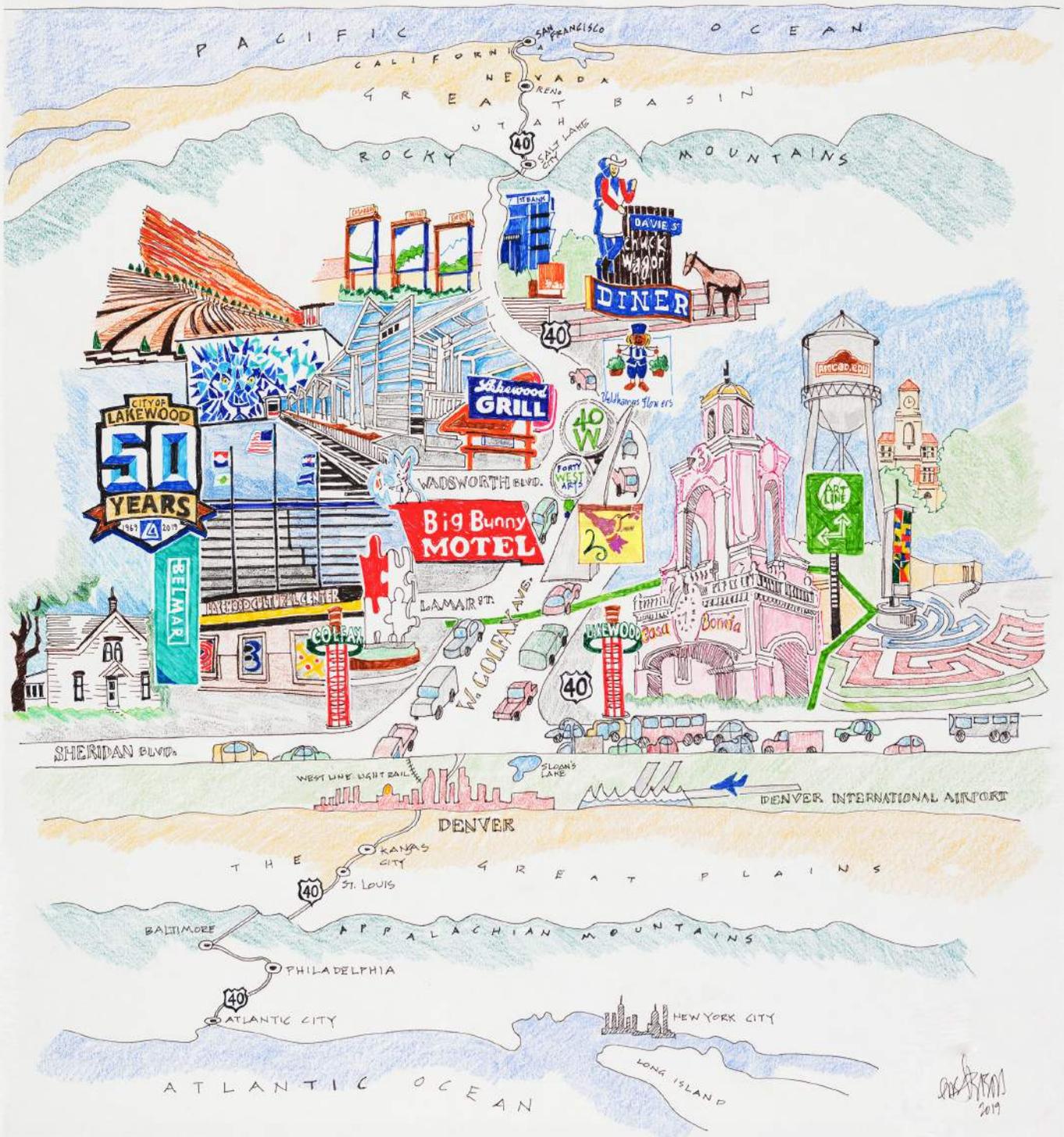


WEST COLFAX LATELY

Lakewood's Perspective on Colorado's Most Famous Avenue | Issue 5



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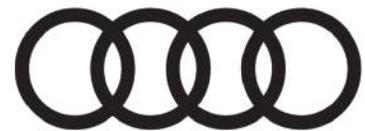


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Left to Right: Katy Zeigler, Miranda Samon, Liz Black, and Bill Marino

As you might have noticed from the classic illustration on our cover, our 5th issue is a commemorative edition, joining in the festivities for Lakewood’s 50th Anniversary. As Lakewood’s oldest section—where the city’s name was originally coined—it’s certainly fitting for us to celebrate Lakewood through a uniquely West Colfax lens. In this issue, you’ll notice a Lakewood timeline strung across a number of our features, marking key milestones for our city and our historic corridor. *West Colfax Lately* continues to celebrate the people and places that make this community special, from the “Grit and Glitter” of West Colfax to a light-hearted look at a Lakewood icon in “Casa Bonita Confidential” to an “Insider’s Guide” to the 40 West ArtLine—Lakewood’s award-winning walking and biking outdoor art experience.

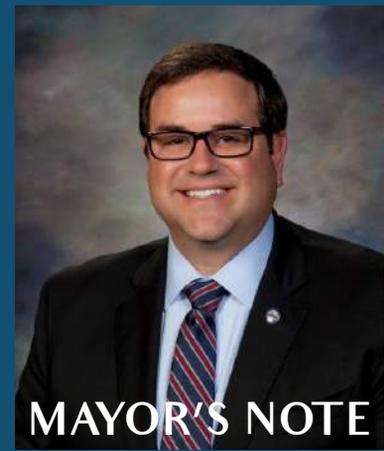
For more than a decade now, the renewed quest to make West Colfax a destination again has been a collective effort, with an ever-deepening level of community engagement stretching the length of our historic corridor. While there’s still lots of work to do, we have plenty to celebrate: the continued growth of existing and new businesses, the arrival of new, top-quality residential choices, and all things 40 West Arts—from its selection by *Westword* Magazine as the metro area’s “Best Arts District” to its extraordinary co-op galleries and the exhilarating impact of the ArtLine. Yes, West Colfax is a destination again . . . and there are plenty to thank: our little team and its commitment to serve and their capacity to do and manage more every year; our many passionate board, committee, and program volunteers that help make everything happen; our community partners who are the main attractions in the district, and our remarkable colleagues at the City of Lakewood. Every department has contributed to the momentum here—but a special shout-out to the Economic Development team with whom we work arm-in-arm every day. Thank you to all! You all make a difference!

Lakewood’s march to become a city, one could say, took the road less traveled! Let’s continue our journey together to uphold the values that make Lakewood a great place to live and work. Let’s redouble our efforts to advance our community’s shared vision of historic West Colfax as an ever-vibrant commercial and entertainment destination that adds richness and character to life in our beloved city.

Happy 50th Lakewood!

Bill Marino, Publisher/Editor-in-Chief
 Chief Executive – Lakewood-W. Colfax BID
 Board Chair – 40 West Arts District

Liz Black, Managing Editor
 Executive Director – 40 West Arts District



This year we’re commemorating our 50th anniversary as a city and celebrating the corridor that has been with us all along the way. In 50 years, Lakewood has seen growth and change. We’ve seen residents remain deeply committed to our community, as business and culture have evolved to provide new art experiences along West Colfax and throughout the city.

Recognition is also reaching our energized West Colfax. Just this year, 40 West Arts was named the Best Arts District by *Westword*, and the ArtLine won CBCA’s Business for the Arts Award and the Downtown Colorado Inc. Governor’s Award for the Best Use of Public Space, adding to a growing list of awards in recent years. Others have come to tour the corridor because cities nationwide want to replicate what we have accomplished here. Grassroots efforts, active neighborhoods, and an engaged business community continue to push the corridor to new heights. This award-winning momentum continues to bring investment and create more opportunity for enhancements. Opportunity Zones and Enterprise Zones line this corridor, attracting new restaurants and businesses—and new visitors to Lakewood.

West Colfax lives on! Art continues to shine and pop up in unexpected ways. We continue to come out in support of each other and to show pride in our community. We hope to see you at one, or all, of the events during this year of celebration!

- Mayor Adam Paul
 City of Lakewood

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Photo courtesy Lakewood Heritage Center



Photo courtesy WestFAX Brewing



Photo: Will Strathmann



Photo: Katy Zeigler



Illustration: Alexander Baldoz



Photo: Aurora Hendrix

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Let's Incorporate . . .

A Look Back at Lakewood's March to the Future

by Kristen Autobee



Davies' Chuck Wagon, listed in the National Registry of Historic Places, has been an icon on West Colfax since 1957. Photo courtesy Lakewood Heritage Center



Posing in front of Lakewood's first City Hall on Yarrow Street (now the Clements Community Center), these are the first agents of the Lakewood Police Department in 1970. Photo courtesy Lakewood Heritage Center

2019 marks the 154th Anniversary of Lakewood's settlement—and 50 years as an incorporated city! Why did it take until 1969 to incorporate? What were we waiting for?



Donald Rittenhouse prepares his wartime "Victory Garden" in the spring of 1942. Photo courtesy Donald and A. Arter Rittenhouse

The first map of an area called "Lakewood" is an 1862 federal land survey. The federal government owned the land and at the time, was cash-poor. The government granted land instead of benefits to military veterans. But not everyone wanted to come west to claim their land.

On December 1, 1865, Cornelius Donovan, Daniel Kurtz, Joseph Rist, Norman Richards, and William Hodgson submitted the federal paperwork to show they purchased military land grants from a soldier or a soldier's widow. Also that day, William Arnett and David Green purchased land from the government for \$1.25 an acre. For the next 20 years, settlers from across the country bought land, farmed, and raised families in the area. They were disgruntled factory workers, real estate speculators, and farm kids—all dreaming of purple mountains majesty. But 1880s reality was devastating drought, grasshopper swarms, and an exploding population in nearby Denver.

1858

Miners and speculators plat the town of Denver.

