

Front Porch

Distributed to the Greater Stapleton Area

STAPLETON

DENVER, COLORADO

OCTOBER 2006

Stapleton Welcomes The Urban Land Institute



When several thousand delegates from throughout the nation and around the world gather in Denver this month to attend the 2006 fall meeting of The Urban Land Institute (ULI), the transformation of Denver's former Stapleton International Airport

into one of the nation's premier new urban communities will have a prominent role in the spotlight. The Urban Land Institute is one of the world's most respected advocates for sound land use and smart growth. (See John Lehigh column on page three.)

Stapleton Family Shares Adoption Story

By Kathy Epperson

The decision to adopt a child is significant, emotional and inspired by different circumstances. Some choose to adopt after struggling to conceive a child. Others feel a calling to provide a loving home for an orphan. And for some families, fate may conspire to bring a particular child into their lives. While adoption is a subject

not often discussed, those who explore this opportunity quickly hear the stories of other adoptive parents and discover tremendous support from many great resources.

What follows is an interview with Stapleton residents Emily and Mark Barr, who already had three biological kids when they decided to adopt two children from Ethiopia this year. Emily, who works in the HIV/AIDS clinic at

Children's Hospital, was already familiar with the HIV/AIDS crisis in Africa and the alarming number of children left without parents. We also tell the story of one young Ethiopian girl recently adopted by a Denver family who hopes to find adoptive parents for her younger brother and sister who were left behind.

With three birth children already, what inspired you to adopt two more?

We have always talked about having more children. And we have talked about adopting since before we were married. I have cared for kids my whole adult life who were without (continued on page 7)



Owen Zitek, (7 months) newly adopted from Ethiopia, gets acquainted with Emily (2 1/2) and Gregory (4) Bell at a party of families who have adopted children from Ethiopia, held recently at the Stapleton home of Mark and Emily Barr.

Roberts Family Gathers for School Dedication



Students and the Roberts family gather around a portrait of William Roberts painted by students for the entry to the new Roberts Building on the Westerly Creek Campus at Stapleton. (See page 24.).

Mark Your CALENDAR

2006 STAPLETON EVENTS



Left: 2004 Fall Festival on Founders' Green. This year's festival will be held on Saturday October 14 from 2-4pm. For information call Wild Iris at 720-529-9911.

EVERY MONTH

Every Tuesday

AA Open Discussion Meeting
Bladium 7:30pm
[Joe Mc at 303.912.7075]

Second Tuesday

New Resident Orientation Meeting
[Call Jenifer Graham at 720-249-5104 for time and location]

Third Tuesday

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

First Wednesday

Westerly Creek PTA Meeting 6:30 - 7:30pm
Westerly Creek Elementary School
[Westerly Creek Elementary School 303.322.5877]

First Wednesday

"1st Wednesdays" Home-based businesses
[Check StapletonLife.com for time and place—most meetings 11:30am - 1pm]

Second Wednesday

S.U.N. Transportation Comm. Meeting
2393 Alton St. 6:30 - 8:30pm
[Paul Frohardt stapletonneighbors@msn.com]

Third Thursday

Stapleton Citizens Advisory Board Mtg
Stapleton Development Corp (SDC)
7350 East 29th Ave. 7:30 - 9am
[SDC 303.393.7700]

EVERY MONTH

Fourth Thursday

SUN Board Meeting at 7:00pm
Stapleton Development Corp,
large conference room
7350 E. 29th Ave.
[stapletonneighbors@msn.com]

First Saturday

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

Second Saturday

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

Last Saturday

Sweet William Market May - Oct.
Founders' Green 9am-3pm
[Karen Pardue 303.355.6168]

Every Sunday

Stapleton Farmers Market
East 29th Ave. Town Center
June - Sept 8:30am - 12:30pm
[Forest City 303-382-1800]

SUBMIT YOUR PHOTOS

of scenes that portray life at Stapleton for the Front Porch calendar. Email to carol@fineprintco.com..

OCTOBER

Saturday, Oct 14th

Fall Festival
2 - 4pm Founders' Green
[Wild Iris 720.529.9911]

Saturday, Oct 21st

Westerly Creek Clean-up 8 - 11am
[for more information email
Rotary@BuildingStapleton.com]

Tuesday, Oct 24th

Public Forum on Stapleton
Denver School of Science and
Technology 7 - 8:30pm
Valentia & Montview
[tgleason@stapletondenver.com]

Thursday, Oct 26th

Northfield Main Street
Grand Opening
Most stores open 10am
Laser Extravaganza 6 - 9pm
[Diana Fiore 303.382.1800]

Saturday, Oct 28th

Trick or Treat Trail
Sand Creek Greenway between
Bluff Lake Nature Center and
Star K Ranch 12 - 4pm
[303.739.2428]

Tuesday, Oct 31st

Westerly Creek Campus Halloween
Costume Parade 3pm
8800 E. 28th Ave.
Weather permitting
[abbygreynolds@gmail.com]

Tuesday, Oct 31st

Denver Police District Two Annual
Halloween Party 5 - 8pm
Denver Police Academy
8895 Montview Blvd.
[Michael Rappe 720.913.1000]

Neighbors formed their own band to provide entertainment at the block party for the 2600 block of Valentia.

NOVEMBER

Wednesday, Nov 1st

MCA Annual Members Meeting
by Delegate District
5:30-8:30pm, location TBA
[More info at 303-388-0724 or
www.stapletoncommunity.com]

Wednesday, Nov 8th

MCA Annual Delegate Meeting
6:30-8:30pm, Location TBA
[More info at 303-388-0724 or
www.stapletoncommunity.com]

Wednesday, Nov 15th

MCA Annual Exec Board Mtg
6:30-8:30pm Forest City
Conference Room, RSVP at
www.stapletoncommunity.com

DECEMBER

Saturday, Dec 2nd

Sweet William Holiday Market
[More info. to follow
Karen Pardue 303-355-6168]

Sunday, Dec 3rd

Holiday Festival
[Wild Iris 720.529.9911]

Photo courtesy of Maricris Doolan



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Stapleton Welcomes ULI

By John S. Lehigh

This month, Forest City will welcome visitors from throughout the nation who are coming to Denver to participate in the fall meetings of the Urban Land Institute (ULI), the world's most respected advocate for



John Lehigh, Chief Operating Officer, Forest City Stapleton

sound land use and smart growth. Because Forest City shares the values of the ULI, we were honored to be the recipient of its 2005 J.C. Nichols Award for "Visionaries in Urban Development." The award is named after the late J.C. Nichols, one of the founders of the Urban Land Institute and an individual who was widely respected as an advocate for responsible real estate development. Stapleton's master planner, Peter Calthorpe, is this year's recipient of that prestigious award.

The ULI meetings provide an opportunity to "showcase" not only the dramatic progress that has been made in the past five years in transforming Stapleton from a closed airport to one of the nation's premier new urban communities, but it also allows us to introduce our visitors to the Greater Stapleton community and many of the business and civic leaders who have made it all possible.

It is not unusual for Stapleton to attract national and even international visitors who have come to Denver to learn about the successful recycling of six million tons of runway concrete, study the design of our pedestrian friendly neighborhoods or observe how we have incorporated parks and open space into the community. Of equal interest to these visitors is the opportunity to learn about our community's commitment to promote more active, healthier lifestyles, create a variety of innovative schools to educate our children or incorporate sustainable design principles in our development that will ensure that future generations enjoy the same quality of life and opportunity we value today.

The credit for this tremendous success goes to the individuals who had the vision to create the Stapleton Development Plan in the early 1990s, as well as the citizens and their elected officials who have carried that plan forward to become a reality. We welcome this latest opportunity to spread that message to other communities across the nation that share the ULI vision and its commitment to excellence in land use and smart growth.

John Lehigh is the Chief Operating Officer for Forest City Stapleton, Inc., a subsidiary of Forest City Enterprises, Inc.



Thursday, Oct. 26 Northfield To Open Main Street With Laser Extravaganza

A month before opening, Northfield's Main Street nears completion.

Main Street in Stapleton's Northfield Retail Center will open with a special musical and laser extravaganza on Thursday, October 26th at 6pm. "Northern Lights" will be a spectacular tribute to the illustrious transportation past of Stapleton and a salute to the exciting future of Northfield Stapleton. A choreographed explosion of laser lights and special effect illuminations will play against the backdrop of the surrounding buildings to bathe the entire Civic Plaza on Northfield's Main Street in color and texture. The dazzling laser display will run continuously until Northfield Stapleton closes at 9pm. Main Street is anchored on the north by a new Macy's Department Store and on the south by the Harkins Theatres that opened earlier this year.

"We are staging a multi-faceted star-studded event that offers art, athletes, music, entertainment and fun. We've planned this event as the perfect climax to an exciting day of shopping and we're encouraging everyone to make a day and night of the grand opening by staying to enjoy the amazing show and the family-friendly entertainment," said Diana Fiore, director of marketing.

Immediately after the grand opening ceremony, the festivities will move to Star Plaza at Northfield in front of Harkins Theatres on the southern end of Main Street. Colorado celebrities featured in the celebration include Denver Broncos Ring of Fame Linebacker Karl Mecklenburg, "American Idol" superstar Ace Young and world class Olympic skier Caroline Lalive. Among the other special participants are Patrick Marold, creator of "The Airfoils," a large-scale public art masterpiece that will grace Civic Center Plaza at Northfield and

Brazilian-born chef, Evandro Caregnato of Texas de Brazil, the nation's fastest growing churrascaria, which is opening its first location in Colorado at Northfield Stapleton.

Harkins Theatres will hand out 2,000 coupons for souvenir cups that can be refilled for \$1 and 500 t-shirt "coupons," that entitle guests to free popcorn for a year. Bass Pro Outdoor World will host a Country Jam Session to celebrate the opening of Main Street and the store's one-year anniversary.

Northfield Stapleton is open Monday thru Saturday 10am to 9pm and Sunday 11am to 6pm. Take Quebec Street to East 49th Avenue and turn east into the Northfield Retail Center.

Public Forum On Stapleton

Tuesday, October 24th 7-8:30pm
Denver School of Science & Technology
(Valentia & Montview)

Doors Open at 6:30 p.m.
Light Refreshments Provided

Questions?
Contact Tom Gleason of Forest City
(tgleason@stapletondenver.com)

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TOWN CENTER

Six New, Family-Friendly Retailers Join Northfield Line-Up

Hot Topic, Iron Mountain Winery, Journey's, Justice, The Buckle, and The Children's Place have signed leases to locate stores at Northfield Stapleton, the 1.2-million-square-foot Main Street shopping destination opening October 26 in Denver. This will be the first Justice retail apparel store for girls to open in Denver and the second in Colorado.

"Five of these stores target children, 'twens' and young adults and are welcome additions to our eclectic mix of apparel, sporting goods, entertainment, dining, health and beauty and accessories retailers at Northfield," said Kem Blue, regional vice president of retail operations and general manager, Northfield Stapleton. "We're also delighted to welcome the second Iron Mountain Winery in Colorado, an addition that enhances our dining and entertainment ambiance and makes Northfield a charming place for friends to get together and spend a day or evening."



Left: View of Northfield's Main Street looking south toward Harkins Theatre and Star Plaza.

• Hot Topic is a national store specializing in music and pop culture aimed at

teenagers and young adults. It has over 600 stores across the United States.

• Iron Mountain Winery is a custom winery that makes and sells its own wines, by the glass at the wine bar, by the bottle or by the batch. There are eight franchise locations in the United States. This will be the second in Colorado.

- Journey's is a hip, national shoe, apparel and accessories store for guys and girls with more than 700 stores throughout the country.
- Justice is a store for "tween girls" offering exclusive fashions and accessories at value prices at 116 locations nationwide.
- The Buckle is a leading retailer of medium-to-better-priced, casual apparel, footwear and accessories for fashion-conscious young men and women. The company currently operates over 300 stores in 38 states.
- The Children's Place is a leading specialty retailer of children's merchandise, ages newborn to ten. The company designs, contracts to manufacture and sells high-quality, value-priced merchandise. The company owns and operates more than 800 stores in North America.

A complete list of the retail stores at Northfield is shown in the box at left.

Northfield Stores

American Eagle Outfitters – Apparel for young men and women (ages 15-25)

Ann Taylor Loft – Women's apparel

Bar Louie – Casual restaurant and bar with an urban feel

Bass Pro Shops – Sporting/outdoor goods and apparel in a natural, museum-like setting

Bath & Body Works – Health and beauty

Borders Books – Books, music, movies, cards and gifts

Brendan's Diamonds – Fine jewelry

Brookstone – Unique and innovative consumer products

Buckle – Casual apparel, footwear and accessories for fashion-conscious young men and women

Charlotte Russe – Contemporary apparel for young women

Christopher & Banks – Women's apparel

Circuit City – Electronics, music and video

Claire's Boutique – Women's accessories

Cold Stone Creamery – Ice cream specialties made to order

Eddie Bauer – Casual, comfortable apparel for men and women

Finish Line – Sporting footwear, goods and apparel

Forever 21 – Young women's apparel

Harkins Theatres – 18-screen deluxe movie theater

Heidi's Deli – Sandwiches, hot foods and desserts

Helzberg Diamonds – Fine jewelry

Hot Topic – Music and pop culture for teens and young adults

Iron Mountain Winery – Custom wines by the glass or bottle

Islamorada Fish Company – Fine island-style dining

Jamba Juice – Smoothies, fruit juices and baked goods

Journey's – Shoe, apparel and accessories store for guys and girls.

Justice – Exclusive fashions and accessories for 'tween girls.

