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# ***Council Newsletter***

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## **CITY MANAGER'S NOTES October 31, 2013**

### **Upcoming Council Meetings**

City Council will meet on **Monday, November 4, 2013**. An Executive Session will begin at 6:00 p.m. in the City Council Conference Room. The Study Session will begin at 6:30 p.m. in the Community Room. The Regular Meeting will begin at 7:30 p.m. in Council Chambers. The agendas are attached. Sandwiches will be available at 5:30 p.m.

**Monday, November 11, 2013**, is Veteran's Day. City facilities will be closed and no meetings are scheduled.

The next City Council meeting will be on **Monday, November 18, 2013**.

### **Informative Memoranda**

The following are memoranda in response to City Council's requests, as well as other informational items.

1. News release concerning City offices closed November 11, 2013 in observance of Veteran's Day.
2. Memorandum and news release concerning notice of emergency preparedness training exercise November 8, 2013 at Englewood High School.
3. Articles concerning Police planned shooter training at school, Denver Post series "Stepping Towards Hope," Next Steps in Loveland, South Platte River facelift going forward, and sale of land to Urban Renewal Authority for development.
4. CDOT information concerning railroad repairs at Santa Fe Drive and Oxford Avenue.
5. Memorandum concerning 2013 Fire Prevention Week Poster Contest.
6. Invitation for Northwest Greenbelt Grand-Reopening Ceremony on November 2, 2013.
7. Notice of Public Hearings on November 5, 2013.
8. Memorandum concerning the Project Update.
9. Community Development Monthly Update – October 2013.
10. Calendar of Events.
11. Tentative Study Session Topics.
12. Minutes from the Planning and Zoning Commission meeting of October 8, 2013.



## Parks and Recreation Department

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This Saturday, November 2 from 9am-4pm is the Annual Englewood Holiday Bazaar. The Malley Senior Recreation Center transforms into a large shopping opportunity for the community. This year the event is completely full with 105 vendors participating. This means there will be plenty to choose from. A delicious concession stand will be available for lunch and snacking too.

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The reopening ceremony of Northwest Greenbelt is Saturday, November 2 at 10 a.m. The twenty year old, outdated playground at Northwest Greenbelt is sporting a new look with two separate playground areas; one for children ages 2 to 5, the other for children 5 to 12. The equipment has been upgraded with colorful modern equipment, a rubberized fall zone surface and an ADA-accessible walkway. This project was funded through a grant from Arapahoe County Open Space and Open Space Shareback Funds.



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Work will be done on the golf course starting the week of October 28<sup>th</sup> near Holes #11 and #12.

Week of October 28<sup>th</sup>: Work will start in the lake on #12. Tee boxes will be moved to the fairway.

Week of November 4<sup>th</sup>: Work will start on #11 fairway. A temporary green will be placed approximately 250 yards from the tee. It will remain a Par 4.

Week of November 11<sup>th</sup>: Work will start across #12. Tee boxes will be moved forward.

Staff apologizes for any inconvenience but hopes to keep the impact to your golf game at a minimum.

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Halloween Carnival was a success! More than 70 volunteers and hundreds of participants joined in for the fun Saturday, October 26. The event featured a haunted house, Pumpkin Patch Playland, carnival games, inflatables and a costume contest.

## News

### **City of Englewood offices closed November 11 in observance of Veterans Day**

**Post Date:** 10/28/2013 01:07 PM

The Englewood Civic Center offices and the Englewood Public Library will be closed on Monday, November 11 in honor of Veterans Day.

The Englewood Recreation Center, the Malley Center, and Broken Tee Golf Course will be open on Veterans Day.



# Memorandum

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City Manager's Office

TO: Mayor Penn and Members of City Council

THROUGH: Gary Sears, City Manager

FROM: Leigh Ann Hoffhines, Communications Coordinator

DATE: October 31, 2013

SUBJECT: November 8 Active Shooter Exercise at EHS

The attached news release provides information on a multi-jurisdictional Active Shooter Exercise scheduled for Friday, November 8, 2013 at Englewood High School.

The event is not open to the general public, but if any City Council Members would like to attend, they should enter the area at the corner of South Pennsylvania Street and East Nassau Avenue. Police Public Information Officer Kevin Sage and Fire PIO Jason Hehn will be available to direct Council and answer questions. Keep in mind that the perimeter streets surrounding the EHS property will be closed.

Please let our office know (303-762-2310) if you plan to attend the exercise so we can let the event organizers know.

Attachment

## Leigh Ann Hoffhines

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**From:** Leigh Ann Hoffhines  
**Sent:** Thursday, October 31, 2013 12:28 PM  
**To:** Clayton Woullard  
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(  
Englewood Herald - Tom Munds  
Kevin Hamm ( Tom Barry  
Villager - News Desk Hugh Johnson

**Cc:** Kevin Sage; Jason Hehn; Leigh Ann Hoffhines  
**Subject:** City of Englewood: Notice of Nov. 8, 2013 Emergency Preparedness Training Exercise



### City of Englewood, Colorado News Release

**For Immediate Release:** October 31, 2013

**Media Contact – Englewood Police Department:** Public Information Officer Kevin Sage, 303-762-2436,

**Media Contact – Englewood Fire Department:** Fire Medic Jason Hehn, 303-762-2470,

### **Notice of emergency preparedness training exercise November 8 at Englewood High School**

**Englewood, CO:** On Friday, November 8, 2013 the Englewood Police and Fire Departments will conduct an “Active Shooter Exercise” at Englewood High School (EHS), 3800 South Logan Street in Englewood. The training will begin at 8 am and will continue throughout the afternoon. The exercise is intended to prepare emergency responders in the event a scenario of this nature should actually occur in Englewood.

Neighbors in the area are being notified about the training exercise. Area residents should be aware that the training exercise is taking place and should not be alarmed by the presence of law enforcement and fire/rescue vehicles and activities at Englewood High School on the day of the training. Streets around the perimeter of the EHS property will be closed, but access will be provided to residents who live in the area.

The exercise is not open to the public. Citizens and members of the media are asked to avoid the area during this event.

The exercise is the first training of this nature organized by the City of Englewood and is being coordinated with neighboring jurisdictions. The training will involve six area law enforcement agencies, three fire departments, two hospitals, Englewood High School, Tri-County Health Department, and several other agencies and organizations.

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Leigh Ann Hoffhines  
Communications Coordinator  
City of Englewood  
1000 Englewood Parkway  
Englewood, CO 80110  
303-762-2316

# Police plan shooter exercise at school

By Tom Munds

| Posted: Thursday, October 31, 2013 1:40 pm

Numerous police and firefighting units from a number of agencies will gather at Englewood High School Nov. 8 to take part in an active shooter exercise.

The exercise is designed to prepare emergency responders should a real, threatening shooter situation happen. The event begins about 8 a.m. and is scheduled to continue into the afternoon.

Englewood will coordinate the exercise that involves six law enforcement agencies, three fire departments, two hospitals, Englewood High School, Tri-County Health Department and a number of other agencies and organizations.

The exercise is not open to the public. Residents and the media are asked to avoid the area during the exercise.

Englewood has notified residents in the 3900 blocks of South Pennsylvania, South Pearl and South Washington streets to relocate their vehicles by 7 a.m. Nov 8 to avoid inconveniences or delay.

During the exercises, street closures will be in place from 6:30 a.m. until 2:30 p.m. on East Mansfield Avenue between Logan and Clarkson streets. Also there will be closures on South Pennsylvania, South Pearl and South Washington streets between Mansfield and Nassau.

## Therapy for spinal-cord injuries helping Coloradans regain mobility

Story by Michael Booth, Photography by Craig F. Walker, Videography by Aaron Ontiveroz  
The Denver Post The Denver Post

Posted:

DenverPost.com

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It is Day 1,097 since James Nall's right leg stopped listening to him. Nall sits on a couch just 10 feet from the stairway where he fell and broke his neck. Moving on from a devastating spinal-cord injury is even harder when, a dozen times a day, you pass the basement stairs that tripped you. And Nall is ready to move on. That's why he's yelling at the leg.

"I hate you," he says, grabbing the thigh muscle and kneading it hard. "You'd think I'd have patience by now. But I do not."

The thing is, his leg may finally be listening. And talking back.

Months into in a new program at Craig Hospital in Englewood, Nall's body is responding. He has shuffled 310 feet in a gym using a walker and can stand on his own for five minutes at a time.

The most promising development in decades of frustrating research on paralysis is that it now appears the spinal cord can learn, and legs can be retrained to walk. Cut off from brain instructions by a traumatic injury, the hyper-sensitive spinal column could become its own brain.

For Nall and a growing number of spinal-cord patients, progress comes after agonizing months strapped to complex movement machines and fitted into high-tech "exoskeletons," with electrodes delivering painful shocks to dormant muscles. By reminding the spine of the proper motion, it remembers how to walk. Slowly the patient takes over.

The treatment, known as locomotor therapy, upends many long-held assumptions about paralysis and represents an advance for technology over medicine. In the absence of a miracle cure, recovery traditionally has focused on adaptation: Get finger movement back to grip utensils and clothing, build arm strength to jump a wheelchair over a street curb.

Locomotor therapy refuses to write off the injured parts. Advocates are reaching back to patients injured decades ago, and moving them from wheelchairs to walkers. From public buses to their own cars. From expensive home-health aides to transferring themselves into bed.

The goal of researchers at Craig and a handful of internationally-renowned spinal rehabilitation centers is to prove that recovery of movement in people like Nall is more science than hunch.

"There's new knowledge that can attack the results of paralysis and is also leading us down the path of ultimately reaching that cure," said Susan Harkema, a Ph.D. researcher at University of Louisville's Kentucky Spinal Cord Research Center. Harkema has led much of the locomotor movement.

The Christopher & Dana Reeve Foundation, which knits together Craig and others seeking to transform locomotor training from philosophy to science, is cautiously hopeful.

Research director Susan Howley calls results so far a "potentially phenomenal breakthrough." Yet, like most experts in the paralysis field, she quickly adds, "The field is enormously rich in possibilities, but sometimes it seems every time we have a new nugget of information, it reveals how much we still don't know."



**ONE STEP AT A TIME.** James's therapists all know that if they ask him to do something 10 times, he'll do it 15. A crawling exercise in Craig Hospital's PEAK workout gym is his toughest task. "You gotta crawl before you can walk. I gotta retrain everything. I'm like a giant kid -- a big baby." (Craig F. Walker | The Denver Post)

Nall squeezes his wheelchair around the fateful stairs and into his bedroom to show house guests what he does know. He pulls X-rays from a drawer, showing bars of titanium silhouetted against the ghostly lines of his fused neck.

In 2010, the 28-year-old Nall was a type-A manager for a chain steakhouse. Worked hard, partied hard, took pride in both. One year a shark bit him — on land — as he posed with warrior fishing buddies on the Jersey shore.

The next, he danced on a table at a work party and then danced off it, breaking his collarbone in two places that broke through skin.

That's when another manager told him to buy accident insurance, and Nall did.

One August night after a late restaurant shift, Nall strode over his kitchen's hardwood floors to the familiar basement stairs and a laundry run. Wearing heavy Doc Marten boots, he tripped and flew head first down the steep pitch.

His head buckled under his chest. He was in a fetal position, conscious but unable to move. "I knew it right away," he said. His hands were locked into fists, his legs frozen and his chest hyperventilating as scrambled nerves confused every breath.

Nall's spinal cord was compressed into a U. The fifth vertebrae below his skull smashed into the sixth, swinging the sixth off the spinal column nearly a full rotation. That made way for the fifth to shatter the seventh.

His roommate heard the fall and found him, but was frozen by the sight of Nall in a fetal position, clearly broken. Nall didn't know what to do either.

But instinct told him to strangle out instructions to turn him on his back, and realign his head so he could breathe.

**WALKING.** Despite the grimacing and pain, James was pleasantly surprised at his first October



attempt to walk after a summer break from intensive physical therapy. With the aid of therapists and electrical stimulation on his balky right knee, he took three laps around the Craig Hospital gym.

"Psychologically and emotionally, that's a huge lift," he said. "It's awesome. It made my freakin' week." (Craig F. Walker | The Denver Post)

In a one-second fall to his basement carpet, Nall joined 1.3 million Americans paralyzed by a spinal cord injury. More than 4 million others report

paralysis from stroke, multiple sclerosis or other diseases and injuries.

Like most of them, Nall's brain became stuck on what patients and doctors alike call the one question: Will I walk again?

That query has haunted Craig's Dr. Dan Lammertse for more than 30 years. The calm, reasoned Lammertse is one of the first faces patients see when they wake up from emergency surgery. In 1982, an emotion-wracked father asked Lammertse, "If we can put a man on the moon, why can't we help my daughter to walk?"

