Stapleton’s Brightest Neighbor

The Front Porch Interviews the “Man Behind the Zoo Lights,” Patrick Phelan

How long have you been in charge of the zoo’s holiday lights and how did you end up in a job where you’re responsible for almost two million lights?

I’ve been here five years and I got incredibly lucky. As a kid I wanted to be a zoo veterinarian, so when I got to high school I started working in a veterinary clinic. I also did some work at the Cheyenne Mountain Zoo and followed the zoo veterinarian around. When I got into college I started out in pre-veterinary medicine – and found out I hated the smaller details of biology and chemistry. What I really loved was the animals, but I didn’t think of the other jobs at a zoo so I put my dreams behind me and turned to business.

I was near graduation from the University of Colorado at Colorado Springs but decided I didn’t want to give up on my dream. My mom had purchased a membership to the Denver Zoo for me and I started coming here on holidays and hanging out. I moved back to Boulder and started a degree in advertising and marketing with a plan to do that for a while.

(continued on page 13)

Zoo to Have Almost Two Million Lights This Year

The store hours for Bass Pro at NorthField are from 9 a.m. to 10 p.m. Mondays through Saturdays, and 10 a.m. to 7 p.m. on Sundays. To reach NorthField at Stapleton, where a Super Target and Circuit have also opened new stores, take Quebec Street to 49th Avenue and turn east into the Center.

Bass Pro Now Open at NorthField

Patrick Phelan, Director of Promotions and Special Events at the Denver Zoo, shows off some of his creations at Zoo Lights, which runs from December 9th to January 1st.

Coral Room Chef Shares Cooking Secrets

The Coral Room’s executive chef, Jerry Hise, has worked professionally in kitchens under seven different internationally renowned chefs. From Cajun to Asian, from classic French to Italian, and fusing many styles of cooking and cuisine, Chef Hise has the ability and insatiable appetite for striving to be innovative and unique.

Born in South Africa and raised in Houston, Chef Hise moved to Colorado at the age of 38. He spent several summers working his way (continued on page 14)
**EVERY MONTH**

**Every Tuesday**
Preschool and Parent Support Group  
Westerly Creek Elementary School  
1 – 3:30pm  
[720.423.4797]

**Every Tuesday**
AA Open Discussion Meeting  
Westerly Creek Elementary School  
7:30 - 9am  
[303.933.1747]

**First Wednesday**
Westerly Creek PTA Meeting  
11:30am  
[303.933.1747]

**Second Saturday**
Holiday Lighting Contest*  
[Master Community Association  
720.974.4136]

**Sunday, December 11th**  
Lighting of the Holiday Tree*  
[Master Community Association  
720.974.4136]

**December 5th - 9th**  
Holiday Lighting Contest*  
[Master Community Association  
720.974.4136]

**Third Thursday**
S.U.N. Transportation Comm. Meeting  
Stapleton Visitor Center  
6:30 – 9am  
[303.933.1747]

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[303.933.1747]

**Second Saturday**
NE Denver/Park Hill MS Self-Help and Peer Support Group  
Pauline Robinson Library  
10:15 - 11:45am  
5575 E. 33rd Avenue  
[303.813.6691]

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**Sunday, December 11th**  
Lighting of the Holiday Tree*  
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720.974.4136]

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

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**EVERY MONTH**

**Every Tuesday**
Preschool and Parent Support Group  
Westerly Creek Elementary School  
1 – 3:30pm  
[720.423.4797]

**Every Tuesday**
AA Open Discussion Meeting  
Westerly Creek Elementary School  
7:30 - 9am  
[303.933.1747]

**First Wednesday**
Westerly Creek PTA Meeting  
Westerly Creek Elementary School  
6:30 - 7:30pm  
[303.933.1747]

**Third Thursday**
S.U.N. Transportation Comm. Meeting  
Stapleton Visitor Center  
6:30 – 9am  
[303.933.1747]

**First Saturday**
Bluff Lake Birders  
Bluff Lake Nature Center  
7 – 9am  
[303.933.1747]

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**EVERY MONTH**

**Every Wednesday**
Music Together classes  
Westerly Creek Elementary School  
9:30 & 10:30am  
[Music Together  
303.333.1747]

**First Wednesday**
Westerly Creek PTA Meeting  
Westerly Creek Elementary School  
6:30 - 7:30pm  
[303.933.1747]

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**EVERY MONTH**

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over a pathway? This year we have a giant kangaroo sculpture that’s leaping across a meadow? Or is it lions that are leaping? How long does it take to get the lights up? We have a ground staff of three to four people working three months to set it up and we have a contracted staff of three or four people working full-time for three months. We also use our electricians and maintenance staff. It’s really a full effort from the whole institution to do Zoo Lights. Two years ago I worked every day through Thanksgiving all the way through January – didn’t take a day off. But when it’s all over and you get to see people walk through, it really pays off.

How many lights and sculptures are in Zoo Lights?

When Zoo Lights first started about 15 years ago we just had a few lights here and there, a couple sculptures and just a couple buildings were open. Now it has become more than 35 acres with hundreds of light exhibits. In the last three years we’ve taken a big step forward, going from a nice little family outing to real entertainment. We have well over 150 lighted animal sculptures. We might put several kangaroo together to make a scene – or we’ll combine lions with leaping antelope. We have well over 15 million lights, probably close to 2 million this year, though we don’t have an exact count.

How do you come up with new sculptures?

If we have a new animal, like the last two years, we focus on that. Last year we did a lot of big lion sculptures since we had the new lion exhibit. We don’t have anything huge this year (a new animal or a new baby) so we added a variety of new sculptures here and there. Each year I get a new idea. I think about lights and how sculptures here and there. Each year I get new ideas. I think about lights and how sculptures here and there.

This year we replace about 60 percent of the lights. It’s not possible to completely change over in a year. Every year we replace some lights, but it will take three to four years to completely revamp the show with LED. So far we’ve redecorate about one-third of our show in LED lights, which is a huge savings electrically. LED uses about 80 percent less electricity. When you take 35 acres and figure one-third of it is using 80 percent less electricity, it’s a big savings.

Can you give us a figure for how many lights are in Zoo Lights these days and how many are new lights?

No, partly because it’s more expensive to buy LED lights. It costs about one and a half times more to buy a string of LED lights. After building this show for 15 years, it’s not possible to completely change over in a year. Every year we replace some lights, but it will take three to four years to completely revamp the show with LED. So far we’ve redecorate about one-third of our show in LED lights, which is a huge savings electrically. LED uses about 80 percent less electricity. When you take 35 acres and figure one-third of it is using 80 percent less electricity, it’s a big savings.

Can you give us some tips for home light displays? What can people do to make their own lights more interesting?

First make a plan. A lot of people go out and see something great, and they pick it out and bring it home. But what happens is you just add a lot of stuff that doesn’t fit. We used to do that too. With 35 acres we would go out and say, “That’s so cool. Let’s add it.” And you stick it in and then what you end up with is mismatched and matched pieces. So the best way is to plan it out. If you’re going to do a big display at home, or even a small display, think of what you want to do. Then set your plan up and carry it through.

Zoo Lights runs from December 9 to January 1. See information on page 9.
We have multiple storage facilities: two large and it’s all choreographed to music. It’s showing a trees scene, a large two-acre section by the lights chase each other. This year in the dance-each string come on individually, or has the control box. It times the lights, or makes some sort of timer. Now we’re starting to in a string at home. We may have put it on. It’s becoming computerized. In the past the purple and then to red. It’s a brand new blue color, and slowly you’ll see it change to LED our whole front gate is done with color-lights change colors. Finally this year with said it would be great if we could have the LEDs are better for the trees.

How many people see the displays?

About 110,000 to 150,000 people come see the Zoo Lights. This year we’re expecting about 150,000 people during the month of Zoo Lights. We’re open every day of the year. We have a lot of people who come on Christmas as a family tradition. It’s comparable to a summer month. We get the majority of our winter attendance during that Zoo Lights season. It’s always been an effort for the zoo to get a bigger attendance in the winter. Peo-ple think of going to the zoo in the sum-mer, but the winter is a great time to come out. The main purpose for the dis-play is that it helps us. When you come to our Zoo Lights, it’s like donating to the zoo. We are a nonprofit, so that money goes back into our education and conservation. The funds help protec ani-mals around the world and take care of animals at this zoo. The more people we have the better.

Can you share any anecdotes about putting up the lights over the years?

Our biggest problem is squirrels. Squirrels chew through the light strings and they’ll actually pull out the bulbs and chew on them. People call and ask, “What can you do about it?” But the truth is, there’s not much we can do. It’s one of the hazards of living around wildlife. But as a zoo we appreciate the wildlife so we just factor repairs into our maintenance plan. Have you seen squirrels get sick from eating the lights?

They’re not actually eating them. Squirrels and rabbits are rodents and their teeth are constantly growing, so they have to chew on something to wear them down. If they don’t chew on something, their teeth will continue to grow in a circle. So the squirrels and rabbits are looking for nice soft limbs and twigs to chew on to keep their teeth shaved down. They don’t swallow the lights and wires, they just gnaw. They think the light strings are nice little branches.

Do you think the lights bother the animals?

It’s a natural animal thing, you’ll see them up and alert, watching the people. Some of the older animals, they just stay lying down. It’s not a problem, like for the tigers, they see hundreds of people watching them and they just roll over and go to sleep. They’ve gotten used to the lights and the people.

What is your favorite part of the Zoo Lights display?

I think this year my favorite area is our North Pole, where Santa Claus is located. There are a lot of great little sculptures that make it look great. My second favorite is the dancing trees. The song this year is “Under the Sea” from The Little Mermaid. We have this great oceanscape area, a giant two-acre meadow, that we’re turning into an underwater fantasy.
Leaves become fodder for zoo animals

By JuliAnne Murphy

grafts, thinos, and other Denver Zoo residents have been eating well lately. That’s because Forest City Stapleton, Inc., and M.A. Mortenson Company teamed up to recycle dying trees as “browse,” or leafy treats.

In September and October, a Mortenson crew trimmed branches from four elms and crabapple trees at Stapleton deemed too distressed to transplant. Six flatbeds full of branches were hauled to Denver Zoo, where dozens of elephants, giraffes, thinos, antelope, and other hoofed animals have feasted on the green leaves.

“This is a great example of Stapleton’s commitment to sustainability,” said Heidi Majerik, senior residential development manager for Forest City Stapleton, Inc. “Nothing goes to waste in this neighborhood, where we’ve recycled two square miles of former runways and every home is ‘Built Green.’

