks up as he consolidates power but is being hunted by the DEA. Played solidly and sometimes stoically by the wonderful Mexican actor Diego Luna, Gallardo is realized as a plutocrat intent on staying out of the limelight while he rises. With his world crumbling around him and the DEA closing in, he becomes more like Michael Corleone in *The Godfather II*. Hubris always loses the shootout.

The technical aspects of season two are first-rate, and the cinematography in particular is beautiful, adventurous, and highly stylized while the editing is wonderfully dizzying. Even if violence and/or subtitles are not your thing, the production itself is strong. The casting is particularly good, and you know from reading these pages that I always see secondary performances as an indicator of brilliance. Check.

I would suggest watching *Narcos* first, before *Narcos: Mexico*, as it will give you the background and foundation to understand the multiple storylines (sometimes a single episode follows six different lines). That gives you five seasons before you even get to *El Chapo*.

You will enjoy this if you liked *Breaking Bad*, *Trafic*, and/or *Sicario*.

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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# Denver Has a Housing Crisis

By Martina Will, PhD

“We know there is no silver bullet. Nobody has gotten it right,” says city planner Laura Aldrete, Executive Director of Denver’s Community Planning and Development (CPD) office, when asked what can be done to fix Denver’s housing crisis.

Delivering a range of housing options (“the missing middle”) is a high priority for CPD. To address the problem, CPD is currently looking at where duplexes, triplexes, rowhomes and other options can be added in single-family neighborhoods under current zoning. Builders would have to maintain the character of these neighborhoods by employing “similar architectural forms” while delivering a greater variety of housing options, says Aldrete.

Greater density is not always popular. East Area Plan (EAP) public meetings in particular, have included some vociferous debate over accessory dwelling units (ADUs) and increased housing density, including concerns over compromised parking and shifting demographics. “If you want to be able to control who lives next door to you, you should probably not live in the city of Denver,” says Aldrete. “There are communities in the suburbs that can give you that certainty. In a city committed to equity, we don’t believe that is our role.” She also believes City Council members, to ensure equity in the city, should not just represent their constituents’ immediate concerns. “These issues affect all of us. If we only concern ourselves with our neighbors, as a city we will never fully achieve what we could as a greater whole.”

The City cannot require developers to build lower-cost housing units, so incentivizing them to provide more low- and middle-income housing is central to CPD’s efforts. “Right now we have limitations on what we can do as a City because of state law,” says Laura Swartz,

*“The loudest voice doesn’t win. Our job as a department is thinking about the entire city.”*

—Laura Aldrete, Executive Director, Denver Community Planning and Development

CPD’s Communications Director. The 2000 Colorado Supreme Court “Telluride decision” prevents cities from requiring developers to include lower-cost housing. A bill was expected to be introduced

during the 2020 legislative session to allow inclusionary zoning, but with the coronavirus impacting the legislature, whether that will happen is unknown.

Incentives the City has on its menu of options to increase housing diversity could include: lower permitting fees, expedited plan review times, increased building heights, reduced parking

requirements for developments close to transit lines, and ADUs. Neighborhoods’ existing profiles and characters as well as public input are among the key factors that will inform the options available at a particular site.

To those who contend the City is in the pockets of developers, Aldrete counters that “the growth and health of our city is dependent on a strong relationship both with the community and with developers.” She expresses concern that Lakewood’s recently passed 1% moratorium on development will have a negative

impact on both economic development and affordable housing.

Aldrete doesn’t equivocate when speaking about her responsibility to all of Denver’s residents. “We have citizens coming to public meetings being very vocal and maybe not representing all of the neighborhood....The loudest voice doesn’t win,” she says. “Our job as a department is thinking about the entire city and neighborhoods in the city, and to work with those underrepresented communities and groups like the East Colfax Community Collective to make sure we’re hearing them.”

Public input from the Collective, homeowners, residents, and others is evident in the newly revised EAP draft. Though the EAP is a planning document for the next 20 years, the issues confronting residents and businesses (e.g. rising rents and property taxes, displacement) are happening now. As such, the new draft offers some solutions that can be enacted today. Residential displacement is being addressed by putting a focus on new affordable housing and preservation of existing affordable units. To help reduce business displacement, the new draft recommends financial assistance for small business owners to address concerns such as rising property taxes. The EAP also suggests creating an international district to help main-

tain the area’s existing business diversity. Aldrete, the child of a Mexican immigrant father, expresses a deep appreciation for the many immigrant-owned and -operated businesses along E Colfax, saying “if we’re going to be a global community, a global city, we have to start with our immigrant population.”