The answer has not changed much in those three decades. The spinal column is a wondrous construction and an enduring mystery.

Nall's shattered and loose-swinging vertebrae dented the spinal cord, a silvery sheath serving as the conduit for nerves responding to brain signals about walking, breathing, eating, reaching, bowel movements, body temperature and sexual function. Once the vertebrae are breached, the cord is hypersensitive. The bone-bruise on Nall's cord was no bigger than a teardrop.

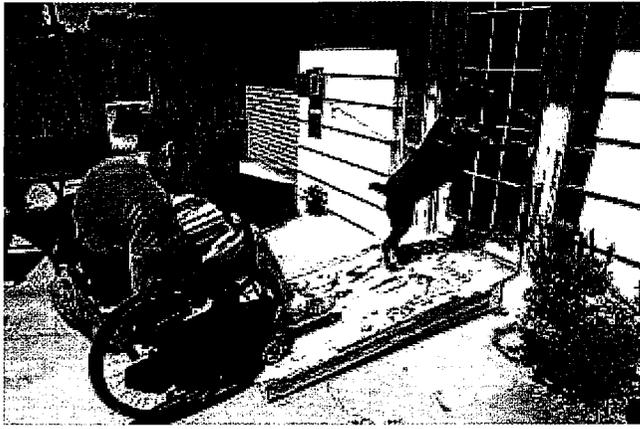
When a person's skin is bruised, defense cells quickly surround the dangerous internal bleeding, and the cells themselves begin reproducing healthier cells for repair. "Bruises are trivial injuries in most places of the body. But not in the spinal cord," Lammertse tells patients and families in a monthly lecture to the newly injured at Craig.

The sheath of the cord is like thousands of stretched rubber bands. Control signals from the brain move the sheath to limbs and organs. Banging it at full force is like taking scissors to the rubber bands. Deeper inside, cells killed by bleeding are walled off, blocking signals from the brain.

Those pathway cells do not reproduce inside the spinal cord. Some scientists speculate there was no evolutionary urgency for them to do so — for most of humans' existence, a spinal blow was fatal.

**I KNEW RIGHT AWAY.** James Nall's dog, LuLu, opens the door for him after doing school work. (Craig F. Walker | The Denver Post)

Finding a drug, a stem cell, or cell stimulator that could overcome those barriers in the spine has been a 30-year quest by international labs.



Locomotor therapy is born in part from that frustration. It has a hands-on immediacy that appeals to trainer and patient alike. The treadmills, the bikes, the weight-supporting harnesses are all here, now, ready to go.

Advocates feel an urgency to prove which locomotor machines do the most good, over how many hours of training, how many times a week, which muscles should be electrically stimulated and for which level of injury. Many suspect the final answer will be

exercise combined with a cell injection or spinal implant, as yet undiscovered.

They also must find a way to bring the time-consuming, machine-and-labor intensive treatment to spinal cord patients with little money, tucked away in remote areas. And they must overcome skepticism among scientists and the paralysis community, who keep hearing the next miracle cure is nearly at hand.

Stem-cell implants were supposed to regenerate vital material inside the injured spinal cord, but have fallen apart when subject to rigorous trials. A swelling-reducing cold saline treatment made famous after a professional football player's on-field injury in 2007 appeared to work wonders, and quickly spread into emergency medicine. Yet subsequent tests raised doubts, indicating the athlete's initial injury wasn't as damaging as originally thought.

When Nall woke up in the intensive care unit at the old St. Anthony Central, he could feel and control nothing below his waist. More urgently, his damaged nerves allowed only 70 percent of his breathing function, leaving him gasping for air for three days until swelling in his spinal cord began to recede.

An initial assessment indicated separation between his brain and key spinal segments was total.

But around day 3 or 4 in the intensive-care unit, as his breathing eased, Nall could feel light touch on his legs and toes. He was upgraded to "incomplete." Incomplete is a better world, but ill-defined and highly dependent on an unscientific mix of treatment, individual biology and patient grit in recovery.

Eleven days at St. Anthony. Nall counts days like a restaurant's freezer inventory. Ninety-two more at Craig Hospital, learning to use a wheelchair, a bathroom, a fork. How to get in and out of bed with legs as dead weight.

**CONFIDENCE.** James sometimes avoids clubs and the feeling of people looking down or tripping over his chair. Yet he is a successful flirt when he wants to be. In a pool game against Sadie Bassett and Whitney Rezendes, he told Rezendes, "If I make this shot you have to sit on my lap." He made the shot. James reminds himself, "Don't be someone you wouldn't hang out with." (Craig F. Walker | The Denver Post)

His mother died during those 92 days, and he had to watch the funeral on Skype. "I still feel the



guilt for that," he says, three years later.

Nall describes his transition back to his Arvada house with restaurant-kitchen expletives. It was the coda to a "horrible year," of a breakup, then traumatic injury, losing his mom and coming home profoundly disabled.

He had to rely on roommates for bowel and bladder help, his Type A personae dying a little inside each time.

Learning to walk again is paramount. But there are other things, from breathing to urinating to sex to sweating, which the spinal cord takes care of in healthy people.

"Most people don't realize that aspect," Nall said. "The toughest part is having and wanting that independence."

The next six months, he said, were 13 hours a day of TV and feeling sorry for himself.

Craig Hospital, meanwhile, was pushing hard on the "movement is good" philosophy at the heart of locomotor training for paralysis.

The hospital acquired elaborate stimulation-and-movement treadmills, elliptical and bicycle trainers. It opened the movement philosophy to the wider spinal-cord community, launching a gym membership called PEAK. The newly injured or those in wheelchairs for 20 years could come to a gym designed for their needs, and use anything from an electrical-stimulation bicycle to standard dumbbells.

Nall heard about Craig's direction from a therapist. He'd tired of his depressive TV marathons and was making plans. The accident insurance he'd bought three months before the fall would now pay him a six-figure settlement. He could stay in his house, take accounting at Metro State and throw himself into rehab in Craig's new gym.



The titanium rods that bolted James's neck, and his life, back together in 2010 are easily visible in an X-ray he keeps in his desk drawer. Learning to walk again is one challenge, but the constant lingering pain from a catastrophic spine injury is another major obstacle in the life of James and other spinal patients. (Craig F. Walker | The Denver Post)

Nall enrolled in the official "neuro-recovery" program: two hours a day, five days a week, plus hours more of his own weight training. He hooked electrodes to his muscles and turned up the amps, reawakening nerve endings with the jolts.

On the labor-intensive Locomat treadmill, most of his weight was suspended from a hook while

four physical therapists moved knee joints and ankle joints to create a normal walking pattern on the rolling tread.

He did 500 sit-ups a day to strengthen his core. It takes strong stomach muscles to hold the buttocks in place for a proper stepping motion.

"If you can't feel that much, it doesn't hurt that much," Nall said.

All the while, it was hard to tell what part of the work was Nall's and what was assistance from the hulking machines. He arrived and left in the same wheelchair.

Candy Tefertiller pointed her video camera at Nall one afternoon in the spring of 2012. The head of physical therapy at Craig had been watching Nall grunt his way around the gym for months, training her eye on specific muscles and body movements. She had a hunch.

James, she said as she filmed, show us that move your leg makes.

Nall looked at her from his wheelchair, then used his elbows to lift his weight a bit. At the same time, he slid his left side forward, barely perceptible on film.

Suddenly his left leg kicked out in a spasm, as if it couldn't resist punting an imaginary soccer ball.

A spasm is less than walking. But it's more than paralysis. Emanating from somewhere in Nall's spine was a signal that the leg should move. And the leg did move.

"We can work with that," Tefertiller said.

*Michael Booth: 303-954-1686, 1*

*twitter.com/mboothdp*

SPINAL SECTIONS

DETAIL CUTAWAY

SERIOUS INJURIES

## **Locomotor therapies re-create and repeat the pattern of walking to train the spinal cord in functions formerly controlled by the brain.**

*Story by Michael Booth, Photography by RJ Sangosti The Denver Post*

Posted:

DenverPost.com

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It's a declaration and a question, the first words on the lips of the newly injured after a spinal-cord accident.

"I will walk again."

"Will I walk again?"

Whether that person will is the gap between hope and proof that has long defined research into recovering from spinal-cord injuries. An emerging treatment known as locomotor is narrowing that gap.

The world of rehabilitation is turning quickly toward locomotor therapies, re-creating and repeating the pattern of walking to train the spinal cord in functions formerly controlled from the brain.

For decades, scientists believed the spinal cord was merely a conduit, or highway, of messages running from the brain to organs, limbs and extremities. Animal research began to show that even some with completely severed spinal cords could be retrained for walking motions.

Many researchers now believe the spinal cord has "central pattern generators" that can initiate movement on their own, not just pass on messages from elsewhere.

The patients and therapists' job, then, is to program those processors with repeated walking patterns using locomotor training: first by weight-supported steps on a treadmill with trainers touching and moving each joint; then by weight-supported, over-ground walking; then "community ambulation" using a combination of walkers, crutches, canes or robotic aids such as exoskeletons.

Seven national centers, including Craig Hospital in Englewood, are part of an approved NeuroRecovery Network offering the walking therapy in set protocols. More than 600 patients have trained in the system, and each center is teaching more therapists how to spread the concepts into more hospitals and rehab centers.

The Christopher and Dana Reeve Foundation, which oversees the network, says dozens of those patients "are now walking again." Christopher Reeve, the late actor best known for his title role in the "Superman" films, broke his neck in a 1995 fall from a horse. He was the most visible advocate of producing a "cure" for paralyzed patients, in addition to seeking adaptation.

Patients bound to wheelchairs have for years taken to walkers, while locomotor has allowed others to build the strength to drive vehicles. But the movement-based training brings benefits to paralyzed patients far beyond the goal of walking.

Adults suddenly consigned to a wheelchair by spinal injury or stroke quickly develop illnesses beyond their chronological years: heart disease, diabetes and other debilitating problems. Exercise, even if nerves don't fully "feel" the movement, reverses much of that damage.

Leg, buttock and arm strength can mean rolling over in bed or shifting in a chair to prevent debilitating and costly pressure sores. Strength and a longer arm reach mean more people feeding or dressing themselves. Regaining fine finger movements can improve work and leisure through use of keyboards, smartphones and driving controls.

"Even those who don't get movement recovery can offset those huge quality-of-life issues from accelerated aging," said Dr. John McDonald of Johns Hopkins' Kennedy Krieger Institute.

### **You have to try**

"Will I walk again?" McDonald quotes his patients' immediate question. Since he began practicing in 1998, McDonald said, "The answer is quite different: There's a chance of recovery, and the only thing I can tell you is that the probability of your recovery is 100 percent dependent on your effort. We won't know unless you try."

Neuroscientists experimented with some of the principles of locomotor training in animals from the 1990s, but Craig and other hospitals are now pushing it into the mainstream.

Former college baseball star Rob Summers splashed across the media in 2011, walking on a treadmill after four years without "moving a toe." Summers, who in 2006 was struck in a severe hit-and-run accident that left him paralyzed below the neck, had locomotor training and an electrical stimulator surgically implanted in his spine. The pulses appeared to be the signal Summers needed to successfully walk on a treadmill.

Another boost came in 2012 with a set of scientific papers underlining benefits discovered in many patients. One study found that 87 percent of injured patients showed marked improvement in at least one movement category, such as standing up from a chair, or time needed to walk 50 feet.

Still, there are few completed, control-group studies — the gold standard in scientific research — comparing results of locomotor patients to a similar group randomly assigned to more traditional treatment. And some researchers predict that future patients will be helped most by combinations of treatments: movement, an as-yet-unproven biological injection and adaptive technology.

Dr. Michael Boninger, director of the University of Pittsburgh Medical Center's spinal-research program, worries that the glories of locomotor success steer patients away from learning needed skills.

### **Long way to go**

Wheelchairs are the reality for most current patients, Boninger said, and he would pursue walking therapies "only after I was the best wheelchair user on the planet, so I could get around in the most complex places possible."

The long-term arc of robot-assisted walking is heartening, but the current reality is sobering, said Dr. Ronald Reeves, a spinal-cord injury specialist at Minnesota's Mayo Clinic. Robot suits are bulky and expensive; not only can't they go upstairs, they're not authorized to tackle a small hill.

"Robotic systems are like the Wright brothers' version of an airplane," he said. "We have a long way to go to make them more useful."

Nationally renowned centers conducting official versions of locomotor training protocols include Craig; Frazier Rehab Institute in Louisville, Ky.; Magee Rehabilitation Hospital in Philadelphia; The Institute for Rehabilitation & Research in Houston; the Shepherd Center in Atlanta; Kessler Institute for Rehabilitation in West Orange, N.J.; and Ohio State University Medical Center in Columbus.