The trees needed to come down and would have gone to waste if the zoo had not contacted us.”

The trees were located along the abandoned Harry B. Combs Parkway in an area where the 4,700-acre Stapleton is being developed under a Sustainability Master Plan including high standards for energy and water conservation, recycling, transportation alternatives and other environmental initiatives. For more information visit www.StapletonDenver.com.

JuliAnne Murphy is Director of Marketing for Forest City Stapleton, Inc. She may be reached at jmurphy@stapletondenver.com.

Registration for Early Childhood Education and Kindergarten at Westerly Creek Elementary School Begins in January 2006

The first round in the application process for Early Childhood Education (ECE) and Kindergarten classes at Westerly Creek Elementary will be held between January 4th and January 31st.

Early Childhood Education

ECE is a tuition-based preschool program offered at Westerly Creek. A child must be four (4) years old on before October 1, 2006 to be eligible for ECE. Eligibility for full, Forest City tuition is based on family income. ECE is available on a first come, first served basis and does not differentiate between Stapleton residents and non-resident applicants.

Kindergarten

To be eligible for Kindergarten, a child must be five (5) years old on or before January 4, 2007. Full-day and half-day kindergarten classes are available at Westerly Creek. Full-day kindergarten is an optional, tuition-based program and half-day kindergarten is guaranteed for all Westerly Creek neighborhood students. The full-day option is available on a first come, first served basis.

Registration Requirements

The items required for registration are:

- A Medicaid/Clinic Card (if applicable);
- Proof of Address (including contract, bill deed, loan statement);
- Income Verification (only if applying for tuition assistance); and
- A $50 application fee for ECE and Full-Day Kindergarten.

Anyone not currently a Stapleton resident, but holding a contract with Forest City Stapleton, is eligible for Early Childhood Education (ECE). To register your child for the 2006/07 school year, please complete all registration information using their current address and request that their application be given to Westerly Creek Elementary, for processing. "Despite the fact that we have several official kindergarten registrations dates set in the spring, I would like to urge families to register their children for Westerly Creek Elementary as early as possible," said Principal Trish Lea. "We are a growing community and I want to be able to make somewhat of an educated guess in the number of new children that will attend the school for the 2006/07 school year."

"Early registration will directly benefit the children," Ms. Lea continued. "If I have early registration, I can plan more accurately for my staffing allocations. For example, if I have fifty new kindergartners registering for school, I know that I will need at least two full time teachers at a particular grade level. I would rather not wait until weeks before school to hire new teachers; it limits the selection process and results in larger class sizes. While I totally support your ability to have choices in the school your child attends, I also support the decision to make that choice in the early part of the..." (continued on page 15)
Circuit City opened its new Stapleton store at Northfield by presenting a $5,000 check to the Boys and Girls Clubs of Metro Denver. Participating in the opening ceremony were former Denver Bronco Ed McCaffrey; Jahrae Hampton, Program Specialist with the Boys and Girls Clubs of Metro Denver; Tod Krajewski, Store Manager; Jason Fox, District Manager of Circuit City; and children from the Boettcher Branch of the Boys and Girls Club of Aurora.

Circuit City, Super Target and Bass Pro Outdoor Shops are all open now in the NorthField Retail Center at Stapleton.

**QUEBEC SQUARE**

**RESTAURANTS**
- Arby’s
- Country Buffet
- Famous Dave’s BBQ
- IHOP
- Inota Juice
- McDonald’s
- 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

**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

**NOW OPEN AT NORTHFIELD**

- Bass Pro Shops Outdoor World
- Circuit City
- Super Target
Bar-B-Que

They say it is a great place to bring teenagers because they serve up lots of food. Famous Dave’s has only been open since September but the crowd indicates it has already become a Stapleton favorite for family meals.

Quebec Square: located at 35th Avenue and Quebec Street.

Northfield: located just north of I-70 at Quebec Street and 49th Avenue.

Mike Giles Family Karate is now open in the East 29th Avenue Town Center in Stapleton offering residents of the greater Stapleton community a family self-defense training center. Call 303-377-KICK for more information.

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Colorado Free University – Dece

Colorado Free University was founded in 1987 by John Hand to provide opportunities for affordable, quality education and enrichment to the community. There are no prerequisites for learning and there are no grades or exams. There is a wide range of courses from the very practical to the whimsical.

People over the age of 17 can register for classes at CFU either as members, and receive a lower tuition and have the registration fee waived, or as non-members. An annual membership is $20. Often there is an added fee to reimburse instructors for materials used in the class. The classes below are a sampling of what’s available in the Lowry facility in December. Most courses are offered on a recurring basis, so if you miss one you will probably have another opportunity. Call 303-399-0093 to have a catalog mailed or visit www.freeu.com to see courses online.

Couples Night of Meditation and Renewal
As a couple learn a simple breath awareness technique and practice guided meditation.
Tues. 12/6, 6:30-9:00 PM
Tuition: $34 or $39 for singles and $68 or $78 for couples #2497

Acupressure Face Lift
Learn pressure points and exercises that help stop pre-mature aging, and improve the condition of the skin.
Sat. 12/7, 2-4 PM #2500

Wax & Wicks
Learn to make your own candles with Sally Lilly, a popular long-time CFU arts and crafts instructor.
Sat. 12/10, 1-4 PM
Tuition $45 or $50 with $10 materials fee #1543

Art for Ordinary People
For those without an art background, this course introduces principles of design and elements of art to help you become “visually literate” and gain greater appreciation for the world around you.
Sun. 12/11, 1-5 PM
Tuition $54 or $59 with $10 materials fee #1748

EXEMPLA UPTOWN WOMEN’S HEALTHCARE SPECIALISTS

Offering integrative medicine in women’s health

- Obstetrics
- Gynecology
- Infertility
- Gynecological Surgery
- Menopausal Counseling
- Incontinence
- Contraceptive Counseling
- Pap Smear and Support
- Holistic Health Care
- Healing Touch
- Acupressure Face Lift
- Massage

Our providers:
- Cynthia Aspromonte, RNC, NP, HNC, CHTP-I
- Valerie Ginsburg, MD
- Mark Smith, MD
- Valerie Ginsberg, MD
- Cynthia Aspromonte, RNC, NP, HNC, CHTP-I

Now also serving patients at a second location in the Stapleton Plaza Office Building.
1655 Lafayette St., Suite 300 • Denver, CO 80218
Phone: 303-869-4888
Fax: 303-832-3263

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www.exempla.org

Bromfield Design Group

a collaboration between
Meredith C. Bromfield
(CoColorado Native - 50 years experience)
&
Diane Gordon Design
(Stapleton Resident and Business Owner)

Design/Build • Remodel/Repair
Basement/Space Planning • Construction
Kitchen/Bath • Interior Finish Upgrades
Color Consultation • Painting Services
Landscape Design • Installation

303.877.1195
www.bromfielddesigngroup.com

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- Valerie Ginsburg, MD
- Mark Smith, MD
- Valerie Ginsberg, MD
- Cynthia Aspromonte, RNC, NP, HNC, CHTP-I

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- Valerie Ginsberg, MD
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www.exempla.org

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Meredith C. Bromfield
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&
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Zoo Lights runs from December 9th through January 1st from 5 to 9pm. Visitors will see multiple animated sculptures and elegantly-crafted animal ice carvings created by Santa’s helpers with power tools. Festivities will also include carolers, instrumental groups, dancers and the Conservation Carousel. Warming stations throughout the zoo offer roasted chestnuts, hot chocolate, cider, soft bread pretzels and steamy cappuccino.

Santa at Zoo Lights
Dec 9 - Dec 23   5pm - 9pm
Children can bring their Christmas wish lists right to Santa’s mailbox at the North Pole and stop to decorate cookies at his special workshop.

Wild Ice at Zoo Lights
Dec 21, 22, 23  5pm - 9pm
A special ice carving garden, filled with numerous carvings.

Kwanzaa at Zoo Lights
Dec 26  5pm - 9pm
A holiday tradition that honors African American heritage through African dance, music and education.

Zoo Year’s Eve
Dec 31, 5 - 9pm
On the brink of a brand new year, children can also experience the fun of Zoo Year’s Eve, a very wild New Year’s Eve party that begins at 5 pm on Dec. 31 with entertainment, activities and crafts that leads up to an early 9 pm countdown to the New Year!

Tickets can be purchased online at www.denverzoo.org. Admission to Zoo Lights is $7 for adults (12-64), $4 for children (3-11), $6 for senior citizens (65+), children 2 and under are admitted free. For more information on Zoo Lights, please call the Denver Zoo at (303) 376-4800 or visit www.denverzoo.org.

Holiday Giving at the Zoo
Guests who wish to give back to the community during the holidays can donate non-perishable food items to a program offered through 9 News called, “9 Cares, Colorado Shares.”

Dr. Kristine Walsh, née Leathery, has served families in Stapleton since 2004. “She is one of the best GPs I’ve ever been to,” says Jim McBain of Denver, Colorado. Dr. Walsh’s compassion makes a difference in her patients’ lives. “I’ve been a patient myself so I know how important it is for your doctor to be a good listener,” says Dr. Walsh. “I want to understand the special needs of each of my patients. That’s my goal. That’s how I can give every patient the best possible care.”

Dr. Walsh provides leading-edge medical care for the entire family, including newborns, child health, and women’s health care. The offices of Exempla Family Medicine at Stapleton are conveniently located in the Stapleton Plaza Office Building, 3401 Quebec, Suite 1015. Come visit us or call 303-467-8900 today for an appointment. Making a difference in our neighbors’ lives – that’s Exempla Family Medicine at Stapleton.

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The Club Card offers great discounts at these Stapleton merchants:

**HEALTH & BEAUTY**

A Day Spa
Offer: 20% off of any one product with purchase of any service.
Location: Quebec Square

A Wild Smile Pediatric Dentistry
Offer: Free well baby check up for 12-18 month-olds.
Location: East 29th Avenue Town Center

Bladium Sports Club
Offer: $75 for initiation fees.

Curves
Offer: 50% off initiation fee.
Location: East 29th Avenue Town Center

Executive Tans
Offer: 20% off select tanning with purchase of a session.
Location: Quebec Square

Fantastic Sams
Offer: 10% off all services and professional products.
Free haircut with color service.
Location: East 29th Avenue Town Center

GNC at Quebec Square
Offer: $5 off a purchase of $30 or more.