La Sandia – Modern Mexican restaurant

Lane Bryant/Cacique – Women's plus-size apparel

Lenscrafters – Vision services

Ling and Louie's Asian Bar & Grill – Contemporary restaurant serving authentic Chinese food and distinct specialties from Asia

Macy's – First new format Macy's department store in Denver since the Federated/May Co. merger

NY & Co. – Contemporary women's apparel

Pac Sun – Urban apparel for young men and women

Pro Fix Jewelry Repair – Service

Qdoba – Casual Mexican dining

Regis Hairstyling – Service/health and beauty

Select Comfort – Mattresses and bedding

SportsFan – Sporting goods and apparel

Spring Communications – Wireless solutions provider

Subway – Sandwiches, salads and wraps

Sunglass Hut – Eyewear accessories

SuperTarget – On-trend merchandise and upscale grocery shopping

Texas de Brazil – Brazilian churrascaria (steakhouse)

The Children's Place – Children's merchandise, ages newborn to ten

US Bank (ATM) – Service

Venetian Nail Spa – Service/health and beauty

Verizon Wireless – Wireless solutions provider

Victoria's Secret – Women's intimate apparel

Zales – Jewelry

Environmental Learning for Kids

Find Deals and Support Kids Through Online Auction

Environmental Learning for Kids (E.L.K.) is auctioning off more than 50 fantastic items to benefit science and natural resource programs for youth in the Denver metro area. Visit www.elkkids.org to find the link to a trip to the Galapagos Islands for two, Broncos tickets in the Bronco Champion Club, Avalanche tickets in a luxury suite, and getaways to landmark Denver hotels. The value of auction items range from \$10 to \$8,000, and there is something for everyone. Check the website and put in a bid – you will find great deals.

Environmental Learning for Kids (ELK) was founded 10 years ago by two wildlife biologists, one Latina, and the other African-American and Japanese, who saw the need for more youth of color to build skills and interest in science education, and in related careers.

ELK has seen many success stories as a result of engaging year-round programs and long-term mentoring, including a 98% high school graduation rate for kids in the program. This contrasts to the 56% and 44% graduation rate for African-American and Latino students respectively in the state of Colorado. To date ELK has raised more than \$44,000 in education scholarships for ELK youth.

ELK's Silent Auction will close on October 10, when many of the items will be brought to ELK's "Put a Little Wildlife in a Child's Life Celebrity Golf Tournament" on October 12 at the Green Valley Ranch Golf Course. Tyrone Braxton and several other former Denver Bronco Champions will be golfing at the tournament and paired with other players. Please visit www.elkkids.org to bid on items and to register for the golf tournament.

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Architects Competing to Design Stapleton, Green Valley Ranch High Schools

By Brian Weber

Four architectural firms are now competing to design the high school that is planned for Stapleton in the next five to six years.

As part of the same competition, five other firms are crafting design concepts to win the contract to build a high school in Green Valley Ranch.

The design competition is a first for Denver Public Schools. It is a joint effort by DPS, the Stapleton Foundation and the Foundation for Educational Excellence, which works on education issues in Green Valley Ranch.

The foundations proposed the competition as the best way to build the next generation of high schools, one that is more focused on programming and instruction for individual students instead of one that is primarily the most economical

way to get the most number of students in a building. Research clearly shows that smaller high schools in the range of 400-500 students are better at helping young people stay interested in school, tackle core subjects and prepare for post secondary education.

The Stapleton Education Master Plan advocates a complex of small schools for a total of approximately 1,200-1,400 students on a campus with common facilities such as a gym, athletic facilities, music rooms, theater, cafeteria and library. This concept would allow for the construction of the school in phases, as it is needed. The Stapleton school site is north of I-70, south of 56th Avenue and east of Spruce Street.

A committee of approximately 20 people has been convened to select the architects. They include representatives from the Stapleton and Green Valley

Ranch communities, DPS, the sponsoring foundations, and the Stapleton design review committee.

The process was scheduled to begin in late August and last through the end of the year. The competition process will include

community meetings, visits to other small school campuses, incorporation of recommendations of the DPS Secondary School Report, an extensive "visioning" process with national leaders in program and building design, and preliminary architectural approaches. The two groups of architects will submit preliminary concepts and the committee will chose two firms as finalists.

Times and dates of community meetings have yet to be determined. Notice of meetings will be made on the Stapleton

intranet and through other community outlets.

DPS is expected to go for a bond issue in the 2007 general election. Completion of the high school by 2012 is contingent on passage of that issue.

The architectural firms participating in the design competition are:

Green Valley High School
Anderson Mason Dale Architects
DLR Group
Klipp Architecture
Lantz-Boggio Architects, P.C
Slater Paull Architects, Inc
Stapleton High School
Luis O. Acosta Architects
Christiansen Reece & Partners
Fanning / Howey Associates (VTBS)
RTA Architects Inc

Brian Weber is Vice President, Education/Workforce Initiatives for the Stapleton Foundation.

October 11, 5:30-7:30pm Architects' Design Concepts for Stapleton High School To Be on View at Roberts Bldg.

The four architectural firms competing to design the Stapleton high school will display their concepts and be available to discuss their ideas at 5:30-7:30 p.m. on Oct. 11 at the Bill Roberts school, Central Park and Montview Boulevards. The design proposals will also be posted on the Denver Public Schools web site following the October 11 meeting. The public will be able to comment on the designs and offer other ideas on an online survey.

Preschools In the Greater Stapleton Area

Stapleton is home to an astounding number of very young children. Westerly Creek Elementary has responded to the demand for preschool this year by offering an ECE program for 3 year olds, in addition to the existing ECE 4 program and Kindergarten. Because space has been limited in this age 3 ECE program, Principal Trich Lea has been looking into possible ways to

expand the program in the future.

For parents of infants and toddlers looking for child care and preschool options, there are many wonderful choices in the Stapleton and NE Denver area. Check out the following resources to discover what child care options may suit your needs best. (Please email additional suggestions to frontporch@fineprintco.com.)

Augustana Lutheran Church, Early Learning Center

5000 East Alameda Ave.
Denver, CO 80246
303-388-4678
www.augustanadenver.org
Ages: 18 months and up, plus before- and after-school care

BMH-BJ Preschool

560 S. Monaco Parkway
Denver, CO 80224
303-388-7543
www.bmh-bj.org, click on Preschool
Ages: 6 weeks through pre-K

Children's Garden Montessori

444 Detroit St.
Denver, CO 80206
303-322-0972
www.cgmontessori.com
Ages: 18 months to 3 years

Denver Cooperative Preschool

480 Marion St.
Denver, CO 80218
303-777-6867
www.denvercooperativepreschool.org
Ages: 15 months through 5 years

The Denver Waldorf School

940 Fillmore St.
Denver, CO 80206
303-777-0531
www.denverwaldorf.org
Ages: 2.5 and up

Garfield Montessori School

3993 Martin Luther King Blvd.
Denver, CO 80205
303-388-8828
web: coming soon
Ages: 2.5 (potty trained) to 6 years

Good Shepard Catholic School

620 Elizabeth St.
Denver, CO 80206
(303) 321-6231
<http://www.goodshepherddenver.org/>
Ages: 3 years and up

JCC Early Childhood Center

350 South Dahlia
Denver, CO 80246
303-316-6377
<http://www.jccdenver.org>, select 'Preschool'
Ages: 18 months through pre-K

Montessori Children's House of Denver

1467 Birch St.
Denver, CO 80220
phone: 303-322-8324
www.mchdenver.org
Ages: toddler program 18 months to 3 years, and primary program ages 3-6

Montessori Children's Village

1650 Poplar St.
Denver, CO 80220
303-316-3988
montessorichildrensivillage@gmail.com
Ages: 2 to 5 years

Montview Community Preschool & Kindergarten

1980 Dahlia St.
Denver, CO 80220
303-322-7296
www.montviewpreschool.org
Ages: 3 years through Kindergarten, half-day parent cooperative

Paddington Station Preschool

1301 Quebec St.
Denver, CO 80220
303-333-9154
www.paddingtonstation.org
Ages: 2 through 5 years, plus Creative Explorations (moms and tots ages 16 months - 2 years)

Park Hill United Methodist Church Children's Center

5209 Montview Blvd.
Denver, CO 80207
303-333-1335
email: phumccc@ix.netcom.com

Ages: full day preschool and daycare for ages 2-5 years; half-day AM preschool ages 3-5 years; before- and after-school care for up to age 12

Primrose School at Stapleton

2501 Syracuse Street
Denver, CO 80238
303-322-7200
www.primroseschools.com, select by location
Ages 6 weeks through Kindergarten, plus before- and after-school care through age 11

Stapleton Children's House

2539 Xanthia Ct.
Denver, CO 80238
303-321-1922
email: thechildrenshouse@comcast.net
Ages: 2-6 years, Montessori program with yoga, Spanish, gardening, cooking, art and music

Temple Emanuel Preschool

51 Grape St.
Denver, CO 80220
303-321-7258
www.congregationemanuel.com/learning/preschool
Ages: 2-5 years



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Patty, Information Analyst

Xcel Energy

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School for Blind Children

Anchor Center Breaks Ground at Stapleton

Anchor Center for Blind Children has broken ground for its new home at Stapleton. Located on 26th Avenue between Syracuse and Roslyn Streets adjacent to the Primrose School, the building was designed by architects at Davis Partnership to be a one-of-a-kind teaching facility created specifically for the learning style of infants, toddlers and preschoolers who are blind, visually impaired or deaf and blind. Anchor Center officials believe there is nothing exactly like it in the country, and they expect it to become a national model for teaching life skills to blind children.

"This is a partnership between educational experts and architects," says lead architect Maria Cole of Davis Partnership, who is also working on the Denver Art Museum Expansion with Studio Libeskind.

Because the very nature of architecture is primarily visual, Cole and her team first had to understand how blind children learn before they designed a building that integrates the structure and site with "subtle details that have meaning." Some of the design features in this "toolbox for blind kids" include:

- Special textures on the walls and floors that let children know where they are in the building
- Unique acoustics that give a sense of directionality
- A sensory garden with water features and dry streambed
- Outdoor nature playground to stimulate learning
- "Cane Walk Lane" and "Braille Trail"
- Classrooms with "barn doors" that



Top: Rendering of the new Julie McAndrews Mork Building that will be located on 26th Avenue between Roslyn and Syracuse Streets.

Above: Cheryl Zubieta and her son Chad, a pre-schooler at Anchor Center, attend the groundbreaking ceremony.

Below left: Children from Primrose School, which shares the block with the Anchor Center, walk over to present a "Welcome to the Block" banner.

open to southern-facing porches. Another interesting aspect of the new building is an exam room where local pediatric ophthalmologists will be providing free eye exams to children in the programs.

Anchor Center for Blind Children, formed in 1982, is the only privately funded organization in Colorado whose sole purpose is to prepare blind children for the public school system and set the stage for their employment as adults.

For more information about Anchor Center for Blind Children contact Executive Director Alice Applebaum at 303-377-9732 ext. 13 or aapplebaum@anchorcenter.org.

Above: Anchor students, with assistance from parents and lead donors Julie and John Mork (at right in photo) help break ground for the new building, named for Julie Mork.



Quebec Square Affair in the Square

The second annual "Affair in the Square" offered a bounce castle, miniature train rides, face painting, music, and booths featuring Quebec Square businesses offering free product samples.

Below: Children break dance to the music on the loudspeakers. **Right:** Young children enjoyed playtime in the bounce castle.



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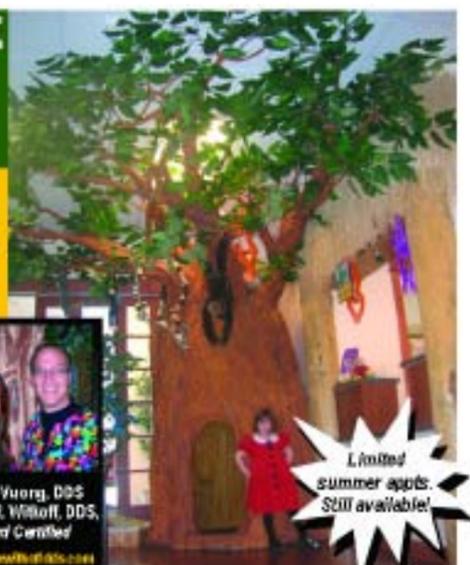
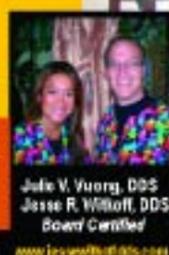
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Adoption (continued from page 1)

their birth parents. When I graduated from college I spent a year as a volunteer providing care for children with HIV and AIDS on a Christmas tree farm in northern California.

I think the seed was planted then. In addition, my husband, Mark is adopted and it seemed natural to him that we may one day adopt.

Was there a particular reason you wanted to adopt from Ethiopia?

We wanted to adopt a child whose life had been affected by the global AIDS crisis, and with the number of orphaned children in Africa between 12 and 15 million, we felt the need was great there. Through my work in the HIV clinic at Children's Hospital, I have taught in South Africa and Botswana. Also, Mark's father was born in Malawi, where various family members have been working as missionaries since the 1930s. We were interested in Ethiopia because it has an established and well-run adoption program, and there are several US agencies that can facilitate adoptions there. Ethiopia also has one of the most affordable options for international adoption, and children in Ethiopia are cherished and often with family members until shortly before the adoption rather than in an institutionalized setting for long periods of time like you see in some other countries. It was not until after we chose Ethiopia that we really started to learn about its rich heritage and culture.

What kind of research did you do?

We called all of the agencies that facilitated Ethiopian adoption in the US. At the time, there were six approved agencies. We interviewed each agency, asked for references and spoke to families who had used the agency. We also joined an online Yahoo! group for people adopting from Ethiopia and solicited their comments. In addition, we read books about international adoption, adopting toddlers, and attachment issues. We read as much as we could about Ethiopian history as well as current affairs. Whenever we could, we spoke first-hand with people from Ethiopia living here in Colorado to learn about current conditions in the country.