Craig was among the first to show off an exoskeleton two years ago; the hospital is also home to cautious scientists who temper eye-catching marketing with demands for proof.

Designing a random, controlled study that can be meaningful in spinal-cord patients is a challenge, said Dr. Dan Lammertse, Craig's director of medical research. It requires patients with similar injuries, across dozens of rehabilitation sites, who vary greatly in weight, motivation, quality of therapists and monetary resources.

A steroid called methylprednisolone, which showed promise in early trials years ago, was hailed as a breakthrough. But the results were "discredited and picked apart" by other scientists, Lammertse said.

In another trial, scientists used ganglioside molecules to enhance communication between damaged nerve cells. A well-known athlete claimed success with it, but no patients wanted to be in the control group getting a placebo.

Promising clinical trials do exist. After Lammertse sobers his patients with a description of trials that went wrong, he enthusiastically adds there are more spinal-cord injury trials underway now than at any time in his 30-year career.

Also tempering enthusiasm about movement therapy is the high cost, much of which is borne by patients.

Craig has spent more than \$1 million on the high-tech, heavy-duty machinery to assist patients in walking motions. A Thera-Stride weight-supporting treadmill has a six-figure list price and takes four therapists to operate. Motorized, robotic skeletons also carry exorbitant price tags.

But the quest to walk is leading more patients and researchers to shake off doubts.

"The philosophy has shifted," said Lammertse, a past president of the American Spinal Injury Association. "This is an exciting time to be in rehabilitation. It's no longer limited to teaching compensatory skills. It's 'both/and.' "

## A paralyzed bridesmaid defies disability

Story by Michael Booth, Photography by Craig F. Walker, Videography by Aaron Ontiveroz The Denver Post The Denver Post

Posted:

DenverPost.com

**Eighteen-year-old Mackenzie Gorden was told she would never walk again, a diagnosis she refused to accept. So she began a groundbreaking and grueling paralysis-recovery training dubbed locomotor with a goal and a pair of shoes.**

For someone who was told she would never walk again, Mackenzie Gorden spends a lot of time thinking about shoes.



Gorden is assisted by a physical therapist during a session. Gorden had hoped to wear a similar pair of shoes to walk down the aisle in her sister's upcoming wedding. (Craig F. Walker, The Denver Post)

A strappy pair of silver-gray heels calls to Gorden in the gym of Craig Hospital in Englewood. Every turn on the treadmill, her chest dangling from a crane and four therapists at heel and knee, is aimed at donning those shoes. Every arch of her back in the pool to tighten her skinny abs. Every grunting step with a walker.

Those low-heel shoes should be on her bridesmaid feet for her sister's upcoming wedding in Iowa. The shoes, and the legs they are strapped to, should be working on their own. They should walk her up the aisle.

"I never accepted that I couldn't walk again," Gorden says. "If I don't want to be in the chair, I've got to do something myself to get out of it."

Gorden is among thousands of patients who are straining through grueling paralysis-recovery training dubbed locomotor. The groundbreaking therapy re-creates walking motions by force until the spinal cord learns to control muscles the brain used to control.

Much of the spinal-cord injury community is pivoting quickly toward locomotor, which offers the promise of increased mobility and improved lives to patients who have benefited from few medical advancements.

Craig Hospital has adopted locomotor wholeheartedly — and the results are starting to show. Patients are standing up and taking steps after years of sedentary life. Quadriplegics lean only on walkers to shuffle hundreds of feet around the Craig gym.

**PROGRESS.** During a summer therapy visit to Craig Hospital from her hometown in Iowa, Mackenzie Gorden's arm reach improved from 10 inches to 14 inches, small differences that can make big gains for independent living. Trainers Meghan Joyce, left, and Janell Jones measure



her progress in various limbs at the end of her stay. (Craig F. Walker, The Denver Post)

A key selling point of locomotor is that even if the patient never walks, movement-based therapy promises enormous benefits for the rest of the body. Movement, even when an outside force is manipulating much of the action, builds muscle and bone density to ward off pressure sores; speeds circulation to limbs to reduce atrophy; and cuts obesity, a prime worry of more-sedentary paralysis

patients.

### **Determined to walk again**

All these hopes are in play on a hot summer afternoon in the buzzing gymnasium at Craig. Gorden is strapped into the TheraStride, with 30 percent of her body weight taken away by an overhead hoist.

Four Craig therapists hover or squat for the walking exercise: One at each knee to flex the joint at the proper time in her gait, another behind to work on ankles and back position, and the last at the computer console, adjusting the speed of the treadmill mat.

Gorden stares into a small mirror hung from the TheraStride frame to check her back and shoulder position during the stride.

"Unlock that left knee, Mackenzie," therapist Selena LeClair bellows over the noise of the rolling treadmill and clanking weight racks.

Gorden is wearing the wedding shoes, seeing if she can feel them when her toes hit the rolling tread. At various times in the gym, she also wears electrical stimulators to fire muscle groups: the interior of her fibula to pick up her toe during a stride; on her abdomen to rebuild core strength that will pull her buttocks back in line while she steps.

She teases the young therapists but has less to say to her mom, Karen, who sits nearby during four to five hours of therapy a day. They sometimes wear on each other, after 9½ weeks away from Iowa, living in an extended-stay hotel room in Lone Tree.

Karen Gorden helps her daughter Mackenzie into the car for their long drive back to Iowa. "But no matter how bad I feel about my situation, I know hers is worse," Karen said. "I've never seen her fall apart or say, 'Why me?' So how dare I complain when I can walk out that door." (Craig F. Walker, The Denver Post)

"I've never seen her shed a tear," Karen Gorden says, watching every stride.

Gorden retains the rail-thin figure of the dancer and cheerleader she was. But a girl can have many goals. "Maybe the electrical stimulation will give me a six-pack," she laughs. "I've never had that."



## Crash changes everything

One night 16 months ago, Gorden was out late from visiting her boyfriend two towns away. Her headlights caught a deer on a sweeping, two-lane road, and when she swerved, her truck plummeted out of sight into a farm ditch.

Gorden hung there upside-down for nearly two hours, one arm pinned behind her head, not feeling her legs. Her other arm was numb and could barely

move.

Her cellphone buzzed from the ceiling, now below her head. She could see her mom was calling to remind her of curfew, but she couldn't move to reach the phone.

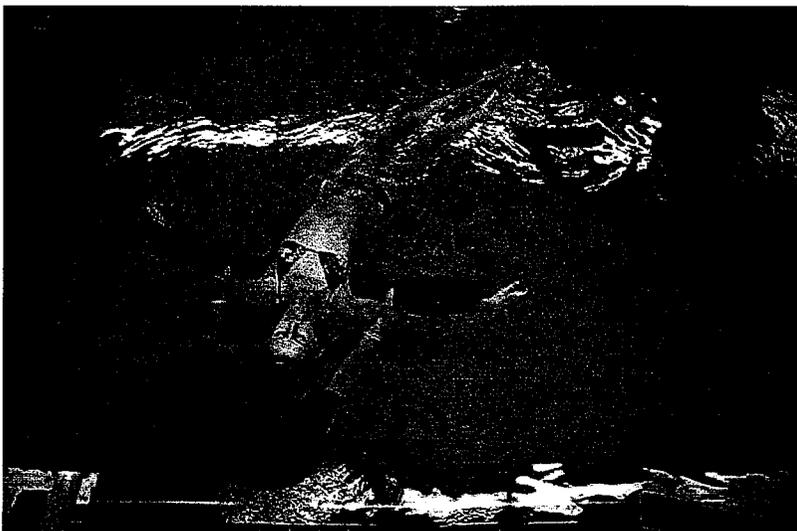
An off-duty emergency responder eventually spotted her while out on a motorcycle ride.

Gorden was 18 and looking forward to senior year. She had danced and cheered all over the state and was to captain her team on a summer trip to cheer in Hawaii. She was a nursing assistant and wanted to pursue a nursing degree. Shattered C5 and C6 vertebrae now clamped down on those dreams.

Those were the dreams Steve Gorden had in mind when a Des Moines doctor insisted his daughter, of adult age, should know immediately she would never walk again. Steve insisted that Gorden never hear it, but she heard the conversation.

She thought about it during the helicopter flight to the Mayo Clinic in southern Minnesota, and when a psychologist told her she should give up becoming a nurse.

In the summer of 2012, when Gorden's acute injury healed, she left Mayo for Craig. There, doctors, nurses and physical therapists taught her to use a wheelchair and comb her hair. They started the long process of loosening her stiff fingers, reviving her frozen triceps and figuring out what signals her legs could receive.



## WORKING TOWARD A GOAL.

Mackenzie Gorden loosens her hips in the pool while working with TC Doyle, a clinical exercise specialist at Craig Hospital in Englewood. (Craig F. Walker, The Denver Post)

At her first meeting with her Craig care team, Dr. William Scelza rolled in on his wheelchair. Gorden eventually learned Scelza was paralyzed at 17 in a friend's car crash.

"If he went to med school," Gorden thought, "I can be a nurse."

Back in Iowa for her senior year, she cheered football from her chair. At the state dance tournament, the team hung glow sticks on the wheels and whirled her on stage.

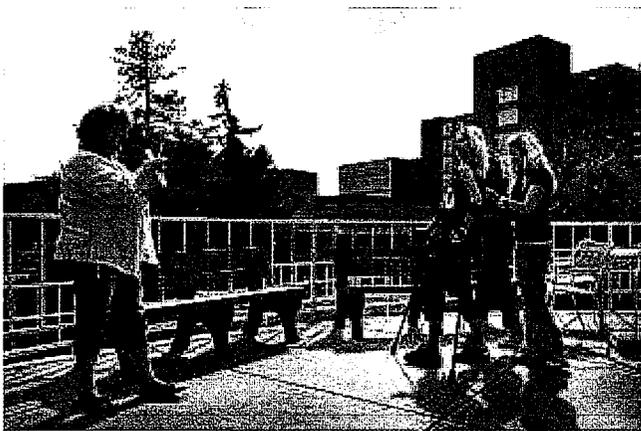
At a six-month evaluation back at Craig, therapists told her she was a good candidate to pursue walking and other goals through a network of rehabilitation hospitals that focus on locomotor training.

In the meantime, Gorden intended to walk across her high school stage for graduation. She did stand up to receive the diploma, but the rest "didn't go so well," Karen said.

### **Progress by the step**

That brought Gorden and her mother, their sport utility vehicle crammed with clothes and the wheelchair, back to Englewood in June. The rest of the large Gorden family stayed in Iowa to plan sister Brittanie's early-September wedding. At the time, Gorden could stand on her own with a walker for 26 seconds.

By August, that was up to five minutes. Arching her back in the pool, jolting herself with electrodes, scraping a walker across the gym floor were all adding up. "For a long time, I couldn't use my fingers at all," Gorden says. Now, she can type on the iPhone she keeps constantly perched on her lap, and do her own makeup and hair. To a pickup-driving cheerleader with a sharp sense of humor, those are not small things.



**A WALK OUTSIDE.** Mackenzie Gorden is exhilarated to walk upright, outdoors, near the end of her summer therapy at Craig. The exoskeleton senses patients' intentions and can complete their step. Karen Gorden hopes such devices will become cheaper and more common: "I just wish it was something she could have and use; she would be so independent." (Craig F. Walker, The Denver Post)

The mid-August day before she left Craig for home, Gorden walks upright outdoors for the first time since her rollover. Three therapists strap her into a high-tech assisted-walking device called an exoskeleton.

"The robot has you; you just have to trust it," says Craig's gym director, Julie Waldie.

"I feel like I either have on a jet pack or a leaf blower," Gorden replies.

The skeleton and its sensors can feel her intentions through her weight shifts, and it helps her walk out the Craig door and around a patio.

Karen watches, smiling wistfully. "I wish we had that at home," she says of the motorized skeleton.

Gorden comes back indoors, beaming. "I did the exoskeleton, I walked outside, and I used crutches! That was three in one."

It's not just the September wedding she wants to get home for. Classes at college are starting in late August. Gorden is determined to start school with her friends.

Spinal-cord patients Gorden's age told her she needed to get on with things. Move away from living for rehabilitation, and toward "real life."

"Easy for them to say," Karen observes. "They don't have a chance of walking again." As the family quartermaster, Karen would have to organize 6:30 a.m. rides for Gorden's 90-minute drive to campus.

Gorden is annoyed with that attitude. She knows she'll be far away from Craig's expertise and encouragement. In her small town, she says, "I'm the only spinal-cord injury I think they've ever dealt with."

But youth, if nothing more, has her believing there is time for everything. College, friends, more therapy, wedding shoes.

