

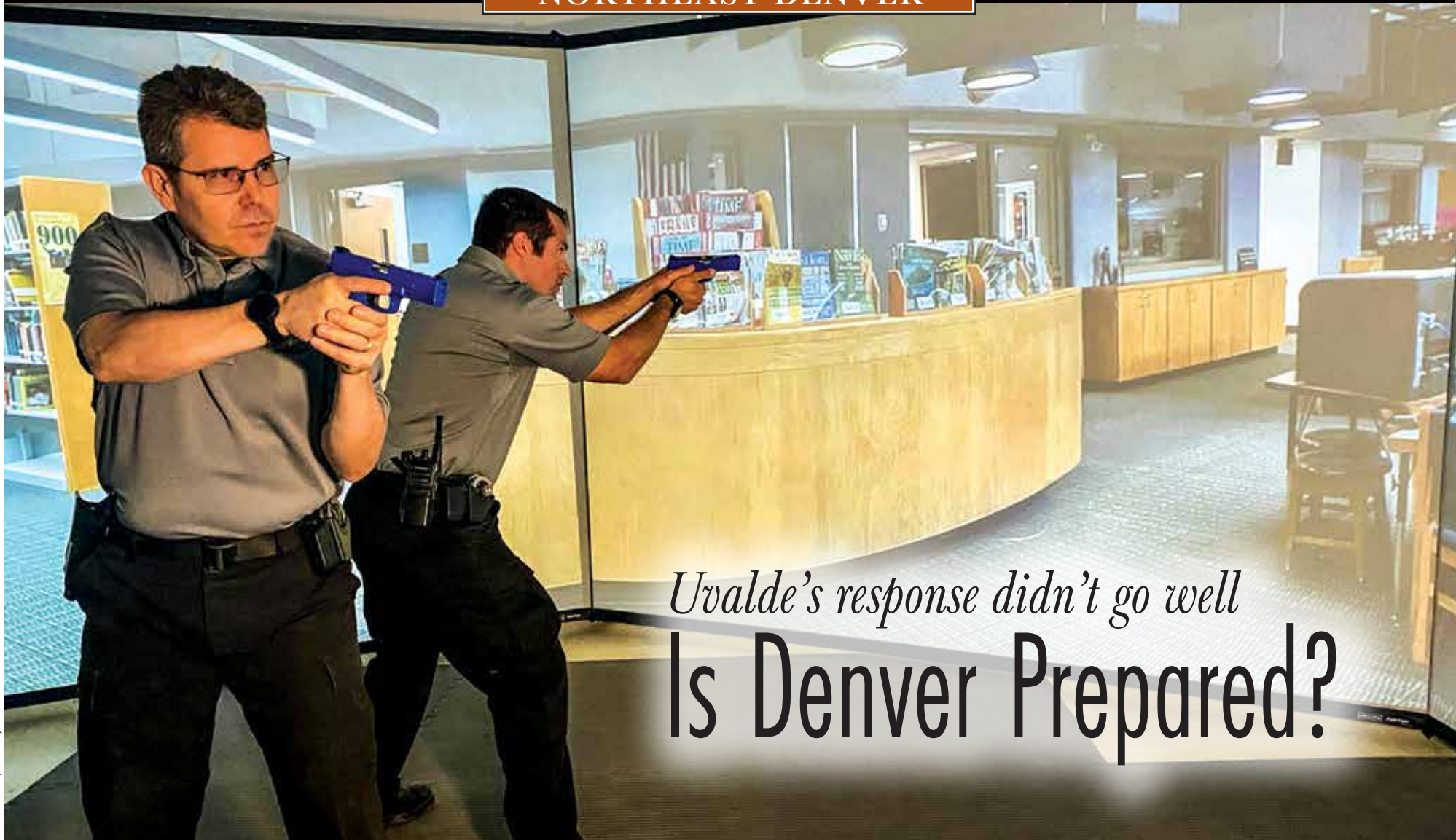
Front Porch

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JULY 2022



Uvalde's response didn't go well Is Denver Prepared?

Using the VirTra V-300 simulator at the police academy, officers (Sergeant Eric Knutson in the foreground and Technician Dan Marsh in the background) are confronted with scenarios that resemble an active shooter situation to reinforce both single officer training and a team approach.



New Spaces For NE Churches and the communities they serve

Journey Point Church currently holds services in a former restaurant at the Shops at Northfield. Story by Mary Jo Brooks on page 4.

Magic Mushrooms Potentially a Magic Cure?
Story by Mary Jo Brooks on page 6.

Given the delayed police response in Uvalde, Texas, we asked Division Chief Ron Thomas about Denver Police Dept's readiness for a school shooter. He points out, among other aspects of their training, the importance of doing it *regularly* to "keep our skills fresh." DPS likewise carves out time for regular drills. Melissa Craven of DPS acknowledges that such drills can create stress, but believes it's better to help kids deal with stress "than have them be in a situation where they don't know what to do." Story by Colette Czarnecki and Carol Roberts on page 8.

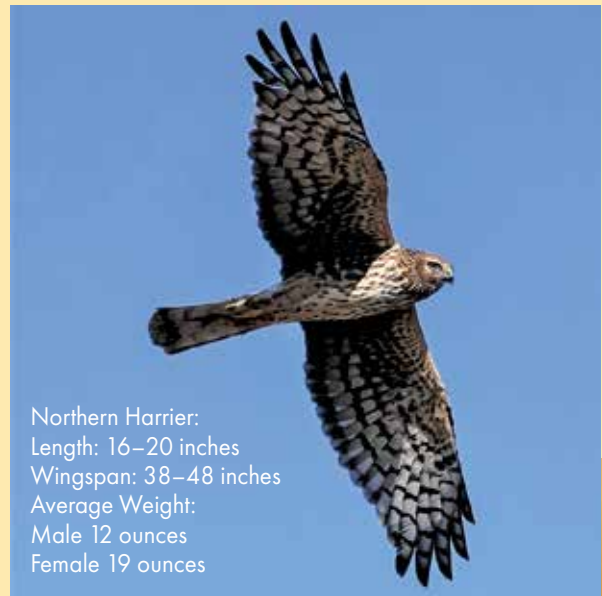
It's Summer! Indulge Your Taste Buds



Julia Anderson, of Congress Park, cools off with some butterscotch ice cream on the patio at Nuggs Ice Cream in Park Hill. Check out our guide to local, independent Northeast Denver ice cream, gelato and sorbet shops. Story by Courtney Drake-McDonough on page 14.

Bird Sightings

Generously donated by George Ho



Northern Harrier:
Length: 16–20 inches
Wingspan: 38–48 inches
Average Weight:
Male 12 ounces
Female 19 ounces

Northern Harrier

The Northern Harrier is a slim, long-tailed hawk gliding low over grasslands or fields with a white patch at the base of its tail. The males are gray-and-white and the females are brown and larger. It has an owl-like face that helps it hear mice and voles beneath the vegetation. Northern Harriers hunt mostly small mammals (95%) and small birds.

The eye color of both sexes changes gradually to lemon yellow by the time they reach adulthood.



The Northern Harrier has the longest wingspan and tail relative to its body size of any raptor occurring in North America.

They are one of the few raptors known to practice polygyny, in which one male mates with several females. Up to five females have been known to mate with one male in a season.

American Goldfinch

The American Goldfinch is a small finch with a short, conical bill and a small head, long wings, and short, notched tail.

Adult males in spring and early summer are bright yellow with black forehead, black wings with white markings. Adult females are duller yellow beneath, olive above.

Goldfinches are among the strictest vegetarians, selecting an entirely vegetable diet and only inadvertently swallowing an insect.

American Goldfinch:
Length: 4.3–5.5 inches
Wingspan: 7.5–8.7 inches
Weigh: 0.4–0.7 ounces



Adult male American Goldfinch

Goldfinches are easy to find throughout North America, except in deep forests. They are most abundant in areas with thistle plants or near bird feeders.



Left: Two juvenile American Goldfinches flank an adult female American Goldfinch.

Bird Walks

July 2 & August 6. Two options: 7:30–10am or 8–10am (choose a 2-hour or a 2.5-hour walk.) Both walks are free but you must RSVP at www.blufflake.org/birdwatching. All are welcome. Bring your own binoculars, or use one of their pairs. 11255 MLK Blvd. Search FrontPorchNE.com for “Bird Sightings” to see all the past bird stories and photos from George Ho.

Front Porch

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
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New Spaces For NE Churches *and the communities they serve*

By Mary Jo Brooks

More engagement with the community is a priority for three Northeast Denver churches—and they are in the midst of some major changes to their physical spaces to reach that goal.

Montview Boulevard Presbyterian Church in Park Hill is just finishing a 2-year renovation of its 112-year-old building. The project upgraded basic infrastructure, increased accessibility, and improved meeting and performance spaces. Co-pastor Ian Cummins says the original architecture of the church was always intended for use by the wider community, but many of those spaces had fallen into neglect over the years. A centerpiece of the renovation was updating the two historic areas that had served as sanctuaries before the present-day large sanctuary was built. Those renovated spaces are more conducive for smaller weddings, neighborhood theater productions, musical recitals, art shows, and even candidate forums during election

years. “It’s important that churches aren’t just for church members but that they are enmeshed in the neighborhood as a resource for the whole community,” says Cummins.