How long a process was it from the point you made the decision to adopt to actually picking up your children?

We made the decision to adopt in October 2005, then spent two months doing research. We started the actual process in December 2005 and left to pick up our children in May 2005. It was six months from the initial application to hugging our kids.

What did you do to make the integration of your new children into your home go as smoothly as possible?

We got books about Ethiopia from the library and read them together. One of our favorite things was at night during dinner we would read the stories that people shared online about adopting their kids and what it was like to meet them in Addis Ababa as well as the stories about them after they came home. Then we would talk about what we thought it might be like for us and our boys.

Did you ever have moments of panic or wondering if you'd done the right thing?

Every day. I lost a lot of sleep during the time when the children were referred to us – thinking about our family and

wondering how we would change everything over night. While in Ethiopia, there were moments that were particularly difficult, and I remember thinking, "how will we do this when we get home?" But things are easier at home in many ways than they were when we first met the boys in Addis Ababa. I have to say, now that we have the boys home it never crosses my mind if we did the right thing. They are such a part of our family and I can't imagine life at the Barr house without them.

What sort of challenges have you faced during this process?

Both kids came from sheer poverty - where it's common to see 4- and 5-year-old children carrying wood, tending sheep, and caring for their younger siblings. They were once weak and severely malnourished, and there have been a few health problems, like parasites and

fungal infections. Because our older son, Michael, lived in two separate regions of Ethiopia before coming to the U.S., he spoke two languages fluently before coming to live with us. So, English is now his 3rd language. Teaching him how to live in a family, in a house, by a street where there are cars has been a challenge. But he is an amazingly fast learner and does so well with all of the enormous change. He never owned a pair of shoes – so that is a big deal for him.



Mark and Emily Barr, surrounded by their children (from left) Yabsera, 11 months, Madeline, 13, Phoebe, 7, Michael, 5, Caelan, 9, on the front porch of their home at Stapleton.



Families with adopted children from Ethiopia gather for a picnic at the home of Stapleton residents Mark and Emily Barr.

Probably our biggest challenge has been that we were told he was 3 1/2 but he is probably about 6 based on his teeth and developmental abilities; trying to figure out where to put him in school was difficult.

What sort of support did you get from the adoption agency or other resources?

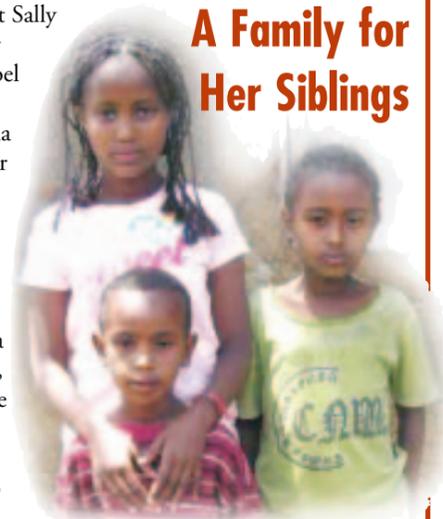
The adoption agency we used was available for questions by email and by phone. The local agency provided classes, had picnics, and connected us with our own social worker to

turn to for any questions or concerns. We also started a local group of about 40 families who adopted from Ethiopia. We have an email group, which offers a great way to get questions answered and to discuss various issues and we get together about once a month. The kids love that.

(continued on page 15)

Denver Adoptee Hoping to Find A Family for Her Siblings

Denver resident Sally Krusell and her husband, Kirubel Woldemariam, were in Ethiopia picking up their new daughters, 11-year-old Kidist and 5-year-old Tarikwa, when they got quite a surprise. Kidist, a sweet girl wise beyond her years, asked if they could stop in the town of Lideta before leaving the country so she could see her brother and sister. Sally and Kirubel were stunned to learn of the siblings and made the trip to visit them.



Kidist, with her arms around younger brother Josef, 6, and sister Mahalet, 9, at her side, hopes the two will be adopted by a Denver family.

Kidist had been put into an orphanage after her mother died, but Yosef, 6, and Mahalet, 9, had stayed with their father until his death and were then left living by themselves in a mud shack.

Sally and her husband arranged for Yosef and Mahalet to go to an orphanage. "As we were leaving Ethiopia," Sally recalls, "Kidist said to me 'now I can live my life', knowing that Yosef and Mahalet were in the orphanage and someday would be adopted."

Sally and Kirubel are looking for an adoptive family for Yosef and Mahalet in the greater Denver area so the three children can grow up together. If you are interested in more information on these two siblings you can contact Merrily Ripley at (360)452-4777, Adoption Advocates International, 709 South Peabody Street, Port Angeles, WA 98362.

Adoption Information...

For information about local, domestic and international adoption, The Adoption Exchange, located at 14232 E. Evans Ave. in Aurora, holds an information meeting every 2nd Wednesday at 6:30pm. Specific children in need of adoption are listed on The Adoption Exchange website at www.adoptex.org and are shown on "Wednesday's Child" which airs every Wednesday on KCNC - Channel 4 during the 12pm, 4pm and 10pm newscasts. Contact Stacy Keller at 303-755-8314, X 221 for more information.

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UNIVERSITY OF COLORADO HOSPITAL

The public is invited to join the festivities surrounding the expansion of the Rocky Mountain Arsenal National Wildlife Refuge during Refuge Day on Saturday, October 14th.

Each year, more than 540 national wildlife refuges across the nation observe and celebrate National Wildlife Refuge Week. This year, the Rocky Mountain Arsenal National Wildlife Refuge will celebrate with a public event called "Wild Things 2006."

The refuge, located immediately north and northeast of Stapleton, will open for drop-in visitors at 6 am with festivities for "Wild Things 2006" beginning at 1 pm and lasting until 6 pm. Visitors may start the day by hiking over nine miles of trails throughout the refuge filled with beautiful fall foliage. Some of the activities include tram tours and hayrides through the flourishing refuge land, free catch-and-release fishing, and a guided bike ride along the scenic trails. The day of outdoor

Rocky Mountain Arsenal – Stapleton’s Neighbor to the North Refuge Day on October 14th to Celebrate Expansion of the National Wildlife Refuge



activities will then end with an evening campfire at 5 pm, complete with songs, games and stories.

Refuge Week marks a particularly special occasion this year, as the Rocky Mountain Arsenal National Wildlife Refuge grows to 12,000 acres. This fall, more than 7,200 acres of Arsenal land, which the Environmental Protection

Agency certified as clean, have been transferred from the U.S. Army to the U.S. Fish and Wildlife Service. The land has now joined the national wildlife refuge system and more than doubled the size of the refuge. The new refuge land is prime wildlife habitat, which is thriving at the Refuge.

“Refuge Week is always a great time for people to come out and enjoy their national wildlife refuge, and that’s especially true this year,” said Refuge Manager Dean Rundle. “This refuge expansion is great news for our local neighbors, Coloradans and all Americans.”

Reservations are required for hayrides, tours, and the bike rides. Anyone over the age of 16 years of age who is planning to fish must bring a Colorado State Fishing License. To make reservations for Refuge Day activities or for additional information, call 303-289-0930 or visit the Refuge Web site at www.fws.gov/rockymountainarsenal. The Refuge entrance is at 56th Avenue and Havana Street and parking will be available at the Visitor Center.

Play Ball!

Forest City, DPS Officials and Ashley Students Dedicate New Grass Playing Field

As part of its commitment to the Greater Stapleton Neighborhood, Forest City and its contractors donated sod for Ashley Elementary School’s previously all-dirt playground and baseball field. Approximately 40 Forest City employees gathered at Ashley in August to lay the sod. At right, Ashley students gathered with Denver Public Schools Superintendent Michael Bennett, Ashley principal Kenneth Hulslander, and other officials from DPS and Forest City for the dedication of the field.



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Stapleton's Cow Parade — Where You'll Find Snowboards, Scuba Gear, Butterflies & Abstract Art

By John Chambers

Artists who decorated 12 fiberglass cows in Stapleton are as diverse as their creations. Born in Australia or the Midwest, a gallery owner or a teacher, they are among the more than 75 artists who painted and sculpted cows for CowParade Denver 2006.

The public art display places 100 bovines mostly in Cherry Creek, Stapleton and downtown through Oct. 18. What started with the same molds in 1998 in Zurich, has gathered thousands at charity auctions in more than 25 cities. Denver's 100 cows will be auctioned at a live event Nov. 10 and online through December.

Tanya Haynes loves to dive. It helped inspire her to create Jacques Moosteau that grazes in Stapleton's 29th



Tanya Haynes with her cow Jacques Moosteau

Avenue Town Center. Haynes named the cow after diver Jacques Cousteau, sculpting it with diving gear and wood or metallic fish. "It is painted with automotive paints," she said. "I actually do watercolor paintings. I wanted to try to do something different and I really love the ocean. Fish are my passion so I decided to start painting those too."

The Aurora artist took five weeks to paint the 90-pound cow. "Fortunately, I received a lot of the materials as donations and I would guess he ran \$600 or \$700 total," Haynes said. Pro Signs, Warehouse Autos and A-1 Scuba & Travel Center helped provide gear and materials. Haynes also created Yellow SubMoorine for Denver's downtown herd. CowParade artists received a \$1,000 commission for each cow. All event proceeds will go to non-profits, 90 percent benefiting the Denver Zoo, Children's Museum of Denver, Cherry Creek Arts Festival and Eagle Fund of the Denver Foundation.

Haynes, 44, said Jacques Moosteau's design is meant to foster more awareness of nature. "I'm a strong believer that we need to protect our environment and especially our oceans, rivers and lakes," she said. CowParade "just has the ability for people to understand that art doesn't have to be on a canvas or a piece of paper."

"And who thought a cow could be art?" Haynes' art is online at www.h2oscapescapes.com

Kristel Deckx never meant to be an artist. Originally from Belgium, the Denver resident worked in different counties as a physical therapist. "I have never painted in my life," she said. "I've always wanted to be an artist, but I never really made time ..." But Deckx met her husband two years ago and temporarily moved back to Europe last year before her son, Gustave, was born.

She painted butterflies while she was pregnant. "I never really thought I would paint butterflies because I am more of an abstract person," she said, but the couple opened Gallery Gustave in November, kicking it off with a Denver exhibit of Deckx's butterflies. "And we called my show Butterflies in my Belly."

Deckx, 43, painted the butterflies on a CowParade cow placed in the town center, naming the bovine Madame "Butter" Flies. She covered it in orange, blue, green and other acrylics before applying varnish, working a couple hours a day for three weeks. "So she [cow] was in the gallery for about three weeks while I was painting it," she said. "Really for me, the colors are so important and I love bright colors."

Gallery Gustave will reopen with a wine bar called TASTES in September at 4267 Tennyson St. Deckx saw CowParade in 1998 and 2003 when it was in Zurich and Brussels. "I think it will just kind of make art more accessible to the public and I think it will just brighten up the city [Denver]," she said. "It's just great - another cow here and there."

Photo courtesy of Kristel Deckx



Kristel Deckx with her son Gustave and her cow Madame "Butter" Flies.



Artist Elizabeth Craig with her cow, Cowabunga, Dude!

Cowabunga, Dude! struts wind pants, a scarf and other snowboarding gear. "He's ready to shred," said Elizabeth Craig, who created the cow for Stapleton's Town Center. The South Carolina artist has never boarded. I started skiing in Colorado as a kid and my father's been out here since the '50s, but I haven't ventured into snowboarding yet so this is as probably as close as I'll get," she said.

Cowabunga, Dude! is constructed with wire mesh, fiberglass, paper machete, cotton, wood and denim. "So we really tried to use a little of everything," said Craig, 40. "My intention was to create something that people would want to walk around. ... and Cowabunga has a lot of texture around it."

More information about Craig's work is online at theartdepartment.biz.

Fourteen students spread 10 colors across another cow in Stapleton. The 10th-graders at the Denver School of the Arts painted Abstract Cow using house paints and acrylics. The School of the Arts focuses on preparing students for art careers so the project helped teach them "real world" lessons in areas such as deadlines, art commissions and choosing the right materials, said instructor Deb Rosenbaum. She said the biggest challenge was mixing paints since different students painted the cow at various times.

The Denver School of the Arts is online at dsa.dpsk12.org.

Forest City Stapleton, Inc., Stapleton's developer, sponsored 10 cows. It's Time to Moo is a separate cow in front of Casey's Pub on 29th Avenue. The bovine was sponsored by United Airlines and created by Jay Paonessa and Luis Felipe Mosqueira. Udderly Green is another at 29th Avenue and Willow Street. Sponsored by McStain Neighborhoods, it was made by Ann Marie Auricchio and Mandil Inc.

CowParade is managed by Connecticut-based CowParade Holdings LLC and produced in Denver by Creative Strategies Group. Visit Denver.CowParade.com and www.StapletonDenver.com for more event information.



Vera Tourovtseva, a Denver School of the Arts student, designed "Abstract Cow," which was painted by a group of students in Deb Rosenbaum's art class at DSA.

STAPLETON EVENTS THIS SUMMER



Sweet William Market

Stapleton welcomes a new monthly event to Founders' Green:
Sweet William Market on the Green!

Sweet William Market on the Green is an open-air market, reminiscent of one you'd discover in Europe, featuring vintage and antique treasures, art, retro finds, and charming seasonal decor.

The market opens at 9 a.m. on the last Saturday of each month. Don't miss out, only one Saturday remains.

