

Front Porch

COLORADO

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

JULY 2019

NORTHEAST DENVER

Denver's Newest Fire Station



Four-year-old CJ Herndon, who loves firemen, looks a little puzzled as everyone laughs at the unscrewing of a fire hose, a tradition when a new fire station opens. From left: Councilman Chris Herndon, Fire Chief Eric Tade, newly re-elected Mayor Michael Hancock, and Public Safety Director Troy Riggs participate in the grand opening of Denver's newest fire station, #39, in North Stapleton. The photo was taken days before the city runoff election in which Hancock was re-elected to his third and final term. Herndon was re-elected to a third term without a run-off.

The opening of Denver's newest Fire Station, #39 in North Stapleton, brings the fire department closer to their goal of being on the scene within four minutes of a 911 call. The almost 13,000 square-foot building opens

with 12 firefighters assigned there—four on duty at all times. Funding for the \$9.4 million building came from Stapleton's tax increment financing (TIF). *This story, along with one about future firefighters, is by Martina Will, PhD on page 10.*

The Last Hunter Gatherers of Tanzania



Photographer Mike Holtby got rare access to view and photograph the Hadzabe (Hadza) tribe, the last hunter gatherer tribe in Tanzania. This communal and egalitarian society does not value private property, and does not want modern technology or even farming to interfere with their values and traditions, says Holtby.

Left: Hadza hunters gather before a storm.

Story by Martina Will, PhD on page 26.

Firefighters of the Future



Each summer, about 75 youth put out fires, cut up a car wreck, use an ax, climb ladders, and learn valuable CPR and first aid skills in a free three-day camp put on by the Denver Fire Department.

Left: Camp participants have a tug-of-war with a fire hose.

Story by Martina Will, PhD on page 10.


Stapleton Votes on Name Change:
What is the community is saying? Page 5



Ladies of the 80s – Sisters of Rock are shown here performing on June 8 on the Green in Stapleton's 29th Ave. Town Center. On July 6, That Eighties Band will perform on the Green. Look for the MoJaBlu Concert series at Conservatory Green in July and August.

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

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

If you're not getting it every month, if it's wet, if it's on the sidewalk or in the grass and landscaping, we'd like to know. Our delivery contract is to have papers delivered to your front door. Email Carol@FrontPorchNE.com.

Correction

Stanley Marketplace will be showing the Sistine Chapel Reproductions exhibit July 4 to August 13. We apologize for the misspelling of "Sistine" in our June article.

Letters to the Editor

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

Pick up the *Front Porch* in local grocery stores.

We now have papers in both King Soopers in Stapleton and in the Mayfair King Soopers. Papers are also available at the Safeway stores in Lowry and Mayfair.

Are you a freelance writer?

Let us know your areas of interest and expertise. We'd like to expand our list of writers to include NE neighbors knowledgeable about subjects of interest to the community.

Events & Announcements at Stapleton

4th of July Pancake Breakfast & Parade

Thursday, July 4, 9–11am, Founders' Green
Join us in celebrating our nation's Independence Day at our annual pancake breakfast and bike parade. This year's festivities will take place at Founders' Green beginning with the pancake breakfast supporting our neighborhood swim team, the Stapleton Stingrays! The parade will promptly follow, kicking off at 10:30am sharp. Deck out your bikes, trikes, and wagons in your best red, white, and blue swag, and join the procession as it travels down 29th Avenue.

DJs at the Pools

Thursday, July 4, 12–4pm, All Pools
Following the parade, all pools will open at noon. The holiday fun continues with DJs at every pool until 4pm. The pools will close at 6pm, in observance of the holiday schedule.

Summer Concert Series: That Eighties Band

Saturday, July 6, 6–8pm, Founders' Green
Recognized as the top cover band in Denver by CBS, That Eighties Band will bring The Golden Age hits of synthesizer music and energetic anthems to Stapleton's Founders' Green for an unforgettable night celebrating big hair, tight clothes, epic guitar solos, and incredible vocals. Stapleton's Got Talent finalist, Mikayla Brown, will open the concert at 5:40pm.

Active Minds Seminar: Leonardo da Vinci

Thursday, July 11, 1pm, Sam Gary Library
Inventor, artist, scientist, engineer, architect and philosopher Leonardo da Vinci was a true "Renaissance Man" and an evident creative genius. Join us for a review of his life, work, and lasting impact. We recommend following this event with a visit to the Leonardo da Vinci exhibit at the Denver Museum of Nature & Science, running thru Aug. 25.

MoJaBlu Concert Series: Tunisia

Thursday, July 11, 6:30–8:30pm, Conservatory Green
Tunisia is at their best when performing live; their vibrant sound, coupled with the crowd's enthusiasm, produce an unforgettable experience you won't want to miss.

Summer Film Series: Spider-Man into the Spider-Verse (PG)

Friday, July 12, Sundown, Founders' Green
This Oscar-winning contribution to the Spider-Man catalog is everything a great superhero movie should be: laugh-out-loud funny, packed with teachable moments, and engaging to parents and kids alike.

MoJaBlu Concert Series: Dotsero

Thursday, July 18, 6:30–8:30pm, Conservatory Green
Deriving their name from a small Colo-

rado town, Dotsero brings an extensive musical catalog to each performance, creating a sound and style all their own. The creative blend of jazz, pop, R&B, and rock will turn this concert into a musical thrill ride of energy and excitement. Stapleton's Got Talent finalist, Dylan Miles, will open the concert at 6pm.

Stapleton Beer Festival - 10th Anniversary

Saturday, July 20, 4–8pm, Founders' Green
Widely regarded as one of our most popular summer events, the SBF features a variety of craft breweries, local food trucks, and live entertainment. Tickets: General Admission - \$50, VIP - \$75 (includes one-hour advanced entry, reserved tasting choices, and commemorative swag), Concert-Only Admission - \$5. For details and tickets, visit stapletoncommunity.com.

MoJaBlu Concert Series: PG6IX

Thursday, July 25, 6:30–8:30pm, Conservatory Green
PG6IX has a unique blend of talent, a vast range of experience, and their genre of music is nearly limitless!

Active Minds Seminar: Railroads

Thursday, July 25, 6:30pm, Sam Gary Library
Join us as we review the rich history of railroads in the United States, including the role they played in developing our young nation. We will end by discussing current freight and passenger train issues and possible future opportunities.

Summer Film Series: Crazy Rich Asians (PG-13)

Friday, July 26, Sundown, Founders' Green
Based on Kevin Kwan's best-selling novel, Crazy Rich Asians triumphs on the big screen with an unquestionably talented cast, smart writing, and enough charm to make you fall in love with romantic comedies again.

July Farmers Markets

July 7, 14, 21 & 28, 8:30am–12:30pm, Founders' Green

Family Nights

Pools will be open until 7:45pm on each designated date outlined below:

*Monday - Jet Stream (3574 Alton St.)
Tuesday - Puddle Jumper (2401 Xenia St.)
Wednesday - F-15 (2831 Hanover St.) & Maverick (8822 Beekman Pl.)
Thursday - Aviator (8054 E 28th Ave.)*

The final week of Family Nights begins Monday, July 29!

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Get the latest on 

Master Community Association 

Sponsored by Stapleton MCA

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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.



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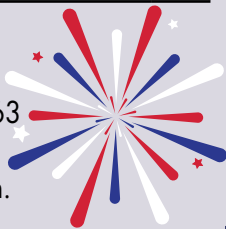
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MINI-GOLF IS NOW BOARDING



Golden age of aviation aligned with mid-century modern design. The Stapleton Putt Club features airplane and flight inspired details with nods to the history of Stapleton Airport. \$10 for adults; \$6 for kids 12 and under. On corner of MLK and Central Park Blvd.



Northeast City Council Members Talk about Growth

By Martina Will, PhD

Incoming City Council Member Amanda

Sawyer ran on a platform that opposed Denver's rapid growth, and is especially interested in slowing development in District 5, which includes Lowry, Montclair, Hale, Hilltop, Washington Virginia Vale, E. Windsor, and E. Colfax. "People are really ready to have more of a voice," Sawyer says. She plans to be that voice for her constituents once she takes office in mid-July.

While Sawyer appreciates the need for greater housing density in Denver, she also understands that for many of her supporters, their spacious lots in low-density parts of the city are the result of years of aspiring to home ownership in just such a setting. "I see my role as being an advocate for the people and what changes they would like to see in our community. That means going to them and figuring that out and then going to the City and... getting it done."

Sawyer seems reticent to support greater housing density in her district, arguing that a lack of sidewalks and transportation infrastructure makes increased housing density not only untenable but also imprudent. As during her campaign, she emphasizes the need for a dedicated source of funding in the City of Denver to support public transit, protected bike lanes, and other



Photo courtesy of Amanda Sawyer
Amanda Sawyer was elected to represent District 5, which includes Lowry, Montclair, Hale, Hilltop, Washington Virginia Vale, East Colfax and East Windsor.

alternatives to cars. "The single biggest problem we face in our district is the absence of transit and mobility infrastructure support... without the money nothing is happening."

Still, she recognizes the need for additional housing options, especially as homeowners age. "In District 5 there's a real problem for people aging in place; they are ready to leave large single-family homes, but there are few places to live on a fixed income.... that's a challenge. In

my opinion we've tried to build our way out of it and that's not the answer."

"Some form of inclusionary zoning or upzoning to incentivize developers... is probably going to have to happen to fill in that missing middle. I don't know exactly what that solution looks like," says Sawyer.

Within District 5, she offers up the E. Colfax area as the most propitious for upzoning, though she does express concern about maintaining neighborhood character as buildings get taller.

When asked how she will work with other members of the City Council, Sawyer defers, saying she has not yet met with her new co-workers. Asked about areas she might find room for compromise with Mayor Michael Hancock, she says, "I haven't had time to sit down with him yet....we both love this city....There's a lot of room for compromise there.... we're going to have some tough discussions and get into the nitty-gritty."

By Carol Roberts

Growth of cities and its impact on

housing is a big subject in the news these days. San Francisco is cited as a city that has become affordable only to the wealthy. And Minneapolis is now being recognized nationwide as the city that just made a bold move to make housing affordable in all its neighborhoods.

Councilman Chris Herndon, just re-elected to his third and final term, says Denver is handling growth "in a responsible manner." Minneapolis' bold plan was to "up-zone" most single-family zoning to three units per lot. Herndon says he views Minneapolis as taking away something (single family zoning), whereas Denver is adding options. Denver's recently approved Comprehensive Plan 2040 adds opportunities for growth throughout the city using what is being called "gentle zoning."

"With this new approach we're saying our city is evolving and neighborhoods can evolve as well, but we can evolve and at the same time ensure that we're protecting the character and vibrancy of our neighborhoods. The strategy is to create a greater mix of housing options for individuals and families...[so] each and every neighborhood can evolve to add to the growth that's happening in our city."

For example, a larger house on a larger lot, could, with the exact same footprint, become a duplex or a triplex. "If you're driving through the neighborhood, you still see one unit. That's an example of gentle density where a neighborhood can embrace more population coming to our city and at the same time maintain the same character and vibrancy," says Herndon.

Another example is accessory dwelling units (ADUs). A dwelling unit can be put over

the garage of a single family home, allowing that homeowner to have additional income.

Or someone who wants to downsize could move into the ADU. "That's a tool we're using that can help neighborhoods allow more people and at the same time allow people to generate income."

With Comp 2040, ADUs are now allowed *throughout* the city. Some neighborhoods are already zoned for ADUs; in others a zoning variance would be required. In neighborhoods already zoned for ADUs, a homeowner can get a building permit and proceed. In neighborhoods not currently

zoned for ADUs, Community Planning and Development would make a recommendation based on the criteria in the Comp Plan. Neighborhood organizations give input, but, Herndon says, "If individuals come to us and say, 'I object for reasons outside the criteria,' it would be hard for me as a council person to support that because we are beholden to the criteria that are before us."

The counter to density is sprawl, says Herndon, and then people have longer commute times. "If you're objecting to density, you're going to increase traffic and decrease affordability as well...On East Colfax, we're adding density along the corridor, but we have alternative modes of transportation. The assumption people will be coming in single occupancy vehicles, I would say, is not entirely accurate because we're providing you a more convenient method for getting from East Colfax to downtown as the bus rapid transit comes along. We, as a city, are being thoughtful about providing alternatives to being in your car; we have bike lanes throughout the city; the A Line is successful.

"We have to make sure we find the balance, because if we don't plan, it's not going to stop people from coming."



Chris Herndon represents District 8, which includes Park Hill, Stapleton and parts of Montbello and East Colfax.

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Ballot Q&A

We only got one ballot and our household disagrees on how to vote. How can our ballot be counted?