Aldrete, who was appointed to her position by Mayor Hancock in October 2019, worked

on urban planning in Denver for two decades in both the private and public sectors, including Stapleton redevelopment from 2000-2004.

To the former archeologist, a 150-year-old city like Denver isn’t that old. Long before her work on Stapleton, Aldrete unearthed ancient Mayan cities in Central America. Her background as an archeologist “is absolutely directly connected” to her current work. She says, “In the patterns of settlement, from the outlying settlements to the core, there’s a thought process that’s not dissimilar to today.” Communication, transportation, climate and trade are all interconnected in ancient residential patterns, just as they are in modern Denver. “As we’re looking at coronavirus and how exports and imports are moving, whether it’s through states or across the globe....the passion for me is that at the end of the day, it’s all about the culture of how humans come together.”



Brendan Greene with the E Colfax Community Collective speaks at a February 2020 meeting with city planner Laura Aldrete, pictured at right. Aldrete, who has become the face of planning for the City of Denver since fall 2019, responds to community concerns.





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# ...NE News Updates



## 2 Stapleton Farmers Market Gets a Reboot

Nicole Jarman is optimistic about a new and improved Stapleton Farmers Market opening in June. “We’ve planned a really full and beautiful market,” she says, with an emphasis on local foods and food-related items. Jarman’s company, HobNob Events, recently assumed management of the market, and she gathered input from neighbors to ensure that the 53 vendors accepted to participate were all meeting what the community needs and wants. “Less CBD” and more music were among the key takeaways from the input. Informational booths are not permitted, addressing a further complaint people shared via social media. Reducing waste is another

emphasis, with a focus on reducing the use of plastic bags and non-compostable materials, and eliminating the use of plastic straws and other single-use plastics. The first market is scheduled for June 7; the evolving COVID-19 situation will determine whether that date will be possible. Though all weekly spots are currently filled, drop-in vendors can contact her about booth space due to occasional cancellations. For updates on dates, drop-in spots, and vendors visit [hobnobevents.com/stapleton-farmers-market/](https://hobnobevents.com/stapleton-farmers-market/)

## 3 Blood Banks Are Facing a Shortage. Please Give.

Blood banks are facing a severe shortage. As of March 18, according to the *New York Times*, over 4,500 blood drives nationally had been canceled, resulting in almost 150,000 fewer donations. “Blood drives at high schools and colleges have had to be canceled,” says Brooke Way, Marketing Specialist with Vitalant (formerly Bonfils), located in Lowry. The process is quick and the Vitalant staff follow “rigorous safety protocols on a daily basis.”

Though experts do not believe COVID-19 can be transmitted through donor blood, they do ask that anyone who has been sick recently or traveled to countries with “sustained widespread COVID-19 outbreaks” not donate. Precise donation criteria are available on their website. Vitalant and other blood donation centers do not test for COVID-19. Donors as young as 16 can give with parental consent. All blood types are needed.

Walk-ins are not taken. To schedule an appointment, go to <https://www.vitalant.org/Home.aspx> or call 303-363-2300; Children’s Hospital Blood Donor Center: <https://www.childrenscolorado.org/community/donate-volunteer/give-blood/> or call 720-777-5398.

By Martina Will, PhD and Carol Roberts

## 1 Census 2020 Is Here

March marked the beginning of the 2020 US Census, with mailers going out via USPS March 12-20. In addition to determining congressional representation, Census data informs how over \$675 billion in federal funds is distributed to schools, hospitals, fire departments, and programs like Medicaid, Head Start, block grants for community mental health, and more.

You can complete your household’s Census form online, by phone or by USPS mail. Submitting your form before May 2020 greatly facilitates the process and ensures that census takers do not need to follow up with a visit to your home. If someone does come to your home, the Census Bureau recommends that you check to make sure that they have a valid ID badge with photograph, a Dept. of Commerce watermark, and an expiration date.

For more information check the Census document you received by mail or go to



<https://2020census.gov/en.html>. You can complete the form online in about 10 minutes. You can also complete the census over the phone at 1-844-330-2020. All responses are confidential and immigration status is not a consideration: everyone living in the US must be counted, regardless of status.