SATURDAY, OCTOBER 28
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Denver 2006
cow parade

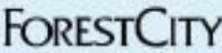
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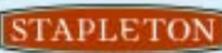
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Stapleton Rotary Club Events

Westerly Creek Cleanup October 21st

On Saturday, October 21 from 8:00 – 11:00am, the Rotary Club will be holding a cleanup event in Westerly Creek. "We've been talking to Dennis Piper at the Stapleton Development Corp., and to Denver Parks and Recreation about 'adopting' Westerly Creek when it goes over to City control," said Michael Kearns. "Everyone agreed that rather than waiting we should go ahead and schedule the cleanup day. Westerly Creek is an amazing area and we hope to do the cleanup quarterly." Residents are asked to join in and help. If you're interested, please e-mail Rotary@BuildingStapleton.com for more info.

Wine and Cheese Party October 25th

On Wednesday, October 25 from 5:00 – 8:00pm, the Rotary Club is hosting a get together wine and cheese party at the CTEK building (7706 MLK Blvd.). The goal is to introduce residents and prospective members to the Club and have some FUN! If you might be interested in joining, please come out and visit with us. Please RSVP by e-mail to Rotary@BuildingStapleton.com.

Mothers & More Annual Open House Oct. 10

The Central Denver Chapter of the non-profit mothers' organization 'Mothers & More' invites mothers to an evening of "fun & frolic without the kids" at their annual open house on Tuesday, October 10th at 7 pm in the Activities Room of The Heritage Club, 2020 Monroe St 80210 (near Evans & Colorado). Visitors and prospective members are welcome (along with babes-in-arms) to discover the workings of the Denver chapter in particular, and the national organization in general. 'Mothers & More' is dedicated to improving the lives of mothers through support, education and advocacy. RSVP mothersandmoredenver@yahoo.com and see www.denvermothersandmore.com for more information.

Mel Strawn: All Together Now, 1940s - 2000s

All Together Now is a retrospective of the work of Colorado artist Mel Strawn. Showcasing his work from the past 60 years with examples of his sketches, paintings and digital prints, the show will be on display at the Denver Central Library from Monday, Sept. 18 to Friday, Nov. 24, 2006.

The exhibition is a celebration of Strawn's contributions to the Colorado art world and his storied career as an artist and educator. All Together Now is presented by the Denver Public Library. For more information, please contact Kay Wisnia at kwisnia@denverlibrary.org or call 720.865.1482. Denver Central Library, 10 W. 14th Ave. Pkwy. 7th Floor, Vida Ellison Gallery

Colorado Free University, The John Hand Theater, and Kidstage™ Partner to Bring Children's Theater to Lowry



Colorado Free University is pleased to bring children's acting classes to its Lowry Campus. Kidstage™ is dedicated to making it possible for children to develop performance skills and acquire an appreciation for drama while growing in self-esteem and social skills. Classes run for several weeks and then culminate in a performance open to family and friends.

- In October an advanced class, geared to children who have taken acting classes in the past, will rehearse and perform an adaptation of *Charlie and the Chocolate Factory*.
- Over the winter break, a holiday camp will be held for children ages 6-12. Five days of rehearsing a delightful play called *Can Mrs. Claus Save Christmas?* will lead to a performance on January 3.
- In 2007 Kidstage will hold classes on Sundays, Tuesdays and Wednesdays. Children have the opportunities to perform *Peter Pan*, *Snow White and the Seven Phat Dwarves*, and Scenes from Shakespeare.

For details about the upcoming classes, times and tuition, visit the CFU website at www.freeu.com or call (303) 399-0093.

Denver Botanic Gardens Living Bronze Sculptures on Display Thru January 21

Denver Botanic Gardens has extended the Living Bronze Sculptures by Robert Wick exhibit through Jan. 21, 2007. The sculptures will be an added component to the Blossoms of Light event that runs each night from Dec. 2-Jan. 21, 2007.

The 26 giant bronze sculptures that depict environmental themes and integrate plants in them showcase the contemporary work of renowned artist Robert Wick. Through internal watering systems and removable metal plates, Gardens' horticulturists add live plants to the sculptures, adding a finishing dimension to Wick's work. The sculptures range in height from six feet to eighteen feet and weigh up to 2,500 pounds.

For more information about the Botanic Gardens or this event, visit www.botanicgardens.org or call 720.865.3500 for more information.



FREE DAY at the Denver Botanic Gardens Monday October 16 — 9am to 5pm

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**Downtown Aurora Visual Arts
DAVA Exhibition
"Power of Word"
Runs Through Nov. 17**

Downtown Aurora Visual Arts (DAVA) is a nonprofit arts organization whose mission is to strengthen the community through the arts with youth as its primary focus.

Book-art, calligraphy, ceramic, painting, performance and digital stories created by DAVA Youth during our summer programs are featured. Artists Alicia Bailey, Kimberly MacArthur-Graham and Mamiko Ikeda worked with youth on these projects and will exhibit with them. A special Digital Stories screening will be held during DAVA's Family Night on Thursday, Oct. 12th (5:30-7:30pm). The exhibit closes Friday, Nov. 17th (6-9pm) with artist talks and poetry readings.

Middle school students in DAVA's Computer Art Lab worked with guest artist Daniel Weinshenker of the Center for Digital Storytelling in Denver to create digital stories that focus on the concept "Power of Word." Some students' stories take the form of letters addressed to parents or U.S. politicians, while other stories focus on the impact of a conversation that has changed a student's life.

Visual Arts students created their own books focusing on culture and heritage. After meeting with poet Tangela Ash, they illustrated the poems, working with painter Kimberly MacArthur Graham. Finally, youth bound their own books in accordion folds or traditional book binding method.

Students ages 7 to 17 in DAVA's open studio discovered ancient and modern languages, creating stories with pictographs and clay forms, and practicing Japanese Calligraphy with guest artist Mamiko Ikeda.

Exhibitions are free and open to the public from 11 am to 5 pm, Monday to Friday or by appointment. For more information e-mail davagallery@qwest.net.

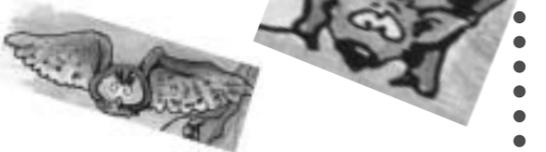
Downtown Aurora Visual Arts (DAVA) is located at 1405 Florence St., one block south of Colfax in Original Aurora. For more information about our programs, visit www.davarts.org, or call DAVA at 303.367.5886.



Pictographic story by Youngjoo Ahn, age 9

"The moon and the sun were placed. They were painted and made from clay. In the day, the sun shined brightly. In the night, shined with the stars."

**Join Us for the First Annual
"Trick or Treat Trail"
on Sand Creek
Greenway**



It's NEVER too early to start making your Halloween plans!

Did you know that Bluff Lake Nature Center and Morrison Nature Center are connected by the Sand Creek Greenway Trail? We share wildlife, birds, plants and visitors! The "Trick or Treat Trail" is a special partnership designed to give you a fun way to learn more about the natural history in your own backyard.

Saturday, Oct. 28th, Noon-5 pm
Exploring nature along the Sand Creek Regional Greenway is always a treat, but on this day it will be exceptionally fun! Bike, walk, jog, or stroll the Trick or Treat Trail between Bluff Lake Nature Center and Star K Ranch from 12-4pm. Booths and a scavenger hunt will treat you to fun wildlife facts along the way.

Additional events:
Noon: Boo at the Bluff (ages 6-12) @ BLNC
3 pm: Hoots and Haunts (ages 5 and under) @ MNC
4 pm: Raptor Wrap up with a live owl from the Raptor Education Foundation!
For additional information, please call 303.739.2428



ELEMENTS

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**Denver Police Department District 2
Annual Halloween Party Oct. 31**

Enjoy a Safe Halloween!

Ghost, Goblins and Ghouls are few of the many creatures you will see at the Denver Police Department's (DPD) District Two Annual Halloween Party on Tuesday, October 31, 2006 from 5-8pm. The party will take place at the Denver Police Academy located at 8895 Montview Boulevard.

Children of all ages are invited to come in costume for a night of tricks and treats in a safe environment. Participants will enjoy games, prizes and various other activities throughout the night. A "gloomy" haunted house will be prepared for those who are courageous, while a gentler atmosphere for the smaller gremlins will also be available.

As an added bonus, Ronald McDonald will be a special guest performing a live interactive magic show on stage from 6-7pm. McGruff will also be amongst the stars throughout the night making certain that everyone stays safe.

The Halloween party is organized by officers of District Two, Citizen Police Academy members and residents in the District Two neighborhoods in conjunction with community foundations and business partners.

For more information please contact Officer Michael Rappe at 720.913.1000.



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A Closer Look

Community Resource Officers Mike Rappe and Reyes Trujillo

By Tom Gleason

Whoever said it is difficult to find a police officer when one is needed must not have spent any time in Denver Police District

Two, the home of Community Resource Officers Technician Mike Rappe and Technician Reyes Trujillo.

It seems that Mike Rappe and Reyes Trujillo are everywhere: advising businesses in the Greater Stapleton Business Association on security, helping citizens set up a "Neighborhood Watch" Program, or working to create a safe Halloween Night for children. Both officers are also regular attendees at a variety of community meetings where they are available to field a variety of questions on safety issues from the public.

Mike Rappe is a Denver native and 20 year veteran of the Denver Police Department. His background includes nine years as a patrol officer (five of those years he served as a training officer), and assignments as a crime scene investigator and burglary detective. Married with two daughters, Mike has an interesting hobby: collecting vintage lunchboxes in models that include the classic Roy Rogers and one honoring Neil Armstrong, the first man to walk on the moon. Among the others in his

collection is one associated with the old time television police program "Adam 12."

Mike's partner of four years, Reyes Trujillo, is also a Denver native who is married and the father of two



District 2 Community Resource Officers Mike Rappe (left) and Reyes Trujillo.

children, a boy (11) and a girl (8). Reyes and his wife are both active in their children's school. He particularly enjoys

serving the citizens of Denver Police District Two where his family lives and operates a business. He began his service on the Denver Police Department in 1988 as a reserve officer. After serving in that capacity

for eight years, he joined the Department as a full time officer in 1996 and has served in both the vice and narcotics bureaus prior to his current assignment. In his free time, Reyes has traveled throughout much of the world and particularly enjoys taking oceanic cruises.

Mike Rappe and Reyes Trujillo have turned down numerous opportunities for transfers because they enjoy their current assignments in Northeast Denver so much. Both say the toughest part of their jobs is witnessing the impact of crime on innocent victims – particularly children – but they find a lot of satisfaction in helping citizens participate in a range of community policing programs. They are constantly educating residents of Northeast Denver about the steps they can take to assume part of the responsibility for their own safety as they work with the Denver Police Department to create a safer community.

A Closer Look is a regular feature of The Stapleton Front Porch that turns a spotlight on people who make a special contribution to the quality of life in the Greater Stapleton Area.

October: National Breast Cancer Awareness Month TomBoy Tools Supports Breast Cancer Fight

When Jeannine Balsamo was the Asset Manager for the Stapleton Development Corporation with responsibility for managing the former airport property that still had 1,100 acres of old runways and tarmac in place, she seized a unique opportunity to educate the public about breast cancer through the Susan G. Komen Foundation's Pink Ribbon Campaign.

Jeannine invited the 5th grade students of Stapleton's Odyssey School (which was then located in temporary facilities in Stapleton's former A-Plus concourse) to develop a class project that would paint "the world's largest pink ribbon" on the tarmac, approximately where the new Denver Fire Station sits on the extension of Martin Luther King Boulevard today. Jeannine challenged the class to develop a math project in which they would first design a small scale ribbon and then make the necessary calculations to transfer that small image to a much larger scale. The class would then be responsible for painting the ribbon on the tarmac using paint



Jeannine Balsamo shows the pink hammer being sold to raise funds for breast cancer.

that was donated for the project.

"We were all covered with paint by the end of the day," Jeannine recalls. "Not only did we create the world's largest pink ribbon, but the students got to experience working as a team to create awareness for their community. Several of the students were able to share their own stories about how breast cancer had an impact on their lives," added Jeannine, herself a fifteen year survivor of breast cancer.

Today, in her most recent effort to support the Komen Foundation's fight against breast cancer, Jeannine is promoting the campaign of Tomboy Tools to raise funds for the Foundation. A local, woman-owned business that sells



Photo courtesy of Jeannine Balsamo

Odyssey students painted the world's largest pink ribbon on the runway at Stapleton to promote breast cancer awareness.

ergonomically designed household hand tools for women, Tomboy Tools has produced the "Pink for a Purpose" Hammer that is available for \$14.95, with six dollars from every purchase being donated to the Komen Foundation. The company's goal is to sell 100,000 of the hammers this year to raise \$600,000 to fight breast cancer. The hammers may be ordered by visiting www.tomboytools.com.

Stapleton's Rotary Club Serving the Community

By Michael Kearns

Quick... name a service organization that conducts service projects locally and internationally, provides professional networking and leadership development, sponsors scholarships, and is making a difference in Stapleton. It's the same organization that is spearheading the Global Polio Eradication Initiative, which has resulted in a 99% reduction in the incidence of polio since 1988. The Rotary Club of Denver Stapleton is the local chapter of Rotary International. Originally chartered in 1985, the Club today is establishing itself as an active member of the Stapleton Community.

In May, the Rotary Club participated in the first RecycleIt@Stapleton event, running the computer exchange. The exchange served two purposes: old computers and peripherals were kept out of the landfills, and they were put to good use. The Club collected 63 computers, 46 monitors, and 17 scanners and other peripherals and donated them to the Aikido Humanitarian Action Network (AHAN) where they will be refurbished and distributed to schools and orphanages in Mongolia, Bangladesh, Nepal, and Mexico. "We had told AHAN that we expected to get 10 or 12 computers, and they were excited to get that many," said Michael Kearns, Stapleton resident and Rotary Club President. "When we showed up with the truck and opened the doors they were ecstatic!" The Club also held a "burger burn" at the event, collecting \$300 which was donated to Bluff Lake and Sand Creek.