1859

Joseph Hodgson builds his stone house in Bear Valley. It remains the oldest standing house in Lakewood.

1866

Valentine Deviny begins farming near the future intersection of 6th Ave. and Wadsworth.

1876

Cason Howell builds his Italianate house. Today, its address is 1575 Kipling just north of West Colfax.



This 1945 image shows multiple businesses with “Lakewood” in their names—24 years before the city was incorporated. Photo courtesy Donald and A. Arter Rittenhouse



This image, courtesy of the Lakewood Heritage Center, shows harvest activity on Bradford Farm in 1919.

By 1887, some farmers struggled and tried to sell their land by subdividing it. Farmers sold large parcels to commuters working in Denver, and 2.5 to 10 acre lots for small truck or dairy farms. William Loveland saw opportunity, bought out farmers and built a railroad. Northern Lakewood’s population swelled from about 500 (1900) to 1,500 (1920) to 14,000 in 1946.

That year (1946) saw the last cattle driven by men on horseback from Green Mountain pastures to Denver’s market. The Masonic Lodge constructed on Independence Street marked the end of Green’s Farm. Two groups filed incorporation petitions with Jefferson County courts early in 1947. These petitions would have created Lakewood and West Lakewood divided only by Wadsworth Boulevard. Issues surrounding utilities, parks, traffic safety, building codes, and orderly development were genuine. As was the disdain for a two-town solution. On January 16, 1947, the East Jefferson Sentinel’s pro-incorporation editors wrote:

“[We are beyond] the stage where a family may come out to a few acres for a few hundred dollars, build a cottage and henhouse, buy a cow and settle down in pastoral bliss. Lakewood is ... becoming a city or a part of a city, whether we like it or not. ...And if the oldtimers who came out here for elbow-room still yearn for wide-open spaces, they will sell

out at a profit. ...they may resent... [it] but they can [not] stop it by dreaming of a status quo... Let’s incorporate when...[we can] do it sanely, realistically, and on a scale grand enough not only to maintain a beautiful city, but a city which will loom brighter than any other place on the map.”

By 1969, new houses filled much of Green Mountain’s pastures and neon bedazzled West Colfax. Villa Italia Mall, Westland, and JCRS Shopping Center served a population of more than 90,000 people, few who had seen cowboys or orchards of a bygone era. We waited for collective memory to forget we came for pastoral bliss. And at that moment we could incorporate the city we had become—first as Jefferson City . . . and then just months later, changed to Lakewood. Today Lakewood’s many cherished parks and open spaces preserve some of the wide-open land of that pastoral era. Donovan, Kurtz, Richards, Hodgson, Arnett, and Rist lands became the Bear Creek Greenbelt, Fox Hollow Golf Course, and Bear Creek Reservoir.

Enjoy the Lakewood Timeline that meanders through the following pages. It showcases facts and milestones, through a West Colfax lens, of Lakewood’s march to the future.

1888

William H. Reid plats the first two subdivisions within the modern boundaries of Lakewood along West Colfax.

1888

William and Miranda Loveland build a new house at 1435 Harlan.

1889

Charles Welch, William and Miranda Loveland file a plat named “Lakewood.”

1891

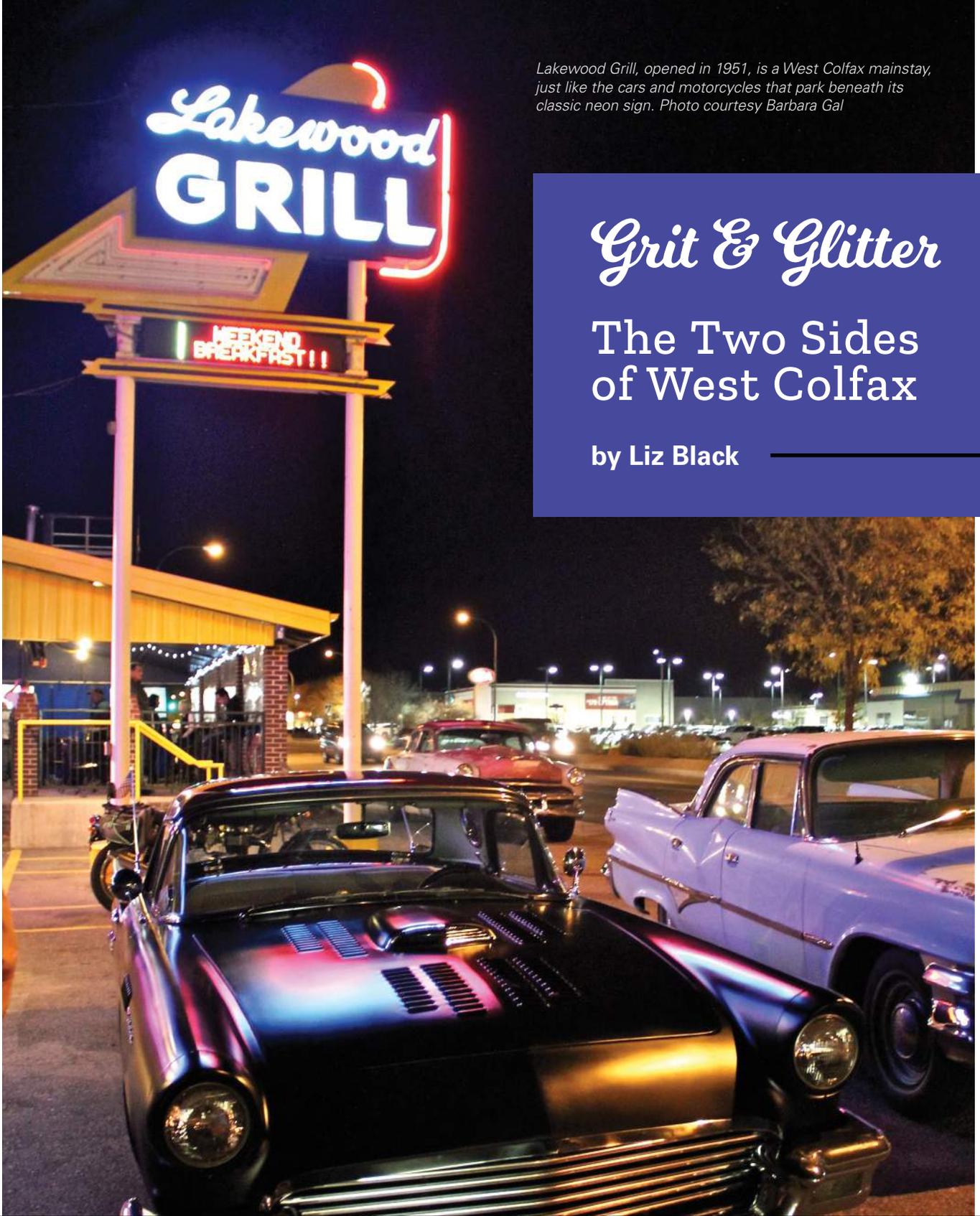
Denver Hardware Manufacturing Company opens at 13th and Brentwood.

Lakewood Grill, opened in 1951, is a West Colfax mainstay, just like the cars and motorcycles that park beneath its classic neon sign. Photo courtesy Barbara Gal

Grit & Glitter

The Two Sides of West Colfax

by Liz Black



1891

Jacob Downing plans to build a town on Green Mountain, but the endeavor never comes to fruition.

1891

Denver, Lakewood & Golden Railroad begins passenger service along 13th Avenue.

1892

William Robb applies for a Post Office at Lakewood. He calls the community "a new manufacturing village with 100 settlers."

Colfax Avenue has always been a tale of two sides, upscale and underbelly, high class and low brow, glitter and grit. Both are equally fun and equally essential to Colorado's most iconic thoroughfare—and that holds true along our historic section of the avenue. Read below for a light-hearted approach to exploring Lakewood's West Colfax in two very different fashions.

Grit

So you want to go low. You're thinking underground, something a little seedy and sure to give you the kind of story material that will get an eyebrow raise from your family at the Thanksgiving dinner table (you're sick of listening to Uncle Jimmy rant about social security, anyway). Colfax Avenue has got you covered, in more ways than one.

Have a Drink

Alcohol and misplaced antics go hand and hand. The great philosopher Homer Simpson once said about alcohol, it's "the cause of and solution to all life's problems." And on a street like Colfax Avenue if you're not drinking, you're not living. We don't really know if that's true but if you buy the rounds, we're in.

Cordial Lounge, 1521 Pierce Street, As awesomely divey as it gets with low lighting, weathered pool tables and a karaoke night that's the talk of the town.

Misfits Bar & Grill, 11475 W Colfax Ave., A laid-back vibe with a great beer selection and tons of food.

Swig Tavern, 11810 W Colfax Ave., A local neighborhood tavern with great drinks and American food in an easy-going atmosphere.

WestFAX Brewing Company, 6733 W Colfax Ave., Micro-brews in a hip but down-to-earth environment. Ask for Austin; she's the best damn bartender this side of Casa Bonita.



Beer lovers enjoy a rotating selection of local favorites, like 40 West IPA and Colfax Cream Ale, and unique experimental brews. Photo courtesy WestFAX Brewing

Get a Tattoo

Come on, your mom will love to see her name alongside a bright red heart on your upper arm. It's the best present she never asked for. When she mutters "I'll never forgive myself for dropping you on your head as a baby," just know that she's doing it out of love . . . for your new tattoo.

Ink Therapy Tattoo Parlour, 9705 W. Colfax Ave., An awesome tattoo and piercing parlour with discounts for veterans, college students and first responders.

Celebrity Tattoo, 11730 W. Colfax Ave. A mainstay for 20+ years, they pride themselves on their friendly, welcoming environment.

Mantra Tattoo, 1695 Wadsworth Blvd., This shop boasts a ton of five-star reviews online and provides tattoos and piercings alongside a wide selection of clothes and jewelry.