### **And now, that aisle**

The next day, Gorden takes an assisted walk down the imaginary wedding aisle. She drapes her arms over a therapist's shoulders, sticks her tongue between her teeth and pushes hard in four upward lunges to get out of a chair. Another therapist holds a remote to fire electrical pulses that will flex her toe at the right moment in a step.

Gorden's hip brings her right leg forward in a stride but does not stop the toes in time. They cross over into the path of her waiting left leg. The therapist smoothly darts in her foot to slide Gorden's right foot back into line.

"The first step is always the hardest," Gorden says, gritting her teeth.

Three weeks later at a dance hall in Iowa, she smiles wide instead of clenching her teeth. Wearing a blue satin bridesmaid's dress, Gorden is wheeled to the start of the aisle.

She pulls hard on the arm of her brother on her left and the best man on her right, and they stand upright together. A pause, a few seconds to think, and then somehow a signal breaks through from her brain or her spine, and her right leg swings forward.

"Brittanie didn't want to get married until Mackenzie could walk down the aisle with her," said the girls' father, Steve Gorden. "I didn't know if it would ever happen or not, but it happened today." Brother Nick Gorden, right, and friend Jeremy Buschmann aid Gorden's steps. (Craig F. Walker, The Denver Post)

The steps are not beautiful, on their own. Her right leg crosses too far, her left leg follows, also too far. But each time, the men bracing her discreetly slide their loafers in to nudge her foot back in line. Gorden joins the other bridesmaids at the altar. The wheelchair carries nothing but



Gorden's bouquet.

Karen had said in the first year of her daughter's injury that she had lost all the daydreams of Gorden getting married. But she thinks she "can see that happening, now."

Brittanie follows up the aisle and hugs her little sister hard.

Only then does Gorden sit back down in the wheelchair.

*Michael Booth: 303-954-1686,*

*or [twitter.com/mboothdp](https://twitter.com/mboothdp)*

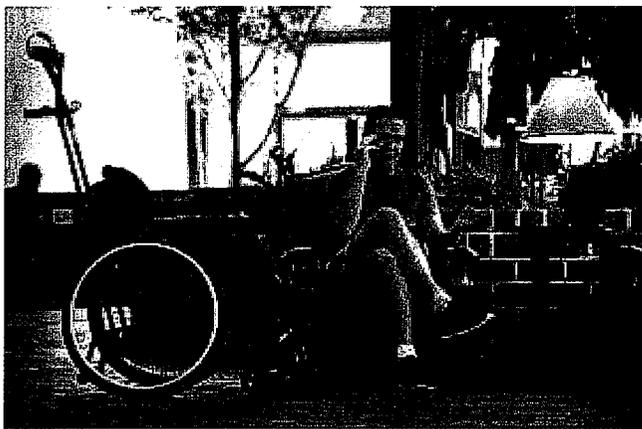
## New technologies promise advancements in treatment for spinal-cord injuries

By Michael Booth *The Denver Post* *The Denver Post*  
Posted:

DenverPost.com

**Balancing optimism with realism is a challenge that spinal-cord patients face the moment they regain consciousness. But there are encouraging signs a revolution in technology may speed the process of regaining mobility.**

Rapid advances in technology are hastening the spread of new, motion-based treatments for people paralyzed by spinal-cord injuries, raising their hopes of moving in ways they never dreamed would be possible again.



Pearson stayed in a local hotel and kept up on his consulting business during the therapy. (Craig F. Walker, *The Denver Post*)

Fast-improving, computer-assisted machines promise lighter and cheaper robotic walking suits, artificial limbs controlled by mere thought and wheelchairs that go upstairs, among other long-sought goals.

The future holds promise in an area of research that has seen more than its share of failure and frustration. Helping fuel that optimism is locomotor treatment, which leading rehabilitation centers including Craig Hospital in Englewood are using to re-create walking motions by force until patients' spinal cords learn to control muscles.

Locomotor patient Kyle Pearson, who broke his back and 10 ribs at Breckenridge on a ski vacation from Dallas in January, remembers two moments in his recovery very clearly. The first was the face of Craig's Dr. Dan Lammertse, visiting him post-surgery.

During Lammertse's ritual probing of his wrecked body for sensations and movement, Pearson wiggled his left big toe. "He told me, 'You've got possibilities.' I'll never forget that," Pearson said.

The other moment came this summer. Pearson was using a motion-training treadmill to regain a walking pattern, but his calf wouldn't pull his toe up to keep from stubbing. A Craig therapist jolted his right leg with electrons to coax his foot into line.

"That was my first 'walking' day," Pearson said. "My soul realized I was upright and walking, and that really feeds my motivation."

**WORKING HARD.** Therapists at Craig Hospital in Englewood help Kyle Pearson. Near the end of his session, Pearson walks with the help of a cane and while listening to advice from therapist Janell Jones, center. Pearson's workouts are based on a progression of goals to move him from a wheelchair to two crutches to two canes and then to one cane. (Craig F. Walker, *The Denver Post*)



Pearson recovered at Craig until April, then came back for a two-month push to leave his wheelchair and resume family life and an engineering consulting career in Texas. Doctors reminded him the body recovers for up to two years. So Pearson set up a progression: wheelchair to two crutches, then one crutch, then walking with two canes and finally walking with one cane.

"It's an awkward stage," he said in August. "I've learned the wheelchair skills, but I am close on

these other things."

Spinal-cord experts say it is common for patients with spinal-cord injuries to reach such a stage as their recovery slows. They'll see a YouTube video of a prototype wheelchair climbing stairs. Or a personal-assistant robot. Or claims of a paralyzed mouse walking after a stem-cell injection. With such enormous change coming, should patients adapt now or wait for the revolution?



**IMPRESSIONS.** Kyle Pearson, above, prepares to enter the courtroom with his wife, Leann, at the Denver City and County Building. Pearson's progress finds him using canes sometimes and a wheelchair at others. First impressions are key to his credibility as a court expert, he says, so he prefers to walk in using canes. (Craig F. Walker, The Denver Post)

"Why learn how to use a wheelchair properly if you're going to be walking in a few years," summed

up Dr. Phillip Boninger, a spinal-cord research expert at the University of Pittsburgh Medical Center. Patients may put off important wheelchair skills — like learning to jump up a small curb — or decline to adapt cars for hand controls, both key steps to independent and satisfying living.

## Encouraging signs

There are encouraging signs a revolution in technology may speed the process of regaining mobility.

New generations of exoskeletons for both mobility and training in medical recovery are under development by at least five companies and research groups, with the competition driving price down while improving usability.

Experts and patients who have tried older models say the next wave of external walking devices could be half the price and half the weight of current models. They also will move beyond limits of indoor walking and flat terrain and start tackling stairs.

Exoskeletons and similar mechanized walking aids should also prove useful in rehab for stroke

victims, a large and growing category of paralysis injuries as the U.S. population ages.

Wheelchairs are also getting lighter, smarter and more versatile, with the possibility of voice commands and tanklike tracks climbing stairs. Google and other companies are deep into research for computer-driven cars, an able-bodied market that will clearly benefit paralysis patients.

- Scientists are teaching completely paralyzed people how to move limbs merely by thought, implanting a chip called a brain-computer interface. Past machinery achieved 2.5 degrees of arm movement in an arc; Boninger's group recently published results showing 7 degrees of movement in a person with a degenerative disease who hadn't moved the arms in 11 years.

A few degrees of arm movement can be the difference between needing a paid assistant to get dressed and putting on your own shirt, patients and therapists say. Patients saw the technology on "60 Minutes" and wanted to know when they could get one.

Boninger's response: "You can get one when insurance is going to cover it" — which means years down the road.

- Crowdsourcing, social media and smartphone apps will go a long way to replace the kind of controlled-group studies that are nearly impossible to finish among spinal-cord patients. Finding enough similar patients and training the research centers to treat subjects the same way — while landing long-term financing — have proven too difficult in past research.

"We want the individual putting their own information in from the time of the injury, to benefit themselves, and then we can mine that data," said Dr. John McDonald, who is with Johns Hopkins University's Kennedy Krieger Institute. Smartphone apps can tell patients using locomotor exercises exactly what to do and when; collecting thousands of such reports will tell researchers what works.

Functional electrical-stimulation devices to improve muscle movement can cost \$15,000, McDonald said; smartphone technology could manage delivery of the same stimulation for \$800.

"Major sea-change shifts in medicine have been made because of advances in technology, not because of 'discovery,'" he argued.

### **Optimism and realism**

Balancing optimism about the future with realism about the now is a challenge that spinal-cord patients face the moment they regain consciousness in an intensive-care unit.

Craig Hospital's director of research, Dr. Dan Lammertse, is one of the first faces that patients such as Pearson see when they wake up from spinal-cord surgery. Lammertse tries to balance optimism with realism. (Craig F. Walker, The Denver Post)

"I'd love to put the wheelchair aside," said quadriplegic Tanya Davis, 38. "But to do that would take a lot of effort on my part, and the Lord's part."



In her 30s, decades after a high school car accident, Davis entered a locomotor treatment program at an Atlanta rehabilitation center. She went from needing help to stand with a walker to reaching the altar for her 2010 wedding. For another year, she worked hard and kept walking.

Then life happened, and she backed away. The round trip for the therapy regimen is a three-hour ordeal, three times a week. The job she needs to stay independent leaves her too tired for exercise.

Without the aid of a research trial, the long-term cost of locomotor training outpaces her income.

Advocates of locomotor are moving to prove their revolutionary theories can be a practical benefit for the here and now. Cost is always a factor, with the intensive therapy requiring thousands of dollars a week in personnel and machinery.

A 2012 study estimated the lifetime cost of equipment, transportation and home modification for a 4-year-old with a spinal injury is up to \$772,000. Restored motion and complications avoided because of intensive locomotor therapy could cut that by \$571,000, said the study published in the *Journal of Neurologic Physical Therapy*.

Jo Donlin, a Denver woman who lost leg use and arm strength in an accident 23 years ago, attests to the cost-benefit of the new emphasis on movement training.

Once captain of a state-champion high school basketball team, Donlin uses Craig's gym to redevelop her arm strength and fight dizziness that results from nerve loss.

If she could work to transfer herself from bed to a morning shower, she could cut expensive personal-aid time. At \$10 to \$15 an hour, shaving 15 minutes of help a day "means a lot" over a year, Donlin said.

Donlin does not count herself among the many wheelchair users determined to walk again, as soon as possible, at any cost. Her career is a time-consuming priority.

"My attitude is, I'm not going to wait around for the 'cure.' But if it ever comes, I want to be healthy and ready," she said.

### **Far too impatient**

James Nall is the first to admit he is far too impatient for that approach.

For Nall, the former Arvada restaurant manager who fell down his home stairs, it's getting his legs back, or bust.

He will exhaust himself in the Craig Hospital gym for a few more months to find out just how far he can get. If 25 push-ups seem good, Nall will do 50. He turns up the dial on his electronic muscle stimulators to a number that makes his therapists cringe.

Candy Tefertiller, Craig's chief of physical therapy, says Nall is one of the best examples why hospital staffers never try to predict final outcomes for paralyzed patients. One day, Nall will be frustrated his right knee won't lock to let him stand. A few weeks of intense stimulation and gait-training later, Nall is taking 10 to 15 full steps with no stimulation needed for his right quadriceps.

He can now transfer himself from his wheelchair to his bed using either side of his body, instead of just his right side. "I can curl my toes on my left foot," he says.

Soon, he plans to walk along parallel bars he made of plastic pipe in his garage. A little more consistency in locking his right knee and he will try standing up every hour or so at home to cook at his kitchen counter or reach to a laundry shelf.

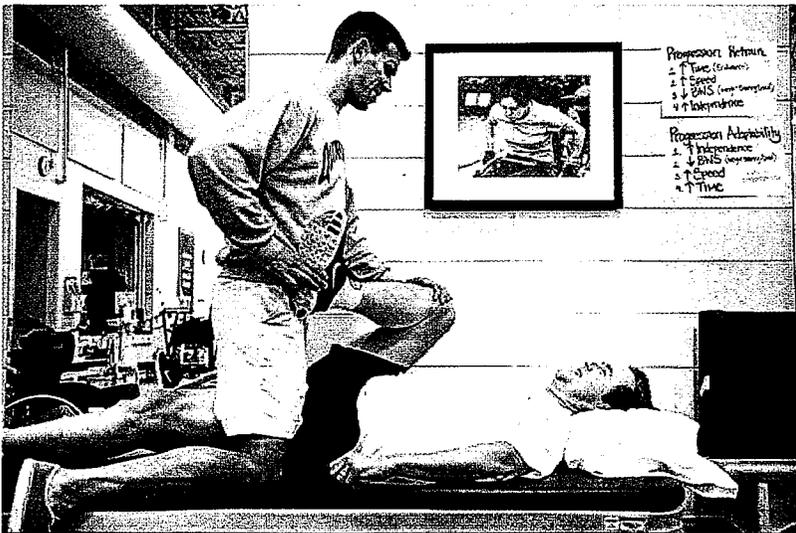
He absorbs everything Craig leaders are trying to learn about locomotor training, then seeks out more. "I eat and sleep therapy," Nall says. "I'm a Google-pedia on all research studies." He knows pure scientists want more proof that locomotor works, and how it works.