From the outside, one of the most visible changes is a modern steel-and-glass “bridge” that makes the choir loft accessible for people with mobility issues. Cummins says he hopes the modern addition helps convey the idea of the church serving as a beacon. “It’s a symbol of the light in this church going out into the world and being a positive force in the wider community.” Montview Church plans to hold a neighborhood celebration in the renovated spaces later this fall. A community theater production of “The Wizard of Oz” will take the stage in the renovated Miller Center in September.

GO Church, which was established in the Central Park neighborhood in 2016, had been meeting in the Willow Elementary School until the COVID-19 pandemic hit. Like many churches, it was forced

to move its services onto Zoom and Facebook Live. When the pandemic began to ease, Denver school buildings were still closed for community use, so Pastor Nick Calloway had to search for a new venue. He found it at the Shops at Northfield in a space that had formerly been a jewelry store and a bike store. He says the unconventional space has both benefits and drawbacks. “I think we do get visibility and some church visitors that we wouldn’t get otherwise,” says Calloway. “But the space is too small and it’s complicated to make improvements. Our children’s program is in a separate space from where we worship, so I miss seeing the kids every Sunday.”

The 400-member, nondenominational church is about to get a major upgrade. It has purchased land at Runway 35 North, near where the In-N-Out Burger restaurant is scheduled to open. Building plans have been drawn, a developer has been hired, and a capital campaign will begin this fall. Calloway says he’s excited about the opportunity to have a bigger space

to expand the congregation. “We’ve always been reflective of the neighborhood. At first it was young families, then more high school students. Now we have grandparents who have moved here to be part of their kids’ lives. As Central Park grows, we want to grow with it.”

Journey Point Church in Central Park has a similar story to Go Church. The 300-member, nondenominational church was started in 2019 by Pastor Chris Phillips and held worship services at Inspire Elementary School until the pandemic. In December of 2020, the church moved into a former burger joint at the Shops at Northfield where it continues to hold services and youth gatherings. “Our audio-visual area is set up in the freezer area and our youth meet across the street in a former sub shop,” Phillips says with a laugh.

The church has just purchased land near the Drury Hotel in Northfield so it can build a new facility. Phillips says he and the congregation are still brainstorming about what the building should look like. “We don’t want a building that sits empty during the week, so we want to build a unique space that is fully utilized by the community,” Phillips says one idea is to build a five-story building in which the church would utilize the bottom two floors and low-income housing would occupy the upper floors. Even the bottom two floors will be designed with the neighborhood in mind. “We want to create community spaces that people can use for events and banquets, and we might offer facilities that can be used as co-working spaces on weekdays. We want to meet the needs of the community in every way that we can.”



An artist rendering of the building that Go Church plans to build at Runway 35 North. Its modern design is a nod to the aeronautical history of the neighborhood.

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Magic Mushrooms Potentially a Magic Cure?

By Mary Jo Brooks

Since a car accident two years ago, Charles has suffered an almost-constant headache that varies from mild to severe. “It’s unrelenting. I have it almost 24 hours a day, every day. I think about it constantly.” Charles, who asked that we not use his real name, is a tech executive who lives in the Central Park neighborhood. His official diagnosis is post-concussion syndrome, for which there isn’t a clear course of treatment. His neurologist has prescribed anti-depressants, anti-seizure medication, Botox, multiple types of physical therapy, and Ajovy injections—an antibody injection that is used to prevent migraines. He has also tried acupuncture, massage therapy, meditation, mindfulness and varying his work routines, including setting aside a 5-minute rest period every 20 minutes. Nothing has worked. “It came to the point where my neurologist said ‘I don’t think I should keep throwing pills at you.’”

Charles says he spent 5-10 hours a week Googling possible alternative treatments and quickly discovered numerous articles about the benefits of psilocybin—a naturally occurring compound found in some mushrooms that is known for its hallucinogenic properties. Increasingly, it is also being touted as a possible treatment for a variety of physical and mental health maladies including cluster headaches, migraines, PTSD, chronic pain, and treatment-resistant depression.

At the federal level, psilocybin is still illegal to use or sell, although voters in several cities—including Denver—have passed measures to decriminalize its use. This fall another ballot measure will attempt to decriminalize psilocybin state-wide. In recent years, research institutions have been given approval to conduct studies about its safety and efficacy in treating physical and mental health conditions.

Charles learned about one such study at Yale University, a very small one, which showed enough promise that the university is now doing a more robust clinical trial. He applied and was accepted into the trial, but ultimately didn’t pursue it because of the risk that he would be given a placebo and because of the costs associated with traveling twice to Connecticut.

Then he discovered the Eleusinia Retreat outside Sayulita, Mexico, which describes itself as a facility “dedicated to the use of psilocybin for both physical and mental well being in a safe, science-oriented environment.” Charles and his wife booked a 5-day retreat and headed to Mexico where they joined a group of 9 others. “This was not a drug glorification retreat. People came for all kinds of reasons. Neurological illnesses I hadn’t heard of. Untreatable depression. People dealing with pain. And one man who had been told he had 90 days to live so he wanted to see if psilocybin could help him



Photo from Shutterstock

Psilocybin, a natural compound found in some mushrooms, is increasingly being studied and used as a treatment for a variety of mental and physical health ailments, including cluster headaches, PTSD, and treatment-resistant depression.

deal with his impending death.”

The psilocybin treatment included an Indigenous shaman who conducted a blessing and a cleansing as part of the ritual. Each participant was given 5 grams of mushrooms mixed with honey and then was guided through breathing exercises and a walking meditation. “It was very peaceful. I was overcome with a sense of awe and peacefulness and gratitude.” Charles says his pain was greatly reduced while he was at the retreat. Since returning to work, however, the pain has returned. “I’ve seen a reduction in pain, but it wasn’t a complete cure.” He is unsure about whether he will continue using psilocybin, but is eager to see more scientific research done about its potential health benefits. “Psychedelics have amazing potential. We just have to be wise about how we use them.”

Dr. Neill Epperson, chair of the Department of Psychiatry at C.U. Anschutz, couldn’t agree more. This winter, she will begin a small clinical study involving 10-20 people to see if psilocybin can provide relief for people who suffer from treatment-resistant depression. “There are people who are really suffering and who are desperate to find treatment. So we want to see if psilocybin works and if so, *how* it works,” says Epperson. She says the theory is that psilocybin helps to change both the neurotransmitters and the neural plasticity in the brain. “When you are depressed, you ruminate and create pathways in your thought processes over and over again, and it becomes a well-worn route. If you can (continued on page 8)



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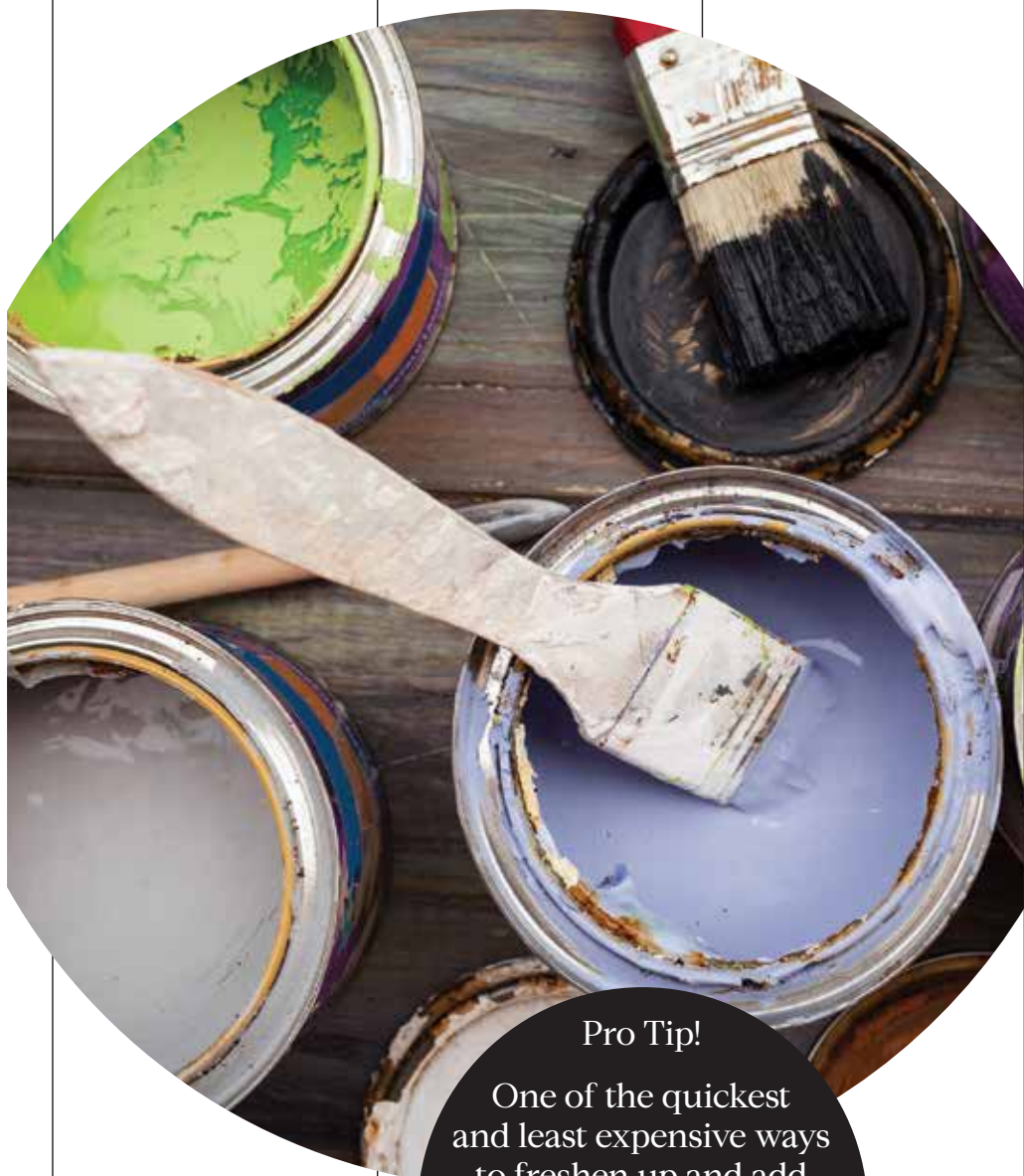
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Magic Mushroom (continued from pg 6)

