

Front Porch

A publication of Forest City Stapleton, Inc.

STAPLETON

DENVER, COLORADO

NOVEMBER 2005

Fall at Stapleton

There was still more green than red, orange, gold and brown in the landscape, but that didn't bother the more than 500 people who turned out last month to celebrate Stapleton's annual Fall Festival in Founders' Green of the East 29th Avenue Town Center. Sponsored by Stapleton's Master Community Association (MCA), the popular festival featured a variety of games for the children and carriage rides for people of all ages.



Above: Children romp in Founders' Green at the annual Fall Festival.
Left: Fall colors begin to make their appearance at Stapleton.

NorthField – New Roads, New Stores



Above: New overpasses and exits provide access to NorthField shopping center.
Right: Target's grand opening ceremony was held last month. Right: Brian Levitt, Forest City's NorthField Project Developer, speaks at the opening.



Just in time for the holiday season, there is a dramatic amount of new retail opening in Stapleton's NorthField Retail Center at Interstate 70 and Quebec.

The October openings of Super Target and Circuit City bring more than 213,000 square feet of new retail to Stapleton, not only for holiday shopping, but as a wonderful place to shop for household items throughout the year. That new retail will be enhanced this month with the opening of Bass Pro Shops Outdoor World, also at NorthField.

NorthField is served by new access to and from Quebec Street, just north of Interstate 70 as part of a 1.2 million square foot retail center that will

eventually include an 18-screen Harkins Theatre Complex, a Foley's Department Store and small shops and restaurants situated along a main-street retail district.



Special Report for Stapleton A Parents' Guide to Youth Sports

It takes no more than a quick look around Stapleton to see that it is a neighborhood full of children – and parents who are looking for ways to help their children develop mentally, physically and emotionally. We asked our own local expert, Trich Lea, principal of Westerly Creek Elementary School – who played sports as a child, went to CSU on an athletic/academic scholarship, taught physical education, and coached youth sports teams – for her thoughts on children's team sports. We have prepared a chart with information on who to contact for eleven different team sports in the Stapleton area. And finally, we offer two of our favorite websites on kids sports: one that suggests ways to improve youth sports and another that explains the rules of each game.

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The annual Stapleton Fall Festival was held October 15 at Founders' Green.

Mark Your CALENDAR

2005 STAPLETON EVENTS

EVERY MONTH

Event sponsors are shown in brackets [].

First Tuesday

Stapleton Residents' Social Events Comm.
Stapleton Visitor Center 6 - 7:30pm
[Master Community Assoc. 720.974.4136]

Every Tuesday

Preschool and Parent Support Group
Westerly Creek Elem. Sch. 1 - 3:30pm
[720.423.4797]

Every Tuesday

AA Open Discussion Meeting
Stapleton Visitor Center 8:00pm
Contact: Joe Mc at 303.912.7075

Every Tuesday & Thursday

Stapleton Strollers
28th Ave. & Tamarac St. 9:30am
[www.hotmamasdenver.com 303.296.2609]

Third Tuesday

Stapleton Business Association
Call for location 8am
[Stapleton Foundation 303.393.7700]

Every Wednesday

Music Together classes offered daily
Westerly Creek Elem. Sch.
9:30 & 10:30am
[Music Together 303.333.1474]

First Wednesday

Westerly Creek PTA Meeting
Westerly Creek Elem. Sch. 6:30 - 7:30pm
[Westerly Creek Elem. Sch. 303.322.5877]

Every Third Wednesday

S.U.N. Transportation Comm. Meeting
Stapleton Visitor Center 6:30 - 8:00pm
[Stapleton United Neighbors
303.355.9600]

EVERY MONTH

Third Thursday

Stapleton Citizens Advisory Board Mtg
Stapleton Development Corp
7:30 - 9am
[Stapleton Development Corporation
303.393.7700]

First Saturday

Bluff Lake Birders
Bluff Lake Nature Center 7 - 9am
[BluffLakeNatureCenter.org
303.468.3240]

NOVEMBER

November 1 - 21st

Greater Stapleton Business Assoc.
2nd Annual Food Drive
See article on page 8 for
a list of suggested donations
[GSBA President Brad Phillips,
Allstate Insurance 303-377-4767]

Thursday, November 3rd

Dessert Social and Fundraiser for
Anchor Center for Blind Children
Event Center at Johnson & Wales Univ.
18th & Olive, Denver 5 - 8pm
Tickets: \$50 per person
[303.355.9600 or go to
wildirisrecreation.com]

Wednesday, November 9th

SUN Neighborhood Watch program
Forest City - 7351 E. 29th Ave
Central Park Conference Room
(2nd Floor) 6:30 p.m.
[See page 20]

DECEMBER

December 5th - 9th

Holiday Lighting Contest*
[Master Community Association
720.974.4136]

Sunday, December 11th

Lighting of the Holiday Tree*
Founders' Green 5 - 7pm
[Master Community Association
720.974.4136]

* Check www.StapletonDenver.com
two weeks prior to the event for
more specific information.



Holiday lights at the E. 29th Ave. Town Center.

Denver Nuggets – November Games

Start times are Mountain Standard Time.
Home games are shown in color.

NOV	OPPONENT	TIME	TV
Tue 1	@San Antonio	6:00pm	TNT
Wed 2	L.A. Lakers	8:30pm	Altitude/ESPN
Fri 4	Portland	7:00pm	Altitude
Sun 6	@L.A. Lakers	7:30pm	Altitude/NBATV
Wed 9	Sacramento	8:30pm	Altitude/ESPN
Fri 11	@Sacramento	8:00pm	Altitude
Sun 13	Minnesota	7:00pm	Altitude
Tue 15	@Dallas	6:30pm	Altitude/NBATV
Wed 16	@New Orleans/ Okla Cty	6:00pm	TBA
Fri 18	New York	7:00pm	Altitude
Sun 20	Memphis	7:00pm	Altitude
Tue 22	@Washington	5:00pm	Altitude
Wed 23	@Detroit	5:30pm	TBA
Fri 25	L.A. Clippers	7:00pm	Altitude
Mon 28	New Jersey	7:00pm	Altitude

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Front Porch

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A Guide to Youth Sports in the Stapleton Area

Trich Lea, Westerly Creek Elementary School Principal, offers insight to parents on sports for children

When did you first start playing sports as a child and which sports were they? How long did you play?

Wow, you’re asking me to go way back! Sports has always been part of me, so I can’t give you an exact date. But I can remember playing kick the can in elementary school. There weren’t a lot of organized sports for girls. I remember being on a baseball team with my brother and I was the only girl. That was in the ‘60s and I was definitely looked down upon. When I was in junior high, female sports were just coming about. And then in high school we were just on the brink of Title IX (a federal mandate requiring equal opportunity for women in education, including sports). I was scouted by some recruiters and it all kind of evolved from there. I got an academic/athletic scholarship that paid my way through school at Colorado State University.

What effect did sports have on your life, not just the jobs you have had, but the kind of person you are?

I think it’s been enormous. It would be on my top-five list of what has been very influential in my life. I think it has made me. It certainly has created discipline in my life. When you are in college and you play sports you have to be disciplined because the sport is all year long – it’s preseason, season, postseason. It encompasses your entire life. So if you’re not organized and disciplined, you’ll fail in your school and everything that you do.

Sports was a huge learning experience. I believe it has helped me become more tolerant. It has helped me challenge myself physically. It has helped me face challenges that I didn’t think that I could achieve. I went to a pretty small high school. When I became a college athlete it was an enormous step – it forced me to elevate who I was as well as my athletic ability. As far as people, I’d say sports helped open my eyes to the talents we all have. As far as being an athlete, sports forced me to be organized, disciplined and honor my body.

What was it like to be part of Title IX in its early years, and could you talk a bit about the effect it has had on girls and sports?

Women have not been competing as long as men have. They do not necessarily need the same things; they just need the same opportunities to be able to succeed. The process – over time – needs to be aligned with the opportunities that men have had.



Trich Lea, Principal, Westerly Creek Elementary School

I remember at CSU there was this huge new gym called Moby Gym, but the girls had to play in the fieldhouse. The first two years I was there we weren’t allowed to play games in Moby Gym, though sometimes we could practice there. Then in my junior year that changed. I can remember the first time we were in that gym and the difference it made. Once you have a little piece of

that you want more.

I think Title IX has opened up doors for women financially, it gave us scholarships and equal representation. Look at Michelle Wie who just turned pro in golf. That’s huge. When I was growing up that would never have happened. That kind of success gives people hope and

determination that they too can do things. I feel there is still room for growth in terms of being equitable male-female. But Title IX has provided lots of opportunities for females.

When do you think parents

with young children should begin to look into sports for their kids?

I don’t believe there is a set age. It just depends upon the child. Parents who live a very sedentary life style, who watch excessive TV and don’t exercise much will have a tendency to have children who lead a very similar life style. Modeling by the parents is huge. Sparking the interest of a child can begin with parents but has to be maintained by the child. Interest can certainly begin as young as 4 or 5, the age can vary so much in children. It is the desire and interest level of the child that will be the most influential in deciding when to start.

Should parents encourage their children to try sports even if the kids don’t bring it up themselves – even to the point of pushing them a bit for the socialization, health and other benefits that come from sports?

(continued on page 4)

SPORT	ORGANIZATION	CONTACT INFORMATION
Baseball Co-ed	PAL-Police Athletic League	denverpalsports.com denverpal.com Ken Salasso 303-937-1223
Baseball Co-ed	Denver Parks & Rec	John Martinez 720-913-0675 denvergov.org/recreation
Basketball Girls & Boys	PAL-Police Athletic League	denverpalsports.com denverpal.com Ken Salasso 303-937-1223
Basketball Girls & Boys	Denver Parks & Rec	John Martinez 720-913-0675 denvergov.org/recreation
Flag Football Co-ed	Denver Parks & Rec	John Martinez 720-913-0675 denvergov.org/recreation
Football Co-ed	PAL-Police Athletic League	denverpalsports.com denverpal.com Ken Salasso 303-937-1223
Hockey	Big Bear Ice Arena Lowry	303-343-1111 www.bigbearice.com
Lacrosse Girls & Boys	Denver Lacrosse	Rob Gormley 303-300-5055
Lacrosse Girls & Boys	Redhawks Lacrosse	Mark Foster markfoster@qwest.net
Roller Hockey	Bladium	303-320-3033 www.Bladium.com
Soccer Girls & Boys	Denver Soccer Club	Kathy Maas 303-399-5858
Softball Girls & Boys	Denver Parks & Rec	John Martinez 720-913-0675 denvergov.org/recreation
Swimming Girls & Boys	Local Swimming Clubs and Denver Parks & Rec	Karen Newlon 303-458-4795
Volleyball	Denver Parks & Rec	John Martinez 720-913-0675 denvergov.org/recreation

“Girls & boys” denotes separate teams
These are primarily recreational leagues that accept beginning players.



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Youth Sports *(continued from page 3)*

Yes, parents should encourage, but not force or demand that children be active and participate in organized activities. Again, I believe that if the life style is set by the parents, little encouragement will be necessary. Healthy life styles breed more healthy life styles and it starts at home.

If children are never exposed to sports, they will never know. So exposing your children to as many different recreational sports activities as possible can be nothing but beneficial for health and for the socialization. I only see positives – I find nothing negative in exposing them to a variety of options.

But do you push them? What's push and what's exposure? At what age do you change from recreational to competitive? A child is going to tell you if they're not interested and you need to listen to them. But there's no harm in exposing them.

What are the considerations for choosing a sport?

There certainly are physical considerations – to some extent your body determines what sport you are going to succeed in. Obviously, a 4'11" person may not have as much success in basketball as a 6 foot tall person. But more important than that, because you can fine tune your body to the sport you choose, you need to look at whether you are an individual player or a team player. Am I a person who wants to contribute to the team but I do better taking care of myself and competing individually? Then maybe I should look at swimming. I'm still on a team and my points are part of that team, but I'm swimming an individual relay. The same is true with gymnastics. Or am I better at a sport like soccer where I have to be part of that team whenever I compete? Knowing yourself is really important so you can pick the right sport for you.

Is it appropriate for children to play more than one sport? How much time should kids be spending on sports?

That's a tough one. A lot of that depends upon family. Is there a mom or a dad who is able to run them all over the place? Is it manageable or is it interfering with family time? That will be a personal decision for each family. But

is it appropriate for a child to play more than one sport? Absolutely. If they never participate in it then they don't know about it. It's all about exposure. When you get to the competitive level, I'm not sure that it is possible to play more than one sport nowadays. My son, for instance, plays baseball. You can make that a 12-month sport. In my day we thought of baseball in the springtime and that was it.

But things have gone so far with conditioning, hitting clinics, and fielding clinics that it's a 12-month sport. Could he play three sports in high school? Yes, he could, but that's pretty darn tough nowadays. I really think that it depends on the competition level. But it's certainly appropriate for kids to try more than one sport. I'd support that in a second.

What is the proper role for the parent in choosing a coach? Should you shop around for a "good" coach?