1894

William Loveland dies at his Lakewood home.

1901

Bernard O'Kane buys the land where he and his wife, Elizabeth, would later start the Harp Dairy, now a Lakewood park.

1903

Dr. Charles Spivak forms the Jewish Consumptives' Relief Society (JCERS).

1904

JCRS hospital off West Colfax Avenue near Pierce Street treats its first patient.

Fallen Owl Tattoo Studio, 1420 Garrison St., Voted one of the top tattoo studios multiple years in a row by Denver's A-List.

Buy a Motorcycle

The wind in your hair, the feel of cool leather against your thigh, the smell of exhaust from the 18-wheeler in front of you, it's all part of the ride, literally. Motorcycles are cool and chicks dig them, that should be enough reason for you.

Foothills BMW Triumph Motorcycles, 1435 Wadsworth Blvd., Great showroom! They've got new models and previously-owned bikes of these iconic brands, and the staff are experts in helping you pick the right ride. From concept and design, to engineering, testing and production, delivering the complete riding experience is their passion.

Indian Motorcycles, 7700 W. Colfax Ave., The first Indian Motorcycle was sold in 1902, and later that year it won an endurance race from Boston to New York City in its racing debut. Today it is a legendary brand for its design and innovation—available right here on the Avenue.

Dino's Custom Cycle, 7855 W. 16th Ave., From a part or accessory to a complete custom ride, these folks provide the highest levels of quality and service in the industry.

Prestige Imports, 9201 W. Colfax Ave., Ok . . . this is not a motorcycle business, but you'll definitely turn heads in a new (or used) Audi or Porsche at this luxury auto dealership. Hey—this is the place to trade-in your motorcycle for the next step up!



Artist owned and operated, Fallen Owl Tattoo is located just steps from the Garrison W Line Light Rail Station. Photo: Katy Zeigler



Foothills BMW Triumph Motorcycles on Wadsworth has more than 16,000 square feet of space dedicated to these exclusive brands. Photo: Bill Marino



Cobblestone Too, located just north of W. Colfax, on Wadsworth for more than 25 years, specializes in antiques, used furniture, pottery, and an array of curiosities. Photo: Katy Zeigler

1904

Valentine Deviny publishes a history of settlement in the West with an introduction by William "Buffalo Bill" Cody.

1905

Frank and Amanda Peterson immigrate from Sweden. In later decades, their seven children run turkey farms and the Golden Pure Dairy on West Colfax.

1907

Kummer's Store opens at West Colfax Avenue and Carr Street.

Go Old School

Brand new is bourgeoisie, hoity-toity and definitely not what you're looking for on this Colfax journey. So instead, get back to your roots, wear a top hat, read an actual newspaper, and walk uphill in the snow both ways.

Chain Reaction Records, 8799 W. Colfax Ave., Colorado's destination for all things punk, hardcore and metal including cassettes, shirts, books, posters and more.

Lakewood Elks Lodge, 1455 Newland St., This old-school member's club has tons of events including bingo (open to the public), bocce ball and darts, and the bar offers the best deals in town.

Hyperspace Arcade, 1601 Reed St., An authentic 1980s themed arcade with classic games, console games, pinball and space-age events including live DJs and more.

Cobblestone Too, 1862 Wadsworth Blvd., Nothing says "old school" like antiques—and Cobblestone Too is a treasure trove of antique furniture, pottery, artwork and curiosities—all waiting to be explored.

Stuff Your Face

We're not talking white tablecloths and salad forks on this choose-your-own-adventure. But Colfax Avenue is full of unpretentious good eats, whether it's a 3am donut shared with your fellow drunkard-in-arms, or a morning-after breakfast that keeps your headache at bay.

Hits the Spot Diner, 5637 W. Colfax Ave., With huge portions and fast service this local diner really does live up to its name.

Lakewood Grill, 8100 W. Colfax Ave., Established in 1951, this iconic Lakewood watering hole offers up cold draft beers and praiseworthy burgers under the glow of the original blue neon sign.

Davies' Chuck Wagon, 9495 W. Colfax Ave., Listed on the National Registry of Historic Places, this throw-back diner is the real deal. Established in 1957, this West Colfax mainstay is a must-visit for breakfast or lunch.

Chicago Beef & Dogs, 6680 W. Colfax Ave., Known for true Chicago-style hot dogs and Italian beef sandwiches, this family owned eatery comes with authentic Chicago attitude, too—free of charge.

Pho 2 Love, 6593 W. Colfax Ave., Get a steaming bowl of Pho (a traditional Vietnamese soup with broth and your choice of toppings) or any number of awesome dishes at this local favorite.



Located in the heart of 40 West Arts District, Pho 2 Love offers fresh, authentic Vietnamese cuisine and other Asian favorites. Photo: Will Strathmann

1908

Colorado Golf Club, now Lakewood Country Club, opens at Pierce Street and 10th Avenue.

1909

Telephones come to Lakewood. Kummer's Store is home to the battery-operated switchboard.

1918

The Colorado Department of Highways paves two-lane West Colfax with concrete.

1920

First multi-car crash on West Colfax.



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Lakewood, CO 80214
(303) 238-8000



Beijing Chinese Scoop

6173 W. Colfax Ave.,
Lakewood, CO 80214
(303) 238-1088



Chicago Style Beef & Dogs

6680 W. Colfax Ave.,
Lakewood, CO 80214
(303) 233-0500



Dino's Italian Restaurant

10040 W. Colfax Ave.,
Lakewood, CO 80215
(303) 238-7393



Deli Italia

1990 Wadsworth Blvd.,
Lakewood, CO 80214
(303) 248-7208



European Market & Deli

1990 Wadsworth Blvd.,
Lakewood, CO 80214
(303) 476-3294



Kazoku Sushi

10665 W. Colfax Ave.,
Lakewood, CO 80215
(303) 238-1199



Lakewood Grill

8100 W. Colfax Ave.,
Lakewood, CO 80214
(303) 237-8051



Max's Mexican Restaurant

6999 W. Colfax Ave.,
Lakewood, CO 80214
(303) 237-0700



Misfits Bar and Grill

11475 W. Colfax Ave.,
Lakewood, CO 80215
(303) 233-3000



Pho 2 Love

6593 W. Colfax Ave.,
Lakewood, CO 80214
(303) 233-1900



Yianni's Gyros Place

10450 W. Colfax Ave.,
Lakewood, CO 80215
(720) 524-8164

Max's Mexican, 6999 W. Colfax Ave., This affordable spot offers tons of family Mexican dishes served up fast inside a quaint dining room with friendly service.

Glitter

Colfax Avenue has long been a place for all that glitters, heck it was originally named the 'Golden Road' in homage to the scores of miners who traveled the route during the 1860s gold rush. And if you're attracted to shiny objects, West Colfax has got its fair share. So grab your wallet, or your metal detector, and get a sense of the street in a different way with all things merry and bright.

Let Them Eat Cake

(or other assorted goodies)

Nothing says classy like using your disposable income to stuff exotic treats into your face. (It's still healthy if it's gluten free, right?) So, shuffle on over to one of Colfax Avenue's many sweets shops and bring the kiddos if you dare.

Colorado Cookie Company, 1470 Carr St., My, oh my, this little shop has some of the best cookies (and bars, brownies, toffee and more) along the Westside. Stop in or order for pickup.

Dino's Italian Food, 10040 W. Colfax Ave., This family restaurant is known for their from-scratch Italian cuisine but they also make homemade pies including cherry, blueberry and pecan.

Cakes & Co., 2099 Wadsworth Blvd., Try the stuffed cupcakes (they come in multiple flavors) at this yummy local bake shop.



Recently remodeled, Max's welcoming façade heralds the great food and stellar service inside. Photo: Katy Zeigler



West Colfax Legend Joe Margotte is the master of his domain in the kitchen at Chicago Style Restaurant. Photo: Bill Marino



Open 24-hours a day, Winchell's offers breakfast sandwiches, donuts, cinnamon rolls, and fritters galore. Photo: Katy Zeigler

1926

Lakewood Brick opens on 14th Avenue.

1926

Colfax Avenue is designated part of U.S. Highway 40 by the federal government.

1928

State Highway Dept. asks businesses to de-clutter West Colfax and remove signs within 60-feet of the road.

1934

B.J. Bloyed opens the Eagle Café' at 5225 West Colfax.

Dutch Bros Coffee, 6671 W. Colfax Ave., Grab a standard latte at this drive-through drink counter or try one of their many crazy creations including smoothies, flavored sodas and frosted coffee drinks.

Chicago Beef & Dogs, 6680 W. Colfax Ave., If you missed this stop under the “Grit” section—you’re in luck. This place also serves up amazing cannolis, baklava, eclairs and cakes, all made in-house by West Colfax Legend Joe Margotte.

Winchell’s Donuts, 6801 W. Colfax Ave., Get your sugar fix at this shop that’s open 24-hours a day, and check out the multiple donut murals that adorn the outer walls while you’re there.

Buy Some Art

Lakewood West Colfax Avenue is home to 40 West Arts District, one of only 23 Colorado certified creative districts. That means you’ve got galleries, artist studios and artistic businesses galore. The full list of spaces would take up the rest of this article (and we all know my witticisms are far more important) but the below locations should give you a great start.

- 40 West Gallery, 1560 Teller St.
- 40 West Studios, 1615 Reed St.
- Craven Metal, 7015 W. 16th Ave.
- EDGE Gallery, 7001 W. Colfax Ave.
- Gallery of Everything and Red Herring Art Supply, 6719 W. Colfax Ave.
- Landt-MaKenna Galleries, 1528 Teller St.
- Lakewood Arts Gallery, 6731 W. Colfax Ave
- Liquid Metal Coatings, 7015 W. 16th Ave.
- NEXT Gallery, 6851 W. Colfax Ave.
- Pasternack’s Art Hub, 6851 W. Colfax Ave.
- Pirate: Contemporary Art, 7130 W. 16th Ave.
- Reed Art + Imaging, 9000 W. Colfax Ave.
- Rocky Mountain College of Art + Design Galleries, 1600 Pierce St.



