

Front Porch

A publication of Forest City Stapleton, Inc.

STAPLETON

DENVER, COLORADO

DECEMBER 2004



Schools

Homes

Parks

Retail

A Great Year for Stapleton

By Tom Gleason

This past year has been a year of dramatic progress at Stapleton. Among the major milestones was the moving in of our 1,000th homebuyer, the opening of our first new open space, and the arrival of the East 29th Avenue Town Center. Stapleton is rapidly becoming the diverse, urban community envisioned by the citizens of Denver, Aurora and Commerce City.

RETAIL

Anchored by a King Soopers that opened the previous summer, the East 29th Avenue Town Center officially opened this past year, bringing a variety of retail within walking distance of Stapleton's first neighborhood and the surrounding communities. In addition to King Soopers and its fueling station, the East 29th Avenue Town Center now includes Noodles & Company, Chipotle, Amore Fiori Flowers and Gifts, PostNet, Town Center Dentistry, 1st Bank, US Bank, and Starbucks. Also drawing customers are the East 29th Avenue Animal Hospital, Cold Stone Creamery, Einstein Bros. Café, One Hour Cleaners, Commercial Federal Bank, Walgreens, Fantastic Sams, New Avenues Real Estate, Curves Fitness Center for Women, A Wild Smile Pediatric Dentistry and The Stapleton Visitor Center. Among the tenants coming soon are Clancy's Pub, Anthony's Pizza & Pasta, A Yoga Studio, Udi's Bread Bistro, "the Grape Vine" (a wine and spirits store), Miss Talulah's, UROK, and The Coral Room Restaurant.

North of Interstate 70 on Stapleton, work is underway on the NorthField Retail Center that will begin opening in the fall of 2005 with one million square feet of retail anchored by Bass Pro and other major tenants. NorthField will also have "Main Street" retail that will include a variety of smaller shops, restaurants and an 18-screen movie theatre.

RESIDENTIAL

As 2004 draws to a close, more than 1,200 homes are now occupied at Stapleton. That housing spans a wide spectrum of pricing that begins with deed-restricted, affordable housing in the low \$100,000s and extends to more than \$1.2 million for our Urban Estates homes.

In this past year, the 80 duplexes, fourplexes and carriage homes of Roslyn Court (1 to 3 bedrooms) began selling in the low \$100,000s on the southern edge of the East 29th Avenue Town Center and within walking distance of parks, shopping and public transportation. As of mid October, 37 of those deed-restricted homes were occupied by their new owners.

Nearby, and also within walking distance of the amenities in the Town Center, 25 of the first phase of 26 condominium homes of Syracuse Village have been sold, providing 2 and 3 bedroom homes to buyers who qualified for that affordable housing.

Affordable rental homes are also available at Stapleton. Ninety-seven percent of the 100 rental units at Clyburn are occupied, and the 68 affordable rental

(continued on page 4)

Smiley Middle School Receives Check from Stapleton's Active Living Competition



Mayor John Hickenlooper presents a check in the amount of \$1,000 from The Stapleton Foundation to the students at Denver's Smiley Middle School. Smiley was chosen to receive the funds by a team of employees from The Foundation and Forest City Stapleton, Inc. who won a "walking competition" with the Mayor's Office and other city officials to promote more active, healthier living.

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Holiday lights at Founders' Green

Mark Your CALENDAR

2004/05 STAPLETON EVENTS

DECEMBER

First week of December

Holiday Decoration Contest

Sunday, December 12th

Lighting the Holiday Tree

5:30 - 7:30 pm Founders' Green

JANUARY 2005

Tuesday, January 4th

DPS Schools Back in Session



A wagon ride at the 2003 Holiday Party for Stapleton residents

FEBRUARY 2005

Baby Stuff Sale

Sponsored by Westerly Creek PTA
(Date in February TBD)

MARCH 2005

Saturday, March 19th

Spring Fling 10 am - Noon

Founders' Green

MAY 2005

Thursday, May 26th

School to Pool Party

Aviator Park and Pool

Saturday, May 28th

Aviator Pool Re-opens

Saturday, May 28th

Happy Hour at Aviator Pool

6:30 - 8:30 pm

JULY 2005

Monday, July 4th

4th of July Parade

10 am

Begins at Founders' Green

Monday, July 4th

4th of July Ice Cream Social

Aviator Pool

1 - 4pm



Thursday, July 28th

Happy Hour at Aviator Pool

6:30 - 8:30 pm

AUGUST 2005

Saturday, August 20th

Happy Hour at Aviator Pool

5:30 - 7:30 pm

SEPTEMBER 2005

Saturday, September 24th

Wine Festival

Founders' Green

OCTOBER 2005

Saturday, October 15th

Fall Festival 11am - 1pm

Founders' Green

For more information visit
www.StapletonDenver.com

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Stapleton Launches Public Art Program

Stapleton has launched its public art program with publication of the Stapleton Public Art Master Plan. The Master Plan was developed with community input from more than 40 interviews, two public forums and professional review.

With the completion of the Master Plan, initial meetings of the Stapleton Public Art Advisory Committee have been convened. The Committee is comprised of individuals who represent community and professional interests as they provide oversight of the selection process for public art. Members of this committee, all of whom are appointed by The Board of the Park Creek Metropolitan District, include: Mary F. Kelley (Denver Urban Renewal Authority Board Member), Fred Yeazel (Denver Urban Renewal Authority staff), Susan Walsh (Denver Planning



Barbara Neal, Public Art Consultant for Stapleton

Office), Ann Daley (Denver Art Museum), Heidi Majerik (Forest City Stapleton, Inc.), Jerry De La Cruz (professional artist), Joyce Thomas (Stapleton resident), Andre Rudolph (Board of The Stapleton Development Corporation), Brian

Weber (The Stapleton Foundation) and Deborah Jordy (The Denver Mayor's Office of Art, Culture and Film).

The Stapleton Public Art Advisory Committee met recently to begin identifying potential sites for

public art at Stapleton and to allocate appropriate funding levels for those projects. The funding to commission or purchase artwork for public spaces at Stapleton is derived from a "Percent for the Arts" allocation from bonds authorized by the Denver Urban Renewal Authority, which is involved with the financing of infrastructure at Stapleton. Once the sites are confirmed, Stapleton Public Art Consultant Barbara Neal will convene Project Selection Committees to develop additional criteria specific to each project and then announce the calls for entry.

The public art selection process begins when the Public Art Advisory

Committee receives responses to its "Call for Entry." The next step is to review the application materials and images of the artists' previous work submitted to select finalists. Finalists will then formally present their proposals to the Project Selection Committee and submit to interviews. Following the completion of that process, the Committee will choose a finalist for the project to be submitted for final approval by the Board of the Park Creek Metropolitan District.

Anyone interested in serving on a Project Selection Committee, seeking consideration for a public art project or wanting to learn more about the public art program, may contact Barbara Neal at barbneal@mindspring.com. Watch future editions of The Stapleton Front Porch or visit StapletonOnline.com for updated information on the Stapleton Public Art Program.

The Stapleton Public Art Master Plan is available for purchase in hard copy or online at www.StapletonDenver.com (see Public Art Master Plan page).

Barbara Neal is the Public Art Consultant for Stapleton.



Public art mural at the Civic Center RTD station entitled "WELCOME" by Doug Kornfeld.