When determining if a team is a good fit for your child, I would consider these points: Are they getting playing time and having fun? Are you observing a level of skill improvement? Are they dedicated? Do they want to participate? Do they practice on their own to get better?

If you're at a very competitive level, you should absolutely find a team where the parents, the coach, and the athlete all have the same philosophy. Is it a team where the best athlete plays the most?

Where does attitude come in? Where does dedication come in? Those are all things that need to be considered depending upon the philosophy of the athlete and the parent.

Should a parent shop around for a good team? Does it make a difference to find a winning team?

It depends upon what level – is it recreation at seven years old? Then I don't think that winning is going to be the top priority. At the recreation level, participation is the top priority. If you're being very competitive,

yes, I feel that it does make a difference how successful a team is, because that's going to drive a lot of motivation. If you have several seasons of losing then kids aren't going to be motivated. The other issue is finances. If parents are paying \$500 or \$600 a season and the team is not competitive and kids aren't getting better, aren't being successful, but you're paying lots of money then it rolls downhill in lots of ways.

What do you think of the trend toward the "professionalization" of kids' sports. Kids go to training centers and summer camps, soccer teams go to Europe, clubs charge thousands of dollars? Is it troublesome to you?

I believe it's extreme, but it's the world we live in. In my day, first of all my parents couldn't afford that, but it just didn't happen. Everything is so much more intense now, so much earlier, so much more developed. The quality of training opportunities and the quality of the athletes today is much higher, and maybe as a result of that. But it's causing kids to be more focused on one thing.

In today's world a 12-year-old who's playing in a competitive league, who's doing the international traveling, can't be playing on three teams. So your question earlier, is playing on three teams a year a good thing? Yes, it's good, but the reality is by the time they get to a highly competitive level they're not going to have the time to do that.

I think it's huge, though, that kids have a passion. It helps keep them focused, it helps define who they are, it gives them confidence, it gives them self-esteem. If nothing else every child deserves the opportunity to find a passion and really develop that passion. If their focus is sports, wonderful, but it can also be dance, reading, writing, whatever excites them. In my family I have a daughter who has chosen not to go the competitive sports route. She's a phenomenal horseback rider. That passion caused her to be disciplined – she had to learn everything about caring for her horse and she was forced to clean up after the horse. But it also allowed her to compete. The focus that she got, and the discipline as a result of that, was enormous. And my son is the other way. He's a hardcore football and baseball player. And that has given him the same positive attributes, but in a different kind of discipline.

FOR MORE INFORMATION ON YOUTH SPORTS VISIT:

<http://sportsillustrated.cnn.com/goodsports> (This website was set up to provide helpful hints to improve the sports experience for children.)

<http://www.momsguide.com> (This website was created for moms and anyone else who wants to know more about the games kids play.)

12-Year-Old Stapleton Resident A "Celebration for Young Entrepreneurs" Winner

Stapleton resident Jordan Shelton, the founder of an advertisement delivery service named "Step by Step," was one of four winners at Young Americans' 4th annual *Celebration for Young Entrepreneurs*.

Jordan created "Step by Step" when he recognized a need for businesses in the Stapleton community to advertise their locations to the mostly new residents. With competitive rates, a reputation for being "honest and hardworking," a catchy slogan of "we fly, they buy," as well as impressive results for his client businesses, he was soon hiring other young people to help him.

In one case, he delivered a flyer for a local children's dentist who was hoping to get 30 to 40 people to attend an open house and safety fair. "He got over 700 people!" Jordan reports. The young entrepreneur plans to hire more kids for his delivery business that grows daily as new families move in.

An athlete competing in cross country

and Kempo karate, Jordan has also been recognized for his academic achievements in mathematics and piano. Clients know that Step by Step requires one week's notice. "We are kids and subject to our parents' vacation plans and homework," Jordan says, "but we're almost always available."

Celebration for Young Entrepreneurs recognizes and awards young business people throughout Colorado who have successfully started their own company. Applications are submitted in spring and then reviewed by a panel of judges who select one winner and two finalists in four age categories: 6-12, 13-15, 16-18 and 19-21. Jordan Shelton is the winner in the 6-12 year-old category.

Celebration for Young Entrepreneurs is one of many programs of Young Americans Center for Financial Education, a nonprofit dedicated to furthering economic education for young people, 21 and under. Visit www.yacenter.org to obtain more information.



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Two Public Art Projects Soon To Be Under Way

By Barbara Neal

Following a site visit to Stapleton early in September, the three artist finalists for the Ellipse project in the East 29th Avenue Parkway (Ilan Averbuch, David Dahlquist and Gerald Heffernon) presented their proposals for artwork at that site to the Project Selection Committee on October 18th. The Committee's recommendation for this project goes to the Stapleton Public Art Advisory Committee for review and then to the Board of The Park Creek Metropolitan District for authorization. Look for the announcement of the \$100,000 commission for the Ellipse project in early November. Plans are being made for the maquette (a model) of the proposed work to be on display as well as opportunities for the community to meet the artist.

On September 20th another Project Selection Committee met to review the application materials and images submitted by 95 artists for the NorthField Town Center plaza public art project. Three artist finalists were selected: Ms. Topher Delaney, Ray King and Patrick Marold. They visited Stapleton and the NorthField site on October 19th. The Project Selection Committee expects to review their proposals in late November.

In addition to reviewing the work of the Project Selection Committees, the Public Art Advisory Committee is working on identifying the site for the next public art project and convening a new Project Selection Committee.

For more information about the NorthField project, the Ellipse project or Stapleton's Public Art Program, contact me 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.

Barbara Neal is the Public Art Consultant for Forest City Stapleton, Inc.

Odyssey School Honored for CSAP Improvement

Stapleton's Odyssey Charter School has been honored by the State Board of Education for the growth its students have shown in math and writing skills over the past three years in the Colorado Student Assessment Program (CSAP). The honor is for progress made in CSAP scores for Odyssey's 3rd, 4th, and 5th grades.

Nelson Chase, Odyssey school director, credits the extraordinary efforts by all of Odyssey's elementary school teachers for this success. "Our teachers are very committed to working with every Odyssey student to maximize growth in all academic skill areas as well as in character development and social responsibility. We are delighted to receive this honor from the State Board of Education."

Westerly Creek Elementary School 2006-2007 ECE and Kindergarten

OPEN HOUSE

Tuesday, November 15th, 2005 • 7:00 pm

- Meet the teachers
- Meet the Principal
- See the classrooms
- Q & A

all prospective 2006 preschoolers (ECE) and kindergarteners and their parents/guardians are encouraged to attend

Questions? Contact Abby Reynolds @ 303-321-5484



Parkside Affordable Housing Ribbon Cutting

Denver City Councilman Michael Hancock and officials from Mercy Housing cut a ribbon in an opening ceremony for the Parkside affordable rental housing at Stapleton. The 68 affordable homes are located off of Greenway Park, across from Fred Thomas Park.


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Doggy Day Care Coming to Stapleton!



Stapleton Realty, LLC is proud to announce the successful sale and closing of the land upon which "Digstown Doggy Daycare and Spaw" will be constructed. Located at the corner of Montview and Willow at 2005 Willow St., construction is slated to start soon with a Grand Opening in Spring 2006. Owner

Stacy Read is looking forward to serving the Stapleton Community with personalized service for your pets. The new Doggy Day Care will pamper your pet and provide a variety of services from grooming to training to treats for your best buddies. For more information visit their website at www.digstown.com or call 720-272-5390.


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Pictures courtesy of Park Hill Art Club

The Park Hill Art Club Fall Show is just a few weeks away. The club's large, well-attended art shows are held each November and May. Over 200 framed original works of art and more than 1,500 unframed pieces in a wide variety of media will be for sale at affordable prices. This show offers an opportunity to add to or start an art collection of high quality.

This fall's show will be held November 11-13 at the Park Hill United Methodist Church, 5209 Montview Blvd. on Glencoe Street. Admission to the show and reception are free and there is plenty of free parking.

Show Hours

Friday, Nov 11
4:30 - 8:00 pm
(reception)

Saturday, Nov 12
10:00am - 6:00pm

Sunday, Nov 13
9:30 am-4:00 pm



The Park Hill Art Club was founded in 1974. Since that time, it has continuously provided educational and exhibit opportunities. The club has about 250 members, ranging from beginners to well-established professionals. If you are interested in membership, contact Camille Scott at cscott404@msn.com.

The Park Hill Art Club offers classes during the fall, winter and spring, on Monday and Thursday mornings, in eight or ten-week sessions. These classes are taught by local, nationally-recognized, professional artists. Classes range from an open studio providing live models and still life set-ups to more structured classes in acrylic, watercolor, oils, and pastels. Throughout the year, many three-to-five day workshops are offered with local and national instructors. Nationally known guest artists have included Betty DeMaree, Zoltan Szabo, Quang Ho, Jim Hamil, David Drummond, Frank Francese, and Eric Wiegardt. The images shown here illustrate the different types of media taught at Park Hill Art Club classes.

From top, left to right:
"Beach Blanket View,"
watercolor by Tanya L. Haynes;
"Brooklyn's,"
acrylic by Peggy L. Atkinson;
"Grid,"
mixed media by Susan Helbig;
"Hawk's Roost,"
watercolor by Ed Brookins.



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Denver Botanic Gardens’ 42nd Annual Holiday Sale

Denver Botanic Gardens’ 42nd Annual Holiday Sale will kick the holiday season into high gear Nov. 18-20, with a wide variety of unique gift items.

More than 40 new and returning vendors will showcase their wares at this year’s event. Items for sale include jewelry and hand-knit scarves, natural skin and bath products, wood folk art and imported pashmina shawls and handloom rugs. The Gardens’ Gift Shop will offer gardening and

gift items, and members of the Gardens’ Guild will once again sell their popular assortment of homemade gourmet herbal vinegars made from herbs cut at the Gardens, dried flower arrangements and unique collectibles and antiques.

SCHEDULE

Friday, Nov. 18, 2005 – 9 am to 5 pm
Saturday, Nov. 19, 2005 – 9 am to 5pm
Sunday, Nov. 20, 2005 – 9 am to 3pm

Admission to the Gardens is free during this three-day event. Snacks and beverages will be available for shoppers who attend the sale, which is located in Mitchell Hall, Gates Hall and Gates Garden Court at Denver Botanic Gardens, 1005 York Street.

For more information, call 720-865-3500 or visit at www.botanicgardens.org.

Check Out Your Library

Park Hill Branch Library
4705 Montview Boulevard at Dexter Street

Studies have shown that children who have difficulty reading in front of teachers or parents are comfortable reading to a dog. **“Paws to Read”** is a program that gives children in grades 1 thru 5 the opportunity to read aloud to a non-judgmental service dog. Tails wag as each child selects a fun book to read to an unconditionally loving canine friend for 20 minutes. This program is on Tuesday afternoons from 3:30 to 5:00 pm and is divided into three one-on-one sessions. Space is limited, so be sure to register ahead of time.

Preschool Story time for 3 to 5 year olds will be on Mondays and Fridays at 10:30 am

Preschool Story time with a Craft will be on Tuesdays and Thursdays at 10:30 am

Bookbabies will be on Thursdays at 11:15 am
Bookbabies is for children ages 6 months thru 24 months and their parents or caregivers.

The following Super Saturday programs are sponsored by Mervyns.

November 12 at 10:30 am – Jammy Man Band by Paul Trunko – Paul Trunko and Ernie Martinez will perform traditional and original folk music, including a sing-along and participatory activities guaranteed to get the kids moving and involved.

November 19 at 10:30 am – Alphabet Puppet Show – Enjoy an alphabet puppet show with Laura Somers.

For more information about activities at Park Hill Library, call 303-331-4063.

Fall Photography at the Rocky Mountain Arsenal

By Dave Showalter, Photographer

As a photographer at the Rocky Mountain Arsenal, I am often asked about photo opportunities there. If you are looking for an outstanding close-to-home photography experience, you should visit the Arsenal this fall.

Fall is the time to shoot great color landscapes, and the old homesteaders left us with great stands of cottonwoods that are turning gold. To capture those colors, take a walk around Lake Mary up to Lake Ladora, and shoot the reflections of the cottonwoods in the lakes. Standard zoom lenses in the 24 mm to 85 mm range are all you’ll need to take great pictures, and a polarizing filter will help take the glare off the water and saturate the colors. If you’re serious about photography, you know that a tripod will ensure tack-sharp pictures.

While you’re walking to Lake Ladora, notice the subtle colors of the prairie grasses and how some turn red in the fall. Also watch for Canadian geese, diving ducks and

herons in the lakes. You can create great pictures without a long lens by composing an environmental portrait. Simply

Photo by Dave Showalter



Rocky Mountain Arsenal wildlife

place the animal off to the side of your composition, looking into a large landscape. These images can be very powerful.