Visitors enjoy a stroll through NEXT Gallery and its annual exhibition dedicated to Casa Bonita. Photo: Dave Rein



Pirate: Contemporary Art showcases cutting-edge artists in a modern exhibition space. Photo: Katy Zeigler



Artist, sculptor, and writer Rich Chamberlain is one of 16 local creatives with workspace at 40 West Studios on Reed Street. Photo: Miranda Samon

1937

The Lakewood-Mountair Fire Department opens its first station on West Colfax.

1940

First traffic light on West Colfax installed at Sheridan.

1946

George and Lillian Eiber start a successful poultry farm on Simms Street.

1946

Rockley Music opens its first location near West Colfax and Wadsworth.



Bikers cruise over one of the game murals along the 40 West ArtLine, a four-mile walking and biking experience with 70+ art installations. Photo: Will Strathmann



Yoga Pod Denver West offers classes for all levels with the goal of guiding its clientele to a greater state of health, well-being, and connection. Photo courtesy Yoga Pod Denver West

Sweat It Out

Exercise is total street cred in Colorado, and if you haven't climbed a 14er or ridden your bicycle to a brewery you might as well move back to Texas (Ricky I'm talking to you), so gain a new swagger with these sweat-inspired Colfax haunts.

40 West ArtLine, Northeast Lakewood, This 4-mile route is walkable, bikeable, filled with art and totally free of charge. Pick up the actual green line painted on the pavement anywhere along the route or by taking the West Line light rail to the Lamar Street stop.

Sprout City Farms, 5620 W. 14th Ave., This community farm, with paths for meandering, helps to create healthier neighborhoods by bringing fresh fruits and veggies to areas that are traditionally underserved.

Schwab Cycles, 1565 Pierce St., Family-owned and run, this business has been serving the cycling community for over 30 years with bikes, clothing, accessories and more.

Container Collective Yoga & Bikes, 1492 Ammons St., This yoga studio and bike shop owned by husband and wife team Russ and Brittany welcomes beginners and experts alike.

Yoga Pod Denver West, 14500 W. Colfax Ave., Classes here offer a physically challenging, yet sustainable, approach, utilizing the science of flow states to achieve heightened focus and attention.

Colfax Marathon, Okay—technically not a destination but talk about sweating it out! What's better than 26.2 miles running along Colfax? Too much for you? Organize friends for a relay!

1947

Residents mount first push for Lakewood incorporation as a city.

1950

The Lakewood Theater opens at 8000 West Colfax with a "cry room" for mothers with infants.

1951

Dial telephone service comes to the corridor, and Lakewood Grill moves to the southwest corner of Ammons and West Colfax.

Get Your Creative Juices Flowing

Nothing says sparkle like the spark of inspiration you get when you do something creative. West Colfax has always been a haven for the weird and wonderful so you should feel right at home honing your most inspired self.

Thompson's Hobby and Craft, 1585 Wadsworth Blvd., Locally owned and operated since 1965, this store has 8,000 square feet of art supplies, modeling kits, radio-controlled cars, doll houses, accessories and more.

Landt Creative Space, 1528 Teller St., Head here for beginner-friendly art classes including freestyle studio sessions, finger painting for grown-ups and follow-along workshops where you'll walk away with your very own masterpiece.

Veldkamp's Flower Design Center, 9501 W. Colfax Ave., One of the coolest parts of this family-owned flower shop with a 60-year history is the floral design center, located on Hoyt Street (behind their Colfax showroom). Make an appointment to work alongside staff for a custom arrangement that you help design.

Transitions Art Therapy, transitionstherapy.org, Artist and counselor Merissa Freudig uses art to explore emotions, issues and self-awareness. She sees creative expression as a way to more deeply understand ourselves.

Colorado Frame and Art Restoration, 9780 W. Colfax Ave., In Lakewood since 1975, this business restores family heirlooms, photographs, books and more to their original state. They offer custom framing services, too.



Artist Tabitha Landt, owner of Landt Creative Space, teaches classes that help others to access their innate creativity. Photo: Katy Zeigler



Veldkamp's offers an amazing array of cut flowers, floral arrangements, potted plants, and creative gifts. Photo: Bill Marino

1957

Davies' Chuck Wagon Diner and JCRS Shopping Center open on West Colfax.

1959

Veldkamp's flowers opens for business in the West Colfax corridor.

1960

Westland Shopping Center opens on Colorado Day August 1.

1961

Dino's Italian Food Restaurant begins serving homemade pasta.

Colfax Art Crawls, in 40 West Arts District, These are First Fridays on steroids! Several times a year, the district puts on art spectacles. From live music to street performers and other pop-up experiences, Colfax Art Crawls are designed to delight and engage district patrons—and it's all free and open to the public.

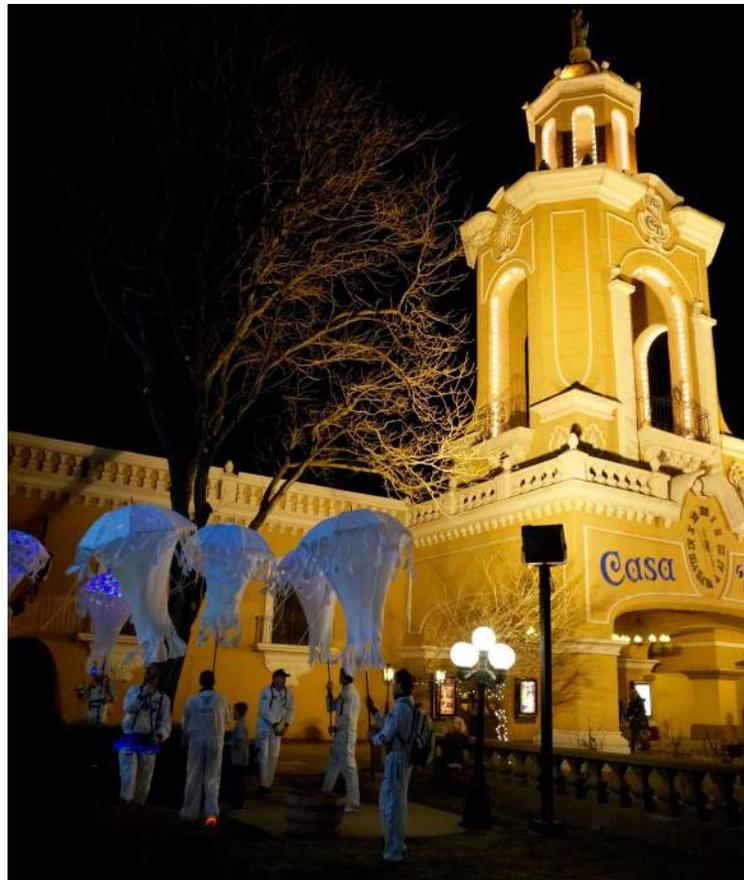
A Little Grit, A Little Glitter

Casa Bonita, 6715 W. Colfax Ave. And finally in a category all its own is Casa Bonita. This Lakewood favorite is filled to the brim with a little bit of grit and a little bit of glitter. If you came here as a young child you were delightfully scared by the sounds and lights in Black Bart's Cave. As an adult, Casa Bonita scares you for a whole different reason. Either way the pink castle is a West Colfax landmark and the restaurant you love to hate, but go back to every single year. Tell them it's just for the kids.

Whether you want high class or low brow, Lakewood's historic West Colfax is the place to be. From art and antiques to tattoos and video games and everything in-between, this iconic avenue is equal parts classy and shabby, with a grand pink castle overlooking it all. All this is just an inkling—there's so much more! Come and experience the two sides of this famous avenue and create your own authentic Colfax adventure.



Authentic Aztec dancers entertain a crowd during one of 40 West Art District's Colfax Art Crawls in 2018. Photo: Katy Zeigler



A troupe of illuminated dancing jellyfish—a family-favorite in the district—sway to music beneath the glow of the iconic Casa Bonita tower. Photo: Miranda Samon

1966

The county's biggest mall, Villa Italia, celebrates its grand opening.

1968

Jeffco Action Center becomes a beacon of hope to the homeless, near-homeless, and working poor.

1969

June – Citizens of Lakewood incorporate as Jefferson City. James Richey is elected mayor in August.

1969

September – The first City Hall opens at 1580 Yarrow. Today it is the Lloyd G. Clements Center.



Colfax

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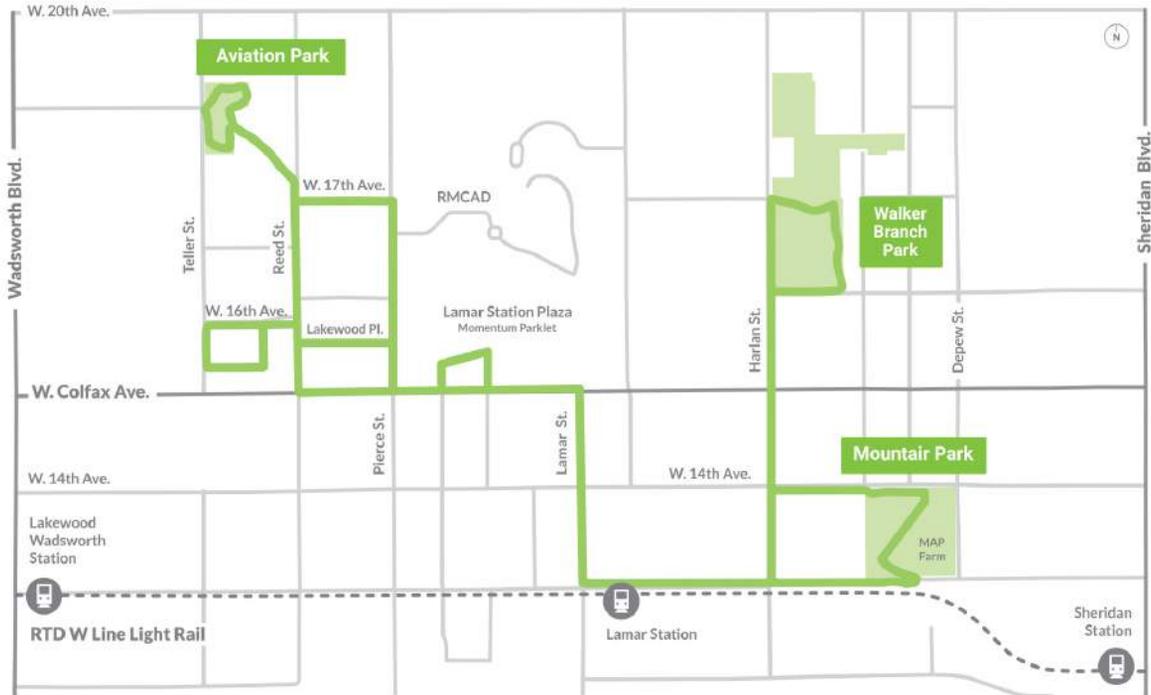
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40 West ArtLine, launched in June 2018, is a four-mile outdoor art experience connecting three local parks.



