Gardens Big & Small—Growing your own food is a well researched practice that people have done for generations. It has proven to increase exercise, improve one’s diet, reduce stress levels, increase time outside, and improve mood. Gardens can be placed anywhere; from containers, to raised beds, or directly into the ground. The important thing is to remember that this is meant to be fun. Are you debating rolling up your sleeves and getting to growing? I recommend considering the following:

1. **Find a good location.** Look for a spot that gets at least 6 to 8 hours of sun. If you are using a container, be sure it has adequate drainage.

2. **Know your soil.** Should you purchase your soil remember organic is best! The cleaner the dirt is the better the food will be. You can also send your dirt off to be tested should you have questions. This can be done through the CSU extension office.

The three basic ways to grow vegetables are:

1. **Containers** are perfect for small spaces such as your balcony. Just make sure they are deep enough for roots to grow. However, they do require frequent watering—almost daily if they are surrounded by glass and nourished by the Colorado sun.

2. **Raised beds.** In my garden, I use both containers and raised beds. This allows for us to customize the soil and correct problems quickly. It also, allows for the soil to heat up faster after our winter. Please be mindful of treated woods, as the chemicals can leech into the ground & your food. They also cost more because we have to fill the beds with soil. But, since we have a lot of clay in our soil, containers are helpful at breaking down that nasty stuff down.

3. **In the ground.** The most economical and requires less work. Water intake is also less. However, mother nature has the most control here over the soil quality, the quantity of rocks, and dealing with more weeds.

More on page 2.

In this Issue

**Events**

- Ponder & Popcorn with Kadie pg. 2
- Pride Job Fair pg. 2
- ReCreative Denver pg. 3
- Mingle Masters pg. 5
- Lunch Bunch pg. 5
- Queer Woke pg. 6
- PetSnap pg. 7
- A Legacy of Pride pg. 7
- Mpox + Covid Vaccine Clinic pg. 10

**Community News**

- Gardens Big & Small pg. 1-2
- Fraud Alert pg. 2
- Performance Adrenaline at the Talent Show What a Trip pg. 3
- MEMORIES OF AN OLD MAN III pg. 4
- Kadie’s Internship pg. 5
- LGBTQ Denver by Phil Nash pg. 7
- Brightwood in the 50’s by JoAnn Zvares pg. 8-9
- Word Search pg. 11
- Calendar of Events pg. 12
Continued from pg. 1

Other things that one needs to keep in mind is what and when to plant. In Colorado, the golden rule is after Mother’s day. However, I believe that due to global warming this date is on its way out. We tend to grow plants with quick germination rate and skip seedlings. I grow a lot of pumpkins, lettuce, snap peas, potatoes, carrots, beans, and other root vegetable. Our garden is always surrounded by our natural insect repellent, marigolds. We will purchase seedlings for our containers. This tends to include tomatoes and peppers. Once you have your garden ready and growing there are four things to keep in mind:

1. **Feed**—organic compost is best. We also will use an organic fertilizer.
2. **Hydrate**—deeply when needed.
3. **Weeding**—We don’t have to do this often. But, we check for weeds weekly.
4. **Resow**—Those fast growers will need to be replanted as you pick them.

My favorite tools to use is the Hori Hori Knife, a cultivator, and a heavy-duty garden back. We also have installed sprinklers in our gardens to reduce hand watering. This is done for our containers as well. The photos in the article are from our gardens. We enjoy growing flowers, aquatic plants, and vegetables. –Jason

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**Current scam happening throughout Colorado.** Scammers call victims and pose as bank employees by spoofing their caller ID. Because the call appears to be from the person’s bank, the victim is easily tricked into providing personal banking account information. Some victims are told that something is wrong with their debit and credit cards and tell the victim to place their bank card in the mailbox to be retrieved by a bank employee. Then the scammer goes to the victims’ homes and steals the cards.

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**Ponder & Popcorn with Kadie**—Social Work is a vast field with many areas of practice. An emerging focus includes human-animal-environment interactions. This area of practice lends itself to aiding clinicians to better understand how humans, animals, and the environment interact with an individual’s mental health both in a clinical setting or in the community. DU is home to the nation’s only certification in this area of social work and for the past several months I have been hard at work learning about how to implement this practice. COOL RIGHT?!?! At this Ponder & Popcorn you will learn about this budding area of Social Work and how you could potentially run into it in the future. So, join me as we explore how having an animal around can boost one’s physical and mental health.

