



THE MIRROR

VOICE OF MAYFAIR NEIGHBORS, INC.

FALL 2017

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Letter from the President

By Merritt J. Pullam



Pullam

Hello neighbors. Summer is in full swing and I hope you and yours are enjoying the weather and the great things Mayfair has to offer with your friends, family and neighbors. By the time this edition of The Mirror reaches you, school will be starting, or will have already started, for many of our young ones. Be a little more patient and help the kiddos and

continued on page 3

SAVE THE DATE

Concert in Mayfair Park

Saturday, Aug. 26,
Food trucks 5:30 p.m.
Music 6-8 p.m.

Annual General Meeting

Palmer Elementary
Auditorium
Tuesday, Oct. 3
7-8:30 p.m.

WWW.MAYFAIRDENVER.ORG

Colfax in the running for \$20 million in bond funding, Bus Rapid Transit

By Hilarie Portell, Executive Director,
Colfax Mayfair BID

Neighbors, you know that it's been a really long road here on East Colfax. But things are moving in the right direction now! Thanks in large part to your advocacy, Colfax is currently on the final list for \$20 million in general bond funding for pedestrian improvements from Monaco to Sheridan, and \$55 million for Bus Rapid Transit (BRT) improvements from Anschutz Medical Center to the Auraria Campus. Our City Councilmembers Mary Beth Susman and Chris Herndon led the charge and, on Aug. 14, the City Council unanimously voted to refer the bond package to the ballot. Then it's up to the voters to decide in the Nov. 7, election. Cross your fingers.

There are a great many worthy projects on this year's bond list, but only Colfax has four business districts, six council districts, 15 neighborhoods and 1,000 business owners behind it.

The long-planned streetscape improvements will enhance pedestrian crossings (especially at Fairfax Avenue) and add streetlights, trash cans, permeable landscape and street trees. The BID will pay for long-term maintenance costs. Together, these small but impactful improvements

will make the area safer and more comfortable for everyone. They will provide a visual cue to motorists to slow down, and they'll help Colfax operate more like the main street it once was, attracting new neighborhood-serving businesses. More info is at colfaxmayfairbid.com under "Streetscape Project."

If approved, Colfax will be the first BRT transit corridor in Denver, with frequent buses moving some 50,000 people per day to work, school, shopping and entertainment. Imagine jumping on a bus that comes every 5 minutes to run down to Tattered Cover, try out a new restaurant or spend the evening downtown. For more info and to comment on proposed plans, search for "Colfax Corridor Connections" on the Denver Public Works web page.

Renovations underway

Big renovations are underway at 5026 E. Colfax Ave. (south side of Colfax, just west of Fairfax). This older building has new ownership. Watch for new storefronts, original brick details, windows and signs. The Ram Lounge has closed and Power at Hand is moving — but just around the corner to 1520 Filbert St. A new neighborhood bar owned by Park Hill residents plans to move into the renovated Ram space.

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About the Mayfair Mirror

The Mirror is published four times a year in the spring, summer, fall and winter.

For advertising or story ideas, contact Todd Parker at mayfairneighbors@gmail.com.

For more information, visit www.mayfairdenver.org

Our mailing address is:
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If you need help designing an ad for The Mirror, please contact Chere Martin:
chere@CMMCreativeStrategies.com

Colfax BID continued from page 1

They also own The Bar Car (at Eighth and Colorado), Inga's Alpine Tavern (Leetsdale) and The Horseshoe Lounge (Uptown). And look no further than Li's Bakery for your next occasion — they'll have custom cakes, cupcakes and cookies.

Not far up the street (near Glencoe), check out Ruth and James, a new funky salon and vintage shop at 5218 E. Colfax Ave. Owner Anna Embrey moved her business from Highlands to East Colfax; check them out for a new look.

Thanks again for your support of local business. Keep in touch with us on Facebook and colfaxmayfairbid.com.

Upcoming Mayfair events

Concert in Mayfair Park

We hope to see you at the Concert in Mayfair Park on Aug. 26 - MNI's annual send off to summer!

Relax outdoors as the Denver Municipal Band plays the standards. Bring friends, family, a blanket, some chairs and a picnic dinner, or check out the fare at several food trucks scheduled to serve around 5:30 p.m.:

- Moontime Crepes
- True West Tacos
- Petey Bird Ice Cream
- Taj Palace Indian
- El Toro the Tot Burgers & Tater Tots

Concert in Mayfair Park • Saturday, Aug. 26

Food Trucks 5:30 p.m.

Music 6 p.m.

Call for winter/holiday recipes

Do you have a favorite winter recipe you'd like to share? Please email it - and any fun stories or memories associated with it - to: Mayfair Neighbors — mayfairneighbors@gmail.com

Or mail to:

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We'll post them to our website (mayfairdenver.org) and print a selection in the winter issue of The Mirror.

Bon appetit!

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From the President continued from page 1

parents out by slowing down a little and making sure to look both ways. If possible, keep your eyes and ears open for opportunities to help our local schools.

East Denver is receiving much more focus these days from the city. I am happy to report that Mayfair Neighbors, Inc. has been doing its best to stay involved and to help guide the city in its efforts to strengthen our part of town. Numerous taskforces and committees have been formed in an effort to help guide growth and the issues that come with our expanding population. Mayfair Neighbors, Inc. will be providing links to surveys, informational sources and updates on current projects whenever possible. Our best resource to provide information has been Facebook. If you do not participate via Facebook, check out the city of Denver website, denvergov.org, or the 311 app to stay informed on projects and taskforces.

East Area Plan

The latest committee to be formed is the East Area Plan steering committee. The East Area Plan covers the neighborhoods of Hale, Montclair, East Colfax and South Park Hill. These also include the registered neighborhoods of Mayfair, Historic Montclair and East Montclair neighborhood association, among others that reside in the East Area Plan.

I have been asked to chair this committee and have accepted the offer. My hopes are that I am able to continue to provide a voice for you, Mayfair Neighbors, Inc., and the other neighborhoods in the defined East Area Plan as we embark on helping the city develop the best plans to accommodate the forecasted growth of our city. We will be covering many topics, including land use/urban design, transportation/mobility, affordable housing, economic development, health, and green storm water/water quality. Be on the lookout from our various registered neighborhoods, business improvement districts and city officials for ways for you to participate and voice your concerns or ideas.

Vision Implementation Team

Other committees that have been involved in our area include: the Vision Implementation Team – this team focuses on the Upper Montclair storm water plan; Denveright/Denver Moves – focusing on transit, pedestrians and trails; Inter-Neighborhood Cooperation (INC) – a collection of all participating registered neighborhood organizations in Denver to work with

the City of Denver to present a unified voice; and the Colfax Corridor Connections taskforce – working on the bus rapid transit concepts along the Colfax corridor. Members of our board participate in these councils to ensure that our neighborhood and neighbors are represented.