ABOUT BARBARA NEAL

Barbara Neal is the former Executive Director of the Colorado Council on the Arts, where she advising the state and other public and private sectors on cultural opportunities and resources and managed a state agency with a \$2.2 million budget. She has served as the Chair of the Western States Art Federation and Vice President of The National Assembly of State Arts Agencies.

Ms. Neal has provided planning and facilitation assistance for a diverse list of organizations that include the Adams County District 14 Schools, The Aspen/Snowmass Arts Council; Arizona Commission on the Arts; Carnegie Arts Center and the Colorado Community College System. Most recently she managed the creation of The Public Art Master Plan for Stapleton and will now oversee the implementation of that plan.

Ms. Neal is a graduate of Smith College in Northampton, Massachusetts. She has resided in Denver since 1959.

Holiday Greetings from City Councilman Michael Hancock

As we enter into the celebratory season I want to wish you and yours the best of holiday spirit and joy. In the hustle and bustle of daily life I hope each of you takes the time during this season to rediscover the joys of quality family-time, laughter and fun. As for my family, we plan to rest and prepare to meet the challenges of the coming year.



Denver City Councilman Michael Hancock

In 2005, I plan to continue to work on those issues Stapleton residents have highlighted over the past year. These issues include traffic calming and police coverage. While we have focused on these issues as a part of the Stapleton Task-force on Traffic, we still have a lot of work to do to bring more police to the area and patrol the excessive speeds throughout the neighborhood. *All of us must be mindful of our speed as we*

travel through our community.

We will be successful at calming traffic because the residents of Stapleton are committed and engaged.

In addition, 2005 will usher in new challenges such as deciding the operational structure of the neighborhood recreation center, locations and program designs for new schools and the opening of the north I-70 retail center. These exciting events in the life of the entire region will continue to make Stapleton a very special place to live, work and play.

In closing, please stay safe and warm during this season. Remember those of us who are less fortunate during this time. I look forward to seeing each of you in 2005 and working collaboratively to help our community live up to its potential as the Foundation for the Next Frontier of Leadership and Opportunity in Denver.

May God bless you and Happy Holidays!

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Clyburn Senior Among the “Young at Heart”

By Alaina Brandenburger

When it comes to active lifestyles, Dora Hayes is one senior citizen who doesn't take a backseat to anyone.

Dora was born and raised in Jackson, Tennessee, but has spent time in many places including St. Louis Missouri before moving to Colorado 29 years ago to be closer to her family, which plays an important role in Dora's life. Her walls are covered with pictures of a very big family including children, grandchildren and great-grandchildren. Her family will be welcoming a



Dora Hayes, Clyburn Resident

new addition later this month. "I really enjoy it here," says Dora, who was one of the first residents to move into Clyburn at Stapleton when it opened in August 2003. "The people are very friendly, and our landlady is nice." She says Colorado is her favorite city to live in. "I love the weather here. It's changeable, and the snow doesn't last long." Besides enjoying the staff and her neighbors at Clyburn, Dora also appreciates the fact that there is so much for her and the other residents to do. For example, every Saturday, Clyburn has game night.

Residents can gather and play chess, cards, or just sit around and enjoy each other's company. There is music every fourth Saturday, and they also host regular luncheons. There is also a library in the building. Dora also enjoys helping people. She is very active in her church and goes to a Bible study every Friday night. She is a Deaconess, and she also does administrative work as well as helping out with Sunday school. On the third Thursday of every month, Dora meets with members of her church in a group called "The Young at Hearts Club." They get together and go to movies, play games, and they host a Christmas party every year for residents of nursing homes in the Denver area. Alaina Brandenburger is a member of the staff of Forest City Stapleton, Inc.

2004: A Great Year for Stapleton (continued from page 1)

apartments of Mercy Housing's Parkside Apartments are preparing for leasing early next year on land donated by Forest City, also within walking distance of parks and the amenities of the East 29th Avenue Town Center.

PARKS AND OPEN SPACE

In this past year, Greenway Park became the first major new park to open at Stapleton. This 45-acre park includes a skate park (just southwest of the new DPS campus), a climbing wall, and a "Pavilion" with restrooms, outdoor seating, a playground, and an innovative water and sand feature for children. Greenway Park also includes tennis courts and a three-acre off-leash dog park that is a popular gathering place for Stapleton residents, neighbors and their dogs. Preparations are underway to convey Greenway Park to the City and County of Denver to become the newest addition to the city's inventory of dedicated parkland. East of the former control tower, construction documents are complete and work will soon be underway for Central Park, pending approval by the City and County of Denver.

To the east, the first phase of new open space with its hiking trails and attractive footbridges along Westerly Creek is opening to the public.

The Westerly Creek open space recently won an award in a statewide competition for storm water and floodplain management projects in Colorado — the 2004 Grand Award for Engineering Excellence from the Colorado Association of Storm Water and Floodplain Managers. The project will now represent Colorado in the national awards competition held by the Association of State Floodplain Managers. As of October of this year, Forest City has



Stapleton residents frequent the parks that are a short walk from home.

already paid \$15.96 million to the Park Creek Metro District, which is more than one-third of the \$44 million in funds we have pledged for the development of parks and open space at Stapleton.

ROADS AND LANDSCAPING

This past year saw the opening of Central Park Boulevard from Montview to Martin Luther King Boulevard (including the completion of the bridge over Greenway Park, which won a

Merit Award from the American Council of Engineering Companies), the completion of the new MLK Boulevard intersection at Quebec and the extension of MLK Boulevard east to Beeler Street where the new MLK bridge crosses over Westerly Creek. With the completion of that infrastructure has come attractive landscaping and an extension of the city's on-street bikeway system.

SCHOOLS

Another highlight of Forest City's efforts to help area youth prepare for their futures became a reality this past year as the Denver School for Science and Technology (DSST) broke ground for its new facility at Stapleton on a \$3 million parcel of land donated by Forest City. Forest City also contributed \$500,000 toward the construction of the school that will open next month on Montview Boulevard. The recruitment of female and disadvantaged students is one of the priorities for the Denver School of Science and Technology.

Forest City also lent its support to the work the Stapleton Foundation has been doing with the Denver Public Schools in the neighborhoods ringing Stapleton, including our efforts to publicize the innovative improvements being made in those schools. Forest City representatives also served on the design committee for the second DPS elementary school that will open in 2006 at the corner of Central Park Boulevard and Montview Boulevard.

As this year comes to a close, Forest City is looking forward to 2005 and all of the opportunities it will bring to make Stapleton one of the premier urban communities in the nation.



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As primary care providers for adults, Drs. Gordon and Sieja are pleased to announce the opening of their new Internal Medicine practice at Rose Medical Center. Internal Medicine focuses on health promotion and disease prevention in individuals age 13 and up. Dr. David Gordon graduated from and completed his residency at the University of Colorado Health Sciences Center. Dr. Amber Sieja graduated from Northwestern University Medical School and completed her residency at the University of Colorado Health Sciences Center. For an appointment, please call.

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Every Stapleton Resident Has a Story...

Is there a Stapleton resident who doesn't enjoy meeting a new neighbor in the grocery store or while on a walk? And in each of these chance meetings where neighbors talk about their kids, their home improvement projects, and the things they're passionate about, the community becomes a little more connected. We are creating a section in the Front Porch to share these kinds of stories – a monthly feature that helps neighbors get better acquainted.