The Rocky Mountain Arsenal National Wildlife Refuge is well-known for its massive mule deer and white-tail deer. In fact, the refuge is home to some of the largest mule deer in North America. November is peak time for the fall rut, or mating season. During the rut, bucks are focused on one thing – mating with does. The deer look regal at this time of year with their massive racks and winter coats. You can photograph the deer from your car on the roadside, while hiking or on a tour. While this is the best time of year to photograph “magnificent mules,” please keep a respectful

distance to avoid stressing the animals and use a long lens, preferably 300 mm or longer.

The Rocky Mountain Arsenal is open on weekends from 8 a.m. to 4:30 p.m. To find out about events and tours, visit the refuge Web site at www.rockymountainarsenal.fws.gov, or call 303-289-0930.

National Wildlife Refuge November Programs

- | | |
|---|---|
| Birding Basics –
Saturday, Nov. 5, 1 - 3pm | Refuge Manager Tour
Saturday, Nov. 19, 9 - 11 am |
| Waterfowl Identification
Sunday, Nov. 6, 8 - 10 am | Check Out Those Antlers!
Sunday, Nov. 20, 9 - 11 am |
| Magnificent Mulies
Saturday, Nov. 12, 1- 3 pm | Magnificent Mulies
Saturday, Nov. 26, 1 - 3 pm |
| Check Out Those Antlers!
Sunday, Nov. 13, 9 - 11 am | Fall KidFest
Sunday, Nov. 27, 9 - 11 am |

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Stapleton Area Merchants Hold Food Drive

The Greater Stapleton Business Association (GSBA) is sponsoring its second annual Food Drive to help needy families enjoy the upcoming holidays.

The Greater Stapleton Business Association has grown over the last three years to over 175 members from surrounding neighborhoods and from businesses located within and around Stapleton. The group represents the seamless connection that the community envisioned when drafting the Stapleton Redevelopment Plan. It has been active in many charitable events as part of its mission to build relationships within businesses in the greater Stapleton community while working together to the benefit of that community.

Last year, the GSBA collected over 2000 pounds of food and helped over 300 families. This year, the association hopes to collect 3000 pounds of donated food items.

Collections are underway now and will extend to November 21st at many of the Stapleton area businesses. Once donations are weighed and tallied, they will be transported to the Greater Park Hill Food Bank. A complete listing of collection sites is available at www.StapletonDenver.com or www.Stapletononline.com.

The Greater Stapleton Business Association suggests donations of the following **non-perishable** items:

Canned fruit & vegetables
Rice/Beans/Dry Pasta
Canned Tuna/Ham/Chicken
Canned Soup/Stew/Chili
Canned pasta
Peanut Butter
Jelly/Jam
Coffee
Canned Juice

To obtain more information about the Greater Stapleton Business Association, please contact Brad Phillips at 303.377.4767.

A Closer Look

Home Work Advocate Heeds Her Own Advice

When Stapleton resident Kathy Epperson writes her regular column about the challenges and opportunities encountered in the creation of a home business, she talks from experience.

Kathy's adventure into the world of working from home began with an inspiration she received years ago when she discovered a delightful body oil moisturizer at a day spa in Seattle and decided to concoct her own version of the product. "I loved this body oil, but they changed the scent and consistency, and there were terrible inventory lapses," she says, looking back to the experience. "I decided I couldn't live without it, so I set about trying to make it myself. Once I got just the right formula – a rich blend of vegetable oils, shea butter and essential oils – I knew I had something great."

When friends and family fell in love with the scents she created, a second product was quickly born.

"After I created 2 great scents that were suitable for an overall body moisturizer, I still had many more essential oils combinations I wanted to try," Kathy explains. "Also, while I used to wear perfume years ago, now as I've gotten older and have had children, I tend to find normal perfumes very cloying. But I missed that instant pleasure and relaxation from smelling a wonderful scent, so I created a set of 7 (and counting!) Aroma Oils fragrances using essential oils like lavender, tangerine, lemongrass, mint, clove bud and many more."

With a background in product and corporate marketing, Kathy quickly set about designing a logo, label and website (www.thula.com). "I just love branding and couldn't even proceed with my product

development until I put a face on it. The name 'Thula' snuck up on me: this was my maternal grandmother's name (short for Parthula) and I couldn't get the name out of my head. When I found out it is also an African word meaning 'peace' or 'tranquility', I thought 'Well, that's it, then.'"

Kathy's marketing background also helped her think through pricing, inventory and logistics. "By ordering supplies in a just-in-time fashion and doing short runs of labels and small batches of products, I'm able to keep my prices low. High quality essential oils are very expensive, but at \$12 per

Aroma Oil (or \$50

for a set of any 5), this is a wonderful and easily affordable gift or treat for yourself."

As with many owners of home businesses, Kathy juggles many demands on her time, as she chases after her two little boys (Max, 3; and Ethan, eighteen months) while she also assists her husband Jay with his website and marketing. Somehow, she also finds time to write a monthly column for The Front Porch and she is trying to publish children's books as she simultaneously launches her line of essential oils products under the "Thula" name.

"I find myself in the position many parents – especially mothers – are in: trying to earn an income while remaining flexible enough to tend to a sick child and manage the household. I don't know where this will lead; I may end up getting a regular job or going back to school, but I'll always keep Thula going."

Editor's Note: "A Closer Look" is a new feature in The Front Porch that will occasionally profile some of our regular columnists.



Kathy Epperson

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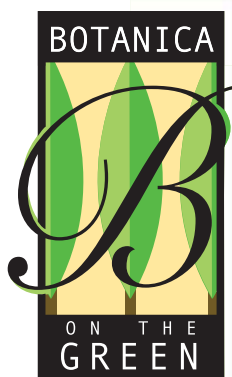
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— *Behind the Scenes at Stapleton* —

The People Who Make Stapleton Work

J. Ward Briggs, Property Manager for Stapleton Development Corporation



In 1978, Ward Briggs moved to Denver to work on the Frontier Airlines ramp at Stapleton International Airport. Later, he worked in Frontier's Control Tower, was responsible for computing the appropriate weights and balances for individual aircraft and also worked in the airlines' reservation center until Frontier entered bankruptcy. Twenty years later, he returned to the former airport where he assumed the role of Property Manager for the Stapleton Development Corporation with responsibility for managing the assets of the 4,700 acre former airport property until they are sold to Stapleton's master developer, Forest City Stapleton, Inc.

As the property manager for Stapleton, Ward has been active in IREM (Institute of Real Estate Management). He was named the "CPM (Certified Property Manager) Candidate of the Year by the local Chapter of IREM in 2003. Ward notes that one of the most interesting — and challenging — parts of his job is working with both municipal government and a private sector developer, particularly in his first management position.

Ward has a Bachelor's degree in East Asian Studies from Colby College in Waterville, Maine. He has traveled in Indonesia, Thailand, Nepal and Malaysia.

Mike Fox, Grounds Maintenance Supervisor for the Master Community Association



When Mike Fox accepted the job as the Grounds Maintenance Supervisor for Stapleton's Master Community Association, it was a case of returning to his old neighborhood.

Mike grew up just south of Stapleton International Airport at Montview Boulevard and Syracuse, where he attended Ashley Elementary School. He graduated from East High School and later received an Associate of Applied Science Degree in Horticulture from Front Range Community College. Prior to joining the Master Community Association, Mike was the Park Supervisor for the Town of Parker, Colorado. The Denver native said it "felt right" to return to work at the new Stapleton in his old neighborhood in Northeast Denver.

Mike says his goal is to ensure that Founders Green in the East 29th Avenue Town Center and the pocket parks and other public spaces managed by the Master Community Association offer

Stapleton residents and visitors "a safe and fun environment." In his spare time, Mike enjoys sports and outdoor activities with his sons Bodhi (6) and Colby (4).

Erica Nielson, Receptionist, Forest City Stapleton, Inc.



For the past four years, Erica Nielson has been one of the key people who has provided a pleasant and professional greeting to the many people who call or visit the Forest City offices involved with the redevelopment of Stapleton.

A native of the small community of Yankton in South Dakota, Erica grew up in the Denver Metropolitan Area where she graduated from Westminster High School. In her role as the receptionist for the busy Denver offices of Forest City Stapleton, Inc., Erica fields a steady flow of phone calls while simultaneously managing to greet the non- stop parade of architects, engineers, contractors, business and civic leaders and other visitors involved with the redevelopment of Stapleton.

Mary Flack, Project Accountant with Forest City Stapleton, Inc.



As a project accountant working on one of the most ambitious urban real estate developments in the nation, Mary Flack has become accustomed to tracking the flow of millions of dollars that cross her desk each week in billings and payments. The Ogden, Utah native graduated from North High School in Denver and later attended Metropolitan State College and worked for Chase Mortgage. In her five years with Forest City Stapleton, Inc., one of Mary's many responsibilities has been the timely payment of invoices. She is currently working with the corporate headquarters of Forest City Enterprises, Inc. in Cleveland on the development of new accounting software.

Mary and her husband Bruce have two sons, Justin (12) and Tanner (10), as well as two step daughters, Ginger (23) and Jessie (29). Mary is an avid fan of the University of Colorado Buffaloes, the Denver Broncos and the Colorado Avalanche. She is an accomplished bowler and horseshoe player. She also enjoys watching her sons play soccer.

Leslie Joseph, Executive Assistant with the Stapleton Foundation for Sustainable Urban Communities



Leslie Joseph, executive assistant with the Stapleton Foundation for Sustainable Urban Communities, was born and raised in Los Angeles and lived in Billings, Montana before moving to Colorado twelve years ago where her work experience once included serving as an executive assistant for an architectural firm in Aurora. Today, she plays an important role as part of a small but effective team of people at the Stapleton Foundation that implement programs promoting lifelong learning, sustainable development and affordable housing, while promoting neighborhood connections that link the new neighborhoods at Stapleton with the surrounding communities. Those programs reflect the priorities articulated in the Stapleton Master Plan which was created by the citizens of Denver and the metropolitan area under the guidance and with the financial support of the Stapleton Foundation, formerly known as The Stapleton Redevelopment Foundation.

Leslie is married with three children – twins Courtney and James, age 14, and Jamon, age 12. In her free time, she likes to ski, read science fiction and spend time gardening.

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Location: Quebec Square

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Location: East 29th Avenue Town Center

Doubletree Denver Café
Offer: 10% discount on all food and beverage.

Inta Juice
Offer: 10% off of any item.
Location: Quebec Square

Kyle's Saloon and Eatery
Offer: FREE salad with dine-in pizza or calzone order.

Noodles and Company
Offer: Free fountain beverage with purchase of entree sized bowl.
Location: East 29th Avenue Town Center

Panera Bread
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Location: Quebec Square

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Offer: 10% off any combo meal.
Location: Quebec Square

Officer Mark Hart Named "Top Cop"

Officer Mark Hart was recently honored by a citizens committee as the "Top Cop" in Denver Police District Two for the month of September. Denver Police District Two encompasses Stapleton and the neighborhoods to the west.



Officer Mark Hart (left) with Anthony Thomas of the Top Cop Citizens Committee.

On September 8th, Officer Hart was on routine patrol in his assigned precinct when he noticed an elderly man lying next to an electric wheelchair in the grass of Russell Park at 36th and Vine Street. When Officer Hart approached the man to check on his condition, he learned that the disabled man had been on his way home when the battery on his wheel chair died. The man told the Denver Police Officer that he was paralyzed from the waist down and had to get out of his wheel chair because of back cramps. He told Officer Hart that he was afraid to ask for help and had planned on lying in the park until a family member became concerned enough to search for him.

Officer Hart called for another officer to respond and assist with lifting the disabled man, who weighed 200 pounds back into his wheelchair, which weighed another 300 pounds. Once the man was back in his wheel chair, Officer Hart pushed him two and a half blocks to his home in 90 degree plus weather. Officer Hart then pushed him on to his front porch, and plugged in the charger to his wheel chair before notifying his family.

When the disabled man was safely back at his home, he confided in Officer Hart that he usually did not have a favorable view of the police and that on any normal day, the last person that he wanted to see would be a police officer. That day, he said, his opinion of the Denver Police Department was changed.

Officer Hart was honored by his superiors in the Denver Police Department and the Top Cop Citizens Committee of District Two for his extraordinary compassion and effort to come to the aid of a citizen in need.

Editor's note: The Denver Police District Two "Top Cop" Citizens Committee welcomes nominations from citizens, businesses and civic groups who are interested in submitting the names of officers who may warrant recognition under the "Top Cop" program. To nominate an officer who has served the community above and beyond the normal call of duty, email Commander Rhonda Jones at jonesrh@ci.denver.co.us.

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Respiratory Infections (Colds)

By Carol M. Odell

The common cold is caused by any one of a large number of viruses and each cold is very likely due to infection from a different virus. That is why the same person may have so many different colds, and why the symptoms vary from one episode to another. Immunity is acquired as one grows older, with the number of subsequent colds fewer and often less severe.

Colds are most contagious during the early period when the cold is developing and during the first day or two after the symptoms have appeared. Colds are spread by personal contact more than by droplets, but droplets (produced by sneezing or coughing) are also infectious to some degree. Viruses can also be transferred by touching contaminated objects that have been handled by infected persons, although once objects have been dried and cleaned the virus disappears rapidly.