loosen those synapses and build a new way of thinking, you create a new pathway that is stronger in a more positive way.”

Epperson says psychedelics are a very hot issue in the field of psychiatry right now. “You can’t go to a conference without multiple panels on the topic.” She regrets that for several decades research into psychedelics wasn’t permitted because of passage of the Controlled Substances Act in 1970. “If we had studied these drugs the way we should have in the 70s, 80s, and 90s, we might be in a completely different position now when it comes to treating serious mental illness.”

Epperson’s team will utilize brain imaging technology at the Anschutz campus and partnerships with companies that are developing psilocybin products to determine the dose that is most effective for treatment. She is quick to

point out that a clinical trial is far different than a person growing their own mushrooms and experimenting. “We are guided by strict regulations from the FDA and it’s done in a very controlled, very safe manner. We have a lot of safeguards in place.”

Lowry resident Jimmy Nguyen has used psychedelics for 15 years. He isn’t opposed to research centers conducting studies, but he believes there is an important role

for non-medical organizations like his to support people who are interested in using psychedelics for recreational, ceremonial, and other healing purposes. Five years ago, he cofounded Psychedelic Passage, which is a network of guides and trip sitters who facilitate in-person psychedelic experiences. “One of the driving forces of our organization is to create a space for private use, for intentional ceremonial healing that can coincide and run parallel with the medical model,” says Nguyen.

He worries that as more legislation is proposed to regulate psychedelic use, it will create a system of “gatekeepers” who will try to limit access. “For example, if there end up being regulations that say psychedelics can only be prescribed by medical professionals, that will help a lot of people, but it will also close the door for a large segment of the population that may not have a qualifying diagnosis.”

Although he is optimistic about the rapidly growing acceptance of psychedelics to be used for healing, he says other purposes shouldn’t be ignored. “Psychedelic medicine is sacred. It can be at the intersection of neuroscience, spirituality, creativity, personal growth or trauma-informed work,” says Nguyen. “But if you relegate it down to just one of those aspects, you miss out on the entire potential that plant medicines have to offer.”



Jimmy Nguyen co-founded Psychedelic Passage, a national network of guides and trip sitters who facilitate private psilocybin experiences.

Uvalde’s response didn’t go

By Colette Czarnecki and Carol Roberts

The recent Uvalde shooting was a tragic reminder that we have come to expect that police now know how best to respond to a school shooter and will act based on the latest and best conclusions of law enforcement and education professionals. The delay in Uvalde that cost additional lives led us to ask spokespersons from Denver Police Department (DPD) and Denver Public Schools (DPS) about their readiness for such an event.

Moments after any threatening event occurs (including an active shooter threat/school lockdown), DPD calls for a “hot-wash”—a team debriefing on exactly what

happened, what went well, what can be improved—says Division Chief Ron Thomas. About a week later, that’s followed by another debriefing when more facts and in-depth information have been gathered. Thomas says DPD officers are used to responding to threats and they train regularly in both single officer and team responses to threatening events. “We may need a single officer to respond to some kind of active shooter or violent incident on their own. And so we trained them on how to do that. We also train on IARD (Immediate Action, Rapid Deployment)...a team approach. We’re not waiting for the SWAT team or some specialized unit to respond and take action, we’re really just formulating teams of the first officers to arrive on scene.”

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Since Sandy Hook, departments of the federal government have promoted the run, hide, fight response to a shooter. DPS uses the terms escape, evade, engage. Image from Shutterstock



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well Is Denver Prepared?

For school shooter training, police officers participate in a quarterly review of IARD, which Thomas says is “often partnered with different public schools to do kind of a mock scenario...a real time drill where we have actors and we have officers clearing classrooms.... There’s a tremendous workload, managing calls for service, but we still try to carve out time for training officers so that we can keep our skills fresh. We make sure that officers know where they can find the plans... how to set up a response for a particular school in each district...We feel the amount of regular physical and virtual practice we do now is sufficient, reinforced by our successful response two weeks ago” (a shooter threat and lockdown at Northfield High School on May 26*).

Likewise, following Uvalde (and the Northfield High School lockdown two days later), DPS is investigating what they can learn and how they can do better. DPS Director of Emergency Management Melissa Craven cites the need for all internal, as well as external, doors to be locked and secured. In 2016, DPS replaced all interior door locks with locks that secure from inside the classrooms, but with thousands of doors, the district continues to find and fix locks. Craven adds, however, that doors don’t stay closed all the time. “If it’s warm in the building...they probably open a door to get the breeze.”

Park Hill Elementary School Principal Ken Burdette says DPS has drills at the beginning of every semester for lockdown (when the threat is inside the building) and lockout (when the threat is in the surrounding area of the school). Before the drill, students watch an instructional video. “Locks, lights and out of sight” is the

safety motto. When the alarm sounds, teachers manually lock the doors from the inside and turn off the lights, says Burdette. Simultaneously, everyone moves out of sight from the windows. No blinds are drawn and no phones are turned on or off. Burdette and the

assistant principal walk the halls, checking that each door is locked. They also look through the windows to be certain nobody can be seen. The lockdown and lockout drills take approximately 15 minutes; then an announcement over the PA system indicates the drill is complete. Any defective locks are fixed by the following day.

When Burdette started as principal at Park Hill more than eight years ago, he says not every door could lock from the inside—now they all do. And DPS Safety provides training for principals so they can train their staff. “I would say it’s treated more thoroughly and more urgently than

when I started years ago.” While the drills are necessary, they still affect some students’ mental health. Parents have been outspoken about the possible trauma that the drills place on their kids, though DPS counselors and psychologists do provide mental health services to the extent they are available in individual schools. “There’s not one specific plan because it’s different for each child,” says Burdette, “but we do indeed work with the child and oftentimes with the parents.” Craven says, “Nobody wants a child to have to go through them...and I’m certainly empathetic to that, [but] I would rather we deal with a child that is frightened, and have resources...to wrap around that child and get them through it... than have them be in a situation where they don’t know what to do.”

The federal government adopted the run, hide, fight model after Sandy Hook, but most schools give “lip service” to the run part, while hiding is heavily encouraged for students and staff, wrote FBI Special Agent



Division Chief Ron Thomas says, “We feel the amount of regular physical and virtual practice we do now is sufficient.”

File photo by Steve Larson



Park Hill Elementary School, like many other DPS schools, has numerous classroom doors that open directly to the outside. Any problems or difficulties with locks that arise during drills are quickly corrected, says Principal Ken Burdette. Front Porch photo by Christie Gosch

Katherine Schweit in an opinion essay for the *New York Times*. She also wrote that her friend Frank DeAngelis, former principal of Columbine High School, wished that his students and staff had been taught to flee.

DPS changed the language to escape, evade, engage, and they put a heavy emphasis on evade—securing the classroom during a lockdown. At Park Hill Elementary, the students only learn evade—locks, lights and out of sight. Engage and escape are taken into perspective only if all students can escape with a faculty member.

“The escaping piece of it can be a struggle for our younger learners. It’s hard to corral and move 20 or 30 elementary age kids,” says Craven, but she acknowledges high school students “have the ability to take on more responsibility for their well being than some of our younger learners.”

Thomas says he meets regularly with the DPS safety team to get reports on what DPS is doing and why in regard to lockdowns and lockouts. And over the coming year, as more debriefing reports are released from Uvalde, DPS and the DPD will continue to identify specific changes needed in their active shooter protocols.

