

NEIGHBORHOOD Gazette

EDGEWATER | SLOAN'S LAKE | WEST COLFAX | TWO CREEKS | WEST HIGHLAND

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Mobility Plan Aims To Calm Traffic, Improve Safety

By Mike McKibbin

Walking around Edgewater could start to be easier and safer, motorists would have to slow down on most streets and more plants and trees would sprout under a just-adopted traffic calming mobility plan. City Council approved the plan on July 9.

City manager H.J. Stalf noted the plan is new for the city and some people have wanted the city to have it in place for the last four or five years.

"We've had a lot of comments over the years about traffic and safety," he said in an interview. "What also prompted it was a development project at (West) 29th (Avenue) and Kendall (Street). Neighbors didn't want to see Kendall become another high-speed thoroughfare."

Stalf also noted the former city buildings at 25th Avenue and Gray Street will be redeveloped for commercial uses and will have traffic impacts.

The city contracted Blue Zones, a consulting company that helps municipalities develop sustainable infrastructure, to write the plan.



THIS YEAR'S LAKEWOOD ARTS GARDEN TOUR brought lots of visitors to Skäl Farm in Golden. After all, everyone loves baby goats. PHOTO BY NANCY HAHN.

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Lakewood Arts Is Still Fabulous And Fun At 31

By Nancy Hahn

Lakewood Arts in Lamar Plaza has been a part of Lakewood's art community since long before there was a 40 West Art District. Lakewood Arts has, in fact, been part of Lakewood for 31 years, this year.

It began with the idea of building and celebrating community creativity. Lakewood Arts is a co-op and a non-profit. It is owned and run by its members, who are varied groups of art-loving artists.

Lakewood Arts was developed to make celebrating, creating and enjoying art part of the Lakewood community. Lakewood Arts is, certainly, a place to view, enjoy, and even purchase the work of local artists. Artists can find an affordable place to exhibit their work. It is, also, a place to take a class, experiment, create, play with art techniques and tools, try something new, and have fun doing it.

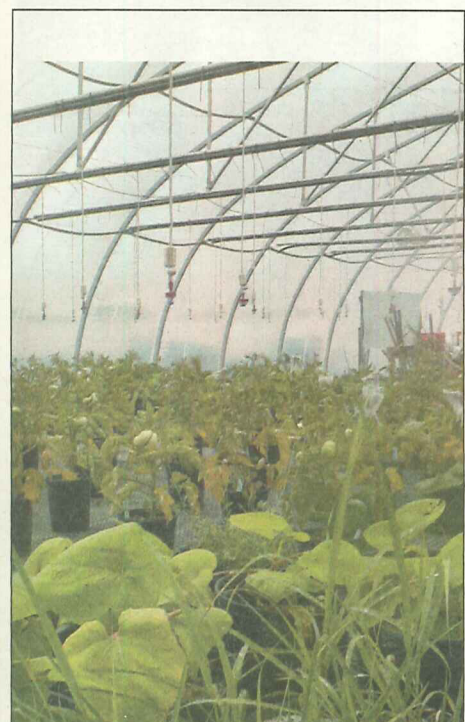
This is not about the hushed attitude of a gallery of famous artists. This is about

creating, learning, laughing, and sharing. Sure, there are sketching classes and oil painting classes. There have been, also, Sip and Pour workshops, creating mosaics, soup tastings and Valentine teas.

Lakewood Arts has three distinct areas. The main area, as you come in the door, is the space where Lakewood member artists exhibit their work. Because Lakewood Arts is a non-profit, all member artists take part in the work of the gallery. They greet and perform the daily tasks of running

Lakewood Arts. The artists teach a wide variety of classes for all interests and ages. Because the artists are such a varied group, a wide variety of classes are available. There is, also, the Acorn Gallery, a space for community art and special guest art. There is, also, a Community Gallery that can be rented monthly by community groups for special exhibits of their work or even by individual artists.

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FOR THE PLANTS INSIDE THIS GREENHOUSE with a hanging mist system, the outside weather does not matter. The tomatoes seem quite happy in their high tech home. PHOTO BY NANCY HAHN.