Exposure to cold or wet weather has nothing to do with “catching a cold.” There are probably more colds in winter because colder temperatures keep people indoors and in closer contact with one another. The feeling of chills that may be experienced is usually the first sign that a cold is developing. The chill does not cause the cold.

Symptoms

Major symptoms include runny nose, sneezing, watering eyes, sore throat, hoarseness and coughing. You may also experience a headache, muscle aches and fever.

This rise in temperature may cause shivering and chills. Other symptoms include reddening of the eyes, enlarged, painful lymph glands in the neck, pressure or discomfort in the ears, feeling weak, “run down” and tired. The symptoms can range from very mild to quite severe and may last from one to three days or persist for several weeks.

Risks

An ordinary cold most often resolves spontaneously and without any complications. However, because the respiratory tract is a series of spaces connected by passages, an infection can spread from the nose and throat to the middle ears, sinuses, trachea or lungs. These secondary infections can lead to serious disorders of the respiratory tract which appear in the form of sinusitis, pneumonia or bronchitis, and tonsillitis. In general, if a cold is not improving after the first week, or if it becomes abruptly more severe, professional attention should be sought.

Treatment

There is no drug or medicine that can cure the common cold. Antibiotics are not effective for combating a cold since colds are caused by viruses, rather than bacteria. The goal of treatment, therefore, is to provide symptomatic relief and to avoid complications until the cold has run its course. Medical attention and treatment are needed only if unusual symptoms suggest some other disease. If you have a simple cold, there are several recommendations which may provide relief until the symptoms resolve:

Rest — To date, this is the single most important factor in treatment, especially in the early stages. Increasing the hours of sleep, resting as often as possible, and avoiding unnecessary physical activity are all helpful in enabling the body’s natural defenses to combat a cold.

Fluids —To avoid dehydration from congestion and fever, at least eight glasses of fluid should be consumed daily. Hot

drinks aid in thinning out mucus. Alcoholic beverages are not a satisfactory substitute for other fluids. **Antipyretics** — Aspirin, ibuprofen (Advil) or acetaminophen (Tylenol) should be taken as needed for fever; a persistent (more than one week) fever of over 101 degrees F suggests the presence of a secondary bacterial infection and indicates the need for medical attention. Children under the age of 18 should not take aspirin.

Humidity — A recent study found that local hyperthermia (temperature elevation) of the nasal lining may be beneficial. A single treatment of inhaling hot, moist air administered for at least 20 minutes once a cold starts improves nasal symptoms. The improvement starts immediately, but surprisingly some benefits persist for several days afterward. Adding moisture to the air by cool mist or hot steam from a vaporizer, container of hot water or hot shower are equally effective. **Irritants** — Smoke, very dry air, heavy breathing due to excessive physical exertion, pollen, dust and other substances that can irritate the respiratory tract should be avoided.

Stay warm — Dress warmly to prevent chill but avoid undue sweating. Do not swim or take cold showers.

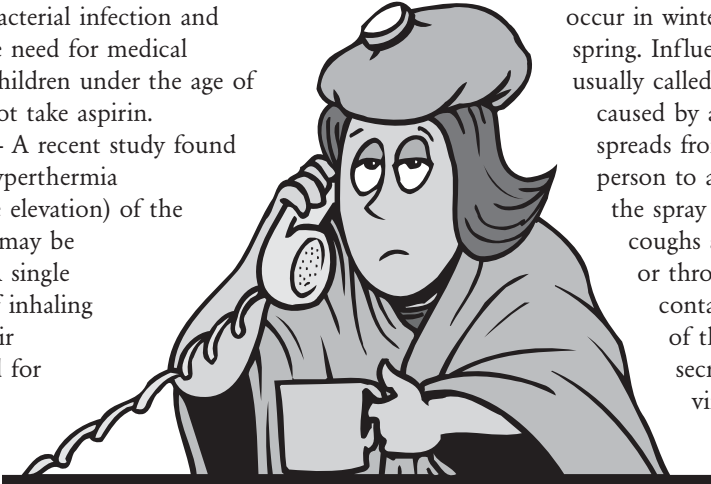
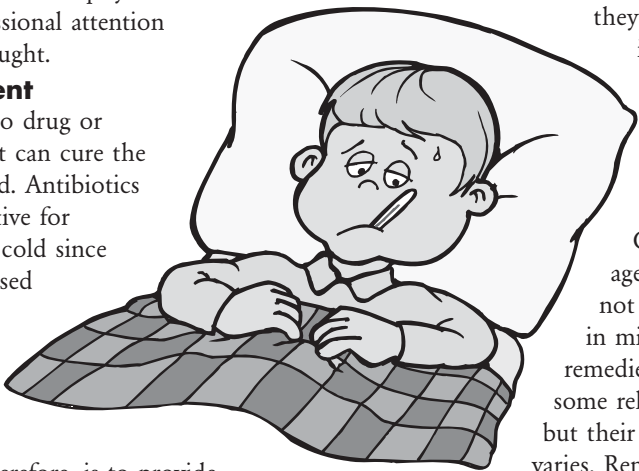
Avoid pressure changes —With a cold, the swollen mucus membranes may obstruct the small openings from the nasal passages to the sinuses and middle ears so that the ears cannot “pop” as freely as they should with a change in altitude. Pressure changes may cause severe pain and sometimes lead to infection, especially in the ears. Avoid airplane travel, mountain trips, swimming and diving. If it is necessary to travel by air, a decongestant should be taken one hour prior to the scheduled flight to keep air passages open.

Medications — Over-the-counter medications may relieve the symptoms of a cold; these drugs will not, however, affect the course of your cold or the duration of the infection and none are essential to treatment. Throat lozenges, cold tablets and decongestants such as Sudafed, cough syrups like Robitussin and nasal sprays may provide temporary relief, but

they should be used in moderation. Aspirin, ibuprofen, or Tylenol can relieve any aches and pains. Children under age 18 years should not use aspirin. Keep in mind that cold remedies may provide some relief of symptoms, but their effectiveness varies. Remember also that all drugs have side effects and/or contraindications. Persons with high blood pressure should be cautious in the use of these drugs.

Patience — Uncomplicated colds improve with time and time only. Symptomatic relief is the best that can be offered.

Carol M. Odell is a board-certified family nurse practitioner. Her clinical and research interests include student health, women’s health, sexual health and health promotion. She is a Senior Instructor at the University of Colorado Department of Family Medicine and currently practices at the A.F. Williams Family Medicine Clinic. For more information, or to make an appointment, please call 303.372.9797.



By Carol M. Odell

Influenza is usually an epidemic disease affecting many people within a community. In fact, one of the ways of determining whether an outbreak of respiratory infection is influenza is to look for rapid spread of symptoms.

Usually, such epidemics occur in winter or early spring. Influenza, usually called the flu, is caused by a virus that spreads from one person to another in the spray from coughs and sneezes or through contamination of the hand by secretions. The virus enters the upper part of the

respiratory tract through the nose or mouth, and it may also invade the rest of the tract including the lungs. Symptoms appear after an incubation period of one to two days. The incubation period is the time between the entry of the infection into your respiratory tract and the beginning of symptoms.

The early symptoms of flu are:

- sudden weakness and fatigue
- chills
- fever that may be as high as 104 degrees F (40 degrees C)
- sneezing
- headache
- muscular and joint pains
- swollen glands
- sore throat

These are usually followed by a dry hacking cough and, often, chest discomfort. Later the cough produces mucus and a runny nose. The fever generally lasts for two to three days, with continued weakness for another few days. If there are no complications, recovery usually occurs within two to three weeks.

Epidemics

Epidemics of influenza occur at unpredictable intervals. Sometimes there are as many as five or six successive winters without one but at other times there are two or three epidemics within the same community in a single year. In a severe outbreak, most people in an affected area will have at least a mild attack of the disease.

Epidemics die out when everyone who has been infected by a particular strain, or type, of flu virus becomes immune to further attack by that strain. There are several strains of influenza virus and new strains are constantly developing. These new viruses are often named according to their assumed place of origin. That is why you may hear about Hong Kong flu one year, Russian flu another year, and Taiwan

Influenza

A the next. Immunity from one strain does not protect you from other flu viruses, and immunity is only temporary.

Risks

The main risk of influenza is that the infection may spread from the upper respiratory tract down to the lungs, and cause bronchitis or pneumonia. Such complications are rare, and are most likely to occur in very young children, the elderly, heavy smokers, diabetics, or people with chronic chest disorders.

Treatment

Influenza must run its course but you can ease the symptoms. The best treatment includes bed rest, fluids and aspirin or other fever and pain reducing compounds such as acetaminophen (Tylenol) or ibuprofen (Advil) to relieve the aches and fever. For children or younger adolescents, some health care practitioners recommend acetaminophen (Tylenol) rather than aspirin because of the remote possibility of invoking Reyes syndrome. (Very few practitioners feel that college-age students risk Reyes syndrome by taking aspirin.) Go to bed as soon as symptoms begin, and reduce activities until your temperature returns to normal. Take the aspirin, aspirin substitute, or acetaminophen and drink as much water or other fluids as you comfortably can. Use humidity, stay warm and avoid irritants such as cigarette smoke. Try over-the-counter medications to relieve the symptoms of congestion and cough. You should expect to feel weak, and possibly tired, for about a week after your temperature drops. Rest as much as possible until you have recovered completely. There is no specific treatment for flu, since antibiotics are not effective against viruses. If your fever lasts for more than three or four days or if you become short of breath while resting, call your health care provider. If a complication such as bacterial pneumonia develops, antibiotics will be prescribed.

Flu Vaccine

It is advisable for people who are most at risk from complications (those with chronic lung diseases and the elderly, for example) to have annual injections of an influenza vaccine. Because of the many kinds of viruses, however, it is difficult to know which vaccine to use and such inoculation cannot guarantee protection. Even against the strain for which it is effective, the vaccine protects you for only one winter or less.

Watch for more information about University of Colorado Hospital’s new family medicine center opening in Stapleton in the fall of 2006.

Carol M. Odell is a board-certified family nurse practitioner. (For more information about the author see adjacent article.)

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Choosing the Perfect Picture Frame

By Lin Clark

Why should I consider custom framing?

That is a good question, and indeed, there are times when a mass produced picture frame is appropriate. However, when you want your old photographs, new photographs, limited edition prints, oil paintings, watercolor paintings, acrylic paintings, diplomas, certificates, awards, child's first finger-painting, coins, posters, calendar prints, christening gowns, or other treasured heirlooms

for display – custom framing is the best answer. A custom framed piece is a one-of-a-kind, personal creation that you will never find in a department or discount store. Done correctly, a custom framed piece will also protect your treasure for years to come.

How do I choose the right frame?

A good framer will assist you with all of the decisions that go into correctly framing your picture. And while you should certainly consider the room's décor, you should not match the frame to the sofa or the wallpaper or the drapes, at the expense of what looks good with the piece. Someday you might move the picture, or get a new sofa, or change the drapes.

Why should I consider re-framing a piece I have had for 15 years?

Two reasons: Protection and Appearance. Protection – Framing materials and

techniques change. It was common practice 15 years ago to use regular glass on all items framed under glass, whether they were exposed to direct sun or not. We now know that ultra violet (UV) rays are damaging to artwork of all kinds. If your piece is framed under glass and it has a mat around the frame, look at the inside edge of the mat, is it discolored or is it still white? The majority of mats have white cores and if fading is occurring, the core will turn from white to dingy gray color. If this is

happening to the mat, imagine what the UV rays are doing to your artwork. Other common framing materials used were, and sometimes still are, paper mats and cardboard, both of which contain acid that will gradually destroy your art. Using archival mats and backing boards will help protect art from the damaging effects of time and from common pollutants that cause yellowing, fading and deterioration.

Appearance – Some frames are timeless; others should stay in the 80's. Just like updating your carpet or window coverings, a new frame and different mat on your pieces can dramatically change the appearance and give you a fresh modernized look to your art.

Lin Clark is co-owner and operator of Art & Framing at Stapleton in the East 29th Avenue Town Center. She may be reached at 303.534.1979 or lin@artandframingstapleton.com.



Lin Clark of Art & Framing in the East 29th Ave. Town Center.

Large Crowd Attends Stapleton



A standing-room only crowd of more than 230 people attended a public forum sponsored by Stapleton United Neighbors (SUN), The Citizens Advisory Board of the Stapleton Development Corporation and Forest City Stapleton, Inc. to hear the latest information about the progress in redeveloping Denver's

former airport. The forum, which was held in the cafeteria of Stapleton's new Denver School of Science and Technology (DSST), was cosponsored by neighborhood associations surrounding Stapleton. Following opening remarks by SUN President Mike King and Denver City Councilman Michael

Westerly Creek Elementary Recycles and Earns Funds

Westerly Creek Elementary PTA has joined a program run by a local Colorado company to recycle and earn dollars for the school for any of the following items:

- Printer cartridges
- PDA's
- Laptops (w/power cords)
- Cell phones

Please save your used or discarded items and drop off in the red recycling box at the front office at Westerly Creek Elementary (8800 East 28th Avenue, Denver, CO 80238) Contribute to sustainable living and help the school earn extra funding!