Did you recently buy a computer, a piano, a sound system, window coverings? Chances are several neighbors are contemplating just such a purchase and would love to hear what you learned.

Have you thought about athletic teams for your child? What age should you start? How much practice is appropriate? How do you find the right coach? Maybe a neighbor has started researching this – the rest of us would love to know what you've found out. The same questions apply to music, dance and other activities. Of course the answers aren't the same for every child – but as we make our own decisions, there is comfort in knowing how others have come to their conclusions.

We can all find articles in magazines and books on how to get reluctant children to sleep or fearful children to try new things; what questions to ask a potential coach or music teacher; or how to go about a home improvement project. But you won't run into the author at the grocery store or the park – there would never be a chance to follow up with a live discussion – and make a new friend.

Most of us would like to hear about unique trips our neighbors have taken, community projects they've been involved with, knowledge they have that broadens our horizons. How about hearing about some unique ways to make a living? As a child many of us only knew about jobs we saw – teacher, doctor, police. Hearing about people doing jobs we never knew existed enables us to talk to our kids about them – creating more options for their lives.

Stapleton is a community full of children. Parents here will be finding unique extra-curricular opportunities that other families might like to consider – science camps, theater camps, sports camps, academic enrichment camps. You might never know about these possibilities without a recommendation from a neighbor.

Every Stapleton resident has a story, an insight, or some knowledge that would be of interest to many of your neighbors. We'd like to hear from you to make this a continuing part of The Front Porch. Pull out your pens, sit down at your computer, and share your story. And if you have a story idea (or you know a neighbor who does) but you just can't get it written, we can do a question and answer session with you and transcribe the interview for the paper. (See adjoining article for one example of a person who, through talking about a project he loved, was able to overcome writer's block and write his story.)

Email frontporch@fineprintco.com with your idea for our "Connecting With Neighbors" page.

STAPLETON COMMUNITY CHURCH

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Sunday Worship 10:45 A.M.
Pastor – Dr. E.V. Thurman
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Overcome Writer's Block – Write *Your* Story

As someone who has done more editing than writing in recent years I'm sure I am not the best qualified person to write on the subject of overcoming writer's block. But the point of our new "Connecting With Neighbors" page is not to find the best or most prolific writers, it's to share the little pieces of our lives with neighbors who want to know the people around them. Isn't that one of the reasons you moved here? So the first step in getting over writer's block for the purpose of "Connecting With Neighbors" is not to let a desire to write perfectly stop the flow of your ideas. Carefully shaping each sentence will probably strip the emotion out of your story anyway.

Picture yourself running into a neighbor and talking about something that affects your life today. You launch into your story, not worrying about getting the "right" first sentence. And you don't hold your tongue for lack of an earthshaking idea to talk about. You don't stop and think whether one subject is "better" than another – words just seem to flow when you're interested in or concerned about something. In daily life "exciting" has it's own meaning. There are many small things that make our lives easier, better, happier. For example, moms and dads with children who don't sleep well would find a good night's sleep an earthshaking event after weeks (months?) of sleep deprivation. I had a child who didn't sleep much as a baby, and in the midst of my own sleep deprivation I would have jumped on anything I could find written by a parent having a similar experience – regardless of how well it was written. In fact a "perfectly written" article wouldn't ring true – what sleep deprived person could write a polished article? I cared about the content.

So loosen up, pick a subject you care about, and "talk" your words onto paper. Don't stop and edit – just keep going. If you'd like help with editing, The Front Porch staff can assist you.

I just went through this process with my 18-year-old son who had to pick a topic of his choice for an essay. There was no question what topic he'd write about – he's passionate about an internship program he's working in, teaching science to sixth graders. He could talk your ear off about it. But when it came to writing the essay, he got stuck. He didn't know where to start – and he had so much to say he didn't know what to choose, and what order to put it in. Finally he just talked and we transcribed his words. Once the words were on paper, finishing the essay became manageable.

(continued on page10)

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Great Clips

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Instant Imprints

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Kyle's Saloon and Eatery

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New Avenues

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Noodles and Company

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Panera Bread

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KUJICHAGULIA (Self-Determination)

The second day of Kwanzaa at
Montbello Branch Library
12955 Albroom Drive
303-373-0767

Program and Craft

Tuesday, December 28, 2-4 pm

UJIMA (Collective Work and Responsibility)

The third day of Kwanzaa at
Blair-Caldwell African American Research
Branch Library
2401 Welton Street
720-865-2401

Program and Craft

Wednesday, December 29, 10:30 - 11:30 am

UJAMAA (Cooperative Economics)

The fourth day of Kwanzaa at
Pauline Robinson Branch Library
5575 E. 33rd Avenue
303-370-1530

Program and Craft

Thursday, December 30, 2-4 pm

NIA (Purpose) The fifth day of Kwanzaa

at Ford-Warren Branch Library
2825 High Street
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Program and Craft

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Eagles Have Landed at Rocky Mountain Arsenal National Wildlife Refuge

Photo Courtesy of Rocky Mountain Arsenal National Wildlife Refuge

It's that time of year again when America's national symbol, the bald eagle, makes its return to Rocky Mountain Arsenal National Wildlife Refuge.

Every November, like clockwork, the eagles come back to the Refuge for their winter get-away. The birds migrate south to areas like Colorado from southern Canada and Montana when the weather becomes cold. When the northern lakes freeze over, it makes it harder for the birds to find food. So, the eagles follow the migratory path of the waterfowl, which has brought them back, for almost two decades, to the 27-square-mile Refuge, less than five miles from the Stapleton area.

The eagles like the surroundings of the Refuge so much that over the past several years, a pair of eagles has nested and successfully hatched baby eagles, or eaglets. Eagles are long-lived and begin breeding when they are about five years old. Typically a pair will stay together and mate for life, unless one is lost. In that case, the remaining bird will re-mate.

"We've had eagles nesting on the Refuge for three years, but it took our pair about five years to make the nest before they started using it,"



Eagles began congregating at the Refuge in November and their numbers normally peak in mid-January.

said Mindy Hetrick, biologist with the U.S. Fish and Wildlife Service. "Now, every year, around January, the pair will add sticks to their nest and make other 'home improvements' as they prepare to start nesting for the season," added Hetrick. Research indicates that one eagle nest in Ohio had been used for 30 years and weighed 1.3 tons before it blew down during a hurricane. A typical eagle's nest measures five to six feet in diameter and is two to four feet tall.

Eagles began congregating at the Refuge in November and their numbers normally peak in mid-January. February marks the beginning of their breeding season with both adult eagles incubating the nest with one to three eggs.

Refuge visitors may be able to see the eagles from a distance during weekend tram tours as they are perched in surrounding trees or flying low along the lakes as they fish or hunt for waterfowl or prairie dogs in the area. The Refuge will have special tours in December and January to view the birds.

For more information on Refuge tours and seeing the majestic bald eagle, visit <http://rockymountainarsenal.fws.gov> or call 303.289.0930.

Rocky Mountain Arsenal National Wildlife Refuge Upcoming Nature Programs

Reservations are required for these **FREE** programs. Space is limited. Enter the Refuge at 56th Ave. & Havana. **Driver must have photo ID.** Call 303.289.0930 to register.