**Date:** May 9th  
**Time:** 1:00pm—2:30p

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**Pride Job Fair**

Wednesday, May 1st, from 11:00 AM to 1:30 PM at the McNichols Civic Center Building. Registration is free for job seekers! Register on Center’s website today!
Performance Adrenaline at the Talent Show What a Trip

I owe a debt of gratitude to the Center’s West of 50 program for providing the space and the support for me to explore being a performer. This has put an extra special light in my life.

It has been 2 years since CowPoke Avi hit town and soon was playing the first song I learned on harmonica: Neil Young’s Heart of Gold. I can play 6 other songs now!

It was at the Center that I heard about the Sage Singers Chorus for elder gays. I joined up with them in September of 2022. That is a whole different animal when it comes to performing. I remember at my first concert with the Sage Singers, I felt really high and happy. I thought it was joy. I am going to say it was joy, but I bet it was also a really good hit of performance adrenaline.

So there I was, backstage at the Center’s 2nd Annual Talent Show. I was dressed out as AVA BLU, just waiting. Performance adrenaline had begun to flow through my veins. All that time and I forgot to warm up my singing voice.

Walking on stage was no problem. I KNOW I looked good and sexy. Then the music started. !! It’s the wrong music !! Maybe it wasn’t. At the last minute, I skipped the sound check. Could be the performance adrenaline had already kicked in when I had that lapse in judgment.

Anyhow, I played on. I believe I sang well, (with a couple of exceptions). The harmonica sounded off and I didn’t play as well as I had hoped. I learned from my voice teacher that… “You just have to sell it.” …through these adverse conditions.

Lessons learned: Always do a sound check. Always warm up my voice. Always lead with Love and I won’t get lost or have regrets.

What a challenge! What fun! I’m diggin’ it!

Thanks, West of 50 at the Center on Colfax

-Avis Blankenship

ReCreative Denver Joins Stitch & Bitch:

ReCreative Denver will be teaching a once a month upcycling & recycling-based craft class at The Stitch & Bitch. **On Monday May the 20th from 6:15-7:45** explore the beauty and versatility of seed beads and scrap fabric to create unique and colorful tassels under the expert guidance of Mark Montano, in collaboration with ReCreative Denver.

**Mark Montano** is a renowned DIY expert, author, and television personality known for his innovative approach to crafting and home décor. With a passion for upcycling and creativity, Mark inspires individuals worldwide to embrace their artistic side and transform ordinary materials into extraordinary creations. **About ReCreative Denver:** ReCreative Denver is a vibrant creative reuse center that promotes sustainability through art and education. Our mission is to provide affordable art supplies, workshops, and resources to inspire individuals to unleash their creativity while reducing waste and supporting environmental conservation efforts.
KEN FELTS - MEMORIES OF AN OLD MAN – III

MY FIRST BULLY

Our time in Raton did not last long as Dad was soon transferred to Albuquerque, New Mexico, as a foreman at the roundhouse there: another move, another new school, and new friends to meet. I was ten years old, in the fifth grade of elementary school. Smooth sailing, until near the end of the semester. After recess that day, I was called into the principal’s office and accused of using derogatory words on another student, and he had complained. He was a year older than me and in the sixth grade; considerably larger. I was allowed to apologize but denied that I had done it. The principal told us to settle the problem by putting on boxing gloves. I looked at this guy who was taller and heavier than me, rejected the offer, and was told to apologize, which I did. Bully one – principal – “might makes right.” Bully two - older student picking on younger. But the 1940s were exciting. I received a beautiful new red bicycle on my first Christmas in Albuquerque. My parents were dismayed a few weeks later when they noticed I had painted it blue, my favorite color. Sunday morning, December 7, 1941, we awakened to the news that Japan had attacked Pearl Harbor, and we were now involved in WWII. I rushed to my friend Pat’s house, and we, as eleven-year-olds, discussed how we could join and serve our country. Many years later I did serve in Korea. I talked to him once in 1951 when I was home on leave; he had become a minister and was not into serving in the military. By 1943 we had exhausted Albuquerque and Dad was transferred to Belen, New Mexico, just a few miles south. I was 13 and beginning to question what sexuality was. One night I was asked to spend the night with a friend from school, ninth grade. Belen was a small town, predominantly Mexican, most homes were built of adobes and warmed by a stove in the living room that radiated heat throughout the house. Soon bedtime came and we were to sleep in his single bed in our underwear. During the night the house cooled, and we cuddled to keep warm; we began to explore each other’s bodies, and it helped me determine that I did like boys. Unfortunately, as soon as 9th grade ended, my family moved again, to Winslow, Arizona. New town, new school, new friends. New opportunities. I found a job at the theater manning the popcorn machine, perfect for after-school – and free movies. Later I moved on to selling shoes on evenings and weekends at the shoe store. There is a story in itself about the young gay manager who took me under his wing. Winslow is close to the Navajo reservation, and I had several Native American friends as they also could attend the local schools. Two years later, off again, our final move which took us back home to Dodge City, Kansas where we started so many years ago.
Kadie’s Internship

Sadly its coming to that time of year when our interns start to move on! Kadie’s internship will conclude in early June. Luckily, Kadie will not be able to get away from us without a few more projects. In May be sure to check out their Ponder & Popcorn as well as their June program, Interns and Ice-cream. –Jason

What I’ve Learned...