Changes in the upcoming Stapleton Farmers Market include less CBD, better music and no informational booths. The market is scheduled to open June 7, and the Commissioner of Agriculture has announced markets are considered essential businesses that may operate, but the COVID situation will determine if that date is possible.

## 4 RTD Service Reductions Planned for May to Start April 19

Due to reduced ridership, RTD has been soliciting community input and had planned to start the reduced schedule in May. However, with a 70% decrease in ridership due to COVID-19, the RTD Board voted on March 24 to start the reduced services on April 19. “The initial changes shift most bus service to a Saturday schedule and light rail service to a Sunday schedule...The weekend levels of service that were approved reduce service by about 40% from current levels,” according to a press release. The service changes can be found at: <https://www.rtd-denver.com/service-changes/may-2020>. These changes will remain in effect until Sept. 20.

## 5 Senior Housing



Groundbreaking for Kappa Tower II, a 70-unit apartment building that will offer affordable housing for seniors, was held on Feb. 28 to commemorate the long-awaited project. Kappa Tower II, located on the southwest corner of Central Park and Northfield boulevards, is expected to open in March of 2021. The project is being led by the Denver Alumni Chapter of Kappa Alpha Psi (DBA Kappa Housing) and built by Alliance Construction Solutions. More information to come as the project progresses.

## 6 Denver Initial Economic Relief Package for Businesses, Employees

On March 19, the City announced it is creating an initial relief fund of \$4 million to support businesses most directly

disrupted by COVID-19 so they can support their employees.

Denver Economic Development and Opportunity’s (DEDO) emergency relief program will provide cash grants up to \$7,500 to qualifying small businesses.



Denver Arts & Venues (DAV) will award grants up to \$1,000 to individual artists who live in Denver whose incomes are being adversely affected by cancellations.

Through April 18, the Denver Dept. of Transportation and Infrastructure (DOTI) will suspend enforcement of:

Parking meters, time-limited, non-metered parking areas (e.g. 30-minute, 1-hour), residential permit parking areas, 72-hour limits for parking in one spot, large vehicle parking (people can park vehicles more than 22’ in length on the street), school bus loading zones, booting.

Denver’s street sweeping program begins April 1; however, the city will not enforce street sweeping restrictions through April 18, though people are asked to move vehicles as they are able.

The following enforcement activities will continue: fire hydrant 10-foot clear zone, “no stopping” or “no parking” zones, loading zones, RTD transit stops, special parking permitted spaces (accessible, CarShare, etc.), blocked driveways and alleys, parking in travel lanes, including bike and transit lanes.

Extensions of the changes will be evaluated and made on a month-by-month basis.

For info and how to apply for relief funding opportunities visit <https://www.denvergov.org/content/denvergov/en/environmental-health/news/coronavirus-info/support-services.html>

While the city’s Workforce Centers are closed, workforce services will be offering 1:1 services online, by phone, and via email. Hiring events are now a month-long virtual job fair. For more information, visit <https://www.denvergov.org/content/denvergov/en/environmental-health/news/coronavirus-info/support-services.html>

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Justin Herd opened his second butcher shop at the Oneida Shops in Park Hill in 2019, and enjoys catering to customers' individual preferences with special orders. Local Butcher specializes in locally-sourced and humanely-raised meats but also sells fish. Herd says his "supply chain is strong" and the store remains open.  
Front Porch photos by Christie Gosch

example beef stroganoff. Though the recipe calls for beef filet, Herd says this cut is "insanely expensive, but you can use tops or loin if you let us trim it up and cut the pieces correctly, and not a single person will know [that it's not filet]."

To order delivery or pickup orders, go to [www.thelocalbutcherdenver.com](http://www.thelocalbutcherdenver.com). Herd says, "We are here to support our surrounding neighborhoods and don't have any intention of closing. We are well stocked and our supply chain is strong!"

Local Butcher is at 2241 Oneida in Oneida Park, with another location at Denver Central Market. Check website for store hours and call 303-974-1020 for special orders: <https://thelocalbutcherdenver.com/>

# Pasture-raised Meats from Local Farmers

By Martina Will, PhD

"No antibiotics. No feed lots. Locally sourced." Justin Herd, owner of Local Butcher at the Oneida Shops in Park Hill easily sums up his shop's values and unique market niche. "We have connections with so many people in our lives that sell us things—our cars, our house. But when it comes to what we actually put inside our bodies, it seems to have gotten lost with the big grocery stores, and you're reading...confusing labels."