ARTLINE WANDERLUST: *An Insider's Guide to Three Memorable Excursions*

By Liz Black and Bill Marino

The 40 West ArtLine was a dream long before it became a reality. As the newly emerging arts district was gaining momentum, fostered by its cadre of champions and the local business improvement district, the City of Lakewood's Comprehensive Planning Division leveraged an EPA grant into a community plan, named the 40 West Urban Design & Mobility Plan. That plan made the first public reference to an outdoor arts experience in the built environment in and around 40 West Arts District. That was in 2012 . . . and it heralded a renaissance for West Colfax.

This area has seen its share of transformation since its speculative beginnings as a subdivision established in 1889 by William and Miranda Loveland and Charles Welsh, with a rutted road that connected these early platted parcels to Denver and a vision for the commercial thoroughfare Colfax Avenue would later become. After a period of land speculation and war-related growth, West Colfax evolved from its agrarian and pastoral roots to its bedazzling heyday in the '50s and '60s with its diners, supper clubs, and motor inns—as the world traveled storied U.S.

1969

November – Citizens vote to change city name to Lakewood from Jefferson City.

1971

Owners of Davies' Chuck Wagon Diner start efforts to save their iconic neon sign.

1974

Lakewood Historical Society formed.



Route 40 to visit the Rocky Mountains. But the completion of Interstate 70 re-routed traffic patterns and triggered the beginning of an economic spiral. Much like the character Sal Paradise in Jack Kerouac's 1957 Beat Generation novel, *On the Road* (in which Colfax is mentioned numerous times), the famous avenue fell on hard times.

As the historic heart of Lakewood, West Colfax has seen both high and low times. Now, West Colfax is re-emerging from its economic challenges. Its reprise as a destination is a story of resiliency about a community willing to rally together to reinvent itself. And the 40 West ArtLine, along with a litany of other major projects and community initiatives, is a true sign that Lakewood's West Colfax is back on the map.

Officially launched in June of 2018, this four-mile walkable, bikeable outdoor art experience is a testament to how far Lakewood's West Colfax corridor has come. This free outdoor amenity was three-plus years in the making and features more than 70 art installations (both new and existing) alongside other artistic elements and a green line painted in the public right-of-way that connects it all.

The entire route is an easy four-mile bike ride, but what if you want to take things a little slower? Below are three sub-sections of the route alongside the art, history and businesses that make the 40 West ArtLine and the corridor such a one-of-a-kind destination.

The ArtLine includes a section of the bike path along the W Line, providing easy access from the light rail stop at Lamar Station. Photo: Will Strathmann

1976

Belmar Museum, now Lakewood Heritage Center, opens, and The Stone House, built by Joseph Hodgson, is listed to the National Register of Historic Places.

1978

Colfax's automotive and healthcare traditions continue: Century Auto Brokers and Dr. Arthur Phelps' Lakewood Chiropractic Office both open for business.

THE SECTION: 40 West Arts District Core

40 West Arts District was founded in 2011 and received its official designation as a Colorado certified creative district in 2014, and things have only been growing from there. Lakewood's only state-certified creative district and its partner organizations, the West Colfax Community Association and Lakewood West Colfax Business Improvement District, have always worked collaboratively to support and promote the West Colfax corridor as an arts and economic destination. In the past two years 40 West Arts has welcomed well-established galleries such as EDGE, NEXT, Pirate and other creative spaces that migrated from other metro areas, bringing 100+ new artists to the creative community. 40 West Arts continues to promote and grow arts activities in the district—and has been recognized for it! In 2018, the district won *Westword* Magazine's 'Best Suburban Arts District' and in 2019 received 'Best Arts District' in the metro area from the same publication. Quite an accomplishment for the place Colorado Creative Industries State Director Margaret Hunt calls "the little arts district that could!" for its catalytic impact on helping West Colfax climb out of economic stagnation.

The Outdoor Space: Aviation Park

This park is replete with Lakewood history; it started out as the Broadmoor Country Club, opened in 1925 with a ballroom, restaurant, and cocktail lounge known as the Hurricane Hut. Owned and operated by Nellie Ott and her son Eddie Ott, original construction costs were estimated at \$50,000 to \$75,000. In April of 1944 the club was leased to a group of men and women with aviation backgrounds and renamed the Aviation Country Club. The club hosted dinner and dance parties, fashion shows, book reviews, and bridge parties until the early 1990s when the club was closed and eventually demolished. Today you can sit on large grassy fields while your kiddos play on the nearby playground, and daydream about elegant couples sashaying by with mint juleps in hand.



"Unearthed Plates" an art installation by the artist group called PUNCH is located adjacent to the playground at Aviation Park on Teller Street. Photo: Will Strathmann

1980

The JCRS campus is listed as a National Historic District.

1981

The Peterson House (also known as the Ticen House) at Lakewood Heritage Center is listed to the National Register of Historic Places.

1983

Linda Shaw becomes Lakewood's first female mayor. Voters approve Lakewood's City Charter.

The Art: Aztec Maze by Katy Casper

Katy Casper says it best when she describes her mural at the corner of Teller and 16th Avenue: "This ground game mural is a modern interpretation of Aztec Art. The Aztec empire was located in what is now central Mexico. A portion of the local community, the people who live and work in and around the ArtLine, are of Mexican descent, so this maze pays homage to their heritage and invites the community to walk in celebration of the roots of cultural diversity."



Above: Artist Katy Casper signs her name on her ground mural entitled "Aztec Maze." Right: An aerial view shows visitors interacting with the art. Photos: Will Strathmann



The Stomping Ground: Sweet Bloom Coffee Roasters

Owner Andy Sprenger and his team at Sweet Bloom are passionate about their coffee from start to finish. After you order your cup of joe they'll place the ground beans in a Chemex, a manual brewer that requires the barista to gently pour hot water over the coffee in 15 second intervals. Trust us, it's worth the wait. And ethical practices are built into the very foundation of everything this company does. Their direct-trade model means they buy their beans right from the source, and even bring representatives from coffee farms back to Colorado for 'Connect with the Producer' events.



At Sweet Bloom Coffee Roasters on Reed Street, the baristas ensure each cup of coffee is an individually created work of art. Photo: Katy Zeigler

1988

RTD purchases the right-of-way to bring light rail to the West Colfax Corridor.

1994

Freedom Harley-Davidson takes over the old Lakewood Theater at 8000 West Colfax.

1995

The Hill Section of the Golden Hill Cemetery on West Colfax is listed to the National Register of Historic Places.

THE SECTION: Lamar Station Plaza

Lamar Station Plaza has a rich history. Formerly the JCRS Shopping Center, this retail destination has seen both high and low times. Bethesda-based Broad Street Realty purchased the center in 2014 to expand its portfolio into the Denver market. “We loved the location. It’s just minutes from downtown Denver, with easy access to I-70 and the mountains,” explains Tom Yockey, president of Broad Street, and now a Colorado resident and strong advocate for West Colfax. “Moreover, there was clear evidence of public investment. RTD’s W Line was just two blocks south of the plaza, and the city and the local business improvement district were actively supporting 40 West Arts District.” And thanks to Broad Street’s significant investment in the center and a public-private partnership with the City of Lakewood, Lamar Station Plaza is now a vibrant venue with key local services, fitness, shopping, eateries and art galleries—as well as its iconic anchor tenant since 1974, Casa Bonita. Today, the retail center is bustling with activity as locals enjoy new options to explore, all located directly on the 40 West ArtLine.

*Momentum Park is home to multiple ArtLine installations and is just a one-minute walk to WestFax Brewing Company, two local galleries, and Casa Bonita.
Photo: Will Strathmann*

The Outdoor Space: Momentum Park

Momentum Park—so named because of the catalytic impact the revitalization of this 1950s-era shopping center had on the area—is a dedicated public space, developed as a public-private partnership between Broad Street and the City of Lakewood. In the summer, the shade sails provide a spot for a brief respite during an ArtLine stroll, and in the winter it’s the site of the West Colfax annual Christmas Tree where carolers often celebrate the season. It’s also an essential location during the West Colfax corridor’s largest annual festival, Colfax ArtFest, held in early August every year with art vendors, food trucks, craft beer, live music, and plenty of family-friendly activities.



1997

The restaurant “Chicago” opens, bringing Windy City style to West Colfax. Owner Joe Margotte opened his first restaurant on the Avenue in the 1960s.

1997

Davies’ Chuck Wagon Diner turns 40 and is listed to the National Register of Historic Places.

2000

Lakewood City Commons opens with a new City Hall, a 316-seat theater, classroom, space, and art galleries.