"None of this is proven, but I don't really care," Nall says. "For me, this wheelchair is not an option, and still isn't.

"I do believe the will of a person is stronger than medical research or probability."

*Michael Booth: 303-954-1686,*

*or [twitter.com/mboothdp](https://twitter.com/mboothdp)*



**FLEX SCHEDULE.** Therapist Trey Downey works with Kyle Pearson on flexibility, strength and muscle control at Craig Hospital. Pearson used his summer outpatient stint at Craig to regain as much movement as possible before resuming life in Texas. Patients often grow extremely close with hospital therapy staffers, who see them at their most vulnerable. (Craig F. Walker, The Denver Post)

## Next steps await Downtown Loveland

By Paul Mueller Loveland Reporter-Herald

Posted:

ReporterHerald.com

On a cold, windy evening in November 2008, the Community Foundation of Northern Colorado hosted an event at the newly opened Fountains of Loveland on the west side of town titled Destination Downtown Loveland. The event attracted a diverse audience of nearly 250 individuals, made up of old-timers, newcomers (including this author), business owners, city officials and curious residents.

Not lost on everyone was the irony that while this event was about downtown, there was not a suitable venue to hold the event downtown. In fact, downtown did not seem to have a lot going for it at the time. That all changed on the evening of Nov. 13, 2008.

In an article published on Nov. 14, 2008, the Daily Reporter-Herald focused on a key quote provided by Senior Fellow at the Urban Land Institute, former Indianapolis Mayor and Congressman Bill Hudnut:

"Your downtown, like the whole community, is a jigsaw puzzle, and you have to put it together."

Mayor Hudnut explained that we all play a role in the redevelopment of our downtown core -- public, private and philanthropic. Instead of a game of chicken to see who will take the first step or take on all the risk, successful downtowns are a collaborative enterprise that requires the sharing and mitigation of risks. He illustrated the point by saying the public sector steers the boat, while the private sector rows the boat.

So five years later, it seems some of the jigsaw pieces are beginning to fall into place. Consider a few: the expanded Rialto Theater Center, the Gallery Flats development under construction, the Artspace live/work housing project to hopefully break ground soon, new craft breweries and restaurants with outdoor seating and new employers locating in downtown, including Lightning Hybrids, Road Narrows Robotics and (soon) Madwire Media.

With this much progress in a relatively short period of time, some people might be tempted to advocate that downtown "has arrived," and now we need to shift our focus elsewhere. Tempting, yet wrong!

While we see progress, there are occasional setbacks, too. We still have too many downtown merchants who are vulnerable and sometimes go out of business, and employers, such as Interweave, who decide to relocate elsewhere. This inevitable ebb and flow led someone to observe, "Downtowns are always on the precipice between outrageous success and dismal failure."

What never changes is the fact the world is changing. Downtowns never really "arrive," they evolve. While we see new construction, new venues and new restaurants, now is not the time to take our eye off the ball or to pat ourselves on the back for "mission accomplished."

Now is the time to elevate the conversation about the shape, feel and design of a rejuvenated downtown Loveland.

Just like five years ago, the Community Foundation of Northern Colorado will present "Destination Downtown Continues ... Piecing the Puzzle" on Oct. 30 with another senior fellow from the Urban Land Institute, Ed McMahon. This time, however, the event will take place downtown at the Rialto Theater Center -- the whole center!

The program will begin at 4:30 p.m. in the theater, followed by a reception in the upstairs community area catered by Next Door Food & Drink.

Also like five years ago, this event is open to all curious residents (old-timers and newcomers alike), including business owners, Realtors, developers, city staff, public officials and anyone who has a desire to work for a vibrant and inviting downtown Loveland.

You'll hear from both local and national presenters on a number of topics. First, we'll pause to celebrate some of the achievements of the past five years and, perhaps, peek into the future. You'll learn about the residential and commercial real estate trends occurring right now in downtown and their economic implications. Local dealmakers will share their experience about the challenges and the opportunities of doing business downtown. Finally, you'll have a chance to witness the trends and developments that are happening across the country that are making downtowns livable, lovable, walkable and FUN!

You have to act fast, though. The seating for this event is limited to the capacity of the Rialto Theater.

RSVP as soon as possible by calling 224-3462 or registering online at [nocofoundation.org/367](http://nocofoundation.org/367).

Are you in?

Paul Mueller is a Loveland CPA and downtown resident, as well as the chairman of the Loveland Community Fund.

## River's facelift going forward

Jennifer Smith [jsmith@ourcoloradonews.com](mailto:jsmith@ourcoloradonews.com) | Posted: Friday, October 25, 2013 3:31 pm

The workflow continues on the South Platte River, with the next phase of improvements set to begin in January.

"We're trying to get it to be more of a creek inside a river," explained Ben Nielsen of McLaughlin Whitewater Design Group, which is consulting on the project.

The first phase, the portion of the river that runs through South Platte Park, wrapped up in June at a cost of \$880,000. Features were added to create a more meandering path in some places, and the banks were stabilized. The river was narrowed from 100 feet across to 40, in turn deepening it. All the enhancements were designed to maintain flood protection while improving the living conditions for fish and other wildlife.

The same will occur in phase two, from the Meadowood mobile-home community upstream to South Platte Park, at an expected cost of \$1.1 million. The third and last phase, from Mineral Avenue upstream to C-470, should start in November of next year and cost \$2.6 million.

Arapahoe County and the Urban Drainage and Flood Control District are the major funders, but they're joined by the cities of Littleton and Englewood, the Colorado Water Conservation Board and South Suburban Parks and Recreation District. The goal is to cure ailments caused by the construction of Chatfield Dam, built after the major flood in 1965.

The once-rushing flow of the river is now controlled by the release of water from Chatfield Reservoir. This lowered the water level, resulting in a shallower river too narrow for its banks. It also straightened the Platte's course and, because water from Chatfield is free of sediment, created perfect conditions for excessive erosion. This threatens the trees and other vegetation on the river's banks. All in all, the Platte is a much less attractive environment for wildlife than before the dam existed.

"A natural-based restoration approach was taken for proposed improvements whenever possible," reads a report prepared by Ecological Resource Consultants Inc., which designed the project. "The guiding principle of the natural-restoration approach is that an enhanced stream system should mimic a natural channel in appearance and function. Re-creating the natural form and function within the stream system will allow lost natural balance to be restored."

A separate project is in the works for north of Littleton, which will create a "mini-Confluence Park" between Oxford and Union avenues. It could feature kayaking, surfing, tubing and wading, and be accessible to the disabled. The South Platte Working Group is still rounding up money for it, but assuming all goes well, construction should start in winter of next year.

## Your City

# City to sell land to spark development

By Clayton Woullard  
YourHub Reporter

Englewood is prepared to sell a 6,250-square-foot parcel of city land to the Englewood Urban Renewal Authority that will be used as part of a larger redevelopment project along Broadway.

Alan White, community development director for Englewood and executive director of the urban renewal authority, said the property at 3415 S. Broadway has been vacant for 30 years. It's adjacent to much more unused space that is being prepared for lofts and commercial space by Medici Communities. White said the city identified that space as prime for redevelopment and in March sent out a request for proposal. Medici was selected in August and is planning the Broadway+Acoma Lofts including 114 rental housing units and 23,500 square feet of first-floor retail and commercial at the corner of Broadway and Englewood Parkway.

The URA also owns another 3,000 square feet to combine with the about 6,000 square feet projected to be sold to the URA for \$215,000.

"Either parcel really has very limited development potential sitting by itself," White said. "In combination they have a much better development potential."

The actual sale of the parcel won't happen until the URA seals the real estate deal.

"I think it will show that the city is interested in seeing private investment in the area," White said. "There will be interest in the new uses that come to the area, there will be demand generated from new residents in the area to the project and when you create a project that is well-designed and very active that tends to have a spillover effect to adjacent areas."

Troy Gladwell, owner of Medici Communities, said he and his company have been looking at the entire plot of land, which includes parking, that has been largely vacant for the past 30 years, for about five to eight years.

"This feels like the time is right, there's a lot of activity going on on that block," Gladwell said. "That whole vibe down in that area feels like possibly it's a time for a change."

He said they've already decided to have a restaurant open at the northeast corner of Englewood Parkway and Broadway, but that their company wouldn't primarily deal with what happens to the commercial space as they mostly manage residences.

Gladwell said this is just the beginning for them and they'd like to see more redevelopment furthered in the area.

"We're trying to create a little downtown," Gladwell said.

Mayor Randy Penn said the Oct. 23 public hearing people were complaining about the project, but that it probably came from a "not in my backyard" point of view.

"I think overall there are some people just not ready for change and not ready for neighbors behind them and then there are neighbors who are excited," Penn said. "So we have to find a median there for answers that satisfy both sides."

He said the city is still listening to their concerns and they're just in the early stages of the process. He said they have to make sure it's a quality development as what they already have.

Gladwell said it will probably take a year to finish design before construction begins.

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**From:** of DOT - CDOT, News  
**Sent:** Wednesday, October 30, 2013 9:32 AM  
**To:** Mindy Crane - CDOT  
**Subject:** Fwd: RAILROAD REPAIRS TO CLOSE SANTA FE DRIVE NEAR OXFORD AVENUE NEXT WEEKEND

October 30, 2013

Contact: Mindy Crane – [\(303\) 757-9469](tel:3037579469)

Cell – [\(303\) 880-2136](tel:3038802136)

**RAILROAD REPAIRS TO CLOSE SANTA FE DRIVE NEAR OXFORD AVENUE THIS WEEKEND**

**DENVER – Starting at 10 p.m. on November 1, 2013 and continuing until 5:30 a.m. on November 4, 2013, weather permitting, all lanes of northbound and southbound Santa Fe Drive between Union Avenue and Oxford Avenue will be closed for railroad crossing repairs. The Colorado Department of Transportation (CDOT) and the Union Pacific Railroad will work together to replace the at-grade crossing on Santa Fe Drive approximately 500 feet south of Oxford Avenue.**

**“Over the last several months, the roadway and the material between the rails have failed, creating an uneven driving surface,” said CDOT Resident Engineer Ron Buck. “In order to resolve the issues at this location, we must replace the railroad crossing including the roadway approaches and rail components. To complete the work in a safe and timely manner, both directions of Santa Fe Drive must remain closed for the duration of the weekend.”**

**During the closure, business and residential access will still be available at Oxford Avenue and Union Avenue. Through traffic will use the following detour routes:**

**Northbound Santa Fe Drive: Motorists on northbound Santa Fe Drive can take Belleview Avenue west to Federal Boulevard and then travel north on Federal Boulevard to Hampden Avenue. Take Hampden Avenue east to Santa Fe Drive.**

**Southbound Santa Fe Drive: Motorists on southbound Santa Fe Drive can take Hampden Avenue west to Federal Boulevard and then travel south on Federal Boulevard to Belleview Avenue. Take Belleview Avenue east to Santa Fe Drive.**

**Throughout the weekend, major delays are expected in the area and alternate routes are strongly advised. CDOT would like to remind motorists to obey all construction signs and flaggers and to “Slow for the Cone Zone.”**

**All lanes of Santa Fe Drive will reopen by 5:30 a.m. on November 4 and all work is weather permitting. An update will be provided should weather postpone the work.**

**Lawrence Construction Co. is the contractor for the repairs estimated to cost \$998,000**

**# # #**



# C I T Y O F E N G L E W O O D

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## MEMORANDUM

TO: Gary Sears, City Manager

THROUGH: Andrew Marsh, Fire Chief

FROM: Laura Herblan, Fire Marshal

DATE: October 29, 2013

SUBJECT: Press Release / Recap of 2013 Fire Prevention Week Poster Contest

The Englewood Fire Department recently joined forces with the nonprofit National Fire Protection Association (NFPA) to remind local residents to “Prevent Kitchen Fires”. During this year's fire safety campaign, firefighters spread the word about the dangers of kitchen fires- most of which result from unattended cooking, and teaching local residents how to prevent kitchen fires from starting in the first place. During Fire Prevention week, Englewood firefighters visited the All Souls Catholic School, St. Louis School, and Bishop, Charles Hay, Cherrelyn, and Clayton Elementary schools to educate students about the importance of fire prevention. By the end of the week the firefighters taught approximately 1765 children from grades K-6.