Great Clips
Offer: 20% off any product with hair purchase.
Location: Quebec Square

Phoenix Yoga Studio
Offer: One month unlimited, first timers $79.
Stapleton residents.
Location: East 29th Avenue Town Center

Sports Clips
Offer: $2.00 off a men’s or boy’s haircut.
Location: Quebec Square

Stapleton Health and Wellness, LLC
Offer: Every resident will get their first yoga class for free.

Stranz Beauty Supply/Salon
Offer: 10% off all services and professional products
Location: Quebec Square

**SERVICES (continued)**

Art & Framing of Stapleton
Offer: $10 off custom framing, not valid with any other offer.
Location: East 29th Avenue Town Center

Commercial Federal Bank
Offer: Open a FREE no-minimum balance checking account with Direct Deposit and you added benefits equal to those offered to bank employees.
Location: East 29th Avenue Town Center

Credit Union at Stapleton
Offer: Receive a FREE $50.00 gift when you open your new Credit Union at Stapleton account!
Location: Quebec Square

Enviromently Friendly Cleaners
Offer: 20% off of all DRY CLEANING (Quebec Square location only).
Location: Quebec Square

FirstBank
Offer: Receive $10.00 deposit into your new First Bank savings account when you open a First Bank checking account.
Location: East 29th Avenue Town Center

LollieLocks Kid Salon
Offer: 10% off any product purchase with a purchase of a service
Location: Quebec Square

New Avenues
Real Estate Office
Offer: $100.00 gift certificate toward select Stapleton merchants.
Location: East 29th Avenue Town Center

PostNet
Offer: $3 off FedEx and/or UPS shipments (excluding ground service).
Location: East 29th Avenue Town Center

RE/MAX City Horizons, The Kearns Team, LLC
Offer: $500 towards closing costs and extra discounts on Home Sale costs when you buy at Stapleton.

REnaissance Denver Hotel
Offer: Special room rate, savings up to 33%. Offer valid through 12/30/05.

Stapleton Home Services
Offer: 50% off 1st scheduled maid service. (Expires 60 days after move in date.)

**SERVICES (continued)**

Stapleton Realty, LLC
Offer: Free move-out house cleaning ($250.00 value) when you sell your home with Stapleton Realty PLUS discounted commissions.

Tires Plus
Offer: $3.99 oil change; 10% off any automotive service; $25 off of a set of four tires; $30 off your 30, 60 and 90 scheduled maintenance service.
Location: Quebec Square

Town Center Apartments
Offer: Receive $100.00 off of your move-in costs when you lease at Town Center Apartments.
Location: East 29th Avenue Town Center

UPS Store
Offer: 50% off black and white copies.
Location: Quebec Square

US Bank
Offer: 25% discount on ANY fixed rate loan.
Location: East 29th Avenue Town Center

WIRE Group
Offer: $500 towards closing costs.

**MISC. RETAIL**

Amore Fiori
Offer: Saturdays - get two for one on select flowers.
Location: East 29th Avenue Town Center

Baby Power
Offer: $10 off of class session fee.
Location: Quebec Square

Cat’s Music Together
at the Aquarium
Offer: $5 off tuition for each registered child in your family.

Circular Wireless
Offer: FREE Vehicle power adapter with new activation ($29.99 value).
Location: Quebec Square

Grape Leaf
Offer: 5% off liquor and wine purchases.
Location: East 29th Avenue Town Center

Graham Taylor Photography
Offer: 15% off listed Wedding Package or $50 off portrait sitting fee.

Instant Imprints
Offer: 10% off of all products and services.
Location: Quebec Square

Miss Talulah’s
Offer: 10% off all lighting products.
Location: East 29th Avenue Town Center

V2K Window Fashions
Offer: 10% off of orders of $100 or more.
Location: East 29th Avenue Town Center

Anthony’s Pizza and Pasta
Offer: 10% off all items
Location: East 29th Avenue Town Center

Character’s Sports Bar & Grill (at the Doubletree Denver)
Offer: 10% discount on all food and beverage.

Cold Stone Caramelys
Offer: $1.00 off “Love It” or “Got to Have It” creations.
Location: Quebec Square

Copper Canyon Grill & Bar at the Renaissance Hotel
Offer: 15% discount on all food and beverage.

Coral Room
Offer: Free dessert with the purchase of an entire, Location: East 29th Avenue Town Center

Doubletree Denver Cafe
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.

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

Panera Bread
Offer: $1 off Sandwich, Salad or You Pick Two.
Location: Quebec Square

Radisson Hotel, Quebec’s Bistro
Offer: 15% off food menu items.
Location: Quebec Square

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

**RESTAURANTS**

Graham Taylor’s
Offer: FREE size UPGRADE on ANY beverage.

Mica Cafe
Offer: $10 off custom framing, not valid with any other offer.
Location: East 29th Avenue Town Center

Panera Bread
Offer: $1 off Sandwich, Salad or You Pick Two.
Location: Quebec Square

Thomas Bros. Coffee & Chai
Offer: FREE size UPGRADE on ANY beverage.
Location: Quebec Square

**SERVICES (continued)**

**What's Going On**

December Events
Denver Public Library
Park Hill Branch Library
4705 Monrovie Blvd. 303-331-4063
Preschool Story times for 3 to 5 year olds are Mondays and Fridays at 10:30 a.m.
Preschool Story times with a Craft are Tuesdays and Thursdays at 10:30 a.m.

Bookbabbles is Thursdays at 11:15 a.m.
Bookbabbles is for children ages 6 months thru 24 months and their parents or caregivers.

Get in touch with your baby when Der Gilmore presents “Baby Massage” on Thursday, December 1st at 11:15 a.m.
This program is for newborn babies thru the age of 18 months. Please bring a bath towel for the baby.

On Friday, December 9th at 10:30 a.m. enjoy the fun when the Monrovie Puppets present “The City Mouse and the Country Mouse.” You’ll be surprised at the ending!

Mervyn’s is sponsoring the following Super Saturday programs:

On Saturday, December 10th at 10:30 a.m. enjoy the fun when the Monrovie Puppets present “The City Mouse and the Country Mouse.” You’ll be surprised at the ending!

Mark Strivings performs “Magic of the Season” on Saturday, December 17th at 10:30 a.m. Join us for a magical celebration of winter and the holidays for the entire family!

Look for three informal musical performances by students from the Denver School of the Arts coming up in December. Dates and times for these late afternoon and early evening programs have yet to be determined.

The “Paws to Read” program has been discontinued for the present time.

Ice Skating
Big Bear Ice
8380 Lowry Blvd Denver 80230
Call 303-343-1111 for public hours or check bigbearice.com
Rental skates are $1.00 per person. Admission is $5.00 for adults and $4.00 for age 17 and younger. Special rates may apply for groups of 10 or more.

Cherry Creek North Ice Rink at Fillmore Plaza
3003 E. Third Ave. Denver, CO, 80206
Thanksgiving through early January
720-723-9114 before you bundle up to make the trip – operating hours can vary.

Theatre
The drama Umtumkur Good Fortune, by Edwin Sanchez, and directed by Michael Duran runs through December 17 at the John Hand Theatre in Lowry at 7633 East 1st Place. Call 303-562-3232 for information.
Denver Museum of Nature and Science

Open 9 a.m.–5 p.m. seven days a week. Closed December 25. For reservations call 303.322.7009 or 1.800.925.2250.

IMAX

One weekends and holidays arrive at hour early due to long lines. (Closed December 5–9 for maintenance.)

Mythic India: An Incredible Journey of Inspiration

Follow one boy’s remarkable story as he creates a vibrant country searching for enlightenment. This true story, an undertaking lasting seven years and covering 8,000 miles, takes viewers across the landscapes of India.

The Human Body

Get to know yourself a little better with this cutting-edge film that offers a look at the biological processes that go on without our control and often without our notice. The film discusses puberty and fertilization and may not be suitable for younger children.

GATES PLANETARIUM – through Feb. 16th

SolarVision: How Do You See Your World? (Call ahead – many weekend shows in December are already sold out)

Passport to the Universe

A Cosmic Journey

The Search for Life: Are We Alone?

SELECTED MUSEUM EXHIBITS

Grossology: The (Impolite) Science

The most disgusting aspects of the human body.

Like your favorite smelly burp, this exhibition offers a look at the most disgusting aspects of your body. Grossology places a spotlight on some of the most unsettling aspects of the human body, such as the teeth and the bowels and the most disgusting aspects of the human body.

Denver Botanic Gardens

Holiday Lights Blossom

Dec. 3 to Jan. 22, 6-9 p.m.

Denver Botanic Gardens will once again glow in a different light this holiday season at the sparkling spectacle known as Blossoms of Light. Nearly one million colorful lights draped in elegant designs will illuminate the plants and hardscape features throughout the Gardens, which are located on 23 acres at 1005 York Street. Romantic and popular kissing spots located on 23 acres at 1005 York Street. Romantic and popular kissing spots under ornate halls of mistletoe hang in the most romantic spots throughout the Gardens also will return, making it a perfect date night. Blossoms of Light will be open nightly from 6-9 p.m. Dec. 3, 2005 through Jan. 22, 2006.

Aurora Fox’s “The Miracle Worker” On Stage For The Holidays

T he Aurora Fox 2005–06 season continues on November 18th with William Gibson’s emotionally charged and powerfully moving drama “The Miracle Worker.” The “Miracle Worker” is a stirring dramatization of the story of Helen Keller that is one of the most successful and warmly admired plays of the modern stage. Helen Keller is a young girl, who is left deaf and blind after a childhood illness. Trapped in her secret world, little Helen is bitter, violent, spoiled and almost animal-like. For years, no doctor can help Helen’s condition. In a last act of desperation, the Kellers contact Anne Sullivan, a young woman who has recovered from her own crippling blindness. Given only two weeks by the Kellers, Anne must work a miracle with Helen, before she is lost forever.

“The Miracle Worker” is a rare opportunity to experience the work of Denver’s most notable theater family. For the first time three generations of the Newcomb family, from grandmother to granddaugther, are working together to bring this remarkable play to the stage. The director, Bev Newcomb Madden is the mother of Glenna Kelly who plays Kate Keller, and the grandmother of Claire Carson who is performing the role of Helen Keller. An award winning profession of the latest director, Bev has directed more than 250 plays and musicals since the 1940s. Both Glenna Kelly and Claire Carson are carrying on the family’s theater tradition and have appeared in professional theatre productions throughout metro Denver.