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Development Forum



Hancock, senior officials from Forest City delivered presentations on the retail, office, infrastructure and residential development on the horizon for Stapleton. Those presentations were followed by a parks update from the Stapleton Development Corporation and a report from The Denver Police Department about its proposed new training center at Stapleton.

—Children’s Book Reviews—

Turn the Page

By Elizabeth Baker

The 500 Hats of Bartholomew Cubbins and The Butter Battle Book
Author and Illustrator: Dr. Seuss (Theodor Seuss Geisel)

Brief Biography: Dr. Seuss came to us at the end of a long Massachusetts winter, in the year 1904. Starting out young as an academic, he attended both Dartmouth and Oxford before marrying his love, Helen Palmer, at the age of 23. He was to stay with Helen for the next 40 years, during which time he gained a name for himself through the comics he drew for publications such as *Life* and *Vanity Fair*, and through his series of comic ads for an insecticide he named Flit! Geisel’s first book, *And to Think That I Saw It on Mulberry Street* was submitted to and rejected by 43 publishers, before a friend finally agreed to publish it. Without further ado, he went on to a successful career as a military writer and documentarian. In true Seuss fashion, the books he is most famous for, *The Cat in the Hat* and *Green Eggs and Ham*, both had an interesting birth. The first was a response to illiteracy among school children and contained 220 “words children should know” out of a list given to him by his publisher. The second was his answer to a dare that he couldn’t write a book using only 50 words... if you don’t believe it, count them! For children everywhere, Geisel worked his magic time and again, and always with a keen gift for conveying meaning in the least boring way possible. Indeed, the *Life* report on illiteracy which he



Elizabeth Baker

responded to by writing *The Cat in the Hat*, blamed boredom as the culprit keeping children from reading. Never boring anymore, that’s what Dr. Seuss is for!

Why you would want to share this book with your child: Although notably not the most widely acclaimed books written by Dr. Seuss, both offer the genius approach of a story within a story. From *The 500 Hats of Bartholomew Cubbins*, the reader will instantly note the unfairness of a person getting in trouble for something they didn’t do and how difficult it is to talk about one’s differing point of view when no one wants to listen. Of similar sentiment, *The Butter Battle Book* is a powerful tale of confusing *different* with *wrong* and of how things can get out of hand when people use their egos and not their hearts to solve a conflict.

Why your child would enjoy these books:

Dr. Seuss really mastered the art of finding the place where a child’s humor resides. This place, often a mystery to those of us who have lived in the adult world for a few too many years, is easily reached through the wit and silliness of these books. Morals and meaning, though never lost on children, can be put aside to duly note that the pictures are hilarious and the tone absurd. Dr. Seuss makes the world a little lighter through his rhymes and characters, and makes all of us the happier for it.

Elizabeth Baker is an employee of Miss Talulah’s in Stapleton’s East 29th Avenue Town Center. Her email address is lizzybumpkin@gmail.com



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Canine Influenza

Editor's Note: The following information is provided courtesy of Dr. Michele Smith of the 29th Avenue Animal Hospital in Stapleton's Town Center as well as the office of the Colorado State Veterinarian and miscellaneous sources dedicated to the health of family pets.

Recent media attention to canine influenza has alarmed dog owners. As with any emerging disease, new information is learned about canine influenza each day. The State Veterinary's Office of Colorado e-mailed local veterinarians with these quick facts to address the concerns of area dog owners.

Canine influenza-new influenza strain-was first reported in January 2004 at a Florida greyhound track.

The virus was first identified in the pet population in spring 2005, when the University of Florida College of Veterinary Medicine isolated and identified a strain of the influenza virus as a cause of a serious respiratory illness in dogs in shelters, humane societies, boarding facilities, and veterinary hospitals in that state.

This virus, belonging to the influenza A family, is a mutated strain of an equine influenza virus that has been detected in horses for over 40 years.

This specific strain of influenza is not known to infect humans or poultry.

As of October 7, 2005, confirmed positive sero samples of canine influenza had been diagnosed in the pet populations in ten states: Florida, New York, California, Oregon, Washington, New Jersey, Connecticut, Massachusetts, Ohio, and Pennsylvania. It had also been diagnosed in Washington, D.C.

As of October 7, 2005, there had been no reported cases of canine influenza in

the State of Colorado.

Signs and Virulence

Canine influenza is a new, contagious respiratory disease that may mirror signs of kennel cough, including sneezing, coughing, and fever. It requires veterinary medical attention.

Nearly 100 percent of dogs that come in contact with the virus become infected, regardless of age or vaccination history. Of those infected, 20 percent show no signs of disease.

Of the 80 percent that exhibit signs, two forms have been observed:

Mild infection. Symptoms include a low-grade fever, nasal discharge, and a persistent cough that could last up to three weeks.

Severe infection. Symptoms include a high fever, increased respiratory rates with difficulty breathing, and other indications of pneumonia.

Researchers have observed canine influenza to be fatal in fewer than 8 percent of infected patients.

Because this virus is new to dogs, most dogs will not have a natural immunity to the influenza.

Treatment

Contact your veterinarian if you believe your dog may have contracted canine influenza. Your veterinarian is best qualified and equipped to make a diagnosis and to provide advice for caring for any symptom-free dogs you may have in your household.

Although most dogs will recover from this virus without any treatment, dogs exhibiting symptoms of a mild infection can be treated with antibiotics to prevent secondary bacterial infections.

Others with a more severe form of the virus require the same treatment as humans with influenza: fluids and rest, and more

severe cases requiring intravenous fluids and antibiotics. Treatment for this population has been successful in about 95 percent of the cases.

Spread of the Virus

Canine influenza is thought to be a mainly airborne virus, most likely transmitted by an infected dog sneezing or coughing on another.

Symptoms generally appear two to five days after a dog is exposed to the virus.

Infected dogs have the ability to spread the virus for seven to ten days from the onset of symptoms.

Much the same as human influenza, this virus can be spread through direct contact with a contaminated surface.

Infected dogs may not exhibit signs of infection, but are still able to spread the virus.

Prevention

Although researchers are working on a vaccine to prevent canine influenza, one does not exist at this time.

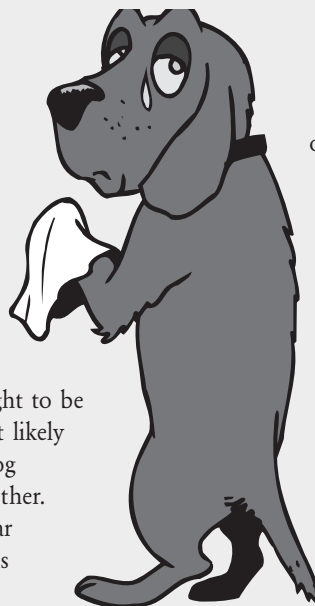
As with any other potentially communicable disease, exercising a few common-sense precautions can help to prevent the spread of canine influenza:

Use kennels, grooming facilities, and dog parks that are well known to you.

Watch for news of canine influenza outbreaks in your area.

Contact facilities in advance to ask about any recent occurrences of respiratory illnesses in dogs.

Inquire about steps pet facility



operators take to isolate any apparent cases of illness.

If your pet is exhibiting symptoms of canine influenza, contact your local veterinarian. Your veterinarian is best qualified and equipped to make a diagnosis.

If your pet has a respiratory infection or has recently recovered from one, limit its contact with other dogs for a couple of weeks, allowing for

complete recovery and reducing the likelihood of transmission.

Assume that the more exposure your dog has to other dogs, the greater the chance of becoming infected.

Transmission to Humans

There is no evidence of canine influenza spreading to humans.

The equine strain of influenza has been in horses for over 40 years without any reported human infection.

The Bottom Line

The important thing is that people not panic over this. Canine flu is a new disease, so there is a lot we don't know about it, but the mortality rate is very low, and many dogs don't even get sick from it. It made a huge splash in the press because the molecular genetics part of the story established such a clear cross-species transmission of an influenza virus-not because it is a new, deadly disease of dogs. The virulence of this virus has been greatly exaggerated by some.

Junior Illustrators Invited to Join Duck Stamp Program

Ever wonder who creates those colorful drawings of ducks featured on postage stamps each year? Well, the answer is the winners of the Junior Duck Stamp Program, which is offered by the U.S. Fish and Wildlife Service to teach students about wetlands habitat and waterfowl conservation.

The 2006 competition kicked off this fall, and students can submit entries from now until March 15. This year, students are being asked to draw illustrations of specific waterfowl common to the United States and submit an optional conservation message. Between 500 and 1,000 students enter the Colorado contest each year, and prizes are awarded to the top 100 entries from each state.

One winner is selected to represent each state and go on to the national finals in Washington, D.C. Prizes ranging from \$5,000 to \$200 will be awarded for first, second and third place winners in the national competition, along with a few honorable mentions. The top illustration then becomes a collectible stamp that is sold by the U.S. Postal Service for \$5 per stamp.

A Little History

The first Federal Duck Stamp was created in 1934 at the request of President Franklin D. Roosevelt. Starting in 1949, the program opened to the public, and it remains the only art competition of its kind sponsored by the U.S. government.

Since 1934, the sale of duck stamps to hunters, stamp collectors and other conservationists has raised more than \$700 million. That money has been used to acquire more than 5.2 million acres of habitat for the national wildlife refuge system. The U.S. Fish and Wildlife Service decided to build on the program by establishing a Junior Duck Stamp Program for children and young adults all over the country.

The Program Today

The Junior Duck Stamp Program has been

in existence for more than 10 years and attracts students throughout the United States.

Each state has state and regional coordinators, who are responsible for administering the program in their area. In order to prepare and participate in the

Photo by Kramer



Wood duck

fostering a greater respect and appreciation for our nation's natural resources," said Seth Beres, who coordinates the program for Colorado.

Colorado Bound

In the 2005 contest, Jason Harr from Platte Valley High School in Kersey,

Colorado, took home an Honorable Mention Award at the national level for his stamp. The U.S. Fish and Wildlife Service at the Rocky Mountain Arsenal National Wildlife Refuge serves as the contact for Colorado.

For more information on the program or how to get involved, please visit www.fws.gov/duckstamps or contact Seth Beres, Colorado state coordinator, at 303-289-0867.

Did You Know?

- A duck's feet have no nerves or blood vessels, so ducks can't feel the cold even if they swim in icy cold water
- Ducklings are able to fly within in 5-8 weeks
- Every duck has waterproof feathers, and below those are fluffy, soft feathers to keep them warm

Editor's note: This information is provided compliments of The Rocky Mountain Arsenal National Wildlife Refuge, located north of Stapleton. For more information about the Arsenal, visit www.fws.gov/rockymountainarsenal

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Writer’s Corner

Sympathy/Empathy

By Kerry O’Connell

Sympathy and empathy – two words that sound alike, look alike, and are often interchanged without thought. It is hard to believe that I spent 48 years on this earth before I understood how radically different these two similar words really are. The event that brought this revelation into painfully clear focus was a split second duel with gravity on a wonderfully bright October morning last year. Most shattered elbows can hardly be characterized as life changing experiences. This one lead to tragically disappointing medical procedures and months of therapy that have accomplished little for my mangled limb but restored my faith in people beyond comprehension.

I believe that empathy is the most preciousy cherished form of all human communication. Empathy is the gravitational force that bonds souls of the most diverse people on earth into lifetime friends. The differences with its weaker cousin sympathy are too many to list but here are a few that clarify the concept.

Sympathy	Empathy
Can be purchased at Hallmark	Can’t be purchased at any price
Given by many	Craved by many
Minimal emotional investment by the giver	Requires great emotional revelation by the giver
Leaves you indifferent	Leaves you warm
Brief pain relief	Lasting healing
Quickly forgotten	Relished forever
Has no smell	Smells like your dad’s shoes
Understood	Experienced
Offered	Shared
Abundant	Most Rare
Expected	Unexpected
Learned	Experienced
Easy	Difficult
Shallow	Deep
Acknowledges	Accepts
Mostly talking	Mostly listening
Tries to solve	Relates
Often religious	Always spiritual
Past tense	Present tense
The symptom	The cure
Safe	Risky
Polite	Real
Too much can be annoying	Can’t have enough
Manly	Godly

My challenge to you is to watch carefully for souls who have lost their own duels with gravity on the endless rocks in life’s road. If you have fallen on that same rock tell them. If not help them connect with someone else who has tripped on that rock. I guarantee your efforts will be rewarded tenfold and remembered forever.

Kerry O’Connell is construction executive for M.A. Mortenson, the company constructing infrastructure at Stapleton.

The “Writer’s Corner” offers readers an opportunity to share their thoughts on subjects of interest or concern to them.