December 4 1:00 - 3:00 pm
Winter Raptors

Head out to the Refuge in search of wintering raptors such as ferruginous and rough-legged hawks, bald eagles and owls.

December 12 10:00 a.m. - noon
Disappearing Treasures

Tour the National Eagle and Wildlife Property Repository and learn about illegal wildlife trade throughout the world, the Native American eagle distribution program and how the facility benefits the American public.

December 19
10:00 a.m. - noon
Eagles on Holiday!

Learn about eagles, their migration and why they make the Refuge their winter home.

December 26
1:00 - 3:00 pm
Holiday Tour

Look for majestic bald eagles, spectacular mule and white-tailed bucks and a variety of other wintering animals during this special tour.

Stapleton Mortgage

Justin Ross, Owner, is excited about the opportunity to offer Mortgage Loan Services to the residents of Stapleton and the Metro Denver area. With twelve years of mortgage experience, Stapleton Mortgage was established in September of 2002.

The Ross's were one of the 1st families to move to Stapleton in June 2002. Justin's older daughter Jericka will be entering the 6th grade this fall and he and his wife Marissa welcomed their first child in September.

Justin and Marissa are quite anxious to experience the growth along the Stapleton corridor and look forward to serving your mortgage loan needs. Stapleton Mortgage may be reached at 303-810-0782, or email jusross@stapletonmortgage.net.

Holiday Greetings

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Holiday Recipes



*Recipes courtesy
of Chef Jorge
de la Torre,
Assistant
Director of
Culinary
Education,
Johnson &
Wales
University*

Above:
Chef Jorge de la Torre
gives a cooking
demonstration at
the Stapleton
Farmers' Market.

Right:
A chef in training at
Johnson and Wales
University creates a
butterfly pastry.

Watch for future
recipes from
Chef de la Torre in
The Front Porch.

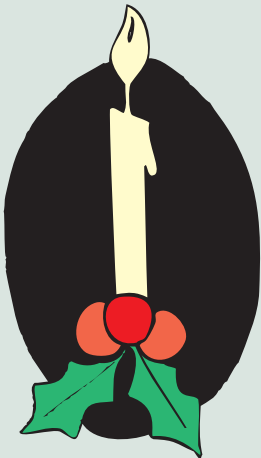


Hot Spiced Wine

Yield: about 16

2 liters red wine
1/2 liter tawny port
1/2 liter brandy
half a vanilla bean
4 cinnamon sticks
1/2 tsp. grated nutmeg
1/2 tsp. allspice
1/2 tsp. mace
peels of 2 oranges
peels of 2 lemons
10 cloves
2 cups sugar
2 cups orange juice

Place all ingredients in a non reactive pot and bring to a simmer and heat until the sugar is dissolved. Keep warm over low heat. Serve in mugs garnished with a cinnamon stick.



Wrapped Brie with Walnuts & Cranberry Sauce

Serves 8 as appetizer

2 sheets store-bought puff pastry, thawed
1 small wheel (1lb.) of brie
1 cup walnuts, chopped
1 cup cranberry sauce
1/2 cup raisins
zest of 1 orange
pinch of ground clove
1/8 tsp ground cinnamon

Preheat oven to 400 degrees or suggested temperature from box. Mix walnuts, cranberry sauce, raisins zest and spices together. Set aside. Cut the wheel of brie lengthwise so you have two wheels. Layer the walnut-cranberry mix on one cut side of the brie and then sandwich the other half on top. Place stuffed brie on top of one sheet of puff pastry. Place other puff pastry sheet on top of brie and pinch the two sheets together close to the wheel of brie. Trim the excess pastry and use it to make designs on top of the wrapped brie if you like. Place on a silpat or parchment paper on a baking sheet and bake in the oven for the suggested time from the box or for about 15 minutes. Serve hot with sliced apples, pears, crackers or bread.



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A Tired Pumpkin

Fall activities can be tiring. Connor Picha, son of Forest City Stapleton, Inc. Marketing Director Julie Picha and her husband Mark, catches up on his nap in the pumpkin patch.



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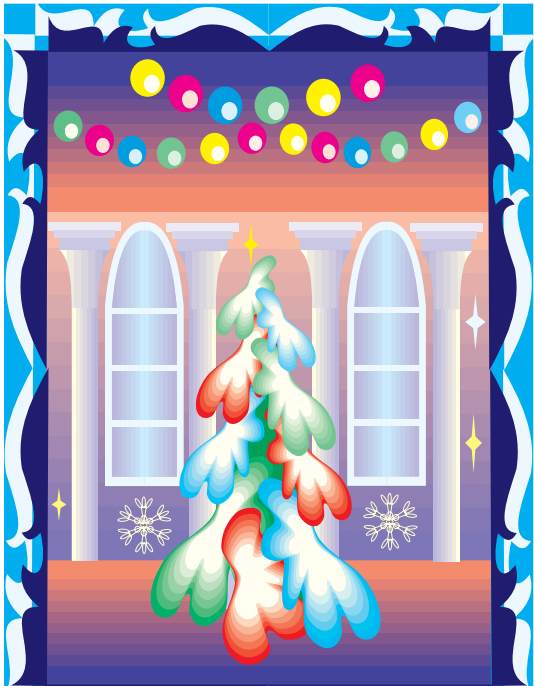
Sustainability at Stapleton

by Melissa Knott
Director of Sustainability, Forest City Stapleton, Inc.



A More Sustainable Holiday Season

Did you know that it is estimated that between Thanksgiving and the New Year an extra one million tons of waste is generated in the United States each week? That's a lot of trash! Regardless of whether your December days revolve around Christmas, Hanukkah, Kwanzaa, or any of the other many traditions that mark the end of the year, there are simple things you can do to reduce your impact on the earth. Here are some of my favorites:



- Skip the store-bought decorations and go natural.
- Pine boughs, holly, mistletoe, and other seasonal greens lend an old-fashioned feel to the fun and can be composted come January.
- Trim your tree and home with edible decorations like popcorn and cranberries strung into garland, holiday-shaped cookies, candies, and more.
- If there is a tree in your plans, make it a real one. Most of the 33 million Christmas trees sold annually are grown on tree farms specifically for this purpose and each one is sustainably replaced with 2-3 new seedlings. Real trees can be composted or mulched. You might also consider starting a family tradition of getting a live tree and planting it at the end of your holidays.

Read more on this page for other sustainable holiday tips.
Wishing you a happy, healthy, and sustainable holiday season!

Low Waste Gift Giving Ideas

The holidays are often a time for family and friends to exchange gifts. Here are some fun gift ideas:

- **Make Gifts** – Everyone appreciates a home-cooked meal or baked goodies.
- **Consider Nonmaterial Gifts** – Tickets to a sporting event, movie, play or concert are a real treat! Or make a charitable donation in someone's name to a favorite environmental organization.
- **Gift Certificates** – Not sure what to get someone? How about a gift certificate? That way you know the gift will be kept.
- **Think Durable** – Consider how long an item will last before you make a purchase. Often a cheaper item will wear out long before its more durable equivalent.
- **Recycled Content** – Look for toys, books, and other products made from recycled materials.
- **Batteries** – About 40% of all battery sales occur during the holiday season. Buy rechargeable batteries and a battery charger to accompany electronic gifts.