Where do I begin?! My internship with the West of 50 crew has been an experience that I will never forget. For the first time in my life, I have been surrounded by people who get it, who get me, who welcome me for the person that I am, no questions asked. That sounds really sappy, but it’s true!

This internship has taught me much more than just Social Work skills, it has taught me that I am allowed to take up space, to open-up and be silly, and to have a happy life being unapologetically me! Jason and Bryant have continually pushed me to open-up, be proud of the skills I have, and most of all, HAVE FUN! I have learned so much about working with the older adult LGBTQ+ community and I look forward to incorporating all that I have learned into my future work (whatever that may be)!

But at the center of it all, I am so beyond grateful for the beautiful relationships I now have with the West of 50 community members. You all are truly the most wise, creative, and funny people I have ever met, and I have learned SO much from each of you. I am going to miss you all so much <3—Kadie

The Lunch Bunch with Jason:
Need to get out of the house and spend time with a few of your closest friends? I am excited to announce the return of this cult favorite. Join Jason for lunch at Stoney’s Bar and Grill Uptown. Attendees will have to cover the cost of their meals. RSVP is strongly recommended to ensure we get enough seats for everyone.

Date: Thursday, May 16th.
Time: 12:00 pm to 1:30 pm
Location: Stoney’s Uptown Joint 1035 E 17th Ave, Denver, CO 80218

Mingle Masters Returns:
Spend your Saturday afternoon on the rooftop of The Center for a fun intergenerational speed friending event!

This game is open to anyone 21+. What is Mingle Masters you ask?! Well, the attendee who collects the most "mingles" or learns the most about someone by using our mingle card will win a prize. This fun interactive game allows you to be able to meet new people and hopefully make some new friends. Snacks, and alcoholic, and nonalcoholic beverages will be served at this relaxing & enjoyable gathering. Must be 21+ to attend. Proof of ID is required to enter.

Date: Saturday, May 18th
Time: 1:00p to 3:00 pm
Must be 21+ to enter and have a valid ID to enter.
Queer Woke Speaker Series: HIV/AIDS in Colorado

HIV/AIDS is the most prolific health crisis ever experienced in the queer community. In 1982 Colorado reported its first cases of the Human Immunodeficiency Virus. By 1985 the state reported 123 AIDS cases with 84 of those cases fatal. Of the total, 86% were men who have sex with men. In response to this growing health issue The Gay and Lesbian Community Center (now The Center on Colfax) created a task force to support the community. This resulted in the birth of the Colorado AIDS Project. The state's response was more harmful, schools prevented students from attending in person classes and forced them to homeschool, employees were placed on unpaid leave, and individuals who were entering the prison system were tested before entering the prison population. In 2021 it was estimated that 10,261 Coloradoans live with HIV. Thankfully there are new drugs that can prevent the transmission of HIV and keep individuals healthy and undetectable.

However, a cure has yet to be found. Organizations like the Colorado Health Network, formally the Colorado AIDS Project, supports people affected by HIV and other health conditions through prevention, care, and advocacy. CHN strives to serve all Coloradans with dignity and respect. West of 50 is excited to announce this special Queer Woke as we welcome Dr. Bob Janowski and Derrel Vigil the CEO of CHN. The pair will unpack:

- Premonitions and Action
- Search for a Cause and a Cure
- The Role of Primary Care
- Antiretroviral Treatment and Vaccine
- Relegation to Advanced Specialty Care
- Status of HIV in Y2K
- Provision of services
- Expansion of support
- PrEP
- U = U
- Youth and HIV

**Date:** Tuesday, May 21st

**Time:** Pizza served at 5:00pm

**Presentation:** starts at 5:30p

**About Darrell Vigil:** He is the Chief Executive Officer of Colorado Health Network (CHN), a nonprofit organization founded in 1983 originally doing business as Colorado AIDS Project. He has served in this position since 2012. Prior to this, he served on the CHN board of directors for nine years. Darrell earned his MBA from Regis University in 2001 and completed UCLA’s Health Care Executive Program in 2013. A Colorado native and openly gay man, Darrell spent four years living in Los Angeles during the mid-1990’s and volunteered with AIDS Project Los Angeles. As a Gen X’er, Darrell’s experience with the HIV/AIDS epidemic was after the early years of the crisis when treatment options were advancing and life expectancy was on the rise. His work in the field has been focused on stabilizing services and expanding prevention efforts with the advent of PrEP the achievement of U=U.