State statutes apply to the governing documents of planned urban developments like Stapleton and those statutes give one vote per property owner. When results of the property owners' vote is determined (ballots due July 31), the delegates will vote on a recommendation to the MCA Board. The delegates are obligated to cast their vote in proportion to the votes cast in their district IF a quorum of 10% of the ballots in that district is met. If your household disagrees and leaves a question blank, your ballot will still be counted toward the quorum in your district. If a quorum of 10% is not met, the delegate can choose how to cast their vote. *You received a stamped self-addressed envelope with your ballot to encourage wide participation in this vote.*

I heard my signature would be on the ballot—where should I put it?

At one point in setting up the ballot it was thought signatures would be included. However, it was decided to instead assign a number to each ballot and envelope so no signature is required either place. Ballots with signatures will be valid, but anyone can request to review ballots, so those with signatures would not be secret.

Please explain the three questions?

Question #1 – This asks whether to legally remove the name Stapleton or retain it. This question is being asked to determine if the community wants to embark on a process to find and agree on an alternative name.

Question #2 – This is a vote on whether the MCA should or should not impose a one-time assessment, not

The June Front Porch had an article about this vote with a graphic that explains the MCA governance structure. To view past Front Porch articles on Renaming Stapleton

to exceed the current monthly cost (\$43/property), to cover costs of a name change, including engaging the community to find an alternative name. Community delegate Tom Downey and Rename supporter believes finding a new name and making the legal and other changes could be done without great expense by enlisting City support and letting the rebranding take place gradually. Delegate Yuri Tavbin asks, "If we just get rid of the name legally without changing signs and some sort of education what is the point? On the other hand the MCA could spend a lot of money providing education, updating signs and so forth."

Question #3 – If you think the community name should only be changed by a vote of the community, vote in favor of amending the MCA governing document. If you think the community delegates and board should retain the right to change the name, vote against amending the document. The name change article in the MCA's governing document is the only article that can be changed without a vote of the property owners. The developer, Brookfield, has said they will not veto a board recommendation. On October 4, 2021, the developer control period ends and after that the name can only be changed by a majority vote of property owners.

How was it decided that Stapleton property owners would vote now on whether to rename the community?

Last fall, Rename St*pleton For All (RSFA) put a slate of their supporters on the delegate ballot and two Rename supporters were elected as delegates. Since then, the MCA delegates and Board have had ongoing, sometimes contentious discussions on changing the name.

Stapleton is the *(continued on page 25)*

visit: FrontPorchNE.com > News > Stapleton Articles. To contact your community delegate, visit StapletonCommunity.com/MCA-info/community-delegates.

Should Stapleton

HISTORY

CHANGE NAME

Rename St*pleton for All – We are not asking people to erase history, but to acknowledge it. The DSST students who studied Mayor Stapleton's legacy chose to change the name of their school that bore his name. Their example inspires us.

Historians know there has always been opposition to the KKK in Denver. We stand with those who opposed the Klan with the values of their day, in the 1920s, 1990s, and today. In the 1920s, Denver's major newspapers and several public figures—including the district attorney and some members of City Council—fought the Klan's oppression.

In the 1990s, even before developers broke ground, many who knew the history behind the name "Stapleton" objected to its use. In response, in 2001, the Stapleton Development Corporation (SDC) Naming Committee recommended that places and neighborhoods in the community have other names, and that while "Stapleton" could be used for marketing purposes, it would eventually be dropped.

Eighteen years later, however, we see the name "Stapleton" everywhere because Forest City ignored the spirit of this policy by incorporating the word "Stapleton" as its brand. Voting to remove this name from a place of honor in our community is a way for us to correct course and honor the original vision of those who established the foundational values of our community.

Jamie Hodgkins – A very small number of people ever have places named after them. The people who get that honor have "pride of place" in our society for posterity. Should Ben Stapleton's actions give him "pride of place" in our community? How are we supposed to hold current leaders accountable if we as a city/community have decided that someone who actively worked with the Klan—and who never made amends for it, despite some people's claims—is the right guy to name our community after?

Rob LeBouef – While Benjamin Stapleton, for whom the former airport was named, was a savvy businessman and brought some positive changes to Denver, his involvement with, and loyalty to the KKK, is undeniable and makes inclusion a difficult concept to demonstrate as long as our community bears his name. As a resident and business leader in this community, I cannot turn a blind eye to history.

KEEP NAME

Harold Scramstad – I was trained as a historian. If we start holding everybody in the past to the almost unreasonable standards that we'd set for ourselves, almost nobody is going to measure up. We should keep the name and invest it with all the qualities that we want a community to be—that 100 years from now, people will say, "Stapleton, that was the experimental community that really worked very hard to get it right." Not, "There's a community that in a smug or self-satisfied way thought it was solving its problems of the future by changing its name, because that didn't really change anything."

Bert Singleton – Stapleton did a lot for Denver while mayor, including building Red Rocks amphitheater and the airport. He grew up in a racist community and to go against all that takes courage....he went from being a KKK member to inviting the NAACP to hold their national convention in Denver. Respecting Stapleton for making that change is a positive example for all our children. Do you forever condemn people for something from their past and ignore anything they do to improve the community?

Richard Caldwell – For an entire generation, Stapleton was an airport—it did not cause racial issues. It was the place the Space Shuttle landed on a 747; the Beatles, Nixon & The Rolling Stones landed. We all lined the fences to watch planes come and go, people from all backgrounds and races—and we got along fine!

Melinda Howlett – When I was 10 years old I visited the Dachau Concentration Camp Museum, there was a sign there to the effect of "So we never forget." It was probably the most moving, profound thing I have ever seen even 50 years later, the message being, if we do not keep these things, how do we learn from them?

Peggy Baack – Hundreds of thousands of place names would get the ax if some historical person did not measure up to today's standards. Anything named Washington or Jefferson would be just the start as both were slave owners. Besides that, this community is called Stapleton because this is where Stapleton Airport used to be, not because the developers wanted to honor Mayor Stapleton.

The Front Porch gathered opposing reasons through conversations, letters and social media (all social media names are used with permission). Rename St*pleton for All submitted the reasons to vote in favor of changing the name.



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Be Renamed?

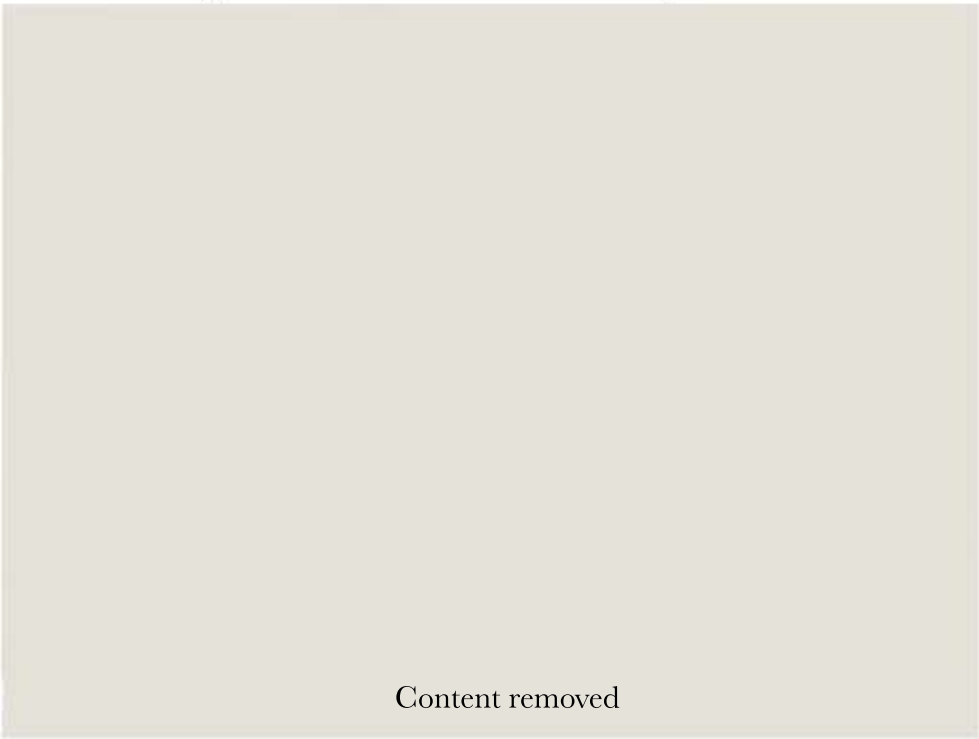
The community debates the question.



Rename St*pleton for All Board Chair Liz Stalnaker (below), at the June MCA Board meeting, along with Rename supporter Rebekah Henderson, respond to Delegate Amanda Tompkins Dorotik (right):

"This is an issue of inequity...When someone says a vote to keep the name is racist, [they're saying] it's upholding a status quo that is inequitable. When people have read Rebekah's comments, they're seeing it like a personal attack or accusation, but it's [about] structural systemic racism."

Henderson: "I'm not talking about bigotry and prejudice, I'm talking about things that are in place that make our country the way that it is."



MEANING OF A NAME

CHANGE NAME

Dana Steidtmann – Before moving to the neighborhood, the name conjured up memories from when I had flown out of the airport as a child. However, after moving here as an adult, I learned more about the history of the airport's namesake, Benjamin Stapleton. As I learned about his involvement with the Ku Klux Klan, I came to understand how hurtful the neighborhood name is, especially for people of color.

Now that we know better, let's do better! ... I wholeheartedly agree that we define our community. With that power, let us vote to let go of a name that is painful to so many and look forward to finding a name that ALL residents can celebrate.

KEEP NAME

City Councilman Chris Herndon – Today, the name is associated with the neighborhood's history as an airport and the vibrant community that has grown in its place. In my experience here as an African American man, Stapleton is a community that embraces and celebrates the diversity of the people who call it home.

Brittany L. – Nobody is refuting that racism still exists, but...small minds will not be changed by changing the name, nor does the name Stapleton hold any power to cause racism. Look at what has come out of this racist's name...a beautiful, multi-cultural, diverse neighborhood.

Bob Moore – Names don't make the community. People make the community. Names/words change meaning through the ages...Make it mean a 21st century community dedicated to diversity, initiative, kindness, and caring for ALL.

TAKING ACTION

CHANGE NAME

Shannon Collins – Dismantling a legacy of racism is complex and challenging, and I think this name change is something we can do to acknowledge the painful history of the community, while making a commitment to a more just future....Any community is [built upon] the decisions that we make and the priorities that we have. For me, this is an opportunity for us to make the community that we want to live in...I have a priority to invest in this community.

Dan Oltersdorf – I believe a bold move like this would make a statement that reflects the progressive approach most residents value and have a ripple effect in our community, bringing hope and taking steps to move us all in a more positive direction. Equally important to the outcome of this vote are the conversations and actions that have the potential to move us forward.

(More TAKING ACTION and comments on DIVISIVENESS are on page 25)

KEEP NAME

O'Neil Rudolph – Why don't we try to work towards fixing the core issue of institutional racism first? Why are people so focused on something so superficial? Changing the name of Stapleton is not going to do anything for people of color. All it's doing is making white people feel proud of themselves for doing what they see as charity work in the community.

Terry Whitney – It is the right kind of action that's important. I'd prefer to see people spending their time helping at schools where students really need the extra support.

Karin Harris – Why not focus on treating one another with respect? Volunteer. Help your neighbors.

Paul Fisher – It takes resources away from much more important neighborhood initiatives.

Visit FrontPorchNE.com to read pro and con letters to the editor on changing the name.



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Left: ERC recently opened its new 62,000sf, 72-bed state-of-the-art behavioral health hospital in Lowry to offer inpatient and residential treatment. The new facility offers medical, psychological and psychiatric care. Patients and staff shared insights that contributed to design decisions, ensuring that the new space supports recovery in every possible way.



Preventing and Treating Eating Disorders

Share Your Meal, Share Your Day

By Martina Will, PhD

Editor’s note: Per the 2017 revision to the Associated Press Style Guide, this story employs the gender-neutral singular pronouns “they” and “their,” which is the preference of the subject in this article.

“It was a slow suicide,” says Aims Babich, when asked about anorexia. “My eating disorder was not about being thin.” Babich talks openly about a lifelong struggle with mental health issues, beginning with



various self-destructive behaviors and attempted suicide in high school. In college, these tendencies toward self-harm manifested themselves in an eating disorder. “In my eyes, trauma was my eating disorder... I didn’t want to be in my body or be here.” Today, Babich exudes a serenity and quiet joy in complete contrast to this person they used to be; however, it took years to arrive at this place.

Anne Marie O’Melia, a Lowry resident and physician at the Eating Recovery Center


(ERC) in Lowry, says eating disorders are a complex mix of both medical and psychological factors, and may include a range of issues and personality traits. Among these traits are: sensitivity to change or conflict, difficulty being decisive, perfectionism, and being very driven. Personal trauma or loss are also common factors. Although more women than men receive treatment, O’Melia says preadolescents with eating disorders are evenly divided by gender, “with a strong overlap of autistic and obsessive-compulsive traits.”

