



# THE MIRROR

## WIBBOK

VOICE OF MAYFAIR NEIGHBORS, INC.

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## Letter from the President

By Merritt J. Pullam



Welcome to 2017. A new year is upon us and we are all looking at what 2017 will hold for us and for our neighbors. I

wanted to take a few moments to talk about what Mayfair Neighbors, Inc. is doing for you and also ask what you would like to see from us.

Mayfair Neighbors, Inc. (MNI) is dedicated to being a connection between you and the City and County of Denver.

*continued on page 3*

### SAVE THE DATE

#### Easter Egg Stuffing Party

April 14, 6-8 p.m.

#### Easter Egg Hunt

April 15, 10 a.m.

#### Shred-a-Thon

May 20, 10 a.m.-12 p.m.

#### Mayfair Garage Sale

June 10, 8 a.m.-1 p.m.

WWW.MAYFAIRDENVER.ORG

## Ghost, the story behind the legend

By Anne Delphia, MNI  
Secretary

The story of Ghost is a remarkable one about a community that came together to save a dog that was left out in the cold with no food or shelter, roaming our neighborhoods in the dead of winter. The neighborhood learned about Ghost on Nextdoor.

com Mayfair, the neighborhood's local social media site.

A concerned neighbor posted on Nextdoor that she kept seeing a white dog wandering the neighborhoods that was clearly hungry and cold. It was Dec. 12, and the temperatures at night were reaching in the teens and the weather reports were saying that a blizzard was in the forecast.

The post, which turned into a thread of more than 1,200 posts in a six-day period, began with Ghost sightings. Neighbors would say they saw a white dog at the corner of such and such street. Or they saw Ghost at the Montclair Rec Center at such and such time. The online thread launched a multi-neighborhood search effort with neighbors looking for Ghost by car, on foot and from their homes. There were



neighbors who saw the initial post and said they would look for Ghost on their way to work or on their way home. People who spotted Ghost attempted to catch him but the phrase that we began to hear over and over again was that "he is very skittish." That made it nearly impossible to catch him or hold onto him.

Eventually, the post exploded into a massive search effort, bringing together neighbors from Mayfair, Montclair, Lowry, Hale, Hilltop, Crestmoor, Park Hill, Stapleton and Congress Park. People volunteered to take shifts searching for Ghost by car or on foot. Others offered food, shelter, blankets and crates. Many said they would be willing to foster or adopt the dog once he was rescued.

*continued on page 2*

## Table of Contents

### From the Board

Letter from the Prez.....	1, 3
Ghost the Legend.....	1-2
2017 Mayfair Events .....	4-5
Harmonicats .....	6
Colorado Health Network Moves to Mayfair .....	7
INC Meeting.....	8-9
7 Leguas.....	10
Colfax Improvements ...	11
DJ's Colfax Café .....	12
Giveback Homes .....	13
Mayfair Social.....	13
Reduce Muscle Loss	14-15
A Dog's Best Friend ..	16-19
Singing Strings .....	18-19
A Tree for Mayfair.....	19
Rare Finds.....	20-21
Councilwoman Mary Beth Susman ...	21-22

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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](mailto:mayfairneighbors@gmail.com).

For more information, visit [www.mayfairdenver.org](http://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](mailto:chere@CMMCreativeStrategies.com)

## Ghost continued from page 1

Many people left hotdogs, smelly dog food and treats in areas where Ghost had previously been spotted in hopes it would attract him or just help feed him while he was out there alone and stranded.

### Massive search

Neighbors came together on the thread to support the entire search effort. They wrote how they were praying for a successful outcome of the rescue efforts. Some also wrote words of wisdom and sent positive messages to the rescuers and those who posted sightings. Neighbors wrote posts from their offices/homes saying 'I am glued to this story' or 'wondering, worrying, waiting to know if Ghost had been rescued and thanking everyone for their effort.' Neighbors asked people to keep the thread free of negative comments that didn't help the search efforts.

The person who started the initial post said she was stunned and overwhelmed by the response.

"I didn't think anyone would respond," she said.

There were at least four more threads on Nextdoor.com with more than 600 posts of sightings, concerns, well wishes and offers of hope.

There were at least 20 people in their cars on any given day out searching for Ghost, including the Denver Police and Denver Animal Shelter/DAS. DAS also was very close to catching Ghost but, because of his skittish nature, they were unsuccessful. Fortunately for Ghost, our resilient community never gave up on him.

The effort to bring in Ghost wasn't without its flaws. Personalities clashed; tempers flared; and people's feelings got hurt. However, eventually people put aside their differences and continued to work together. And, in the end, new friendships were formed.

### Happy ending

After a grueling and very cold six days, Ghost was finally rescued and a foster home was found. A Go Fund Me page was started by another neighbor that raised more than \$2,800 to pay for Ghost's medical attention and care. Any extra money went to Soul Dog Rescue, a rescue organization based in Englewood. After Ghost's medical needs were attended to he was eventually adopted by neighbors that love him and care for him.

Thank you to everyone who helped in this effort. What wonderful neighbors we have.

### 2016 OFFICERS

President, Merritt Pullam  
Vice President, Patricia Mulligan  
Treasurer, Jeanne Surbrugg  
Secretary, Anne Delphia

### BOARD MEMBERS

Chris Ringwood  
Elaine Zupancic  
Jackie Medford  
Jean Bolling  
Lynn Gregory  
Todd Parker  
Sara Visser  
Sarah Bates  
Shawna Olsen

## *From the President continued from page 1*

We look for any information that might be useful to you and pass it along via a few different channels. Use of Facebook, Gmail blasts (mayfairneighbors@gmail.com), our website (mayfairdenver.org), the Mirror, and, occasionally, nextdoor.com, have been successful for us to reach you to share what we see and hear about our city and county. We will continue to share all information that may impact our neighborhood or city.

### **Registered Neighborhood Organizations**

Many new responsibilities have been delegated to Registered Neighborhood Organizations (RNOs) by the City and County of Denver to ensure community awareness and involvement. We have the ability to review zoning variances, provide opinions and recommendations on new liquor licenses, as well as requests for renewals of existing licenses. This year, we will also provide help with approving or denying social cannabis clubs.

We look forward to hearing your opinions on the new I-300 social cannabis club requests possibly coming to the Mayfair/Montclair/Hale area. Our area RNO presidents have been in communication regarding the I-300 issues, along with zoning issues and storm water drainage. As the MNI president, I have been striving to attend as many meetings as possible to help educate myself on what is happening and how I can best serve the MNI board and the Mayfair neighborhood.

I belong to the Colorado Boulevard Health District Board, Denver Right Transit Task Force, Upper Montclair Basin Storm Water Vision Implementation Team, and the soon-to-be City of Denver Neighborhood Planning Team. My goal is to become as informed as possible and to pass this knowledge to you via the MNI information channels. Your opinions are always welcome on any issues that you feel our RNO can help address.