The Art: Affirmation Station by Timothy Flood

The "Affirmation Station," an art installation located in Momentum Park, delights visitors everyday with its interactive display of illuminated messages. An LED matrix scrolls through one of 124 possible uplifting slogans including "You are delightful" and "You are phenomenal" and when you press a button the sculpture will play one of 271 audio files that were recorded specifically for this work. Messages include 'Give yourself some credit,' "You've come pretty far" and "The light in me thinks the light in you is freaking awesome. Namaste." Artist Timothy Flood says the sculpture is designed to "bring a little ray of light into someone's day and help them feel empowered, loved and appreciated."

The Stomping Ground: WestFax Brewing Company

"Beer Liberated" is the tagline for this active, yet laid-back taproom that wants you to feel comfortable sitting down with a friend for a few hours and taking your time. WestFax approaches beer a little differently. They create unique brews with a focus on flavor versus specific styles and guidelines. They also aren't afraid to try something new. Weird and wonderful creations include the Urban Lumberjack IPA, a hazy beer with tropical notes that include orange and mango, and a summer favorite, the Cilantro Lime American Ale (the name says it all). WestFax Brewing also releases small-pack-cans of their delicious brews every month, so stop by the taproom and have a glass there; then take a four-pack with you to enjoy at home or in those always-beckoning, beautiful Colorado mountains.



These close-ups of Timothy Flood's "Affirmation Station" show the interactive nature of this motivational, light-up art installation. Photos: Will Strathman



WestFax Brewing bartenders and friends celebrate the brewery's third anniversary in March of 2018. Photo courtesy WestFax Brewing

2002

Rocky Mountain College of Art + Design purchases the 20+ acre JCRS site and its historic buildings for its new campus.

2006

Mayor Burkholder's Blue-ribbon Committee publishes the 1st West Colfax Action Plan.

2007

Voters elect West Colfax corridor resident and entrepreneur Bob Murphy as mayor.

2009

Grass-roots campaign to form the Lakewood-W. Colfax Business Improvement District begins.

The Section: Lamar Station Light Rail Bike Path

If you're coming from downtown, take the West Line Light Rail from Union Station for an easy, scenic 15-minute ride out to this section of the ArtLine. You can branch off in multiple directions but heading East along the adjacent bike path will take you to Mountair Park and arguably the most iconic installation along the line, a large kinetic sculpture that blows in the wind, "Dermal Plate Gateway" by artist team PUNCH.

The Outdoor Space: Mountair Park

Enjoy a picnic at the largest park located along the ArtLine, complete with a playground, basketball court and multiple green spaces to throw down a blanket and just relax. You're also just a few blocks away from Lakewood's oldest continuously operating business, Lakewood Summit Brick. Located on 14th Avenue and Jay Street, Lakewood Brick opened in the early 20th century, and the original beige brick structure from the 1920s remains on the west end of the plant.



A group ride, one of many events along the ArtLine, pauses for a stop at the installation entitled "Dermal Plate Gateway" by PUNCH. Photo: Jamie Perkins



Above: The iridescent tiles of the fence art installation, "Healing Visualization" glisten against a backdrop of snow. Photo: Ken Papaleo

Right: "Healing Visualization" by Lauren Culbreth looks different depending on the position of each individual tile and the viewer's perspective and proximity to the artwork. Photo: Will Strathmann

2011

40 West Arts is formed in June, and after a two-year campaign the Lakewood W. Colfax BID is established by special election.

2013

W Rail Line opens and brings light rail to Lakewood.

2014

The State of Colorado designates 40 West Arts as a Certified Creative District.

2015

Voters elect lifetime Lakewood-resident Adam Paul as mayor.

The Art: Healing Visualization by Lauren Culbreth

This fence art, stretching from Harlan St. to Mountair Park along the Lamar Station Light Rail path, is a shining example (literally) of what interesting materials can do to an otherwise overlooked space. “Healing Visualization” uses iridescent square tiles to create a glittery field of subtle color that changes with the angle of light and time of day. Lauren Culbreth, the artist, says that “the end result transforms a barren space into something evocative and magical and evokes a curiosity in the viewer.” Also, a new large-scale mural is scheduled to be completed in June of 2019 by artist Daas along the bike path at 1300 Lamar St. The design of a little girl blowing a flower invokes a sense of calmness, innocence and playfulness—all things that the ArtLine hopes to inspire as well.



The Stomping Ground: Sprouts City Community Farm

Meander through this 1.5-acre organic farm established in 2014 in partnership with the City of Lakewood. The farm produces over 10,000 pounds of food each year and works to distribute it within the surrounding community, including through a weekly farm stand and produce shares. If you have little ones with you, they can play the interactive art installation of musical instruments located just inside the gates at the south edge of Mountair Park.

The 40 West ArtLine in many ways represents the essence of Lakewood’s West Colfax corridor—the convergence of a forward-thinking city, art and creatives, local business, active neighborhoods, passionate citizens, and outdoor spaces melded together to manifest a shared vision for a brighter future for the community.

As a free amenity, the ArtLine works to transform the physical landscape of the corridor and is just one of many reasons to head west to play, shop, eat and enjoy. West Colfax Avenue has always been a space for travel and activity, whether it was 1950s travelers heading along U.S. 40 to the mountains or “On the Road” author and Beat Generation icon Jack Kerouac and his counterculture cohorts seeking new and elevated experiences to expand their literary pursuits. The 40 West ArtLine keeps this experiential tradition alive with a four-mile walking and biking route perfect for striking out on a new adventure.

2016

The city and 40 West Arts receive a grant from the National Endowment for the Arts for the 40 West ArtLine.

2016

Following its first win in 2011, Lakewood receives its 2nd All-America City award.

2017

Reed Art & Imaging, NEXT, Pirate, and EDGE galleries move to 40 West Arts District.

2018

Lakewood cuts the ribbon on the 40 West ArtLine, a 4-mile walking and biking art experience.



Westside Wellness

Steps To Realign Body, Mind, & Spirit

By Jennifer Coulter

Whether you are a West Colfax native or westside newbie, we're all looking for a higher level of healthfulness—aren't we?

We Coloradans are well-known for our quest for wellness. Each new season ushers in all kinds of health promises, cures, miracles and fix-alls. Many of us have the best intentions to become healthier, or slimmer, or at least find some degree of wellness. But where do we start? And if we do start, how do we continue when the busyness of life kicks in? Even the information on wellness seems to contradict itself; supposedly legitimate studies conflict with other studies. How do we navigate the vast realm of health information and truly find a path to wellness?

According to the World Health Organization, "Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." In order to be well, we need to support our whole selves.

The essence of wellness starts with what we choose to eat. When it comes to food many of us have detached from our basic needs.

We need food to rebuild our cells and fuel our bodies, but we also need the connection and shared traditions that have always been part of mealtime rituals. Until recently, the evening meal was still a time when families ate together, but even that is changing as we get busier. Our meals have become less about sharing and more about fueling ourselves for the next task. That's one of the reasons so many of us are confused about what to eat. No longer are we making our families' homemade recipes and celebrating our unique heritage. We're picking up to-go meals from chain restaurants and eating energy bars in the car. And our health suffers. When we try to get back on course there's no shortage of advice. In a world of increasingly dubious health news and fabricated food, what's real?

Get Real

I thought I'd seen it all until I read a news report that eating candy helped children lose weight. What?! It turns out the study was flawed and completely inaccurate, but it made an impression. It was funded by a trade association representing the makers of Butterfingers, Hershey and Skittles! Even some studies that come from reputable sources convey misleading information. Who has the time to look behind every health claim and check to see if it's legit, especially when special interest groups and corporations are spending megabucks on making their products appear healthy? "We all have the right to learn about our food and what's in it, and to demand transparency," says Vani Hari in her book *Feeding You Lies: How to Unravel the Food Industry's Playbook and Reclaim Your Health*. She does a deep dive into why there is so much conflicting information and how to find our way through it.





Locals harvest vegetables from the 1.5-acre Mountair Park Community Farm, an urban farming partnership between the City of Lakewood and Sprout City Farms. Photo: Alexis Moore

Instead of flocking to every sensational claim the media throws at us, let's stop and listen to our own bodies. If we're eating a lot of sugar, vegetable oil, and processed "franken" foods, our bodies get accustomed to the toxic load and may crave the very foods that are causing us harm. One good way to start the communication process is to get rid of sugar.

According to Harvard Medical School, the effects of added sugar intake is directly linked to an increased risk for heart attack and stroke. As if that weren't enough, sugar also weakens our immune system, increases our risk for diabetes, contributes to weight gain, and make us look older beyond our years by damaging our skin.

Sugar, like any addictive drug, lights up the reward center of the brain. The best way to stop "jonesing" for sugar is to eat nutrient-dense food that our bodies can recognize and use for real nourishment. Try to eat meals that have good-quality fat, protein and veggies. Introducing healthy fats to your meals will help you feel full longer, nourish your cells, and help with cravings. Try avocados, coconut oil, butter or ghee, nut and seed butters, grass-fed and pastured meat, wild-caught fish, flaxseeds, chia seeds, and hemp seeds.

If you buy processed food, make sure to read the label. More than 80% of processed food offered in grocery stores has added sugar. If there's a long list of unpronounceable ingredients you're likely looking at a "chemical catastrophe" for your body. These lab-made "foods" trick our bodies into thinking we're getting the real thing, but don't deliver the

goods. They're loaded with synthetic vitamins, artificial additives and colors, and a host of chemicals. When we eat these concoctions, our bodies don't get what we need to make healthy cells, and we end up having cravings. Not all processed foods are unhealthy. Read the label. If there are five or so ingredients and you recognize them, it may be a fine choice.

This is also a great time to add new options to your daily repertoire. If you're eating the same foods day after day, change it up. Try something different. A piece of fruit instead of a refined sugar bomb is a great way to start. Climb out of the rut of sweet breakfast foods and start your day with some good-quality protein, fat, and a few veggies. How about a veggie omelet or leftover meatloaf? That will keep your energy balanced and you won't have that energy crash that always demands more sugar and caffeine.