General Meeting

We are looking forward to our General Meeting on Tuesday, Oct. 3, at Palmer Elementary. This is an annual meeting and a great opportunity for you to hear from various city officials and our MNI board members. We have room on our board for additional neighbors who are interested in joining and being more involved in the neighborhood. We encourage anyone interested in learning more about MNI to attend our monthly meetings. We hold meetings the first Monday of each month (unless it's a holiday, then the meeting moves to the second Monday of the month) at Rosemark at Mayfair Park, 833 Jersey St. at 7 p.m. If you are not yet a member of MNI and would like to join, membership is \$15 per household, \$10 for senior citizens and \$25 for businesses. Please also reach out if you are interested in advertising in an upcoming issue of *The Mirror* as we want to support our local businesses.

Don't underestimate the power of your vision to change the world. Whether that world is your office, your community, an industry or a global movement, you need to have a core belief that what you contribute can fundamentally change the paradigm or way of thinking about problems. ~Leroy Hood, American scientist

MAYFAIR NEIGHBORS, INC.

“To advance the common interests of the neighborhood by initiating and coordinating actions for the physical, economic, civic, and cultural improvement of Mayfair.”

Dog Daze 2017: Contests, prizes and a bomb-sniffing dog

By Patricia Mulligan, MNI Vice President

Did you join us on Saturday, Aug. 5, at Mayfair's annual Dog Daze celebration? If so, you witnessed lots of dogs and their owners enjoying a fun celebration of all things canine. We are pleased this year to have had the participation of Stacy Block, dog trainer and owner of Pawsitive Worx Dog Training. She encouraged dogs to participate in the fun and energetic scent activity of Nose Work.

In addition, Dyanne Ruby of the Soul Dog Rescue organization brought several of their foster dogs who are now ready for adoption. Many Mayfair residents are familiar with Soul Dog through neighbor and rescue activist Melissa McAllister. We were also happy to welcome Officer Jeff Meyer of the Denver Police Department. He greeted the Dog Daze participants and answered their questions; his



friendly but highly trained bomb-sniffing dog Hershey interacted with the neighbors.

The festive day opened with a grand musical parade of all participants around Mayfair Park, followed by various light-hearted competitions. Owners had the opportunity to show off their pet's best qualities in contests such as best trick, best costume and best dog/owner look-alike. Dog Daze onlookers clapped with encouragement as the dogs strutted their stuff in front of our completely impartial judges Sandy Berr, Becky Sloan and Officer Meyer. Some top prize winners were: Nina Visser with Sydney (smallest dog), Annabella with Pearl (best costume), Rachael Allen with Bo (best trick), Sherilyn Kal with Bean (largest dog), and both David Bromberg with Huck and Brodie Zemanick with Max (dog/owner look-alike).



Dog Daze 2017 repeated last year's fundraising effort to support PetAid, a nonprofit organization providing free or discounted vet care for pet owners who cannot pay full price. Mayfair neighbors at Dog Daze contributed over \$87 to PetAid this year. PetAid appreciates our generosity.

Mayfair Neighbors, Inc. is grateful to event sponsor VCA Park Hill Animal Hospital, located at Colfax Avenue and Glencoe Street. Hospital manager Sarah Glancy donated liberally to help defray the expenses of Dog Daze. Julie Neva, owner of Chewy's Bonetique in Lowry Air Force Base, contributed a \$25 gift card and a bag of healthy treats, which were won by neighbor Collene Beatty. Mayfair businesses Copper Door Coffee Roasters and Ed Moore Florists also gave generously. King Soopers contributed snacks for all human participants. Dog Daze depends on their big heartedness, so please patronize these establishments.

This Mayfair tradition will return next August. We're hoping to see all our Dog Daze friends again. It's not too early to start training your dog for 2018's best trick contest.



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Colorado Free University celebrates 30 years

By Helen Hand, President, Colorado Free University

Colorado Free University, Denver's premier lifelong learning center, celebrates its 30th anniversary of offering quality, affordable skill-based and enrichment classes.

Did you know?

Before Colorado Free University there was Denver Free University. DFU started on the campus of DU, but soon moved to the intersection of Park Avenue and 17th Street (where Tallulah Jones is now) because the university's administration was uncomfortable with the "radical" nature of the free u. DFU hosted classes from 1969 until its closing in 1986. Many baby boomers will remember meeting new friends and expanding their horizons with courses like Astrological Birth Control, Organic Gardening and Farming Techniques and Macramé.

John Hand opened Colorado Free University in 1987. He was an entrepreneur, a community organizer and a visionary. He founded this new learning network on the principle that "communities have within them the resources to solve their own problems. For everyone

with a question or a problem, there is someone else with an answer or a solution. CFU brings those people together."

Hand was an east Denver native, attending Carson Elementary, Hill Junior High and George Washington High School. He was one of the originators of the Capitol Hill People's Fair and was active in efforts to revitalize Colfax Avenue.

CFU was on the corner of Colfax and York for many years. Hand had bought the two buildings originally to house his antique store. In the mid-'80s, the recession was not kind to that business. He had worked at DFU for a couple of years and had a passion for education, so when he closed the store, he used the location to house the new free university. When the Lowry Air Force Base was opening for redevelopment, Hand purchased the old fire station and renovated it as a satellite location for the school. In 2008, the Colfax buildings were sold and CFU moved its whole operation out to Lowry.

The Free U is not free. There is a modest cost for classes. The "free" harkens back to free speech movement days when activists sought to take education out of the traditional institutions and make it open and accessible. The principle is that anyone with passion and expertise should be able to share their knowledge and anyone with interest should be able to learn. There are no grades, entrance requirements, prerequisites or credentials needed.

Colorado Free University is one of just a handful of its kind left in the U.S. During the free speech movement days, over 300 "free u's" sprang up. By the mid-'90s there were about 30. Most have now closed their doors. Libraries, museums, community colleges and school districts have picked up the mantle of community education, but CFU is one of just a few remaining free-standing, independent learning centers that offers a wide menu of classes.

When my brother John was tragically killed in 2004, I stepped in to keep the school going. My daughter, Maryjean Hand-Bender, a Mayfair resident, came aboard as well. Thirteen years in, we still hold fast to the mission of the school to give people opportunities to share and learn, to enrich people's lives with face-to-face connection and to build community.

Information about CFU can be found at www.freeu.com or by calling 303-399-0093 ext 0.

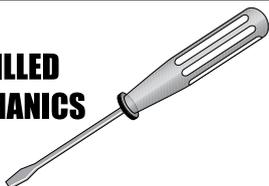
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Mayfair Neighbors' Annual Garage Sale a huge success

By Anne Delphia, MNI Board Member

Mayfair Neighbors' Annual Garage Sale, held June 10, had more than 50 participants this year, nearly double the amount of participants from 2016. They sold everything from baby clothes and furniture to yard tools, artwork and electronics.