Herd sources his meats from small farmers in Greeley. Local Butcher only sells pasture-raised meats, including beef, pork, and lamb. The processing facility they use relies on Temple Grandin's methods to reduce animal stress, he says, and the result is a much more humane and better-tasting

final product.

Local Butcher cuts and processes its meats for customers, from ribeye steaks to blood sausage and oxtails. Herd says his products are competitively priced and often less expensive than large natural grocery chains. Additionally, "We're small enough that we can accommodate customers quickly with special orders," says Herd. He likens his neighborhood butcher shop to people's small craft breweries that create craft beers, and appreciates that "changing people's grocery shopping habits takes time."

Local Butcher offers a truly local touch, with Herd offering cooking suggestions for everything he sells. He also shares advice that may save customers money, citing as an



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Front Porch photos by Christie Gosch

Park Hill's family-owned Oblio's restaurant has become a favorite for kids and princesses, too. During a February character night, patrons witnessed a lively "Frozen" wedding.

# Family-Owned Pizza—*Characters Included*

By Martina Will, PhD

It's not just princesses who are regulars at Park Hill's oldest neighborhood-owned and -operated pizzeria.

All sorts of characters are regulars at the restaurant that Morgan McKay's parents opened in 1996, and which she bought back about four years ago.

McKay began working at Oblio's at age ten, when there were no other neighborhood pizza places. She recalls the neighborhood between Kearney and Krameria Streets and says, "It was much rougher then; they [her parents] were actually one of the first businesses to go in the

whole strip, so they were one of the first ones to start cleaning up the area."

When her parents divorced, they sold the business; even though McKay continued to work at Oblio's, the sale was "devastating" for her and her sister. "We had fun there and loved it...it was our family restaurant and we thought it was going to be ours...it was our dream, getting it back," she says.

Since buying back the business with her sister, Oblio's has again become her family's labor of love. "I cook in the kitchen but I also do a little bit of everything based on where I need to be. My mother does

most of the behind-the-scenes paperwork, and she also delivers pizza...and she usually babysits my kids when I'm at work!"

Denver's strong economy has made it difficult to find and retain good workers; McKay estimates that she's had to triple her payroll...and "well, just to be fair with the cost of living."

To keep the restaurant open seven days a week, McKay, who is a Park Hill parent of two, launched "character nights" (Mondays) and "kids nights" with balloon animal artist and face painter (Tuesdays) to bring families together on the slower



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Morgan McKay, whose parents owned Oblios, says she grew up there. She bought it a few years ago with her sister.



Though dining in is not presently possible, Oblio's expanded delivery includes Stapleton during the COVID-19 crisis. Here, Addison and Asher Reda enjoy a pizza with mom and dad.

evenings many small restaurants are closed. When they hosted their first princess event, she says, "There were like 80 people lined up outside!" She quickly made the character nights reservation-based to accommodate everyone who wanted face time with a princess or other character.

McKay admits that running a small family restaurant is challenging. "Fighting with everything you have for something that's so important to you...it's just so hard because there's not many of us truly family-owned and family-run businesses."

As a longtime family business in the community, McKay feels an obligation to give back. Oblio's gave free meals to teachers during the strike and to government workers during the furlough in 2019. "From a business perspective, it may not be a good move, but we want to be true to ourselves. We love helping with as much as we can," McKay says.

Oblio's is located at 6115 E 22nd Ave. and open 7 days a week from 5-9pm. For more information or to register for events, visit [oblio-pizza.com](http://oblio-pizza.com), or call 303-321-1511 for info.

Given the COVID-19 crisis, Oblio's has expanded delivery to include all of Stapleton, Lowry, Hilltop, Mayfair, City Park and Congress Park.