NEIGHBORHOOD NEWS

Artist Carrie MaKenna Makes Art For The Spirit

By Laurie Dunklee

"The purpose of my art is to remind people of their inner connections with nature, each other and the universe," says Carrie MaKenna, a painter/multi-media artist whose studio is in the 40 West Arts District.

MaKenna, turning 60 this year, says "I'm just now hitting my stride."

While the Denver native has spent her life making art — including painting, jewelry, sculpture and drawing — she says her "quantum leap" started in 2017 with her interactive exhibit at the Lakewood Cultural Center, called The Universal Circle.

"It was the culmination of my 15 years studying various spiritual traditions, including Native American, Celtic and Buddhist. All these traditions have the same basis in the Universal Circle. It's related to the passage of time, the seasons and the stages of life."

The exhibit, much of which is on display in her studio, is comprised of paintings, planets hanging from the ceiling, and a community mandala. Four paintings are on stands, facing the space from the four directions. Each corresponds with a time of day, a season and



CARRIE MAKENNA IN HER STUDIO. PHOTO BY LAURIE DUNKLEE.

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Find Me!

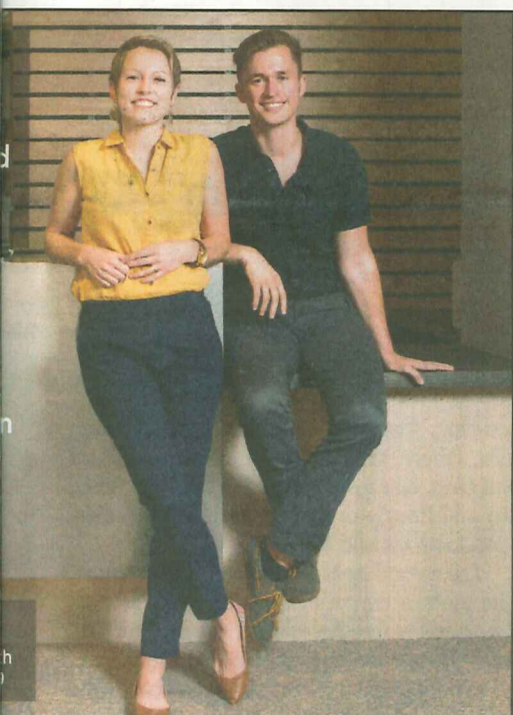
Our "sunny" friend is **STILL** hiding somewhere in this issue. Find him and **send an email to puzzle@ngazette.com** and tell us where he is at. We will draw a winner out of the correct responses and send them a cool prize. Good luck!

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Carrie MaKenna

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an element. The sun and planets hang in a spiral from the ceiling and a corresponding spiral on the floor lets visitors know which planet they are standing under. The phases of the moon are created with mirrors. As visitors look into the "moon boxes," they also see their own reflection in the various phases of the moon.

"The phases happen because of the relationship between the earth and the moon," MaKenna said. "We are part of this, not separate. What is done to one is done to all."

Narrative panels explain each part of the experience.

"I don't expect everyone to get what it's about," she said. "My purpose is to make the Circle accessible to anyone without any previous knowledge or any particular spiritual viewpoint. I'm about what people can understand without believing anything."

MaKenna lives in Lakewood and shares her studio with her husband, artist Craig Rouse, and their studio dog, Riley. They have studio-ed at 40 West since June 2018.

"We work together well because our companies are separate, so we don't meddle in each other's financial business. We often chat about our art and we give each other advice."

MaKenna is a fourth-generation Denverite, whose Denver-born great-grandfather and Irish-born great-grandmother ran a grocery store and an auto mechanic shop at 6th and Broadway.

"My other great-grandfather was a sign-painter and a plein air artist who sold his paintings of the foothills to businesses downtown. His son covered the walls inside his Greeley house with paintings of vistas, like Italian scenes. His house, The Brunskill House, is a historic landmark."

Her artist lineage continued with her grandma, who designed and hooked rugs, and her mom, who "did silkscreen on the dining room table," MaKenna says.

"So partly my choice to be an artist is experience, and part is genetics."

That choice has been a long and winding road for MaKenna.

"I was raised with the idea that "you can't make a living as an artist, so don't do that."

She earned her bachelor's in graphic design at Colorado State University and went to work in the corporate world, where she worked for 12 years and ascended into senior management.

"It was good money, but it was soul-crushing for me. So when I was close to 40, I went back to school."