The Rotary Club of Denver Stapleton meets for lunch every Tuesday at the Radisson Hotel and is looking forward to growing with the Stapleton Community. For more information visit their website at www.DenverStapletonRotary.org or e-mail Rotary@BuildingStapleton.com.

Upcoming Rotary events are listed on page 10.

Michael Kearns is a Stapleton resident and Broker-Associate with RE/MAX City Horizons @ Stapleton.



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Quebec Square Meet Your Merchants

Colorado Contemporary Dance

Sisters Katrina Lairsmith and Erica Van Sky have recently opened their Colorado Contemporary Dance Academy in Quebec Square after building a loyal following in the region. Katrina, who originally started with the Cleo Parker Robinson Dance company, is an award-winning choreographer and has been teaching at a studio in Park Meadows. "I'm the artistic director and do all the choreography," she says, "and Erica does all the business end of it."

While Katrina's specialty is ballet and jazz, her studio also offers hip-hop, breaking, tap, lyrical and contemporary dance classes. She also offers a yoga sculpt class and a children's ballet/jazz/hip-hop combo class for preschoolers age 3-5. Most of her students are ages 8-18 and come to her from throughout the metro area, Highlands Ranch, Fort Collins and Boulder. Adult classes are planned as demand grows.

Katrina's passion for dance started early, and she took charge of her own training. "We didn't have much money when I was growing up," she remembers. "So I would go to different dance studios starting when I was about 10 and watch the classes, then I'd just go home to my basement and practice. I taught myself up until I was about 16, and then that's when I auditioned for Cleo's and I got in on a scholarship."

The reward of dance has come full circle for Katrina as her students share how the experience has changed their lives. "I think more than anything it builds their self-esteem in any direction of life that they go in," she says. "Actually, a lot of my students have gone to L.A. and are quite successful, but the ones who haven't pursued it – they've often said that it helped make them more confident."

New students are invited to try out their first class free. An open house is scheduled for October 13 at 7:00pm. Also watch for details of a new program offering a kids' dance party the first Friday of every month from 6:00-9:00pm, with vouchers offered by the Coral Room for free appetizers.

For more information, call 303-333-1885 or view the class schedule online at www.coloradocontemporarydance.com. The studio is located at 7505 E. 35th Ave., Suite 340 between Lollilocks and Baby Power.



Left: Kimberly Mullet of Inta Juice shows some of the fresh fruits and vegetables they use to make nutritious smoothies.

Inta Juice

Kimberly Mullet of Inta Juice in Quebec Square has an apple-a-day proposition for us all. "We're using the freshest, highest quality fruits and vegetables in our drinks, and we offer up to 15 different supplements to encourage health for your heart and immune system – ginkgo and ginseng, are just a few of the supplements," she says. "Our wheat grass that we offer is equivalent to 2.5 pounds of leafy greens. So by doing one shot of wheat grass and having a fruit smoothie, you would then cover all of the fruits and vegetables recommended in a day."

Kimberly was a student at Colorado State University when a friend started an Inta Juice shop in Fort Collins. "I loved the health factor of what they were doing, and the smoothies are better than any I've ever tried" she says. When Inta Juice started franchising, Kimberly started her own Inta Juice shop in June of 2005. She offers fresh fruit and vegetable juices, fruit smoothies and healthful snacks.

Much of Kimberly's business comes from the folks working at Quebec Square as well as the employees of United Airlines across the street. "United Airlines is a great resource for us," she says. "The pilots fly for four days straight and they look for something a little healthier than the fast-foods that are at the airport." Kimberly offers the same 10% discount for United employees that she offers to Stapleton residents with the Stapleton Club Card.

While most people think of smoothies as a warm weather drink, Kimberly reminds us of the vitamins in Inta Juices drinks that help maintain health year round. Inta Juice introduced a new line of smoothies over the summer using Acai, a Brazilian fruit similar to a blueberry and very high in antioxidants. Also new to the line-up is Matcha Green Tea, this is also known for its natural caffeine and high level of antioxidants.

Inta Juice is located at 7305 E. 35th Ave. #165, next to Subway and RadioShack and is open Monday through Friday from 7:00am to 9:00pm, Saturday from 8:00am to 9:00pm and Sunday from 10:00am to 6:00pm. Call at 303-393-0500. Ask about free deliveries for meetings, special events and sports teams.



Above: Dance students work with instructor/co-owner Katrina Lairsmith at the new Colorado Contemporary Dance studio in Quebec Square. Below: Eugenie Chen's Taste of Asia Restaurant in Quebec Square offers authentic Chinese food as well as some Thai and Vietnamese dishes.

A Taste of Asia

Eugenie Chen and her husband Xiao Wang opened their new restaurant A Taste of Asia two months ago in Quebec Square. With 12 years in the restaurant business and having sold her previous

restaurant, Eugenie chose Stapleton for the location, new facilities, and the way the area is being developed.

Eugenie moved from China 15 years ago to be near family in Denver and to experience greater freedom. She and Xiao, who is the chef, bring the best of their Chinese recipes, with some Thai and Vietnamese dishes on the menu as well. "My husband was a chef in China already," Eugenie says. "The way he

A Taste of Asia offers sit-down dining, take out and delivery. Hours are Monday through Saturday from 11:00am-9:30pm and Sunday from 4:00pm-9:00pm. They are located at 7505 E. 35th Ave., #310, across from Sam's Club and next to PetSmart. Call 303-388-8983.

State Farm Insurance

Jessika Aerni of State Farm Insurance in Quebec Square is passionate about helping people, and has a broad range of products and services to do just that. Jessika's State Farm Insurance business offers over 90 products that allow her to analyze a client's needs and tailor a full package for them.



Jessika Aerni at her State Farm office in Quebec Square

In addition to small business, commercial and individual insurance – including auto, home owners, life, health, Medicare, long term care and disability – she also offers financial planning and asset diversification.

Jessika's career in insurance was inspired by her own hardship after the death of her husband. Left to take care of their two toddlers, Jessika worked a full time job and two part-time jobs, getting by on about 3 hours

of sleep a night just to make ends meet. "I'm very passionate about making sure people are taking care of their families first because of what I went through," she says. "I had a full time job, but you can imagine what it did to me. He did not have life insurance. No one talked to us about it, no one explained to us that, at that age, for as little as \$15 a month, I would have been able to spend time with my children and have a normal job and maybe go back to school." When looking for insurance, Jessika suggests you work with an agent who will meet with you in person to help you find the right policies so that if

(continued on page 22)

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FORESTCITY

CTEK Stapleton Companies Celebrate First Year with Innovation Recognition

NetFactor and RouteSmith, two of the emerging technology client companies of CTEK Stapleton, have been selected to demonstrate their innovative technologies at the Colorado Software and Internet Association's DEMOgala in September, as part of Colorado Tech Week.

NetFactor (www.netFactor.com), the first technology company to sign with CTEK Stapleton, provides a suite of products driving new levels of performance from the Internet marketing investment for business-to-business clients. Through the company's core *VisitorTrack*® technology platform, invisible website traffic is transformed into detailed intelligence about who is visiting, what they want, and how to contact them -

Management industry, which is expected to grow rapidly during the next five years as fuel costs continue to rise.

Colorado Tech Week is a statewide event that showcases technological breakthroughs in business, academia, entertainment and sports with five days of demonstrations and events. CSIA's DEMOgala, the largest event during Tech Week, showcases companies whose technologies have the potential to revolutionize the way people do business and live their everyday lives. Companies chosen for the CSIA DEMOgala represent many sectors of technology including aerospace/satellite, biotechnology, data storage, information technology, GPS, software, forensics, RFID, medical/healthcare, nanotechnology and more.

This recognition caps the successful first year of operations for CTEK Stapleton, during which time it signed eight early-stage technology companies and filled the 10 offices in the former Stapleton Visitor's Center. Early commitments of support from Wells Fargo Bank, Anthem Blue Cross and Blue Shield, the City and County of Denver, Comcast, Brownstein, Hyatt, & Farber, the State Economic Development Commission,

and Forest City Stapleton were instrumental in the success of the center.

Digital Access, a software developer and service provider focused on the residential real estate industry and former "virtual" (non-resident) client, has moved their executive and development teams into CTEK Stapleton as they create the system architecture for their innovative software. This next stage of growth for Digital Access is a result of the hard work of founders Colin Geiger and Dean Weiner, and the quality advising they received from CTEK volunteers.

Part of CTEK Stapleton's mission was to attract entrepreneurs from the Stapleton community, and with the signing of Advantage Management Intelligence Software, *(continued on page 23)*



CTEK is located in the original Stapleton Visitor Center at Syracuse Street and Martin Luther King Boulevard.

all captured automatically without any registration. netFactor enables customers across multiple industries including software, telecom, healthcare, technology, professional services, manufacturing, media, and transportation.

RouteSmith (www.routesmith.com) uses proprietary logistics processes and emerging web services to create powerful and cost effective delivery management solutions for small and medium size businesses (SMB). Clients use RouteSmith to increase efficiency, reduce fuel costs and accelerate throughput. Every day in the United States, an estimated 21 million trucks make 245 million stops. Yet, 72 percent of route planning operations are still done manually. RouteSmith addresses this specialized segment of the \$2 billion Mobile Resource

Havana Town Center Planning Off to a Great Start

By Jim Chrisman

The turnout for the recent Havana Town Center planning forum was an impressive demonstration of the commitment residents of Stapleton and the surrounding neighborhoods have made to participate in the planning for their community. Their enthusiasm and creativity was reminiscent of the public meetings held more than fifteen years ago that produced the master plan for Stapleton commonly known today as

"The Green Book." Expectations are high, (perhaps unrealistically so in a few cases), but our goal now is to take that input and utilize it as much as possible to shape the design of a town center that meets the high standards associated with Stapleton.

We began the Havana Town Center planning forum with an overview by Forest City Stapleton and our chief architect from 42/40 Architecture, the firm we chose to design the Havana Town Center. We then posed four questions developed in consultation with the planning forum's co-sponsors, Stapleton United Neighbors (SUN) and The Stapleton Development Corporation's Citizens Advisory Board, to direct the small group discussions at each table:

- What do you like about the E. 29th Avenue Town Center?
- What don't you like about the E. 29th Avenue Town Center?
- What would make the Havana Town Center a comfortable, attractive destination?
- What types of retail establishments/services would you like at Havana Town Center?

In order to make the best use of the hundreds of comments we received from the forum (and subsequent input we received from the citizens who volunteer their time on the Stapleton Development Corporation's Zoning and Planning Committee), we organized the comments into the following categories:

Transportation/Traffic: This category includes comments about stop signs, street widths and "traffic calming" measures designed to create a safe environment for pedestrians.

Event Programming: Farmers' markets, summer movie nights and holiday celebrations were mentioned among the magnets that help to draw people to a town center and make it a lively, interesting place to be.

Place Making: This category addresses the character of a public space that makes it

comfortable and desirable. Such words and phrases as "intimate," "community oriented" and "safe" are among the terms that were raised.



Jim Chrisman, Senior Vice President - Development for Forest City Stapleton, Inc. speaking at the Havana Town Center Planning Forum.

Accessibility: Self-evident, this addresses the ease, convenience and safety of connections for pedestrians, bicycle riders, public transit users and motorists—all of whom are necessary for the success of town center retail, particularly the smaller, independent retailers we hope to include in our mix of local and national retail.

Architectural: An important element of "Place making," this category addresses building facades and heights, signage and other elements that give a town center its identity.

Retail Programming: No shortage of comment here; among the most frequent were a natural foods grocery, independent coffee house and independent book store. The important question is what is realistic since the marketplace makes the ultimate decision? One recommendation: if you have a favorite retailer you would like to come to Stapleton, urge them to talk to us. Your credibility as a future customer could be significant!

All of the comments received at the recent forum are available for review at www.StapletonOnline.com. I urge anyone who was not able to participate in that forum to review those comments.

The process ahead: The Havana Planning Forum was among the first steps in a planning and design process that will culminate in the projected opening of the Town Center's first phase in the summer of 2008. We will keep all interested parties informed during that process in updates provided through SUN, the Stapleton Development Corporation's Citizens Advisory Board and articles such as this in future editions of The Stapleton Front Porch.

Jim Chrisman is Senior Vice President - Development for Forest City Stapleton, Inc. In his earlier role with the former Stapleton Redevelopment Foundation (now known as The Stapleton Foundation for Sustainable Urban Communities), Mr. Chrisman was one of the authors of the Stapleton Development Plan.

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Neighborhood Eco Pass Survey Results

Background

In late July 2006, RTD, in cooperation with the Stapleton Master Community Association (MCA) and the Stapleton Area Transportation Management Association, mailed a survey to all 2,328 households in Stapleton. The purpose of the survey was to determine interest in a Neighborhood Eco Pass program, which would give all households in Stapleton free access to all regular RTD service in exchange for an annual per-household assessment. In addition, the survey gathered information on current RTD ridership by Stapleton residents to determine the cost of a Neighborhood Eco Pass program for the community.

Twenty-six survey mailings were returned as nondeliverable, and 709 households responded before the deadline of August 3rd. The net response rate was 30.8%. The survey results are summarized below.

Survey Results

Forty-nine percent of the survey respondents said they would support a Neighborhood Eco Pass program for Stapleton that would provide each member of their household with a RTD Eco Pass through a community-wide assessment.

Twenty-nine percent were against such a program, and 22% were not sure.

Levels of support changed when respondents were asked if they would be in favor of an increase to everyone's Master Community Association Dues of up to \$10 per month to provide the Neighborhood Eco Pass to all Stapleton households.

Fifty-one percent of the respondents were against raising



monthly dues up to \$10, while 27% supported the proposal and 23% were unsure.

All survey respondents were asked how often members of their household would use their Eco Passes if they were available to them. Fifteen percent of households expected to use their passes frequently, 30% sometimes, 32% rarely and 17% never. The remaining 7% were unsure.