For the fifth year, the Englewood Fire Department also sponsored a poster contest for grades K-6. This effort provides a fun opportunity to educate Englewood children about safety issues by giving students an opportunity to participate in a poster contest highlighting the importance of fire prevention and safety. The contest was open to each class that attended a fire safety presentation and each class was given the opportunity to submit one poster. The judging was conducted for each grade level and their posters were given a 1<sup>st</sup> through 3<sup>rd</sup> place ranking. The 1<sup>st</sup> place winners are scheduled to receive recognition before the Englewood City Council on November 4<sup>th</sup>. First place winners will also be recognized at their school by an ice-cream social with firefighters. This year's winning classes and teachers are as follows:

Kindergarten –	St. Louis School
1 <sup>st</sup> Grade –	Cherrelyn Elementary – Ms. Smith
2 <sup>nd</sup> Grade –	All Souls – Ms. Perkins
3 <sup>rd</sup> Grade –	All Souls – Ms. Hombs
4 <sup>th</sup> Grade –	All Souls – Ms. McCollough and Ms. Prado
5 <sup>th</sup> Grade –	St. Louis School – Ms. Kaspar
6 <sup>th</sup> Grade –	Cherrelyn – Ms. Andersen, Ms. Tarkanian, and Ms. Jackson

***Congratulations to all of our winners!***

EFD would like to thank interns Randon Grimes and Colleen VerCande, as well as to EFD's Brian Baker, Mike Osgood, Greg Weaver, Bill Kuhn and Wes Nieto whom did a fantastic job of organizing and delivering a great fire safety message this year!

**Subject:**

FW: E Invite for council



**Join us for the grand re-opening ceremony  
of Northwest Greenbelt Playground**

**Saturday, November 2 · 10 a.m.**

**Northwest Greenbelt Playground**

**2222 W. Vassar Ave. (Vassar Ave. and Tejon St.)**

**Light refreshments**



Join us for the grand re-opening ceremony of Northwest Greenbelt Playground

Saturday, November 2 · 10 a.m.

Northwest Greenbelt Playground

2222 W. Vassar Ave. (Vassar Ave. and Tejon St.)

Light refreshments



8751 Mallard Place  
Littleton, CO 80126

303.437.4948

[www.zc3.us.com](http://www.zc3.us.com)

**NOTICE OF PUBLIC HEARING  
PLANNING AND ZONING COMMISSION  
November 5, 2013  
7:00 P.M.**

Dear Neighbors:

Notice is hereby given that a Public Hearing is scheduled before the City Planning and Zoning Commission on November 5, 2013 at the hour of 7:00 P.M., in the Englewood City Council Chambers, 1000 Englewood Parkway, Englewood, Colorado.

**CASE #ZON2013-002:** The issue to be heard before the Commission is a request to consider the proposed Chick-fil-A Planned Unit Development (PUD) at 3085 South Broadway and 3066-3090 South Acoma, Englewood, Colorado. The proposed PUD would allow a drive through restaurant on the property.

**Case #SUB2013-0080:** The issue to be heard before the Commission is a request to consider a Major Subdivision at 3085 South Broadway and 3066 - 3090 South Acoma Street. The Major Subdivision would combine all properties and approve the dedication of land for public rights-of-way.

A copy of the proposed PUD and Speer's Broadway Addition Filing 2 may be reviewed in the Community Development Department. Anyone interested in the proposed PUD or Subdivision is invited to attend the Public Hearing and address the Commission at that time.

For information on this PUD and Subdivision, contact the Community Development Department at 303-762-2347.

**APPLICANT: ZC3, LLC**

# MEMORANDUM



**TO:** Gary Sears, City Manager

**THROUGH:** Rick Kahm, Director of Public Works

**FROM:** David Henderson, Deputy Public Works Director ✓

**DATE:** October 30, 2013

**SUBJECT:** PROJECT UPDATES – Redevelopment at 5001 S. Broadway, Flood Middle School Redevelopment, Security Camera Project, Police/Fire Parking Lot, Servicenter Stormwater Improvements, Northwest Greenbelt Playground Project, The Englewood Campus, Craig Hospital Expansion, Xcel Energy Projects, Kent Place, CityCenter Site Development, Englewood McLellan Reservoir Foundation, Air Quality/Energy Savings Projects, GPS in City Vehicles

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## **REDEVELOPMENT - 5001 S. BROADWAY**

Demolition of the Larry Miller Nissan building is complete. **Construction of the Advance Auto store continued. Colorado Structures Inc. began construction of the Sprouts store this week. Site work (traffic signal, new sidewalks, and utilities) began this week. The contractor continued laying out locations of the new traffic signal and driveways for our approval. Staff is waiting on a revised schedule for the site work and will forward the information when received.**

## **FLOOD MIDDLE SCHOOL REDEVELOPMENT**

Demolition is complete and Wood Partners now owns the site. **Wood Partners' contractor began rough grading the site this week. Staff is coordinating the undergrounding of Xcel lines and continued meeting with Wood Partners regarding other required utility relocations. Pending weather and the completion of grading operations adjacent to Kenyon Avenue, Xcel Energy's contractor is expected to begin undergrounding of overhead power lines on November 4<sup>th</sup>.**

## **SECURITY CAMERA PROJECT**

Final plans and specifications are complete and the Request for Proposals (RFP) has been advertised. A vendor walk-through was conducted on October 8<sup>th</sup>. **Five proposals were submitted on October 29<sup>th</sup>. Staff is in the process of reviewing the proposals and we expect to present a recommendation to City Council on December 2<sup>nd</sup>.**

## **POLICE/FIRE PARKING LOT**

**All three of the parking lots have been paved. Pavement markings (performed by a private contractor) require corrections. These corrections should be complete this week (weather permitting).**

## **SERVICENTER STORMWATER IMPROVEMENTS**

To assure compliance with state and federal requirements for stormwater runoff, Street Division staff is constructing an area to wash trucks, fire equipment, and street sweepers. The area will be isolated from the storm sewer system that goes to the Platte River. This is a short term solution until we can construct a new addition to the Servicenter that incorporates a truck washing station meeting all applicable standards. The Servicenter has included \$550,000 in the 2014 budget to accomplish this required improvement. **Staff has reviewed the car wash design proposal, and will attend an upcoming Study Session to discuss this proposed project.**

**NORTHWEST GREENBELT PLAYGROUND PROJECT**

Richdell Construction has completed the project. A Grand Opening is scheduled for November 2<sup>nd</sup> at 10:00am.

**THE ENGLEWOOD CAMPUS**

Englewood School District continues construction of the new campus on South Logan Street. Staff is monitoring the public right-of-way construction to assure conformance with approved plans and agreements.

**CRAIG HOSPITAL EXPANSION**

The 3400 block of South Clarkson Street was closed on January 22<sup>nd</sup>. Construction of the new campus continued.

Installation of radar speed signs and upgraded pedestrian flashers on Hampden Avenue is complete. New ADA compliant ramps have been installed at the northeast corner of Hampden/Pearl. A new accessible ramp was installed at the mid-block crossing between Pearl and Washington on Saturday, October 26<sup>th</sup>. This completes the improvements scheduled for Hampden Avenue adjacent to Swedish Hospital.

**XCEL ENERGY PROJECTS**

**Gas Line Replacement Projects**

Xcel's contractor, Q3 Contracting, continued tying in a few remaining services. Q3 is patching trenches and restoring pavement, including milling and overlay. Xcel expects their contractor to be complete by November 11<sup>th</sup>. Street Division and Traffic Engineering crews are monitoring the work on a daily basis.

**KENT PLACE**

The contractor continued work on the residential apartments.

**CITYCENTER SITE DEVELOPMENT**

**Alexan East and West Parcels**

438 residential units. Alexan's occupancy level for October, 2013 is 95%. Commercial uses: Let It Bead, Liquor Store, State Farm, Lifetime Family Practice, Cuttin' It Loose, Foothills Physical Therapy, CityCenter Community, Nixon's Coffee House, Weingarten Realty, and King Liquor Store.

**Parkway Retail / Office Buildings**

Commercial uses: The International House of Pancakes (IHOP), Qdoba, GNC, Supercuts, Nails Center, CityCenter Dental Group, Tableaux Interior Design, Englewood Eyecare, Collective Licensing Int'l, Inc., Quizno's, "Insurance Company of the West", Fred Astaire Dance Studio, Wellness Treatment Center, SB Clark Companies, Unifocus, Bartertown Comics, and XL Edge.

**Bally's Building**

Tenants include Bally's, "Blondies Fire House Pub and Restaurant", and MaxFour.

**Retail South of the Parkway**

Tenants: Petco, Ross, Coldstone Creamery, Noodles, Office Depot, Einstein Bagels, and Spirit Halloween.

**Gold Mine Pad**

Tenants include: Jamba Juice, Tokyo Joe's, and Doctors Express.

**CityCenter Site**

EEFI continues project management of all infrastructure on the site. Staff is monitoring the security, sweeping, snow removal, and day porter services performed under the Common Area Maintenance.

Comcast continued installing new high-speed internet infrastructure at CityCenter to serve the Alexan Apartments and Weingarten's office tenants.

Decking has been installed over the fountain to accommodate the Holiday Tree. **Installation of holiday lighting is scheduled to begin November 13<sup>th</sup>; installation of the tree should begin on November 20<sup>th</sup>. A tree lighting ceremony is scheduled for Monday, December 2<sup>nd</sup> at 5:30pm.**

**ENGLEWOOD MCLELLAN RESERVOIR FOUNDATION (EMRF)**

PA-84 West

The Mike Ward Infiniti dealership opened on Monday, August 29, 2011.

The Larry Miller Nissan Dealership opened on February 11.

PA-85 (RTD site)

RTD paid the final billing in the amount of \$591,836.86. Finance has deposited this money in the LTAR fund.

PA-85 (Benjamin Franklin Charter School)

The Benjamin Franklin Charter School is open.

**AIR QUALITY/ENERGY SAVING PROJECTS**

Flex Fuel Program

Currently, 39 of our fleet vehicles are running on E-85 ethanol fuel. All new replacement vehicles (less than ¾ ton) will be compatible with E-85. Approximately 50 Flex Fuel vehicles will be in our fleet within two years. Currently, the cost of E-85 fuel is approximately \$0.40 per gallon less than regular unleaded gasoline. Ten of our fleet vehicles run on Compressed Natural Gas (CNG). 39 on-road vehicles and 23 off-road (construction equipment) run on biodiesel fuel.

Hybrid Vehicle Purchase

Two hybrid vehicles are in service, one in the Fire Department and one in the Building Division.

"Green" Programs

We continue to work with our vendors to expand the Green product line as it becomes available. 90% of our custodial paper supplies are from recycled sources. The Servicenter is now "single-streaming" waste at the Servicenter and a dumpster has been supplied for *cardboard only* recycling.

Energy Saving Projects

In 2001, the Public Works Traffic Division began an ongoing program to convert traffic signals from incandescent lamps to Light-Emitting-Diode (LED) bulbs. To date, 80% of our City maintained signals have been converted. LED traffic signals use 90% less energy than incandescent lamps, last five times longer, and provide better visibility.

Our Servicenter has received a grant from the Regional Air Quality Commission to install aerodynamic fairings on four Wastewater trailers. The grant covers 50% of the cost (total estimated cost is \$6,500 for the four trailers). These fairings will increase fuel mileage by up to 10% (1/2 mile/gallon).

GPS IN VEHICLES

The City received a grant, through RAQC (Regional Air Quality), to install 37 GPS units in some of our fleet vehicles. The GPS units have been installed in Police patrol vehicles, Public Works vehicles, Fire Department equipment, and some Wastewater Treatment Plant vehicles. Police and Fire have gone live with the system and are now able to track emergency vehicle locations 24/7. The system will allow us to track locations, easily obtain information regarding quantities of ice slicer dispensed, monitor idle times, and allow the public to track where plow trucks have been.