Community Notes

by Diane Deeter
Stapleton Community Manager



Mailboxes

In an effort to keep our Stapleton neighborhoods beautiful, please do not post any flyers on mailboxes as it is unlawful to advertise on the mailboxes, in addition to the fact they tend to blow into residents’ yards and litter the streets. We encourage residents to post information concerning yard sales, lost pets, etc. on the intranet in the Grapevine. Please feel free to remove flyers. If you would like to advertise for your business, I encourage you to place the ad in the new Classified Section of the Front Porch.

Holiday Lighting Contest

It’s that time of year again; time to begin thinking of decorating ideas for the Holiday Lighting Contest! Last year was a great success, and we’re hoping to top it by having even more participants this year. The Master Community Association will be walking the streets and judging December 5th-9th. Start untangling those strings of lights!

Snow Removal

This winter could prove to be especially snowy, which poses threats to our young landscaping. We encourage you to shake the snow off tree branches and bushes to avoid any breakage. Please remember that the City of Denver allows residential property owners 24 hours to remove snow from adjacent sidewalks after each snowfall. Ice melt products such as cat litter or sand help to provide some traction for especially icy sidewalks. Dangerous sidewalks lead to many pedestrians being trapped indoors due to fear of travel. Please be a courteous neighbor and help keep Stapleton a walker-friendly community!

Snow Shoveling Tips

- Be heart healthy and back friendly while shoveling this winter with these tips:**
- Avoid caffeine or nicotine before beginning. These are stimulants, which may increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart.
 - Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.

- Dress in several layers so you can remove a layer as needed.
- Warm up your muscles before shoveling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side reposition your feet to face the direction the snow will be going.
- Most importantly — listen to your body. Stop if you feel pain!

Thanksgiving Giving

As Thanksgiving approaches, many people have expressed an interest in helping others less fortunate. Here are some terrific opportunities to give back to the community this holiday season:

Hurricane victims still need your help! Operation Safehaven needs your assistance. You can volunteer simply by stopping by the Operation Safehaven Warehouse located at 12601 E. 33rd Ave, Suite 105.

Contribute to the 2nd Annual canned and non perishable food drive being conducted by The Greater Stapleton Business Association. A complete listing of collection sites is available at www.StapletonDenver.com or www.Stapletononline.com

More opportunities are listed at www.metrovolunteers.org.

Diane Deeter is the Community Manager for Forest City Stapleton, Inc. She can be reached at communitymanager@StapletonDenver.com.

Mothers of Preschoolers Group Gives Support to Moms

No mom was ever meant to mother alone. That’s the philosophy of the group known as MOPS (Mothers of Preschoolers). Corona MOPS is a local chapter that meets at Corona Presbyterian Church at 8th and Downing. All are mothers of children from birth through kindergarten. Two to three times a month, moms meet for brunch, dynamic speakers and practical crafts you can use as gifts or to decorate your home. This year’s speakers will explore parenting skills, creating special bonds with our children, emotion based discipline, friendships, empowering yourself to be the best mom you can be, creating family memories, taking time out for mom

and much more. By sharing experiences, MOPS empowers women to be the best they can be.

Corona MOPS meets the 1st, 3rd and 5th Fridays of the month from 9:00 - 11:30, Sept 15, 2005 through May 19, 2006. Mothers are invited to connect with a fun, caring and nurturing group of women. Childcare, fun activities and snacks are provided for kids. This is a group for mothers with children 0-5 years of age. For more information, please contact 303-832-2297 or karynj28@yahoo.com.

You can also check Corona’s website every month at www.coronachurch.com for further information on MOPS speakers, events and projects.

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As Stapleton landscaping matures, residents enjoy the array of fall colors.



Michelle Stefanon, owner of Amore Fiori
Flowers and Gifts in the East 29th Avenue Town Center, prepares items in her shop for its November 18th holiday open house. For information about the festivities that will run from 4:00pm - 8:00pm, call 303.333.3848.

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Sustainability at Stapleton

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

America Recycles Day

Did you know that America Recycles Day is November 15th? America Recycles Day is a national event designed to promote the social, environmental, and economic benefits of buying recycled products and recycling household materials.

Recycling is a fundamental principle of sustainability and an inherent part of the Stapleton community. Currently, 71% of households in Stapleton participate in the Denver Recycles program. Our goal is to have Stapleton be the Denver neighborhood with the highest level of participation with Denver Recycles. Right now Stapleton is about 7% away from Washington Park, the neighborhood with the highest level of participation at 78%.

We know that many Stapleton residents brought their recycling bins with them when they moved to Stapleton and are recycling, but never officially signed up with Denver Recycles. You can easily check if you are registered with Denver Recycles by going to their website www.denvergov.org/DenverRecycles or calling 720-865-6805. Please make sure that your household is officially signed up for recycling services and help us reach our community participation goal for Stapleton!

Denver Recycles makes recycling easy. Curbside recycling services are available at no charge to Denver residents. Denver Recycles now accepts seven new materials and you no longer need to separate your recyclables. Denver Recycles picks up recyclables every other week and you can even sign up on their website to receive an email reminder about your pick-up day.

To find out more about America Recycles Day visit www.americarecyclesday.org.

Denver Recycles Needs Your Help!

When putting cardboard out for recycling, please flatten boxes and cut the pieces so that they are no larger than 2 feet by 2 feet.

Thanksgiving Recycling Tips

Reduce

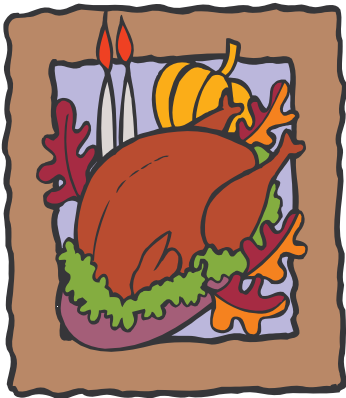
- Use table scraps in your compost pile—this reduces waste in our landfills.
- Fill your dishwasher to capacity before running it. You will run fewer cycles, which reduces energy use.
- Buy products in concentrate, bulk, or in refillable containers — they reduce packaging waste and can save money!

Reuse

- Save leftover containers, foil trays, roasting pans and pie pans and reuse them again.
- Leftover turkey makes great sandwiches, soups, stews, casseroles and salads.
- Use cloth napkins and reusable dishes, glasses and silverware.
- Save and reuse any decorations and favors for next year.

Recycle

- Recycle aluminum and glass containers and plastic bottles.
- Donate whole, untouched leftovers to a local food bank or homeless shelter.



Change a Light, Change the World

The ENERGY STAR Change a Light, Change the World Campaign is a national challenge to encourage every American to help change the world, one step at a time. The campaign runs from October 1 - November 30. If every U.S. household changed just one light to an ENERGY STAR qualified one, we would collectively save more than 35 billion pounds of greenhouse gas emissions. That's the environmental equivalent of taking one million cars off the road.

Lighting is important because nearly 20% of household electricity use goes to lighting. ENERGY STAR qualified light bulbs and fixtures use 1/3 the energy of traditional lighting and last 6-10 times longer. If every household in the U.S. changed out just one light to one that has earned the ENERGY STAR, we would save enough energy to light 7 million homes.

You can make a difference in your community by promoting energy-saving choices and do a world of good by sharing this educational call-to-action with neighbors. To find out more, or to take the ENERGY STAR Change a Light Pledge, visit www.energystar.gov.

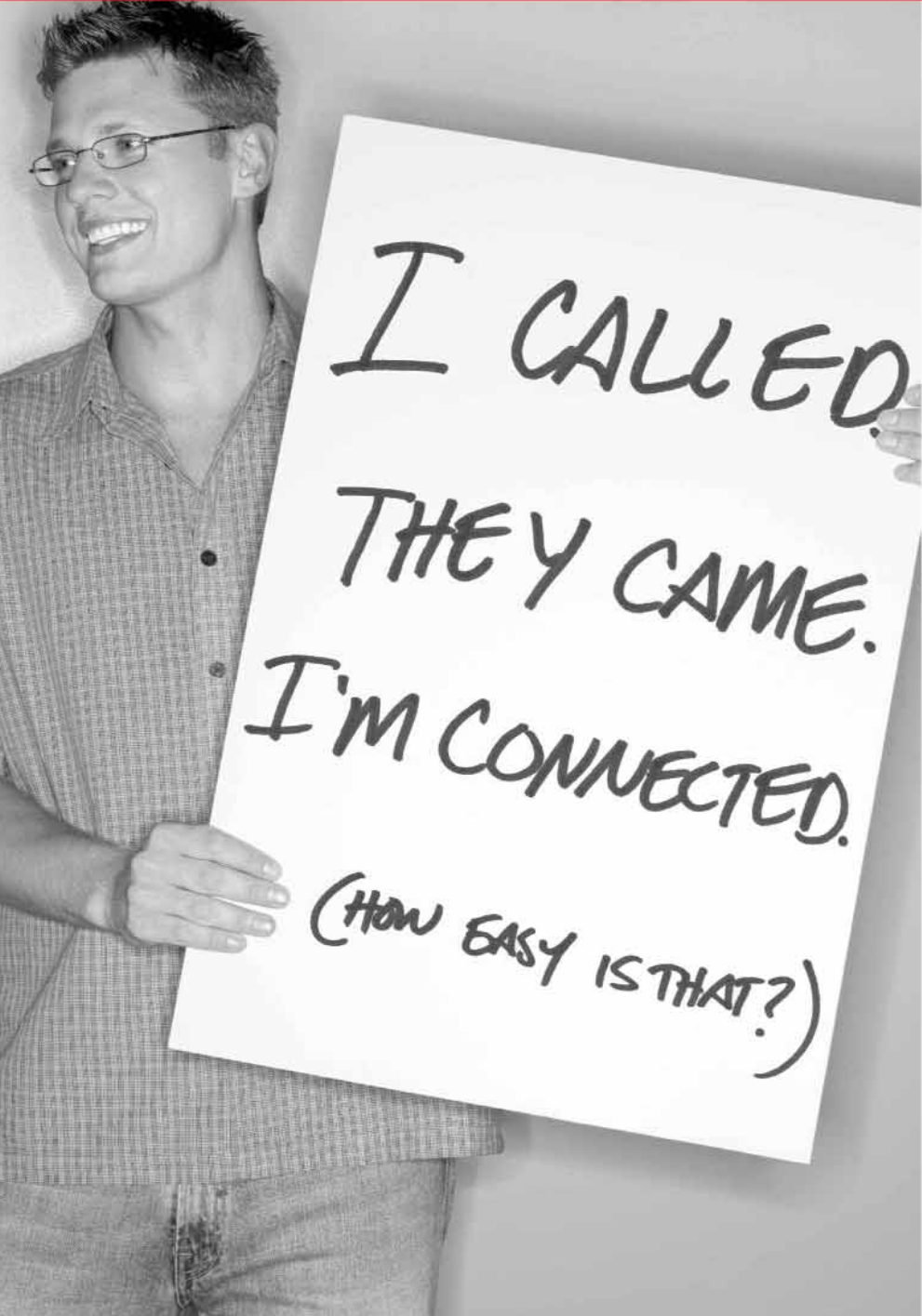




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Teeth Talk

by Dr. Gina Kessler



A Safe Holiday Season For Your Teeth... And Your Braces

‘Tis the “Candy Season!” Even with Halloween behind us, candy and sweets are still in the picture through the end of the year. The months of November and December are the peak months for consuming foods high in refined sugar. As a member of the American Association of Orthodontists (AAO) I offer these tips to keep your teeth safe from decay and protect your braces during the rest of the Holiday Season:

- Don’t get into a sticky situation with your braces.... avoid sticky or chewy candies, caramel, licorice, taffy, bubblegum, and jelly beans. Also steer away from nuts, taco chips, and popcorn (especially unpopped kernels).
 - If it’s sticky, chewy, hard, or crunchy, it’s a food that anyone wearing braces or retainers should avoid. Eating the wrong kinds of foods can harm your braces and possibly prolong your treatment.
 - Good alternatives for people with braces include soft chocolates, peanut butter cups, or other melt-in-your-mouth varieties. The American Association of Orthodontists (AAO) offers braces-friendly recipes on its Web site (www.braces.org).
- If you consume sweets, do so in moderation. Don’t be tempted to grab another handful from the bowl filled with treats. Parents may want to limit the time during which children can eat from the candy bowl.
- Not only does eating too much candy put you at greater risk for tooth decay, it can also lead to a host of other health problems including obesity.
- Regular brushing and flossing are more important than ever during the Holiday season, when teeth may receive more exposure to sugary foods that can cause cavities. People with braces should be especially conscientious about brushing and flossing often.

Dr. Gina Kessler’s practice, Town Center Dentistry and Orthodontics, is located in Stapleton’s East 29th Avenue Town Center, across from the fountain. Call 303-321-4445 for more information.

Home Work

by Kathy Epperson



The Adams Group

Negotiating a balance between family and work comes naturally for Stapleton resident Chris Adams. Through his home-based company, The Adams Group, Chris offers public policy development and meeting facilitation services over a broad range of issues, including education, health insurance, and public transportation. Excited from a very young age by government and politics, Chris also encourages people to enter public service and the political system by helping them develop public policy, political, leadership and negotiation skills. “The highlight of junior high was 7th grade civics. I have a strong belief in effective government to play a role in helping people live healthy, opportunity-filled lives,” Chris said.