For an eating disorder to manifest, says O’Melia, this genetic predisposition often combines with a social influence that triggers

it. “Culturally normal behavior like a diet or a health plan might click it on and the brain hijacks the individual; often, that first diet is the trigger.” “We do need to conceptualize this as a true



Above: The bathrooms were designed to allow a clean line of sight for clinicians. Left: The mirrors are made out of a material that is not glass to give an added layer of safety to patients. This material also causes some distortion that allows the image to become clearer the closer patients move to the mirror. In return this makes it challenging for patients to focus on their physical image.



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Left: Former patient Babich chats with Dr. O'Melia on one of the residential floors. "If you notice something, say it, regardless of the reaction," Babich advises parents. "There's a high chance your child could lash out or break down or say, 'Yes, I need help.' But just saying that you see what's happening is huge."

Right: Quotations from patients adorn many of the walls, including this one in a group therapy space. Patients selected the facility's artwork as well.

Below right and far right: Natural light enters the building through walls of windows along an enclosed patio. Patio access is controlled and secured, to prevent self-harm and protect patient privacy. To reduce noise throughout the building, architects employed sound baffles. In the community room, patients can socialize and work on jigsaw puzzles, a favorite activity



illness. There's a wide perception that this is something people choose. People never choose an eating disorder. These are temperamentally at-risk people and it is biologically driven as well...in anorexia about 75% of the risk can be traced to genes...the heritability of all eating disorders is as high as for any other mental illness...In fact, schizophrenia and bipolar disorder have a lower heritability," says O'Melia.

Sharing regular dinnertime and accompanying mealtime conversations is important, according to O'Melia. "This clearly reduces eating disorders. Share your meal. Share your day. Leave the tv off [during meals]."

Babich was admitted four times to ERC before really getting better. "I was doing all the things I was supposed to. For me, though, a big thing that kept me sick was that I wasn't out at all. I am gay and I also identify as nonbinary...trans people are four times more likely to suffer from an eating disorder at some point. If you feel like your body isn't yours, why would you want to be in it?...There are layers of complexity to this disorder," Babich says.

That complexity means eating disorders

may manifest in a variety of ways, including not only anorexia nervosa but also compulsive overeating and bulimia. As with most illnesses, the outcomes improve with early detection. O'Melia recommends initiating a conversation with your pediatrician or family physician if you have concerns, and suggests looking for common warning signs such as: avoiding activities because food will be present; being rigid about food or having "good" and "bad" foods; becoming obsessive or withdrawn. Furthermore, she says, families need to be intentional about the messages they send their children, and take care not to equate success with thinness.

"It's a slippery slope, and we want kids to develop values and goals quite separate from their appearance and size and shape," she observes. "Listen to your gut," O'Melia advises, "and don't wait for lab tests to get bad...a normal lab result is not necessarily reassuring in this population."

Babich says their family that did not have the skills or understanding to provide help; somehow, though, while careening toward a slow death that first semester in college, Babich had the self-awareness and strength to seek help. "You need to start conversations about mental health in general...normalizing therapy and normalizing mental health...and I think a really big indicator to show that

you care about your child's mental health is to take care of your own....Had I seen my parents go to therapy, I would have been much more open to therapy....Don't make it a punishment; make it a part of a routine," says Babich, when asked for advice to parents.

Many myths around eating disorders endure and may serve as barriers to people getting help. The National Eating Disorders Association (NEDA) website states, "Eating disorders have historically been associated with straight, young, white females; in reality, they affect people from all demographics and are not caused by any single factor." Eating disorders do not discriminate by ethnicity or race, but fewer people of color and men tend to seek treatment. O'Melia says another myth is that treatment is unaffordable and inaccessible. She says insurance pays for about 97% of treatment, and adds that "Full recovery is not only possible, it is expected."

ERC opened its flagship facility in Denver in 2008. According to ERC, it is the largest national eating disorder treatment provider,

with 30 facilities nationally. Fully 85% of its Denver patients come from out of state.

"The reality is, if you want to be here, you have to learn to be in your body. And that's where recovery comes in. I've lost people and friends in my life. I've almost lost my own life multiple times," says Babich, who now works with youth in the queer community, hosting holistic healing events and producing all-inclusive fashion shows that count ERC among its sponsors. "ERC was there when I was sick and they still are there, though I've been well for five years...they didn't just save my life in the moment."

For more information including screening tools, visit the NEDA website: <https://www.nationaleatingdisorders.org> or the ERC <https://www.eatingrecoverycenter.com/>

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By Martina Will, PhD

Contrary to what we all learned from that one *Friends* episode, having a friend pee on your jellyfish sting will not alleviate your pain. “No, that won’t do a thing,” says Heather Edwards, a paramedic and educator with Denver Health’s Paramedic Division. Edwards recommends vinegar or really hot water to denature the poison after a jellyfish sting. She is one of several Denver Health educators who combat myths like this while teaching kids real first aid at the Denver Fire Department’s annual firefighter camp at the Rocky Mountain Fire Academy near Northfield.

Denver Fire Department Captain Greg Pixley launched the camp four years ago as a way of exposing girls in particular to firefighting and other first responder career fields. Each summer, about 75 youth put out fires, cut up a car wreck, use an ax, climb ladders, and learn valuable CPR and first aid skills in this three-day camp. But beyond these hands-on skills, they see role models who look like them in a career they perhaps hadn’t considered, and learn leadership and teamwork.

It is teamwork that allows these children to manage and maneuver the cumbersome, heavy fire hose and direct an erupting blast of water at a fire. The charred building looks like a movie set, but these are not actors. They are kids aged



Left: Firefighter Sean Nielsen shows Miah Caro, 12, of Aurora, how to operate the nozzle. “I love getting to learn how to put out fires and stuff,” says Caro, who hopes to become a firefighter.

Below Left: Technician Joe Huth uses the “Jaws of Life” to cut into a crashed car.

Denver Firefight Empower



about 9-15 from around the Denver Metro area; one camp is co-ed and the other is girls-only. Funding from the City of Denver’s Office of Children’s Affairs, the DFD Foundation, The Hartford, and other sources ensures that the camp is free, a

bonus for parents. “I really want to empower girls and give them the knowledge that no matter what struggles they face in life, they can do anything,” Pixley says. He hopes the camp plants a seed for some of these participants, so that in the future, more young women will choose to be-

come first responders. Though Pixley’s vision was to give girls an opportunity to explore firefighting, he also offers a co-ed camp to allow boys to participate. The curriculum is the same in each camp, but he believes the girls-only space may empower some girls more. Both camps challenge kids to overcome their fears as they navigate an obstacle course or climb a truck’s fire ladder to enter a fourth-story doorway just as real firefighters do.

Edwards reflects on her own professional path: “I was a sophomore at Columbine High School during the 1999 shooting, and after completing high school, my first semester of college I took a first responder course. It was an elective to fill my schedule, but one that I picked with the thought that if I am ever in a situation like Columbine again, I didn’t want to feel so helpless. Everything about the course just clicked with me and I knew that I wanted to continue my education and become a paramedic.”

“Growing up, when you don’t see yourself represented in that demographic you think it’s not for you; but this is literally for everybody....I love the diversity...not all of our patients are white or men...it’s important to have diversity in our profession,” says Edwards.

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Above: Nielsen talks to kids about safety while a fire burns in the background. Kids shared their favorite aspects of the camp, including: "climbing stairs, the jaws of life, the food, the bucket race, and being dry."

er Camp: ing Kids

Edwards and other Denver Health paramedics and EMTs take the lead on one of the camp days to teach adult and infant CPR, first aid, and AED (automatic external defibrillator) use. Each child who successfully completes these individual components receives their certification in CPR, AED, and First Aid, a point of pride and a boon to their babysitting resumes. "We teach kids how to administer medicines like inhalers and epi pens, how to deal with heat exhaustion and hypothermia, and what to do if someone is choking," Edwards says.

Edwards would love to see more community groups and schools take advantage of the trainings that Denver Health offers. "In my ideal world, all high school sophomores and seniors would receive training, which certifies them for two years." She is motivated by statistics which show that "for every minute without CPR, a person's

chance of survival decreases by 7-10%." The minutes one might have to wait for first responders to arrive are critical. "With bystander assistance, a person's chances of survival increase by over 40%," says Edwards.

Pixley clearly loves what he does, and he sees the camp as a recruiting tool. "If I can get a young lady or young man and educate them at this point of their lives to understand that firefighting is a righteous career and has the opportunity for people to really enjoy their work, I can hopefully plant a seed."

Denver Health offers CPR and other trainings on-site and at their downtown education center, and will schedule private sessions for groups of 10 or more. For more information see: <https://denverhealthparamedics.org/community-education>.



Lt. Robbie Turner joins students in a tug of war using fire hoses.



Station 39 Is Open

Station 39, a nearly 13,000-square foot, \$9.4 million facility opened on May 31, 2019. It is home to one engine company with 12 fire fighters on staff. Shifts are 24 hours, with a crew of four on duty at all times. Staffing is expected to grow to 15 depending on call volume and community growth. Mayor Hancock, Denver Fire Chief Eric Tade, representatives from DPS and Denver Urban Renewal Authority were among the attendees at the opening ceremony.



Mayor Michael Hancock speaks at the opening of the fire station.

Denver Fire Department (DFD) Captain Greg Pixley said, "This facility will give us the opportunity to get to people in the area that much sooner; we were struggling to meet the national standards in terms of response time." He says the new site will allow the DFD to better reach their goal of being on the scene within 4 minutes of a 911 call, increasing the safety of the neighborhood. Station 39 was built to allow for future growth, including adding a fire truck or a specialty company. Fire trucks are equipped with ladders and equipment to rescue people; fire engines pump water and are usually the first to respond to a medical call. The station was constructed to be

as green and energy efficient as possible, says Pixley.

The fire station, located at 9150 E. 50th Ave., was built through the collaborative efforts of five partnering agencies: Brookfield/Forest City Stapleton, the Park Creek Metropolitan District, Denver Public Schools, the Denver Urban Renewal Authority, and the City and County of Denver.

Under Stapleton's tax increment financing (TIF), sales and property taxes that would otherwise go to the City of Denver and Denver Public Schools are being used to build Stapleton's infrastructure. Funds from the TIF, which spans a 25-year period ending in 2025, covered the construction of this fire station. Other public buildings in Stapleton funded by the TIF are Station 26 on Martin Luther King Blvd. and six school buildings in Denver Public Schools.



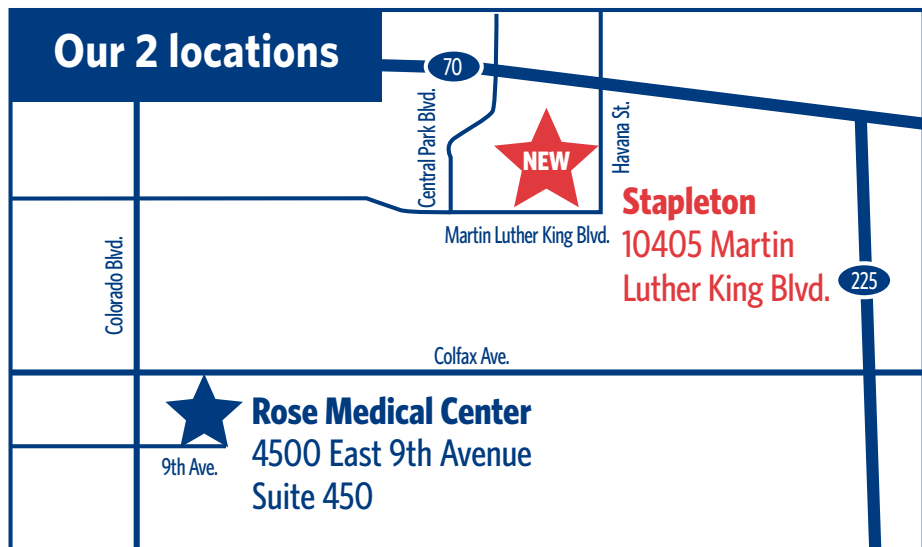
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By Carol Roberts

Stapleton's rail station is one factor that made Central Park Blvd. (CPB), from Montview to 36th Ave., a high priority location for one of Denver's eight high-comfort bike lane projects. More desirable bicycle access to the rail station has the potential to reduce the number of drivers along that stretch of road.

In addition, CPB could use some traffic calming measures. The existing bike lanes that adjoin traffic lanes visually widen the road for drivers, encouraging higher speeds. Moving the parked cars next to traffic and narrowing the vehicle lanes causes drivers to reduce their speed. Think about driving downtown where people are opening doors and getting out of their cars next to the traffic lane, explains Jacob Ojera, one of the engineers from RS&H who is working on the design of the bike lanes.