The day began early with prospective buyers coming from the surrounding neighborhoods, including South Park Hill, Hilltop, Crestmoor, Congress Park and Montclair. There were also buyers that came from as far away as Aurora, Lakewood and Arvada.

Our garage sellers were overall pleased with the traffic they received, with some neighbors saying they sold between \$200 and \$500 worth of goodies. They also said that the traffic was pretty steady from start to finish, with spurts of bigger crowds early on.

Overall the feedback was positive and most of the yard sale participants were happy with the traffic, saying that the yard sale signs that were posted throughout the neighborhood were a big help in bringing awareness to the event. We also received ideas for next year's garage sale.

If you have any ideas and/or suggestions regarding Mayfair Neighbors' Annual Garage Sale, please visit Mayfair Neighbors, Inc. on Facebook and post your comments. Or send us an email to mayfairneighbors@gmail.com.



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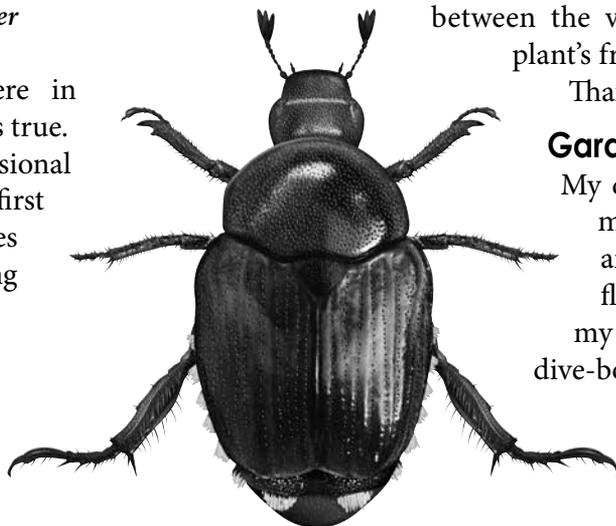
What can we do with those pesky beetles?

By Sara Visser, MNI Board Member

Have you noticed that here in Mayfair we've been invaded? It's true. According to a plant professional at a local nursery, this is the first summer that Japanese beetles "jumped" Colfax and are showing up in droves in Mayfair.

What to know

For the uninformed (or the lucky ones who don't have them in their garden...yet), the Japanese beetle (*Popillia japonica*) is a common species of beetle. It is about 15 mm (0.6 in) long and 10 mm (0.4 in) wide, with iridescent copper-colored elytra and green thorax and head. It is not very destructive in Japan, where it is controlled by natural predators, but in North America, it is a serious pest of about 200 species of plants, including rose bushes, grapes, hops, canna, crape myrtles, birch trees, linden trees and others. These insects damage plants by skeletonizing the foliage – that is, consuming only the leaf material



between the veins, and may also feed on a plant's fruit if present.

Thanks for the definition, Wikipedia.

Garden menace

My definition is that they are a vile menace, invading my garden and munching happily on my flowers and foliage, particularly my roses. A Japanese beetle actually dive-bombed me one day, leaving me frantically jumping up and down, shaking my head to get it OUT of my hair. Seems they know how I feel about

them and are taking me on. Well, maybe it isn't personal, but still.

Down the street, they've nearly decimated our neighbors' wandering vine. Last week, I helped my dad, who lives in Park Hill, remove at least 60 of them from his roses. It was kind of cathartic, actually. But more will replace them in short order, I fear.

What's a garden lover to do?

According to more than a few websites, nextdoor.com threads and discussions with gardening professionals, the best way to rid your plants is by hand – shaking them off your flowers and foliage into a bowl of soapy water. Yup. Let 'em drown. It seems that smooshing Japanese beetles with your foot, perhaps, while wildly satisfying, actually releases pheromones that attract more of them. MORE of them!?! Ack!

In my family's highly unscientific study, it seems to work. We've removed about 50 beetles this way over the past three weeks and they seem to be diminishing. Don't tell them I said that.

In addition to the soapy water method, it is important that we treat our lawns before the first freeze.

Professional recommendations

Back to our trusty local gardening professionals. Two different nurseries recommended the same method of treatment: Milky Spore Powder applied to your lawn, per the directions, now and once again before the first freeze. It seems the beetles lay their eggs in our lawns and the larvae survive the winter there, lying in wait for spring and our tasty rose petals. I'm told the powder may need to be applied for the next couple of years to completely rid our lawn of the larvae.

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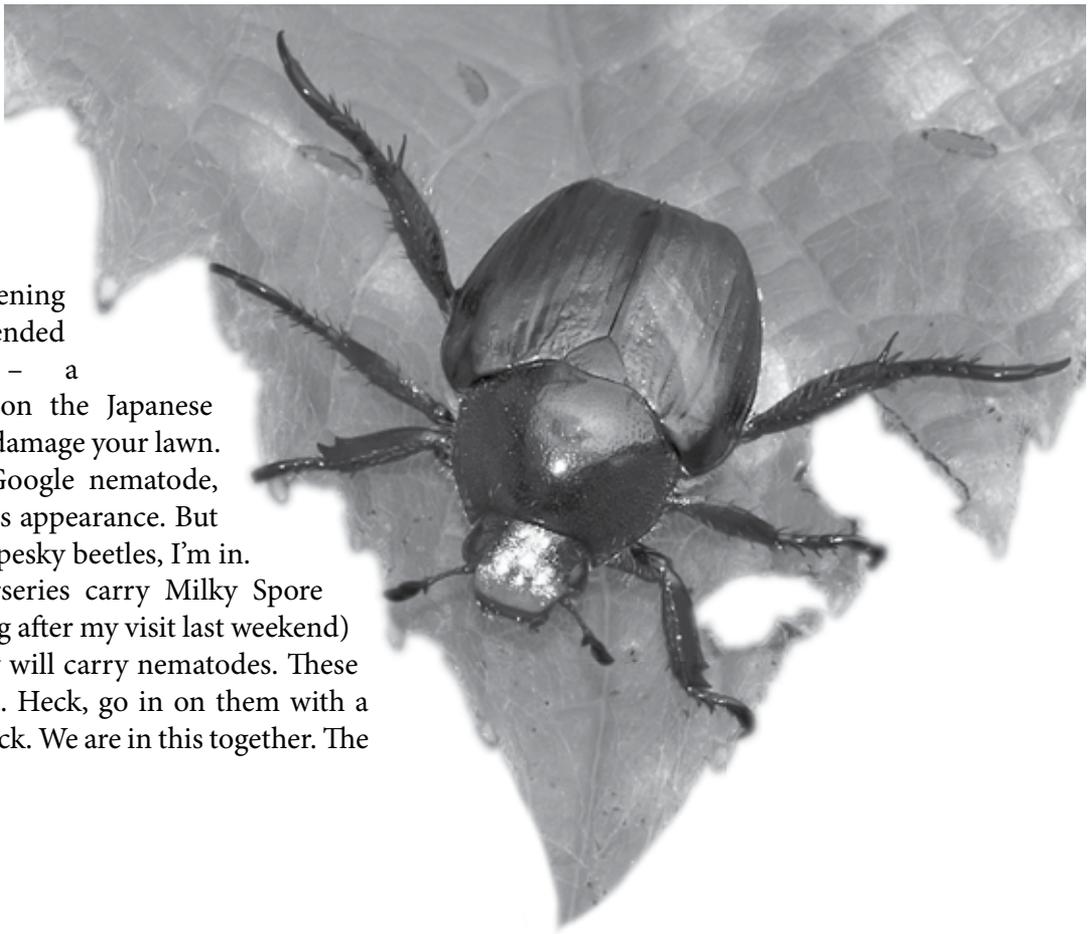
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Please note, I have no allegiance to the Milky Spore brand. This is merely a public service announcement – not an advertisement.