December Events

Aurora Library, Museum, Rec Center

Holiday Ornaments

Dec. 7, 4 to 6 p.m. Ages 6 to 12. $15 Aurora residents, $19 non-residents. Expo Recreation Center 10955 E. Exposition Ave., Aurora To register, call 303-326-8650. www.auronnr.org/recation

Holiday Food Gifts

Food gifts for teachers, family and friends. Dec. 8, 4 to 6 p.m. Ages 7 to 12. $20 Aurora residents, $26 non-residents. Expo Recreation Center (see above)

Holidays of the Human Body

Science The Impolite Science. How Do You See Your World? (Call ahead – many weekend shows in December are already sold out) Passport to the Universe A Cosmic Journey The Search for Life: Are We Alone? The most disgusting aspects of the human body. Like your favorite smelly burp, this exhibition offers a look at the most disgusting aspects of your body. Grossology places a spotlight on some of the most unsettling aspects of the human body, such as the teeth and the bowels. Denver Botanic Gardens Holiday Lights Blossom Dec. 3 to Jan. 22, 6-9 p.m. Denver Botanic Gardens will once again glow in a different light this holiday season at the sparkling spectacle known as Blossoms of Light. Nearly one million colorful lights draped in elegant designs will illuminate the plants and hardscape features throughout the Gardens, which are located on 23 acres at 1005 York Street. Romantic and popular kissing spots located on 23 acres at 1005 York Street. Romantic and popular kissing spots under ornate halls of mistletoe hang in the most romantic spots throughout the Gardens also will return, making it a perfect date night. Blossoms of Light will be open nightly from 6-9 p.m. Dec. 3, 2005 through Jan. 22, 2006. “The Miracle Worker” is a rare opportunity to experience the work of Denver’s most notable theater family. For the first time three generations of the Newcomb family, from grandmother to granddaugther, are working together to bring this remarkable play to the stage. The director, Bev Newcomb Madden is the mother of Glenna Kelly who plays Kate Keller, and the grandmother of Claire Carson who is performing the role of Helen Keller. An award winning profession of the latest director, Bev has directed more than 250 plays and musicals since the 1940s. Both Glenna Kelly and Claire Carson are carrying on the family’s theater tradition and have appeared in professional theatre productions throughout metro Denver.
Angie Nelson, Executive Assistant, Forest City Commercial Group

Angie Nelson has her hands full. As an executive assistant with Forest City Commercial Group, she is involved with some of the most high profile retail projects Forest City has underway in the region. Those projects include the NorthField Retail Center at Stapleton, where Bass Pro Shops Outdoor World recently opened a superstore next to a new Circuit City and Super Target, The Orchard Town Center in Westminster, and Saddle Rock Village in Aurora. Among Angie’s responsibilities is the scheduling of meetings for tenants, developers, architects, contractors and city officials involved in the ambitious retail projects.

Brad Phillips, President of the Greater Stapleton Business Association

Brad Phillips is the kind of person who comes to mind whenever someone talks about private business owners who “give back” to their communities. As the owner of Brad Phillips & Associates, LLC, an Affiliate Insurance Agency located in the Stapleton Plaza Office Building, Brad is heavily involved in a number of volunteer roles, most notably serving as the president of the Greater Stapleton Business Association. Brad describes the Association as “a different kind of organization that builds friendships among members as they work to become successful and contribute to their communities.” Other recent volunteer activities include his participation in this past summer’s Multiple Sclerosis “Challenge Walk” – a 53-mile hike to raise funds to find a cure for that disease. He is currently working on the Greater Stapleton Business Association’s 2nd Annual Food Drive to benefit the Great Park Hill Food Bank.

Brad is a native of Hickory, North Carolina. He and his wife Maida, a graduate of Boston College, have two children, Oliver (21 months) and Vivian (six weeks). In his free time, Brad has restored classic cars such as a 1969 Mercedes, a 1968 Porsche and a 1965 Sunbeam Tiger. One of his dreams is to own and restore a Dino Ferrari 246 GT.

Charles Rountree, Construction Manager for Park Creek Metropolitan District

As a Northeast Denver native, Charles Rountree takes particular pride in the role he plays in the conversion of Stapleton International Airport to one of the premier new urban communities in the nation. Charles is a construction manager responsible for quality assurance for the Park Creek Metropolitan District, the entity established under state law to finance and oversee the construction of nearly $700 million in new roads, utilities and open space at Stapleton. In an earlier role with the District, Charles was a safety manager. A second generation Denver native, he came to his present role in February 2001 from Civil Technology, one of the principle contractors building the infrastructure at Stapleton. Prior to his work at Stapleton, Charles was a purchasing manager for Oakwood Homes.

Charles says that one of his highest priorities is to help contractors understand that quality can be implemented without losing time or money. In speaking about Stapleton, Charles says, “I am looking forward to seeing the job done.”

In his free time, Charles enjoys reading, primarily science fiction.

Jan Bevier, Staff Accountant for the Stapleton Development Corporation

Accounting is a profession that runs in Jan Bevier’s family. The daughter of an accountant has worked for the past six-and-a-half years as the staff accountant for Stapleton Development Corporation, the private sector non profit entity that oversees the management and sale of the assets at Stapleton. Among her accounting responsibilities are the books for the Park Creek Metropolitan District, a special district that is overseeing the financing and construction of nearly $700 million in new roads, utilities and open space at Stapleton.

Born on Wiesbaden Air Force Base in Germany, Jan grew up in Aurora, attending Gateway High School and later graduating with an Associate Degree in Business Administration from Parks College. Jan is the mother of two boys, Ricky (16) and Ryan (12). Among her favorite hobbies and talents is quilting and beading gifts for friends and family.
By Austin Larson
November 5, 2005
I flew from Dubai to Entebbe, Uganda and made friends with the guy sitting next to me on the plane. He gave me a ride to Kampala where I stayed for a night. I got up at five the next morning and took a bus to Kigali, the capital of Rwanda... nine hours away. It was great, I got to roll through a lot of Africa, African music blaring from the bus driver. When I got to Kigali I got in a minibus and waited and waited for it to fill up. I ended up with 23 other people in this van. Ridiculous. I was sitting on a tire with people piled on top of me. The others from the house met me in Butare, where the National University of Rwanda is located (my internet access) and we walked for an hour (4k) to get to our house in the village of Huye. At the time it seemed like it was just through the countryside because everything was so dark and quiet, but walking back in the light today I found out that there were shacks along the whole way. You can pay 40 cents and ride on the back of a bicycle if you want, which takes half as long. Our house has two rooms: the bedroom and everything else. Our stove is a hole in the floor with a grate over it. Our bathroom is a hole along the whole way. You can pay 40 cents and ride on the back of a bicycle if you want, which takes half as long. Our house has two rooms: the bedroom and everything else. Our stove is a hole in the floor with a grate over it. Our bathroom is a hole in the floor with a grate over it.

Nov. 7, 2005
It's amazing how different my life is here. The only things we can eat are potatoes, rice, tomatoes, onions, avocados and yams. I spend about 30 cents a day on food. Every night we have to come up with a different combination of some of those ingredients and cook them over the open fire. This morning we had an egg each, which was exciting. Two days ago I went up into the mountains with a couple of Rwandan medical school students to speak with the village elders about having a village meeting about malaria. It was exactly the kind of thing I’d like to do someday. It was about a six hour hike round trip, but we paid biker taxis to take us as far as the road went... about an hour. Total cost... 50 cents. But that's how much a decent meal costs at a restaurant so I guess it's fair. I thought about paying my biker more because I weigh about twice what the Rwandans do. As we got to villages further and further from town, the kids were progressively more excited to see a Mousambu (whitey).

Nov. 9, 2005
Yesterday we hiked out to a village, Mpunge, about an hour further out from town than ours. After the genocide, the government had built the village (in 1996) to house those whose houses had been burned. The problem is that the people who were relocated weren’t used to living in villages. Basically, all of Rwanda is sparsely populated with each family’s house next to their field. With houses that spread out, hygiene isn’t a major problem, but the government failed to build latrines in the village and the people have been getting ill. The Village Concept Project (VCP) group built six two-family latrines in the village this year and will build more as the money comes in, with a goal of 39 total. Normally, rather than build the latrines, they would just give the villagers the supplies and knowledge for building their own, but in this case, the village is majority Tutsi and hence mostly widows and their children. The Rwandan medical students we work with set up a time with the village leader to give hygiene classes to the villagers to help them stay healthy. You would think that giving classes wouldn’t make a big difference, but as I found out today, many of the health problems of the villagers here can be solved by keeping them informed. Today I started an informal research project interviewing teens who have been through the VCP’s eight-session HIV awareness class (the medical students at the university here travel out to a village once a week for two months to give classes on anatomy, family planning, coping with HIV, prevention, etc.). Through an interpreter, we interviewed a couple of 18-year-old girls for an hour each to find out how successful the sessions are. Their answers were pretty disturbing... before the sessions they knew nothing of HIV/AIDS other than that some people were dying of it.

Parents here are very reticent to talk with their children about anything relating to sex and hence many people are infected before they even understand the method of transmission. The rates of HIV infection in towns are stabilizing, largely because of informational campaigns, whereas out in the villages HIV rates are increasing.

Nov. 10, 2005
It was overcast yesterday, but today it was sunny. We started an informal research project interviewing teens who have been through the VCP’s eight-session HIV awareness class (the medical students at the university here travel out to a village once a week for two months to give classes on anatomy, family planning, coping with HIV, prevention, etc.). Through an interpreter, we interviewed a couple of 18-year-old girls for an hour each to find out how successful the sessions are. Their answers were pretty disturbing... before the sessions they knew nothing of HIV/AIDS other than that some people were dying of it.

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Nov. 12, 2005
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Nov. 13, 2005
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Nov. 14, 2005
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Cooking Secrets
(continued from page 1)

up through the ranks of the Grand Lake Lodge kitchen, where he became the executive chef fifteen years. He has been featured on the Food Network and had recipes published in many local and national publications and cookbooks including Bon Appetit, Food and Traveler, and Parade's Candy. Jerry was most recently toured as one of Denver's Hottest Chefs. Jerry and his wife Christine are expecting a baby boy in September.

Tell us about the Coral Room. This is an amazing American bistro with Asian fusion flavors started by two friends of mine. Stapleton gives a slice of downtown without the prices and hassles associated with it. We have plenty of parking and the Stapleton store is unique in the sense that we are geared for the romantic dinner as well as for the families, with a private dining area just for the families and a separate “nooks” for the anniversary couple.