Ojera said the only people who will be unhappy about this are aggressive drivers. And a few parking spaces will be lost since no parking is allowed near intersections so bicyclists will be clearly



Making Central Park Blvd. Comfortable for Cyclists

visible. If drivers will just maintain the 30mph speed limit, traffic will move smoothly, he says.

The feedback from bicyclists at the meeting was positive, though they had plenty of questions and suggestions that they posted onto the wall maps of the existing and proposed bike lanes. One of the suggestions was to have some sort of physical separation of the bike lane, like a curb. The engineers agreed, but said funding will determine what it will be.

The Elevate Denver Bond Program was approved by voters in 2017 to enhance roads, sidewalks, parks, recreation centers, libraries, cultural centers, public buildings, health and safety facilities. It included \$18 million toward the design and construc-

For future meetings and more information, search for: **"Elevate Denver Bike Projects –2019-2020"** at denvergov.org. Plans for 8 high comfort bike lanes are listed.



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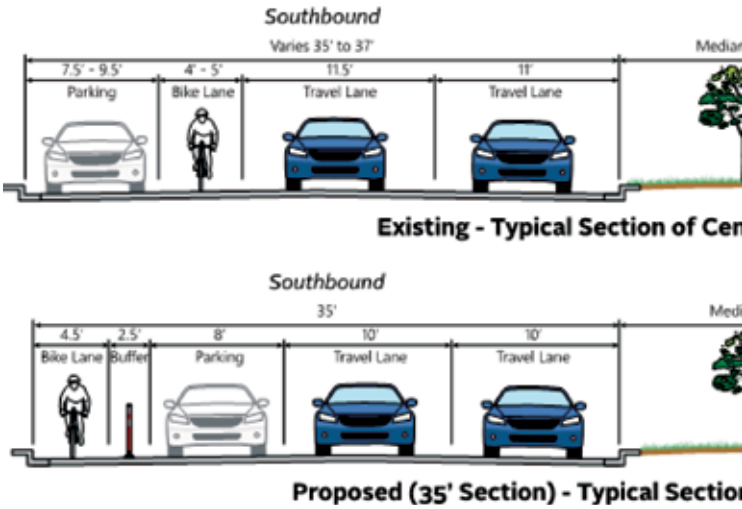
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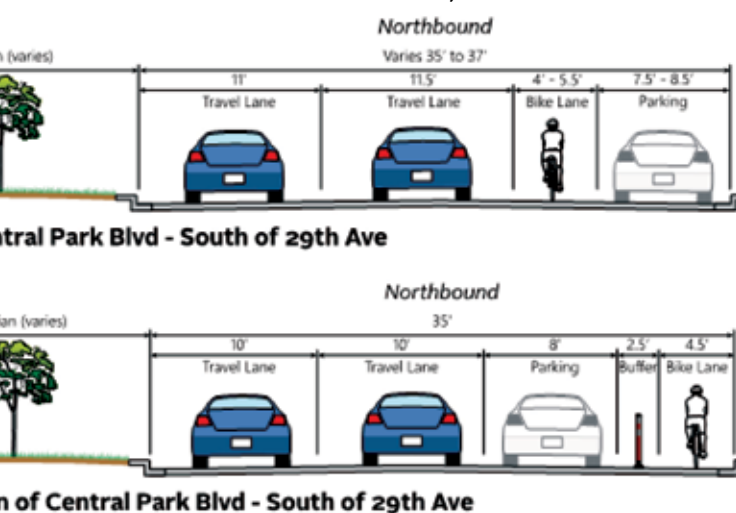
Top Left: On May 29, preliminary plans for a protected bike lane on Central Park Blvd. from Montview to 36th Ave. were presented at a public meeting at Central Park Rec Center. Participants were asked to contribute comments that are being considered during revisions to the plans. A late summer or fall meeting will be held for the revised plans to be shown.

Above: The graphic illustrates how a rider's comfort increases with greater separation from motor vehicles.

Left: Park Hill resident Nam Henderson and Stapleton resident Timothy Hilton discuss the plans



tion of 50 miles of bikeways citywide. Some of the goals of Elevate Denver are to increase households within one-quarter mile of high-comfort bikeways from 34.7% to 100% by 2030 and add 125 miles of bikeways from 2019 to 2023.



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July is Science-Fiction month, and this year marks the return of the 9th annual Science-Fiction Film Series. I host the entire six-week series, in conjunction with the Museum of Nature and Science (DMNS) and the Denver Film Society (DFS). The goal is to join art and science, explore the intersections therein, separate fact from fiction, and to discuss the relevance of Science Fiction in contemporary society. Science-Fiction is not necessarily aliens and space battles—much of the best recent Sci-Fi is set in the near future and tells us more about our current world rather than the future world. This month's column looks at the lineup, along with an HBO mini-series that is less

Science-Fiction and more Science-Horror. And unfortunately, that one is a true story.

The 9th Annual Science-Fiction Film Series

My late friend and colleague Brit Withey and I started this series 9 years ago to explore the intersections of art and science, and to bring that confluence directly to the community. The best part is the interaction with the community! All screenings start at 7PM and include pre- and post-screening discussions/Q&A. Check the DMNS or DFS websites for ticket info. I hope you can join us!



July 10: *Contact* (1997)

With space scientist Naomi Paquette at DMNS

The film is based on the popular book by Carl Sagan and features an all-star cast and crew, directed by Robert Zemeckis (*Back to the Future*, *Forrest Gump*) and starring Jodie Foster and Matthew McConaughey. It is big-budget, Hollywood filmmaking with a message. In addition to the story of aliens contacting Earth, we also get a healthy debate about science and religion. These are timeless issues—of course as relevant today as when the film was made—and also common themes in science fiction.



July 17: *Donnie Darko* (2001)

With space scientist Dr. KaChun Yu at the Sie Film Center

The cult favorite directed by Richard Kelly and starring (a young) Jake Gyllenhaal tells the story of a troubled teenager who has dark visions of a near-future event. Set in the 80s with a wonderful soundtrack from the era (Gen Xers rejoice!), the film blends mental health concerns with a multitude of 80s cultural issues. This will be a fascinating evening.

July 24: *Get Out* (2017)

With Dr. Ella Maria Ray (MSU Denver Africana Studies) at DMNS

The breakout film from debut director Jordan Peele follows a young black man whose white girlfriend takes him to her parents' upstate N.Y home for a weekend visit. He eventually uncovers a sinister plot in the village that combines race, science, and a myriad of contemporary issues in this Sci-Fi-Horror mix that will leave you guessing and ultimately, shocked.

July 31st: *Jurassic Park* (1991)

With paleontologist Dr. Joe Sertich at DMNS

The big-budget blockbuster from Steven Spielberg not only tackles interesting science but it was also one of the most important and influential films of the last 30 years, changing the way films are made. Join us and find out about both aspects!

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August 7: *Prospect* (2018)
With space scientist Dr. Steve Lee at DMNS

This small-budget independent film might be the opposite of *Jurassic Park* but it is no less intriguing. Set in the future on a distant moon, it follows a young girl (an eye-popping Sophie Thatcher in her debut) and her father as they



mine gems in a poisonous surface environment. Peppered with familiar actors, this film gets to the essence of Sci-Fi and how it addresses the central question of what it means to be human.

August 14: *Eternal Sunshine of the Spotless Mind* (2004)
With Dr. Nicole Garneau at the Sie

This quirky and energetic film written by Charlie Kaufman (*Being John Malkovich*) and starring Jim Carrey and Kate Winslet (both with brilliant, off-character performances) concerns a couple who wish to have portions of their memories erased after a breakup. The premise sounds absurd on paper but the result is a wonderful film where everything works. This should be a lively discussion.



Chernobyl (HBO)
This miniseries tells the true story of the 1986 catastrophic nuclear accident that not only killed thousands and left a large swath of Earth contaminated and uninhabitable, but it may also have been the reason for the collapse of the Soviet Union—according to Mikhail Gorbachev. The story—buried for years and still murky—is captivating, horrifying, and heart-breaking enough, but the production is first-rate and elevates the material to artistic levels that help us understand both the science and politics as well as the human toll.

The British production, with English accents that some may find disjunctive, is particularly well-acted with a visual poetry that finds the right balance between melancholy and horror. The editing serves to balance some of the dense scientific

discourses with the tense dramatizations of actual events. The images can be brutal and visceral, and the politics are just as unsettling. In the end, it is comforting to know that such governmental shenanigans are restricted to the Communist Soviet Union of the past. I can't imagine a current, democratic regime engaging in any comparable insidious behavior.

You will like this if you enjoyed *The Cove*, *Blackfish*, and/or *When They See Us*.
Now playing on HBO.

Vincent Piturro, Ph.D., is an associate professor of Cinema Studies at Metropolitan State University of Denver. He can be reached at vpiturro@msudenver.edu. Follow "Indie Prof" on Facebook for updates about film events and more reviews.

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Clockwise from Left: A visitor at the soft opening on June 13 navigates the ropes course; Manager Todd Vander Weit (left) and Co-Owner Mike Lapp are pictured by the Spin Zone (bumper cars); kids try to maintain their balance on the Battle Beam; Wipeout challenges players to stay in the game by avoiding the spinning cushioned bar.

Fly, Climb, Jump, Balance *and more*

By Martina Will, PhD

A veteran of corporate America, Mike Lapp says he always liked the interactive games and team-building exercises that his company would organize for employees. His new venture invites businesses and individuals to engage in teambuilding on a really grand scale. Lapp is co-owner of the new Stapleton Urban Air franchise that opened mid-June.

Urban Air includes more than your standard fare of trampolines and dodgeball, though you will find “Pro Zone” performance trampolines here as well as basic trampolines. A Warrior Course mimics the type of challenge you might see on an episode of American Ninja Warriors. The Battle Beam pits you against a friend or neighbor on a

balance beam, with each player attempting to knock the other off the beam and into the pit of foam cubes. Arguably the central attraction is the Sky Rider Coaster, a sort of zip line that allows you to fly through the interior about 30 feet above the crowd, while harnessed by your back. Bumper cars, a ropes course, climbing walls, a tubes playground, as well as soft play areas and trampolines with designated toddler-only spaces offer something for everyone.

For adults who prefer to sit on the sidelines, Urban Air includes comfortable couches, massage chairs, and a variety of local beers and wines. Once you’ve had a grown-up beverage, however, don’t expect to get on the Sky Rider Coaster or another ride, as drinking and riding are verboten. A café includes path-of-least-resistance kid fare like pizza and chicken fingers;



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more sophisticated options including sandwiches and local coffee will soon be added to the menu. Lapp is in conversation with corporate headquarters about offering healthier local foods, either as specials or regular menu items.

Urban Air's maximum occupancy is 699, and Lapp says. "Our goal is not to have limitations on time. We'd like to let people play as long as they like, and we'd never limit admission." Manager Todd Vander Weit will adjust staffing based on the number of visitors to Urban Air, with safety the top priority, according to Lapp. Lapp hired 91 employees to staff the massive space and ensure that they can always call in additional staff as needed.

"I'm one of the few serious-looking grownups here," he says. "We hired a lot of high school kids, and we have a great team....some of the 14-year-olds are our best workers: they take a lot of ownership and really engage with customers."

Recognizing that for many of his employees this is their first job, Lapp arranged with Key Bank (which provided financing in the form of a Small Business Administration loan), to offer a financial seminar for staff. Key Bank will share a general discussion on personal finance and offer guidance on how to manage funds and expenses.

Entrepreneur magazine named Urban Air among the top new franchises in the U.S. in 2019, and Lapp is opening a second one in Texas as soon as that construction is completed. He shares a commitment to the community, though, and has deep roots in Denver. He and his wife owned the Village Cork restaurant downtown for 15 years, and he is committed to doing fundraisers and events to benefit nonprofits moving forward. "We absolutely want to be giving back to the community," he says.

Urban Air offers both day passes and memberships, with prices starting at \$7.99/month for just the trampolines and increasing as one adds attractions. Height restrictions apply to several rides. Urban Air is located at 9550 East 40th Ave., between Central Park Blvd. and Havana. Detailed pricing options, waivers, and other information can be found at: <https://www.urbanairtrampolinepark.com/locations/colorado/stapleton>



Above: Visitors use swings, rings and other hanging devices to cross above a sea of balls in the Warrior Course. Below: Davasia Goers, who just 3 months ago received a kidney transplant, climbed to the top of the pillar and jumped in the Leap of Faith attraction.