/lt

## COMMUNITY DEVELOPMENT MONTHLY UPDATE

### October 2013

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#### DEVELOPMENT REVIEW PROJECTS

- *Centennial Shopping Center (Federal and Belleview)*
  - New restaurant tenant seeking space in the vacant Panda Buffet location.
- *Kent Place (University and Hampden)*
  - The commercial and retail space is 100% leased.
  - Construction continues on the residential portion of the project.
- *Martin Plastics (Oxford and Navajo)*
  - Council approved a Redevelopment Assistance Agreement on April 15, 2013.
  - **Staff met with LCP to discuss the possibility of phasing the project and possibly keeping the bow-truss building. According to the PUD, an administrative modification can be made if the increase in ground coverage of structures is 20% or less. LCP will look into total ground cover and submit at a later date for a DRT meeting.**
- *Flood Middle School Redevelopment (Broadway and Kenyon)*
  - Construction drawings for a building permit have been reviewed and the architect will be resubmitting revised plans.
  - **Edward Barsocchi closed on the property with Wood Partners, who will ultimately develop the site. Building permits have been submitted and are pending final approval.**
- *Masonic Property (3500 South Sherman)*
  - Developer presented plans which include 40 townhome live/work units facing Sherman and Grant Street, plus two small (three story) condominium towers.
  - The developer applied for and was granted a variance for a reduction in the required amount of ground floor commercial space for this zone district.
  - Entitlements are in place; the developer is seeking capital to finance this project.
- *Craig Hospital Expansion (3425 South Clarkson)*
  - Craig Hospital closed Clarkson permanently on January 22.
  - Construction is underway.
- *Old Le Peep Site (990 West Hampden)*
  - Demolition of the site is complete, paving the way for VRCC's planned expansion.

- *3550 South Inca*
  - A DRT meeting was held in May with the architect for the Rocky Mountain Veterinary Neurology Clinic. The plans call for demolishing the existing building and constructing a new 10,000 SF facility.
  
- *Groove Toyota (5460 South Broadway)*
  - Construction is underway for a \$6.7 million project.
  
- *General Iron Works (Bates and Galapago)*
  - A developer submitted a DRT package for development of a new townhouse complex at this location. The DRT meeting was held on July 9<sup>th</sup>. The developer is working on revisions based on that meeting and is conducting environmental investigations.
  - A financing partner for the developer withdrew support.
  - Information was presented to another prospective townhome developer seeking sites near light rail locations in Englewood.
  
- *Navajo Apartments (4201 South Navajo Street)*
  - **The Navajo Apartments PUD was approved at the City Council 2nd Reading on October 7, 2013.**
  
- *Larry Miller Nissan (5001 South Broadway)*
  - The new owner applied for a subdivision to divide the property into three properties. The subdivision has been approved and recorded.
  - Vacation of Easements were approved on August 19, 2013.
  - A demolition permit was issued on August 21, 2013.
  - A site plan permit was issued September 17, 2013.
  - A building permit for Advance Auto Parts was issued September 17, 2013.
  - **A building permit for Sprouts was issued October 23, 2013.**
  - **A site plan for additional retail space in the center portion of the property was submitted for consideration at an upcoming DRT. Users of this space have not been disclosed.**
  
- *Nathan's Funtastic Fun (Broadway and Dartmouth)*
  - A revised site plan for Chick-Fil-A shows the long side of building facing Broadway, with the building closer to Broadway and Dartmouth, with drive-through around south and east side.
  - Chick-Fil-A submitted for a PUD; an internal DRT meeting was held on July 30<sup>th</sup> to discuss the submittal.
  - Chick-Fil-A held a neighborhood meeting on Wednesday, July 31<sup>st</sup> at 6:00 at the Mayflower Church on Acoma.
  - **The PUD and Major Subdivision are scheduled for a Planning Commission public hearing on November 5, 2013.**

- *Holiday Motel (4475 South Broadway)*
  - A DRT was held on April 23 to discuss the possibility of a second story addition on part of the existing building. The applicant stated that the motel is under new ownership and wants to do some work to façade of the building as well as interior remodel.
  
- AG Machining (4607 South Windermere)
  - Staff met with representatives from AG Machining during a DRT held August 20 to discuss a possible expansion to the current building. Staff provided comments and the representative is currently making revisions.
  
- Red Bird Farms (2520 South Raritan)
  - A representative for Red Bird Farms submitted for a DRT meeting to be held on August 27<sup>th</sup>. They are looking into doing an 11,500 s.f. addition to the existing building.
  
- *Englewood Shrine Club (Floyd and Logan)*
  - Shadow Creek Homes has purchased the Shrine Club building and is interested in developing the property with a residential use. A DRT application was submitted on September 23.
  - **The developer is requesting a PUD that includes renovating the former Shrine Club building into four rental homes. The proposal also includes the construction of four detached single-family homes, each with the potential for flexible living space located above the detached garages. A pre-application neighborhood meeting will be held at 6:30 pm on Thursday, November 7<sup>th</sup>, 2013 at 3299 S. Logan Street.**

## BOARDS & COMMISSIONS

- *Board of Adjustment and Appeals*
  - The Board approved a 7 foot front setback encroachment for a new commercial building at 2300 West Evans Avenue.
  - The Board approved a maximum 4 foot rear setback encroachment for an addition to an existing home at 3176 South Vine.
  - On May 8<sup>th</sup> the Board approved a variance to construct a front porch 36 inches from grade, 6 inches higher than the maximum 30 inches allowed.
  - **On October 9, the Board approved variances to reduce lot width and lot area at 3098 South Galapago.**
  
- *Keep Englewood Beautiful*
  - Commissioners are researching banning plastic bags in grocery stores.
  - Over two weekends a total of 252 households disposed of household hazardous waste and/or electronics, and 94 households disposed of electronic waste only. This total is up slightly from 2012.
  - **The Leaf and Tire Roundup will be held the weekends of October 27<sup>th</sup>, November 3<sup>rd</sup> and 10<sup>th</sup>.**

## COUNCIL REQUESTS

- CR13-005: Kent Place Neighborhood Developer Update
- CR13-006: Broadway/Chenango Sign
- CR13-009: Art Shuttle Ridership
- CR13-013: Bench at Art Shuttle Stop #10
- CR13-014: GIW Conditional Use Permit
- CR13-015: GIW Health Concerns
- CR13-025: Bus Bench Maintenance Contract
- CR13-027: Broadway/Dartmouth Proposal Status
- CR13-028: Acoma/Englewood Parkway Development
- CR13-067: Chickens, Dogs and Business
- CR13-072: Home Occupations
- CR13-075: Update of CR13-027, Broadway/Dartmouth
- CR13-087: Potential Zoning Violations on South Broadway
- CR13-097: EURA Proposals
- CR 13-101: Masonic Property Update
- CR 13-109: Flood Middle School Construction Inquiry
- CR 13-130: 3255 South Delaware Plantings Building Inquiry
- CR 13-140: Kent Place Construction Time Inquiry
- CR13-149: 4588 South Bannock – Swing Set Permit
- CR13-152: 4950 South Lipan Drive – Weeds/Zoning Violation
- CR13-155: 2690 West Union – Ingress/Egress
- CR13-165: Home Occupation Zoning Change Status
- CR13-166: Logan/Bellewood RV Occupancy Concerns
- CR13-178: Floyd Place – Brick Wall Settling

## HOUSING

- *Rehab*
  - Under Construction
    - 4896 South Delaware Street
    - 3686 South Fox Street

**In mid-October a new rehab loan servicing software was implemented after several months of testing and training. The new software replaces a legacy software and provides better customer service and financial report capabilities.**

- *Neighborhood Stabilization Program (NSP)*

**The eighteenth and final single-family home of Project Rebuild, the City's Neighborhood Stabilization program, was sold on October 24, 2013. With the close out of this program, staff has taken the initial \$1.7 million State Division of Housing grant and, by reinvesting each home's sale proceeds, leveraged the initial grant to a total program valued at \$3.3 million.**

- Sold:
  - 4819 South Delaware Street
  - 2215 West Wesley Avenue
  - 2198 West Adriatic Avenue
  - 2335 West Baltic Avenue
  - 4744 South Galapago Street
  - 2010 West Baltic Avenue
  - 3115 South Acoma Street
  - 3102 West Radcliff Drive
  - 4681 South Decatur #226
  - 2295 West Baltic Place
  - 2293 West Baltic Place
  - 2159 West Vassar Avenue
  - 3395 West Grand Avenue
  - 4585 South Julian Street
  - 4101 South Cherokee Street
  - 2320 West Harvard Avenue
  - 905 West Stanford Avenue
  - **4825 South Delaware Street**
  
- *Energy Efficiency Englewood (E<sup>3</sup>)*
  - The City received a Notice to Proceed for the 2013/2014 Energy Efficiency Englewood (E<sup>3</sup>) program. Community Development Block Grant funding was received for 12 income-eligible homeowners. Each grant is \$8,000, with a 20 percent match from the homeowner, for eligible energy saving home improvements. Applications have been mailed and interviews are starting. There are currently 45 people on the waiting list.
  - **Four of the 12 homeowners have received their energy audits and are proceeding with their energy saving upgrades.**

SPECIAL PROJECTS

- *Englewood Light Rail Corridor Plan*
  - A public hearing on the finalized planning document was held on July 16th before the Planning and Zoning Commission. A public hearing before City Council took place on August 19<sup>th</sup>. Council approved a Resolution to adopt the Englewood Light Rail Corridor Plan as a supplementary document in support of *Roadmap Englewood: The 2003 Englewood Comprehensive Plan*, at the September 3 City Council Meeting.
  - Community Development submitted an application to DRCOG for a second round of planning funding to explore in greater detail key implementation projects identified in the original Plan. DRCOG notified Community Development on September 19 that the City's application was approved for funding for fiscal years 2014-2015 by the DRCOG Board of Directors. The total approved funding amount for this project is \$300,000.

- *Development of Acoma/Englewood Parkway*
  - In March, a Request for Proposals was mailed to 42 developers, in addition to three companies responding to the sign placed on the property. Three proposals were received by the April 12 deadline.
  - On August 21, the Authority unanimously voted to pursue exclusive negotiations with Medici Communities on the Acoma/Broadway/Englewood Parkway property. City Council will be briefed on the project at the September 3 Study Session.
  - **Troy Gladwell of Medici Communities held a community meeting on October 16 to review the proposal and answer questions. Approximately 50 people attended. A second community meeting is scheduled for November 12.**
  - **Second reading is scheduled for November 4 on the sale of the City's parcel to the Englewood Urban Renewal Authority.**

## ZONING

- *Distilleries, Breweries and Wineries*
  - **The Ordinance became effective on October 6, 2013. Distilleries are now permitted as conditional uses in the M-2, MU-B-1, and MU-B-2 Districts, and a use by right in the I-1 and I-2 Districts.**
- *Home Occupations*
  - City Council asked staff to research possible changes to the Home Occupations policy in order to allow home businesses in the R-1-A zone.
  - Public Hearing with Planning and Zoning Commission was held on October 8, 2013. **The Commission voted to recommend approval to City Council.**
  - **First reading is scheduled for the November 18 City Council meeting; public hearing is scheduled for December 2.**
- *PUD Process Amendment*
  - On September 4, 2013 Planning & Zoning Commission reviewed proposed changes to the PUD review process. The Commission supports the two-step process, which allows a District Plan and Site Plan to be reviewed separately, allowing developers some level of entitlements before proceeding with a more detailed site plan.
- *Non-Conforming Structures*
  - The Community Housing Development Association requested a zoning text amendment to the UDC, so that their recently renovated apartments (Canterbury East and Canterbury South; 3550 and 3600 South Delaware Street) would not be non-conforming due to higher density.
  - Planning & Zoning Commission reviewed the request on September 17, 2013 and requested additional information on the number of structures in the City over the allowed density. Most Commissioners did not support a text amendment for a specific property or specific to affordable housing, but potentially would support rezoning for higher density in this area.

- Staff has found 104 structures that are nonconforming due to density. Staff continues to research options that preserve existing development and the right to rebuild following damage or destruction.
- *Small Lot Development Standards*
  - A Study Session was held at Planning and Zoning Commission on October 22, 2013. The study session focused on proposed amendments to the UDC that establish dimensional standards for small lots. The amendments provide property owners and lenders with a high degree of certainty for the purposes of appraisal, sale, additions, redevelopment, etc.
  - A public hearing is scheduled with Planning Commission on November 19, 2013.

#### ART SHUTTLE

- Due to the closure of Clarkson Street, a new shuttle route was implemented on January 22. Signs were relocated and new route maps were printed by Craig Hospital.
- The average ridership for 2012 was 15,852; a 2.7% increase over 2011.
- The average ridership through **September** 2013 was **15,237**.
- On May 20, 21, and 23, 2013, art Shuttle Stop 10 was temporarily relocated from the southwest corner of East Girard Avenue and South Clarkson Street to the southeast corner of East Girard Avenue and South Clarkson Street to accommodate construction at Craig Hospital.