Holiday Lighting Tips

Lights can make holiday celebrations seem brighter and more festive. However, lights can also increase the cost of your household energy bill. Simple changes can keep the holidays bright and festive while minimizing energy costs. Here are some tips on how to conserve energy with your holiday lights:

- **LED (Light Emitting Diode) Lights:** Using LED lights versus standard holiday lights can reduce energy usage by 99%.
- **Bulb Wattage:** Using smaller bulbs can lower your energy costs. Large traditional bulbs use 4-10 watts per bulb, while mini-lights use about .4 watts per bulb and LED lights use .04 watts per bulb.
- **Strings per House:** Use mini-lights instead of "icicle" lights. The more lights you use, the more power you will use. "Icicle" lights have more lights per linear foot than regular light strands and therefore use more energy.
- **Timing:** Don't leave decorative lights on all day. Reserve them for evenings and occasions when people gather. Run your outdoor lights on a pre-set timer for three to five hours. Use mirrors and tinsel around indoor lights to increase the lighting effects.

Denver Recycles – Holiday Tree Recycling

Thousands of Denver residents participate each year in Denver's annual Treecycle program. This seasonal program keeps holiday trees out of our landfills and helps the city by reducing disposal fees. Denver's Treecycle program recycles more than 24,000 trees each year. The resulting wood-chip mulch from each year's collection is offered for free to Denver residents in the spring.

To recycle your holiday tree, all decorations must be removed from the tree, including tinsel, ornaments, nails, stands and bags. Flocked trees cannot be recycled.

Tree collection will run the first two weeks of January.

Your tree collection schedule depends on how your trash is collected. Please visit Denver Recycles



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9

Holiday Programs at Temple Micah

A “Chanukah Family Happening,” hosted by Temple Micah at 2600 Leyden Street, will be held from 4-6 pm on Saturday, Dec. 4 as the first of a variety of programs and services to be held during the month of December.

The “Chanukah Family Happening” promises fun, illuminating activities for children and their parents, in anticipation of the Jewish Festival of Lights. Youngsters ages 3-8 will explore the “Miracle of Light,” while those ages 9-11 learn to play a Chanukah mystery game – and parents discover creative ways to tell kids about this holiday and its theme of rededication to faith. Free and open to the community, the “Chanukah Family Happening” will be led by Rabbi Adam Morris and Temple Micah’s religious school staff. The program will culminate in a sun-catcher project for the whole family.

Temple Micah, a Reform Jewish congregation, invites anyone interested to try out a Shabbat (Sabbath) Service. The monthly schedule is as follows:

- Dec. 3 – 1st Friday

6:00 p.m. Shabbat Service
- Dec. 10 – 2nd Friday

6:00 p.m. Chanukah/Shabbat Potluck Supper (Bring a dish!)

7:00 p.m. Chanukah/Shabbat Family Service, Consecration & Chanukiah Contest (Make a nine-branched candelabra at home. Bring your handiwork to be admired, judged and lit!)
- Dec. 11 – 2nd Saturday

9:00 a.m. Adult Study: “Talmud”

10:00 a.m. Shabbat Service
- Dec. 17 – 3rd Friday

7:30 p.m. Shabbat Service & Oneg
- Dec. 25 – 4th Saturday

9:00 a.m. Adult Study: “Talmud”

10:00 a.m. Shabbat Service

Usually, when a fifth Friday occurs in a month, Temple Micah holds a lay-led Shabbat Service at 7:30 p.m. However, Temple Micah will NOT hold a service on Dec. 31 (New Year’s Eve). For more information, contact the Temple Micah office at 303-388-4239, office@micahdenver.org, or visit this synagogue’s website at www.micahdenver.org.



Stapleton Business Association’s First Annual Food Drive



Shane Mahoney of US Bank (left) and Brad Phillips of Allstate (right) prepare to deliver some of the canned goods collected in the food drive sponsored by the Greater Stapleton Merchants' Association.

Overcoming Writer’s Block

(continued from page 5)

We’re including the essay below as an example of a story to get the “Connecting With Neighbors” section started. This 18-year-old (who may soon become a Stapleton resident) overcame his writer’s block; we hope you will too. His essay is as follows:

After a week as a teacher/counselor at a hands-on school where I taught science to sixth graders in the mountains of Colorado during my junior year, I felt energized and excited. That week was one of my favorite times in high school. I loved teaching and knew I wanted to do it more.

Throughout my childhood I had only two teachers who really made me excited to learn. I wanted to bring that kind of excitement to every sixth grader who came to this program. When the director asked if I would spend a full semester there as an intern in my senior year, my instinct was to jump on the opportunity. But when I arrived home and weighed my options, I decided missing the first semester of senior year classes would hurt my chances of getting into college and I turned down the position. But for the next four months I couldn’t get it out of my mind – and after much deliberation I decided I should follow my heart.

As a high school leader for one week during my junior year, I only taught my favorite class (geology), we had a small group (there were only 70 kids), the teachers were excited to be there and enjoyed spending their spare time with the kids, and they were happy to help the high school leaders as needed. The kids were physically and mentally healthy; no one required special arrangements to cope with problems or disabilities. They followed directions well and bunkhouse time was easy. These were kids that grew up like I did and I could relate to them easily. I thought doing this for a full semester would be fun. Little did I know this was not an average week.

The first week of my semester-long internship was a real eye-opener of what was to come in the next four months. We had 120 students, many of whom had home lives that were such that they didn’t (or couldn’t) care about school and didn’t care if they got in trouble. We sent a kid home within the first three hours. The teachers didn’t choose to spend any of their off-time with the kids or help the leaders and we were short on staff (one person rather than three in the boys’ bunkhouse). These kids had no interest in learning science, they were angry that they had to come, and they talked back when asked to do things. But as each day went by the kids became more interested and involved. They started asking questions to get more information, and their comments became friendly rather than disrespectful. That week, and in subsequent sessions, I observed it has been the kids with difficult home lives and special needs kids who change the most through the course of the week, and those are the kids who most often say they don’t want to go home.... (anecdotal examples from the original essay have been edited).

Through my work in this program I have seen how educational opportunities can change kids. I have worked with children who couldn’t afford proper clothing, or healthcare and kids with mental and physical disabilities who weren’t doing well in school, but who, with their needs accommodated could succeed and even excel. I find it rewarding, exciting and fun to see these changes and I would like to, in the future, work to give more kids the opportunities they deserve.

Carol Roberts, who is responsible for the layout and production of The Front Porch, hopes to become a Stapleton resident in 2005. Her son, Chase Larson, a high school senior, has worked as a full-time intern this fall, teaching science to sixth graders.

Westerly Creek Combines Polling Place with Fundraiser



The Stapleton community turned out in large numbers at the polls at Westerly Creek Elementary School not only to vote on Election Day, but also to support the school at the same time. As voters waited to cast their ballots, they made purchases at the book fair and bake sale that benefited the school. The bake sale (including goodies contributed by the community) brought in more than \$300. More importantly, the voters also bought books as they supported the book program for the school library and the classrooms. The teachers and parents were very touched by the support and send “a huge THANK YOU” to everyone who supported the school.

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10

A Doctor's Recommendation for Using Homeopathic Medicines for Colds and Flu

by Bill Bergman, M.D., Medical Director
Rocky Mountain RESOURCE Network's Holistic Medical Clinic

As the flu season approaches, and especially because of the shortage of flu vaccine, many people are looking at alternative approaches to lessen the risk of flu infection.