Nematodes

In addition, one gardening professional recommended applying nematodes – a roundworm that feasts on the Japanese beetle larvae but will not damage your lawn. Be warned: when you Google nematode, you may be revolted by its appearance. But hey, if they destroy those pesky beetles, I'm in.

At least two local nurseries carry Milky Spore Powder (one is down a bag after my visit last weekend) and at least one said they will carry nematodes. These are worth the investment. Heck, go in on them with a neighbor or the whole block. We are in this together. The battle is on.



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Fall is for Fitness.

Fall is just getting started, and for those of us who haven't been able to get to the gym as much as we'd like, to work towards our fitness goals, take heart. It's the perfect time to get in great shape and enjoy the end of summer and start your fall with more energy, renewed focus and maybe get to be just a few pounds lighter. Get fitness onto your schedule this fall.

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Do you know a senior at risk of abuse?

If you suspect elder abuse, call the Denver Adult Protective Services Hotline at 720-944-2994. In an emergency, call 911.

By Rosemark Senior Living

Many older adults are at risk of financial abuse, neglect, physical harm, plus emotional and verbal attacks. As elders become more frail, they're less able to resist bullying, track finances and follow legal documents. They may not hear or see as well or think as clearly as they used to, leaving openings for unscrupulous people.

Statistics

Eighty percent of elder abuse occurs from someone the senior knows such as a family member, caregiver, advisor or friend, according to the Denver District Attorney's Office. However, there are many cases where a stranger is taking advantage of an elder.

Investigations into elder abuse in Denver are on the rise, thanks to a new Special Victims Unit created by the Denver Police Department, which conducts joint operations with social workers and the district attorney. In addition, the Denver District Attorney's Office

initiated a new Elder Abuse Unit in June 2017 to focus on physical abuse, neglect and financial fraud against at-risk adults aged 70 or older.

In 2016, Denver police looked into 735 elder abuse cases, a 418 percent increase since 2013.



Top 10 signs of potential elder abuse

1. Withdrawal, depression and fear of talking openly
2. Isolation, especially from family or friends
3. Physical trauma, such as burn marks, unexplained bruises and welts
4. Poor personal hygiene, such as bad odor or dirty, matted hair
5. Malnourishment, dehydration or an untreated medical condition
6. Unsanitary living conditions
7. Bank withdrawals when the elder cannot access the bank
8. Signatures on checks and financial statements do not match the elder's signature
9. Change in spending patterns and purchasing unneeded or unusual items
10. Suspicious changes in wills, such as switching the primary beneficiary to a non-family caregiver

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Mayfair welcomes the Russ family

By Jackie Medford, MNI Board Member

When a family moves out of the neighborhood one always hopes someone nice will move in. We lucked out on our block of Jersey Street last summer when the Russ family moved in.

The man of the house, Holger Russ, is from Germany and his lovely wife, Jenny, was born in Russia then immigrated with her family to Israel when she was 12.

Holger and Jenny met in Heidelberg, Germany, where they eventually married. They then moved to Tel Aviv. Holger's undergraduate work was in biochemistry and genetics while Jenny had her Ph.D. in pathology, and yet they found time to have three lovely children, Arthur, 10, Anna Maria, 8, and Andreas, 6. The children all go to Carson Elementary in fifth, third, and first grades respectively.

The family of five moved to San Francisco so Holger could do his doctoral work at UCSF. After five years,



he received his Ph.D. in biochemistry and genetics and got a chance to do research at the Barbara Davis Center for Childhood Diabetes at the University of Colorado School of Medicine on the Anschutz Medical Campus. He works toward and prays for a cure for Type 1 diabetes.

The Russ's became a family of six when they adopted a Blue Heeler from the Dumb Friends League. His name is, of course, Blue.

Mayfair MARKET UPDATE



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The Bar Car dishes up smoky barbecue and a dose of the past

By Jean Bolling, MNI Board Member

How many times have you passed a business in our neighborhood and thought, “that place is still there? I need to check them out.” Personally, I have had those thoughts about two or three places in the area and one of those places is The Bar Car, located just north of Eighth Avenue on Colorado Blvd.

I moved to Denver from Chicago in late summer 2003 and used to see the sign on the alley side of the building advertising Chicago deep dish pizza. Those were the days when the location was known as The Recovery Room. I kept telling myself I’d get in and try it since I missed Chicago pizza so much. As can happen, time went by and, before I knew it, so had a few years and soon that sign was gone, replaced by a new sign advertising The Bar Car. By then I had a baby son and life took over.



The Bar Car owners Jeremy Matzke and Victor Muniz.

Fast forward to summer 2017 and I promised myself I’d get in there at least once this summer to finally check it out. Then, while doing tax business on Colfax one day, the owner told me that the Ram Lounge (two doors down from where I was) had been bought by the investors at The Bar Car and been immediately closed. That did it. I knew I had to find out about The Bar Car and the future of the old Ram Lounge location.

Recently I sat down with Jeremy Matzke and Victor Muniz, longtime friends and business partners in The Bar Car. They gave me a history of the location, a description of their current business and their vision for the old Ram Lounge location.

The owners of the Recovery Room, Leigh Jones and Margaret Moore, were already the owners of The Horseshoe Lounge at 20th Avenue and Logan Street in Denver. They also owned Jonesy’s EatBar, which is now closed. Jones, Moore and Matzke all purchased the location now known as Inga’s Alpine Tavern at Leetsdale and South Forest Street. Matzke remains an investor in Inga’s, but no longer helps run it. His focus is The Bar Car.