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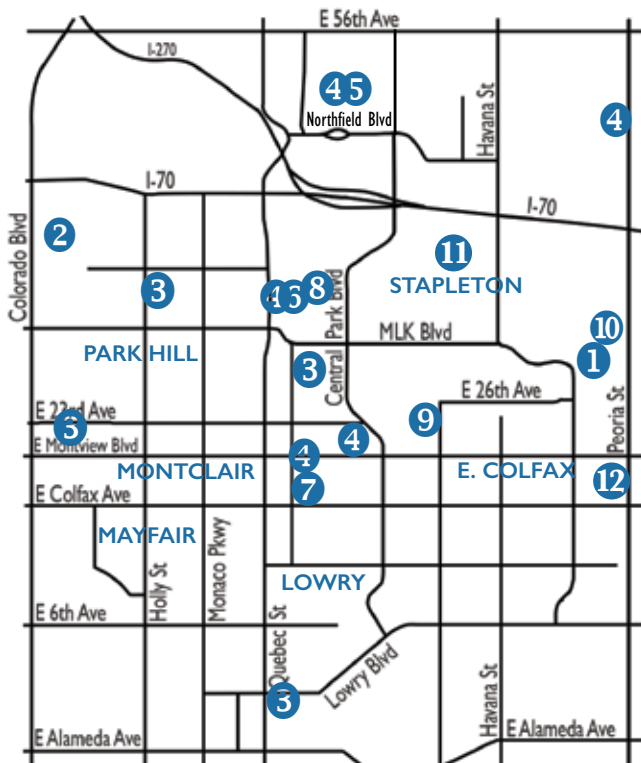
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...NE News Updates



By Martina Will, PhD, Carol Roberts and Madeline Seibel Dean

1 MLK Extension to Peoria

The MLK extension project remains on schedule for a November 2019 completion, according to Tasha Jones of Brookfield (the developer of Stapleton). The MLK and Moline bike routes are 10-ft wide, concrete, off-street, multi-use paths located on both sides of the road. The north side route is a shared route with the 12-ft wide Sand Creek Regional Trail along the Bluff Lake Frontage from Iola Street to roughly Moline Street – where users have an option to continue using the Sand Creek Regional Trail along Sand Creek or continue adjacent to the MLK roadway on a 10-ft multi-use path to Peoria Street (see graphic at FrontPorchNE.com).



MLK Extension to Peoria

2 Park Hill Golf Course Sale Announced

A June 21 announcement that the 155-acre Park Hill Golf Course will be sold to a developer has raised a thorny issue with strong feelings on both sides. Should the land remain exclusively as open space, as former mayor Wellington Webb is publicly calling for, or should some portion of it be used for housing and local amenities?

Clayton Early Learning, which manages the land to produce income to serve low-income children, announced on June 21 that it had reached an agreement with Westside Investment Partners and the deal is expected to close July 11. The city paid \$2 million in the 90s for a conservation easement to restrict development on the land. Letters from Clayton and Westside posted in Denverite indicate Clayton filed to terminate the conservation easement agreement.

In email correspondence Clayton told the *Front Porch*: The conservation easement remains in place and will convey with the sale of the property. The golf course manager, Arcis, had a right of first refusal to purchase the property, but Westside negotiated a deal to acquire that right from Arcis. And no terms of the sale were available.

3 Bike Repair Kits at Denver Libraries

Check out a bike repair kit for two hours with a library card, which you can get instantly if you don't have one. Each kit contains basic tools to repair tires or adjust your ride: • One dual-valve pump with pressure gauge for inflating tires • One set of Allen and 15mm wrenches for minor adjustments • One adjustable wrench for minor adjustments • One set of tire levers to remove/replace a tire • Tube patches, sandpaper and glue for patching a hole in a tube • Illustrated instructions (English/Spanish) for fixing a flat tire.

4 Free Summer Meals for Kids

The Summer Meal Program provides free breakfast and lunch at more than 50 schools, 5 days a week, for all children under the age of 18 regardless of race, color, national origin, sex, age, or disability. Adults can purchase breakfast for \$2 and lunch for \$3.50. Find locations, dates and serving times at: <http://foodservices.dpsk12.org/summer-meal.php>, or text "FOOD" to 877-

877 to get locations. Visit kidsfoodfinder.org to find non-DPS school sites that are serving summer meals.

5 High Tech Ele. Gets New Name: Willow Ele.

High Tech Elementary School has decided on a new name beginning with the 2019-20 school year: Willow Elementary School. This summer, the school will be undertaking a complete rebranding, with new name, logo, website, signage and more. The name change was necessitated when a California-based network of charter schools called "High Tech High" cited trademark infringement. A renaming ceremony is planned for 5-5:30 p.m. on Aug. 16 at the school, and will include a willow tree planting ceremony on the grounds.

6 Denver Discovery School Update

The DPS Board of Education approved Denver Discovery School's (DDS) innovation plan in June. The reimagined DDS will center on "building positive school culture for students and staff, as well as building academic systems that support rigorous instruction. Educators will also work to institute



GEO Detention Facility, Aurora

a Project Based Learning model that allows students to experience interdisciplinary connections and real-life relevance of content areas," according to Will Jones, DDS. Student enrollment in mid-June was 173, including 35 incoming

6th graders. Jones declined to share information on teacher retention, which has been a concern at DDS in the past.

7 Housing Planned for Old Strip Club on Colfax

Two empty lots and a former strip club will increase low-income housing availability along E. Colfax Ave. Denver Economic Development & Opportunity (DEDO) confirmed that Mercy Housing Mountain Plains will lease the land at 8315 E. Colfax (the defunct PT's strip club) and an adjacent lot at 1500 Valentia to develop a property with 83 income-restricted apartments. Mercy intends to lease the ground floor to an affordable early education provider.

An empty lot at 7900 E. Colfax Ave. near Trenton, will become home to those suffering from brain injuries, with priority to those experiencing homelessness. Brothers Redevelopment, Inc. (BRI) will build a 72-unit building for the Brain Injury Alliance of Colorado (BIAC), which plans to provide not only housing but on-site services.

Both developments are slated to open in 2022. Developers and DEDO will share project details at the East Colfax Registered Neighborhood Organization meeting, July 16, 2019, at 6:30 p.m. at Counterpath, 7935 E. 14th Ave.

8 Retail Construction: Sprouts & Beeler Park

Construction is underway at two new retail centers in Stapleton. A Sprouts grocery store with an additional 12,000 square feet of retail is being built between 35th and 36th avenues on the west side of Central Park Blvd.

The Shops at Beeler Park is under construction at 56th and Central Park Blvd. The project by Evergreen Development (which developed the Eastbridge Town Center) will include a gas station, a car wash, dental offices, Paw N Play (a pet boutique) and Box State Barbers. Other leases haven't been finalized.

9 New Stop Sign at Dayton and 25th

In May, the City of Aurora switched the location of two STOP signs at 25th and Dayton, leading to some unhappy business owners and drivers who had hoped for a 4-way stop at the intersection. Julie Patterson of the City of Aurora said by email, "the city requires certain traffic volume criteria be met per the federal Manual on Uniform Traffic Control Devices for an all-way stop to be warranted. Data collected in the study indicated that the traffic conditions at that intersection do not warrant an all-way stop at this time."

10 Vigil about Inhumane Detention Practices

Despite rainy weather, about 200 community members attended a vigil at the GEO detention center in Aurora on June 21 as part of a national day of action. Participants sought "to make clear our unwavering commitment to defend human decency." They brought shoes as symbols of those who have died in detention or in the desert trying to reach the U.S. Activist Gloria Leyba said, "Abuses against migrants cannot be normalized. Our voices honor the dead and join in fury against inhumane practices." The GEO facility located 1.5 miles from Stapleton was among several cited for safety violations in the June 2019 Inspector General's report. Violations included: expired food; segregation practices that violated standards and infringed on detainee rights; failing to provide outdoor recreation space; prohibiting contact visits. The full report is posted on our website with this article. For background see <https://frontporchne.com/article/immigrant-detention-center-next-door-accountable/>

11 Parents Group Forms to Discuss School Safety

On June 6, a group of parents concerned about school safety met in the Sam Gary Library for the first time. The group calls itself Parents for School Safety and is apolitical. They discussed multiple avenues to combat the problem of school shootings. More specifically, they focused on immediate school safety measures like metal detectors and security guards. They also discussed the challenges



Parents for School Safety

facing behavioral and mental illness distinction and treatment in schools. Additionally, they spent some time discussing the possibility of working with the Moms Demand Action School Safety subgroup. In the end, they decided to focus on small-scale and immediate solutions. The group will meet again in August. Their current goal is to learn about what legislative progress is being made in school safety and school security by hearing from speakers. Interested people should contact Rachel Baumel at rkbaumel@yahoo.com.

12 Low Income Housing Opens at 17th and Peoria

The Paris Family Apartments, a 39-unit development for income-eligible families at 1702 Paris St. in Aurora, hosts an opening ceremony on July 12 at 10am. The new facility includes two- and three-bedroom units, and those with income levels up to 50% of the area median income, including those with housing vouchers, are eligible to apply for a unit. Residents will have access to a host of on-site wraparound services including after-school tutoring, mentoring, job training, and employment assistance. Brothers Redevelopment Inc., (BRI), which specializes in affordable housing, built the \$13 million development.

...City & State News Updates

KG Vaccinations Fall Dangerously Low in Colorado

In June, Gov. Jared Polis signed Executive Order B2019 006, which seeks to increase Colorado's kindergarten (KG) immunization coverage rates by instructing the Colorado Department of Public Health and Environment (CDPHE) to "work with communities with low immunization rates to determine root causes, identify local strategies, and provide educational information about vaccines." The Executive Order came on the heels of a failed effort in the state legislature during the last session, to make it more difficult for parents to opt-out of vaccinating their children. In June, CDPHE released data from the 2018-19 school year showing a decline in KG vaccination rates for 4 vaccines in Colorado, including MMR, Hepatitis B, Polio, and Chickenpox. Statewide, KG vaccination rates for these diseases and DTaP are well below the 95 percent threshold needed to prevent an outbreak. For more information, see frontporchne.com/article/vaccinations-choice-others-children/

July and Early August Events

For Summer camp offerings, search our online calendar under the category Summer Camp Guide (or any secondary categories: arts, sports, etc.) at www.frontporchne.com > Events > Upcoming Events or check out our February camp guide: frontporchne.com/article/2019-front-porch-guide-summer-camps/

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

NE DENVER/NW AURORA EVENTS

Every Sunday thru 8/4—City Park Jazz. City Park Pavilion, 1700 N.York St. 6–8pm. Go to cityparkjazz.org for this season's bands.

Every Thursday thru 8/29—Park Hill Farm & Flea. A Thursday Night Market featuring local makers, food purveyors and more. Every Thursday this Summer in the Oneida Park. 4–9pm. parkhillfarmandflea.com, 2231 Oneida St.

Every Thursday thru 8/29—Free Summer Music Series at Stanley. On the West Patio from 7–9pm. stanleymarketplace.com

Every Friday thru 8/30—Stanley Farmers Market. 9am–1pm. In the Southeast Plaza. stanleymarketplace.com

7/4 to 8/13—Sistine Chapel Reproductions. Open daily at The Hangar at Stanley. \$16 for general admission; \$12 for seniors, active military, and students with valid ID; and \$10 for groups of 10 or more. Same-day tickets available. chapelsistine.com. 2501 Dallas St., Aurora.

7/4 Thursday—Truck Stop: Food Truck Rally. Small-bite offerings, local craft beer, cocktail selections and a soundtrack of local music at Stanley Marketplace in Aurora with shade and seating. All day. truckstoprally.com

7/7 Sunday—2019 Women's World Cup Finals Watch Party. Dicks Sporting Goods Park, Free event. 8:30am. 6000 Victory Way, Commerce City. dickssportinggoods.com

To 7/7 Aurora Summer in the City. 11am–2pm. Free, fun events at various Aurora park locations – for exact dates and locations, go to auroragov.org/events

7/11 & 7/25—Knitting Circle. 5:30–7:30pm. Bring your knitting or crochet project and join other crafters. denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

7/12—Summer Street Jams at Northfield. The Shops at Northfield Stapleton. northfieldstapleton.com

7/16 Tuesday—Greater Stapleton Business Association Monthly Meeting. 8am. An association of businesses in the Stapleton area whose purpose is to support each other and our neighbors. stapletonbusiness.com, 7350 E 29th Ave, Ste 300.

7/18 Thursday—Park Hill Golf Course Citizen's Advisory Committee (PCAC) Meeting. Regarding the future of the Park Hill Golf Course land. 6–8pm. At the Clayton Early Learning Center Campus, Training Center Building L-3975, 3801 Martin Luther King Blvd.