*See *Denver DA’s announcement on page 13.*





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Fridays thru Sept.—Stanley Farmer's Market. 3–7pm in The Hangar. 2501 N. Dallas St., Aurora. stanleymarketplace.com

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7/2 Saturday—"Reveal" a performance by Kim Robards Dance. Ms. Robards' masterwork dedicated to the victims of the 2012 theater shooting on the 10th anniversary. The Hangar at Stanley Marketplace, 2501 Dallas St., Aurora. eventbrite.com/e/reveal-tickets-358953267887

7/2 Saturday—Concert on The Green- That 80's Band. South Green (29th Ave & Roslyn St.) Begins at 6pm. mca80238.com

7/2 and 8/6—Bluff Lake Bird Walks. Saturdays: 2.5-hour walk at 7:30am or 2-hour walk at 8am. Free but must RSVP at blufflake.org/birdwatching

7/7 Thursday— MojaBlu Concert series-Cass Clayton Band. North Green (49th & Valencia.) 6:30–8:30pm. mca80238.com

7/7 to 7/22—Central Park Business Assoc July Events. 7/7-happy hour, 7/13-breakfast, 7/19-meeting, 7/22-women in business lunch. Details at centralparkbusiness.com

7/8 Friday—Movie on The Green-The Parent Trap. South Green (29th Ave & Roslyn St.) 8:45–10:45pm. mca80238.com

7/8 & 7/9—Community Bio Blitz. Help collect data on the critters and plants thriving along the Sand Creek Greenway. Register for free at https://form.jotform.com/221246490658154

7/12 & 7/19—In-person Memory Café. 1:30–3pm. For people experiencing memory loss and their families/caregivers. Schlessman Family Library, 100 Poplar St. denverlibrary.org

7/14 Thursday—Istari World Percussion. 3:30–4:45pm. All ages. Percussionists show the roots of modern American music. Park Hill Library, 4705 Montview Blvd. denverlibrary.org

7/14 Thursday— MojaBlu Concert series-Ron Ivory Motown Review. North Green (49th & Valencia.) 6:30–8:30pm. mca80238.com

7/16 Saturday—Free Paint Recycling Event. 9am–1pm. New Perspective Team is collecting old paint to be recycled by GreenSheen. At the Central Park air traffic control tower (new home for FlyteCo) at MLK and Central Park Blvd.

7/16 Saturday—First Responders Celebration. Noon–4pm. Music, food trucks, ice cream, public safety equipment and more. Great Lawn, 15151 E Alameda Pkwy. auroragov.org

7/16 Saturday—Central Park Annual Beer Festival. 5–8pm, VIP tasting starts at 4pm. South Green (29th Ave & Roslyn St.) Buy tickets at mca80238.com

7/17 Sunday—Stanley Movie Night "Film on the Field," A League of Their Own. Dusk. 2501 N. Dallas St., Aurora. stanleymarketplace.com

7/21 Thursday— MojaBlu Concert series-Jacob Larson Band. North Green (49th & Valencia.) 6:30–8:30pm. mca80238.com

7/22 Friday—Movie on The Green-Shang Chi and the Legend of the Ten Rings. South Green (29th Ave & Roslyn St.) 8:45–11pm. mca80238.com

7/23 Saturday—Forest Bathing (Shinrin-Yoku.) 8–10am. For adults and teens. Class limited to 10 people. RSVP at blufflake.org/birdwatching

7/26 Tuesday—Summer of Adventure Legos. 2:30–3:30pm. Ages 5–12. Theme for this Lego challenge is "monster creations." Pauline Robinson Library, 5575 E. 33rd Ave. denverlibrary.org

7/28 Thursday— MojaBlu Concert series-Wash Park Band. North Green (49th & Valencia.) 6:30–8:30pm. mca80238.com

7/29 to 8/2—Escape From Narnia. Age 5–adult. Narnia-themed family escape room event. Two game options. Sam Gary Library, 2961 Roslyn St. denverlibrary.org

7/30 Saturday—Concert on The Green- Knot Rock Band. South Green (29th Ave & Roslyn St.) Begins at 6–8pm. Mca80238.com

7/31 Sunday—Qigong and Mindfulness Walks. 7:30–9am. Qigong practice followed by a walk around Bluff Lake. Come to either or both. Free but limited to 10 people. Please RSVP at blufflake.org/birdwatching

8/4 Thursday—Senior Planet Presents #Age Friendly. 2:30–3:30pm. Learn about the WHO's eight elements of an age-friendly city, what makes a business age-friendly, and more. Park Hill Library, 4705 Montview Blvd. denverlibrary.org

8/4 Thursday— MojaBlu Concert series-Hot Lunch Band. North Green (49th & Valencia.) 6:30–8:30pm. mca80238.com

8/5 Friday—Movie on The Green-In The Heights. South Green (29th Ave & Roslyn St.) 8:45–11pm. mca80238.com

8/6 Saturday—A Night on The Greenway. 5–8:30pm. Fundraising evening of live music, dance and poetry. 2700 N Peoria St., Aurora. sandcreekgreenway.org

JULY 4TH/HOLIDAY EVENTS

7/1 & 7/2—Rockies vs. Arizona D-backs at Coors Field. Fireworks display after the game. mlb.com/rockies

7/2 Saturday—Four Mile Historic Park's Independence Day Celebration. 10am–4pm. Live music, pioneer games, food trucks and live entertainment. Tickets at fourmilepark.org, free for 6 and under and members. 715 S. Forest St.



7/2 Saturday—Glendale Fireworks Show. One of the largest and oldest displays in Denver. Starts at 9:15pm. For best parking and viewing info, go to glendale.co.us

7/3 Sunday—Civic Center Independence Eve Celebration. Gates open at 4pm, live music starts at 6pm, Colorado Symphony performs at 8:15pm. Fireworks and food truck fare along with beer & wine gardens. More info at denver.org

7/4 Monday—Central Park Pancake Breakfast & Parade. Annual 4th of July breakfast begins at 9am at the South Green (29th & Roslyn.) Decorate your bicycles, tricycles, wagons or scooters for the parade at 10:30am. mca80238.com

View and add local events FREE at FrontPorchNE.com/events. Submissions by the 17th will be considered for printing in the upcoming month's issue.

7/4 Monday—13th Annual Park Hill 4th of July Parade. Floats, music, classic cars, community groups, costumed characters and more! Parade starts at 1:30pm and runs along 23rd Ave. from Dexter St. to Krameria St. parkhillparade.org

7/4 Monday—Aurora 4th of July Spectacular. Free activities from 6–10pm. Live music, delicious food and fireworks at 9:30pm. Aurora Municipal Center Great Lawn, 15151 E. Alameda Pkwy. auroragov.org

7/4 Monday—4th Fest-Colorado Rapids vs. Austin FC. Fireworks after the game. coloradorapids.com

METRO EVENTS

Every Saturday thru 10/29—City Park Farmers Market. Featuring 60+ Colorado-based vendors offering locally made produce and products. 8am–1pm at 2551 E. Colfax Ave. cityparkfarmersmarket.com

7/1 Friday—First Friday Art Walks. Art District on Santa Fe. 5:30–9:30pm. denver.org/things-to-do/denver-arts-culture/denver-art-districts

7/1 to 7/3—Cherry Creek Arts Festival. The 31st annual festival returns to its original location in Cherry Creek North. Fri. & Sat. 10am–8pm, Sun. 10am–6pm. cherrycreekartsfestival.org

Sundays—City Park Jazz Kick-Off Concert. 6–8pm City Park Pavilion and Bandshell, 2001 Steele St. cityparkjazz.org. 7/3: Colorado Jazz Repertory Orchestra 7/10: Euforquestra 7/17: 3rd Annual Brass Band Extravaganza (starts at 5pm) 7/24: Joe Smith & The Spicy Pickles 7/31: The Jakarta Band

7/8 to 7/10—Colorado Black Arts Festival. 36th annual celebration of African American art and culture, free to attend. City Park West. colbaf.org

7/8 and 7/22—Music & Movie Nights. Free, band starts at 6:30pm, movie starts at 7:30pm. 7/8: band is SuperMagick; movie is Cruella. 7/22: band is Cass Clayton Band; movie is Sing 2. Infinity Park, Glendale. infinityparkatglendale.com

7/12 Thursday—Art & About Tours. Designed for visitors with early-stage Alzheimer's or dementia and their care partners. 1–2:30pm. 100 W 14th Ave Pkwy. Space is limited, email access@denverartmuseum.org to register.

7/14 to 7/17—Cherry Creek North Sidewalk Sale. Go to cherrycreeknorth.com for details.