While vaccines stimulate the production of protective antibodies to specific strains of flu virus, natural approaches focus on general strengthening of the immune system so that the immune defenses are more capable of mounting an effective response to whichever flu virus one is exposed.

Natural approaches to lessening the risk of flu infection include herbs like Echinacea and Golden Seal, nutrients like Vitamin C and the use of homeopathic medicine. Unlike other natural options, homeopathic products are regulated by the FDA as actual medicines, but are widely regarded as safe, effective and can be used in combination with regular medications.

Homeopathic medicine is a highly systematic, scientific method of natural healthcare using extremely small doses of naturally occurring substances, from the plant, mineral and even the animal kingdom, which strengthen the body's own mechanisms for self-healing. The basic system was devised and developed by an eminent German physician, Samuel Hahnemann M.D., over 200 years ago and has gained international recognition based on a track record of safety and effectiveness. A peer reviewed research study in an affiliated journal of the American Medical Association in 1998 reported that a homeopathic medicine for vertigo was as effective as the conventional drug for that condition.

With the cold and flu season approaching, homeopathic medicines can play a significant role in strengthening the immune system's response to a cold or flu virus. Whether or not a person decides to vaccinate against the flu, the use of homeopathic formulas can bring two important benefits:

- lessening the chance for infection or if an infection occurs, and
- helping the body to fight the virus and thereby reducing the severity of symptoms and the duration of the illness.

Other tips for preventing colds and flu:

- Eat foods rich in vitamin C and take extra vitamin C throughout the cold and flu season.
- Eliminate the possibility of a zinc deficiency. A zinc deficiency is known to depress immune function. A simple, non-invasive taste test can be done to tell you whether or not you are deficient in zinc.
- Eliminate refined sugars from your diet. Sugar depresses the immune system and provides food that viruses thrive on.
- Wash hands thoroughly and frequently.
- Reduce stress and get adequate rest.

A number of homeopathic manufacturing pharmacies have cold and flu remedies that are available at a modest price. These are good to have on hand during flu season so that you can take them at the first sign of symptoms. This is the time that they will work most effectively.

Used in conjunction with herbs and the suggestions noted above, the chances for a healthy flu season can be greatly increased.

For more information, contact Dr. Bill Bergman at 303-399-1496 or info@rockymountainresource.net.

(Editor's note: This article was brought to the attention of The Front Porch by Stapleton resident Heidi Swoboda. For questions related to any health matter, readers are urged to contact their family physician.)

TIPS FROM YOUR NEIGHBORS



4 Paws News

by Michele Smith, D.V.M.
E. 29th Ave Animal Hospital

Tips for Happy Holidays with Your Pet

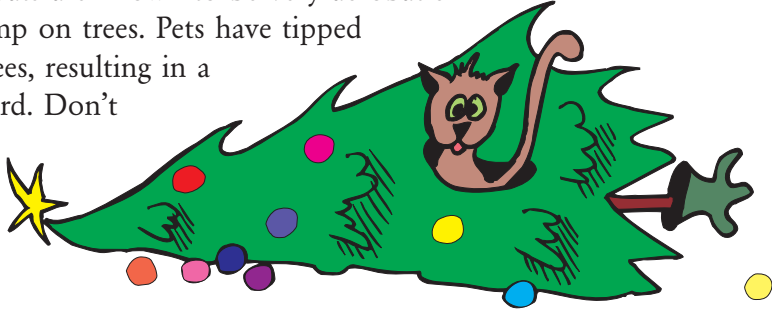
With Thanksgiving over, many people are hauling out seasonal decorations. Pet owners should be aware that some of these could cause problems for Felix or Fido.

Dogs and cats are like young children, on the move but not completely aware of the dangers surrounding them. It's best if possible to keep pets away from the Christmas tree, unless they are supervised.

If your dog is the type to chew up your favorite slippers and the side of your couch, then he may decide to chew on the electrical cord connected to your Christmas tree or yard light display. Biting an electrical cord can cause burns on the face and tongue. Receiving a shock can also cause pulmonary edema (fluid collecting in the lungs), a potentially life-threatening problem. This type of respiratory problem is an emergency requiring immediate attention!

Cats like to play with feathery, shiny things. Does that sound like many of your ornaments? Cats also love string, so tinsel, popcorn on a string, and beaded string are all potential hazards. Cats that eat these things may develop symptoms that require surgical correction.

Hang ornaments less likely to cause problems on lower branches. Placing your tree on a pedestal is one way to try to prevent your cat from playing with ornaments. Cats are known to be very acrobatic and will try to jump on trees. Pets have tipped over Christmas trees, resulting in a potential fire hazard. Don't leave lights plugged in or candles lit unless someone is nearby.



Dogs, cats, and children have a much lower line of sight than do adults. To them, the Christmas tree's stand looks like a water bowl or a fun toy to play with. If you have pets or small children, avoid using Christmas tree preservatives and chemicals, most of which have some toxicity. A good rule of thumb is if you think something would be a problem for your child, then it will be a problem for your pets.

Around the holidays people like to give gifts to their pets. Be careful what you choose for your animal. Toys that can be chewed into little pieces are choking and obstructive hazards. Hard rubber toys are your best bet. Even things like rawhides and biscuits can become lodged in the intestinal tract.

Treats should be given in moderation. Obesity is a huge problem in pets. Especially during the holidays when activity shifts indoors, pets are less active and people tend to give them more treats. Pets do not need to gain a few extra holiday pounds. Many pets would prefer more attention from you as a gift instead of food and toys.

Season's greetings and happy New Year from the staff at 29th Avenue Animal Hospital!

Dr. Smith's Clinic, the E. 29th Ave. Animal Hospital, is located in the East 29th Avenue Town Center. For more information, call 303.394.3937.

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Stapleton United Neighbors
**S.U.N. Taskforce
Provides a Forum
for All Voices**

By Jason Longsdorf

As our community has grown from a few dozen homes to over a thousand, SUN’s ability to provide a forum in which all voices are heard on issues affecting the community has required new approaches, such as the Traffic Task Force that Councilman Hancock helped initiate. With key representatives from Denver and Forest City, we met five times and held an additional open house to discuss the median at 26th and Central Park Boulevard (CPB). With this article the task force has concluded its work and I would like to thank Anna, Evan, Grant, Ed, Evan, Hope, James, Kelly, Matt, and Rob for donating their time to struggle through these issues to make our neighborhood better. We also had significant support from Councilman Hancock, Denver Traffic staff, Forest City staff and many other interested neighbors.

The task force suggested several improvements that have either been accomplished or approved.

- Installation of a “safety zone” along 28th by the pool.
- Installation of a speed limit sign on 26th east of Syracuse.
- Sight line improvements via landscaping changes at 28th and Central Park Boulevard.
- Painting crosswalks and stop bars at 28th and Ulster.
- Installation of pedestrian warning signage on Syracuse and Roslyn near 29th.
- Installation of 4-way stops on Spruce at 26th and 28th.
- Reversal of the 2-way stop on Willow to stop traffic on 28th.
- Requests for increased police presence including the speed trailer and photo radar van.