**About Bob Janowski:** He is a retired Family Medicine Physician who completed his specialty residency and maintained a private medical practice in central Denver from 1979 to 2000. He has been active in the local LGBTQ+ community since 1976 and was among the founders of The Center on Colfax. Personally and professionally open as a gay man, his clientele was weighted toward the care of gay men, lesbians, bisexuals, and transgender people from the start. He was among the first to identify and treat people with HIV-related immunodeficiency disease in Colorado, many of his personal friends among them. As such, he watched the AIDS epidemic unfold; attended local, national, and international conferences; and participated in research and patient care during times when there was no adequate understanding or control of the disease.
**PetSnap** - Let’s celebrate our closest friends with a free photoshoot. Join The Center’s staff as we host a family pet photo shoot.

All pets are welcome including your pup. We encourage you to bring props and outfits for this free photoshoot.

All pets and pups must have a restraint and cannot be aggressive. Photos will be posted on Flickr a few days after the shoot as well as sent to the owner via email. So bring your well-behaved pet in for a family photo!

**Date:** May 31st

**Time:** 10am—12pm

**Location:** The Center on Colfax.

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**LGBTQ Denver by Phil Nash:** OUT April 22nd—Denver’s first Pride celebration was on June 29, 1974 in Cheesman Park. Organized by the Gay Coalition of Denver, about 50 people took part.

A half century later, Denver Pride is the city’s largest outdoor event attracting a half million people. How did we get from 50 to 500,000? Read all about it in *LGBTQ Denver* by Phil Nash, a new book coming April 22nd.

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**DENVER PRIDE 50th Anniversary 1974 - 2024**

Pridefest will be here before we know it! West of 50 will be returning to Civic Center park with new games, education experiences, an expanded vendor presence, and BINGO.

This year’s activation will require ample volunteer support. We would love to have as many community members assist with the operation of games, collect money, and inform pride attendees about the awesome programs we provide. Look to the June newsletter to learn how you can get involved or ask Jason or Bryant.
Brightwood in the '50s: Sundays, Shopping and Exciting Saturdays

Most Saturdays, my mother took a day's respite from her usual household responsibilities and went shopping, leaving me in the care of an elderly gray-haired woman, Ida McAdoo, who became a surrogate grandmother to me. Mrs. McAdoo and I would walk three blocks to Georgia Avenue, past the home of my best friend Eve and past the Napoli restaurant, where I first experienced the joys of Italian cuisine. Then, a left turn onto Georgia Avenue and it was less than half a block to the Sheridan movie theater, which was less than a block away from the corner of 35th and Georgia Avenue NW. At the Saturday matinees, the first order of business was to buy a 15-cent box of popcorn - 25 cents for buttered. Then, the hunt for the perfect seat (center aisle, toward the back). A few of the more mischievous boys had weekly popcorn fights in which they hurled popped corn at our seats, ducking the falling kernels to avoid becoming a target.

By JoAnn Zwaren

The author, a frequent visitor to Washington in the 1950s, wrote these articles to share her reminiscences of her childhood in the Brightwood neighborhood. She decided to share her family's adventures of how the community has changed, but also how the neighborhood has remained the same. The District Weekly welcomes such articles.

Sheridan Street NW, just off Georgia Avenue NW, was composed largely of middle-class families of Jewish or Italian ancestry. On summer evenings, most of the neighborhood set out on the front porches exchanging gossip and away front porches exchanging gossip. The ring of the Good Humor man's bell called out to the children to come buy a five-cent popcicle in exotic flavors like blueberry, root beer, or lemonade and I for one, happily obliged.

The best thing about our block of Sheridan Street, the 800 block, was the proximity to Georgia Avenue, which was filled with exciting places to visit.
Remembering Brightwood in the 1950s

LIFE, From Page 1

ing the popcorn and waiting for the cartoons—Elmer Fudd, Bugs Bunny, Tweedy and Sylvester—and, of course, the previews of the coming attractions.