Based on the survey results, an estimated 6.3% of all Stapleton residents presently ride RTD buses or light rail at least once a week. Among current riders, 69% typically ride Local fare buses or light rail, 23% take skyRide, 5% use Regional fare buses, and 3% ride Express fare buses or light rail.

The current average annual RTD revenue per household in Stapleton, based on current riders' trip frequency, choice of service and available fare discounts, is estimated at \$60.04. This is also the annual per-household price for a Neighborhood Eco Pass program in Stapleton.

The Stapleton MCA Executive Board would like to thank all those members of the community that took the time to complete this transit survey. It is our intention that the information collected will better help us understand the community's overall transit needs and aid us in determining any future-funding initiatives aimed at community transportation.

For more information contact Keven Burnett, MCA Executive Director at 303-388-0724 or kburnett@stapletoncommunity.com.

Community Notes

by Diane Deeter
Stapleton Community Manager



Greater Stapleton Area

The last two months we talked about greater Stapleton area restaurants. In addition to the many fine eateries in this area, there are several libraries close to Stapleton as well.

- Park Hill Library
4705 Montview Boulevard 303.331.4063
- Pauline Robinson Library
5575 E 33rd Ave (Holly) 303.370.1530
- Schlessman Family Library
100 Poplar Street 720.865.0000
- Martin Luther King, Jr. Library
9898 E. Colfax. 303.739.1940

The Aurora and Denver Public libraries have reciprocal agreements governing the checking out and return of books. Call one of the libraries listed above for more information or visit www.denverlibrary.org or www.auroralibrary.org.

New Homeowner Orientation

Are you a new homeowner? Haven't set an appointment for the New Homeowner Orientation? We will be hosting a monthly group orientation for one hour the 2nd Tuesday of every month. Meet your neighbors, learn about the community and receive a cool welcome gift. Please call or e-mail Jenifer Graham to RSVP for the group meeting or if you can't make it, schedule your personal meeting at 720.249.5104 or jjraham@stapletondenver.com.

Stapleton's Next New Pool

Stapleton's next new pool, scheduled to be located near the Havana Town Center at 28th and Geneva Court, is projected to be open in the summer of 2008 and was designed to reflect the best elements of Aviator and Puddle Jumper pools. With community input in mind, the pool will have lap lanes and a "stepped entry" similar to Aviator Pool. The park portion surrounding the new pool will have playground equipment that includes swings and slides, priorities identified in the community input for the design of the pool. Stay tuned for a naming contest once the pool nears completion.

Diane Deeter may be reached at communitymanager@stapletondenver.com.

Adoption (continued from page 7)

What has been the most rewarding aspect of this experience?

The kids. All five of our kids have shown us such joy and love throughout all of this. Having Michael say "I love Daddy" is wonderful when you know that if he was still in Ethiopia he would not have anyone to say that to and, more importantly, he would not have anyone to say "I love you" to him. And the singing and dancing . . . watching both of them dance and hearing Michael sing his Ethiopian songs is so much fun — especially since most of the other Barrs are not particularly good singers!

It has also been a great experience to see how our community here in Stapleton and Denver helped us so much during this process. The pastor of Northfield Church even finished painting our living room while we were in Ethiopia. When you think about bringing children half way around the world to come join your family, you don't do that in a bubble. We had a lot of help.

What should people ask themselves if they are thinking of adopting?

If they are willing to take a giant leap of faith. With international adoption there are so many unknowns. If nothing else, they have lost the people who meant most to them in the world, and even for an infant this will cause very real grief. We know very little about where our boys came from and we have to be prepared for some really tough questions from them as they grow up. You also have to ask yourself if you are ready to become an interracial family. There are some great resources to help you determine how you really feel about that and how you can help your children navigate their lives growing up in an interracial family.

Emily and Mark Barr can be reached at MarkAndEmily.Barr@gmail.com. They would be happy to talk to families considering adoption.

Active Living Partnership of Greater Stapleton

Herbal Supplements! Are They for You?

The Active Living Partnership of Greater Stapleton (ALPS) recently hosted a free seminar on herbal supplements through their annual summer *Passport to Healthy Living* program, a series of free health information and exercise sessions to promote healthy lifestyles in the Stapleton, Northeast Park Hill, Greater Park Hill, East Montclair and Original Aurora neighborhoods.

Herbal Supplements have become very popular in recent years. Many people use them for immune boosters, dietary supplements, upset stomachs, sleep aids and various other reasons. Others have questions about the effectiveness and safety of herbal supplements.

Residents in the Greater Stapleton Community participated in an interactive discussion on preventative health care, vitamins and herbal supplements with Susan Paulsen, PharmD, a specialist in Herbal Supplements and Pharmaceutical Consultation in the Department of Integrative Medicine at the University of Colorado Hospital. During the discussion, residents asked questions about the various herbal supplements available and their claims to impact, enhance and/or prevent certain

conditions. Some of the specific questions asked were related to boosting energy, osteoarthritis, menopausal hot flashes and Alzheimer's prevention.

Collette Shaughnessy, a participant from the Stapleton Neighborhood said, "I really enjoyed the session and received a great deal of detailed information that will be helpful as I am considering what herbal supplements are best for me."

The core of the discussion was the facilitator's suggested top ten list of herbal supplements, vitamins and minerals as detailed below:

Anti-Oxidants	Fish Oil	Multivitamins
Calcium	Ginseng	Vitamin D
COQ10	Green Tea	Vitamin C
		H2O

Dr. Paulsen described why she suggested taking each item daily, benefits and potential side effects. She also provided information with regard to dosages, how to take the supplements and the average cost.

The United States Food and Drug Administration does not regulate herbal supplements. However, the United States Pharmacopoeia (USP) verifies many herbal supplements. Paulsen showed participants where to look for

the USP verification on herbal supplement items.

Herbal Supplements! Are They For You? was presented by the University of Colorado Hospital's Department of Integrative Medicine as a part of the Passport to Healthy Living Program. The University of Colorado Hospital will be relocating its A.F. Williams Family Medicine Center to the new **Centers for Healthy Living Campus at Stapleton**, which will open November 20th in the E. 29th Avenue Town Center adjacent to Walgreens. Specialized resources from various departments of the University of Colorado will be made available through the Centers for Healthy Living at Stapleton to provide residents in Stapleton and the surrounding areas with a variety of health care education and services.

The *Passport to Healthy Living* program is sponsored by ALPS, the Stapleton Foundation, Denver Healthy People 2010, America on the Move, University of Colorado Hospital, Forest City Stapleton, Inc., Bladium Sports Club, the YMCA of Metropolitan Denver, 1st Bank and the City of Aurora and Denver Parks and Recreation Departments.

Home Décor Sustainability Through Repurposing



Above:
Pegs replace
doorknobs for
mudroom organization
Above left:
A collection of old
shutters is used as art
(courtesy of Stapleton
homeowners Sherree
and Todd Totten)
Left:
An old warehouse
cart creates a funky,
functional coffee table
(courtesy of Stapleton
homeowners Sherree
and Todd Totten)

Right:
An old
window sill
becomes a
decorative
shelf and an
attractive wall
accent.
Below:
A collectable
retro ice
chest gets
new life as a
planter.



Right:
An antique
toy chest and
doll cradle
become
heirlooms in
a child's
playroom.



Above: A mudroom becomes cheerful and cozy with a bench built from salvaged wood and a coat rack created from vintage door hardware. An antique colander and copper pitcher are a fresh alternative to a vase. Bring retro Pyrex to your next neighborhood potluck!

Sustainability. The word has become iconic for Stapleton. When we hear it, we typically think of water, land, recycling – preservation of our precious resources. The Stapleton community is an active participant as we strive to leave the earth better for generations to come.

At Sweet William Market, we strive to contribute to the sustainability theme of our neighborhood. We call it *Repurposing*. Taking the old – perhaps from our grandparents' generation, our parents' style, or even further back to the Depression Era and 17th century – and celebrating it in our modern life. With a little sandpaper and paint, an old chest becomes a beloved heirloom in a child's room. Rejected wood from old architecture comes back to life as a frame for a mirror, the back of a bench or on a wall with hooks in your mudroom, holding coats and umbrellas.

While our homes in Stapleton are new and modern, much of the architecture recalls times past. Porches, picket fences, craftsman era elements, columns, dormers, row homes...the list goes on! The charm and nostalgic vision that lines our streets create an urban setting like none other. What better way to honor these nostalgic home styles than by incorporating décor accents that celebrate the past when home-life was valued above all, when folks actually sat on their front porches – and lingered there all afternoon!

Cover your walls with old architecture. Turn an old window into a canvas for art or a shrine for things you hold dear. Use vintage containers as planters in your garden – an old cooler looks fabulous with daisies falling out of it. A collection of pumpkins in a galvanized bucket is a festive Fall touch. Antique kitchen wares can double as flower pots or containers for organizing collections. 50's style Pyrex dishes store leftovers with style, hold up better in the dishwasher - and don't stain! Pyrex is oh-so fun to collect, artists created themed lines of the storage containers throughout the 1950's and 60's. Repurposed elements like these bring warmth and character into your home in an affordable way! No one will walk into your home and say "Oh, is that from Pottery Barn?"

Get into the spirit of Repurposing! If you're like us, you may find it quite addicting!

Discover more ways to Repurpose with affordable vintage and antique wares at Sweet William Market – October 28th on the Founders' Green, and at our holiday market on December 2nd.

See you at the market!

Karen Pardue, Lizzie Kienast and Kim Kouba are Stapleton residents, and the owners of Sweet William Market on the green. They are avid vintage collectors, and Repurposing experts.



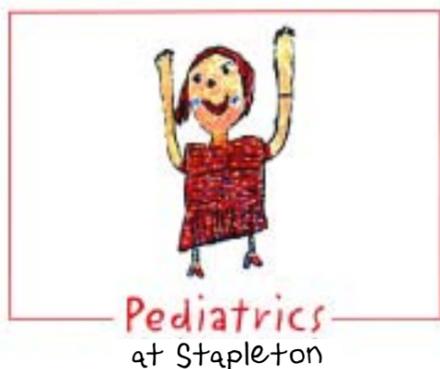
Above: Antique doors set on tracks give clever cover to a built-in media center (courtesy of Stapleton homeowners Sherree and Todd Totten).

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Sustainability at Stapleton

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

Recycled Water System Expansion

Have you wondered what the construction is near the intersections of Quebec Street and 11th Avenue and Colorado Boulevard and 7th Avenue?



Both projects are part of Denver Water's expansion of their recycled water system.

In 2004 Denver Water began operating a new Recycled Water Treatment plant near York Street and 56th Avenue. This plant reclaims water from the wastewater treatment plant, restores it to the condition required for non-potable use, and provides it to a wide range of industrial clients and large-scale irrigation users such as the Denver park system. To meet increased demand for recycled water, Denver Water has started projects that will connect more of the city to the recycled water plant. The recycled water system is completely separate from Denver Water's potable (drinking) water system, so new pipe must be added to serve parks and other large irrigation users in East Denver. Some of the parks at Lowry and Stapleton were selected as sites appropriate for recycled water. Switching parks in Stapleton to recycled water is scheduled to occur in late 2007 or early 2008.

The work at Colorado Boulevard and 7th Avenue is part of the project to lay new conduit to connect the existing Montclair Reservoir, located at Quebec Street and 11th Avenue, to the new Capitol Hill recycled water reservoir, currently under construction north of Congress Park.

The work around Quebec and 11th Avenue is related to Montclair Reservoir, originally constructed in the late 1930s. The south half of the existing underground reservoir is being demolished and a new pump station for the recycled water system is being constructed. Montclair Reservoir and the pump station located in Denison Park have not been in use for over 25 years. As improvements were made to the city's water delivery system, it became unnecessary to store drinking water at Montclair. Denver Water has continued to maintain the site and has leased the fields on top of the reservoir to Denver Parks and Recreation. Currently, only the southern end of the reservoir will be demolished to make room for a new pump station to serve parks in Lowry and Stapleton. The northern end of the reservoir will remain intact for the next few years.

As demand on the recycled water system grows, a new reservoir for recycled water will be built next to the new Montclair pump station. Denver Water's current plan is to build the reservoir in 2011 as additional customers, such as the Rocky Mountain Arsenal National Wildlife Refuge, are connected to the recycled water system.

Later in 2006 or early in 2007 another conduit will be built under 11th Avenue between the pump station and Syracuse Street to supply recycled water to some parks at Stapleton. It will extend under Syracuse

Street from 11th to Montview Boulevard. Construction is scheduled to take 6 months to complete.

For more information, including a map of the new conduit projects, visit Denver Water at www.denverwater.org/work/montclairmain.html.



Eat it. Plant it. Compost it. But don't throw away your pumpkin after Halloween!

Eat it After you carve your pumpkin, use the pumpkin meat (the stringy insides of the pumpkin) for pumpkin pies, pumpkin bread, or pumpkin muffins. The meat in a pumpkin has no cholesterol, is low in fat and sodium and is rich in vitamins. Or roast the seeds in the oven and add a little salt for a tasty snack.

Plant it Save the pumpkin seeds and grow your own pumpkins next year. Wash the seeds with mild soapy water, dry thoroughly and store in an envelope until late May or June when it is time to plant.

Compost it Cut the pumpkin shell into 1/4 inch pieces and add to your compost pile.

Making the Green Grade - Tips from Denver Recycles

During the school year is a great time for kids and adults to put on their thinking caps and learn how they can get an "A" for the environment. Below are some easy things you use can do at home, work or school to help do your part to recycle and reduce waste and protect our environment.