There are times when the biggest impact comes from one small change. My former father-in-law had stage 4 colon cancer and chronic kidney stones, but he wasn't willing to change his diet or get conventional medical treatment. He thought his time was up. His daily menu looked like a commercial for Hungry Man. He mainly ate meat and potatoes And the occasional homemade sugar cookie. The only concession he made was to trade his daily 2-liter Pepsi habit for black tea. That was more than 40 years ago. Go figure. I'm not advocating a meal plan like his, nor am I saying that it cures cancer, but it's an example of one simple change that may have tipped the balance and allowed his body to heal.

Move It

Food isn't the only way to help ourselves become healthier. Movement and stress also play a role. Board-certified neurologist Dr. David Permuter says, "Our choices, in terms of the foods we eat, the exercise we get, and the levels of stress in our day-to-day lives, all influence the expression of our DNA and should be looked upon as representing profound empowerment."

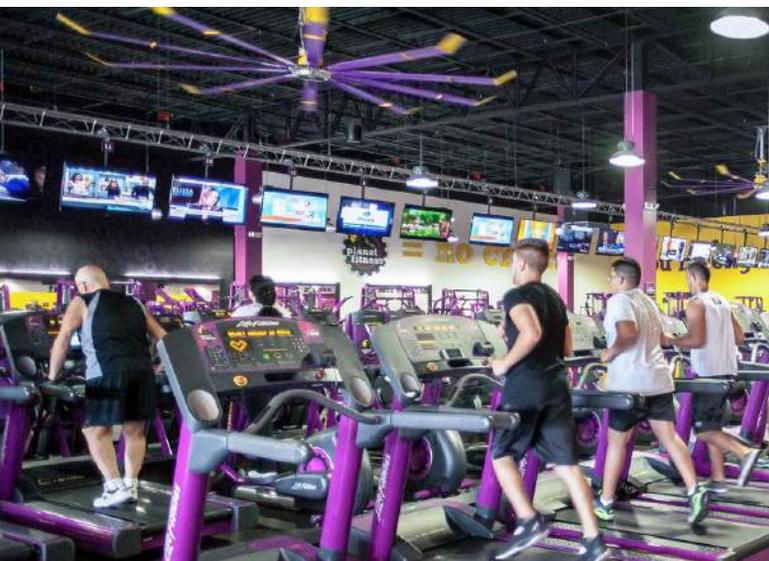
Our species evolved out of a long line of DOING. Our ancestors gathered food, hunted, built shelters, carried water, and moved from place to place. Even our great grandparents moved their bodies a heck of a lot more than

we do. Now, there are many of us who go to work every day and sit for long stretches of time, then come home and sit more on the couch. Some of us try to work out intensely a few days a week or become "weekend warriors" to try to offset all that sitting around.

According to Katy Bowman, biomechanist and movement specialist, this approach can harm us by repetitively overworking some muscles while underworking others. In her book, *Move Your DNA: Restore Your Health Through Natural Movement*, she says that, "If you want your health to change, you must change the way you move."



Hikers and bikers enjoy morning exercise at William F. Hayden Park on Green Mountain. Photo: Katy Zeigler



Many locals get their strength training and cardio workouts at the always welcoming Planet Fitness gym. Photo courtesy Planet Fitness.



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Movement doesn't always have to be formal exercise, there are so many things that will help. A recent study published in the journal *Applied Physiology, Nutrition, and Metabolism*, found that short bouts of physical movement can effectively improve a person's fitness level. It can even be more effective in reducing blood sugar and in lowering blood pressure than one 30-minute session of daily exercise. It's also been shown that replacing 10 minutes a day of sedentary time with moderate-to-vigorous physical activity resulted in a 38% reduction in cardiovascular disease. Think of it as movement "snacking." So, park a little farther from your office or store or wherever you're going. Take the stairs when you can. Run a little between places. Skip down the street . . . or walk a Lakewood park on your lunch break.

Another way to move is to start playing. Mark Sisson, fitness author, triathlete, and Ironman competitor, says, "When we embrace play, we claim a better quality of life for ourselves. We decrease stress. We connect better with those around us." There's also evidence that play continually shapes the human brain throughout our lifetime. As if the fun wasn't enough! Play with your kids or grandkids. Play with your dog. Play with your partner. Play on your own!

Some people love the gym or taking fitness classes—there's no shortage of choices, from Whitlock Rec Center, Planet Fitness, and Cross-fit to numerous yoga centers in the West Colfax corridor. Some people just want to go for a walk. We have so many options here on the westside: Take a movement snack along the ArtLine, bike Bear Creek Lake Park, explore Green Mountain, wander Dinosaur Ridge. We're all different and by honoring our individuality we have the opportunity to really enjoy moving our bodies.



At Container Collective Yoga & Bikes, Brittany Hopkins leads a Baptiste Power Yoga class. Photo courtesy Container Collective



Locals enjoy active play with the many game murals along the 40 West ArtLine. Photo: Will Strathmann

The Stress Factor

Everywhere you look you see articles about how detrimental stress can be to our bodies, but stress is not always a bad thing. Stress is simply the body's response to a changing and demanding environment. Dr. Hans Selye was an endocrinologist who came up with the term "stress" more than 70 years ago. He also suggested that there is a difference between positive stress (eustress) and negative stress (distress).

Positive stress is short term and it motivates us and focuses our energy. It's also perceived as within our coping abilities. Positive stress feels exciting like getting to the top of that fourteener, starting a new job, taking an educational class, or buying a house. In contrast, negative stress is perceived to be outside of our coping abilities and decreases our performance. Today, it's estimated that negative stress is linked as a co-factor in 95% of all disease processes!

The problems start when we respond to our everyday tasks in the same way our ancestors responded to stampeding wildebeests. Feeling like we are chronically threatened doesn't give our bodies time to recover and can cause a cascade of damage in our bodies. There are even connections between stress and sugar. Kelly Brogan, M.D., a board-certified psychiatrist, says "The reaction that takes place in the body in response to this high intake of various forms of sugar is called reactive hypoglycemia, which can masquerade as a number of different symptoms consistent with depression and anxiety." Her book, *A Mind of Your Own*, details the connection between our body and our mind.

There is no shortage of information about how to manage stress. Everything from deep breathing to nutritional supplements can help with the chronic stress response. Find what breaks the pattern of stress for you. Find your calm. Stop the stampede.



Local artist Sean Doherty and his greyhound Buddy are often seen playing along the ArtLine. Photo: Katy Zeigler



Freshen Up

Clean air, water and food are the basic building blocks for wellness, but our world exposes us to an increasingly large number of toxins every day. We may be eating good-quality organic food and drinking filtered water, but we've forgotten about the air we breathe and what we absorb through our skin.

It turns out that many fragrances used in everyday products contain volatile organic compounds (VOCs) and other toxins that contribute more air pollution than our tailpipes! According to a recent study from the University of Colorado Boulder and NOAA, curbing Denver's air pollution problem might mean giving up our favorite perfume or laundry detergent.

We seem to be stewing in toxic fragrances! Some destinations in our neighborhoods are starting to smell like "tropical burst" or

"clean breeze" instead of fresh Colorado air. Studies show that long-term exposure to VOCs can cause cancer, nervous system damage, heart problems, asthma, and stroke. These toxins are found in air fresheners, cleaning supplies, deodorants, laundry detergents, dryer sheets, scented candles, perfume, makeup, lotion, shampoo, and more. We may think these products are safe because they are readily available at the supermarket, but there are no federal standards for these consumer products and manufacturers are not required to disclose the fragrance ingredients because they are considered a "trade secret." All the label has to say is "fragrance."

What can we do? Look for products that state they are no or low VOC. For personal care and laundry products, opt for brands that disclose all ingredients and are non-

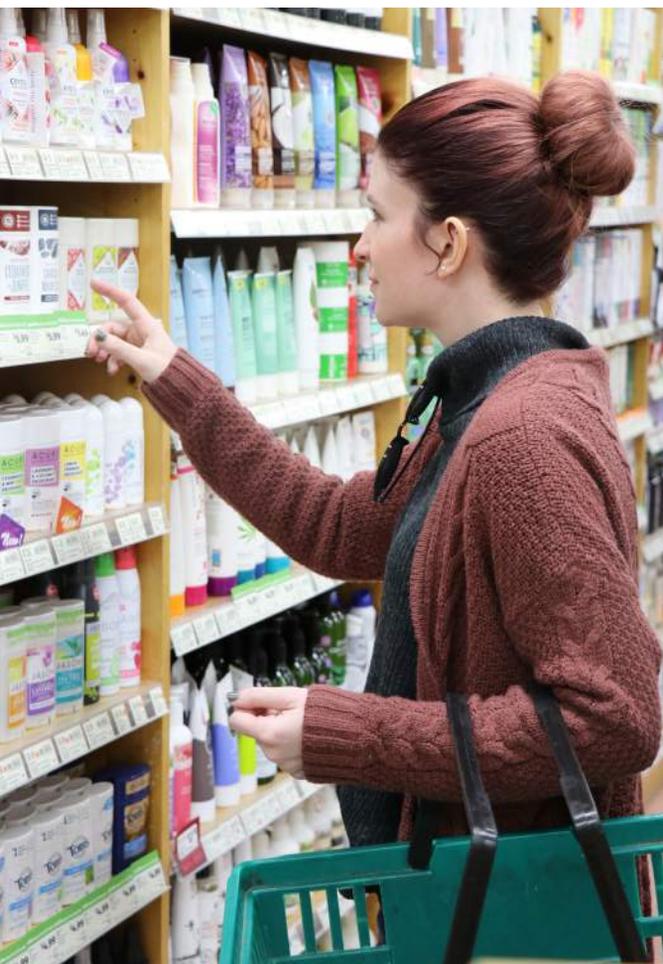


Left: Nutrition expert Jennifer Coulter shares perspective on food choices and conscious living during one of her recent Restart® classes held at 40 West Studios. Photo: Kevin Yoshida

Right: Making conscious choices about consumer products by reading labels and shopping at conscientious retailers can help lower the toxins we encounter and improve healthfulness. Photo: Miranda Samon

toxic. Go to the Environmental Working Group's website and find products with good ratings. Shop at health conscious retailers, such as Natural Grocers, and peruse the natural care products. Even conventional stores have sections with less toxic alternatives.