### **Open Mayfair meetings**

MNI also strives to be a catalyst in bringing our community together. We hold our monthly meetings the first Monday of each month, unless that Monday is a holiday. We also come together for a fall general meeting with special guests. Everyone is invited to attend the monthly board meetings as well as our yearly general meeting. In addition, we host many annual community events, including the Easter Egg Hunt, Neighborhood Garage Sale, Dog Daze, Shred-A-Thon, and our very popular Concert in the Park in the hopes to bring us closer as neighbors and as a community. As a board, we remain politically neutral, as our primary goal is to help educate you with regards to what is happening within

our neighborhood and the surrounding area and to be a voice for our neighborhood in the city.

With today's political climate, I encourage you to participate with your local and state government as much as your schedule will allow. It is my opinion that regardless of whatever party one is affiliated with, it is imperative that we all contribute in some way. We can sit back and Monday-morning quarterback what is happening around us, but unless we actually play the game, we cannot complain about the outcome. Get yourself involved and spend time with others who share your opinions and also with those who disagree with what you believe. It will make us all better and allow us to understand our neighbors better.

Our board is made up of people with many different backgrounds, experiences and opinions who work together to make our neighborhood great. Please take a moment to look at your schedule and see if you can find time to participate on our board or to come to our next meeting. We would love to have more neighbors join us. If you want to be part of MNI, please get involved, be active, and help us to represent our community.

As a final note, I would like to extend a warm thank you to Lynn Gregory for her service as our MNI vice president for the past few years. She has been a valuable asset to the board and to our neighborhood and we are grateful that although she has stepped down as vice president, she will continue to be an essential member of our board. In January, Patricia Mulligan, who has been a member of the board for several years, was elected to be our new vice president. We are excited for her and look forward to her contributions to our neighborhood in her new role.

*"Unity is strength...when there is collaboration, wonderful things can be achieved." – Mattie J. T. Stepanek*

## 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."*

# 2017 MNI events – Save these dates

The Mayfair Neighbors' board has finalized its 2017 event dates. We hope you can join in for some or all of the festivities and invite friends and family from other neighborhoods.

Remember, we rely on members' dues to make these events happen. If you are a member of Mayfair Neighbors, THANK YOU! You'll receive a reminder email before each event.

Not a member? Your annual dues of \$15/household or \$20/business help support these events and all the efforts of MNI. Mail to MNI, P.O. Box 200306, Denver 80220 or pay online at [mayfairdenver.org](http://mayfairdenver.org).

MNI is an all-volunteer Registered Neighborhood Organization, working to make Mayfair a better place to live and work and give Mayfair a voice to the city at large.



## Easter Egg Hunt

*Saturday, April 15, 10 a.m., Mayfair Park*

The Easter Bunny hosts the happy chaos as kiddos search for 3,000 treat-filled plastic eggs "hidden" in the park. Egg hunting areas are roped off and divided by age group. Remember to bring

your own basket to collect the goodies. Be on-time for this one – last year all the eggs were collected in less than 5 minutes! MNI will again be recycling the plastic eggs, so keep an eye out for recycling bins at the event.

## Shred-a-Thon

*Saturday, May 20, 10 a.m.-noon, 14th & Krameria strip mall*

Time to clean out and organize your files and piles. Then bring your sensitive documents and papers for shredding to this popular annual event.

Are you a member of Mayfair Neighbors? If so, the service is free! If not – no worries. Pay the \$15 member fee on-the-spot to support this and all the MNI efforts and events.

## Mayfair Garage Sale

*Saturday, June 10, 8 a.m.-1 p.m.*

What a great motivator to move along those never- or seldom-used items taking up precious space in your closets, basement and garage! With sales on nearly every block, people come to Mayfair from all over the city looking for deals. Plus, it's a great way to catch up with neighbors.

To bring in the buyers, MNI promotes the Yard Sale through various social and print media, including the MNI Facebook page ([facebook.com/MayfairNeighborsInc](https://facebook.com/MayfairNeighborsInc)), [nextdoor.com](http://nextdoor.com), Craigslist, [mayfairdenver.org](http://mayfairdenver.org), The Denver Post, 9NEWS and 7News, as well as with yard signs throughout the neighborhood and in this newsletter, printed quarterly.

## Fourth of July Bicycle Parade

*Tuesday, July 4, 8:30 a.m., Mayfair Park*

The kiddos always enjoy showing off their patriotic bike decorations as they cruise around the park. Face



painting and balloon artists bring even more fun as we enjoy refreshments and catch up with neighbors at the playground.

MNI thanks Mayfair neighbor Cathie Wilson, who has graciously planned this event for the past several years and has decided this will be her last. If you're interested in jumping in to help this year, and

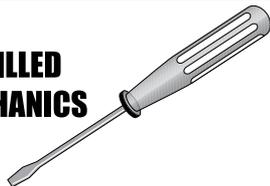
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possibly take over the planning for next year, email us at [mayfairneighbors@gmail.com](mailto:mayfairneighbors@gmail.com) and thank you!

### **Dog Daze**

*Saturday, Aug. 5, 9 a.m., Mayfair Park*

It's not too soon to plan for the fun contests you and Fido can enter at the Mayfair Dog Daze celebration of all things canine! Will you win a prize in the costume contest, the dog/owner look-alike event or the best trick competition? We'll have snacks and treats for people and dogs, amazing demonstrations and prize drawings. All dogs and owners welcome (dogs must be spayed/neutered, on leash and friendly). See you in August!

### **Summer Concert and Tree Dedication**

*Saturday, Aug. 26, Mayfair Park*

*Food trucks at 5 p.m., music from 6-7:30 p.m.*

By far our most well-attended event – the 2016 concert attracted more than 400 people! Join us as we say “so long” to summer with an evening of friendship, food and music at Mayfair Park. Bring a picnic dinner or try fare from several food trucks (to be announced soon) as we relax and enjoy music from the Denver Municipal Band.

During this year's concert, a new tree will be dedicated, commemorating Mayfair Park's 21st year as a jewel of our community. The tree, donated by Mayfair Neighbors, Inc., will be planted in the traffic circle near the playground. If you are interested in contributing to the tree purchase, please visit [gofundme.com/a-tree-for-mayfair-park](http://gofundme.com/a-tree-for-mayfair-park).

### **Fundraiser**

*Date TBA*

To keep the MNI momentum going, fundraising is necessary. We are keen to make it fun, too! Look for more information about our Fall Fundraiser in the next Mirror, on our Facebook page - [facebook.com/MayfairNeighborsInc](http://facebook.com/MayfairNeighborsInc) - and website – [mayfairdenver.org](http://mayfairdenver.org). And if you have a great fundraising idea or would like to lend a hand, please let us know at [mayfairneighbors@gmail.com](mailto:mayfairneighbors@gmail.com).

### **Mayfair Neighbors General Meeting**

*Tuesday, Oct. 3, 7-8:30 p.m., Palmer Elementary School auditorium*

At this once-a-year gathering, MNI invites local speakers to address issues that affect our neighborhood and city and take questions from the audience.

Past speakers included candidates for DA, State Senate, City Council and other offices; representatives from the Colfax BID; the 9th & Colorado developers; city storm water engineers and others. This year's speakers will be announced around Sept. 1.

