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.

NorthField – New Roads, New Stores

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.
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. 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 job 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 fall 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.

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.

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)
Youth Sports (continued from page 3)

Yes, parents should encourage, but not force, 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 breeds 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 of a chance 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 for 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 it is appropriate for a child to play more than one sport individually. 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 spring 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 and 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 they 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. It’s 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 travel 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 are 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 travelling expenses. 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 is playing in a competitive league, who’s doing the international traveling, can’t be playing on three teams. So your question earlier about specializing 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 their focus is sports, wonderful, but it can also be dance, reading, music. Play 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 any son is the other way. He’s a hardcore football and baseball player. And that has given him so much positive attributes, but in a different kind of discipline.

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

S talleton resident Jordan Shelton, the 12-year-old winner, is no ordinary child. Jordan is 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, 16-19 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.

For more information on youth sports visit:
http://sportsillustrated.cnn.com/goodsports
(This website was created for moms and anyone else who wants to know more about the games kids play)
Srapleton'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."

Odyssey School Honored for CSAP Improvement

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

Westerly Creek

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

Questions? Contact Abby Reynolds @ 303-321-5484

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 Spa" 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.

And remember for all your Real Estate needs at Stapleton, Residential and Commercial, call the experts, Tim or Richard at Stapleton Realty, LLC, 303-320-1850, or visit our website at www.SellStapleton.com. We’re located at 3401 Quebec, Suite 7600 across the street from Quebec Square in the Stapleton Office Plaza.

Barbara Neal is the Public Art Consultant for Forest City Stapleton, Inc.
Shop Locally to Add to Your Art Collection

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 Moonview 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. Nationallyknown guest artists have included Betty DeMaree, Zoltan Stabos, Quang Ho, Jim Hamill, David Drummond, Frank Francese, and Eric Weigardt. 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; "Brooklyns," 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

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 720-486-3500 or visit at www.denverbotanicgarden.org.

Check Out Your Library

Park Hill Branch Library
4705 Montview Boulevard at Dexter Street

Library, call for viewing

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 5 pm
Sunday, Nov. 20, 2005 — 9 am to 3 pm

Fall Photography at the Rocky Mountain Arsenal

By Dave Showalter, Photographer

A popular topic among photographers is the fall color explosion. 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 color 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 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.

Credit Union at Stapleton:
Take a Look at Your Credit Cards

T
ake a moment to compare the costs of the different credit cards you carry — or ask us to help you make that comparison. You may find you can save money in the long run — and every month, too — by switching to a low fixed interest rate VISA® at the Credit Union at Stapleton. At your neighborhood credit union, it is important to us to help you find the financial tools that work best for you. We also can help make it easy to transfer balances from other higher rate cards to your new credit union credit card. Besides saving money, you’ll also enjoy a 25-day grace period, ATM access, ScoreCard points, travel accident insurance, emergency travel assistance, and collision coverage for rental cars, if the card is used to rent a vehicle. Start saving today. Simply stop by our office at 3700 North Quebec Street to apply — or you can apply online at www.dpscu.com. For more information, call 303.321.4209.
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 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.

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Kathy Epperson

Aroma Oils fragrances using essential oils like lavender, tangerine, lemongrass, mint, clove bud and many more.

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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 airline's reservation center until Frontier entered bankruptcy. Twenty years later, he returned to the 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.

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 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.

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

Leslie is married with three children – twins Courtney and James, age 14, and Jannen, age 12. In her free time, she likes to ski, read science fiction and spend time gardening.
Office Mark Hart Named “Top Cop”

Office 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.

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, 125th and Vincennes Streets. 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 wheelchair died. The man’s Denver Police Officer that he was paralyzed from the waist down and had to get out of his 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 Denver 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 recognizes 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 rojones@denver.co.us.
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 very few colds in winter because colder temperatures keep people indoors and in closer contact with one another. The theory 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.

Secondary symptoms which may appear later 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 system of spaces connected only partly by air and can spread from the nose and throat to the middle ears, sinuses, trachea or lungs. Secondary infection may 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 in the ear, the symptoms may last for 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 runs its course. Medical attention and treatment are needed only if unusual symptoms or signs of another 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 mucous. It is 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 use 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 in the room or in the air by breathing through excessive physical exertion, pollution, dust and other substances that can irritate the respiratory tract should be avoided.

Stay warm — Dress warmly to prevent chills but avoid undue sweating. Do not sleep with 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 plane 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. Treatments, cold tablets and decongestants such as Sudafed, cough syrups like Robitussin and nasal sprays like Afrin 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 cause a reaction if some other disease is present. If a cold is in the ear, the symptoms may last for the first week, or it becomes abruptly more severe, professional attention should be sought.

Influenza

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 develop over a period of several weeks to early spring. Influenza, usually called the flu, is caused by a virus that spreads from one person to another in the way of coughs and sneezes or through contamination of the hand by secretions. The virus enters 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 nose or throat and the beginning of symptoms.