With his wife Cheryl Fleetwood and three children (Grace, 6; Wiley, 5; and Ellery, 2), striking a balance between family and work and finding an arrangement that allowed Chris to work from home was important. “Several years ago I had an office in our old house, but once the kids got old enough to track me down, it became almost impossible to work



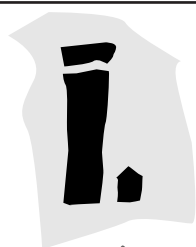
Chris Adams in his home office with his wife Cheryl Fleetwood.

Chris has found an ideal setup that provides just enough separation between work and family. He enjoys taking a few minutes to eat lunch and play, walk into the East 29th Avenue Town Center for a meeting, or get the kids off to school.

The original passion Chris developed during childhood for public policy and effective government has influenced his educational and career choices ever since. Graduating with a Masters degree in Ethics from Yale University, Chris went on to work at the Center for Ethics and Social Policy in Berkeley, California, and has now run The Adams Group since 1997. “I like the freedom to roam around into whatever issues interest me and hopefully try to add value through my participation.” Chris often works with people who are very opinionated and don’t agree with each other. “As a facilitator, my role is to help them reach some common ground. To do this requires that I find a way to genuinely respect each person’s views and hold them in tension until some resolution can be found. Also, since participants usually know more about the subject than I do, I have to be a fast study of the issues.”

Kathy Epperson is a Stapleton resident who writes a monthly column about home businesses. She may be reached at kathyox@yahoo.com. See page 8 in this edition of The Front Porch for a feature article on Ms. Epperson..

there, especially if I didn’t want to be interrupted. I had to take an office outside the house until we moved to Stapleton.” Now with his office in the carriage house above the garage,



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Real Estate Corner

Information of interest from local real estate professionals

Dress Your House for Success

*Selling Your House for the Best
Price in the Least Amount of Time*

By Lana Dardano

If you’ve made the decision to sell your home, you’ll want to look at it differently. It’s now a house for sale and looking at it through “buyers’ eyes” can help you package it to sell more quickly.

Dressing your house for success doesn’t need to be expensive or overly time-consuming. You can borrow or rent the “extras” like decorative house plants or lawn furniture to make your house really memorable. And, if you don’t have enough time to do cleaning or repair work, consider hiring a professional. It could save you time and money later.

When you begin preparing your house for sale, start outside and work your way in, keeping in mind the importance of first impressions. It is



Lana Dardano

estimated that more than half of all houses are sold before the buyers even get out of their cars. Stand across the street from your house and review its

curb appeal. What can you do to improve that very first impression?

When you are ready to begin work, use a checklist or “to do” list. Even if you can’t get to every detail, a list will help you keep in mind the basics. Remember, you need to think like a buyer now and have a critical eye! Consult with

your real estate professional to establish your plan. They know best what is important to buyers and you’ll want to concentrate on those things that really make the difference toward a successful sale.

Lana Dardano is the owner of New Avenues Real Estate Offices, located in the East 29th Avenue Town Center at Stapleton. She can be reached at 303.331.6700 or email clientservices@homesinstapleton.com.



Meet Your Neighbors

by Jody Donley

Farming Roots Hold for Snapps

Meet the Snapps, Stapleton residents since 2003. Born in Rupert, Idaho, Larry Snapp grew up in the same farmhouse where his mother was born and has lived her entire life. His grandfather migrated from Russia at the turn of the 20th century and homesteaded in southern Idaho. Larry's father worked as a school superintendent while his mother raised Larry and his brother. Although his uncle was responsible for running the farm, Larry enjoyed the animals, the gardening, and the outdoors. Living on the farm "was



Carma and Larry Snapp with their children, Ethan and Sheridan.

good, it taught us how to work.... We were never bored," Larry says. After graduating from high school, Larry headed to Dallas to attend a seminary college. His eyes and heart opened up to a new world outside Idaho. He traveled all

over the world, exploring different cultures on five continents. According to Larry, traveling abroad "expands you so much...it makes you rethink (your life)." Between adventures, Larry made his way to Denver, where he obtained a masters degree in family counseling from Colorado Christian University.

Carma Hueley Snapp was born in Pavilion, Wyoming. The oldest of three children, Carma was raised on a farm until her family moved to Lander, a town of about 8000 people. Her parents were both educators and entrepreneurs. Growing up, she and her brother, who were only 15 months apart, played sports year 'round. When Carma was a teenager, the family moved to Cheyenne.

Upon graduation from high school, Carma's interest in fashion and design took her to Dallas, where she attended a small trade school. While she was completing her education, her parents moved to Denver and opened a clothing boutique that catered to pageantry and special events. Carma joined her family to become the store manager for over six years.

Ready to expand her career and fulfill a dream, Carma headed to Hollywood. She worked as a costumer for various movies and TV shows. Although she enjoyed the work, the unpredictable nature of show business and a devastating earthquake drove her back to Denver.

Larry and Carma met 11 years ago on a blind date. Less than a year after meeting, they were married in City Park. They lived in Curtis Park neighborhood where they owned and operated a painting company for several years before moving to Stapleton. Passionate about his work, Larry ministers and provides counseling to hundreds of people. Carma is raising their two children, Sheridan and Ethan, who both attend Westerly Creek Elementary. She also sells a line of decorative glassware. The Snapps enjoy decorating their home. Employing extensive painting techniques, they have created a unique, visual masterpiece in each room of their house. Although they are far from the farm life they both knew as children, the spirit of hard work has never left this dynamic family.

Jody Donley owns and operates New Perspective Real Estate, LLC at Stapleton. She may be reached at 720-290-8917.

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Eat Good Food

by Annie Brown

A Few of My New Favorite Things...

As my minivan nears \$50 for a fillup and I have an increasing lack of time to do anything, especially shop, I find myself really learning to live what I preach: shop local to support local businesses.

- Chai – If you haven't tasted the Chai at Thomas Bros. Coffee & Chai in Quebec Square, please, please do! The Chai is homemade by Sam, a native of India, using a secret recipe handed down to him by his mother. The Chai is redolent of cardamom and not overly sweet. It's just about the most perfect beverage on the planet.
- Satchel's Market – A new addition to the surrounding area is Satchel's Market, which opened just a few months ago (they're at 28th between Elm and Fairfax). They've created a funky, homey gourmet market right around the corner from Stapleton. For all of those out there who moan about having to schlep to Wild Oats or Whole Foods for specialty items, do try swinging by Satchel's. They carry an exquisite variety of fine foods, from Marcona almonds to lavender honey to white balsamic vinegar, not to mention a superb collection of artisanal cheeses. In addition, starting this month they will be adding a wide variety of prepared meals to go. So, the next time you are on your way home from the city, take 28th and stop by Satchel's.

As the gift-giving season nears, I urge you to try and shop local. We have a wealth of fine locally owned stores right in our little 'hood. I've already decided on the holiday "foodie gift basket" for

my best client: two bottles of Colorado wine purchased from The Grape Vine, a gift card to Thomas Bros. Coffee & Chai, a hunk of Colorado cheese from Satchel's market, a tin of incredible hot chocolate from Miss Talulah's, and a bag of homemade granola from Udi's. Not only will I feel good that I've supported locally owned businesses (not to mention saving on gas), but I will know that I'm giving extremely high-quality food and wine.

Annie Brown is a Stapleton resident and independent food consultant who is often referred to as "the Food Police" by members of her family, although she prefers to think of herself more as "the Hall Monitor." Annie may be reached at anniebrown@yahoo.com.

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S.U.N. News

The SUN Spot

The *independent* voice of Stapleton
Brought to you by Stapleton United Neighbors



Ashley Playground Build a Big Success

On Saturday October 15th, approximately 50 volunteers from the Stapleton community, including a large number of volunteers from the Westerly Creek PTA, turned out to help construct a new playground and 2 murals for Ashley Elementary School. KaBoom, a national nonprofit that matches corporate sponsors with schools and communities in need of new playgrounds managed and planned the majority of the event, which was mostly funded by Sprint/Nextel.

The event, which has been planned for the past two months, culminated on Saturday and included construction of a state-of-the-art playground, planting of gardens including tulips and mums, and laying pavers. Volunteers also painted 2 large murals, one of the 50 States on the school's east blacktop and another of the four seasons in a main hallway. The Build Captains, who included Stapleton residents Erik Darzins and Bernard Douthit, also cut, primed and drilled 640 1 foot by 1 foot boards that were painted by Ashley students and other children on Build Day. Most of these are now hung around the perimeter of the school's fence. Driving by Ashley, visitors should be able to easily see this new art work. Many of the boards were painted with positive slogans such as "Go Ashley" or "Hold Your Head High." If you haven't driven by Ashley or visited the new playground, we would encourage you to do so. Parking is available on the east side of the school on evenings and weekends.

The playground was completed and dedicated at 2 p.m. with various speakers including Happy Haynes and the school's principal thanking the many volunteers from Ashley, Sprint and Stapleton. SUN Education Committee Co-Chair Bernard Douthit thanked all the volunteers for "reaching out to Ashley's children and parents, letting them know that the greater community around them really cares about them and thinks they are important." Sprint/Nextel donated over \$50,000 toward the project and DPS also funded more than \$5,000 in costs.

Many thanks to KaBoom for approving the grant application submitted earlier this summer by our education committee and the Stapleton Foundation for generously donating lunch. Most importantly, thank you to all of the volunteers, particularly those from Stapleton who took the time out of their busy schedules to make such a fantastic event a huge success.

New Urbanism, Old Problem: Crime at Stapleton

DPD/SUN to Sponsor Neighborhood Watch Training November 9

Shortly after moving into our beautiful new homes, many of us quickly learned the hard way that "new urbanism" at Stapleton has not escaped an age-old problem: crime. Some disturbing trends have emerged, including teenage males on bicycles scouting alleys for open garages and other targets of opportunity (and typically "reporting" back to a vehicle, often parked at Fred Thomas Park), vandalism of cars and attempted car thefts, vandalism of homes, both occupied and not yet occupied, including broken windows, and theft from homes still under construction. Sadly, even children's toys, bicycles, lawn furniture and lawn decorations have been stolen right off of front porches. Finally, neighbors have expressed concern about the dangers posed by rampant speeding in our pedestrian-friendly neighborhood. Crime statistics compiled by the DPD can be reviewed at the SUN location under the Stapleton Intranet.

Report All Crimes to Direct Limited City Resources

Numerous crimes, particularly theft of items from garages and porches, have gone unreported. Reporting crimes or attempted crimes immediately is crucial for at least three reasons: (1) you give the DPD the chance to

arrive on the scene – even if they do not catch the perpetrators, their arrival will deter future crime, (2) crime statistics compiled from your reports allow the DPD to spot trends and direct police resources accordingly, and (3) complete reporting of all crimes is necessary for DPD District 2 to obtain necessary resources from the City in an extremely challenging budgetary environment. SUN continues to work with neighborhood associations throughout District 2 and the Mayor's office to find creative ways to rapidly increase the resources dedicated to DPD District 2 given the burgeoning Stapleton population. Separately, the Inter-Neighborhood Cooperation, an umbrella organization consisting of all neighborhood associations in Denver, is pushing the City to adopt more aggressive measures in order to hire more police officers, including a possible public vote to dedicate more of our tax dollars to safety.

Community Policing/Neighborhood Watch: Low Cost, High Yield

Even with unlimited resources, the most effective policing programs are those in which neighbors take an active and collaborative approach, working with their local officers in a model known as "community policing."

Because neighbors knowing

and looking out for their fellow neighbors drives any successful community policing program, residents attending training sessions are organized on a block-by-block basis. As part of the program, Neighborhood Liaison Officers Michael Rappe and Reyes Trujillo provide training on personal safety and crime prevention, and each household receives a copy of the Denver Police Department's Crime Prevention Manual, which contains valuable tips on self defense, protecting your home, preventing auto theft, child safety, discouraging burglars, and reporting crime.

Blocks that achieve substantial participation in the community policing training and registration will become part of the Denver Neighborhood Watch program. Among other benefits, the program includes the posting of Neighborhood Watch signs, which have had a proven effect in deterring crime. While over 300 homes have participated in the program and almost 20 Stapleton blocks have achieved "Neighborhood Watch" status, we will need more participation to maximize safety. SUN and the DPD will run this program again on **Wednesday, November 9 at 6:30 p.m. in the Forest City Central Park Conference Room at 7351 E. 29th Avenue (2nd Floor)**, with light refreshments and door prizes included.

DPD and SUN have also trained residents in the DPD's "speed check" program in which residents learn how to operate radar and mail drivers warning notices for speed limit violations to help build traffic safety awareness and reduce speeding on our streets. Finally, at SUN's request, the DPD offers free Women's Safety classes at the Police Academy that provide basic self-defense and safety information. Admission to these classes is on a first-come, first-served basis.