- Reuse empty plastic tubs for storing pencils, paper clips or other small items.
- Recycle papers such as old homework and junk mail in your recycling container at home. Each ton of recycled paper can save 17 trees.
- Build a compost pile in your backyard and save kitchen food scraps to add to your compost pile.
- Pack your lunch in reusable containers instead of disposable plastic bags or plastic wrap.
- Avoid buying single serving food items such as juice boxes, individual chip bags and cereal variety packs.
- Don't waste paper! Write on both sides. The average American uses 650 pounds of paper per year.
- Cereal boxes, paper egg cartons and paper towel rolls can all be recycled.

For more recycling tips or to find out about recycling services in Denver, visit www.denvergov.org/recycle.

Thank-you!



Thanks to all of you who supported the 2006 Stapleton Farmers Market. Thanks also to Colorado Fresh Markets and to all of the terrific vendors who brought their fresh vegetables, fruits, and specialty items to the Stapleton Farmers Market each week. We look forward to seeing you next season!

Time to Prepare Your Pipes for Winter

The same natural forces that trigger cold weather breaks in Denver Water's 2,500 miles of underground mains can cause pipes to burst in your own household or business plumbing. Here are some things you should do now - before cold weather hits - to avoid costly damage.

Know the location of your water shut-off switch and test it regularly. If a pipe breaks, you won't want to have to find it then or, worse, wait for someone to arrive at your place to find it for you. In most single-family homes, the shut-off valve is in the basement or the crawlspace, on a wall facing the street.

Turn off and drain automatic and manual sprinkler systems before the first freeze. You'll thank yourself in the spring. The alternate freezing and thawing of water in the system can create cracks and weak spots, triggering silent underground leaks or mini-geysers.

Turn off outdoor faucets and be sure to disconnect hoses from them. Make sure the faucet and the outside portion of the pipes are fully drained. A valve inside many houses will shut off

the water's flow; then open and close the tap outside to release any water in the pipe. Disconnect the hose to assure that freeze-proof faucets will drain and to avoid damage to the hose from freezing water.

Insulate water pipes that may be vulnerable to the cold or have caused problems before. Pipes close to exterior walls or in unheated basements can be wrapped with pieces of insulation. Don't overlook pipes near windows, which can freeze quickly. For particularly difficult pipes, consult a professional on how to select and apply heat tape because improper use of heat tape can cause fires.

For more tips, visit www.denverwater.org/custserve/residential/cold.html.

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Family Kicks

By Mike and Karen Giles
Mike Giles Family Karate

The Princess Warriors

As parents we want our children to have the best, and especially our “princesses.” But as we meet many girl siblings in our community, we have to wonder just how strong little sister will grow up to be.

Daddy’s little girls are so beautiful, long hair, beautiful eyes, and when they ask or demand something in general they get it, right away. Yet, most of these young girls are so shy and timid, they cling to their parents legs, if they are even asked their name. Yes, this is natural to some degree, but not natural enough for us to constantly make the excuse, “oh she’s just shy.”

We need to find a way to teach our princesses to be smart, self-confident, strong, independent individuals, with the ability to make intelligent decisions that could affect the rest of their lives. Let’s face it, as much as we want the world to be sugar and spice and everything nice for our little princesses, that fairy tale world does not exist.

Nowadays, our computer literate princess could meet the bad guy online, in the schoolyard, or at the front door we allow them to open.

Will she be able to make the smart decision to keep her safe? Having three girls of our own, (and a son) ranging from 17 to 6, their safety is extremely important to us, and we do our best daily to instill in them not only physical, but mental (common sense) self defense skills.

Our three daughters’ activities range from dance, ballet, basketball, poetry, piano, art, drama and of course martial arts. They are all smart, talented, self-confident princess warriors, taught to avoid potentially dangerous situations, yet should it be a matter of life and death, they will defend themselves.

As your princess grows, allow them to be more than just drama queens, ballerinas, and spoiled princesses, these things won’t keep them from appearing on the “Have you seen her” milk cartons and posters. Allow them to be strong (like your son), teach them to be assertive, arm them with the ability to protect themselves and make smart choices, and when the boyfriend comes over to take them out on their 1st date, you won’t have to worry so much about your beautiful princess, if she is a warrior.

Mike and Karen Giles own Mike Giles Family Karate.. Call (303) 377-KICK for more information.

Good news! – We’ve outgrown our space in the Town Center and will soon be moving to a beautiful Quebec Square location in Stapleton at 7505 E. 35th Avenue, next to the Sally Beauty Supply Store and across the street from the United Airline Flight Training Center. Lots of free parking and easy access via the new extension of Syracuse Street. We sincerely thank everyone for their continued support to our Family Martial Arts Center; we will have even more space and classes to offer in our new location. Mike & Karen Giles

Teachable Moments

by Tom Downey
Children’s Museum of Denver



Parents’ Corner

Trick-or-Treat is coming this month, and I know what’s going to happen. I’ll be at the store to buy a pumpkin, and I’ll be overwhelmed by the temptation to buy a plastic one from the “Seasonal” aisle. “I just don’t have the time or energy to carve a real one,” is what I’ll tell myself. As reasonable as I will sound to myself at the time, I’ll be completely wrong.

Halloween is a great chance for me to engage with my kids, and for them to have fun and learn. Gutting the pumpkin will be blissful ickiness for my little ones, giggling with delight as they squeeze the orange goop through their fingers. My two year old can count the seeds while separating them from the muck, working her fine motor skills. My five year old can use her own creativity to draw the face on the outside. By getting and carving a bunch of pumpkins, I won’t even have to resist my typical-dad urge to “draw the face right.” She can make up a story about the face we’ve just carved, reinforcing her imagination and expressive language skills. We can make up funny Halloween names for regular food: Baked Skeleton Bones (pretzel sticks), Bat Brains (popcorn) or Bloated Ants (raisins). We can build a home-made scarecrow out of old clothes, pillow cases and newspaper, using creativity, gross and fine motor skills. Not only will they have fun, learn and engage with me, but Halloween will be about far more than just the candy.

Parents have hundreds of these “teachable moment” opportunities everyday with their kids. Some are obvious, and some take a bit of explanation. Now, thanks to incredible research and efforts by Civitas, the Ad Council and United Way of America, these Born Learning techniques are available to parents in simple forms. Nationally, they are promoting the Born Learning concept through public service announcements and a wonderful website: bornlearning.org. Here in Colorado, Mile High United Way, Anna Jo Haynes of Mile High Montessori, the Children’s Museum and others have partnered to spread the Born Learning concept in our community.

Eighty percent of brain development occurs before a child’s fifth birthday. This single, undisputed fact is the reason that parents are the first and most important teachers in their children’s lives. It is the central philosophy behind these Teachable Moments. It is the same reason that Mayor Hickenlooper and the Denver City Council are strongly supporting preschool: it capitalizes on the critical period of brain development, ensuring kids go to school ready to learn and succeed. Both Teachable Moments and quality preschool offer kids the fundamentals of education (Numbers, letters, colors, shapes, etc.) and important social skills (playing well with others and following directions, etc.) that kids need in school and throughout life.

Please look for more ideas in future articles, dial Denver’s “211” or ask us about Born Learning at the Children’s Museum.

Tom Downey is the Executive Director of the Children’s Museum of Denver, tomd@cmdenver.org. He lives at Stapleton with his wife, Lori Fox, and daughters Cate and Ella.

Promoting Good Dental Health

By Jessica Goette

Wow!! As a dental hygienist, I love to see healthy, clean, cavity free mouths. On a recent trip down the toothpaste aisle at the grocery store (with the push of my crazy boss, Dr. Brett Kessler, saying “This will be fun!”), I was astonished by the amount of new hygiene products that are available. We purchased and tried all sorts of new things (the lady at the checkout line gave us some strange looks). This article describes what we liked and what we didn’t!

Toothpaste

First of all, we recommend any toothpaste with fluoride. Crest has some “fantastic” new flavors like Cinnamon (tastes like Big Red), Lemon Burst (similar to lemon drops), and Fresh Citrus Breeze. They definitely break up the monotony of the standard mint flavor. Yum, yum!

For sensitive teeth, toothpastes without whitening and/or tarter control agents are recommended due to being less abrasive. Sensodyne, Crest Sensitivity, and Colgate Sensitivity have the ingredient potassium nitrate that may help desensitize the teeth. Crest Sensitivity was our favorite!

Flossing Made Easier?

Floss helps remove food particles, toxic plaque and bacteria that can cause tooth decay and gum disease. For those who like to floss with the string, a great new floss is Reach Clean Paste. It’s a woven floss (gentle for sensitive gums) and leaves a minty clean feeling. For tight teeth, Glide or Satin Floss by Oral B work well and shred less than most.

For those who like to multi-task (or the dexterity challenged), floss picks/holders are the way to go. You can fight gum disease with one hand and throw in a load of laundry with the other. Glide Floss Picks have shred free floss and are easy to use. The Reach Access Flosser has a long, toothbrush shaped handle (great for hard to reach areas) with disposable floss attachments. Use “gentle” biting pressure to place the floss between the teeth to avoid “snapping” the floss into your gums. The Hummingbird Flosser by Oral B, a new electric flossing device, was not a hit among most of us. It’ll probably fly off the shelves by itself in no time!



Jessica Goette, dental hygienist
Town Center Dentistry and Orthodontics

Still not going to floss?

Toothpicks are a great alternative to (but do not substitute) flossing. They stimulate and massage the tissue to firm up the gums and to stop bleeding. We tried the Brushpicks which are thin and made of plastic. They access tight areas and are great for after lunch. Stimudents by Johnson & Johnson are wooden and soften as you use them. They are also mint flavored to leave a fresh feeling.

Listerine is the most effective over-the-counter rinse. It kills up to 99% of bacteria that causes gum disease (it definitely feels like it kills off more than that!!) The new and “Less Intense” Flavor Vanilla Mint is favorable but still brings a tear or two to your eye. Our favorite is Oxyfresh Lemon Burst Power Rinse (available at dental offices). It’s refreshing, (you can swish it for the recommended 30 seconds), has no alcohol (safe for kids), and has up to 6 hours of fresh breath control. The new Crest Pro-Health Rinse also has no alcohol but seems to leave a coating on the teeth. Listerine Pre-Rinse Whitening bubbles up to leave a film in your mouth and it did not whiten our teeth. Save your money!

A fun new product for kids (great for adults also) is Listerine Agent Cool Blue. It stains plaque blue (but not your clothes, thank goodness) so we know where to brush more effectively. Dr. Gina Kessler thought this is perfect for kids who are in braces.

We were surprised to find so many new products for sale at the grocery store. Most are promising some kind of miracle. We still feel that the best way to keep your teeth healthy is brushing twice daily with fluoride toothpaste and

flossing at least once a day.

Remember, as Dr. Kessler says “Floss only the teeth you want to keep!”

I hope this was helpful in your pursuit of dental health.

Disclaimer: We are not paid to endorse or oppose any dental product. These reviews are from our own experience purchasing and using these products. Our opinions are our own and we are open to using anything that will help reduce gum disease and cavities in the community.

Jessica Goette is a dental hygienist at Town Center Dentistry and Orthodontics in the 29th Avenue Town Center. She can be reached at 303-321-4445 or via the web at www.makeyoursmilegreat.com.



Keeping Pets Healthy

by Steve Rubin, D.V.M.
Banfield The Pet Hospital

Which Food Is Right for My Dog or Cat?

Selecting the correct dog or cat food is often one of the most important choices you will make for your pet. For dogs and cats two years old and younger, it is often the difference between soft or watery stools, and firm healthy stools. Young dogs and cats will exhibit a food intolerance or food allergy early in life (along with the usual intestinal parasites), and can act a little sick if they end up with a belly ache because you unintentionally selected the wrong food.

The first decision to make is what puppy or kitten food to feed: the best advice is to feed a consistent, high quality, dry puppy or kitten food. As far as quality goes, the rule of thumb is simply to spend as much as you feel comfortable spending. A good food never comes cheap. A bad food should never cost very much, so use cost as your guide. The next thing to do is feed the same diet, day in and day out. If you don't, then you can potentially cause indigestion simply from changing foods. Finally, I recommend feeding primarily a dry diet. Wet or moist foods are mostly water: you simply get more nutrition per bite with a dry food.

Beware: your veterinarian may decide that your dog or cat has a food allergy or food intolerance. In that case, your veterinarian may recommend a food trial. This means that you will feed a hypoallergenic diet, and nothing else for at least eight weeks. If diarrhea and indigestion cease during this food trial, then it is likely that your pet has a food allergy or food intolerance. A hypoallergenic diet will be the rule for the rest of your pet's life.

A word about raw food diets. The theory of a raw food diet is that is more natural, and provides greater vitamins and protein. This is fine in theory, but in practice, a raw food diet can cause significant problems. Despite freezing these diets to reduce the chance of bacterial contamination of the food, it is quite common for dogs to get food poisoning from raw food diets. It is simply impossible to avoid feeding sometimes harmful bacterial to your dog with a raw food diet. Therefore, I do not recommend feeding previously prepared raw meat, eggs, or other food to your pet.

Finally, if your pet has consistently soft stools, and you're feeding a consistent, high quality, dry food (and your veterinarian has determined that your pet is otherwise healthy), then increasing fiber in your pet's diet may help. Dogs have several choices for increasing fiber in their diets: your veterinarian may prescribe a high fiber food, or you can feed increased fiber yourself. Sources of fiber include fresh packed pumpkin from a can (available in the bakery aisle at the supermarket), Metamucil biscuits, or freshly baked bran muffins (no nuts or raisins please). Cats may enjoy the fresh packed pumpkin if given a chance.

You are what you eat. This is true for our pets as well. A good diet will help control weight, allergies, arthritis, and overall well being. Please call your veterinarian if you have any questions or concerns.