7/16 Saturday—25th Annual Blues & BBQ. Gates open at 10:30am, live music from 11am–8pm. Benefits Habitat for Humanity. Citizens Park, 5560 W. 24th Ave. bluesnbbq.com

7/21 Thursday—Blaxplanation. 6:30–7:30pm. Artist Floyd D. Tunson will speak to his art and life experiences followed by Q & A. Free event. 1200 Broadway, historycolorado.org

7/27 Wednesday—Bold Women. Change History. State Historian's Address: Dr. Nicki Gonzales. 7–8pm. History Colorado Center, 1200 Broadway. Tickets at H-co.org/BoldWomen

KIDS AND FAMILIES

Tuesday–Friday—Local Library Storytime. Mornings. All different age groupings and locations. Specifics at denverlibrary.org

Wednesdays—Mornings at the Museum. Ages 3–6, 10:30–11:15am. Free. New programs every week. Aurora History Museum, 15051 East Alameda Pkwy. Register at auroragov.org

7/1 to 7/17—Roshni Presents: Aly and The Genie. 70 minute play is geared towards children and youth. Some cool dances from around the world and plenty of laugh lines. Vintage Theatre, 1468 Dayton St., Aurora. vintagetheatre.org

Through 7/2—The Stinky Cheese Man and Other Fairly Stupid Tales. A play with music put on by 8–14 year olds. Aurora Fox Arts Center, 9900 E. Colfax Ave. aurorafoxartscenter.org

7/16 Saturday—LEGO Building Workshop:Space Shuttle Mission Kit. Build (and keep!) your own Colorado-style LEGO set, then take a special guided museum tour based on your creation. 9–10am. 1200 N Broadway. historycolorado.org

7/16 Saturday—4EverFit-4KIDZ!™. 12–1pm. Ages 5–8. Necessary movements for skill development in a very fun and playful manner. Schlessman Family Library, 100 Poplar St. denverlibrary.org

7/16 Saturday—Tween Book Club. 12–1pm. Ages 9–12. This month we will be discussing *The Exact Location of Home* by Kate Messner. Schlessman Family Library, 100 Poplar St. denverlibrary.org

7/17 Sunday—Spanish Storytime at Tattered Cover Kids. 5pm. Stanley Marketplace, 2501 N. Dallas St., Aurora. stanleymarketplace.com

7/27 & 7/30—Art Crawl. 10:30–11:15am. For caregivers with infants from newborns–14 months. Registration required. 1250 Bannock St. clyffordstillmuseum.org

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MUSEUMS, ETC.

American Museum of Western Art. Advanced tickets required, admission is \$5. 1727 Tremont Pl. anschutzcollection.org

Aurora History Museum. Advanced reservation is required, admission is free. 15051 East Alameda Pkwy. auroragov.org

The Byers-Evans House Museum. Timed tickets required, History Colorado members are free. 1310 Bannock St. Tickets at history-colorado.org

The Children's Museum. By reservation only at mychildsmuseum.org

Clyfford Still Museum. SCFD Free Days Jul. 24 & Aug. 5. Enjoy a hands-on art making adventure for children and their families to celebrate the 32nd anniversary of the Americans with Disabilities Act (ADA). 1250 Bannock St. clyffordstillmuseum.org

Denver Art Museum. SCFD Free Days Jul. 12 & 31. Youth 18 & under always free. 100 W 14th Ave. Pkwy. denverartmuseum.org

Denver Botanic Gardens. SCFD Free Day Jul. 6. Tickets and member reservations required. 1007 York St. botanicgardens.org

Denver Firefighters Museum. Tues-Sat, 10am-4pm. 1326 Tremont Pl. denverfirefightersmuseum.org

Denver Museum of Nature and Science. 2001 Colorado Blvd. Timed tickets required. dmns.org

Denver Zoo. Reserve tickets at denverzoo.org. 2900 E 23rd Ave.

The Forney Museum of Transportation. Mon, Th-Sat, 10am-5pm; Sun, noon-5pm. 4303 Brighton Blvd. forneymuseum.org

Four Mile Historic Park. SCFD Free Day Jul. 17. Open Wed-Sun, 10am-4pm. 715 S. Forest St. fourmilepark.org

History Colorado. Some exhibits are timed entry and free with museum admission. 1200 Broadway. More info at history-colorado.org

Kirkland Museum of Fine and Decorative Art. Tue-Sat, 11am-5pm; Sun 12-5pm. Ages 13+ welcome. 1201 Bannock St. kirklandmuseum.org

Molly Brown House Museum. Tue-Sun, 10am-4:30pm. 1340 Pennsylvania St. mollybrown.org

Museo de las Americas. Tue-Fri, noon-6pm. Sat, noon-5pm. Closed Mon & Sun. 861 Santa Fe Dr. museo.org

Museum of Contemporary Art Denver. Penny admission 1st Sat. of the month. 1485 Delgany St. mcadener.org

National Ballpark Museum. 1940 Blake St. Check for days/hours at ballpark-museum.com

The Urban Farm. Now open to the public from 9am-1pm, Wed-Sat. 10200 Smith Rd. theurbanfarm.org

Wings Over the Rockies Museum. 7711 East Academy Blvd. wingsmuseum.org

PERFORMANCE/THEATRE/EXHIBITS

7/8 to 7/10—Harry Potter and the Deathly Hallows™ Part 2 in Concert. The final chapter on the big screens at Boettcher Concert Hall, while your Colorado Symphony performs every note of the epic score. coloradosymphony.org

7/9 Saturday—Bell, Stern and Bernstein. Music director and conductor; Michael Stern and violin virtuoso, Joshua Bell. 7pm. The Newman Center for the Performing Arts 2344 East Iliff Ave. newman-centerpresents.com

7/13 Wednesday—Monsieur Periné.

A Bogotá-based ensemble with an Afro-Colombian sound. 6:30pm. Denver Botanic Gardens, 1007 York St. swallowhillmusic.org

7/16 Saturday—Sensory Friendly Show - The Deborah Solo Trio. Denver-based indie folk band. Lights stay on and the sound isn't loud. 11am, doors open at 10am. Tuft Theatre, 71 East Yale Ave. swallowhillmusic.org

Through 7/17—Dixie's Never Wear a Tube Top While Riding a Mechanical Bull. Dixie shares lessons learned after a hard night of drinking. Garner Galleria Theatre at the DCPA. denvercenter.org

Through 7/31—Gypsy. The classic musical comedy. Vintage Theatre, 1468 Dayton St, Aurora. vintage-theatre.org

8/2 to 8/14—Pretty Woman: The Musical. Based on one of Hollywood's most beloved romantic stories of all time. Buell Theatre at the DCPA. denvercenter.org

VOLUNTEER OPPORTUNITIES

Food For Thought Denver. Striving to eliminate childhood hunger by providing food for students to take home to their family for the weekend. Sign up to volunteer or donate at foodforthoughtdenver.org

Project Worthmore. Help bag and deliver fresh fruits and vegetables, dairy, and household necessities to refugees in Denver and Aurora. projectworthmore.org

Reach Out and Read Colorado. Help sort and pack gently-used children's books for underserved families. On the Clayton Early Learning Campus, individuals and groups welcome. Email info@reachoutandreadco.org for details.

Retired Senior Volunteer Program (RSVP) For volunteer opportunities, email Cathy Law at claw@voacolorado.org

Ronald McDonald House Charities Volunteer. Go to ronaldhouse.org under "How You Can Help" for info.

Sand Creek Greenway Volunteer Opportunities. For more info, email cgarwood@sandcreekgreenway.org or go to sandcreekgreenway.org/upcoming-volunteer-opportunities/

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

Village Exchange Center A non-profit formed to serve immigrants and refugees in Aurora & Denver. villageexchangecenter.org

Volunteers of America Colorado Branch For volunteer opportunities go to voacolorado.org/volunteer-opportunities/



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July is Sci-Fi month, and specifically, the 12th Annual Science Fiction Film Series. This year, we return to fully in-person shows at the Sie Film Center and the Denver Museum of Nature and Science (DMNS). After two years of sporadic online shows, we are pleased to bring back the popular series to live audiences! A refresher: I host the entire Series, and I speak about the art of the film; a scientist—in their area of expertise—speaks about the science (or lack thereof) in the film. We introduce the film, screen it, and do a Q & A with the audience afterward. This year's lineup features some classics as well as one new film. In my column here, I give short blurbs about the films in the Series as well as two short reviews. The Series will be educational, enlightening, and fun on several levels—including the sale of our book *The Science of Sci-Fi Cinema*. For tickets, visit www.denverfilm.org/sci-fi-series.

The Science Fiction Film Series—all shows begin at 7pm on the date listed.

July 6: *2001: A Space Odyssey* at DMNS with astrophysicist Ka Chun Yu, Ph.D. of DMNS
The classic film from Stanley Kubrick is generally considered the greatest sci-fi film ever made. This author/critic agrees, so don't miss the chance to see it on the big screen in the IMAX theater. Dr. Yu and I co-wrote a chapter on the film in the book.

July 13: *Don't Look Up* at DMNS with astrophysicist Naomi Pequette, Ph.D.
Nominated for an Academy Award, this allegory for climate change is powerful and poignant. We'll discuss the film, meteors, and climate change. This will be a very timely and lively discussion.

July 20: *King Kong* at the Sie Film Center with zoologist Jeff Stephenson, Ph.D. of DMNS. Dr. Stephenson and I wrote a chapter on this seminal film from 1933. It was a hallmark movie in the history of cinema for many reasons. Come out and see why.