While Waiting for a Natural Foods Store, Part III

We have heard loud and clear that Stapleton residents would love to have a natural foods store (like Whole Foods or Wild Oats) sooner rather than later. SUN recently expressed this sentiment to Brian Rushford, Produce Manager at the new Super Target at Northfield Mall. In response, Brian is looking for customer feedback on the possibility of incorporating natural foods at the Super Target's produce section.

Views on the Street

What is your favorite winter activity?



Jamie Clifton

"My favorite winter sport is downhill skiing. I like to go to Copper. I like to go early and come back early so I miss the traffic. I also like Keystone. I enjoy skiing because I've been skiing since I was 2, so it's a lot of fun. I go up to the mountains quite a bit during the winter and we used to have a house up there, so that was nice too."

Mitch Lehn

"My favorite sport to play in the winter is hockey. I'm from Minnesota and I've played since I was 4 years old, so being able to play as an adult is great. I also enjoy telemark skiing primarily around Summit County."



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Ruthanne Fuson

“I love snowboarding. I go about 25 days a year, mostly Breckenridge and Vail. It’s just the best sport to do in the winter time. I spent time in the park, on the slopes, in the half pipe. Love it all – and the tree runs. I’ve been at it for three years. I’m from the flatlands – from Iowa.”

Joshua Fuson

“Snowboarding, I actually moved out here about a year and a half ago. My wife showed me how to snowboard and was a great teacher. I did 25 days this last year – in Breckenridge, Keystone and Vail. I had a great time. The first three or four times were painful and then after that it just got to be a lot of fun.”

Max & Jennifer Schrutt

(with Talia, 4 months)

“Our favorite sport is hockey in the wintertime – actually all year round. We love hockey because it’s so close and convenient to Stapleton. Our favorite place is Big Bear, about 10 blocks away at Lowry. We’re waiting for Stapleton to put in an ice rink. Also, we do lots of skiing, snowboarding – mostly go to Vail. And babies, that’s a winter sport... we’re into babymaking in the wintertime. Anything to keep warm around here.”



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EXPERIENCED NANNY NEEDED for Newborn Baby in our Stapleton Home. References Required. Call Holly 303-715-0102

EVENTS

PARK HILL ART CLUB Show & Sale. Reception Fri., Nov. 11, 4:30-8:00pm. Show continues Sat., Nov. 12, 10:00am-6:00pm Sun., Nov. 13, 9:30am-4:30pm. Park Hill United Methodist Church 5209 Montview Blvd. Over 200 framed and 1,000 unframed pieces of original art.

HOMES/APTS.

FOR RENT

CONTEMPORARY URBAN FLATS, above E. 29th Town Center. 1 Bedrooms from \$799, 2 bedrooms from \$1145. Floor-to-ceiling windows, in-suite washer and dryer. Pet friendly. Immediate occupancy. Enjoy all Stapleton amenities. Crescent Flats Apartments Call 1-877-768-2663. Leasing office: 7484 East 29th Ave. EHO

HOUSE FOR RENT 3 bed, 3 bath, 1663 SF, tons of upgrades, huge master suite, fireplace, A/C, 2 car garage, beautiful yard. \$1650.00/mo. Credit check and deposit required. Shana 303-946-9662.

FOR RENT (CONT’)

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WINTER PARK: Brand new vacation townhome for rent. Available year round (3 night minimum). Directly across from WVP Base – amazing views! 3br/3ba, 1900+ s.f. Sleeps 9. 10% Stapleton discount. 720-937-3970

FOR SALE

FIXER UPPERS - BARGAINS- These homes need work- free computerized list www.AreaForeclosureInfo.com.

FIRST TIME BUYERS - Why rent when you can own? - Free list of homes for under \$900/mo .available for no money down. www.BuyersHomeSecrets.com CliffRose RE

M.C.A. News



by Debra Troppman
Master Community Association Manager

Community Facilities & Improvements

The Master Community Association (MCA) is already hard at work planning for the 2006 pool season! A new shade canopy will be added at Aviator Pool similar to that which was installed at Puddle Jumper Pool. Your input on the canopy is greatly appreciated and we are excited to add this feature for your use and enjoyment.

Winter watering by the MCA is planned for the 2005-2006 winter season in the Town Green, Aviator Park, Puddle Jumper Park, Pocket Parks and other areas we maintain. Supplemental water helps sustain all of the beautiful trees, shrubs, flowers and other landscape that has been planted in these areas. The dry air and low soil moisture are fall and winter characteristics of the Front Range. Dry plant material may appear perfectly normal and resume growth in spring using stored food energy, only to weaken or die in late spring or early summer when stored energy runs out. Weakened plants may also be subject to insect and disease problems later on. We encourage you to provide supplemental water to your own yards during the winter season to ensure the health and longevity of your landscaping!

MCA has a program in place for the replacement and addition of trees in the common areas mentioned earlier. Some trees had to be removed by the City & County of Denver Arborist in 2004 due to Oak Bore; and in some areas, additional trees are being added to enhance the current landscaping. Michael Fox, the Grounds Maintenance Supervisor for the MCA, works with the MCA Board, management and grounds maintenance contractor to establish this program and determine the best management practices.

Fall Maintenance

Winterize external plumbing systems
Due to freezing winter temperatures, this is the most important job of fall to avoid flooding, water damage and thousands of dollars worth of plumbing bills. By now, your winterization should be completed. Falling leaves and dwindling daylight signal a final opportunity to do the following:

- Drain underground sprinkler systems.
- Drain exterior water pipes and any pipes that run through unheated areas (such as garage, crawlspace, or unheated porch). If draining these pipes is not possible, wrap with foam insulation or heat tape.

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.

- Cover exposed spigots with foam covers.
- Drain and store garden hoses. Leave one hose and nozzle somewhere that’s accessible; you’ll need it for winter watering.

Other annual maintenance:

- Hire a professional to clean and check your heating system.
- Check and/or replace fire extinguishers in your kitchen and garage.
- Test or replace smoke detector batteries, carbon monoxide detector batteries and perform any maintenance according to manufacturer directions.
- Clean leaves and debris from gutters.
- Prune trees for structural growth and ensure tree lawn tree limbs are not blocking stop sign visibility.

MCA Community Events

Once again this season, the Fall Festival held in the Town Green was a huge success enjoyed by over 600 Stapleton residents and visitors! Participants enjoyed carriage rides around the 29th Avenue Town Center, arts and crafts, fun games and activities and the ever popular cookie-decorating and bounce castles!

Planning is now under way for the Holiday Tree Lighting Event, which is scheduled for December 11th from 5 to 7 p.m. in Founders’ Green in the East 29th Avenue Town Center. Be sure to check the December Front Porch and www.stapletononline.com for Holiday Lighting Contest Rules!

The MCA encourages residents to RSVP and buy their tickets early. This assists the Social Events Planning Committee team to adequately plan for supplies and staffing at each event. Ticket prices are discounted to early-bird ticket buyers with prices increasing to last minute buyers. In some cases, supplies run out for those that waited until the last minute. In one instance in the past the event had to be cancelled due to low ticket sales which did not support the event taking place.

We look forward to seeing you at the Tree Lighting Event!

Debra Troppman, CMCA is the Stapleton Master Community Association Manager. She can be reached at dtroppman@managementspecialists.com or 720-974-4136



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The Montessori Academy of Colorado is a non-profit, licensed educational center for children from infancy through six years of age. We offer part-time and full-time programs.

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Banfield The Pet Hospital Now Open In Quebec Square

Dr. Steve Rubin, partner and chief of staff in Banfield The Pet Hospital at Stapleton, expresses a very simple philosophy about his veterinary practice located in the PetsMart at Quebec Square when he says “Pets are family – and that’s the way we treat them!”

A graduate of Colorado State University’s College of Veterinary Medicine, Dr. Rubin is planning to purchase a home at Stapleton with his wife Janine and son Benjamin. The



Dr. Cindy Feldcamp and Dr. Steve Rubin of Banfield The Pet Hospital, located in PetSmart.

New York City native and undergraduate of Cornell University is in his seventh year of practice in veterinary medicine. His associate at Banfield, Dr. Cindy Feldkamp, has been practicing for more than thirty years.

The Banfield clinic treats primarily dogs and cats but will also see other small animals such as ferrets, rabbits and rats. Banfield is a full service hospital that can handle all types of emergencies, orthopedic and soft tissue surgery and internal medicine, especially gastro-intestinal medicine via endoscope, either in the clinic or by referral. Banfield The Pet Hospital offers wellness plans that enable pet owners to come in as often as necessary without exam fees for services to keep their pets healthy. Call 303.393.5406 for more information.

Banfield is open Tuesdays and Thursdays from 9a.m. to 8 p.m. beginning in November, Wednesdays and Fridays from 9 a.m. to 6 p.m. and Saturdays from 9 a.m. to 5 p.m. Banfield is currently closed on Sundays and Mondays. Dr. Rubin says the clinic is planning to expand its hours into the evenings and to Sundays within six months.

Stapleton’s

By Annie Brown

Although the nearest vineyard was miles and miles away, you wouldn’t know it by the amount of wine that was poured during Stapleton’s 2nd Annual Wine Festival in September. My biggest surprise? Colorado has more than 60 wineries. Apparently, it all started back in 1890 when Governor George A. Crawford planted more than sixty acres of grapes on Rapid Creek above Palisade. By 1909 over a thousand Colorado farmers were involved in growing grapes for wine. But in 1916 Prohibition came through and nearly all of the vines were ripped up. Even though Prohibition ended in 1933, the first modern winery to operate wasn’t established until 1968. But it wasn’t until the mid-1980s when the wine industry in Colorado truly bloomed.

Although not all 60 Colorado wineries were present at the festival, the handful that did show up were earnest and eager to spend time educating customers on the wines and the foods that pair well with wine. One of the most helpful handouts, however, came not from a winery but from Satchel’s Market, a new, local gourmet food and coffee shop in Park Hill that was selling cheese plates to accompany the wine tasting. They had one of Denver’s finest cheese educators draw up a handy list of classic cheese and wine pairings. Following is a partial list (something to keep handy as the holiday entertaining season approaches):



QUEBEC SQUARE

RESTAURANTS

- Arby’
- Country Buffet
- Famous Dave’s BBQ
- IHOP
- Inta Juice
- McDonald’s
- Panda Expresss
- Panera Bread
- Papa John’s Pizza
- Subway
- Subway (in Wal-Mart Supercenter)
- Thomas Bros Coffee & Chai
- Wingz, Etc!

CLOTHING & DRY GOODS

- 3-Day Blinds
- Famous Footwear
- Lane Bryant
- Linens N Things**
- Payless Shoe Source
- Ross Dress for Less**
- Wal-Mart Supercenter**

HEALTH & BEAUTY

- America’s Back (in Wal-Mart Supercenter)
- A Day Spa
- Cost Cutters (in Wal-Mart Supercenter)
- Doctor’s Vision Works
- Executive Tans
- GNC
- Great Clips
- Lollilocks Kids’ Salon
- Nails of the World
- Quebec Square Family Dentistry
- Regal Nails (in Wal-Mart Supercenter)
- Sally Beauty Supply
- Sport Clips
- Stranz
- Wal-Mart Pharmacy
- Eyecare Center (in Wal-Mart Supercenter)

SERVICES

- Academy Bank (in Wal-Mart Supercenter)
- Alliant Credit Union
- American Family Insurance
- Baby Power
- Check Into Cash
- Countrywide Home Loans
- Environmentally Friendly Cleaners

SERVICES, (CONT.)

- Fresenius Medical Clinic
- Money Tree
- Next Care Urgent Care
- State Farm
- TCF Bank
- Tires Plus
- UPS Store
- Vectra Bank
- Wal-Mart Supercenter Portrait Studio

MISCELLANEOUS RETAIL

- Baby Power
- Cingular Wireless
- EB Games
- Home Depot
- Instant Imprints
- Office Depot**
- Okkasions Liquors
- Party America
- PETsMART**
- Radio Shack
- Sam’s Club**
- Sprint Phone Store
- Volume Rate Liquors (in Sam’s Club)
- Sam’s Club / Wal-Mart Gas



QUEBEC SQUARE: located at 35th Avenue and Quebec Street.

2nd Annual Wine Festival



Hard Cheeses:

With their wide range of flavors, hard cheeses can go either way, red or white. Usually try to match the intensity of the flavors and aromas.

Soft Cheeses:

With their creamy texture, soft cheeses pair well with full-bodied, wood-aged aromatic whites.

Goat's Milk Cheeses:

The French style goat cheeses, still young and acidic, pair well with light, crisp and young whites. The more aged goat cheeses will pair better with more matured and full-bodied whites.

Blue Cheeses:

The saltiness of Blues marries very well with full-bodied, full-flavored sweet whites and dessert wines.

Annie Brown writes the "Eat Good Food" column for the Front Porch.



ADVERTISEMENT

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.

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Explore the store, meet special guests and enjoy special discounts.

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Remember, we all live downstream.



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