History of The Bar Car location

The Bar Car started as a dry goods store back in 1927. By 1945 it was The Boulevard Inn, known for its steaks. It became The Recovery Room in 2000. When Matzke became involved in 2010, the space was then named

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The Bar Car, and one year later Muniz came on board as a business partner. That same year, Westword named The Bar Car “Best Old Bar Brought Back to Life.” That plaque hangs proudly on one of the walls in The Bar Car.

I asked the owners how they would describe The Bar Car. They said it is a friendly, comfortable neighborhood bar with delicious barbeque. They say the establishment appeals to everyone from blue collar workers to lawyers and holds no pretenses. It is “a place you’ll end up in the conversation” and “a place you can come and have fun and relax,” they said.

Now with the addition of food, it’s a place to come for lunch on the weekend as well. And while The Bar Car no longer serves pizza, the owners wanted to offer patrons something different.

Along came Norm Schryver, who had at one time worked at The Elm on Colfax. Schryver had run a catering company for a while and was very experienced with food and the particular needs of a bar. He opened the Swine Emporium, which operates out of The Bar Car offering “really good, smoked barbecue,” Muniz said. Schryver has a custom-built smoker on premise and all the barbecue offered is dry rubbed and smoked there. He uses apple, cherry and hickory chips in the smoker to impart authentic flavor. Currently lunch is new for

the group, having just started in July. It is offered Friday, Saturday and Sunday from 11 a.m. to 2 p.m.

My husband and I and our 7-year-old son went for lunch recently on a Sunday after church. We were the only people when we walked in at 1:15 p.m. but at least three to four other groups of people, and one other family, came in shortly after we arrived. The bartender, Sierra, was very friendly and helpful in talking about the menu and the bar. The menu has a very good selection from the 6 oz. beef burgers (I, for one, must come back and try The Fonzie – Velveeta, onion, pickle, mustard and ketchup, and my husband wants to try The Nightmare on Elm Street — peanut butter, jalapeno and bacon. Can you tell my husband and I both grew up in the ‘80s?), to sandwiches — the Cubano is a personal favorite I will be back to try very soon — to a variety of appetizers, including five different types of French fries (buffalo, chili, BBQ, Thai and truffle) salads and tacos.

The barbecue plates are a definite highlight. On our lunch visit, my husband and I shared the three-meat plate with shredded chicken and pork and sliced brisket, along with two sides. We chose the mac and cheese and the potato bacon salad. Our son had the one-meat plate

continued on page 14

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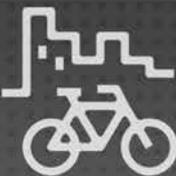
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of sliced brisket with French fries and baked beans. He is the typical, picky child eater and he declared the brisket “so good” while the baked beans, never a favorite but chosen for him by me, were “not yucky at all.” I love baked beans and thought they were excellent with the right amount of sweetness.

Our son loved his French fries. Unfortunately for him, so did my husband and myself. He kept putting his arm protectively around his plate saying, “keep your hands off my fries, PLEASE!” My husband and I both really liked the chicken and the pork, but the brisket was our over-all favorite – very good smoky flavor, sliced thin and paired very well with the house-made tomato and vinegar-based barbecue sauce. Schryver also makes a traditional KC style and a North Carolina mustard barbecue sauce. There was plenty of food on the one-meat plate for our son or an adult, and the three-meat plate was more than enough for me to share with my husband. My husband would have gladly consumed the entire plate himself.

Matzke and Muniz are quick to point out that The Bar Car is not a sports bar, as they have only two televisions, but plenty of folks do come there to relax and watch a game. They host karaoke on Thursday and Saturday evenings and a Family Feud night on Mondays. They also host a few very well-attended events each year. Their

largest event is the Kentucky Derby party, where they block off the parking lot north of the building and folks come dressed in Derby attire for the day. They’ve been voted one of the best Derby parties in Denver and, on a feel good note, a portion of the proceeds from this event are donated to the Leukemia & Lymphoma Society. In August, they celebrate The Bar Car’s birthday. They also celebrate the birthdays of several celebrities, including Frank Sinatra, Johnny Cash and Elvis Presley.

The most popular drink ordered at The Bar Car is a beer with a shot of Jameson or Paddy Irish Whiskey. Margaritas are made by hand and I was assured their Bloody Mary’s are a “must try.” I’ll gladly take them up on that on my next visit. Their top selling beer is PBR, which is on draft. They are one of only two bars in Denver to offer beers from Dry Dock Brewery out of Aurora on tap: Apricot Blonde and USS Enterprise IPA. They also carry Boulder-based Avery Brewing Company’s White Rascal and beer from Kansas City-based Boulevard Brewing Company.

Starting Labor Day weekend, the food offerings will expand to include smoked chicken wings and breakfast tacos. Although lunch is currently Friday through Sunday only, their lunch business is steady and once the project across the street is completed (the old University hospital area) that may be expanded to more days. They do dim the lights down around 6 p.m. and the atmosphere is more conducive to adults for the rest of the night. A ‘nice to know’ note is that The Bar Car is the only locally owned bar on Colorado Boulevard, between I-25 and I-70.

As for the old Ram Lounge location on Colfax, Matzke and Muniz said it will still be a bar but with food offered and a completely different atmosphere. They plan to do for that location what they did with The Bar Car and bring it back to life. They have a lot to do yet to get that location updated and ready for business, but expect an opening in the next six months.

Now that I finally got into The Bar Car and tried the food and met the partners, I can say that I will definitely be back. That Fonzie burger is calling my name.

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Steering committee formed for citywide neighborhood planning initiative

By Councilwoman Mary Beth Susman



Susman

I'm thrilled that the northern part of our district is one of the first up for the citywide Neighborhood Planning Initiative. It includes the statistical neighborhoods of East Colfax, Montclair, Hale and South Park Hill, called The East Area Plan. Currently, the statistical neighborhood of Montclair, including the registered neighborhood of Mayfair, does not have an adopted area or neighborhood plan. The plan will cover topics such as land use and urban design, affordable housing, mobility, economic development, health, water quality and more.

The Steering Committee kicked off its process just last week. Neighborhood representatives heard interesting statistics on population, demographics, income levels, poverty rate, employment, education, housing, gentrification, crime, mobility, parks, food access and more about their areas and how the process will unfold. To see the statistics report, please visit www.denvergov.org.

[org/content/dam/denvergov/Portals/646/documents/planning/Plans/East_Area_Plan/East_Plan_Steering_Committee_Meeting1_Presentation.pdf](http://www.denvergov.org/content/dam/denvergov/Portals/646/documents/planning/Plans/East_Area_Plan/East_Plan_Steering_Committee_Meeting1_Presentation.pdf)

The Steering Committee represents a diverse set of community interests and will advise on the planning process, outreach and public meetings. Mayfair's own Merritt Pullam was appointed as the chair of the East Area Plan Steering Committee.