7/20 Saturday—10th Annual Stapleton Beer Festival. Free concert and ticketed festival includes tastings from over 40 breweries. stapletoncommunity.com

7/21 Sunday—Sam Gary Literary Book Club. 2pm. July Title: anything you want! denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

SEASONAL/HOLIDAY EVENTS

7/2 Tuesday—Rockies vs. the Houston Astros at Coors Field. 6:10pm. Fireworks display after the game. mlb.com/rockies

7/2 Tuesday—Four Mile Historic Park's Old Fashioned July 4 Celebration. 5–10pm. Old-fashioned games, historic demonstrations, live music, horse-drawn wagon rides and more. Free entry. Stay and watch the Glendale fireworks. 715 S. Forest St., 720-865-0800, four-milepark.org

7/2 Tuesday—Glendale Fireworks Show. One of the largest and oldest displays in Denver. Starts at dusk. For best parking and viewing info, go to milehighonthecheap.com/denver-fourth-of-july/

7/3 Wednesday—Independence Day Eve Celebration. FREE concert by Colorado Symphony. Light & fireworks show. Denver Civic Center Park. civiccenterconservancy.org

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 > Events

7/4 Thursday—Stapleton Pancake Breakfast and Parade. Annual Independence Day breakfast & parade. Founder's Green. Supporting the Stapleton swim team and Stingrays. stapletoncommunity.com

7/4 Thursday—10th Annual Park Hill 4th of July Parade. Floats, music, classic cars, community groups, costumed characters and more! The parade runs along 23rd Ave. from Dexter St. to Krameria St. parkhill-parade.org

7/4 Thursday—Aurora 4th of July Spectacular. 6–10pm. Aurora Municipal Center, 15151 E. Alameda Pkway. live music, fireworks at dusk. auroragov.org

7/4 Thursday—Colorado Rapids vs. New England Revolution. Fireworks after game. coloradorapids.com

7/4 Thursday —Denver Outlaws vs. Chesapeake. 7pm. Sports Authority Field. Fireworks after game. denveroutlaws.com

7/4 Thursday —Elitch Gardens. Fireworks at dusk.

7/4 Thursday —Evergreen 30th Annual 4th of July Celebration. Music festival, art show, free kids' activities. 10am–7:30pm. Tickets \$15 for 19 and over, \$5 for 13–18, 12 and under free. Evergreen Lakehouse. evergreen-musicfestival.org

METRO EVENTS

Various Mondays—Movie Madness at Infinity Park. Free, gates open 6:30pm, movies start at 7:30. 7/1–Wizard of Oz, 7/15–Coco, 7/26–Lego Movie 2, 8/12–Princess Bride. Infinity Park, Glendale. Details at: infinityparkat-glendale.com

Weekends thru 8/4—Colorado Renaissance Festival. Larkspur. coloradorennaissance.com

7/5 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

7/5 to 7/7—Cherry Creek Arts Festival. cherryarts.org

7/7 Sunday—Candyland Community Pool Party. Candyland-themed pool party at the Staenberg-Loup Jewish Community Center outdoor pool. All welcome including non-members. jccdenver.org. JCC, 350 S. Dahlia St.

7/12 to 7/14—Colorado Black Arts Festival. 33rd annual celebration of African American art and culture, free and open to the public. City Park West. colbaf.org

7/12 to 7/14—Colorado Irish Festival. Irish music, dancing, drama, storytelling, games, food/drink. Littleton, Clement Park. coloradoirishfestival.org

7/13 Saturday—Drums Along the Rockies. 6:30pm. Sports Authority Field at Mile High. Tickets: ascendperformingarts.org

(continued on page 20)



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METRO EVENTS (cont'd from page 19)

7/13 Saturday—Denver Dumb Friends League Catwalk. 21 and older beer tasting event at the Quebec Street Shelter. Tickets \$25. 6-9pm. 2080 S. Quebec. 303.751.5772. ddfl.org

7/19—Best of Open Stage. A showcase of five artists, chosen from previous open stages. Free event, all ages. 7pm. Swallow Hill Music, Tuft Theatre, 71 East Yale Ave. swallowhillmusic.org

7/19 to 7/21—Denver County Fair. Goat yoga, unicorns and petting farm. Carnival rides, games and more! Grounds admission tickets starting at \$10. denvercountyfair.org, National Western Complex, Denver

7/19 to 7/21—Slow Food Nations. Workshops, tastings, tours, kids' activities. Select events are free, open to public. Various locations: Larimer Square, Union Station, Tattered Cover, etc. slowfoodnations.org

7/20 to 7/21—Evergreen Summerfest. Family-friendly festival of art, crafts, music, and adult beverages. evergreenarts.org

7/25 to 7/28—Arapahoe County Fair. Arapahoe County Fairgrounds, Aurora. arapahoecountyfair.com

7/25 to 7/28—Buffalo Bill Days. Wild West show, car show, mutton bustin', arts/crafts. Parfet Park, downtown Golden. buffaloilldays.com

7/26 to 7/28—Denver Post Underground Music Showcase. Weekend pass \$50. 400+ bands play in 30+ venues. theums.com

7/26 to 7/28—Evergreen Jazz Festival. 18th year, 5 stages. evergreenjazz.org

7/27 to 7/28—Colorado Dragon Boat Festival. Races, marketplace, food & entertainment. Denver's Sloan's Lake Park. cdbf.org

To 10/12— Free composting classes. Wednesdays and Saturdays thru mid-Oct. Classes at Denver Compost Demonstration Site, Gove Community Garden, 13th Ave. and Colorado Blvd. Sign up: 303.292.9900 or dug.org/compost.

HEALTH, WELLNESS, FITNESS

Wellness Wednesdays 07/03, 10, 17 & 24 – Summer@DEN. A different class each week from 11:30am-12:30pm. On the Denver International Airport open-air plaza, between the terminal and the Westin. flydenver.com, 8500 Peña Blvd.

7/7 Sunday—World Soccer Celebration 5K. 8am, Dick's Sporting Goods Park. dickssportinggoodspark.com

7/13 Saturday —Sand Creek 5K, 10K, Half Marathon. Stapleton Central Park, 6am. featonthestreet.com

7/13 Saturday —5K Panda Run. 8581 East Lowry Blvd. ocacolorado.org

7/13 Saturday—Barre on the Rocks. Red Rocks, 7-8am. \$20. Tickets at redrocksonline.com

7/20 Saturday—CF Climb Denver. Sports Authority Field at Mile High Stadium. Stair climb benefits Cystic Fibrosis. 8am. cff.org/rockymountain/

7/28 Sunday —Bubble Run. FREE. Like running through Willy Wonkas' factory. Great Lawn Park, 101 N Yosemite St. bubblerun.com

7/28 Sunday—Dash for Smiles 5K Walk/Run. Benefiting the cleft lip and palate programs in Colorado. Stapleton Central Park. dashforsmiles.org

To 8/1—Adult Early Morning Swim Conditioning & Lap Swim Upgrade. 5:30/6am-7am - Masters. 9am-10/11am - LSU. Our instructor-led adult programs offer two areas of concentration: Masters Swim and Tri-Training. stapletoncommunity.com. Stapleton pools.

8/3 Saturday—Run for the Ring 5K & Kids Fun Run. Supporting The Guild of the Children's Diabetes Foundation. childrensdiabetesfoundation.org. Anschutz Medical Campus, 1775 Aurora Ct, Aurora

To 8/27—Learn To Row Youth Program. 13-18 years. Mile High Rowing is offering Learn to Row Programs, morning & afternoon sessions available for 13-18 at Cherry Creek Reservoir. MileHighRowing.org, Creek Reservoir, Greenwood Village.

KIDS AND FAMILIES

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

Every Tuesday until 7/30—Tiny Trails at Four Mile Historic Park. Ages 5 and under with parent or caregiver. Activities always include story time and craft. \$5 or free to members. 10am, 715 S Forest St. fourmilepark.org

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

Storytimes! At Bookies. Every Tues. 10:30am, Sat. at 4pm. Free. The Bookies Bookstore, 4315 E. Mississippi Ave. 303.759.1117, thebookies.com

7/3 to 8/24— Denver Puppet Theater. The Day It Snowed Tortillas. 3156 W. 38th Ave. denverpuppettheater.com

7/6 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

7/8 Monday—Animal Expeditions with Denver Zoo. Learn about different habitats by exploring the world and learning about animals' food, water, shelter and space. denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

7/9 Tuesday—Crafternoon: Galaxies on Plexiglass. 2-3pm Be a space adventurer and create your own galaxy. All ages welcome. denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

7/10 Wednesday—Family Film Night. An adventurous night of Disney magic with family and friends! jccdenver.org. Staenberg-Loup Jewish Community Center, 350 S. Dahlia St

7/13 & 7/24—Family Tour. 10:30-11:30am. Designed for ages 5-10 with a caregiver. Features games, interactive looking, and an art project to take home. Clyfford Still Museum, 1250 Bannock St. clyffordstillmuseum.org

7/15 Monday—Connie Elstun's Funny Bunny Magic Show. 3-3:45pm Magic show starring rabbits, doves, and participants from the audience! Ages 5-12, with an adult. denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

7/22 Monday—We Are All Composers. 3-4pm. Introducing the basics of music composing while building positive self-awareness & strengthening self-confidence. Ages 5-12. denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

7/23 Tuesday—Little Wings: Let's Be Astronauts. 9-10am. Kids 2-4 with adult. Learn the difference between flying and gliding. Wings Over the Rockies Museum. wingsmuseum.org

7/25 Thursday—Family Concert with Andrew & Polly. Fun original songs and classic favorites that are smart, quirky, and full of heart. jccdenver.org. Graland Country Day School, 55 Clermont St.

7/30 Tuesday—Crafternoon: Painting on Canvas. 2-3pm. Discover your inner artist and create a painting on canvas. denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

8/1 Thursday—Family Concert with Mikey Pauker. Join the JCC Denver's Camp Shai, 5:30pm. jccdenver.org. Graland Country Day School, 55 Clermont St.

To 8/10—Denver Public Libraries Summer of Reading. Free activities, suggestions for summer reading, incentives for Denver kids, 3 age groups. FREE.. summerofreading.org

LECTURES, CLASSES, INFORMATIONAL EVENTS

7/11 Thursday—Active Minds: Leonardo Da Vinci. 1-2pm. Inventor, artist, scientist, engineer, architect, philosopher and more. Leonardo da Vinci was a true "Renaissance Man." denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

7/13 Saturday—Midcentury Design: A Closer Look at the Denver Art Museum. Three-session summer course for a deeper look at "Serious Play: Design in Midcentury America." denverartmuseum.org. 100 W. 14th Ave. Pkwy.

7/18 Thursday—Active Minds presents: Eleanor Roosevelt. Her life and the impact it had on important causes such as human rights and the successful launch of the United Nations. 2-3pm. jccdenver.org. Jewish Community Center, 597 S Clinton St.

7/25 Thursday—Active Minds: Railroads. 6:30pm - 7:30pm We will bring the story all the way up to the present, discussing current freight and passenger train issues and opportunities. All aboard! denverlibrary.org. Sam Gary Branch, 2961 Roslyn St.

8/2 or 8/9—Women-only Self Defense Class. Learn practical techniques using effective strikes to defend yourself in close and mid-range attacks. These techniques will prepare you to recognize and prevent potentially dangerous situations. 6-8pm. \$55. buytickets.at/rep. The Bar Method, 8370 Northfield Blvd. Ste. 1760.

8/4 Sunday—Mother & Daughter Self Defense Class. Learn practical techniques using effective strikes to defend themselves in close and mid-range attacks. 4-6pm. Recommended ages for daughters 8+. \$40/person. buytickets.at/rep. Aviator Park East, 8054 E. 28th Ave.

MUSEUMS

To 8/4—Our Senses: Creating Your Reality. Free with general admission. Denver Museum of Nature and Science. dmns.org

To 8/9—Beer Here! Brewing the New West. More than just a tale of ale, this is a story of Colorado—told over a



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few beers. History Colorado, 1200 Broadway. historycolorado.org

To Labor Day—Kids Free Summer! Kids 18 and under get free admission. History Colorado Center, 1200 Broadway. historycolorado.org

To 8/25—Serious Play at the Denver Art Museum. Presenting the concept of playfulness in postwar American design as a catalyst for creativity and innovation. 100 W 14th Ave Pkwy. denverartmuseum.org/exhibitions/serious-play

7/5 Friday—Cultural First Fridays – Cultural First Friday: Life con Frida. 5-9pm. Museo de las Americas. museo.org

7/6 Saturday—Cockpit Demo Day. 10am–2pm, Wings over the Rockies Museum, Lowry. wingsmuseum.org

7/16 Tuesday—Mindful Looking at the Denver Art Museum. An installation of 10,005 tiny paintings, drawings and sculptures in Eyes On: Jonathan Saiz. denverartmuseum.org. 100 W. 14th Ave. Pkwy.