The early symptoms of flu are:

• Begins suddenly at 40 degrees C or above
• Chills
• Fever that may be as high as 104 degrees F (40 degrees C)
• Sneezing
• Headache
• Muscular and joint pains
• Swollen glands
• Sore throat
• Fatigue

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 a single 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 Taiwanese flu 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 lower respiratory tract; 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

Let it 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. Avoid pressure changes, 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 well, and possibly tired, for about a week after your temperature drops back to normal. You may feel better before you have recovered completely. There is no specific treatment for flu, since medications 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) to (for example) to have annual injections of an influenza vaccine. Because of the many kinds of viruses, however, enough influenza vaccine is available to each vaccine to use and such inoculation cannot guarantee protection. Even among those who receive it if 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 or to make an appointment, please call 303.372.8977.)
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.

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 ran by a local Colorado company to recycle and earn dollars for the school for any of the following items:

- Printer cartridges
- Laptops (w/power cords)
- PDA’s
- 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!
Development Forum

proposed new training center at Stapleton.

report from The Denver Police Department about its

Those presentations were followed by a parks update

Hancock, senior officials from Forest City delivered

EAST 29th AVENUE TOWN CENTER:

RESTAURANTS
Anthony’s Pizza
Chipotle
Casey’s Pub
Cold Stone Creamery
The Coral Room
Einstein Bros. Café
Noodles & Company
Starbucks
Udi’s Bread Bistro

HEALTH & BEAUTY
A Wild Smile Pediatric Dentistry
Curves
Fantastic Sams
Phoenix Yoga Studio
Town Center Dentistry & Orthodontic
29th Avenue Animal Hospital

SERVICES
Town Center Environmentally
Friendly Cleaners
Commercial Federal Bank

SERVICES, (cont.)
FirstBank
PostNet
Stapleton Visitor Center
US Bank (in King Soopers)

MISC. RETAIL / CARDS & GIFTS
Amore Fiore Flowers and Gifts
Art & Framing at Stapleton
The Grape Leaf
King Soopers Gasoline
Miss Talulah’s
UROK
U-Sham-Pooch (Opening Late 2005)

REAL ESTATE SERVICES
Infinity Home Collection
New Avenues Real Estate
Town Center Apartments

GROCERY/DRUG STORE
King Soopers
Walgreens

—Children’s Book Reviews—

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 Flat! 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 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

Elizabeth Baker

EAST 29th AVENUE TOWN CENTER: located at the intersection of 29th Avenue and Quebec Street. 303.355.9600

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“Children’s Book Reviews” — Children’s Book Reviews — Turn the Page

EAST 29th AVENUE TOWN CENTER

—Children’s Book Reviews—

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Canine Influenza

Editor’s Note: The following information is provided courtesy of Dr. Michelle 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 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 Office of Colorado emailed 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 wildlife center.

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 pigeons.

As of October 7, 2005, confirmed positive zero 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 diagnose 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, there are a few common-sense precautions that can help prevent the spread of canine influenza:

- Exercise with leashes, 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 Influenza is a new disease, so there is not a lot we 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

Every wonder who creates those colorful drawings of ducks that are featured on postage stamps each year? Will, the answers are the winners of the Junior Duck Stamp Program, which is offered by the U.S. Fish and Wildlife Service to teach students about wetlands conservation.

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 contest, students must learn the fundamental principles of environmental science. “The entire process provides both students and teachers with a wonderfully fun and educational experience while 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 Herr 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 303-289-0672.

**Did You Know?**

- A duck’s eggs do not have nerves or blood vessels, so ducks don’t feel the cold even if they swim in icy cold water.
- Ducklings are able to fly within 5-8 weeks.
- Every duck has waterproof feathers, and below those are flutty, 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 on the Arena, visit www.fws.gov/rockymountainanationalrefuge.**

**Falls for One**

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Is your pet healthy? If you pet is exhibiting symptoms of canine influenza, contact your local veterinarian.

Your veterinarian is best qualified and equipped to make a diagnosis.

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Sympathy/Empathy

By Kerry O’Connell

Sympathy and empathy are 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 preciously 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

Can be purchased at Hallmark
Given by many
Minimal emotional investment by the giver
Learn you indifferent
Brief pain relief
Quickly forgotten
Can be purchased at Hallmark

Empathy

Can’t be purchased at any price
Cared by many
Requires great emotional investment by the giver
Learn you warm
Lasting healing
Relieved forever
Stinks like your dad’s shoes
Most Rare
Expected
Learned
Easy
Difficult
Deep
Accepts
Mostly talking
Mostly listening
Traps so you relax
Relates
Always spiritual
Presents true
The cure
Risky
Real

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 Stapleton’s neighborhood at 142nd.

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

Sympathy/Empathy

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 intramural in the Grapevine. Please feel free to remove flyers. If you would like to advertise for your business, we 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 shovel 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.

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, mindfulness, discipline, friendships and 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 303-852-2277 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.
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.

As Stapleton landscaping matures, residents enjoy the array of fall colors.
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 needs your help! When putting cardboard out for recycling, please flatten boxes and cut the pieces so that they are no longer 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 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 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 melty-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.