The general process will include three phases, each taking about six to eight months each. The first phase will help planners gain an understanding of the area's assets, issues and trends and will seek to identify key opportunities. The second phase will establish a comprehensive, long-term, measurable vision that will prioritize and design community investments. The final phase will develop recommendations for financing, partnerships and regulations and will propose policies and tools that will achieve this vision.

We will be sharing information about the planning that will rely on your public engagement to shape the vision for this part of our city. There will be online surveys and mapping exercises, community workshops, focus groups and other means to engage you. Currently, a survey looking for initial ideas and feedback is available to take. Here is the link: maptionnaire.com/en/3082/.

See the East Area Plan website for more information: www.denvergov.org/eastplan.

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The Real Estate Market

By David Bromberg, a Mayfair Neighbor

Colfax changes

The City has identified two projects affecting Colfax in the upcoming general obligation bond vote (total package \$937 million www.denvergov.org/2017GObond): 1. Colfax corridor improvements (\$20 million) and 2. Colfax transit improvements (\$55 million). These investments will have a direct impact on home values and quality of life in the impact area identified from 13th to 18th streets. Councilwoman Mary Beth Susman fought to ensure full funding for the corridor improvements, which include streetscaping, improved lighting and other updates.

The transit plan is for Bus Rapid Transit (BRT) from Auraria to Yosemite. The initial plan would have created part-time (during rush hour) bus-only lanes in the current outside lane. I liken this to the arrangement on Broadway and Lincoln between downtown and I-25. This would obviously reduce automobile traffic flow on Colfax, pushing more cars into Mayfair, Park Hill and the other neighborhoods abutting Colfax in east Denver. Recently, the BRT plan was revised to create permanent bus-only lanes in the middle of Colfax allowing for more

bus frequency. The \$55 million investment will require additional federal funds that have not been secured – total cost is estimated to be about \$160 million. Check out the city website for more details www.denvergov.org/content/denvergov/en/denver-department-of-public-works/projects/current/colfax-corridor-connections.html.

I know that the projected travel on east Colfax is expected to double in the next 20 years. Maybe there are options that are less impactful on the neighborhood. How about converting lanes on 13th and 14th streets to bus only (keep the cars on the U.S. highway)? As a resident living between those one-ways, I would rather see regular bus service and believe speeding would be reduced. Contact Councilwoman Susman's office at 720-337-5555 or marybeth.susman@denvergov.org and provide feedback.

Cranes everywhere

Denver is growing up, literally. A recent study shows that we have the third-greatest number of construction cranes in action in the nation at 35. That is behind Seattle with 58 and Los Angeles with 36. Denver is number one in terms of year-over-year increase in cranes. The Denver Business Journal has an interesting website with an interactive map to see current activity (www.bizjournals.com/denver/maps/crane-watch).

Another great resource for construction activity focused on the city core is denverinfill.com/. It has 3 sub-sites, Denver Urbanism, which is a collaborative blog covering a wide range of urbanism topics and advocating a progressive urban agenda for the Mile High City; Denver Infill, which provides news and information about urban infill and sustainable development; and finally the Original Denver Infill, which documents Denver's urban infill projects from 2000 to 2009.

David Bromberg is a licensed REALTOR

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Second round of pedestrian and trails public meetings to be held in August and September

As a part of Denver Moves: Pedestrians & Trails, the City and County of Denver is hosting a second round of public meetings in August and September in five locations throughout Denver to discuss priority pedestrian and trail improvement projects that address the needs and community values identified during previous public outreach in October 2016. This second round of public meetings and outreach will also be an opportunity to examine costs, funding options and policies required to achieve the community's vision for a walkable Denver and a world-class trail system.

Look for a public input opportunity near you. All meetings will be from 5:30-7 p.m. and will present the same material and opportunities for input.

- **Aug. 29** – Montview Presbyterian Church, 1980 Dahlia St. in central/NE Denver
- **Sept. 5** – Skinner Middle School, 3435 W. 40th Ave. in NW Denver
- **Sept. 7** – Maxwell Elementary School, 14390 Bolling Drive in far NE Denver
- **Sept. 12** – Thomas Jefferson High School, 3950 S. Holly St. in SE Denver
- **Sept. 14** – Castro Elementary School, 845 S. Lowell Blvd. in SW Denver

The Denver Moves Pedestrians & Trails plan aims to improve walkability in Denver and to create a world-class trail system. This will be the first plan dedicated specifically to improving pedestrian and off-street trail experiences citywide. Ultimately, the plan will include a prioritized guide for improving Denver streets and crossings for people walking and providing trails that are appealing for both recreational and transportation purposes.

Surveys

In the first phase of the project, online surveys were offered and five public meetings were held across the city in October 2016 to help identify citywide pedestrian and trails needs, capture resident values and begin to define priorities for improving and connecting Denver's pedestrian and off-street trail network. Hundreds of Denver residents, workers and visitors participated in the online surveys and public meetings.

Based on this first round of outreach, the goals identified for Denver's pedestrian and trails networks are: accessibility for users of all ages and abilities, connectivity to other walkways and trails, direct destination access, equitable access to quality pedestrian amenities in low-income and health-compromised neighborhoods and safety.

To assess the overall pedestrian environment, the plan team gathered current data about sidewalk completion and crossing spacing, as well as other measures related to the overall vision for walking in Denver. For trails, the plan team looked at connectivity, access points and trail design elements related to the overall vision for trails. The results are captured in the Denver Moves: Pedestrians & Trails Existing Conditions Report, which provides the most detailed inventory of Denver's pedestrian and trail infrastructure to date.

For more information, please visit www.denverright.com and click on the "Pedestrians & Trails" tab.



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Palmer Elementary welcomes Principal LuAnn Tallman

By Sara Visser, MNI Board Member

When Palmer Elementary kids arrive for the first day of school on Aug. 21, among the familiar and new faces will be that of their new principal LuAnn Tallman and assistant principal Caryn Pratt.

Palmer's previous principal, Dr. Paula Bieneman, joined Palmer in 2013 and brought rapid change, strong progress, high standards and renewed pride to the Palmer community. When she made the decision to leave Colorado and return to Illinois to attend to family, Denver Public Schools moved quickly to choose Palmer's next principal. DPS asked selected parents and staff for their input in three meetings during a single week. Two weeks later, the district made the final decision.

In his "Palmer Principal Announcement" letter dated May 30, 2017, and posted on the Palmer website, Kevin



Palmer Principal LuAnn Tallman prepares for the 2017-18 school year.

King of DPS writes, "LuAnn is noted for her deep knowledge of early literacy; strengths in observation and coaching; and commitment to creating a culture of thinking and problem-solving in line with Palmer's instructional strengths."