7/18 Thurssday— Margaret Brown’s Birthday Party. Casual garden party will include live music, lawn games, punch, and cake. 6-8pm. Admission: \$20, must be 21+. Molly Brown House Museum, 1340 Pennsylvania St. Register at mollybrown.org

8/1 Thursday—Colorado Day at History Colorado Center. Celebrate Colorado’s birthday with music, dancing, food and free admission. historycolorado.org

MUSEUM FREE DAYS

Monday–Friday—The Money Museum. Closed week-ends and bank holidays. 1020 16th St. kansascityfed.org

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

7/2 Tuesday—Denver Museum of Nature & Science SCFD Free Evening. From 5–10pm. 2001 Colorado Blvd. dmns.org

7/2 Tuesday—The Children’s Museum Free Day. mychildsmuseum.org

7/2 Tuesday—Chatfield Farms SCFD Free Day. 8500 W Deer Creek Canyon Rd., Littleton. botanicgardens.org

7/6 & 8/3 Saturday—Denver Art Museum Free SCFD First Saturday. Free general admission tickets are available on-site starting at 10am. Free for kids 18 and younger every day. Denver Art Museum, 100 W 14 Ave Pkwy. 720-865-5000, denver-artmuseum.org

7/10 Wednesday—Botanic Gardens SCFD Free Day. Free until 9pm. 1007 York St. botanic-gardens.org

7/18 Thursday—Plains Conservation Center SCFD Free Day. Noon–4:30pm. 21901 E. Hampden Ave., Aurora. botanicgardens.org

8/3 Saturday—Urban Farm SCFD Free Day. Open to the public for self-guided tours. 10am–1pm. theurbanfarm.org. 10200 Smith Rd.

PERFORMANCE/THEATRE

7/5 to 7/14—The Acro-Cats. Real cats doing real tricks. Bug Theater, 3654 Navajo St. circuscats.com

7/6 to 7/27—Building the Wall. In a dystopian tale that harkens George Orwell’s 1984 and the Nazi regime, Building the Wall is a terrifying and gripping exploration of what happens if we let fear win. curious-theatre.org. Curious Theatre, 1080 Acoma St.

7/11— Colorado Symphony presents Mozart Under Moonlight. 7:30pm, outdoor amphitheater: covered and lawn tickets. Arvada Center, 6901 Wadsworth Blvd. arvadacenter.org

7/12 to 8/18—Emma. A romantic comedy. Vintage Theatre, 1468 Dayton St, Aurora. vintagetheatre.org

To 7/13—Cinderella Eats Rice and Beans: A Salsa Fairy Tale. Aurora Fox Arts Center, 9900 E. Colfax Ave, Aurora. aurorafoxartscenter.org

To 7/20—well, by Lisa Kron. Friday/Saturday 7:30pm, Sunday 2pm. John Hand Theater, 7653 E. 1st Pl. firehousetheatercompany.com, 303-562-3232

7/26 Friday—Realities and Fictions: An Evening of Magic with Max Davidson & Scotty Wiese. Realities and Fictions will challenge you to re-define your paradigms concerning what is real. ticketfly.

com/event/1843677. Soiled Dove Underground, 7401 E. 1st Ave.

7/26 to 8/17—William Shakespeare’s Richard III. By Lost and Found Productions, at the John Hand Theater, 7653 E 1st Pl. facebook. com/LostnFoundProductions/

8/4 Sunday—Law and Disorder. One Night Stand Theater, 7pm at Vintage Theatre, 1468 Dayton St. in Aurora. onenightstandtheater.org

To 8/4—Crowns. A gospel musical. Vintage Theatre, 1468 Dayton St, Aurora. vintagetheatre.org

VOLUNTEER OPPORTUNITIES

8/3—Sand Creek Greenway Volunteer Work Days. For more info, email cgarwood@sandcreekgreenway.org or to sandcreekgreenway.org/upcoming-volunteer-opportunities/

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

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

Single Volunteers of Greater Denver. Volunteer, not-for-profit singles group to meet others and assist nonprofit organizations for events/activities. www.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., St. 720-460-1393

Cultural Exchange
Be a Host Jul 26 – Aug 26
Host an Up with People cast member and participate in a month-long cultural exchange. All families, from young to empty nesters, are welcomed. Just provide a place to sleep, some meals, and limited transportation. Contact Staging@upwithpeople.org or at 303.990.0626. upwithpeople.org.

Northfield Safety Expo Aug 3
Bringing the community together to promote police-community partnerships, the Safety Expo will be held from 10am–2pm at The Shops at Northfield Stapleton on Main Street. 7950 Northfield Blvd. Call 720-913-1417 for more info.

Apollopalooza July 13 – 20
Wings Over the Rockies is celebrating the 50th anniversary of the Apollo 11 moon landing with more than 60 presenters, including an Apollo astronaut. For full schedule of events and to purchase tickets, go to wingsmuseum.org/events/apollo/

Japanese American Baseball Experience – July 27
Well-known and respected Japanese baseball historians will revisit historical events and discuss current developments in Japanese-American baseball. 3:30–5:30pm at the Colorado History Museum, 1200 N. Broadway, Denver
More info at: ballparkmuseum.com



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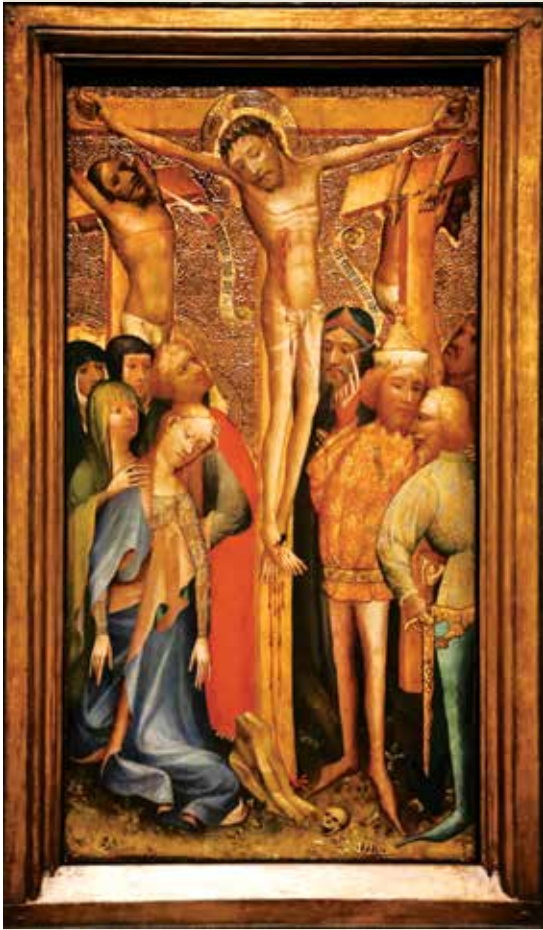
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Left: *The Crucifixion*, about 1395. This painting of the crucifixion dates from a time when England was Catholic, before Henry VIII started the Church of England.



DAM Director Christoph Heinrich in front of *The Radcliffe Family*, about 1742, by Thomas Hudson. The 8.5 X 13.5-foot painting depicts a wealthy merchant family on their estate.

By Laurie Dunklee

“These paintings are windows into 500 years of British history and culture, from before the time of Henry VIII to the 19th Century,” said Kathleen Stuart, curator of *Treasures of British Art: The Berger Collection* at the Denver Art Museum.

The paintings, ranging from the 1400s through the late 1800s, tell the stories of the personalities and events that shaped a nation over the course of five centuries. The 60 paintings were given to the museum by the Berger Collection Educational Trust in 2018 and are the largest gift of European old masters to the DAM since the 1950s. Included are portraits, religious images, landscapes and sporting scenes by the greatest artists of the British school: Thomas Gainsborough, Thomas Lawrence and John Constable. Also on display are works by non-British artists who spent time in Britain, including Ameri-

cans Benjamin West and John Singer Sargent.

The Tudor-era portraits include the earliest-known depiction of Henry VIII as king. Recent research on the Tudor portraits concluded that the Henry portrait is one of seven stylistically similar royal portraits that were likely painted by the same Netherlandish artist. Dendrochronology (tree-ring analysis) has determined that five of these were painted on wood from the same tree.

The Crucifixion, painted about 1395, is a rare survivor of the destruction of religious art under Henry VIII after the Catholic Church refused to annul his first marriage, Stuart said. Henry’s rejection of the Roman Catholic Church and establishment of the Church of England became part of the Protestant Reformation that rejected the pope’s control over many aspects of life—including the right to divorce without papal approval.



A *Coastal Landscape*, about 1782-84 by Thomas Gainsborough, inspired by Dutch painters. Gainsborough may have invented this scene in his studio.

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Left: *Henry VIII*, about 1513 by a Netherlandish artist. A slender, beardless Henry, when the king was about 22. This painting remains in its original wooden frame, a rare circumstance.

Near left: *Edward, Prince of Wales*, about 1538, by Hans Holbein. Henry VIII's son became Edward VI, crowned at age 9.

Right: *Alice Barnham and her sons Martin and Steven*, 1557. The wife of a London merchant had her own silk production business.



500 Years of British Art

The 1500s and early 1600s saw the emergence of the middle class, a big societal change. “Merchants were having themselves portrayed,” said Stuart. Alice Barnham (shown in painting at upper right) was the wife of a London merchant who had her own silk business. “She could read and write, which was unusual for a woman of her time. It was an important shift.”

The 1700s brought the landed elite. “Families were becoming richer through international trade and they were erecting enormous country houses,” Stuart said. “The wall-size *The Radcliffe Family* (1742) shows their property in the background, a practice that encouraged the rise of landscape painting.”

Landscape painting took off with wealthy people commissioning scenes of their travels, Stuart said. “At first, painters copied Italian landscapes, but then they focused on natural scenes in Britain. They began painting what was in front of them rather than from memory.”

Rosina Ferrara, Head of a Capri Girl, 1878, is an intimate portrait by American John Singer Sargent of a girl he met on Capri, off the coast of Naples, when he was 22. “She was his muse,” said Stuart. “The painting is in oil

but it’s on cardboard, suggesting he painted it on the spot, at one go.”

Into the 1800s, the paintings depict England’s widening colonial world, including exotic backgrounds and non-native animals. “It was the end of Britain’s isolation,” said Stuart.

Ownership of the collection allows the DAM to oversee expert research on the paintings, building on what is known about them and boosting the DAM’s educational mission. “We’re now on the map in a bigger way,” said Stuart.

Scholarly research undertaken by curators and conservators at the Yale Center for British Art and others has led to discoveries about when these works were painted, and by whom. “By employing state-of-the-art imaging techniques—digital x-radiography, infrared reflectography, ultraviolet fluorescence and x-ray fluorescence—the researchers uncovered new information about the artists, sitters and processes used to create some of the oldest and most important paintings in the collection,” Stuart said.



Rosina Ferrara, Head of a Capri Girl, 1878, by John Singer Sargent. “At 22 his brilliance was evident,” said Stuart.

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Restructuring SUN's Monthly Meetings

- Building community culture around increasing inclusivity, celebrating diversity, and promoting kindness,
- Sustainable neighborhoods program – weaving these principles into all RNO function,
- Getting the word out and collecting feedback: how to reach all residents, and hear from all residents,
- Supporting healthy infrastructure, healthy minds, and healthy bodies,
- Safety and conflict prevention, resolution, and connection with mediation services, and
- Connectivity to surrounding communities.
- Committees with work related to that theme will discuss ongoing or planned efforts.



Food Bank Support at SUN's Monthly Meetings

For direct drop-off at Counterpath (7935 East 14th Avenue, Denver): donations are accepted during the ECNA monthly meetings, held every third Tuesday of the month at Counterpath, with donations also accepted there on Fridays from 3-5pm. Direct drop-offs at other times can be arranged by emailing Eastcol-faxneighborhood@gmail.com or counterpath@gmail.com.



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SUN is seeking to shift the spring day of reflection to occur in the fall, and to partner with local schools and other organizations to bring more minds and bodies into the planning process. For 2019, targeted dates include the range September 14-22. Tentative talks have included partnership with the Student Government at Northfield High School for events at schools on weekdays. Planning discussions are taking place around efforts in community building around a culture of kindness, inclusivity, and diversity. If you are interested in participating in SUN's efforts to promote community reflection or are part of an organization that would be interested in partnering in these efforts, please contact: StapletonUnitedNeighbors@gmail.com

Officer elections and committee chair appointments took place at the June SUN board meeting. For 2019-20, SUN officers remain the same as the previous year: President Amanda Allshouse, Vice President Geoff Horsfall, Treasurer Bryan Penny, and Secretary Mark Mehringer. Committee chairs of Transportation are Carol Hunter and Rick Leuthold. Additionally SUN plans to investigate the application process to the Vision Zero program with the City of Denver. Education chairs Jea Arzberger and Geoff Horsfall plan to host a Denver School Board election forum in the fall. Inclusivity, Diversity and Kindness chairs Mandle Rousseau and Jeff Ederer plan to host fall days of reflection. Outreach and Communication chairs Tally Lawing, Mandle Rousseau, Bryan Penny and Damon Knop plan to improve on SUN's efforts in getting word to and collecting feedback from all residents and community organizations in the community. Sustainability chairs Mark Mehringer and Geoff Horsfall will continue planning and carrying out programs, and encouraging grass-roots participation in Denver's Sustainable Neighborhoods Program. Safety and Conflict Resolution chairs Jeff Barron and Ben Whitney plan to continue SUN's strong partnership with the Denver Police Department, and to promote conflict avoidance and peaceful resolution. Park space chair Tally Lawing will be working with Denver Parks and Rec as a liaison for projects and needs within the community.