As I grew older, I was allowed to go to the matinee with Eva, who had the distinction of being the lone female member of a set of triplets. Eva and I watched Tarzan swing on many a vine, and, during “The Fall of the House of Usher,” only occasionally peeked from behind our hands to view the horrors on the screen.

After the movie, we passed the Sheridan Bakery, where the smells of strawberry shortcake, cookies and bread teased us to come inside. Often we bought cookies or chocolate frosted cupcakes. Sometimes we resisted that temptation and headed straight for Woolworths.

The “5 and 10,” as we called it, housed shelves and shelves of dolls—soft baby dolls in diapers, hard plastic little girl dolls in anklets and black patent leather “Mary Jane” shoes, teen-age dolls with pink sculpted bodies. Occasionally we bought a new outfit for a doll already owned, but more often we just window-shopped.

Next, if we had previously resisted the bakery, we walked directly to Peoples Drug store. Between spins on a wooden stool, I’d gobble up my ritual pineapple sundae with chocolate ice cream, nuts, whipped cream and a maraschino cherry. The waitresses wore uniforms; solid shoes caked with chalky white polish and, of course, their ever-present hair nets. A “No Tipping” sign was prominently displayed above the counter.

Once in a while my mother took me away from the neighborhood to share a very special Saturday. We would ride the Federal Triangle bus to 12th and G streets NW and head for the Woodward and Lothrop department store, which was better known to us as “Woodies.” Here, perfumes mingled on the main floor and everything looked wonderful.

The best part was having lunch with Mama in Woodies’ tea room. I usually ordered tiny, crustless, assorted sandwiches surrounded by a mound of red fruit Jell-O (indistinguishably strawberry or cherry). For dessert, a soothing cup of baked custard topped with a sprinkle of nutmeg, or, once in a while, an ice cream cone clown. This was made by turning a cone of ice cream upside down. The cone became the hat and the ice cream was decorated to resemble a face with raisins for eyes and a cherry for a mouth.

As we ate, elegant models glided around the room describing their outfits in detail and emphasizing on which floors the clothes could be purchased.

After lunch we shopped for clothes and wandered through the china, crystal and silver departments. Often, when I was small, we continued on to The Esther Shop, in the next block, which specializes in children’s clothes.

Once in a while on those downtown excursions, Mama took me to the National Gallery of Art, where I developed new friends—a little blond girl with a red watering can (Renoir), ballet dancers practicing at a barre (Degas), a fatally wounded toreador dripping with blood (Manet), a cathedral that subtly changed with the light of day (Monet).

The Washington I remember has changed quite a bit since the ’50s, and yet in some ways very little. The once middle-class white neighborhood of my childhood is now a middle-class black neighborhood. On a recent visit, families were still sitting on their front porches talking with one another, and on nearby Somerset and Tuckerman streets, even a few gliders remained.

The nearby shopping area on Georgia Avenue, though changed, has weathered the years nicely and currently sports a fresh coat of cream-colored paint. The Sheridan movie theater is long gone as is the old Peoples Drug store. No more is the aroma of strawberry shortcake beckoning, since the bakery, too, is gone. New businesses replaced them. The movie theater, which was first transformed into a church, now houses a new Peoples Drug store. A wig shop, named for someone called Angela, has been added and a Standard Drug replaced the “5 and 10.”

Downtown, too, has seen changes. Woodies’ tea room has had a face lift but no longer offers the gliding models. The perfumes still mingle on the main floor.

Washington, in retrospect, was an odd sort of town in which to grow up. But, as a child, unaware of its political importance, it was just home.
Low- and no-cost vaccine clinic: No insurance needed

Date: FRIDAY, MAY 17TH 2024

Time: 10:00 AM - 1:00 PM

Location: THE CENTER ON COLFAX
1301 E COLFAX AVE, DENVER, CO 80218

Vaccines available: MPOX, COVID

FREE VACCINES
NO INSURANCE NEEDED

SCAN THE QR CODE TO SCHEDULE AN APPOINTMENT!
LEARN MORE ABOUT COLORADO’S MOBILE PUBLIC HEALTH CLINIC
www.MobilePublicHealth.com
West of 50's May Word Search

Heteroflexible  Transmasculine  Homoflexible  Fluid
Transfeminine  Genderqueer  Transgender  Slay
Cisgender  Gold Star  Preference  Kiki
Outsider  Bisexual  Intersex  Bull
Intersex  Asexual  Neutral  Bear
Dolphin  Lesbian  Leather  King
Binary  Beard  Bussy  FTM
Queen  Gaymer  Futch  Pup
Pride  Twink  Dyke  MTF
Otter  Trans  Drag  Wolf

WLW  MLM  MSM
# May 2024

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