LuAnn's passion for education has taken her from a small town in Nebraska to a Department of Defense school in Germany, a Washington, D.C. preschool, Colorado Springs and Douglas County school districts, Graland Country Day, Aurora Public Schools and now DPS. She has always worked in elementary education.

As we talked over coffee early one July morning, Tallman's passion for children and their education was evident. This avid skier and gardener and mother of one daughter smiles easily and her eyes sparkle with enthusiasm when she leads me through her vision for Palmer's students, teachers, staff and families.

One of the topics we covered was the principal selection process.

"It was a mutual agreement by everyone to get someone in before school ended," says Tallman. "It was important for the kids to see me before the end of school and say hello and for me to say, 'your beloved principal is leaving but your next beloved principal is here.'"

"Dr. B's contributions were significant. She worked on getting the building put together and made a new brand for the school," Tallman says. "That was valuable work which allows me to walk in and look at the structural pieces and building teams at the schools. I am honored

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that she has gotten the school to this place and I can bring it to the next level.”

SV: What attracted you to Palmer?

LT: I had been at Iowa Elementary (In Aurora Public Schools) for nine years. When I got to Iowa, it was three points from being a turnaround school. (A turnaround school is low-performing and requires dramatic and severe intervention to produce significant achievement.) In seven years, we moved that school from the bottom to the top.

I have always been motivated by my own personal goals. The Iowa children and staff were in a really good place and I needed a new challenge. I didn't have to leave my school, I intentionally picked Palmer. I wanted a school where I could meet their needs and it could meet mine. Palmer has diversity and a strong community — both are important to me. Palmer is just what I was looking for.

I thrive on new experiences and challenges, which keeps me vibrant in my life. I have to be able to approach and think about something different.

What are you most looking forward to at Palmer?

Kiddos have always motivated me. That is my passion and my calling. I love children and watching them thrive and prosper and grow. The first day of school will be my happy day.

What are Palmer's strengths?

Palmer families are its greatest strength. I have felt so welcomed and appreciated by our families.

Elementary school teachers do a really good job with personalized learning. This age group always has to be evaluated and reevaluated. Little children can learn very quickly and it is an important piece to make the growth we need to make. We are not changing the Personalized Learning model in a huge way. We may put different structures — monitoring — in place and there might be transitions in how we use our time. We want to build the capacity of the teachers.

Caryn Pratt and I are teachers. We know learning and strategies as a process — we bring those strengths.

Challenges?

Bringing the staff together to build routines and ways we can do things that can allow learning to take precedence. We need to make sure we are celebrating each other and moving together as a team. I want to help teachers grow, which helps build a strong staff, overall.

I know there is a lot of angst about me coming on

board. There will always be questions. I have an open door — come in and Teresa Cruz-Gonzalez (the main office secretary) will find time on my calendar for us to sit down. I like dealing with small things, so I ask families not to wait until a concern is something enormous. Anything your child is experiencing — the dog died, grandma is sick, a parent leaving for a while — we want to know what is going on and be there for that child. Palmer parents need more communication and we are eager to provide it.

What are your thoughts on attracting/retaining good teachers?

Team building is essential. We must make teachers feel they are part of a community. Teachers don't work for the money — this is a calling, not a job. Teachers work for their own satisfaction and they need to feel they are in partnership with parents. We have as much responsibility in keeping them as we do a principal. A teacher needs to feel parents and families trust and will work with them. This partnership makes teachers feel good about their work.

Balancing the diversity of our community and making everyone feel valued is extraordinarily important to me. It is one of the biggest reasons I came to Palmer.

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GW's principal pushes for consistency, equity

By Sara Visser, MNI Board Member

Seven principals in 15 years. That's what George Washington High School had experienced before Scott Lessard became principal last year of the largest school in the Denver Public Schools, the school that was once the District's academic flagship.

"GW deserved better," says Lessard, as we chat in his office a few weeks before the 2017-18 school year began. "I felt like I was the right guy for the job. I'm willing to work hard. I have a lot of history with administration in DPS and I was looking for the next challenge."

After 15 years in administration at Thomas Jefferson High School, Lessard came to GW as head of master scheduling — the all-important job of balancing student requests with teachers' capacity and maximizing the opportunities that students have. "With all the programs we offer here, it was almost



Scott Lessard took over as principal of George Washington High School last year.

impossible to meet everyone's needs," he says.

His efforts made a difference. "We did a deep dive on all the courses to make sure they were meeting similar academic standards so juniors would be well-prepared for International Baccalaureate (IB), Advanced Placement (AP), or concurrent enrollment," Lessard says. "We removed classes that didn't make sense and added those that did. We engaged the community, heard the student and staff voices and rebuilt the entire school around a new philosophy — One George."

The guiding principles of One George are:

- EVERY student has talent and potential.
- Our diversity is a community treasure and EQUITY is the core of our mission.
- We CAN and WILL eliminate the achievement gap.
- We must dramatically ACCELERATE the progress we've made by investing more in what is working and embracing innovation.
- Every family deserves CHOICE and ACCESS to high quality schools in their neighborhood.
- Our kids need ALL of us — educators, families, community partners and staff — and together we are Team DPS.

"When I first came to George, I felt the anxiety of the staff because of all the transitions they had been through. They needed someone to come in and settle it down," he says. "We've recaptured the pride that GW lost."

After serving as GW assistant principal and sharing the role of principal with Jose Martinez for a year, the 2016-17 school year was Lessard's first as the school's solo Principal. "The best part about Jose is he is a consensus builder. He made sure everyone got on the same page, meeting with parents, students and the community for a year and a half," says Lessard.

His pride in the school he and many call simply, George, and its most recent evolution is evident as he talks about the staff, students and his goals.

A DPS veteran, Lessard is eligible for retirement but

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has committed to five years as George's principal. "I would love for last year's group of freshmen to never know another principal. Some of our seniors have known three. Every kid that goes here deserves a great academic experience," he adds. "Our greatest strength – the diversity of our environment – is also our greatest challenge. We continue to not meet the needs of some of our most disadvantaged students and we are working very hard to make sure we can."

Another of George's strengths? The George community. "The parents and community members who have dedicated themselves to the success of all the students of this school is unparalleled in my experience in DPS," he says.

It's nearly impossible to talk about George Washington High School without mentioning the IB program. This internationally recognized, rigorous course of study fills a student's schedule with IB-certified courses. George was the first Colorado school to offer the IB program.

As Lessard points out, "IB is a very specific course of study for a very specific student. If your child doesn't want to be an IB student, compare the rest of the George programs to any other DPS high school." He adds that, "an IB diploma qualifies students for any college in the world. Although they still may not get in to every school, it is a gold standard for academics."

George has made it easier for all students to have access to IB and AP classes, not just those who identified that track in eighth grade. Teachers can now recommend students to these programs, which opened the pathway to a new group of students. "Last year's freshmen were the first to have these opportunities. We should see significant changes in another year."