#### BUSINESS NEWS

- *Arapahoe County Enterprise Zone*
  - Submitted 2012 annual report to Colorado OEDIT
  - 136 businesses submitted for certification. Total capital investment in the zone was \$124 million, and average salaries increased an astonishing 46% from 2011 to \$62,547.
  - Craig Hospital was approved by the State's Economic Development Commission as a qualified contribution project.
  - **The Colorado Office of Economic Development and International Trade has changed the software backing the enterprise zone and administrators across the state are working on implementing this new requirement. The impact to businesses is minimal – only 2013 precertification authorizations will be temporarily delayed.**
- *Commercial Catalyst Program*
  - 2013 Projects
    - Autolab – 4000 South Broadway. Approved grant for signage and site improvements. New signage installed and site improvements are underway. **New signage and site improvements are complete.**
    - Springs Automotive – 2855 South Broadway. Approved grant for signage and façade enhancements. Construction is complete.

- Brews on Broadway – 3445 South Broadway. Approved grant for signage. Construction is complete.
  - Lighting Outlet – 3400 South Broadway. Received application for façade and signage improvements. Pending final design and grant approval. Applicant withdrew from program citing limited funding.
  - Bill Smith Plumbing – 4101 South Broadway. Received application for signage and building enhancements. Pending revised sign designs. Received grant commitment letter.
  - Englewood Lock and Safe – 4310 South Broadway. Received application for signage enhancements. Pending revised sign designs. Applicant expressed desire to move project to 2014.
  - Fit:30 - 2950 South Broadway received a grant commitment for new signage. **Signage installed.**
  - 4361 – 4371 South Broadway – The property owner of this multi-tenant building is interested in façade enhancements to revitalize the façade and signage. **Grant commitment letter issued for façade enhancements.**
- Englewood Market Place
    - Costa Vida – Fresh Mexican has applied for a building permit. Staff is developing a scope of work for improvements to the Little Dry Creek Plaza in conjunction with this tenant’s commitment and consistent with Council’s direction. Design of site improvements for Little Dry Creek plaza is currently underway. **Costa Vida will open in early November.**

*Other Business Activities:*

- 4747 South Windermere: Regional roofing company seeking to expand into this property. Project is in the due diligence phase. Project now approved and under construction.
- Hilltop Motel – Contract pending for the sale of the property to a national chain restaurant. **Staff met with an architect researching zoning for possible dry cleaning business on this site.**
- New Business – Best Deal In Town signed a lease at 4371 South Broadway. This business is a television and electronics retailer. Now open.
- Restaurant considering redeveloping 3496 South Broadway with outside seating.
- A local landowner is in the early stages of working to develop a limited service hotel in Englewood. A meeting has been scheduled to brainstorm opportunities.
- The owner of the New London Motel on South Santa Fe Drive is working with Value Place Extended Stay Motels for a possible development at this site.
- Bleum Commerce recently moved its corporate headquarters to CityCenter Englewood. This multi-national company works with US companies for brand placement in China. The headquarters will house approximately 12

employees; however, the company has employees throughout the USA and in China.

- **2749 South Broadway – Vacant thrift store recently sold and will be remodeled for use by another retailer.**

**CITY OF ENGLEWOOD**  
**2013 CALENDAR OF EVENTS**



Mon., Nov. 4	6:00 p.m.	Executive Session, City Council Conference Room
	6:30 p.m.	Study Session, Community Room
	7:30 p.m.	City Council Meeting, Council Chambers
Tues., Nov. 5		Election Day – Please Vote!
	7:00 p.m.	Planning and Zoning, City Council Conf. Room/Council Chambers
Wed., Nov. 6	4:00 p.m.	Englewood Housing Authority Board Meeting, Housing Authority Board Room
	5:45 p.m.	Cultural Arts Commission, City Council Conference Room
	<b>Cancelled</b>	Local Liquor and Medical Marijuana Licensing Authority, telephone poll
<b>Mon., Nov. 11</b>		<b>City Hall closed – Veteran’s Day</b>
Tues., Nov. 12	4:00 p.m.	NonEmergency Employees Retirement Plan Board, Public Works Conference Room
	6:00 p.m.	Study Session, Community Room
	7:00 p.m.	Library Board, Library Board Room
	6:30 p.m.	Keep Englewood Beautiful, Council Conference Room
Wed., Nov. 13	5:00 p.m.	Water and Sewer Board, Comm. Dev. Conference Room
	6:30 p.m.	Englewood Urban Renewal Authority, City Council Conference Room
	<b>Cancelled</b>	Board of Adjustment and Appeals, Council Chambers
Thurs., Nov. 14	11:30 a.m.	Alliance for Commerce, City Council Conference Room
	3:00 p.m.	Police Officers Pension Plan Board, Public Works Conference Room
	3:30 p.m.	Firefighters Pension Plan Board, Public Works Conf. Rm.
	5:30 p.m.	Parks and Recreation Commission, Broken Tee Golf Course
	6:30 p.m.	Transportation Advisory Board, City Council Conf. Rm.
Mon., Nov. 18	7:30 p.m.	City Council Meeting, Council Chambers

Tues., Nov. 19	7:00 p.m.	Planning and Zoning, City Council Conf. Room/Council Chambers
Wed., Nov. 20	6:30 p.m.	Code Enforcement Advisory Board, City Council Conf. Rm.
	<b>Cancelled</b>	Local Liquor and Medical Marijuana Licensing Authority, telephone poll
Mon., Nov. 25	6:00 p.m.	Study Session, Community Room
<b>Thurs., Nov. 28</b>		<b>City Hall closed — Thanksgiving Day</b>
<b>Fri., Nov. 29</b>		<b>City Hall closed — Thanksgiving Day Holiday</b>
Mon., Dec. 2	5:30 p.m.	Holiday Tree Lighting, Piazza
	6:00 p.m.	Study Session, Community Room
	7:30 p.m.	City Council Meeting, Council Chambers
Tues., Dec. 3	7:00 pm.	Planning and Zoning, City Council Conf. Room/Council Chambers
Wed., Dec. 4	4:00 p.m.	Englewood Housing Authority Board Meeting, Housing Authority Board Room
	5:45 p.m.	Cultural Arts Commission, City Council Conference Room
	7:00 p.m.	Local Liquor and Medical Marijuana Licensing Authority, City Council Chambers
Mon., Dec. 9	6:00 p.m.	Study Session, Community Room
Tue., Dec. 10	7:00 p.m.	Library Board, Library Board Room
	6:30 p.m.	Keep Englewood Beautiful, Council Conference Room
Wed., Dec. 11	<b>Cancelled</b>	Water and Sewer Board, Comm. Dev. Conference Room /
	7:00 p.m.	Board of Adjustment and Appeals, Council Chambers
	6:30 p.m.	Englewood Urban Renewal Authority, City Council Conference Room
Thurs., Dec. 12	11:30 a.m.	Alliance for Commerce, City Council Conference Room
	5:30 p.m.	Parks and Recreation Commission, Malley Recreation Center
Mon., Dec. 16	Cancelled	Study Session, Community Room
	7:30 p.m.	City Council Meeting, Council Chambers

**TENTATIVE**

**STUDY SESSIONS TOPICS  
FOR ENGLEWOOD CITY COUNCIL**



November 4	Study Session & Regular Meeting Executive Session – Real Estate Aid to Other Agencies Board and Commission Members Reappointment Discussion
November 11	Study Session - Veteran's Day Holiday – no meeting scheduled
November 18	Regular Meeting Only New Council Swearing-In Ceremony @ Regular Meeting
November 25	Study Session Financial Report Council Policy Manual and Procedures City Council's membership on Boards/Commissions discussion Board and Commission Reports
December 2	Study Session & Regular Meeting Holiday Tree Lighting @ 5:30 p.m.
December 9	Study Session Board and Commission Reports
December 16	Regular Meeting Holiday Dinner – No Study Session Scheduled
December 23	Christmas Holiday week – no meeting scheduled
December 30	New Year's Holiday week – no meeting scheduled
January 6	Study Session & Regular Meeting Colorado & US Legislators - tentative
January 13	Study Session Board and Commission Interviews

January 21	Study Session & Regular Meeting – Tuesday Citizen of the Year Selection Board and Commission Appreciation Celebration Discussion
January 27	Study Session Board and Commission Reports
February 3	Study Session & Regular Meeting Arapahoe County Commissioners - tentative RTD Representatives - tentative
February 10	Study Session
February 18	Study Session & Regular Meeting – Tuesday
February 24	Study Session Board and Commission Reports
March 3	Study Session & Regular Meeting
March 10	Study Session NLC Conference in Washington, D. C.
March 17	Study Session & Regular Meeting
March 24	Study Session Board and Commission Reports
March 31 <sup>st</sup>	No meeting scheduled – 5 <sup>th</sup> Monday

### **FUTURE STUDY SESSION TOPICS**

South Metro Fire Rescue Authority Feasibility Study  
 Citizen Engagement/Mindmixer  
 Nextdoor Network  
 Public Comment Process  
 Security Camera Update  
 City/School Agreements  
 BID Assets/Additional Information  
 Metro Fire Training Center Options  
 River Run Development

**CITY OF ENGLEWOOD PLANNING AND ZONING COMMISSION  
REGULAR MEETING  
October 8, 2013**

**Minutes and audio are available at:**

<http://www.englewoodgov.org/Index.aspx?page=152>



**I. CALL TO ORDER**

The regular meeting of the City Planning and Zoning Commission was called to order at 7:00 p.m. in the City Council Chambers the Englewood Civic Center, Chair Brick presiding.

Present: Bleile, Townley Knoth, Roth, Welker, Kinton, Freemire (alternate), Brick

Absent: King (excused), Fish (excused)

Staff: Alan White, Director of Community Development

Chris Neubecker, Senior Planner

Nancy Reid, Assistant City Attorney



**II. APPROVAL OF MINUTES**

September 17, 2013

Knoth moved:

Roth seconded: TO APPROVE THE September 17, 2013 MINUTES

Chair Brick asked if there were any modifications or corrections.

AYES: Bleile, Knoth, Roth, Kinton, Brick

NAYS: none

ABSTAIN: Townley, Welker

ABSENT: King, Fish

Motion carried.



### **III. STUDY SESSION**

Case #2013-04 Home Occupations

Chair Brick and Mr. Knoth stated for the record that they live in the R1A Zone District but that it will not affect their objectivity.



Motion to Open Public Hearing

Roth moved;

Welker seconded to open Public Hearing for Case #2013-04 Home Occupations

AYES: Bleile, Townley, Knoth, Roth, Welker, Kinton, Brick

NAYS: none

ABSTAIN: none

ABSENT: King, Fish

Chris Neubecker, Senior Planner, was sworn in. Proof of Publication was provided for Public Hearing.

Mr. Neubecker gave a summary of the need for the proposed changes, which were to allow home occupations in R-1-A zones, but to limit potential negative impacts. Some of the issues that have not yet been agreed upon by the Commission include commercial vehicles and on-site sales. As proposed, no customers, vendors or clients would be allowed at home occupations in R-1-A. Also, no exterior signs would be allowed in R-1-A.



Doug Cohn, 3051 S South Marion, was sworn in.

Motion to Close Public Hearing

Knoth moved;

Townley second

AYES: Bleile, Townley, Knoth, Roth, Welker, Kinton, Brick

NAYS: none

ABSTAIN: none

ABSENT: King, Fish



Motion: Case #2013-04 Home Occupations Favorable recommendation of the request as written in the staff report.

Welker moved  
Knoth seconded

Discussion



Mr. Welker made the following friendly amendment. Mr. Knoth accepted.

Section 1 e. (1) shall read:

“No assistants or employees that are not residents of the principal dwelling unit shall work at the residence.”

Ms. Reid advised that staff will refine the wording of Section 1 e. (1) if necessary.  
Vote on original motion with friendly amendment

AYES: Bleile, Townley, Knoth, Welker, Kinton  
NAYS: Brick, Roth  
ABSTAIN: none  
ABSENT: King, Fish

Motion passes 5-2

Mr. Welker moved to delete section 1 h. (1)  
Mr. Knoth seconded

“No customers, vendors, or clients shall be allowed at the site of the home occupation in the R-1-A district.”

Discussion



AYES: Bleile, Townley, Knoth, Welker, Kinton, Roth  
NAYS: Brick  
ABSTAIN: None  
ABSENT: King, Fish

6-1 vote passes.



**IV. PUBLIC FORUM**

Dr. Robert Farris was sworn in. He came in after the public hearing and wanted to ask questions about entertaining clients at his home. Mr. Neubecker provided a business card and suggested he contact staff since the public hearing was closed on Home Occupations.



**V. ATTORNEYS CHOICE**

None



**VI. STAFFS CHOICE**

Mr. Neubecker stated that he is still pursuing an area to study and commission field trip with regard to pedestrian activity on main thoroughfares.



**VII. COMMISSIONERS CHOICE**

The meeting adjourned at 8:00 p.m.

Julie Bailey, Recording Secretary