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**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 there, especially if I wanted to be interrupted. I had to take an office outside the house until we moved to Stapleton.” Now with his office in a carriage house above the garage,

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 kathy@yahoocom. See page 8 in this edition of The Front Porch for a feature article on Ms. Epperson.
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 “good, it taught us how to work... We were never bored,” Larry says.

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 8,000 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.

Carma and Larry 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 were never far from the farm life they both knew as children, the spirit of hard work has never left them.

Larry and Carma moved to Denver, where he obtained a masters degree in family counseling from Colorado Christian University.

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New Urbanism, Old Problem: Crime at Stapleton

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, 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 exterior 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 artwork. Many of the boards were painted with positive slogans such as “Go Ashley” or “Ashley 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 Kalroff 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.

Views on the Street
What is your favorite winter activity?

Jami Clifton
“My favorite winter sport is downhill skiing. I like to go to Copper. I like to go early and we used to drive 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 Lohn
“My favorite sport to play in the winter is hockey. I’m from Minnesota and I’ve played since I was 4 old, so being able to play as an adult is great. I also enjoy telemark skiing primarily around Summit County.”

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Max & Jennifer Schrutt

“Our favorite sport is hockey in the winter – 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 to move to Stapleton to put in an ice rink. Also, we do a lot of skiing, snowboarding – mostly go to Breckenridge. And Audis, that’s a winter sport... we’re into baby making in the winter. Anything to keep warm around here.”

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 Flattlands – 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.”

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STAPLETON AND LOWRY

Fall Maintenance

Due to freezing winter temperatures, this is the most important job of fall to avoid costly winter water damage and thousands of dollars worth of planting materials. By now, your winterization should be completed. Failing leaves and dwindling daylight signal a final opportunity to do the following:

• Drain underground sprinkler systems.
• Drain exterior water pipes and say pipes that run through unheated areas (such as garage, crawl space, or unheated porch). If draining these pipes is not possible, wrap with foam insulation or heat tape.
• Cover exposed spigots with foam covers.
• Drain and store garden hoses. Leave only a couple of feet and some slack so they’re accessible; you’ll need it for winter watering.
• Order additional 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. In some cases, supplies run out for those that waited until the last minute. In one instance in the past the events had to be cancelled due to low ticket sales which did not support the event taking place.

We are excited to add this feature for your use and enjoyment.

To Send a Letter 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.

MCA 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 Teal 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 kill the MCA Board. Dead plant material may appear perfectly normal and resume growth in spring using stored food energy, only to weaken or kill the MCA Board. Dead plant material may appear perfectly normal and resume growth in spring using stored food energy, only to weaken or kill the MCA Board.

MCA has a program in place for the replacement and addition of trees in the common areas maintained by the MCA. 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, property 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 costly water damage and thousands of dollars worth of planting materials. By now, your winterization should be completed. Failing leaves and dwindling daylight signal a final opportunity to do the following:

• Drain underground sprinkler systems.
• Drain exterior water pipes and say pipes that run through unheated areas (such as garage, crawl space, or unheated porch). If draining these pipes is not possible, wrap with foam insulation or heat tape.
• Cover exposed spigots with foam covers.
• Drain and store garden hoses. Leave only a couple of feet and some slack so they’re accessible; you’ll need it for winter watering.
• Order additional 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.

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WANT TO BE A MILLIONAIRE... NEXT YEAR?
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 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 gastrointestinal 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 9 a.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.

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):

---

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- Country Buffet
- Famous Dave’s BBQ
- IHOP
- Inta Juice
- McDonald’s
- Panera Express
- Papa John’s Pizza
- Subway
- Subway (in Wal-Mart Supercenter)
- Thomas Bros Coffee & Chai
- Wings, 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
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- Great Clips
- Lolilocks Kids’ Salon
- Nails of the World
- Quebec Square Family Dentistry
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- Stranz
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- Instant Imprints
- Office Depot
- Okiesations 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.
to get to the North Pole, turn East at 35th and Quebec.

2nd Annual Wine Festival

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

Goat’s Milk Cheese:
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.

Advertisements

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.

Peoria Bar & Grill

RESTAURANT NOW OPEN!
Contemporary American cuisine from our award-winning Chef!

2 FOR 1 DINNER OR A FREE APPETIZER.
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- Offer subject to change without notice
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4407 Peoria Street, Denver CO 80239
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- In The Timbers Hotel -
You’re invited to:
The Gala Grand Opening & Ribbon Cutting Celebration
At Bass Pro Shops Outdoor World
7970 East 49th Avenue • Stapleton

November 9, 2005
Ribbon Cutting • 5:30 pm

Join us!
As Bass Pro Shops Outdoor World opens its doors to the Stapleton Community for A Night of Conservation.

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

A portion of opening night sales will benefit the following conservation leaders:
National Fish and Wildlife Foundation • The Mule Deer Foundation
Quail Unlimited • American National Fish and Wildlife Museum
International Game Fish Association • Ducks Unlimited
National Wild Turkey Federation • Rocky Mountain Elk Foundation
Pheasants Forever

Remember, we all live downstream.