Explain the concept of "Asian Fusion." We’re taking classic recipes based upon any style of cooking whether its southwestern, northeastern, eastern, Cajun, classic French, or Italian, and putting a nice twist on it by throwing in accents of Korean flavors, Vietnamese flavors, using all the freshest ingredients available. I shop off of Federal and Alameda at all the international and Asian markets specifically for their flavors to support this notion. It is just such a concept taking the flavors from different cultures and infusing them to go together and make something taste so different yet familiar.

What’s going on with the kid’s area? We call it the “Little Reef,” which is a private dining area just for the families and let me cook for them!!!

What is one of your favorite holiday recipes? Deep fried turkey? NO! I am not kidding once you try this you will never bake a turkey again. First, you come up with a spice base like paprika, cayenne pepper, garlic, parsley, thyme, salt and add turkey stock and melted butter, fill a large turkey syringe and insert it in several times until the turkey is completely infused with spices. Then you rub the outside with Tabasco sauce and Cajun seasoning, or whatever your liking is. (You can tell I like hot!) Stick it in a fryer (they sell turkey fryers at Wal-Mart these days), and wow! The result is wonderful. We have all slaved over a turkey for hours, sometimes days, cooked them over night only to have your turkey turn out as moist as sandpaper. This is revolutionary I tell you!

So what is your favorite dish on the Coral Room menu? We just revised the menu for the fall season and picking one favorite is tough. Right now I can’t get enough of the lamb shank Osso Buco. We are taking large lamb shanks, 1 1/2 pound per portion, searing them off, and cooking them slowly in the traditional Osso Buco (Italian stew) which literally means “poreed bone” in Italy. And for the Asian fusion part we put South Pacific flavors like oyster sauce, plum sauce, hoisin sauce with our own special events such as wine dinners. The menu is actually quite cool, it is multi media equipped, with full audio and visual capabilities so you can watch your own movies or listen to your own music in there, it has sliding doors for privacy and it has its own restroom.

What kind of tips do you have for people who are gearing up for holiday cooking? I recommend they book the private dining area and let me cook for you!!! Seriously, there are a million ways to simplify cooking to keep your meals elegant. Cooking is an art and should be fun, I know my mom used to freak out and stress about planning the perfect holiday meal, so when you have fun with it, it is easier to try new stuff that is when you have the best results. If not, just have fun anyway. Cooking is about enjoying what you do, not feeling pressure or anxiety about it. So enjoy that eggnog, get creative and have everyone help out. You shouldn’t be the only one slaving, make it a friends and family experience. We all know throughout the holidays, the kitchen becomes the center of emotions, so why not stage and enjoy! Oh yeah, keep the bar in the kitchen and the “helpers” will find you.

Coral Room Chef Jerry Hise shares a favorite recipe

Seared Pork Tenderloin Medallions, Spiced Cognac Apples, Candied Pecans & Caramel Crème

1.5 lbs. pork tenderloin, trimmed and cut into 2 ounce medallions
1/2 cup all purpose flour
salt & white pepper to taste
2 Tbl. olive oil or canola oil
4 large Rhubarb apples, cored and sliced
2 Tbl. brown sugar
1 Tbl. cognac or cooking brandy
2 Tbl. butter, unsalted
1/2 cup pecan pieces or halves
1/2 cup caramel

core and slice
add the stewed apples by using a slotted spoon. Enjoy!

Begin by adding the mixture to a preheated pan. Sprinkle pecans over plate and cover with caramel sauce. Enjoy! Sunday brunch in the Coral Room.

10 minutes until the pecans set, toast (not burn) and sugar mixture hardens. Stir pecans several times throughout the baking process to ensure they do not burn. In a separate sauce pot add the caramel and heavy cream. Set over a medium flame until the mixture begins to simmer, lower the heat and let reduce until rich and creamy. Adjust the caramel in the sauce to your liking by adding more at the end or less in the beginning. Also try adding a little cognac to the sauce.

Method:
In a medium sauce pot add the unsalted butter and apples, cook for 2 minutes until they start to soften. Add brown sugar and Chinese five spice powder and cook another five minutes, stirring frequently. Add cognac to the apples and let simmer over low heat for 15 to 15 minutes or until apples are stewed. In a separate medium bowl add the egg white and mix well with sugar and pecans until the pecans are coated evenly. Spread the pecans thin over parchment paper on a baking sheet. Bake the pecans in a preheated oven at 350 degrees for approximately

14
Harvard Communities Offers First “Environments For Living” Homes in Stapleton

Harvard Communities is the first Denver builder to offer homes constructed under the Environments For Living program at Stapleton, which prescribes state-of-the-art specifications for energy efficiency created by top experts in the field of building science. The first homes built under the program will be featured in the upcoming model opening of The Architect Collection at Stapleton in early 2006.

Buyers of the new homes will receive the Environments For Living three-year limited guarantee on energy used for heating and cooling. This provides an estimated annual amount of energy (BTUs) needed to heat and cool the home and, if heating and cooling usage exceeds the estimated usage each year, the homeowner receives 100 percent of the cost of installation. Homeowners will also receive a three-year limited guarantee on “comfort” – promising that the temperature at the center of the room will not vary more than 3 degrees from the thermostat set point for that room.

“Energy costs have risen over the past few years, and we believe homebuyers in Stapleton and Denver are looking for ways to save on their heating and cooling costs,” said John Keil, President of Harvard Communities.

“We know from talking to home owners that a lot of people have had comfort problems in their existing homes, such as rooms that are always too cold or too hot. By offering a comfort guarantee, the consumer knows we’ve addressed those issues because we are backing a promise.”

The Environments For Living program, which was developed through a collaboration of efforts by Masco Corporation, AIA Denver, the Colorado Division of Advanced Energy Corporation and the American Council for an Energy-Efficient Economy, uses the principles of building science to help builders construct homes that are more energy efficient, comfortable and healthier, and safer than homes not built to the program specifications. The program establishes requirements for tight construction and high performance thermal systems, fresh air ventilation, balanced indoor moisture management features and combustion safety.

Tight construction – providing a tight shell and sealing the thermal envelope, to keep warm/cold air inside and keep out unwanted drafts.

Fresh air ventilation – bringing fresh air into the home in a controlled manner, to maintain beneficial air exchange rates and dilute indoor contaminants and everyday pollutants.

Improved thermal systems – installing improved insulation systems, new energy efficient windows, to enhance energy-efficient performance.

Right-sized HVAC – sizing and installing heating, ventilation and air conditioning systems to improve the performance of equipment and minimize duct leakage.

Pressure balancing – installing returns, transfer grills and/ or pump ducts to help make sure all rooms are pressure balanced to manage air flows and achieve balanced temperatures, and avoid drawing air from unwanted areas.

Internal moisture management – selecting and installing materials to help moisture within the building assemblies to dry, and making sure fans vent to outside.

Combustion safety – installing CO detectors and making sure all combustion appliances within the conditioned space of the home are sealed or power vented, to address “back drafting” and potential buildup of carbon monoxide.

The Architect Collection, priced from the $600s and ranging from 2750 square feet to 3450 square feet, offers three homes and a variety of styles and livability. These designs feature elements from both traditional and contemporary architecture. “The Courtyard” is a main floor master with a study and two bedrooms up. “The Pavilion” is a more traditional plan with all bedrooms on the second level. And “The Tower” offers a unique, two-story library/study with a third floor loft that can be a made a home office, artist’s studio or simply a retreat. Some homes face a park, but all homes have a gourmet island kitchen, vaulted ceiling, full basement, formal dining room, breakfast nook, 2 or 3-car attached garage, 3 to 4 bedrooms, 3.5 bathrooms and outdoor a courtyard or patio.

For more information about The Architect Collection, call Shen Ogvibe at 303.789.4440 or visit www.thearchitectcollection.com.

Westerly Creek School Registration (continued from p. 5) school year so we can plan ahead to make the school environment the best one for children.

In addition to ECE and Kindergarten, if you have an older child (Grades 1-8) who will be attending Westerly Creek for the 2006/2007 school year we also urge you to bring in all necessary documentation listed above as early as possible to complete a pre-enrollment form so we can plan on the appropriate class sizes.

Any parent who is not a resident of Stapleton but interested in the “Choice” process, should complete an application during the First Round Choice Period, which runs from January 4th through 31st, and return that application to Westerly Creek Elementary School. All students applying for 1st Round Choice will be entered into a database by the DPS Planning Department and receive a random number placement (lottery) within their priority grouping by grade. The second round of choice will begin February 1st and go through the beginning of the 2006-2007 school year based on space available.

Writer’s Corner: Rwanda Journal (continued from p. 13) because there have been very few informational campaigns that can make it more than half an hour from the cities.

Today I found out about an interesting piece of Rwandan society: the gachacha. After the genocide, there was an attempt to deal with the perpetrators with the normal court system. After a couple years, it was calculated that it would take at least another couple of months... (The unabridged version of this journal, which will continue through December ’05, can be found at: http://austrown7s.blogspot.com.)

Austin Larson, 22, graduated from Dartmouth College in June ’05. While awaiting admission to medical school for the fall of ’06, he is volunteering with The Rwanda Village Concept Project (http://www.rwandavsp.org). The project attempts to reach rural areas in southern Rwanda and improve the health of residents through medical education sessions. Austin’s family expects to move to Stapleton by the summer of ’06. The “Writer’s Corner” offers Front Porch readers the opportunity to share their thoughts on subjects of interest to others.

Community Notes

by Diane Deeter
Stapleton Community Manager

Stapleton Holiday Lighting Contest

Jurying will take place December 13th between 6:00 and 9:00 p.m. Make sure your lights are turned on during these hours for the judges to see.

Categories:
Best Overall Single Family - Decorations that make you say “Wow.”
Best Overall Multi-Family - Decorations that make you say “Wow.” Includes Trimark Mansion Homes, McIntain Rowhomes, John Laing Paired Homes, Rosley Court and SURUS Village.
The Clark Griswold Award - Decorations that are over the top.
Best Block - Not every home has to participate for a block to be eligible. A block is considered to be homes on either side of the street facing each other, between intersections. For example the 2600 block of Spruce between 26th and 27th.

Front Porch Award - Best decorations on your front porch.

Winners will be announced on December 11th at 6:00 p.m. Prizes will be announced on stapletononline.com.