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# Harmonica for health and fun

By Joan Balik RRT, a Mayfair Neighbor

Harmonica advocates play the harmonica to help their lungs feel stronger and to have fun. For people with pulmonary disease, taking a breath can be a laborious task. By exercising the muscles that breathe for us, breathing will be better with less effort. Ask the Harmonicats at the University of Colorado Hospital, Harmonica Support Group.

## The Harmonicats

Ten years ago, the group was inspired by a patient waiting for a lung transplant who suggested an adjunct to the standard Pulmonary Rehab Therapy – fun. The Harmonicats are graduates of the Pulmonary Rehab Program, along with several caregivers. The group is open to all people with pulmonary diseases, such as COPD, Interstitial Pulmonary Fibrosis and lung transplants. They are all willing participants to playing the harmonica. Reading music is not a prerequisite. It's all about the numbers on the harmonica. After a few lessons, everyone catches on to the method and playing music releases endorphins that makes the group feel better about themselves and about others. The harp music and fun is shared with



The Harmonicats practice their skills.

other hospitals, retirement homes or whoever requests The Harmonicats for a concert.

## Science of playing the Harmonica

The harmonica requires diaphragmatic breathing, pursed-lip breathing and the use of both phases of ventilation (inspiration and expiration) to play a tune. These are maneuvers that are encouraged for pulmonary conditions.

Traditionally, deep breathing, coughing and ambulation have been used to expand and exercise the lungs. The challenge when providing traditional therapy is the lack of fun. The harmonica can help with this challenge. It provides fun — playing music which is uplifting and a therapy — and encourages deep breathing while controlling the diaphragm. The breathing required to play the harmonica can amplify and augment flexibility, capacity, and elasticity of the thin muscles of the diaphragm, which then can fuel the oxygen and carbon dioxide exchange in the alveoli. It produces a cough and with the deep breathing while playing will help to mobilize secretions to clear the bronchial airways and increase lung capacity.

## Why the Harmonica?

The harmonica is a great instrument because it is small, inexpensive and it goes everywhere. It is also easy to play and is one of the only instruments that makes sound through inhaling and exhaling. It is especially pleasing to most dogs. The harmonica brings music and health into a group. It nourishes the soul and improves lung health. It is oxygen for the soul.

Harmonica Practice and The Harmonicats Support Group is humming away every Tuesday from 11 a.m.-12:30 p.m. Contact Alex Worl at University of Colorado Hospital at 720-848-7534. This article was originally written for Prime Time for Seniors.

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Colorado Health Network's new headquarters is located next door to Walgreens on Colfax Avenue and Leyden Street.

# Colorado Health Network moves headquarters to Mayfair

By Mary Scott, a Mayfair Neighbor

On a mid-February morning, the lobby of the Colorado Health Network (CHN) was brimming with activity. Decorated with handmade Valentines, patients and their families waited for upcoming appointments while others filled out paperwork. The spacious, new center, dubbed the “forever home” of the Colorado AIDS Project and Howard Dental Center, is housed in the large space next to the Walgreens on Colfax Avenue and Leyden Street.

The CHN, a statewide not-for-profit organization headquartered in Denver, has a lofty goal with a rich history. Its mission is to meet the evolving needs of people affected by HIV and other health conditions throughout prevention, care and advocacy. CHN also serves the general public with disease prevention and general wellness services.

For more than two decades, regional AIDS service organizations served their communities throughout the state. In 2011, these organizations merged, creating the CHP. In the summer of 2014, Denver's Howard Dental Center merged with CHN, expanding its ability to offer dental services.

CHN's President Darrell Vigil said that the organization is excited to be in the Mayfair neighborhood.

“We have a history of working with neighborhoods to assist with community cleanup efforts and we look forward to being a good neighbor,” he said.

Indeed, it's heartening to have such a vital organization right here in Mayfair.



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# INC meeting detailed city efforts to improve Denver neighborhoods

By Chris Ringwood, MNI Board Member

In mid-January, Inter-Neighborhood Cooperation (INC) held its monthly gathering of representatives from Registered Neighborhood Organizations at the Community Hub in Northfield Stapleton. INC's mission is to advocate for Denver citizens by bringing together, informing and empowering Denver neighborhood organizations to actively engage in addressing city issues. As a registered representative for our Mayfair RNO, I attended the meeting to both listen to what's going on outside of our boundaries and share the voice of the Mayfair Board on any relevant topics.

The INC meetings generally include updates from



*Inter-Neighborhood Cooperation meeting in Northfield Stapleton*

the various committees and a few guest speakers from around the city. This month, The Transportation Committee reminded neighbors about the upcoming Vision Zero campaign to promote safe vehicle speeds in Denver. Bicyclists, pedestrians and transit riders met with Mayor Hancock and provided hand-signed Valentines from Denver residents declaring their love for safe streets and support for the Safe Speeds for Denver campaign.

## Transportation and Mobility

Next, Crissy Fanganello, Denver's director of transportation, provided insight into the work that the Transportation and Mobility section of Denver Public Works does, including a neighborhood sign sweep effort targeting 10-12 neighborhoods per year, in which all signs – stop signs, parking signs, street sweeping signs, one-way signs, speed limit signs, street name signs, school zone signs and more – are inventoried and replaced if faded, damaged or no longer up to spec.

Brittany Price, project manager, and Justin Schmitz, deputy city traffic engineer, unveiled the Neighborhood Transportation Management Program, in which the city will work with RNOs in a streamlined, structured process to gather public input and join it with measurable

*continued on page 9*

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data to identify and prioritize concrete actions that will increase safety and improve transportation connectivity, accessibility and livability. Public Works anticipates having the capacity to work with three neighborhoods this year, and this may grow in future years. The agency will consider equity, need and readiness when selecting and scheduling neighborhoods. We will let you know when Mayfair is selected and ask for your input.

Finally, Sara Davis, program manager with Denver Forestry, and Leah Shafer, from The Park People, led a presentation on the importance of our urban forest to traffic – urging that trees are not only attractive, but surveys have shown that people rate similar streetscapes with trees as safer, even preferring to take longer routes that have more tree cover than shorter, faster expressways to reduce stress.

### **Zoning and Planning**

The Zoning and Planning committee presented next, creating quite the buzz. Two speakers presented opposing opinions around Denver's Zoning Code Text Amendment No. 11. The amendment, which aims to

update the existing small-zone lot parking requirements to avoid compliance with minimum parking space requirements, sparked heated discussion as passionate neighbors shared their views. For all of the details, not just this summary, I urge you to review the video from the Denver Planning Board on Feb. 1, 2017.

Arguments were made that this will provide parking nightmares in already congested streets and that this favors developers over neighbors. Other arguments noted that these exemptions will successfully attract and promote cultures where vehicles are relied upon less and alternative modes of transportation are relied upon, including biking, walking and mass-transit. Ultimately, a vote against the amendment was favored, indicating that a more thought-out solution needed to be brought to the table. INC will take the results of the vote and continue to be a voice of the neighborhoods when interacting with local elected officials and government agencies.