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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)

## April SUN News

### Response to Coronavirus

As we continue to weather the ongoing coronavirus pandemic crisis, acknowledging our assets could provide some comfort. Individuals have come together to demonstrate a strength of community by supporting vulnerable and high risk neighbors and residents across the city by grocery store runs and supply drop-offs, and expressing appreciation for medical providers and other essential employees. To volunteer or request help, visit Stapleton Cares: <https://www.facebook.com/groups/199027428037856>

Local leadership has acted prudently in response to the increasing daily rate of new cases, and mandated school closures, social distancing, and staying home in an effort to spread out the initial wave of incident cases of COVID-19. Scientists, many of whom live among us as neighbors, have expanded available resources and knowledge in record speed in response to the novel virus. As we continue to support each other and practice social distancing, may you be safe and healthy.

Sincerely,  
SUN President Amanda Allshouse

### April SUN meeting: Tuesday April 21 at 6:30pm

Scheduled to be in-person at the Central Park Recreation Center, however should in-person meetings remain against local policy in mid-April, the meeting will be hosted virtually. Meeting location, or virtual access information will be available: [www.StapletonUnitedNeighbors.org](http://www.StapletonUnitedNeighbors.org).

### Election for SUN Board of Directors

At the Annual Community Forum (Wednesday May 13, The Cube), the community will be asked to approve a slate of seven candidates to begin a 2-year term as a member of the SUN Board of Directors: Amanda Allshouse, Jea Arzberger, Jeffrey Barron, Jeff Ederer, Carol Hunter, Mandle Rousseau, and Sandra Thébaud. Biographic descriptions for two new SUN board member candidates are provided below—biographic sketches for the remaining five candidates, all returning board members, are available on the SUN website stated above.

### Carol Hunter

I volunteered for the SUN Transportation Committee in 2019 to help foster a safe, inviting community for pedestrians, bicyclists, skaters, runners and drivers. That decision led to further involvement in the community through the SUN Board. Although my husband, John Colvin, and I are relatively new to Colorado, having moved here in 2017, we visited our extended family in Denver for 20 years. We're delighted with the wonderful neighbors in Conservatory Green and other parts of the community. We were also thrilled and surprised when our adult son chose to move to Denver in 2018. As an educator in Albuquerque and San Diego, I worked as a middle school classroom teacher, college instructor, staff developer, community liaison for a San Diego school board member, and instructional leader in literacy for grades 6-12. These roles gave me extensive experience in interacting with parents, students, teachers, administrators, political entities, and other community members to problem-solve inside and outside of schools. Community service has been my professional and personal practice throughout my adult life. I look forward to continuing that role through the SUN Board.

### Sandra Thébaud

Hi! I'm a Licensed Clinical Psychologist with 25 years experience and expertise in Stress Management. I moved to Stapleton in 2011 with my two children (Nicolas and Simone). We have watched Stapleton grow and evolve. What I love most about Stapleton is the effort that goes into creating events that bring the community together. For years, I used to run a free meditation group at Stapleton MCA open to anyone who wanted to attend. For the past few years, I've organized The Orange Bag Project to collect clothing donations for A Precious Child and Denver Rescue Mission. Currently, I provide stress management resources, training and coaching through StressIntel. I'm glad that I have time to participate on the SUN Board and contribute to making Stapleton a wonderful community for all.



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Landri Taylor, accompanied by his wife Gloria and daughter Kristol Knox, was sworn in to the DPS Board on March 21, 2013 to represent District 4, Northeast Denver.

# The Community Is Saddened to Lose Longtime Civic Leader Landri Taylor

By Carol Roberts

It is with great sadness that we share the news that longtime civic leader Landri Taylor died on Feb. 27 at age 70. He was remembered at a memorial service March 11 at New Hope Baptist Church.

I got to know Landri over many years, seeing him and touching base regularly at meetings and periodically interviewing him about education and affordable housing, the subjects of greatest concern to him, according to his wife Gloria and co-worker Tammi Holloway. It would feel awkward to write about him in newspaper style, referring to him as “Taylor.” He had a long list of credentials through his years of civic work, but the hundreds of us who knew him are just thinking of him as Landri. How many of us have a mental image of him arriving at a meeting, tall and lean, impeccably dressed, greeting us with a big smile—and though the years went by, he never seemed to age. Holloway says Mayor Hancock commented at his memorial service that he was surprised to learn Landri’s age at his 60th birthday party; he had assumed he was much younger.

In his role as CEO/President of The Foundation for Sustainable Urban Communities (formerly the Stapleton Foundation), Landri was more than a boss; he thought of his staff as family—and Gloria asked that they sit with her at his memorial service. Holloway says, “If they (his staff) had a concern or an issue and they took it to him, he would try to help.”