New Resident Orientation – Holiday Break

Enjoy your families and your home at this special time of year: We will resume the meetings February 2006; please call Jennifer Graham 303.335.9600 to RSVP for the group meeting or if you can’t make it, schedule a personal meeting.

WELCOME!!

Reporting Street Light Outages

1. Write down number from light pole
2. Call Xcel’s non-emergency number to report outage: 800-888-1222.
3. The number for residential power outages is 800-899-1999.

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

You have enough details to worry about in planning a move. With over 30 years of combined experience, top sales performance, and our in-depth knowledge of the local market, we can help you expedite the sale or purchase of your home. When it comes to that one time event of finding a home, working with an experienced Realtor is priceless.

New Listings- 8735 E. 28th Ave.-Parkwood Oxford
3104 S. 15th St.-Lakewood
2686 Akron St.-KIBomerst
1341 sq ft 3 bd 2 1/2 bath - courtyard

Call or visit us online today for more information or virtual tour.
www.stapletonhomes.net
A Closer Look

Town Center Vet at Home in Stapleton

When Stapleton veterinarian Michele Smith was growing up in an Air Force family, she lived “all over the world” but never encountered a community where pets were such a large part of the family as they are at Stapleton. That may be why Michele and her husband Greg and their two-year-old daughter Kamdyn feel so much at home living in Stapleton where Michele also has her veterinary practice, 29th Avenue Animal Hospital in the Town Center, and Greg is a pilot instructor for the Boeing 757/767 fleet at the nearby United Training Center. The Stapleton residents live on East 26th Avenue with their English Setter Charlie and a cat by the name of Minnie. Michele’s parents have retired in nearby Aurora where they find it convenient to make frequent visits to enjoy their granddaughter.

After completing her undergraduate work at San Diego State, Michele received her degree in veterinary medicine from Colorado State University. Following graduation, she received a one year internship at Alameda East Veterinary Hospital before serving on the staff for two years. Greg and Michele later moved to Stapleton in 2003 where Michele opened her veterinary practice in the Town Center the following year. Now in her fifth year of practice as a veterinarian, she says her medical philosophy is based on “personalized risk assessment” that treats each patient as special.

“At 29th Avenue Animal Hospital, we focus on wellness exams rather than routine vaccination or standardized health care plans,” Dr. Smith says. “We feel this approach leads to a higher standard of care where every pet’s age, lifestyle, and health status are taken into consideration, leading to individualized health care.” Michele says she and Greg love living and working in a community where she finds “the most amazing clients who view pets as family members.” When asked to identify the most enjoyable part of her profession, she readily responds “the puppies and the kittens.”

Outside the hours she spends in her practice of veterinary medicine, Michele can often be found jogging with her dog through Stapleton’s neighborhoods. She and Greg also enjoy helicopter skiing in Canada. A Closer Look is a regular feature of The Stapleton Front Porch that is designed to provide more information about Stapleton residents and business owners who play a visible role in their community. Dr. Michele Smith may be reached at 29th Avenue Animal Hospital by calling (303) 394-3937.
Sustainability at Stapleton
by Melissa Knott
Director of Sustainability for Forest City Stapleton, Inc.

Simplify the Holidays
One of the best things about the holidays is spending time with family and friends. Try some of these tips below to both reduce your holiday impact on the earth and spend more time spreading holiday cheer!

• Give gifts that you make—bake cookies, write a poem or create a scrapbook of favorite photos.
• Make a gift bag by sewing together scraps of fabric, decorating an old pillowcase or gluing a design on a paper bag instead of wasting paper to wrap gifts.
• Buy rechargeable batteries for gifts requiring battery power.
• Encourage your family to decorate with homemade items using natural and recycled materials. String popcorn and cranberries together to make a colorful garland.
• Make a gingerbread house.

Recycling Update
Every few months we hear from residents who are anxious to start recycling, but who live in an area that is not yet serviced by Denver Recycles’ curbside residential recycling program. We are always happy to hear from you! We will make sure your area is included in our service planning.

December’s newly redesigned New Leaf newsletter contains more tips on how to make your holiday season more sustainable. You can download the December New Leaf from our website at www.stapletonanddenver.com. While online, sign up to receive New Leaf via email every month! Paper copies are also available in the Stapleton Visitor Center.

Wishing you a happy, healthy, and sustainable holiday season!

Tour Denver’s Recycling Processing Facility
Want to learn more about what happens to your recyclables and how your materials get sorted? Then schedule a tour of our largest materials recovery processing facility in Denver, where all the recyclables collected through Denver Recycles’ residential recycling program get delivered and processed.

More than 350,000 pounds of materials collected each day are sorted and prepared for various markets at this facility. Owned and operated by Recycle America Alliance, a subsidiary of Waste Management, the facility is now open for tours.

Tours are free and last approximately one hour. Reservations are required, and tour space is allocated on a first-come, first-serve basis. Residents must provide their own transportation to the facility.

Please note: One adult chaperon is required for every five children under the age of fifteen. Due to safety guidelines, children under the age of seven are not permitted on the tour. Participants are asked to dress appropriately as it is an open-air facility, wear closed toed shoes with non-slip soles (no flip-flops or sandals) and please no “flowing” or overly open-air facility, wear closed toed shoes with non-slip soles (no flip-flops or sandals) and please no “flowing” or overly loose clothing.

For more information, please call 720-865-6810 or email DenverRecycles@ci.denver.co.us
Holiday Dangers for Dogs and Cats

As the Holidays approach, dogs and cats often run into several holiday hazards. Following are some foods and other items dogs and cats need to avoid.

**Foods dogs should avoid:**

**Chocolate:** We love to send and especially receive good chocolate over the Thanksgiving and Christmas holidays. Chocolate contains methylxanthine alkaloids, especially theobromine and caffeine. We humans can tolerate these substances, but it is toxic to dogs. Just one tenth of a pound (a little over one ounce) of baking chocolate can be toxic to a 15 pound dog. Typically, a dog intoxicated with chocolate will shake, seem stiff, and appear weak. Don’t guess about this sort of intoxication, just call your veterinarian right away.

**Fatty Food:** Prime rib is a favorite of humans and dogs everywhere. Unfortunately for dogs the fat in such a meal is potentially harmful to them. Many dogs will suffer pancreatitis (inflammation of the pancreas — a serious and life threatening situation), gastritis (very bad indigestion that could lead to an ulceration and perforation of the stomach), and diarrhea. Other foods that have caused such conditions are butter, raw meat, and large meals — many times dogs show up sick at the veterinarian after eating an entire turkey. The best advice is to stick to dog food. If you want to allow some human food, then try a little bit of chicken or turkey with rice or potatoes. Remember to avoid harsh spices and NO ONIONS (this can lead to onion poisoning).

**NO ONIONS (this can lead to onion poisoning).**

**Foreign bodies:**

The holidays bring many trinkets into the house. Small toys and plants that are poisonous can be ingested by dogs and cats.

**Plants:** Some plants are poisonous for cats. We all know how they love to chew up plants and leaves, and especially at Christmas time, Poinsettias. This plant is an irritant for cats and can cause irritation around the mouth as well as vomiting, diarrhea and skin problems. Our advice is to simply keep it out of the way of your cats.

We hope your Holiday time is joyous and playful. However, if you think you are having a problem with any of the situations described above, then please contact your veterinarian for any further information and possible diagnosis and treatment.

Dr. Steve Rubin is partner and chief of staff in Banfield The Pet Hospital at Stapleton. His practice is located in PetsMart at Quebec Square. Call 303.393.5406 for more information.

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Windowell Expressions: A Beautiful View

When Stapleton residents Sherree and Todd Totten were remodeling their basement, they never thought it would lead them to start a new business. As the project was progressing, Sherree found herself wondering what they could do about the ugly window wells. Their contractor offered a few suggestions, none of which matched the level of finish they were looking for. After a good deal of research, they found a window well liner product made in Utah that has the contour, texture and appearance of real stone.

“At first we were skeptical about how realistic it would look, but we had the opportunity to see the product at a home show and were amazed!” Sherree recalls. They knew immediately they wanted it for their own home and kept thinking others would be interested too. “A few days later, our talks turned to, ‘How can we bring this product to Denver?’”

That past July, Sherree and Todd purchased the exclusive rights to market and sell this product in Denver, and Windowell Expressions of Denver was born. The window well liners they sell are made from polyurethane and poured over a mold to make it look like real stone. They come in three different styles – slate, flagstone and river rock – and in any color. In addition to the liners, they also offer window well safety covers in a variety of styles.

While Sherree and Todd have never run their own business before, they each bring valuable experience to this new venture. Sherree, who continues to work as a web project manager for Safeco, handles the scheduling, bookkeeping, marketing, and will soon do a redesign of the manufacturer’s website. Todd, who has worked in the construction industry for eight years, handles sales and installation. Helping them juggle their day jobs, this new business, and two boys (Gavin, 3 and Cole, 1) is a live-in au pair, Daria.

So far, Sherree and Todd have promoted Windowell Expressions through Flyers and by renting booth space at home shows and local events. “Our second month in business was HUGE thanks to an ad we placed in the Parade of Homes Magazine,” she says. They use their home as a showroom of sorts for anyone who wants to see the product installed.

“We also encourage anyone interested to allow us to bring the product to their home. We bring large samples and slip them down into their window wells so they can see exactly what it will look like in their own home.”

For more information, contact Sherree and Todd at 303-994-8866.

Kathy Epperson is a Stapleton resident who writes a monthly column about home businesses. She may be reached at kathy@ymail.com.

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Real Estate Corner

**Six Steps to Package Your Home for Sale**

by Lana Dardano

**Uncluttering** makes every room look larger and feel cleaner. If a house is cluttered, buyers have trouble imagining themselves in it. By removing or storing things you don’t need, you create a roomy, comfortable feeling that will be inviting to prospective buyers.

**Cleaning** makes your house easy for buyers to explore and gives the impression that it has been well cared for. Be sure every room smells as good as it looks, paying special attention to pet areas, nurseries and bathrooms. Some fresh paint and a one-time professional cleaning service can make your house look new.

**Repairing** before you go on the market can save money and negotiation stress down the road. Consider a seller’s home inspection to eliminate buyers objections before they arise.

**Decide** what you can do yourself and what you’ll need the pros to handle.

Then schedule projects so everything is complete before your house debut. Look into a home warranty to provide protection for you... and a buyer... against failure of mechanical systems.