Sign up for emails from
SUN at www.StapletonUnited-Neighbors.com
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July 2019

Front Porch – NE Denver

Ballot Q&A

(continued from page 6) largest neighborhood in Denver, and the airport was named Stapleton 75 years ago. The majority of community delegates and board decided property owners, not the delegates and board, should decide whether the community moves forward with a name change. If the vote is in favor of a change, a process for finding agreement on a new name would then commence. RSFA's preference would have been to have more community discussions and education before having a vote.

How is this different than the vote last year?

The vote that took place a year ago, in May 2018, asked if the name of Stapleton United Neighbors (SUN) should be changed to Central Park United Neighbors. Voting was in person only at the SUN meeting, and open to all owning or renting a home in Stapleton, Denver. The number of ballots cast was 452, out of over 8,000 households. To pass, per SUN bylaws, it needed 66% in favor. The outcome was 58% in favor, so SUN's name remained the same. This MCA vote will differ from last year's SUN vote and past MCA delegate votes in that it will be a secret ballot but numbered to represent the property.

(continued from page 7)

MEANINGFUL ACTION

CHANGE NAME

Rename St*pleton for All
 – Many of us who are devoting our energy to this problem also devote ourselves to other ways of making our communities, schools, families, and earth stronger. This issue is not a distraction, but is a natural part of our values.
 People of color were the first to raise the outcry about applying the “Staple-ton” name to this development more than 20 years ago. Many of our own members are people of color, in addition addition to white and mixed-roots allies. Listening to our neighbors’ concerns, taking them seriously, and acting accordingly are the first requirements of achieving the truly inclusive and equitable community we all want.

KEEP NAME

Melinda Howlett – The cost will be upwards of \$300,000, not to mention what it will cost businesses. If we are going to spend this kind of money, I would love to see us pull together as a community and do something that could really make a difference in people’s lives.
Bert Singleton – When I look at our nation today, we are facing really serious issues that will affect us and our children and grandchildren, including damage to the environment because of rollback of environmental rules, rollback on the rule of law—that should be our focus. Why focus on this when there is so much else?
Danny Brown – I will choose to save the funds to do real things to help our community. With a special assessment to make the changes...hundreds of thousands of dollars...I think we can creatively find better places to spend our money!

DIVISIVENESS

CHANGE NAME

Rename St*pleton for All: Opinion is indeed divided, but the division is not new. It traces back decades. However, we are proud that tolerance and inclusivity are foundational ideals of this community. Actively working toward those ideals can sometimes be uncomfortable, and it takes honesty and courage to move forward.
 Today, we all want all voices to be heard. There are a number of reasons people oppose the name change. Thankfully, deliberate racial exclusion is not a common one. Our goal is to unite the community behind a new name that is unburdened by links to the overt bigotry of the past.
Brooke Lee: To my friends and neighbors who have made an effort to learn about experiences other than their own with an open heart and mind, I thank you. Our conversations about diversity and what real inclusion looks like have helped us understand each other more deeply and intimately. This has been the silver lining of the debate thus far.... We have more work to do beyond the name change. But today, we can right this wrong together.

KEEP NAME

Ron Adams – I am most disturbed by the tactics of the group “Rename Stapleton for All (RSFA).” Their goal is to accomplish the renaming of our community by any means necessary. They have been pushing the delegates to vote for a name change without input from residents. Did you know they vigorously fought this very ballot process that gives you your voice?
Bert Singleton – I live in an income-qualified townhouse and there are many others, as well as a lot of middle class people. They’re trying to paint us in the worst possible light as wealthy White racists, intentionally trying to keep Blacks out. I am concerned that the decision on eliminating the Stapleton name from our community is being controlled by a small group of individuals, including some who don’t reside in Stapleton.
Brittany I – It seems that Rename Stapleton planned a hostile take over to force their beliefs and wants/needs on everyone in this community. That’s just not the way things should be done or the way good people should think. That’s bully mentality.
Richard Caldwell – Sounds like rename is an effort by a few to impose their ideals, and if you disagree they call you intolerant.



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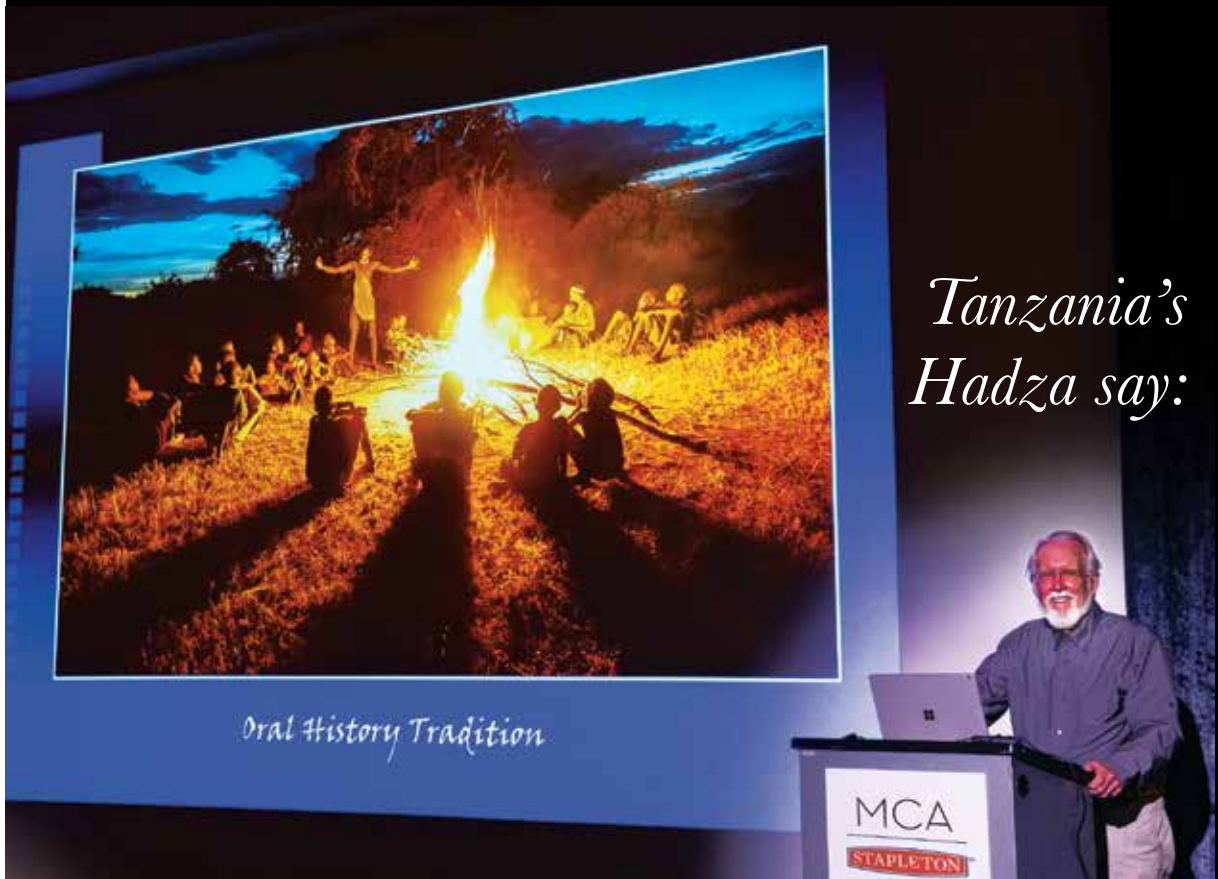
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Left: As a part of the Denver-wide Month of Photography in March, Mike Holtby gives a presentation on visual story-telling with photos from his February trip photographing the Hadzabe hunter-gatherer tribe in Tanzania.

Tanzania's
Hadza say:

"We Think You're Lost"

They have no written language, no modern healthcare, no money, few possessions—and they see us as “lost” because of our overstimulation, distractions and isolation.

By Martina Will, PhD

Mike Holtby determined years ago he wanted to center his life on “great adventures,” as he calls them. Rather than acquire “stuff,” Holtby collects experiences, inspired in part by his years as a psychotherapist working with a predominantly gay male population caught in the throes of the AIDS epidemic. The tenuous nature of his patients’ lives, as they confronted what was at the time a death sentence, continues to serve as a potent inspiration to Holtby. A deep love of life and the many ways people choose to live informs his photographs of the Hadza (or Hadzabe), nomadic hunter-gatherers who live in northwest Tanzania.

“We don’t want to change our way of life...we think you’re lost,” says Holtby, paraphrasing the view of modern society that



Left: Shakwa, the camp’s leader, with his son.
Below: N’Oye with his ever-present bow and arrows.



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The Hadzabe women's fire at dawn.

Holtby hopes the photographs will increase appreciation for Hadza culture and by raising international awareness, perhaps help protect them from further land loss by neighboring pastoral groups.

As in many traditional cultures, gender roles are clear. Women and girls gather water, forage for food, and build huts; the women also determine when it's time to move. Men and boys hunt with the bows and arrows they make, relying on game like baboons and impalas, according to Holtby. In reality, though, the majority of the diet is plant-based, with berries, tubers and other edible plants, along with honey, forming the basis of their diet, according to anthropologist Frank Marlowe, PhD. "When neighboring tribes have suffered from famine, the Hadza have endured, because they know where to find food," says Holtby.

Holtby says the Hadza move about six times a year, their relocation dictated by the need for water and berries and other staple foods. Ironically, tourism may in part be what sustains foraging practices for some Hadza, according to Marlowe's research. He writes, "In reality, at least during the dry season when tourist travel is possible, some

Hadza receive enough money from the tourists that they can buy maize to live on, and only forage when the tourists show up and want to go on a walkabout."

"I came to really respect them," Holtby says. "They have such a great sense of community....They don't value possessions. They value relationships." The same could be said of Holtby, as suggested by his photographic work. It spans the globe and reminds one of our common humanity, no matter the dress, faith, or lifestyle. Even the title of his ongoing project, "One Planet, One People," captures this vision. Holtby's travels have taken him to 44 countries, and he's not finished yet. This summer, he will visit Canada, Uganda and Switzerland in pursuit of more great adventures.

To learn more about Holtby's trip to Tanzania, visit: <https://jimmynelsonfoundation.com/projects/the-hadzabe/> and Holtby's blog at <http://www.hadzabe.org>.

Holtby welcomes opportunities to talk to educational groups about the Hadzabe culture. Contact him at holtby@denverphotography.com. View Holtby's photography at: <https://www.denverphotography.com>.

the Hadza shared with him, through an interpreter. This communal and egalitarian society, Holtby says, does not value private property, and does not want modern technology or even farming to interfere with their values and traditions. As an example, Holtby shares a photo with colorful beaded jewelry hanging from a tree limb. Whoever wishes to adorn themselves can wear it, according to Holtby. He recalls seeing the same dress on different women over the course of his visit with the tribe, an acknowledgment of the few possessions tribal members have, and the communal nature of their society.

Holtby and two other photographers were invited to join Amsterdam's Jimmy Nelson Foundation on this photographic journey that gave them rare access to the Hadza people in Tanzania this past February. The Foundation's mission is to create a visual record of ethnic minorities around the globe. Reminiscent of Edward Curtis' early twentieth-century work documenting Native American populations in the U.S., the Foundation funds photographic expeditions to "promote positive visibility and appreciation for indigenous cultures."

Holtby, a Stapleton resident, counts himself among Curtis' admirers, even dedicating a page on his website to Curtis. Unlike Curtis, though, he avoids formal portraits and prefers to take candid photos, even while recognizing the inherent tension outsiders with cameras introduce, especially in a community that rejects modernity. "I really value the connection to people," he says, though he does his best to be unobtrusive. In some of his images, Hadza children take photos of each other with bright blue Nikon (a trip sponsor) cameras, suggesting their engagement with the process of capturing their own likenesses.

The Hadza tribe numbers between 1,300-1,500 according to the NGO Minority Rights Group International (MRG). They live near Lake Eyasi along the Rift Valley and were long regarded as backwards and needing assimilation—first by the British colonial authorities and after independence by the Tanzanian government. In 2011, however, bowing to activists' pressure, the Tanzanian government issued the tribe communal titles to some lands, according to MRG.



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