For more information, visit [DenverINC.org](http://DenverINC.org) or stay tuned to the Mirror for more updates.



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# 7 Leguas offers hearty, delicious Mexican food

By Klaas Visser, a Mayfair neighbor

Haven't we all had that craving, that desire for solid Mexican food – nothing fancy, just tasty and plentiful, polished off with a cold beverage of your choice? Luckily for us in Mayfair we have such a place close by – 7 Leguas, on the corner of Cherry Street and Colfax Avenue. The name comes from Pancho Villa's horse, which galloped 7 Leguas (21 miles) at full speed to warn of an attack.

Walking inside, you receive a warm welcome from the staff. As you are led past the well-stocked bar, your mind may immediately begin considering what you will drink to accompany your food. It's not a big restaurant, so the space is cozy with wood paneling and a couple of televisions on the wall, usually tuned to a soccer game at lunch and ESPN for dinner. We went there twice for this review to experience both lunch and dinner and were not disappointed.

The lunch crowd is mostly native Spanish-speakers, which is always a good indicator of the authenticity of the cuisine. We both had combo plates with burritos, tacos,



rellenos and enchiladas with both red and green chili, delicious and quite filling. There is also a lunch menu that offers smaller plates for the lighter appetites.

For dinner we brought reinforcements – our daughter who loves restaurants and was eager to try 7 Leguas. We arrived fairly early on a Friday evening, about 5:15 p.m., which was good because by 5:45 p.m. pretty much all of the tables were filled. My wife had a Top Shelf margarita – rocks and salt – and I went old school with an ice cold Pacifico. The margarita was excellent with plenty of fresh lime

juice and smoky tequila.

Chips, salsa and a crab dip were brought out while we surveyed the menu, which is large: a page of appetizers, 16 different tacos, 10 versions of a burrito, seafood, including shrimp, fish, crab and molcajetes, which are various combinations served in a stone bowl. Our daughter was able to get the tortilla soup in a small bowl without spice (she's 4) and a huge guacamole appetizer. I settled on the carnitas platter with green chili, and my wife had the shrimp fajitas – the server was happy to substitute corn tortillas for the flour.

The food came out quick and hot and was delicious. I thought it a nice touch to add some green chili to the otherwise yummy, but predictable, carnitas. Portions are large and we took home a fair bit for leftovers. Without room for dessert, we skipped it on this visit. 7 Leguas features a whole page of postres on their menu, including deep fried ice cream. "Next time," I promised myself.

7 Leguas is definitely worth a visit and it's nice to have this go-to spot for Mexican food in the neighborhood. It was easy to see why several "regulars" came in for Friday dinner and drinks while we were there. The food is good, the staff friendly and attentive and prices are quite reasonable, considering the portions.

They do have a happy hour and offer breakfast on the weekends, but I'll have to leave that for next time. When the urge strikes you, head to 4550 E. Colfax Ave. and enjoy, Buen Provecho!

Monday-Thursday, 10 a.m.-10 p.m.

Friday, 10 a.m.-12 a.m. Saturday, 9 a.m.-12 a.m.

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# Colfax improvement plans taking shape

By Hilarie Portell, Executive Director, Colfax Mayfair BID

## Streetscape plan update

Our top goal this year is to position the BID district for general bond-funded streetscape improvements. In 2014, we completed a conceptual streetscape plan to make the area more comfortable and safe for people and business. The plan recommends improvements to intersections, a new pedestrian crossing (not full lighted intersection) at Colfax Avenue and Fairfax Street, pedestrian street lights, trash cans, benches and street trees.

Very few public improvements have been made on our part of East Colfax in 50 years. In fact, efforts to revitalize East Colfax Avenue began 10 years ago, when the 2007 bond issue passed us over. We're grateful to our neighbors and Councilmembers Mary Beth Susman and Chris Herndon for making sure that this doesn't happen again.

Due to that support, \$500,000 in this year's city budget will make our streetscape plan, as well as those of three other Colfax BIDs, eligible for bond funding. The funding will also evaluate all intersections on Colfax for safety.

The city will release a preliminary list of bond projects

this spring. Stay tuned!

## Bike amenities coming

Riding your bike to Colfax shops and restaurants will get easier later this year with the installation of bicycle racks and corrals in 15 locations in the district. The branded racks will be purchased with a \$16,000 grant from the Denver Office of Economic Development and the BID will maintain them long term.

## Storm water, neighborhood planning

Portions of Colfax routinely flood during large storm events, since we share the same Upper Montclair watershed as Mayfair and parts of South Park Hill. We're participating in planning efforts around this challenge and will be at the table for the East Colfax Neighborhood Plan effort as well.

## Stay in the loop

Check out our Facebook page for info about new businesses, promotions and other news. You can also register for a monthly e-newsletter at [www.colfaxmayfairbid.com](http://www.colfaxmayfairbid.com). Thank you for your support of local business.

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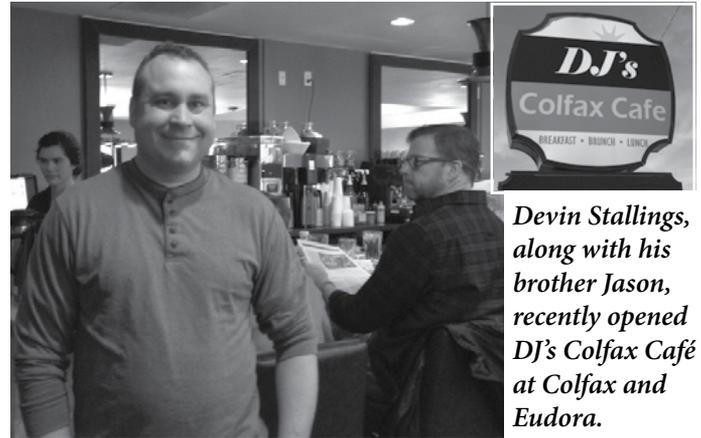
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# DJ's Colfax Café brings brunch to Mayfair

By Patricia Mulligan, MNI Board Member

Have you been yearning for a new, delicious breakfast and lunch restaurant in Mayfair? Instead of driving out of the neighborhood, next time give DJ's a try. It's located within easy strolling or bicycling distance at 1490 Eudora St., at the corner of Colfax Avenue and Eudora. This is the third restaurant created by brothers Jason and Devin Stallings; the others are at 9th Avenue and Lincoln St. and at 3838 Tennyson St. in the Berkeley neighborhood. In Mayfair, they have moved into the former Red Octave space, where the Cork House and Tante Louise operated previously.

I interviewed Jason at DJ's in January, after the restaurant had been open only a couple weeks. He and Devin grew up in the Denver Tech Center area near Arapahoe Road and Interstate-25. Their parents and grandparents were raised in the Highlands neighborhood, where they picked cherries in season. Jason and Devin have been in the restaurant business since they were teens. Devin was a cook from the start, while Jason took a 10-year hiatus from the business before returning to join his brother. Devin is responsible for the menu creation and kitchen side of the business, while Jason manages the front of the



*Devin Stallings, along with his brother Jason, recently opened DJ's Colfax Café at Colfax and Eudora.*

house.