**Neutralizing** creates a home for any lifestyle and taste. Neutral paint, decor and carpeting help buyers mentally “move in,” while unusual or dated decorating may make it difficult for a buyer to imagine furnishing in your house. Replace unusual artwork and displays of family photos with a few carefully chosen accessories. And remember, many people are allergic to or afraid of animals. Kennel your pets or take them with you during showings.

**Dynamizing** makes the exterior and every room of your house special. Since it is competing with other houses on the market, you need to make it stand out and be memorable. Look in magazines and catalogs for ideas. From the front door to the basement, from fresh flowers to fresh smells, this is the finishing touch.

**Showtime** is the final step before each time your house is shown. Identify buyers and assign them to make this step quick and easy. If you keep up daily, showtime will be easier for you and your family. Plan a fun activity... away from the house... during showings.

Lana Dardano is a Stapleton resident and the owner of New Avenues Real Estate Offices, which is located in the East 29th Avenue Town Center across from the fountain. She can be reached at 303.331.6700 or by email at clientservices@homeinsstapleton.com.

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Keeping Pets Healthy

by Steve Rubin, D.V.M.

As the Holidays approach, dogs and cats often run into several holiday hazards. Following are some foods and other items dogs and cats need to avoid.

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Home Work

by Kathy Epperson

Healthy Keeping Pets

Home for Sale

by Lana Dardano
Anne Brown is a Stapleton resident and independent food consultant who often refers to herself 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 anniesbrown@yahoo.com.

**Tamales!**

Precious little bundles of corn and a savory filling, piping hot and pulled directly from a steamer – nothing beats it. Unwrapping each corn husk and finding a plump little mound of corn is like having a plate full of presents.

One of the last times I made tamales was with a very pregnant friend. I had wanted to give her a big batch of tamales along with a quart of homemade mole sauce before the baby was born, but then I ran out of time. So, instead of stressing about it, I just invited her over to help me make the tamales. And, that is precisely how you ought to make tamales with friends or family. Once she obtained the peaceful process, but with a group of people, some good music and a fridge full of beer it can turn into a festive party. And children love to help out. Most adore scooping the corny dough out of the bowl and spreading it on the wet corn husk. The mere idea that they are creating little presents of food is enough to keep them interested for a good eight minutes.

Below is a basic, but not traditional tamale dough. Traditionally tamales are made with lard, which to me just doesn’t seem right to mix pig fat with something as pure and good and simple as corn. So, I’ve amended the recipe to work using butter or shortening, as I prefer, a mixture of both. Not only is it healthier, but I think the tamales hold together and steam up a little nicer. Plus, who eats lard anymore?

One of the nicest things about tamales is that despite the time it takes to assemble them, they freeze and reheat beautifully. One of our favorite weeknight meals is tamales, mole sauce (which also freezes well), and a big salad.

Although our weekends in December pre-holidays are jam-packed, my intention is to carve out a few hours after the holidays, maybe even New Year’s Eve day to make a double-batch of tamales some of which we’ll eat that night with friends and the rest we’ll freeze for some easy weeknight meals.

Before you begin make sure you have everything you need and your fillings created.

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**Basic tamale dough ingredients**

- Makes enough for 2 dozen tamales
- 7 cups veggie stock
- 2 cups of masa harina
- 1-2 tablespoons salt (how much depends on how salty your stock is)
- 12 dry corn meal
- 30-35 corn husks

**To create the dough:**

- Heat the stock until it is warm. In an electric mixer, mix the masa harina flour with the stock and beat on medium speed for a minute or two until well combined. If your dough wets dry, don’t be afraid to add additional stock. At this point your dough should resemble a thick pudding. Remove mismeasures from your mixer and set aside.
- In the bowl of your mixer, beat the solid fats on high speed for 2-3 minutes or until light and fluffy. Add the masa mixture from your mixer and beat for about 3-5 minutes or until the dough is a soft pasta consistency.

**To create the tamales:**

- Open a wet corn husk (or half of a husk) and spread a little less than a quarter cup of masa mix onto the husk. The masa should cover all but about 1 inch of the husks on all sides. If you put too much masa in you won’t be able to properly shape the tamales. Once the masa is spread, place the filling in the center of the sheet. Wrap and steam up a little better. For more information about University of Colorado Hospital’s new Family Medicine center opening in Maywatt (in the Denver metro area) for an appointment, please call 303-483-2193 or for more information, please visit www.uofcm.org.

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**Eat Good Food**

by Annie Brown

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**Meet Your Neighbors**

by Jody Donley

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Copple Finds Stapleton Echoes Life

Stapleton is an active and energetic neighborhood, full of young professionals, families, children, and pets. The residents who are over 50 years old represent a segment of our community that continues to expand. Meet Helen Hand and Michael Bender, a well-established couple dedicated to serving our Colorado communities.

In 1942, Michael L. Bender was born in New York City. The son of an attorney and the eldest of four children, Michael grew up in Westchester County. He obtained an undergraduate degree in philosophy from Dartmouth. Following in his father’s footsteps, and entering a career in law, he flourished at the University of Colorado where he became active in the civil rights movement. The CFU (www.freeu.com), it is “…a learning network built upon the idea that each community has within it the knowledge and resources needed to solve its own problems.” The CFU system. Mentoring the state’s future lawyers is important to Michael as he teaches a course that the University of Denver to obtain a PhD in clinical psychology. She blossomed as she earned her undergraduate degree in psychology. Helen returned to Colorado where she attended George Washington High School. In 1969, Helen followed her brother to Duke University. Returning to Denver after the internship, the couple started a family together. Along with Michael’s two children from a previous marriage, the Hand-Bender family grew to include five children. Helen completed her dissertation while raising their children. She started her career as a clinical psychologist and maintained a thriving practice for 25 years. In March of 2004, Helen’s brother, John, was tragically murdered. Devastated by this loss, Helen chose to honor John’s legacy by becoming president of the Colorado Free University (CFU), an organization he founded in 1987. According to her background in psychology, she often referred to as “the Food Police” by members of her family, although she prefers to think of herself more as “the Hall Monitor.”

Helen and Michael’s commitment to serving our communities continues to grow. Helen and her older brother, John attended Carson elementary, Hill Junior High, and George Washington High School. In 1969, Helen followed her brother to Duke University. Returning to Denver after the internship, the couple started a family together. Along with Michael’s two children from a previous marriage, the Hand-Bender family grew to include five children. Helen completed her dissertation while raising their children. She started her career as a clinical psychologist and maintained a thriving practice for 25 years. In March of 2004, Helen’s brother, John, was tragically murdered. Devastated by this loss, Helen chose to honor John’s legacy by becoming president of the Colorado Free University (CFU), an organization he founded in 1987. According to her clinical psychology, she often referred to as “the Food Police” by members of her family, although she prefers to think of herself more as “the Hall Monitor.”

Meet Your Neighbors

by Jody Donley

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**Restaurant Chef’s Report**

According to U.S. News & World Report’s survey of the nation’s top chefs, the right place to go this winter is the newest destination to Stapleton. Meet one University of Colorado Hospital’s new Family Medicine center opening in Maywatt (in the Denver metro area) for an appointment, please call 303-483-2193 or for more information, please visit www.uofcm.org.

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Meet Your Neighbors

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**Tamales**

by Annie Brown

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S.U.N. News

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

My Opinion:

Many things to give thanks for at Stapleton
by Mike King, SUN President

One of SUN’s most important roles involves voicing the concerns of residents with respect to the current and future development of Stapleton. We spend significant time and effort working closely with Forest City, the Stapleton Development Corporation (SDC), and other key players involved in the planning and development of Stapleton.

Among other things, the holidays offer us a moment to pause, take stock of the year gone by, and give thanks, including for those things that often “go without saying.”

In the process of noticing what’s behind schedule or off kilter and working to improve Stapleton, all too often it goes without saying that great things have already been achieved by Forest City and SDC, and, in my opinion, congratulations are in order for how far we have come from the abandoned airport that would otherwise still be a blight on the Denver landscape. As we neighbors continually engage Forest City and SDC to work out the inevitable kinks, we all share a common goal of making Stapleton a truly great neighborhood with all of the qualities that we feel so strongly about: an attractive, pedestrian friendly, vibrant, active, diverse community with a strong neighborhood culture.

Rarely do residents have the opportunity to shape their neighborhood as much as they do in an ongoing development like ours. The SUN/ Forest City Community Forum held in October reflected the energy and depth of interest that neighbors have in Stapleton – energy that we can expect to see throughout the long road to full build-out. While we may not always agree, we have found success engaging in constructive problem-solving with Forest City and SDC rather than merely complaining from the back benches. As long as we all work together to channel our energy toward proactive, productive dialogue, I believe we will reach our goals: our neighborhood will be the unique place we hope for, and Stapleton will stand as a shining example of urban redevelopment.

What is SUN, and What Does SUN do?

The Year in Review...

Neighbors often ask “Is SUN our homeowner’s association?” or “So what does SUN do?” We wanted to take a moment in our annual letter to answer these questions and, more importantly, to enlist your help.

Stapleton United Neighbors, better known as “SUN,” is comprised solely of volunteer neighbors and functions as the registered neighborhood organization for Stapleton, discussing key issues with neighbors, representing your interests, engaging in proactive problem-solving, and organizing neighborhood-building activities. SUN is separate and distinct from Stapleton’s homeowner’s association, the Master Community Association (MCA), which uses fees from residents to maintain common areas (including the pools), enforce neighborhood covenants, and sponsor seasonal socials.

In the past 12 months, SUN has:

- Established a first-of-its kind neighborhood-wide safety program, including obtaining and publishing our neighborhood’s quarterly crime statistics and continually training neighbors in the Denver Police Department’s Neighborhood Watch Program, resulting in certification of over 20 blocks so far;
- Requested and obtained women’s safety classes for residents provided by the DPD and the Police Academy; and organized grass-roots lobbying efforts to increase resources for safety at the Stapleton, District 2, and citywide levels;
- Hosted our second annual Neighborhood Kickball Tournament, attracting 16 teams and over 300 participants in this neighborhood-building “active living” event;
- Organized a first-of-its kind neighborhood-wide Block Party Day, with almost hundreds of residents participating in another neighborhood-building event;
- Reached out to surrounding neighborhoods by procuring over $40,000 in grants to build a much-needed new playground at the neighboring Ashley Elementary School and assisting in a citywide “Dictionary Drive” to provide dictionaries for students most in need;
- Worked aggressively with Forest City, the MCA, and the City of Denver to (1) iron out growing pains with our parks, pools, traffic flow, and buildings, and (2) proactively engage in planning for the continued growth and development of Stapleton;
- Engaged in neighborhood and regional transportation planning and dialogue, including participation in planning for FastTracks and potential changes to the L-70 Corridor and hosting ongoing pedestrian and traffic safety meetings;
- Created a “Distinguished Speaker Series” to ensure open communications between neighbors and key leaders in government and Forest City/Stapleton;
- Published and distributed our first SUN newsletter – and much more!!!