July 27: *The Birds* at The Sie Film Center with ornithologist Garth Spellman of DMNS. You know this one, and if you were anything like me, you feared birds as a child because of this movie. Hitchcock was a master filmmaker and it is on display in this taut thriller.

Aug 3: *Children of Men* at the Sie Film Center with geneticist Nicole Garneau, Ph.D.
We close out the Series with this brilliant vision from Alfonso Cuarón that Dr. Garneau and I have presented several times; we wrote a chapter on this one as well. Made in 2006, it was prescient then and maybe even more important now.

We will be selling our book *The Science of Sci-Fi Cinema* before each screening and we'll be there to sign it as well. The scientists and I wrote it based on our years of doing the live events, and all author proceeds go to the Food Bank of the Rockies. In addition, students from the Denver FiLM Club will be on hand at every show to collect non-perishable food donations for the MSU Denver Food Pantry. Please join us for a great time and support great causes!

My recommendations this month:

Lapsis (2021)
This Indie low-budget sci-fi film is smart, charming, and it has a great sense of humor. The premise is simple: in the near future, a business conglomerate offers jobs for people who want to make money fast. Our protagonist, slouchy Ray (Dean Imperial), jumps at the opportunity after losing his (shady) job; Ray takes care of his brother, who has an ailment called "Chronic Fatigue Syndrome" and needs constant (some snake-oily) treatments and care. Ray's job is simple: he must lug cable



through the forest and connect it to a big silver box-thing. Hijinks ensue, and he helps to uncover a scam perpetuated by the company.
The film is entertaining, funny, and it gives us just enough information to follow along. The allegory is simple as well: it speaks to the gig economy we are in, and how gig workers get sucked into something from which they have difficulty extracting themselves. Caveat: we don't get all of our questions answered, so if you are loathe to enter the nebula, then this movie may not be for you. But writer/director/scorer Noah Hutton does a masterful job of putting together a tight and economical film that will make you think about our own society and what it is we are doing. I highly recommend this.

For All Mankind (Apple TV)
This alternate-future series starts with the Russians landing on the moon. First. The Americans were just a few months away from launching Apollo 11, but the Russians beat them. In the two seasons to follow, we get a mix of the historical and the fictional wrapped around it. Along the journey, the show digs into some heady issues: racism, sexism, homophobia, xenophobia, immigration, and a whole host of other juicy topics. The production values are also top-notch, which is becoming a staple of the new Apple TV shows. Although this is more fantasy than sci-fi, the best sci-fi always tells us more about us than it does about *then*. This one does that. A good binge for the summer.

Vincent Piturro, PhD., is a Professor of Film and Media Studies at MSU Denver. Contact him directly at vpiturro@msudenver.com or follow him on Twitter. For more reviews, search The Indie Prof at FrontPorchNE.com.



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...NE News Updates

By Carol Roberts

1 Four Northfield HS Students Charged with Misdemeanors in Paintball Gun Incident

Prosecutors with the Denver DA's Office announced on June 17 that they had filed charges against four students from Northfield High School. "On May 26, 2022, one of the boys brought a 'splatter ball gun' to the school. While all of the involved students knew it was not a real gun, school personnel did not and responded as if it were an actual active shooter incident," according to the DA's press release. "Under applicable state laws, all four juveniles were charged with two misdemeanor counts: Disorderly Conduct - Display Real or Simulated Weapon and Conspiracy to Commit Disorderly Conduct- Display Real or Simulated Weapon. Because of their ages, two of the four boys are 15-years-old and two are 16-years-old, their identities and arrest photos are being withheld."

The incident occurred two days after the shooting in Uvalde, Texas. According to multiple news reports, police arrived on campus within three minutes—and the 9:30am incident resulted in a lockdown at Northfield High School until approximately 11am, when classes were dismissed for the rest of the day.

Denver DA Beth McCann said in the press release, "I want to commend the Denver Police Department and the school administration for their quick and decisive action in responding to what could have been a tragic situation. The situation was handled well by all involved."

2 Denver Poised to Start Volume-Based Pricing of Trash Pickup in 2023



As of the June 20 City Council meeting, Denver appeared ready to approve a fundamental change in its trash/recycling/compost pickup policy. The final vote was scheduled for June 27, after this paper went to press. The bill authorizes free weekly recycling and composting starting Jan. 1, 2023. Trash pickup, also weekly, will be billed based on the size of the cart, as shown in the graphic above.

Volume-based pricing has proved effective in other cities. Denver, with a waste diversion rate of 26%, lags the national rate of 34% and significantly lags many other cities (Portland 81%, Los Angeles 76%, Boulder 53%,

Salt Lake City 40%). Instant rebates will be available for low-income and fixed-income households. Residents can apply for a smaller cart any time and get their billing adjusted.

Since 2005, Denver has reduced emissions in commercial buildings by 39% and has reduced transportation emissions by 30%. But waste diversion (to recycling or compost) has not improved in that time. Broader participation in composting will reduce methane emissions in landfills caused by food scraps and yard waste. Methane is 84 times more potent than carbon dioxide in trapping heat in the atmosphere; composting produces a product that creates healthier and more drought-resistant soils. (Information taken from City Council documents relating to this bill.)

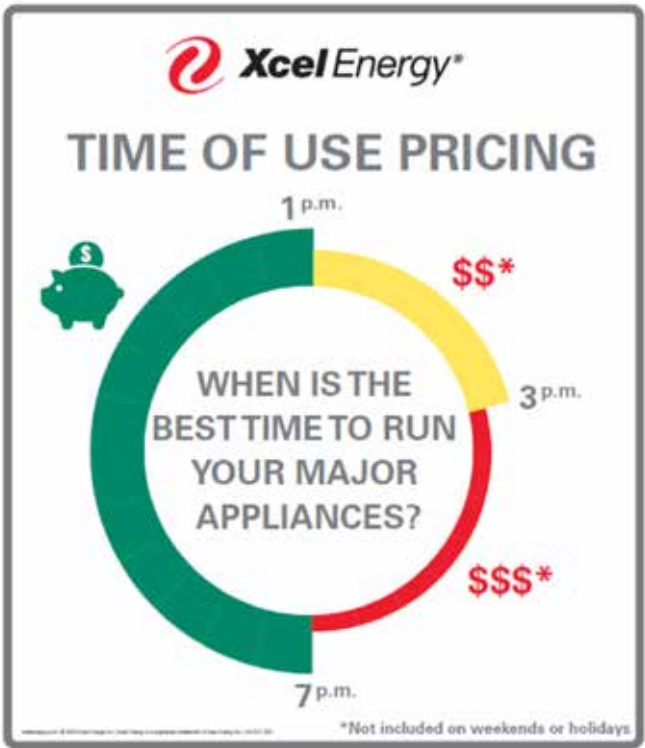
3 Denver Climate Action Rebates—eBikes and Renewable Energy Upgrades for Homes

After Denver announced its e-bike rebates, they had to pause the program as of May 11 due to the overwhelming response. They are not currently accepting applications, but the process will be opened again for a limited number of additional rebates. Sign up for Denver Climate's newsletter to learn when applications for the rebate will become available at [DenverGov.org/HomeEnergy](https://denvergov.org/HomeEnergy).

Denver Climate's first round of funding for renewable energy upgrades for homes ended with projects completed by June 24, but residents can learn about projects covered and timing of additional funds from the website and newsletter listed above. Rebates for up to 80% of the total cost include installation of heat pump heating & cooling systems and water heaters, solar, battery storage, EV charging wiring, and electric service upgrades to cover these projects.

4 Xcel's Time-of-Use Pricing And Rebates for Energy-Efficient Products

Xcel's time-of-use pricing is being instituted to prevent overloads during high usage times as Xcel moves toward their goal of 100% carbon-free electricity by 2050 and cutting emissions by 25% by 2030. If the time-of-use meter has been installed at your home by Xcel, you can



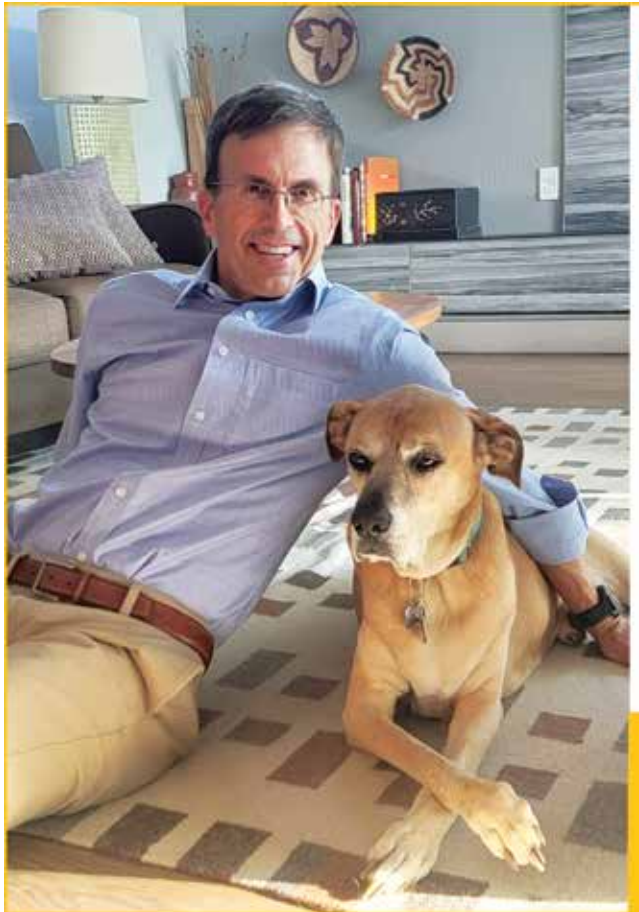
In Xcel's time-of-use pricing, rates are lowest from 7pm to 1pm; mid-priced from 1pm to 3pm; highest from 3pm to 7pm.

now view your electricity usage in your online account in intervals as short as 15 minutes to help make your plan for reducing usage during peak times. Online bills have a direct link to Xcel's rebates for energy-efficient improvements (<https://co.my.xcelenergy.com/s/residential>) including thermostats, LED bulbs, water heaters, heating and cooling systems, and even cellular shades. Customers can choose not to participate in time-of-use pricing.