MaKenna attended Naropa University, where she earned her master's in counseling psychology and art therapy. She also trained as a massage therapist and became certified

as a wedding officiant. She has performed weddings for 15 years.

Through it all, MaKenna's art and healing work have been informed by her meditation practices. She maintains a sketch journal to write and make images, some of which become paintings.

"I used to sit down and meditate but now my process has shifted — from sitting down to meditate, to meditating all the time when I'm working."

MaKenna says the challenge of being a professional artist is to maintain a balance between expressing herself and being commercially viable.

"I work it out so that I'm happy and also I can sell my work."

She's grateful to be in Denver, which she says is a "hotbed" of cooperative arts, including galleries and studios.

"It's part of our pioneering spirit to say, 'Let's do it ourselves.' It started in the 1980s with Pirate Gallery. The art scene has exploded in the last 10 years because artists have a presence without commercial galleries. The internet helps a lot too."

MaKenna is co-director of D'art, a new coop opening Aug. 1 at 900 Santa Fe Blvd.

"Our members are artists of all disciplines, including abstract, ceramics and electronic arts. Most of us are over 50."

She also works with the AZ Foundation that funds public art about Colorado women in Colorado.

"There are 20 public art installations about women in Colorado — more than in New York or Washington, D.C. So our mission is to have even more."

MaKenna's future plans include taking The Universal Circle on the road.

"I want it to travel because it carries an important message: that we are not separate from the earth, each other and all of life. It's not about religion but how we live our lives, experiencing our life in the here and now."

Once that exhibit is travelling, she plans to devote her time to a new landscape series, a trees series, and a group of abstract paintings.

To learn more about Carrie MaKenna and her work, see artscarriemakenna.com.

Lakewood Arts

Continued from page 1

The Lakewood Arts Garden Tour, held each year, is their largest fundraiser. This year's garden tour was held from 8 a.m. through 2:30 p.m. on Saturday, June 22. Tickets were \$20 in advance or \$25 on Saturday. A description of each of the six gardens was provided, as well as a map and tickets for entry.

Visit Lakewood Arts' website at lakewoodarts.org to learn more, including upcoming classes and events. Lakewood Arts is next to Casa Bonita at 6731 W. Colfax.

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WHAT'S

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6733 W. Colfax Ave., on Wednesday, Aug. 14, 6:30 to 8 p.m. The club takes traditional book club out of the library where the beer is liberated and the dogs are welcome. Happy hour prices are available for attendees.

Across the border in Wheat Ridge, Colorado Plus Brew Pub, 6995 W. 38th Ave. a rival BYOB(ook) Club meets Monday, Aug. 12, 6:30 to 8 p.m., to discuss a survival or adventure book — this month's theme is Monday is BOGO on some delectable beer including an aptly named choice from Fiction Beer Company. Service animals are welcome, but please leave other four-legged friends at home.

For more information, visit jeffco.org/library.org.

Meditation's Just A Phone Call Away Thanks To Library's Free Weekly Call In Program

Practicing meditation is only a phone call away. Each Wednesday morning, Jefferson County Public Library (JCPL) brings guided meditation to Jeffco through a call-in program that supports a growing demand for healthy lifestyle practices.

"Last week, this call changed my life," said Carol, a participant in the 30-minute instruction, who was amazed that a simple phone call affected her so positively.

Using phone conferencing software, Caitlin Stell, a clinical psychologist with Jefferson Center for Mental Health, offers several minutes of meditation overview then guides listeners through a meditation. Each week, she touches on using meditation for a variety of purposes — compassion, chronic pain relief, anxiety relief, sleep

Edgewater Mayor

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streets as places for people, not just moving traffic, while promoting and prioritizing active transportation modes — walking and bicycling. The street modifications scheduled to be in place by June 26 will be kept in place until the end of July between Ames and Benton streets on 25th Avenue. For more information about these changes, please visit www.edgewaterco.com.

Keeping Our Small-Town Feel

To keep Edgewater's small-town feel in this ever-busy world, remember to take part in your community. Help a neighbor volunteer, wave at someone new as you walk, bike or drive through our streets. That is what binds us together and makes us a real and strong community.

Contact Edgewater mayor LaKeegan at lkeegan@edgewaterco.com.



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