The previous restaurants occupied a much larger rambling space, but the building now has been divided in half, with DJ's occupying the south portion. The feeling as you walk in is warm and cozy, with plenty of sunlight pouring in the old-fashioned windows. The large deck that many neighbors remember is still there, and the Stallings are planning to open it for meal service as the weather warms. Jason is still considering whether to open the restaurant and deck for a limited appetizer menu in the late afternoons. He knows that Mayfair and Park Hill folks have been asking about it.

DJ's serves breakfast and lunch on weekdays and brunch on weekends. The menu features a variety of omelets and scrambles, pancakes, Irish steel-cut oatmeal and their specialty, several versions of eggs benedict. Salads and sandwiches are available for later in the day. The restaurant has a full espresso bar and specialty teas, as well as more variations of Bloody Marys than you could imagine.

I love to go out for breakfast and over the last few weeks I have enjoyed breakfast or brunch at DJ's Café three times. The atmosphere of the restaurant is relaxed and welcoming and the service staff has been both friendly and efficient. My favorite dish so far has been the breakfast burrito – mouthwatering green chili. My dining partners gave thumbs up to the classic eggs benedict (“perfectly cooked eggs”) and to the three-pancake plate, which lets you choose three different yummy flavors from the four available.

Welcome to the neighborhood, Jason and Devin!

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# Join Giveback Homes to help a local family in need

By Sarah Bates, MNI Board Member

Looking for a way to help a local family in need? Giveback Homes is partnering with LIV Sotheby's International Realty for their first 2017 Denver build day on Saturday, April 29. The build days are a truly fulfilling experience because they not only help an individual or family that is in need but also provide a full day of meaningful work alongside like-minded individuals from your community looking to make a difference.

The day begins around 7:30 a.m. with a safety training session. Then groups are assigned to various projects to finish throughout the day, with completion around 4 p.m. It is a challenging, yet very rewarding, day as we work alongside the Habitat for Humanity staff and a partner family to construct their home.

The last build day in the Denver area benefited a woman named Heather and her three children. Heather was grateful for the help from all involved and said, "I'm looking forward to moving into a home that's eco-friendly, where my kids can make lifelong friends and just living in a stable environment with my three kids. Big shout out to Giveback Homes for being here and helping build my home with me."

Currently, there are 25 Giveback Homes build projects in progress around the globe with many more planned for 2017 and beyond. If you are interested in helping a local family in need, please contact Sarah Bates at 303-597-8999 or sbates@livsothebysrealty.com for additional information regarding the build day.

If helping to build a home does not appeal to you, or you are not available on the build date but you would like to help make a difference, there are other ways you can help support this initiative. There will be a fundraiser on March 25 from 1-5 p.m. at Cycle Bar in the Denver Tech Center, 7600 Landmark Way, Suite 201 in Greenwood Village. Reserve your bike at [dtc.cyclebar.com/schedule](http://dtc.cyclebar.com/schedule). You can also visit [www.givebackhomes.com](http://www.givebackhomes.com) to make a donation. Any support is greatly appreciated to help forward this cause.

Giveback Homes was founded with the goal of bringing a new giving model to the world of real estate. Founded by former employees of Toms (yes the shoe people), Giveback Homes saw an opportunity to infuse social responsibility into the real estate industry. The company has grown rapidly over the past three years and has built more than 50 homes in areas where housing is desperately needed, including Nicaragua, Haiti, El Salvador, Bolivia and the U.S.

Giveback Homes is dedicated to creating a sustainable relationship between real estate professionals, their clients and communities in need around the world. Our goal is to create social change through the act of buying or selling a home.

## Rowdy Mayfair Social gets kicked out of bar

By Todd Parker, MNI Board Member

Ha... we wish! Things didn't get that crazy, but we all had fun. About 25 people attended the Mayfair Social on Dec. 8, at the Abbey Tavern. It was an informal gathering. Everyone bought their own food and drink and mingled around a couple of big bar tables. I met some new people and got to know a neighbor down the street that I'd only talked to briefly before. Thanks to owner Glen Eastwood and the staff at Abbey Tavern for their hospitality. We're definitely doing it again so all of you who were too shy to come will have another chance.

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# Stay strong Mayfair – Reduce muscle loss as you age

By Jennifer Mercado, owner, Koko Fitclub

There is a great deal of uncertainty in life but here are three things you can count on: death, taxes and sarcopenia. The word sarcopenia is Greek, meaning poverty of the flesh, and refers to the loss of muscle mass and strength that comes with aging. The onset begins around age 35 and becomes more pronounced in your fifth and seventh decades of life. There are many reasons why we all lose muscle and here are five of them.



*A fitness trainer works with a client at Koko Fitclub.*

## Muscle loss from aging

The average person will lose 0.5-1 pounds of lean muscle mass per year starting around age 35. In addition, as we age we lose important hormones such as testosterone in men and estrogen

in women. Both play a big part in this muscle-losing scenario. The key is to stay strong by staying active and to strength train consistently in your early years and then work at carrying that forward through your golden years.

## Muscle loss from inactivity

Aging is inevitable but inactivity can be controlled. More than 30 percent of Americans are inactive and only 5 percent exercise vigorously during the course of a given week. The old adage, use it or lose it, still applies. Your goal is simple – to prevent the loss of muscle or bone you must overload and stress your muscles at least 2-3 times each week by strength training. Dr. Olaf Astrand, who is considered one of the founding fathers of exercise physiology, states it perfectly: “Given what we know about the health benefits of physical activity, it should be mandatory to get a doctor’s permission not to exercise.”

## Muscle loss from inadequate protein intake

As you age, some individuals take in fewer calories over the course of a day and, in turn, fall short of their daily protein needs to build lean muscle. Others fall into the category of getting enough or more than enough calories but their diet contains more carbohydrates and fats. As a rule of thumb, the Institute of Medicine

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recommends 0.8-0.9 grams of protein per kilogram of body weight. You can also aim for 15-20 grams of protein in each of your three meals. If you're coming up short in terms of daily protein intake, it will be very difficult to build lean muscle tissue even if you're strength training on a regular basis.

### **Muscle loss from lack of sleep**

This is the area where most people miss the boat. A lack of sleep can help you lose the muscle-building ball game, even if you're getting the recommended protein intake and strength training. Muscle repair happens during sleep, so by getting six hours or less a night you're limiting your body's natural production of growth hormone that among other things helps to stimulate protein synthesis and fosters the repair of tissue. Think of sleep as an added bonus. According to a 2004 study, people who slept less than six hours a night were almost 30 percent more likely to become obese than those who slept seven to nine hours. To help you sleep better, try avoiding all caffeine products six hours prior to bed.

### **Muscle loss from too much cardio**

You have to set the stage to build lean muscle and that means the body has to be in an anabolic state (i.e. muscle building). You need a surplus of calories and adequate protein to build muscle mass. When a person is doing hours of cardio each week, their body is likely in what is known as a catabolic state (i.e. muscle breakdown). If they are constantly in a deficit because of the valuable calories spent doing cardio, and by not taking in the necessary amount of daily calories, the body will not have enough stored energy to actually build new muscle tissue.