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It's Summer! Indulge Your Taste Buds

By Courtney Drake-McDonough

Summertime and ice cream go hand in hand (drips included)—and there's quite a selection in NE Denver, all proud to indulge your taste buds with their hand-crafted products. Here's a roundup of local independent shops serving ice cream, gelato and sorbet. We also asked shop owners and managers to share unique flavors, treats, and combinations they think you might like to check out.

DANG Soft Serve Ice Cream—2211 Oneida St.

In a twist on parent company Little Man Ice Cream's specialty, DANG offers soft serve ice cream, vegan variations, and dairy free sorbet. They also make French fries for dipping into the cold creaminess. All products are blended in-house using locally-sourced dairy and flavorings. More than 30 topping options can be added. **Inside Scoop:** Order a float with soft-serve ice cream and any of Rocky Mountain Soda Company's nine flavors. www.dangsoftserve.com

Em's Ice Cream—2829 Fairfax St.

Em's Ice Cream is a family-owned ice cream shop in Park Hill that makes small-batch churned flavors from scratch. Everything is made in-house, including the chocolate chips, salted caramel, lemon curd, and fruit preserves for flavoring. Their ice creams are naturally gluten-free except for the cookies in Cookies & Cream. They also have vegan options. **Inside Scoop:** Order a double scoop or milkshake made from Burnt Brown Sugar and Roasted Banana for a Bananas Foster treat. www.emsicecream.com

I Scream Gelato—63. N. Quebec St., #109

Gelato and vegan sorbet (including sugar-free) are made daily in-house using equipment and ingredients from Italy, plus locally-sourced fruit. Presentation is a claim to fame, with large swirls, some drizzled in syrups and dotted with whatever ingredients make that particular flavor. **Inside Scoop:** Kits are available for pickup or delivery with multiple choices of gelato or sorbet flavors and toppings of choice—plus cones and cups to mix and match individual creations. www.iscream-gelato.com

Neveria La Mexicana—7506 E. 36th Ave.

Ice creams and sorbets are made in-house and reflect flavors and ingredients commonly found in Mexican culture such as horchata, prickly pear, avocado (in season), and Nance fruit. **Inside Scoop:** Get a Mangonada, mango sorbet with chili powder plus pickled and spicy Chamoy sauce and lime, typically served with a tamarind straw. Or, their version of an ice cream sandwich—ice cream Panini-pressed inside a house-made Concha (Mexican sweet bread). <https://business.facebook.com/neverialamexicanastapleton>

Nuggs Ice Cream—5135 E. Colfax Ave.

Started by the brothers who own Brothers BBQ, all of Nuggs' ice cream bases are made in-house from locally-sourced, all-natural ingredients plus familiar additions like cookies, candy, and brownies. They have gluten-, soy-, nut-, dairy-, and egg-free variations. Desserts such as ice cream sandwiches, root beer floats, sundaes, and ice cream cakes are also available. **Inside scoop:** The Banana Split includes an unlimited number of their 25 toppings. www.nuggsicecream.com

Pozzetti Gelato—5094 Central Park Blvd.

Family owned and run, Pozzetti has 24 flavors of gelato and eight flavors of sorbet available daily. Local products and natural fruits are used to make the products in-store, where customers can observe the entire production process. Other treats include gelato cakes, crepes, bubble waffles, and gelato sandwiches. **Inside Scoop:** The Latin-American flavored vegan fruit sorbets are made with fruit pulp and include flavors such as guava and tamarind. <https://www.facebook.com/Pozzetti-Gelato-2256774021011495>

Rocket Ice Cream—7557 E. Academy Blvd.

It's hard to miss this shop, topped with a shiny rocket that was previously a Burning Man art installation. Rocket Ice Cream rotates 16 flavors of small batch ice cream, vegan ice cream, and sorbet made at Brix creamery in Edgewater. **Inside Scoop:** Rocket's Ice Cream Cookie Sandwiches are portioned to be kid-sized. But people with bigger appetites, or those who want to share, can get a flight of three. www.rocketicecream.com

Sweet Cow at Stanley Marketplace—2501 N. Dallas St.

Sweet Cow makes all of their own ice cream (including vegan variations) and sorbet, using locally-sourced ingredients that don't have artificial

Sweet Cow rotates more than 150 flavors that all use locally-made ingredients.

flavors or colors. They maintain nine classic flavors and rotate more than 150 other flavors.

Inside Scoop: One of their most unique flavors is Salted Cookies and Cream, using French sea salt and Oreos that are added at the beginning, middle, and end for a creamy, chunky experience. www.sweetcowicecream.com/stanley

The Constellation Ice Cream—10175 E. 29th Dr.

Serving hand-mixed ice cream, sorbet, and vegan flavors from its parent company, Little Man Ice Cream, Constellation takes cues from its airplane design with themed flavors like Turbulence (marshmallow and chocolate charcoal ice creams that resemble stormy skies) and Red Eye (espresso fudge ice cream). **Inside Scoop:** Get the Baked Alaska Pop with torched meringue or Cloud Cones, available the first weekend of summer months, with cotton candy swirled around the cone. www.constellationicecream.com

Walia Creamery—1119 Syracuse St.

Family-owned and operated, Walia's Creamery offers 16 flavors of ice cream plus up to 12 vegan ice creams and sorbets. Everything is made daily, in-house, in small batches, using ingredients purchased specifically for that batch such as mint and berries. **Inside Scoop:** Standout flavors are Honey Ginger Pear and Vegan Lavender. Reflecting the family's Ethiopian heritage, cones are made with a base of gluten-free teff flour, which lends a nutty flavor. www.waliacreamery.com

Although ice cream is practically required for summer, these businesses are open year-round—so you never have to scream for ice cream (or gelato or sorbet).

Marta Taffi holds a gelato dessert from I Scream Gelato that will likely be Instagrammed before being eaten. Front Porch photo by Christie Gosch



Andrew Silverman, owner of Em's Ice Cream, and his wife Emily, for whom the company is named.



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NEWS IN THE NEIGHBORHOOD

MASTER COMMUNITY ASSOCIATION JULY 2022

4th of JULY BREAKFAST & PARADE

The Annual 4th of July Breakfast begins at 9am at the South Green (29th & Roslyn)!

Bring your decorated bicycles, tricycles, wagons or scooters for the parade, which will begin at 10:30am. There will be parade leaders at the start of the parade to guide participants through the course.

MOJABLU CONCERT SERIES

Join the MCA on the North Green located at 49th & Valentia for great music and yummy food trucks! The MoJaBlu concerts start at 6:30pm and are free and open to the public!

Thursday, July 7th, *Cass Clayton Band*

Thursday, July 14th, *Ron Ivory Motown Review*

Thursday, July 21st, *Jacob Larson Band*

Thursday, July 28th, *Wash Park Band*

Thursday, Aug. 4th, *Hot Lunch Band*

CONCERT ON THE GREEN SERIES

Join us at the South Green located at 29th Ave & Roslyn Street for our summer Concert Series. The concerts start at 6pm and are free and open to the public!

Saturday, July 2nd, *That 80's Band*

Saturday, July 30th, *Knot Rock Band*

MOVIE ON THE GREEN SERIES

Grab your blankets, coolers and your friends and come to our Movie on the Green Series! All movies begin at dusk, get there early and purchase some treats from one of the food trucks that are available. All summer movies will be held on the South Green located at 29th Ave & Roslyn Street. This event is free and open to the public!

Friday, July 8th, *The Parent Trap*

Friday, July 22nd, *Shang Chi and the Legend of the Ten Rings*

Friday, Aug. 5th, *In the Heights*

CENTRAL PARK BEER FESTIVAL

Join us on Saturday, July 16th on the South Green (29th Ave & Roslyn St) from 5–8pm for the Central Park Beer Fest!