Holloway recalls conversations with Landri where they disagreed. “I’d be on one side and he’d be on another—and Landri can be pretty persuasive. So when I would leave the conversation, you know, I might kind of go over to his side a little bit. What I’m probably going to miss the most is just having these impromptu conversations with him.”

Gloria sounds at peace as she talks about the past few years when they had more time together after Landri cut back on his civic obligations. She asked him if he was really ready to step back. “I’m ready,” he said. “It’s time for some of the younger people to come along and take what I’ve been able to do and move it further.”

When they sold their house in Stapleton, they moved into a multigenerational house in Aurora with their daughter and her husband and grandkids. It was their daughter’s idea—and it worked perfectly for them, with enough shared and private space for all. Gloria says Landri took every opportunity to talk to his friends about how wonderful it was; he wanted to put the idea in their minds—and wished he had done it years earlier.

The family had dinner together and in the evenings they would happily look at the sunset over the mountains while listening to jazz. Landri’s collection “of everything you could think of in jazz” started when he was in high school—and included some records his father had given him. Gloria got him a turntable for listening to those. When he was in college he was a promoter for the Berkeley Jazz Festival. His other big love was golf.

Landri had a stem cell transplant in April last year, with half the stem cells from their daughter and half from a baby’s umbilical cord, says Gloria. He was 296 days out from that when he died—and he was doing well until pneumonia hit. They already had tickets for a celebratory one-year trip to a favorite restaurant in San Francisco. Gloria and her daughters will make that trip together when the coronavirus calms down. “I’m glad he’s not around right now because I would have been just terrified of him having to deal with something like that,” says Gloria. “You know, God saw fit to take that one worry away from me.”

Landri’s public service included Denver Public Schools board from 2013-16 and from 2016-20, Urban League president, RTD board, and advisor to former Mayor Wellington Webb. He also served as a vice president at Forest City Stapleton.

## Front Porch Letter to Readers

Like you, we’re feeling shell shocked by the magnitude of the COVID-19 crisis, first to people’s health and—a close second—to the economic impacts on their lives, particularly those who were already struggling.

The third week of the month always finds us hunkered down to finalize our stories to meet our deadline—and now COVID-19 has given new meaning to “hunker down.” But, as a small staff, we’ve been focused on our April issue since the impact of the crisis hit; we haven’t really thought through how the *Front Porch* might make it through a downturn in advertising as businesses are impacted by the Stay-at-Home order.

When the paper started in 2000, no one lived in Stapleton—it still looked like an airport. So the original distribution of the paper was for our neighbors, keeping you informed of the big new development going in next door.

Now Stapleton, with more than 11,000 households—and still growing—is the biggest of the neighborhoods where we distribute. Even before the coronavirus hit, we had begun to wonder if home distribution to more than 25,000 households could be sustained in an era when newspapers are getting smaller and shutting down. A March 23 *New York Times* article on newspaper layoffs and cancelled print editions due to COVID-19 said, “Since 2004, roughly one-fourth of American newspapers—more than

2,000—have been lost to mergers or shutdowns...”

We have concluded that the uncertainties that lie ahead about coronavirus necessitate a change from doorstep delivery. We are looking at a combination of direct mail to Stapleton and distribution to racks in Safeway (with refills every Thursday) for pickup by Lowry, Park Hill, Montclair and E. Colfax neighbors. As businesses reopen we will add distribution locations and post them on our website. We welcome suggested locations and permission for sidewalk racks.

A monthly (or weekly, or even daily) paper can’t keep up with the pace of change social media offers. Our goal has been to provide a thoughtful look at neighborhood issues—and how national issues play out in our neighborhoods—by talking to local folks with expertise in these areas.

We’re heartened to see the community coming together to support health care workers and businesses that are being impacted by this crisis. And we’re thankful to our advertisers who hung in there this month, even after the shockwave hit.

If having a community paper is important to you, we would welcome your reminders to businesses that our readers are their customers. We’ve been publishing this paper for 20 years now, and with your help, we can keep it going. And keep in mind we post every issue at [FrontPorchNE.com](http://FrontPorchNE.com) where you can comment and share.