The good news is this loss of muscle can be slowed by consistent, progressive strength training, just a few times a week, coupled with adequate sleep and protein intake. A great option for safe and effective strength training is located here in the heart of Mayfair: Koko Fitclub of Denver.

Koko Fitclub is a personal training gym, with a twist. Koko uses the most advanced personal training methodologies and exercise science to deliver a faster, more effective, precisely customized workout experience as part of a long-term, goal-based fitness program, including:

- Koko Strength Training: Total-body, progressive-circuit training performed on the patented Koko Smartrainer.
- Koko Cardio: Guided, interval, hiking, and

climbing cardio protocols performed on treadmills and elliptical trainers with audio coaching.

The Koko Smartrainer is the first full-body strength training machine to harness the power of digital technology. It acts as a virtual personal trainer, guiding you through every step of your custom workout via an interactive touch screen. The screen shows you how to do each exercise properly and records every exercise completed so that each workout is customized to be most effective for each individual.

Koko challenges you based on your current fitness level, adapting as you improve. During any workout, you can easily modify your intensity based on how you feel. Koko works with you, adapting to your instructions instantly. The Smartrainers are ready 24 hours a day, whenever a member wants to get a quick and effective workout. In addition, Koko Fitclub has a dedicated team of personal trainers available at most times to offer guidance, instruct, answer questions and motivate. So stop in to Koko Fitclub and stay strong Mayfair!

*Jennifer Mercado is the owner of Koko Fitclub of Denver, 6231 E. 14th Ave., 303-872-8380, [www.denvereast.kokofitclub.com](http://www.denvereast.kokofitclub.com)*



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# A dog's best friend

By Jean Bolling, MNI Board Member

Melissa McCalister is a familiar face, and name, in the Mayfair Neighborhood. She works tirelessly on behalf of dogs to give them a better life. She is an active poster on nextdoor.com Mayfair about fostering or adopting the rescue dogs she and her fiancé, Gregg Bartlett, rescue from Texas and New Mexico. She and Bartlett can often be seen walking in the neighborhood with their own adopted or fostered dogs.

Many of you also know them from the weekend adoption events at PetSmart, where they volunteer to match a rescue dog with a new family. McCalister says she hears she is affectionately known as “the crazy dog lady of Mayfair,” a title she is happy to hold. In the past, she had cats, and she and Bartlett do work on behalf of cats as well, but their main focus is on dogs and McCalister now considers herself a “doggie” person.

McCalister grew up in Texas where she remembers loving all animals as a small child. “I would rescue strays in our neighborhood in San Antonio, Texas, all the time,” McCalister says. “I truly have a passion for rescuing dogs and helping them get into better situations.”

Nine years ago, after moving to Denver and the



Melissa McCalister with a rescue dog.

Mayfair neighborhood, she hoped to adopt her first dog at the Colorado Humane Society. As she drove up to the antiquated, cinder-block building and walked through the doors, she found herself staring at row after row of dogs. She was instantly overcome with emotion at the sight of all those dogs without homes being held in such tight living quarters. She immediately asked the manager, “How can I help?” The manager told her to come and volunteer at a dog adoption event at PetSmart the following weekend and she did, and has never looked back.

Over the years, McCalister moved from small scale adoptions to helping other rescues, including Englewood-based Soul Dog Rescue, which is a foster dog program. The dogs are rescued primarily from Native American reservations in New Mexico. McCalister and Bartlett have worked with Soul Dog Rescue for two years now. Soul Dog was started by Shelby Davis and has a grant from the ASPCA to implement large-scale spay and neuter programs for the reservations and surrounding communities in New Mexico and Arizona.

The Texas connection for McCalister comes from having lived 30 years in Texas, predominantly in San Antonio, and getting involved with rescues in the past few years when she would visit her parents there. Via Facebook, McCalister was able to connect with individuals and groups in San Antonio active in dog rescue, which allowed her and Bartlett to get involved with helping the massive number of homeless dogs living there. The stray dog (and cat) overpopulation problem in Texas is just as daunting as in New Mexico. In San Antonio, a typical day at the city shelter includes intake of approximately 150-plus animals and, due to the sheer numbers, most animals are allowed 72 hours to be adopted or they will be euthanized. The situation

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can be quite overwhelming, especially given the physical state some of the dogs are in when rescued (partial to complete fur loss due to mange, covered in ticks and fleas, emaciated, and many having been hit by cars).

Last year McCalister and Bartlett decided they were “all in” with animal rescue. Bartlett sold his pickup truck for a transport van and travels to Texas every couple of months, often bringing back a group of 10-18 dogs. McCalister and Bartlett personally assess the dogs’ personality, behavior and physical condition to bring highly adoptable dogs to a new family in the Denver metro area. They continue to work with Soul Dog Rescue to transport these dogs back for fostering and adoption, via McCalister and Bartlett’s efforts at PetSmart most weekends of the month.

Through their work and the postings on Nextdoor, people have come to know McCalister and Bartlett and the mission they feel so passionate about, thus leading to a great network of local foster homes for these deserving animals. This is definitely the power of the connection in animal rescue – people they’ve met casually on walks in the neighborhood have heard their story and are now offering their volunteer efforts, resources and donations.

One particular dog story that captured many people’s hearts in Mayfair was the story of Ghost (See Anne Delphia’s story about Ghost in this issue).

“This is what I love about dog rescue work,” McCalister said. “If I worked at a shelter and saw the constant intake of animals, although I appreciate the public responsibly surrendering pets, it can be incredibly emotionally overwhelming. I’m involved in the ‘happy endings’ part of rescue, in which I witness an amazing animal finally get the home it has so long deserved.” McCalister also enjoys sharing her love of volunteering with the students she teaches at Carson Elementary. Many of them volunteer with her at PetSmart on the weekends.

McCalister is quick to share that there are many dogs with stellar personalities that they bring to Colorado to be fostered and/or adopted. Important to note is that there are no costs to a foster family. Through their work with Soul Dog, McCalister and Bartlett provide the foster home with the crate and food needed. Typically a dog needs to be fostered for 1-2 weeks and, in a few instances, may be a little longer. Oftentimes, foster families fall in love with their dog and choose to adopt. Fees range from \$175-\$300, which includes spay/neuter, microchip and a full set of vaccinations, including rabies.

McCalister considers her rescue work a success when a formerly neglected dog is adopted and the adoptive family tells her how much they love their new pet. Not all stories have a happy ending, she said, which is a

disappointment.

When considering adoption of a rescue dog, McCalister said that people should look for a dog with a personality and characteristics that match their lifestyle.

“As a teacher, this is the part I enjoy, educating potential adopters as I work to best match a dog to the individual or family looking to adopt,” she said.

McCalister recommends that new dog owners keep these five tips in mind:

“Dogs need mental and physical stimulation every day. You can’t leave a dog in your backyard all the time. Dogs need to get out, walk and explore. Give your dog structure and routine. Never leave your dog unattended without protection from the elements. Keep your dog on a leash. More owners have their dogs off leash, which is increasingly becoming a problem in our neighborhood, and clean up after your dog,” McCalister said.