This festival features a variety of craft breweries, local food trucks, live music featuring Chris Daniels and the Kings and more! VIP Tasting starts at 4pm.

VIP tickets include: Early admission (4–5pm) with breweries VIP tasting, a glass taster, a commemorative glass, \$9 food coupons and an event t-shirt.

General admission tickets include: Admission (at 5pm), a plastic taster and \$9 food coupons.

If you do not want to participate in brewery tastings but would like to attend the event, admission is \$10 a person (ages 2 and up).

There will be a concession stand selling domestic beers for purchase and food trucks that will take the food vouchers and all other forms of payment.

*Must be 21 and up to participate in brewery tastings.

Visit mca80238.com to purchase tickets!



FARMERS MARKET

Every Sunday, 8:30am–12:30pm, South Green

Local vendors provide Colorado-grown produce, tasty baked goods, specialty meats, gourmet food items and more! We strive to support and enhance the surrounding communities by providing an experience where fresh and wholesome products can be found.

NEIGHBORHOOD SAFETY

We all have a role to play in keeping the neighborhood safe. We can all help prevent crime in Central Park. One costly issue for the community in the summer is the after-hours vandalism at the swimming pools. This is extremely important to report and often costly to cleanup. Report after hour park and pool use by calling the Denver Police Department, (720) 913-2000. All parks are closed from 11pm–5am.

Remember to close your garage doors when not in use and lock all exterior doors to your home or business. Park your vehicle in your garage or in a well-lit location, lock your car doors and remove all valuables. Unsecured cars are easy targets for break-in and theft.

If you see something. Say something!

Report a crime in progress by calling 911. This includes medical emergencies, fires, gun shots, break ins and other illegal activity. If you feel unsafe calling you can text 911.

Report suspicious activity by calling police non-emergency, (720) 913-2000. This includes individuals casing or seeking targets for theft, loitering, someone driving frequently and slowly through the same area, street racing, homeless encampments, parking and noise complaints.

Text the police only with tips or information at (720) 723-8911. Texts are not answered in real time, this is for information only. DO NOT text about crimes in progress or suspicious activity. Text with photos or video footage that may aid investigation. If you see or hear a crime you should call about it. If you don't know if it's a crime, call and the dispatcher will gather more information.

REPORT FIREWORKS AND GUNSHOTS

This time of year, fireworks are common, but are still illegal in Denver. Gunshots are very crisp, and they have a certain timing or cadence to them. Fireworks are very loud, just like gunfire, but they are very sporadic. There is a lot of crackling, sometimes they echo and sometimes there is a whistle before the fireworks. Report all gun shots even if you don't know where they are coming from by calling 911. Report fireworks by calling (720) 913-2059.

ACTIVE MINDS: Space Exploration: From the Moon Landing to Today and Beyond

Thursday, July 14th, 1–2pm. Online

The United States landed the first manned space mission on the moon in July of 1969. Join us as we reflect on President Kennedy's challenge, the space race, the Apollo Mission, and the role NASA has played since the lunar landing. We will bring the topic up to date by discussing the current political context for NASA, the launch of the James Webb Space Telescope and the rise of private space companies such as SpaceX, Blue Origin, Virgin Galactic, and others.

ACTIVE MINDS: Turkey

Thursday, July 28th, 6:30pm–7:30pm, Online

A failed coup attempt and a flood of refugees have challenged the leadership of Turkey's President Erdogan. A strong U.S. ally during the Cold War, Turkey is now one of the world's largest Muslim democracies. Join us as we explore Turkey's past and current challenges, including its struggles with its Kurdish minority, its role in the rise of ISIS, and what appears to be its warming relations with Russia.

Join in the Active Minds webinars by visiting https://www.activeminds.com/events_denver.html

Jennifer Olsen
Communications Manager
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CENTRAL PARK



Northeast Denver Community News

This page is for area nonprofits and community organizations to post events, activities or other information.
Send items to: commnews@fsucommunities.org

JULY - CENTRAL PARK UNITED NEIGHBORS

Central Park United Neighbors (CPUN) is the registered neighborhood organization for the Central Park community. Our mission is to work for the betterment of Central Park by providing a forum for residents to discuss and resolve issues, a network of communication, and a means of acting on matters of importance to the community as a whole. We are committed to providing an inclusive and welcoming environment for all members of our community. CPUN is a 501(c) 3 nonprofit organization led by an all-volunteer board of directors, elected to serve by our neighbors. Learn more at www.centralparkunitedneighbors.com

Central Park United Neighbors kicked off its 2022-2023 board year with its monthly community meeting, which was held on June 21st. A recording of the forum can be found on the Central Park United Neighbors YouTube channel (at <https://tinyurl.com/CPUNYT> - please subscribe for updates). During our June meeting, we elected our officers for the coming board year and determined committee membership..

JOIN A CPUN COMMITTEE

All of our committees welcome resident involvement, especially our DEI, Education, Health and Safety, Safe Streets and Sustainability Committees. These committees regularly meet with key decision makers and provide community members with a way to be heard. You can join the email list for any of these committees and/or the overall CPUN email list here: www.centralparkunitedneighbors.com/join

JOIN THE CPUN BOARD

CPUN also has seats available on our board, and we welcome residents from all areas of the Central Park community to consider applying.

Recently CPUN Board members have partnered with the Central Park Business Association to deliver welcome bags to new residents in the Beeler Park and North End parts of the community.

HOST A BLOCK PARTY DURING DENVER DAYS

Want to make your neighborhood a safer, stronger community? Consider hosting a block party or other gathering during Denver Days (July 30 - August 7). During this period, the City of Denver waives permitting fees for closing streets or hosting

events in our city parks.

Requests for fee waivers must be made by July 15th.

Find out more about Denver Days here: <https://tinyurl.com/DenverDaysCP>

SCAN QR CODE FOR DETAILS, FAQ & FORM TO BECOME PART OF THE CPUN BOARD AND HELP TO MAKE CENTRAL PARK A BETTER PLACE TO LIVE AND WORK



The CPBA provides opportunities for connection and collaboration for local businesses in the Central Park community. Each month we host 4 recurring events:

- 1st Thursday - CPBA Happy Hour
- 2nd Wednesday - CPBA Breakfast
- 3rd Tuesday - CPBA Meeting at The Cube, 8371 Northfield Blvd.
- 4th Friday - CPBA Women in Business Lunch

Visit centralparkbusiness.com for more details.



Northeast Transportation Connections (NETC) is the sustainability initiative of the Foundation for Sustainable Urban Communities. We partner with many local and state-level organizations in our mission to promote alternative modes of transportation such as walking, biking, carpooling and public transit.

Our partners include the Central Park MCA, the Sand Creek Regional Greenway Partnership, DRCOG, CDOT, and RTD.

We can help you find a better way to get around! Visit NEtransportation.org to learn more.

Community BioBlitz!
Become a community scientist! Help collect data on the critters and plants thriving along the Sand Creek Greenway. Join the Sand Creek Regional Greenway Partnership and the Butterfly Pavilion for one or two days of science fun. Open to all ages.
Morrison Nature Center, 16002 E. Smith Road, Aurora

July 8th
9am-11am
Setting up traps

July 9th
8am-11am
Collecting and identifying insects & plants

Register for FREE! Go to: <https://form.jotform.com/221246490658154> or scan QR code below



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Early bird and group tickets available! Scan QR code to buy tickets now!

sandcreekgreenway.org



BLUFF LAKE BIRD WALK

Sat., July 2 and Sat., Aug. 6.

Monthly Saturday morning bird walks are currently taking place on the first Saturday of each month, weather permitting. Our walks are led by volunteers who know and love Bluff Lake. You will have the option to register for the 2.5 hour walk at 7:30 a.m. or the 2 hour walk at 8 a.m. These events are free but require an RSVP. More details and RSVP links are here: <https://www.blufflake.org/birdwatching>

FOREST BATHING (SHINRIN-YOKU)

Sat., July 23, 8 a.m. – 10 a.m.

Forest Bathing (Shinrin-Yoku) is the practice of taking time in nature, to “bathe” in the rich sensory experience of all that surrounds you. It

was developed in Japan during the 1980s to relieve stress and enhance well-being. During this relaxing, two-hour, guided walk, you will be invited to open your senses and engage with nature in a deeper way. Best suited for adults and teens. Class is limited to 10 participants. Please RSVP at <https://www.blufflake.org/events/guided-relaxation-walks>

QIGONG AND MINDFULNESS WALKS

Sun., July 31, 7:30 a.m. – 9 a.m.

Qigong and Mindfulness Walks around Bluff Lake are led by Joann Calabrese, mindfulness and qigong instructor. Group meets at the downstairs amphitheater for Qigong, a gentle mind-body practice that promotes health and vitality as well as focused awareness. The free mindfulness walk around Bluff Lake begins around 40 minutes later. Come for either or both! Class is limited to 10 participants. Please RSVP at <https://www.blufflake.org/events/guided-relaxation-walks>

Contact info@blufflake.org with any questions.