Sincerely,

Carol, Steve and our hard working staff

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By Laurie Dunklee

Frederic Remington (1861-1909) created images of the American West that still define our notions of the cowboy. Winslow Homer (1836-1910), considered the most original painter of his time, created masterful depictions of the Eastern Seaboard.

For the first time, works of the two masters are brought together side-by-side at the Denver Art Museum through June 7. Included in the exhibition are 60 works, including paintings, illustrations and bronze sculptures.



“Did they ever meet? We know they shared a love of narrative art [art that tells a story] and illustration, but we don’t know whether they knew each other,” says Christoph Heinrich, Frederick and Jan Meyer Director of the DAM.

The exhibition showcases the works of Remington and Homer, connected by the time in which they lived. Born a generation apart, both artists captured the American spirit during the late nineteenth and early twentieth centuries. “They were seeing the same time period from different parts of the country and through their different personalities,” says Erica McIntire, senior vice president at Bank of America, a sponsor of the exhibit.

Both artists started their careers as war correspondents, working on the frontlines and publishing their illustrations in *Harper’s Weekly*, a popular magazine. Homer captured the American Civil War by illustrating battle scenes and camp life. Remington produced illus-



Frederic Remington

## Natural Forces: Re

trations related to Geronimo and the American Indian Wars and, later, the Spanish-American War.

“While photography existed before the Civil War, there was not yet the reproductive technology to print photos in publications,” says Jennifer Henneman, associate curator of Western American Art at the DAM. “The illustrations told a visual story, conveying the drama and power of the moment. They channeled both feelings of loss and of hope.”

Although the Denver Art Museum is closed now, its Creativity Resources page offers lessons and



Top: Remington re-worked his oil painting, *The Old Stage-Coach of the Plains* (1901), into a cover illustration for *The Century Magazine* in 1902. Bottom: *The Fall of the Cowboy* (1895), Frederic Remington. The cowboy era is gone as a fence restricts the open range. This is an elegy for the cowboy.



*Sunset on the Plains* (about 1905), Frederic Remington. One of Remington’s nocturnes, here the sun is going down on a vanished culture.

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Winslow  
Homer

# Remington and Homer

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denverartmuseum.org/  
creativity-resource

The late nineteenth and early twentieth century era was a time of growing industrialization, urbanization and modernization. Remington and Homer shared a connection to the Adirondack mountains in upstate New York, where they went to escape urban life and enjoy hunting, fishing and the wilderness. “Their depictions of beauty and peacefulness were popular with urban audiences,” says Henneman. “The paintings were nature therapy for city-dwellers: If they couldn’t be there themselves, they could look at the

art.”  
But nature is not always so-lace, as both artists demonstrate in the *Natural Forces* section of the exhibition. “Nature is a force to be reckoned with, a challenge to test oneself against,” says Henneman, pointing to Homer’s *Undertow* and Remington’s *Dash for the Timber*.

The final gallery examines the somber and psychological works of the two artists toward the end of their lives. “Now they had shed their documentary roots for pure art,” says Henneman. “In the 1880s and ‘90s, Remington knew the American Western frontier was closing and the wilderness was disappearing. His paintings allude to the anxieties of the time, especially for men. In *Who Comes There*, the riders are looking at something outside the frame. He left something out for the viewer to take away.”

Homer’s *Fox Hunt* (1893) is similarly mysterious, depicting a fox seemingly pursued by crows. “Are the crows hunting the fox?” asks Henneman. “One explanation is that the fox is Homer himself, in isolation after he moved to rural Prouts Neck, Maine from New York City.”

Homer and Remington created some of their greatest works from the 1880s into the twentieth century, says Henneman. “Homer began to experiment with watercolor and Remington with bronze. Homer, well established as an artist, painted selectively and marketed his



Top: *Watching the Breakers* (1891), Winslow Homer. Two women stand in this crashing seascape, gazing toward the water. In their statuesque poses, the women are symbols of strength. Bottom: *Undertow* (1886), Winslow Homer. The waves feel vibrantly alive, while the sculptural figures seem emotionally disconnected, as if each is alone with his destiny.



*West Point, Prouts Neck* (1900), Winslow Homer. The painter spent many days getting the high sea and tide just right. He considered this his best work.

work until his death in 1910. The younger Remington desired the same kind of critical acclaim and worked prolifically to produce paintings for his solo shows in New York until his unexpected death in 1909 at age 48.”

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