SUN could not exist without the donation of countless hours of volunteer time and financial resources from neighbors like you. We encourage your participation, as well as your financial contribution (SUN is a registered 501(c)3 organization). Financial donations help offset the cost of implementing programs and other programs, communicating with the neighborhood on issues of concern through printings and mailings, and sponsoring neighborhood-building events.

What’s Ahead...

In February – details to come!

ORCID: 0000-0003-3450-1163

Diana Kerns
(with Aidan, 22 months)

We just brought Eden home this year so this will be her first winter with us. We’d like to go sledding or put her in the backpack and go snowshoeing and enjoy the snow. We usually go somewhere pretty close, like in the foothills – Eldorado Springs, Chautauqua in Boulder or up L-70 to the ski slopes. We always do the Zoo Lights on New Year’s Eve with my older daughter who is 20 now and she still looks forward to it. She even buys the tickets. We usually try to ice skate at Cherry Creek.

Kristi and Matt Bord
(with Ava and Isabelle, age 2)

This is a great time to start traditions with the family. One of the things we want to do this year is take them ice skating at North Cherry Creek. It has lots of lights and lots of little kids and families – it’s a great time for families to be together. Botanic Gardens is a great activity for families. Again, lots of lights – a part of Denver history and a good tradition to start with your family.

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Holiday Event & Tree Lighting

The fourth annual MCA Holiday Event is one your family will not want to miss. It is scheduled for Sunday, December 4th from 10 a.m. to 3 p.m. The MCA has many exciting activities planned including visits with Santa, sleigh rides with carolers, hot cocoa and cider, crafts, music and games, and the ever-popular door prizes and lighting contest winner announcements.

Advance Ticket Prices:
Adults (21+) - $10 (Includes 2 Alcoholic Beverages)
Must provide a valid Driver’s License
Adults (18+) - $7 (Children - 17) - $3

Advance Ticket Deadlines:
Postmarked by Dec. 2nd
Online by Midnight Dec. 9th
Stephens will answer by 5:00 p.m. Dec. 9th
Event Day Ticket Prices:
Adults (21+) - $20 (Includes 2 Alcoholic Beverages)
Must provide a valid Driver’s License
Adults (18+) - $15 (No Alcoholic Beverages)
Children (1-17) - $5

Tickets may be purchased by check only via mail or at the Stapleton Visitor Center, or with a credit card online at wildfiresrecreation.com.

The difference in ticket prices is to encourage advance ticket sales. Advance ticket sales are extremely important in the planning of the event.

The MCA would like to express thanks and appreciation to the following sponsors for their contributions and support of the event:

Atlanta Bread • Bladium Sports Club
Colorado Total Maintenance • Coral Room Doubletree Hotel • First Bank
Forest City • Management Specialists, Inc.
Jewish Community Center • Stapleton
Lauren’s Pizza • Van Gilder Insurance
Pizza, sandwiches and soup will be available for sale from Papa John’s and Atlanta Bread Company.

Debbie Jordan
with Lila, 5, and Addie, 3)
We love the holidays in Denver.
We visit the Denver Zoo and have hot chocolate and carousel rides. The lights throughout the zoo are fantastic, but the children really enjoy riding the carousel which is also all lit up. We also like to go to the Botanic Gardens in December. Downtown we visit the Market Coffee Shop on 16th and Larimer with the lights and different carolers which we really enjoy. They have cakes and coffee and drinks. We ride the light rail up and down 16th Street Mall and go to Hammmonds Candy Factory, they do seasonal holiday activities like making gingerbread houses and a tour. They used to be located on South Colorado Boulevard but I’m not sure of their new address. Strolling at Robinson Park and City Park are just wonderful. The first Day of Hanukkah this year is on December 26 which is unusual because Hanukkah is usually weeks before Christmas. Lighting of the Menorah at the JCC – Jewish Community Center will occur very close to December holiday festivities.

Karen and Mike Giles
(with Kalfy, 9 and Mikee, 5)
We like to go to the Parade of Lights. My daughter is a ballerina so we go to Clino Parker Robinson Dance Center for the Nutcracker. My little daughter was in it last year and played the mouse who got shot so it was very exciting. (For those interested in the Clino Parker Robinson Dance Center call 303-295-1759. It is located at 179 Park Ave. West.) We’ll go “Dancing in the Moon,” a play at George Washington High School December 1st – 3rd. My son, who is almost 17, was very excited. (For those interested in the Cleo Parker Robinson Dance Center call 303-322-4868. It is located at 119 Park Ave. West.) We’ll go to Hammonds Candy Factory, they do seasonal activities and drinks. We ride the bus up and down 16th Street Mall and go to La Casa Gomez Mexican Restaurant in the Mexican Quarter was not damaged.)
Exempla Brings Women’s Healthcare Specialists to Stapleton Community

The Exempla Physician Network has brought its Uptown Women’s Healthcare Specialists to the Stapleton Plaza Office Building at 3401 Quebec Street. Dr. Mark Simon, Dr. Valerie Ginsburg and nurse practitioner Cindy Aspromonte will offer “an integrative approach to meeting women’s health care needs” at the Stapleton location. The women’s health care specialists will share offices with Dr. Kristine Walsh, who already offers full service family medicine that includes gynecology and well woman exams.

“Empowering women to seek and receive the best treatment options for their health care issues is very important,” said Dr. Ginsburg. “Whether I am treating a young girl on her first gynecological visit, a woman about to become a mother, or a woman seeking answers to her questions about menopause, I think patients deserve open-minded and compassionate support in order to find the answers that work best for them.”

The Uptown Women’s Healthcare Specialists will also have answers for people looking for a holistic approach to healthcare, notes nurse practitioner Cindy Aspromonte. “Patients who come to me for holistic health care know that they can trust me to send them to Dr. Simon or Dr. Ginsburg if they need medical treatment that I cannot provide alone,” Ms. Aspromonte said. “And patients know that Mark and Valerie will recommend me if I can provide care that will help patients get well and stay well.”

“That’s what we mean by integrative medicine,” she added. Dr. Mark Simon has a medical degree from Eastern Virginia Medical School. He completed his residency at Exempla St. Joseph’s Hospital in Denver. Dr. Valerie Ginsburg received her medical degree from the University of Colorado Health Science Center (UCHS) in Denver. She also completed her residency at UCHS as well. Cindy Aspromonte, RN, NP, HNC, has been a nurse practitioner since 1984. She is nationally recognized as a certified healing touch practitioner and instructor. She is also a certified Arvigo Mayan massage practitioner.

Call 303-869-4888 to schedule an appointment with the Uptown Women’s Healthcare Specialists. To reach Dr. Kristine Walsh at Exempla Family Medicine at Stapleton, call 303-667-8900.

From left: Dr. Kristine Walsh, Dr. Mark Simon, Cindy Aspromonte, RN, NP, HNC, and Dr. Valerie Ginsburg.

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Jody Donley
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Central Park
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Stapleton In Motion
Understanding How Residents Travel

A re you one of the brave Stapleton residents who ride their bike to work or the grocery store despite the chilly winter temperatures? It’s driving to work something you do every day? Have you and your family walked more since moving to Stapleton? The Stapleton Area Transportation Management Association (TMA) is interested in getting to know how residents traveled, their preferred modes of transportation and what the TMA could do to support providing options for residents. The survey results led to the creation of great programs like Stapleton In Motion where residents were rewarded for using environmentally friendly modes of transportation like biking, walking, using the bus and carpooling. The TMA works to keep these options available to residents as doing so is important for the sustainability of our transportation network and for the quality of life residents at Stapleton demand.

The Stapleton Area TMA is interested in learning more about your travel patterns and how they could improve their services to you. If you are currently one of the over 1800 households living at Stapleton, the TMA wants to hear from you! A web-based survey will be available until December 9th. Everyone who completes the survey will be eligible to win great prizes! Visit http://www.stapletonoma.com/ and click on the survey link!

In addition, the TMA is recruiting residents for two transportation focus groups. This is your time to share your thoughts on the Stapleton In Motion Program, your concerns regarding multi-modal options and your ideas on how Stapleton’s transportation networks can be improved. Focus groups will take place Tuesday, December 6 and Thursday, December 8, from 5:30 p.m. – 7:30 p.m. The location of the focus group will be at the Stapleton TMA office, 7350 E 29th Avenue, Ste. 300 in the 29th Avenue Town Center. These evening focus groups will include a light dinner. To thank you for your time, the TMA will provide each participant with a small cash incentive. As space is limited, please contact Brendon Harrington (720-570-3343 *104, email harringtonb@urbantrans.com) or Angie Malpede (303-465-3221 amalpede@stapletoncorp.com) for more information about participating in the focus groups.
The Stapleton holiday lighting contest is coming up. Who will win the Clark Griswold Award?

Eric Cowan says his wife kidded him about going for the Clark Griswold Award in the Stapleton holiday lighting contest as he maneuvered around the roof of his home at Stapleton. See Community Notes on page 15 for information about the holiday lighting contest.

The Primrose School at Stapleton is progressing toward an opening early next year at the corner of 25th and Syracuse bringing its renowned educational childcare program to the greater Stapleton community.

From left: Jeff Raikes, Jon Ratner, Bev Hadland, Dick Anderson, David Graham, M.D., and Alisha Brown participate in the groundbreaking ceremony for the University of Colorado Hospital Centers for Healthy Living at Martin Luther King Boulevard and Roslyn in Stapleton.

Primrose School

Medical Center Groundbreaking at Stapleton

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Left: The crowd reaches for free ball caps thrown into the air, one of many festivities at the Bass Pro opening that followed the ribbon cutting by former Broncos quarterback John Elway and Don Watts, general manager of Bass Pro Shops at Stapleton (top right photo).

Middle right photo: Jon Ratner (left) and Jimmy Ratner of Forest City admire an elk’s antlers.

Bottom photos: A baby reaches for a large bear, one of many life-like wild animals on display in the store. Visitors who missed the opening festivities will still find lots to see and do in the 186,000 square foot store, including viewing a large aquarium and charging buffaloes.