We will continue to address issues regarding intersections at Central Park Boulevard and pedestrian safety around the town center, and monitor other concerns as the Stapleton build out continues, at our ongoing SUN traffic committee meetings. Meetings are held on the 3rd Tuesday of every other month (Jan 18th, Mar 15th, May 17th, July 19th, Sept 20th, Nov 15th) at the Forest City offices at 7351 E. 29th Ave on the 2nd floor at 6pm. All are welcome.

Jason Longsdorf is a Stapleton resident and Chairman of the Transportation Subcommittee of Stapleton United Neighbors.

Views on the Street
**What is your favorite way
to spend the holidays?**



Jason Priddy
“I have lived here for several years now but this is going to be our first Christmas in the neighborhood. Having two kids now makes traveling a little more difficult over the holidays. It was a lot more reasonable with one. So I look forward to spending future Christmases for awhile here at Stapleton. We’ve taken our kids to a number of the events here. We generally do a smaller dinner at Christmas and watch the kids play with the toys that they opened up that morning and relax around the house.”

Lindsay Blew
“My favorite way to celebrate the holidays is to have family and friends come over, cook a big meal, sit around and enjoy each other’s company. After we eat, we typically take a big walk through the neighborhood and look at the new buildings, the new houses, and sights and things like that. My family comes out from Arizona. That’s pretty cool for them to get to see the snow.”



Liza Freehling
“For the holidays we like to cook big meals and share them with family. We make a turkey for every holiday. We light candles for Hanukkah. We loved walking around looking at everyone’s lights last year. Everyone did such a great job decorating their house. That’s another tradition we definitely do.”

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Cory Fox

“Actually we have a new baby so this year it’s going to be a bit different. I love Christmas Eve, just spending time with my family and decorating.. I love any time with family. As much family as possible. We moved here in February, so we haven’t spent a holiday here yet. We live in the Courtyard homes so we want to have him out playing in the snow and seeing the tree lighting, but he’s still pretty little. We’re going to take him to everything we can.”

Mandi Hoffman

“Over the holiday we have hot mulled cider and put up the Christmas tree. This year we’ll probably get an artificial one, unfortunately. We’re expecting a baby so this year will be different. We’ve gone to the holiday parties here and they’re lots of fun – and we walk around the town center to see the lights and snow. This year we’ll decorate a little less but our neighbors go all out. We’ve lived here since November 2002. We love living here, the people are great. It’s a walking friendly community.”



Kathy Duda

“We celebrate with friends, family, and food. We actually have a traditional Polish Christmas Eve. It’s called Wigilia. It’s a fish-based vegetarian meal. It’s a big dinner, a really nice formal dinner after the sun goes down. Some of the traditional dishes are borscht and cabbage/mushroom stuffed pierogis. We share a Christmas wafer called oplatek, where we pass on good wishes for the new year. This will be our second Christmas here. Everything that we’ve attended has been kid-friendly and we love it, especially with three boys.”

To Send Letters to the Editor

The Front Porch will publish Letters to the Editor, as space allows. We reserve the right to edit length. Please mail your letters to Tom Gleason, editor, The Front Porch, Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80238 or email tgleason@stapletondenver.com.

Master Community Association News

by Diane Deeter
Stapleton Community Manager



Central Park

Recently I have had a number of inquiries about the status of Central Park, which will be the crown jewel of the 1,116 acres of new regional parks and open space that will be created at Stapleton.

The Park Creek Metropolitan District, master developer Forest City Stapleton, Inc. and the Stapleton Development Corporation are working with the City and County of Denver to finalize the remaining details of an agreement that will enable construction to begin, hopefully before the end of this year. That agreement is necessary because it is anticipated that Central Park will eventually be conveyed to the City and County of Denver as the latest addition to its inventory of dedicated park land. The recently completed Greenway Park at Stapleton will be conveyed to the City of Denver early next year.

Fall Festival

I would like to thank our wonderful sponsors who made the Fall Festival such an enjoyable event. Congratulations to Panera Bread, Chipotle, Papa John’s and Starbucks for all of the wonderful contributions you make to the Greater Stapleton Community!

Holiday Lighting Festival

Stapleton neighborhoods are taking on a particularly festive look this month as our 2nd annual holiday lighting contest gets underway as a “highlight” of our Holiday Lighting Festival. Look for awards in the following categories from our generous sponsors:

- Best Single Family Lighting (sponsored by the Law Firm of Ortin & Hindman)
- Best Multi-Family Lighting (sponsored by Stapleton Home Services)
- Clark Griswald “Chevy Chase” Award (sponsored by Colorado Total Management)
- Best Front Porch Lighting (sponsored by Forest City Stapleton, Inc.)
- Best Block Lighting (sponsored by Papa John’s and Okkasions Wine and Liquors)

This year’s Holiday Lighting Festival, which will be held on Sunday, December 12th from 5:30 p.m. to 7:30 p.m. in Founders’ Green in the East 29th Avenue Town Center, will have a delicious cookie table sponsored by Commercial Federal Bank. Papa John’s will be selling pizza and sodas and Atlanta Bread will also be providing great food for the celebration. Cool door prizes will be sponsored by Management Specialists and Talty Insurance. Come join the fun at the Holiday Lighting Festival!

Park Use within Stapleton

The Stapleton Master Community Association (SMCA) maintains Founders’ Green in the East 29th Avenue Town Center, Aviator Park on East 28th Avenue at Ulster, and the community “pocket parks” in our neighborhood. The parks are available on a first-come, first-serve basis; however they are not available for exclusive reservation to any single party. The maintenance of these parks is funded through assessments collected by SMCA.

Fred Thomas Park at 26th and Quebec is managed by the Denver Department of Parks and Recreation. To inquire about a permit to use Fred Thomas Park, please call 720.913.0700.

Street Lights

Xcel Energy maintains the street lights installed within Stapleton. If you would like to report an outage or malfunctioning streetlight, please call customer service at 1-800-895-4999. When reporting a light out, please be prepared to furnish the identification number found on the metal plate attached to the pole.

Abandoned Vehicles & Recreational Vehicle Parking in the Street

The City and County of Denver has a Code Enforcement Department that handles complaints about vehicles that have been abandoned. These vehicles may be tagged and/or towed by a code enforcement inspector. If you need to report an abandoned vehicle or recreational vehicles parked excessively in the street, contact Neighborhood Inspection Services & Code Enforcement (Gina Romero) at 720.865.3191. Please be prepared to provide a specific street or address location.

Diane Deeter, Forest City Stapleton, Inc., Community Manager
7480 E. 29th Avenue, Denver, Colorado 80238
Email: communitymanager@stapletondenver.com Phone: 720.249.5110

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ALPS Passport Winners Announced

By Tina Pihl

The Active Living Partnership of greater Stapleton (ALPS) successfully unveiled its signature active living program, The Passport to Active Living, this past fall. The Passport to Active Living formally introduced the community – Stapleton, East Montclair, Greater Park Hill, Northeast Park Hill, and Original Aurora – to the active living movement spreading across the United States. Active living incorporates physical activity into daily life, as well as, increases the use of alternative transportation options.