She adds that new pet owners need to “provide the time and patience needed to allow an animal to acclimate to its new environment. We’ve sometimes gotten phone calls the day after an adoption and the person wants to return the dog back to our rescue. But in a few days, or even a few weeks, the dog could become a wonderful addition.”

Through the couple’s adoption efforts, they rescued more than 130 dogs last year alone, but Soul Dog Rescue

*continued on page 19*

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# Mayfair's Singing Strings delighted Rosemark residents during the holidays

By Amy Fletcher, a Mayfair Neighbor

The Singing Strings, a violin ensemble, performed for Rosemark at Mayfair Park during the holidays. Rosemark residents enjoyed the music, which ranged from Handel and Mozart to the folksongs of American composer George Frederick McKay, including "Sea Chanty Fantasy" and "Morning on the Range." Playing in various-sized groups the players beautifully conveyed the spirit and diverse styles of the different pieces.

Musical collaboration is something these students learn from the beginning of their study with violinist Amy Fletcher, who teaches both young people and adults in her home studio in Mayfair. The real fun of playing a melody instrument like the violin is coming together with others to make a surprising and harmonious musical creation. Fletcher learned this from many years of professional experience performing and teaching and joining in community musical groups of all sizes. The student violinists are excited to hone their musical



*Amy Fletcher with students Ethan Gamache, Delaney Gilfillan, Flynn Salbenblatt, Alexandra Williams and Aiden Carley-Clapton perform for Rosemark at Mayfair Park during the holidays.*

and instrumental skills in lively group classes that supplement their private lessons. Presenting their music to an interested audience is also a great inspiration to their efforts.

Fletcher, whose first name is really Amaryllis, grew up with a piano professor father and graduated from the University of Illinois as a violin major. Following a U.S. State Department-sponsored four-month tour of Latin America with the University of Illinois Symphony Orchestra, she played in symphonies in Oklahoma City and Milwaukee, Wis., and then spent several years freelancing in Toronto, Ontario, including touring as concertmaster of the Royal Winnipeg Ballet and the Canadian National Opera touring company.

She then continued violin studies through the Eastman School in Rochester, N.Y. Later, in West Berlin, Germany, she studied with Koji Toyoda and was urged by him to teach, which she did in Musikschule Steglitz for four years. Since returning to the U.S., she has continued to teach and perform in community orchestras in Rochester, Brattleboro, Vt., and Denver, where she was assistant concertmaster of the Littleton Symphony for 18 years and also played for eight years in the Cheyenne Symphony Orchestra in Wyoming. She was fortunate to be able to attend and participate in Suzuki pedagogy classes with James Maurer and study further with Harold Wippler.

Currently, she plays for enjoyment and adventure with several small string ensembles, exploring the wonderful realm of chamber music. She hopes to pass

*continued on page 19*

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## *Singing Strings continued from page 18*

on to her present students her love of music making, as she has to many in the past, whether they go on to be professional musicians or just enjoy it to enrich their lives. Fletcher feels that hearing and, even better, playing the music of diverse times and cultures helps us to a deeper understanding for other people and for our own humanity.

After the performance ended with a rich four-part rendition of the Hebrew round "Shalom," which means "Go in peace, my friends, until we meet again," there was a short conversation with the audience. One resident remarked on the diverse ages of the players, which ranged from 10 to 18. Others told what instrument they, themselves, had played, with one person volunteering that she had played "the radio." That made everyone smile!

At the Rosemark, as indeed in Mayfair, there is enthusiasm for musical groups and artistic activity in general. Fletcher and her students "The Singing Strings" are happy to be part of the scene here and welcome inquiries from anyone interested in hearing them or becoming a participant in learning the violin and sharing in their music making. Amy Fletcher can be reached at 303-393-6270.

## A Tree for Mayfair Park

Mayfair Neighbors has started a Go Fund Me page to raise money to plant an oak tree in the traffic circle on the North side of the park, on Ivy Street. A large juniper was removed this past year, leaving a giant hole.

Along with the oak tree, neighbors want to plant colorful, low-maintenance shrubs beneath it. Please visit the Go Fund Me site at [gofundme.com/a-tree-for-mayfair-park](http://gofundme.com/a-tree-for-mayfair-park) to make a donation. We thought it would be wonderful to have the neighborhood come together and contribute to the cost of the new plantings. Any extra funds will pay for additional perennials and roses in the two perennial beds and in the bed around the Mayfair Park sign.

We need the funds soon so that the tree can be planted this Spring. We will have a dedication ceremony in August during the Concert in the Park. Anything you choose to donate will be so greatly appreciated!

## *Dog Rescue continued from page 17*

itself rescues hundreds more through its efforts in New Mexico and Arizona. For anyone interested in helping a rescue dog, here are two wonderful ways to help: offer your house as a temporary foster home, or donate to McCalister and Bartlett's efforts or to Soul Dog directly.

"Rescue dogs are not damaged. There are plenty of dogs, or cats for that matter, in rescue that are amazing animals that have simply been displaced or ended up without a home due to no fault of their own. That does not mean they have something wrong with them or that they even have behavioral issues. More often than not, rescue dogs are so grateful to be given a second opportunity at life," she said.

### **Ways to help:**

Donate to the Soul Dog Thrift Store, 4725 S. Broadway. 100 percent of the donations go to the animals. Monetary donations can be made to: [www.souldog.org](http://www.souldog.org).

Donate to help McCalister and Bartlett's efforts to rescue dogs directly by going to McCalister's Paypal account, which is listed under [mmccalister2@hotmail.com](mailto:mmccalister2@hotmail.com). Donations are used to vet the Texas dogs she and Bartlett intake under Soul Dog.



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# Rare Finds Warehouse offers eclectic mix of furnishings and vintage décor



Tony Wilson and Brad Grunewald own Rare Finds Warehouse at I-70 and Monaco.

One of the things that makes Mayfair so special is the distinctive homes that line its streets. From cozy bungalows, mid-century moderns and classic Tudors to post-war brick ranches, stucco flat-roofs, California contemporaries and beyond, the Mayfair neighborhood offers an eclectic, yet harmonious, blend of styles and tastes.

The same can be said of Rare Finds Warehouse, a longtime supporter of *The Mirror* and a Mayfair neighbor located at Monaco and Interstate-70. At Rare Finds, owners Tony Wilson and Brad Grunewald have created a treasure trove of home furnishings in an accessible, inviting, and always changing environment. Open to the trade and the public alike, Rare Finds delights the eye and intrigues the senses from the moment you enter.

Since opening in 2013, Rare Finds Warehouse has become known for its ability to meld rustic flavor with industrial edge to create the kind of pieces that work beautifully with Colorado lifestyles. Customers can explore accent furniture, decorative home accessories, lighting, dining and living room furniture, entryway pieces, outdoor home décor and vintage and antique one-of-a-kind items. As Wilson likes to say, "Rare Finds specializes in one-of-a-kind and some-of-a-kind furniture and accessories."