Wellness is a "whole person" process that is ongoing. It's not always going to be perfect, but if we are open to the adventure, we'll be amazed at how our body, mind and spirit find well-being. By giving your body good food and movement while reducing stress and toxicity, it will do what it does best by supporting your unique life. Let's remind ourselves of the Global Wellness Day slogan, "One day you can change your whole life." One step (and bite) at a time is all it takes.



NUTRITIONAL TIPS

1. Choose mostly real foods instead of processed foods made in a lab.
2. Cut out as much refined sugar and artificial sweeteners as you can.
3. Balance your meals with protein, fat, and veggies.
4. Add high-quality fats to meals and snacks (i.e., avocado, coconut oil, butter, egg yolks).
5. Skip products with hydrogenated vegetable oil.
6. Enjoy fermented foods (i.e., unsweetened yogurt, kimchi, sauerkraut, miso).
7. Use whole fruit to satisfy a sugar craving.
8. Replace soda with sparkling water or herbal tea.
9. Drink more filtered water (ditch the plastic bottles).
10. Bring variety to your meals.
11. Relax and eat slowly – your digestion will thank you.
12. Eat meals with family and friends often.
13. Reconnect with your family's traditions or create new ones.

MOVEMENT TIPS

1. Do activities that you enjoy.
2. Play, play, play.
3. Dance in the kitchen.
4. Go hiking or rock-climbing.
5. Find a gym or center that supports your interests.
6. Connect with others to share activities.
7. Take a movement class like tai chi, yoga, dance, Pilates, MovNat (natural movement).
8. Build in movement "snacks" to your everyday life.

STRESS TIPS

1. Turn off the electronics periodically and give yourself a break from the "noise."
2. Ditch the toxic chemicals in your personal care, laundry, and cleaning products.
3. Find a stress-relieving practice like tai chi, yoga, meditation, prayer, or even walking.
4. Connect with people who make you feel good.
5. Strive to get 7+ hours of sleep every night.
6. Soak up the sunshine and fresh air in nature.
7. Create more time for intimacy.
8. Make room for fun!

Visitors Get Real About A Lakewood Icon

by Stiz Bilane

Casa Bonita, the pink castle on West Colfax, opened its doors in 1974 and achieved the pinnacle of pop culture when it was featured in a “South Park” episode in November 2003. It’s a kid’s park posing as a restaurant. Everyone has an opinion about Lakewood’s top tourist draw and West Colfax’s most iconic destination. Of course, you can’t talk too much smack about a place that sees more than 500,000 visitors a year and is listed as a local historical landmark, but we’re never afraid to laugh a little at the popularity of this place. So, we gathered a group of people, old and young, newbies alongside long-time visitors to get their unabridged perspective about this pink paradise. Read on for a light-hearted take on the good, the bad and the unexpected about the Casa Bonita experience.

The Casa Bonita Advocate: “I love this place. It’s like a well-oiled machine. It’s fun . . . It is fun.”

The Adult Who’s Never Been in His Life: “Wow I didn’t realize it would be this busy at 5:00pm but then, I guess it’s Friday night in Lakewood.”

The 1st Millennial: “Time doesn’t move here.”

The Other Millennial: “You know what’s worse than Casa Bonita food? Cold Casa Bonita food.”

The New Ager: “It’s an energy vortex—can’t you feel it?”

Preschooler One: “It smells good here, mama.”

Preschooler Two: “I’m as hungry as a bear (said while double-fisting a tortilla chip and a chicken strip).”

The Adult Animal Lover (during the gorilla show): “Somewhere Jane Goodall is having a heart attack.”

The Seven-Year Old: “It’s not really a gorilla. It’s actually just a person dressed up as a gorilla.”

The Colorado Native (after being asked if Casa Bonita has changed at all): “I mean, they added a chili relleno to the menu.”

The Guy Coming Back after 20 Years: “Wow this is great. It’s at least 30% as good as Disney World.”

The Skeptic: “Your margarita looks more real than the cheese.”

The Impatient Guy on a Date: “How do they keep this place open! The entry was a fiasco! What’s with long lines . . . is this place really that popular? If so . . . why?!”

The Astute “Know-it-all” Observer: “I’m certain the neon orange cheese is a combination of two government surplus cheese food products.”

1st Time Back Since Her Honeymoon in 1987: “It’s déjà vu . . . Nothing has changed. It looks the same. Everything is still just as sticky!”

The First-Timer Born in Russia: “I had no idea a place like this existed in Colorado! It feels like I’m in a tropical paradise.”

Lakewood Mayor: “I love this place! I come here the day before Christmas Eve every year with friends . . . I’m still looking for the “all you can eat” option.”

The Guy from Iowa State on Spring Break: “We drove for 10 hours to get here . . . We’re here for a week of fun . . . and this is our first stop! Compared to Iowa, what’s not to like! Wanna beer?”

The 1st Millennial again: “This is dope! I need to post this—is there somewhere I can charge my phone?”

The Nutritionist: “Well . . . I wouldn’t say eating here often would be wise—unless you’re looking for a good cleanse. Seriously, though, the fajitas might be your best choice.”

The Millennial Who Grew Up Coming Here: “At this point I just come for the endless sopapillas then go out for pizza.”

The Dad: “I always eat what’s on the plate, because I mean, it’s food, and well, you bought it.”

The Traveling Businessman: “I lived in England in the 1990s—while at a pub in London talking to locals, the first question they asked me when I said I was from the Denver area was: Have you been to Casa Bonita? Unbelievable!”

The Local West Colfax Advocate:

“Yes—I guess it’s technically a restaurant because it serves food . . . but it’s really a theme park for the young and young at heart!”

First-timer Mom Two Margaritas In: “It’s fun . . . You can’t deny Casa Bonita delivers a unique experience. You have to embrace it!”

And back to the preschoolers—because . . . isn’t that what it’s all about!

Preschooler One: “I love everything, everything, everything about this place.”

Preschooler Two: “And the gorilla.”

Preschooler One (leaning in and whispering): “But it’s not a reeeal gorilla, it’s a person.”

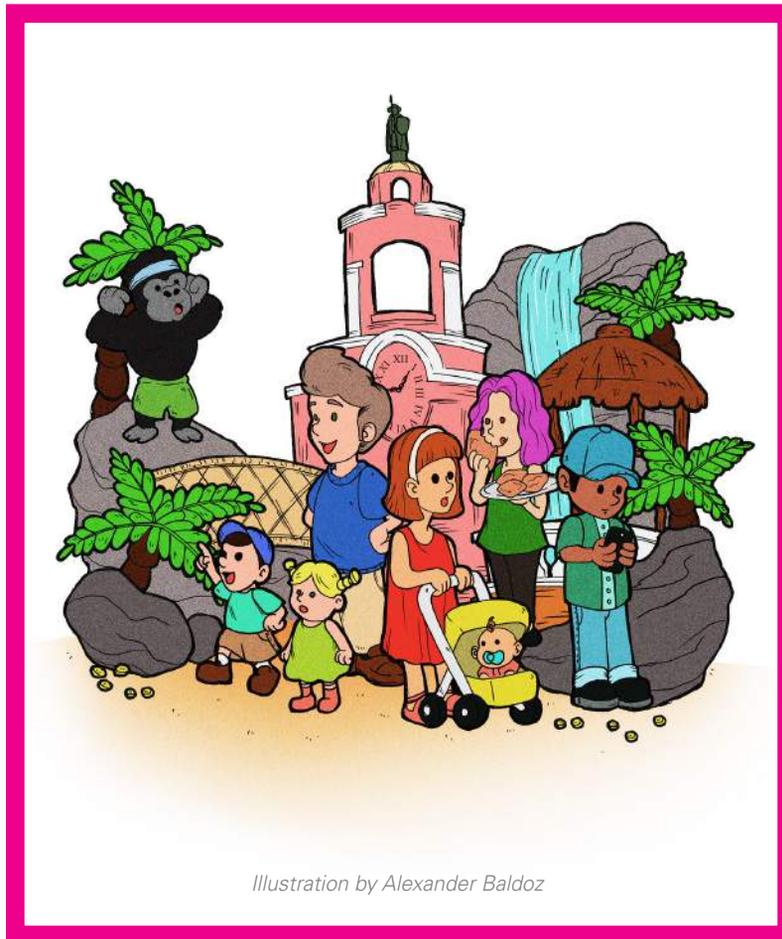


Illustration by Alexander Baldoz

Casa Bonita—just the name excites giggles of glee from wide-eyed kiddos and some trembles of trepidation from the uninitiated adult. While it may have its critics and foodies who turn up their noses, Casa Bonita is on track for its best year ever. With its 30-foot waterfall and turquoise lagoon, cliff divers, Black Bart’s Cave, Mariachi bands, the gorilla, and more, it’s

all about having fun with friends and family. And there’s no denying that after 45+ years, Casa Bonita is a thriving, iconic West Colfax institution. For those who mumble about real or perceived gastrointestinal distress—at Casa Bonita, it’s just not about the food!



By Aurora Hendrix

Every morning that I open my coffee shop I love stepping outside to see the sunrise. West Colfax is surprisingly calm at this time of the

day. This picture to me represents new growth, a new day, and reminds us that there is beauty everywhere.

Aurora Hendrix is the owner/operator of Mint & Serif Coffee House on West Colfax Ave.

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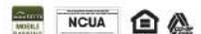
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