Odelle Holleman,
Passport grand prize winner

ALPS developed the Passport to Active Living to spark an on-going interest in physical activity in the community. This year's Passport events consisted of fun-filled dynamic neighborhood activities, such as the Northeast Park Hill Fun Fest and Senior Walk; the East Montclair Colfax Cruise, a two-mile walk on Colfax Avenue; the Stapleton Stampede, a 5K & 15K walk/run and kid's run; the Northwest Aurora Pool Party; and the Greater Park Hill Home Tour.

The Passport itself provided a calendar of events in the community and the Passport was an entry form for individuals to become eligible to win prizes if the individual participated

in at least one of the advertised Passport events. The contest ran from August 14, 2004 to September 30, 2004.

The grand-prize winners were Cheryl Oliver-Pickett, who participated



Tina Pihl, (right) Program Director for the Active Living Partnership of Greater Stapleton, presents Cheryl Oliver-Pickett with two club-level tickets to a Denver Nuggets basketball game.

in the East Montclair's Colfax Cruise and the Stapleton Stampede; and Odelle Holleman, who participated in Northeast Park Hill's "Fun Fest" and Northeast Park Hill's Senior Walk. Cheryl and Odelle received a pair of club-

level tickets to a Denver Nuggets game. ALPS would like to thank Kroenke Sports Enterprises for donating the tickets.

Keep your eyes peeled - beginning next May another version of the Passport to Active Living will be available to you and your community again. If you would like more information about the ALPS Passport to Active Living or ALPS in general, contact Tina Pihl, ALPS Project Coordinator, at 303 477 9985 or ttp@livablecenter.org. ALPS is funded, in part, as one of twenty-five start-up grants provided to communities across the United States by the Robert Wood Johnson Foundation.

Tina Pihl is the Program Director for the Active Living Partnership of Greater Stapleton.

Urban Estates Homebuilders



The Urban Estate homebuilders recently gathered for an informal "ground-breaking" on the location of their newly-released home sites on the east side of Westerly Creek. These special west-facing sites take full advantage of the expansive Westerly Creek and fabulous views of our magnificent Front Range. Prices will range from the mid \$800s to over \$1 million. For information about these luxury homes that will soon be under construction, please call Barbara Edwardson or Rhonda Blasé at 720-249-5106.

Left to right: Todd Gordon, NuWest Custom Homes; Jim Latsis, Latsis Custom Homes; Jim Decherd, Decherd Custom Homes; Jason Short and Dan Mues, Touchstone Homes; Barbara Edwardson, Rhonda Blasé and Jennifer Gore, Jennifer Gore Unlimited, sales team for Urban Estate Homes; John Keith, Harvard Communities; Craig Austin and Joanne Austin, Austin Signature Homes; Scott Fisher, NuWest Custom Homes.

Missing from the photo: Davita Bruce, Decherd Custom Homes and Scott Carter, NuWest Custom Homes.

PAID ADVERTISEMENT

A Team Approach to Women's Health

By Ronald S. Gibbs, M.D.

You may have heard health care groups tout that they offer multidisciplinary or interdisciplinary care. But what does that mean? And why is it important?

Multidisciplinary or interdisciplinary, as it applies to health care, means "among different specialties." So, a multidisciplinary team is a group of doctors and other health care professionals with different expertise working together to determine the best course of treatment for your individual case. A true multidisciplinary team will meet in person to talk through concerns and options, rather than rely on e-mail and phone calls to reach everyone who need to be consulted.

At University of Colorado Hospital and the Anschutz Centers for Advanced Medicine, we firmly believe in taking a multidisciplinary approach to caring for our patients. In the obstetrics and gynecology department, we have board-certified doctors who are leaders in their field and recognized throughout the country for their knowledge and skills. When it comes to women's health, we have experts to handle nearly any obstetric or gynecologic problem, including gynecologic cancer, infertility disorders, high-risk pregnancies and pelvic pain.

Stapleton residents can rest easier knowing that some of the nation's finest doctors are conveniently located near their homes. For information on the obstetricians and gynecologists at University of Colorado Hospital, please call 303-493-8333 or visit www.uch.edu/obgyn.

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STAPLETON TODAY

An update of Stapleton's evolution from a former airport to a new urban community.



Roslyn Court homes, priced from the low \$100's.



The Denver School of Science and Technology.



The Urban Farm at Stapleton.



Winner of the 2003 Lighting Contest.

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HOMES

Nearly 3,000 residents are now calling Stapleton home and living in more than 1,200 architecturally diverse homes.

Priced from the low \$100's, Roslyn Court homes are available in four different styles of architecture including Victorian, Craftsman, Colonial, and Four Square. These unique homes offer one, two, and three bedrooms and three interior color schemes.

For homes resembling the historic neighborhoods of Denver, New Town Builders offers four architectural styles and 2-5 bedrooms. With a variety of floor plans, there is something for every home buyer.

SCHOOLS

Next month, Stapleton will welcome its newest school, The Denver School of Science and Technology. This school is a Denver Public Schools charter school, which focuses on increasing the level of education in mathematics, science and technology. The 425-student high school will be located along Montview Boulevard west of Central Park Boulevard.

SHOPS

Stapleton will soon be adding two great new restaurants to the East 29th Avenue Town Center. Casey's Pub is slated to open later this month, and The Coral Room will be opening early next year.

"the Grape Vine" (a wine and spirits store), UROK (women's clothing) and Miss Talulah's (gift store) will be opening soon.

The Yoga Studio will be opening in time for everyone to work off the holiday stress. It is scheduled to open later this month in the East 29th Avenue Town Center.

Quebec Square will be welcoming Instant Imprints, Quebec Square Family Dentistry and State Farm Insurance in the coming months.

PARKS/OPEN SPACE

The Urban Farm at Stapleton welcomes kids of all ages to their 23-acre community farm and environmental education facility located in Stapleton's Sand Creek Greenway. The Urban Farm offers a wide array of programs in horsemanship, animal husbandry, gardening, conservation, stream reclamation and land cultivation.

EVENTS

The Holiday Lighting Contest will be held the first week of December, giving residents a chance to express their Holiday spirit. Winners will be announced on December 12th.

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Retail at Stapleton

Two new stores and one under new management



Miss Talulah's (above): Owner Robin Lohre calls Miss Talulah's boutique the perfect place to shop for anyone looking for the right gift for a special woman. Miss Talulah's has been honored as "The Best Gift Store" by the Rocky Mountain News and Robin is looking forward to bringing her second store to the East 29th Avenue Town Center at Stapleton, where she will also carry "vintage inspired" clothing and gifts for children. Call 720.530.6859 for more information.

A Day Spa (upper right): Kathy Wright, the new manager and master hair stylist/colorist at A Day Spa in Quebec Square, is the former manager of two successful salons in the Washington, D.C. area. Kathy uses her 34 years experience to provide her customers with "the most relaxing and fun experiences" they will find in visiting a salon. A Day Spa is open Tuesdays through Saturdays, in addition to special hours by appointment. Call 303.780.9000 for information about gift certificates for a variety of services, including men's hair replacement.

UROK (right): Employee Sarah DeMars stands in front of some of the UROK clothing in the Larimer Square location that owner Rachel Orion calls "sassy but trendy." A Denver native, Rachel is excited about opening a new store in the East 29th Avenue Town Center at Stapleton,



which she describes as a community with both housing and retail that "represents convenience at its best." In addition to clothing for women of almost all ages, the Stapleton UROK has plans to add a children's line in the near future. For information, call 303.534.0472.

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