On a typical walk through the store, you'll encounter hand-carved, antique statues from India, benches created out of reclaimed architectural elements such as arches and corbels, and industrial iron pieces repurposed into bookcases, table bases, seating, wine racks or storage cubbies. Current design collections from Vietnam, where Grunewald and his family lived for six years, share space with classic Colorado signage, vintage artwork, diverse pottery, rustic baskets and exciting lighting options for every room made from just about anything you can imagine. Leather couches, chairs, ottomans and colorful textiles anchor sitting areas while adding rich textural backdrops.

This vast array of treasures offers something for every taste, which makes each visit an exploration on its own. And there's a story behind every piece, which makes shopping even more rewarding for those who seek enduring quality and sustainability. The eclectic curating can be disarming, but that's by design too because everything in Rare Finds has one thing in common: each item has been hand chosen with care and expertise.

Wilson and Grunewald are world-class pickers and seasoned travelers who source furnishings and accessories from around the globe. Whether traveling thousands of miles to India, Egypt, or Europe or hundreds of miles to estate sales and salvage sites closer to home in Colorado, these two friends and business partners are proud of the relationships they have built

*continued on page 21*

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# Neighbors invited to upcoming meetings about storm water drainage improvements



By Councilwoman Mary Beth Susman

Susman

The City of Denver and the Urban Drainage and Flood Control District are conducting an Outfall System Plan (OSP) Study of storm water management in the Montclair watershed. The Montclair drainage basin is over 9 square miles and is Denver's largest drainage basin without an open waterway. The basin is fairly flat and prone to flooding at certain key low points. The current storm water drainage system, which includes pipes and street capacity to convey water safely, needs to be improved in some key areas. The Montclair Basin has been identified as a priority basin for storm drainage improvements and has also been identified as a priority basin for water quality

improvement. Modeling of the hydrology in the basin is up to date and complete.

The Upper Montclair Basin includes Congress Park, South City Park, the south part of Park Hill, Hale, Montclair, Mayfair, Hilltop, Crestmoor, Fairmount Cemetery, and small portions of Washington Virginia Vale and Lowry (west of Quebec). The study will look at drainage improvements in the near term, long-range drainage improvements and a framework for resiliency in land use practices and green infrastructure.

Please join us for one of three upcoming community meetings on flood and storm water management in your neighborhood. All three meetings are identical, come on the date and location most convenient for you.

*continued on page 22*

## Rare Finds continued from page 20

with their suppliers and sources. While Wilson does most of the long-distance traveling these days, Grunewald handles logistics and works with vendors and clients here in town. Wives Mary and Aheischel are also active in the business and on-site to lend their own expertise. Even family dogs Molly and Rosco greet visitors with a friendly tail wag most days, if not taking a snooze in the office.



Rare Finds features furniture, custom tables, rustic-industrial accents, artwork and vintage items.

Rare Finds works closely with local artisans to create custom builds, as well. Take tables, for instance: customers can choose the exact tabletop they like, select a finish, add a unique base — including adjustable industrial iron bases that raise and lower for different purposes — and then specify the exact dimensions they need. This kind of flexibility works as well in new, open-concept designs as it does in traditional homes and commercial spaces. No two tables are ever exactly the same, which is something customers appreciate. Whether it's a dining room table, a bar-top sitting area, a desk, conference area, coffee table or accent table, Rare Finds custom tables always extend functionality — and start conversations — for years to come.

Be sure to mention The Mirror when you visit and take advantage of the special offer for Mirror readers included here. Whatever your style, whatever your budget, there's always something new to discover at Rare Finds Warehouse. Here's to uncovering your next treasure.

Monday-Saturday, 10 a.m.-6 p.m.

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- Thursday, Feb. 23, 5:30 to 7 p.m. at Montview Presbyterian Church, 1980 Dahlia St., in the Gallery Room
- Wednesday, March 1, 5:30 to 7 p.m. at Palmer Elementary School, 995 Grape St., in the Learning Lab-Room 119
- Thursday, March 2, 5:30 to 7 p.m. at The Art Gym, 1460 Leyden St.

## Knowing your neighborhood

Often I hear from neighbors concerned that their neighborhood isn't represented on some of Denver's neighborhood maps, or when the city announces where they will be working and other pieces of information. The confusion often stems from a distinction between statistical aggregate areas and names of Registered Neighborhood Organizations (RNOs) or Homeowners' Associations (HOAs). I thought this would be a good time to explain what the differences are.

Denver has 78 statistical aggregate neighborhoods. Statistical neighborhoods were established in 1970 and are consistent with U.S. Census tracts and, like census tracts, the boundaries collectively cover the entire city and do not overlap. The city uses statistical aggregate names to describe where work is going on and other things, because aggregates do not overlap and are stable geographic boundaries. RNO boundaries, leadership, names, etc. can and do change.

Denver has 193 Registered Neighborhood Organizations. These are groups formed by residents within a neighborhood and must meet at least once annually. These groups often host community events and come together to discuss neighborhood quality of life issues such as education, crime, and development. RNOs must register annually with the city's Community Planning and Development Department.

To register with the city, registered neighborhood organizations must meet a set of eligibility requirements laid out in the Denver Revised Municipal Code, Chapter

12, Article III. RNO presidents receive notification of proposed zoning amendments, landmark designation applications, planning board and board of adjustment hearings, liquor and cabaret licenses and other activities occurring in the neighborhood.

Neighborhood organizations that register with the city choose their own boundaries. Some RNOs designate boundaries that are consistent with statistical aggregate boundaries, but many do not. RNO boundaries are allowed to overlap, but the city strongly discourages the formation of numerous overlapping neighborhood organizations. The intent of the RNO ordinance is to encourage neighbors to work cooperatively on issues affecting the neighborhood.

Homeowner associations are paid membership organizations that homeowners are required to join in certain housing developments. HOAs generally represent a smaller geographic area and smaller groups of residents than does an RNO. An HOA that represents a smaller, individual development within a neighborhood may also register with the city as an RNO if it meets the minimum membership (12 members) — as long as it is active, led by local residents and working within the intent of the ordinance to facilitate communication between the city and its members. However, residents of most HOAs are already represented by at least one registered neighborhood organization. HOAs that register with the city also receive the above described information from the city.

Our City Council District 5 has 20 RNOs and HOAs registered within our boundaries. There are other citywide RNOs such as Inter-Neighborhood Cooperation (INC) and Denver Neighborhood Association that are not shown on the District 5 map, but receive the information that our registered district RNOs do.

I hope this helps to clear up the confusion when neighbors hear from the city about work being done and think their neighborhood has been left out. Your RNO name may be subsumed in a statistical aggregate category.

And thank you to all the hard working RNOs and HOAs that help keep neighbors informed and who provide important lines of communication between my office, the city and our citizens.

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Mayfair, and is made possible through the support of MNI members and local advertisers. For information about advertising in our next newsletter, please call 303-393-1363. MNI reserves the right to refuse any advertisement. We invite you to send any questions or comments about MNI, The Mirror, or the Mayfair neighborhood in general to: Mayfair Neighbors, Inc., PO Box 200306, Denver, CO 80220.



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