IB is just a small part of George's student population. In fact, there were just 67 IB graduates in 2017 out of a total population of about 1,300 students. Initially, IB presented him with another challenge, because it was consuming a disproportionate amount of the school's budget. "We can't have eight kids in an IB class vs. 25 in other classes."

Lessard is proud of all the programs offered at George, including College Prep, Honors/Pre-IB, AP, IB and Career Connect, all of which seek to prepare students for the next life challenge.

"While not all of our kids are going to highly selective schools, 84% of George's 2017 graduating class qualified for and were accepted to four-year colleges," he says.

For a full list and explanation of the academic programs offered at George, visit <http://gwhs.dpsk12.org/academics/>.

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Tallman interview continued from page 19

Some people say DPS is "broken". Do you agree?

I never have. I think public school is the one place that absorbs whatever is going on in society – whatever the values and priorities are at the time. In a one-room school house you taught the basics, reading writing and math. Now the expectations are that you are trying to get a child ready for a very large world.

We have to prepare the kids for all the world's challenges. I don't think it is broken – it has always been asked to meet broader needs.

What would the staff, families and parents at Iowa Elementary say about you?

They would say that kids are always first in every conversation I have at school. They would describe me as experienced, knowledgeable and compassionate.

How can our community best support Palmer?

By being involved, as much as your situation allows – involvement is on a spectrum, depending on each person's availability. The important thing is attend the student's conferences, make a relationship with your student's teacher and communicate with us.

Even if you don't have a student at Palmer, we are an open door. If you have time to contribute, there is nothing that will bring you to life more than being with kids. Come work in the garden. Ask how you can join us.

By far, the strongest impression I was left with during our conversation came when Tallman said this:

"I tell children my job is their learning, their happiness and their safety. That will always be my focus. After 20 years teaching and 14 years in administration – I am just about as excited as I was when I began."

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Another program in which all incoming ninth-graders are automatically registered is Ninth Grade Academy. Described as “the ultimate orientation for incoming freshmen,” students meet at George and on the University of Denver campus to make connections and learn how to successfully navigate GW. “We

want to put our ninth-graders on a college campus before they even come to high school to reinforce our true vision of a post-secondary plan, which should include vocational training or a four-year college,” he says.

A few of the goals for the 2017-18 school year include:

- A concentrated effort to reduce the size of ninth grade core classes to no more than 25 students (the district average is 30-plus).
- A ninth grade intervention specialist, focused on supporting those who struggle with math. “If ninth-graders fail math, the graduation rate is cut in half,” says Lessard.
- Overall, helping students to be better owners of their own college and career readiness.

“Thanks to the Denver voters who passed a mill levy, we’ve got extra resources to make our goals happen,” he says. “Denver voters have never been chintzy. Last

“I believe families have an obligation to begin with their neighborhood school and work within that system to fix any issues it has.”

~Scott Lessard

year, they approved \$11 million of improvements at George alone.”

GW staff and students will notice the changes beginning the first day of school. All the classrooms will be cooled; all the windows have been replaced; the “1960s-era” locker room has been completely renovated, as have

the library and science classrooms; and the electricity and data have been improved to 21st century standards.

When asked how the community can best support GW, he says the school welcomes support in many different ways, including mentoring programs, college application assistance and other volunteer opportunities. For example, one parent group solely does grounds work, including 90 community and staff members who are building out a Denver Urban Garden. Many George alumni donate money and time. “Even if you have elementary or middle school kids, engage with George. Stay well-informed about your choices and learn more about GW as a whole school.”

When it comes to school choice and the arena of charter and private schools, Lessard is philosophical but clear.

“I believe families have an obligation to begin with their neighborhood school and work within that system to fix any issues it has,” he says.

“The best opportunity for a student today is a comprehensive environment to truly explore their individuality and find an opportunity to meet and engage with like-minded people. It is where passion is developed,” he says. “Ninety percent of who you are going to be after high school is who you are now, not your high school or your college.”

Lessard welcomes comments and questions and encourages people to get in touch with him directly at scott_lessard@dpsk12.org.

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The Dos and Don'ts of participating on Nextdoor.com

By Sara Visser, MNI Board Member

This story is part 2 of a series that ran in the Summer edition of *The Mirror*.

Nextdoor.com has become the go to repository of all things Mayfair. People get on the local social media network to alert neighbors to crimes, sell things, talk about neighborhood happenings and much more. So, how do you get started on Nextdoor.com? The first step is to complete your Nextdoor profile.

- Go to your Profile page (drop down menu in upper right corner) and complete as much info as you're comfortable with.
- Terri Peters Windley, one of two Mayfair leads on the Nextdoor site, says that it's important to post a picture of yourself so people can know who you are and recognize you when walking or shopping in the neighborhood. Adding a photo creates more of a sense of community than being anonymous. It invites camaraderie and connection and relating to each other.

Use the Settings feature

Receive only the information you want when you want it. This one is especially useful if you do or don't want to receive an email every time someone posts to Nextdoor. Some people want to get a notice every time an item is posted to the Classifieds so they don't miss a sweet deal. Others don't want to get those, but do want to know immediately when a Crime & Safety message is posted. Settings are also in the drop-down menu in the upper right corner.

Read and search

- Before you respond to a post with a question, read it through completely and you'll probably find the information you need.
- Before you post a request for a recommendation – for a handyman or restaurant that accommodates large groups, for example – use the Search feature at the top of the Home Page to see past posts that may give you the information you're seeking without have to post a new request.

Private message

- Use the Private Message (PM) feature instead of



“We encourage members to have conversation about the issues that matter to them in a way that is constructive, civil and builds community.”

flooding a post with responses that aren't relevant to everyone.

- Send a PM especially when communicating about buying/selling items and when providing private information like phone numbers and addresses.

Classifieds

- If you're selling an item in the Classifieds section, ask people who respond to go an extra step – like giving their phone number or email address via Private Message – before giving out your address and they probably won't blow you off (as often happens on Craigslist). This is one of Peters Windley's top suggestions.
- If you are selling several items at once, try to consolidate them into one post rather than one for each item. An overabundance of items in the Classifieds section may decrease the likelihood that people will actually read the post about what you're selling.

Bookmarks

Save useful or interesting conversations. Use the menu options at the bottom of each post to add or remove a bookmark.

Overall, Peters Windley encourages us to enjoy Nextdoor for just what it is. “It is meant to be a positive format for exchange between neighbors and to further promote neighborly involvement – another aspect of being involved with your neighborhood and keeping it special.”

Contact your Lead

If you have questions, feel free to contact Terri Peters Windley or Louis Ruhlin. On the left side of the Home Page, click Neighbors and then the Leads tab in the top center between Neighborhood and Businesses.



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