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



Home Work

by Kathy Epperson

Wendy Correa – Mind-Body-Sole

Stapleton resident Wendy Correa is a woman's best friend. Through her home-based business Mind-Body-Sole, Wendy offers a range of holistic services for women, including massage, yoga, and childbirth and breastfeeding workshops. Wendy works with women in all stages of life, and has advanced training to offer specialized services for women who are in their childbearing years.

What started Wendy on her career path was attending a birth in 1990. "It was such a wonderful and inspiring experience that it set the foundation for wanting to be fully informed about pregnancy, birth and breastfeeding when I became pregnant with my son in 1995 in Chicago," she says. Already an experienced yoga student, Wendy enjoyed the



Wendy Correa of Body-Mind-Sole demonstrates Ashiatsu Oriental Bar Therapy, a barefoot massage technique using deep gliding compression over the back.

benefits of yoga during and after pregnancy and decided to teach prenatal yoga. She later received doula (labor support) training and studied Hypnobirthing™ and breastfeeding support with La Leche League, and then went on to become state and nationally certified as a childbirth educator, infant parenting instructor, breastfeeding counselor and CPR instructor. Additional teacher certifications in yoga followed.

Wendy had always encouraged her own yoga students and doula clients to incorporate massage into their regimen, but it was only after the urging of a client that she rounded out her services by becoming a nationally certified and state licensed massage therapist. "I immediately took additional training in Ashiatsu and Prenatal/Postpartum massage. My Ashiatsu teacher lives here in Denver so I completed a second level of Ashiatsu and HotLavaStone massage with her after moving here last November."

Now Wendy's home-based massage practice includes Swedish, Prenatal, Postpartum, Ashiatsu Oriental Bar Therapy (a barefoot massage technique using deep gliding compression over the back), Hot LavaStone Massage™, and soon Arvigo Maya Abdominal Massage. "Our John Laing home has a downstairs flex room with French doors and a powder room across the hall, a perfect space for a massage studio," she says. "My architect husband (Ignacio Correa-Ortiz) designed and installed the bars for my Ashiatsu Oriental Bar Therapy™ practice, and the studio was opened this past spring." Wendy offers massage Mondays through Fridays between 9:00am and 3:00pm and Saturdays between 10:00am and 3:00pm.

To contact Wendy about her massage services or workshops, call 303-335-7086 or visit her website at www.mind-body-sole.com. She also teaches Gentle Hatha/Prenatal Yoga at Phoenix Yoga Studio in the Stapleton Town Center on Thursdays at 5:30pm, as well as other yoga classes at Samadhi Yoga at 19th and Pearl. She will offer her "Comfort Measures for Pregnancy and Labor" workshops at Samadhi Studio on October 8th from 12:30-6:00pm and at Phoenix Yoga Studio in January 2007.

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

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Denver Public Works to Attend November 8, 2006 Meeting of SUN Transportation Committee

By Paul Frohardt, SUN Transportation Committee Chair
Representatives of the Public Works Department of the City and County of Denver will attend the November meeting of the SUN Transportation Committee to discuss transportation issues at Stapleton. The meeting will be held on November 8, 2006 at 6:30 p.m. at the Stapleton Development Corporation conference room, 7350 East 29th Avenue, Suite 300 and will focus on a number of issues identified by the Transportation Committee and Public Works, including:

- A general update regarding transportation plans for upcoming development.
- The process for SUN to provide input on Stapleton transportation plans.
- Traffic and pedestrian/bike issues regarding the first Town Center.
- Traffic and pedestrian/bike issues regarding the Havana Village Center.
- Access between North and South Stapleton.
- Traffic and pedestrian/bike issues within North Stapleton.
- The planned new RTD transit center.
- Other site-specific issues (including in particular traffic on 23rd Avenue, 25th Drive and 28th Avenue).

The SUN Transportation Committee works with the community, Forest City, the Stapleton Development Corporation, the Stapleton Citizens' Advisory Board, the Stapleton Foundation, the City of Denver and other transportation authorities to address neighborhood and nearby traffic and transit issues, as well as bicycle and pedestrian transportation issues. With street connections and the number and locations of residents at Stapleton continually evolving, new transportation issues continue to arise. The Committee provides input as future plans for transportation at Stapleton move forward, while also helping to facilitate discussion and resolution of issues that arise in areas of existing development.

Because of the extent of issues involved with this unique and rapidly growing community, Denver Public Works has offered to meet with Stapleton residents twice a year to discuss traffic and transportation issues. Our agreement with the City is that a specific set of issues will be identified in advance, so that the City can research the issues and provide a written response prior to the public discussion. SUN recently forwarded a set of issues to Denver Public Works, for discussion at a November 8, 2006 SUN Transportation Committee meeting, some of which are listed above.

S.U.N. Meetings are open to the public

SUN meets on the 4th Thursday of every month at 7pm in the Stapleton Development Corporation Large Conference Room 3rd Floor, 7350 E. 29th Ave.

Please consider joining us to provide your input regarding Stapleton transportation issues. The SUN Transportation Committee meets on the second Wednesday of every odd-numbered month. For more information about the committee, including the complete list of transportation issues the Committee sent to Public Works, send an email to paul.frohardt@comcast.net.

City of Denver A Critical Partner in Resolving Your Concerns

by Heather Baker, SUN Board Member
The majority of residents of Stapleton are very involved in, and aware of, how our neighborhood is evolving. Many of us made the decision to move here based upon certain ideals that will hopefully make Stapleton a uniquely dynamic place to live, work and play. In this excitement around being part of this new community, however, it sometimes seems that people forget that we are still residents of the City of Denver. Many (if not all, eventually) of the services provided for as well as jurisdictional oversights that govern our neighborhood fall under the City's responsibility. That said, there is a new City of Denver service that is now available to us all: 311.

Although there has been an abundance of press around the City's new 311 information line, it bears repeating. This is an incredible tool that will help any resident of Denver with a myriad of questions and concerns. Consider the many questions our Stapleton neighborhood block captains get asked, quite regularly:

- How do I report noisy construction taking place outside of the 7am-9pm timeframe?
- How do I report a dog owner that consistently does not clean up after their dog in the public park?
- What number do I call to report a house that looks abandoned, with overgrown weeds and lawn?
- How can I report a dog owner that leaves their pet outside all day: barking and/or in very cold weather?
- Where do I call to let the City know that a stop sign has fallen down?

Although there are certainly direct numbers to the City departments that deal with these varying issues, 311 is the "one stop shop" to get you to the right place. It will save time, make it easier to get to the right place when you aren't sure exactly who to contact, and let you get on to enjoying life at Stapleton.

October is here!!! Time to Vote!!!

by Mark Mehringer, SUN Board Member
Ah, October. One of my favorite times of year. Summer's excessive heat is over. Football season is in full gear. Ski season is right around the corner. Multi-colored leaves start falling, while political lawn signs are in full bloom.

What, not everyone gets excited to find out how their neighbors are voting in the election?

If it is October in Colorado, there is almost certainly an election right around the corner. Better yet, by mid-October, you can already vote from home by mail. In late October, you can cast your ballot at an Early Voting Center.

Elections in America could be our most celebrated, yet neglected freedom. Americans love to remind the rest of the world about how old our democracy is. Of course, in the average election, most Americans do not bother to cast their ballots. With the rise of early and absentee voting, though, casting a ballot has rarely been so easy. Here's the quick rundown:

Registering: If you will turn 18 by Election Day (November 7) or if you have recently moved, you need to register to vote by October 10. The simple form can be found at GoVoteColorado.com. Just fill it out and mail it in.

Vote by Mail (aka voting by absentee ballot) - If you have already voted in person in a previous election, you can submit your request for a mail-in ballot as early as the first of the year, and all the way up to October 27. These ballots must be RECEIVED by the Election Commission on or before Election Day (November 7). Why stand in line, or risk forgetting to vote?

Early Voting - Another way to avoid Election Day lines is to vote early, which begins October 23. Denver will have at least 6 early voting sites in operation. The closest to Stapleton will be the Montclair Recreation Center at 729 Ulster Way, near Lowry.

Election Day - Now you can vote at any of the 47 or more locations across Denver, rather than having to vote at your specific polling place. The closest vote center for most Stapleton residents will still be Westerly Creek Elementary School at 8800 E. 28th Ave. A list of the other vote center locations, which includes the early voting locations, can be found on the City and County of Denver website at www.DenverGov.org/elections.

Remember, vote early and vote often (as in don't skip any elections).

Third Annual Stapleton Kickball Tournament a Resounding Success



The Third Annual Stapleton Kickball Tournament organized by SUN was held on September 16, with 10 teams participating. This annual neighborhood building event is sponsored by SUN, Active Living of Greater Stapleton (ALPS) and donations from many Stapleton businesses. A great time was had by all, with players of all ages enjoying a beautiful fall day of kicking, catching, throwing, running, cheering, laughter and building neighborly goodwill.

To Send Letters to the Editor

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

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Views on the Street

If you could pick a famous person to be your next door neighbor, who would it be and why?



Tamara Smith

with Carter, 2 and Brayden, 3 1/2
"JoJo the Super Nanny. She could help us out a little I think."



Paula Pasternak

with Ella, 2
"Hunter S. Thompson because I respect and admire his views on politics. I would enjoy a good political conversation with him over whiskey."



Justin Ross

with Marissa and Maraeya, 2
"I'd choose Tiger Woods so I could teach him a thing or two."



Nicholas McKinney

with Chalice Flowers and Lelia, 1 1/2
"First choice is Wellington Webb because he made all the development around Stapleton possible. Second choice, Bill Cosby because he's the funniest man in the world."



Kia McBride

with Kevon, 5, and Dayan, 10
"Oprah Winfrey because she's someone I look up to. She's a giving person and a knowledgeable person. She's articulate. I think she'd be a good neighbor to network with, she probably knows everybody."

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Since You've Asked...

What are the contaminants that are being removed from the area south of Bluff Lake near the proposed school site?

The area in question contains small amounts of friable and non-friable Asbestos Contaminating Material (ACM). Friable means the material is easily crumbled. The Denver Department of Aviation is responsible for cleaning up the Stapleton site before the land can be transferred to Forest City.

The City's contractor is working under an Approved Soil Characterization and Management Plan from the State Department of Public Health and Environment (CDPHE) to remove all ACM. The remediation work is expected to be completed by the end of this year. The property must receive a No Further Action (NFA) letter from the state before the land can be transferred for unrestricted residential use.

(Response by Greg Holt of DIA)

Given the somewhat homogenous collection (6 jewelry stores) of stores on Northfield's main street, was there an actual plan to determine what types of stores would go there, or was it a case of signing up whoever would sign a lease?

Three jewelry stores have been announced for Northfield's Main Street. The balance of the retail is the result of hundreds of discussions with the nation's leading retailers and restaurants. Many of the tenants at Northfield are opening their first stores in Northeast Denver. Four of the five full service restaurants on our Main Street are opening their first stores in Colorado at Northfield. (See the latest retails on page 4 in this edition of The Front Porch). That retail is anchored by Macy's on the north, Borders Books to the west and Harkins Theatres on the south.

Let's all admit it — our community owes a lot to Mexican immigrants — both legal and illegal. (We would have no homes without them.) Does Forest City / Stapleton / MCA / Sun have a viewpoint or position regarding immigration? Forest City adheres to the laws regarding immigration and expects others involved at Stapleton to do the same.

Why doesn't Forest City require Stapleton builders to recycle building materials? I see the amount of trash in the dumpsters, and I think that our community should take responsibility for our environmental impact. (If done properly,

recycling building materials does not increase costs too much!)

A variety of construction waste recycling programs have been active at Stapleton over time. Watch for more information on the Sustainability Page in future editions of The Front Porch to learn about what programs are currently active.

What's the deal about these high-rise condos? (That will definitely affect views) — not something that has ever been mentioned in the two years I've been involved with Stapleton.

The land use plan and zoning (on display in the Stapleton Visitor Center) for the area in the general vicinity of the former parking garage have always anticipated higher density development. No design or construction plans for that type of development have been created at this time.

What plans, if any, are there for the railroad freight lines along Smith Road? Grade separation at Peoria and Havana?

The Smith Road corridor is likely to continue to serve freight trains for the foreseeable future as it will also serve FasTracks commuter rail between Downtown and DIA. We are unaware of any plans for grade separation at Havana or Peoria.

What are the plans for street and road changes/improvements? Quebec? Havana?

Improvements have already been made on Quebec north of Interstate 70 (including new access to Northfield) and it is likely that I-70 corridor improvements that are currently being studied by the Colorado Department of Transportation will include some revisions at the Quebec/I-70 interchange. Also, the intersection of Quebec and Martin Luther King Boulevard has been improved and landscape improvements have also been made on Quebec between 26th Avenue and MLK Boulevard. If this question refers to the potential for widening Quebec south of 23 rd Avenue, we are unaware of any specific plans or timetable for that improvement.

Havana improvements are phased over the next several years. Havana improvements south of Sand Creek are ongoing at this time and will continue with the construction in the southeastern portion of Stapleton to establish a connection to Peoria. Havana improvements from Smith Road north to the I-70 interchange are currently in design and expected to be constructed over the next two years.

Has anyone with F.C. or Denver approached IKEA about coming to Northfield?

Yes. We believe IKEA would be a wonderful addition to Stapleton. However, IKEA has not yet determined that Colorado is a market that they will enter in the immediate future.

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Save Money and Frustration by Having the Proper Tools in Your Toolbox

By Bob Logan

Whether you are a new homeowner or have a new purchase to assemble, it doesn't take long to get that feeling of being overwhelmed when trying to do even the simplest tasks around the house. Going to the hardware store can be daunting. There are literally hundreds of types and sizes of tools with a variety of price ranges. While each one has its special place and use, there are only a few specific tools you need for most of the day-to-day, small projects around the house.

In order to avoid running to the hardware store for every little project that comes up, and to save money in the long run, having a few specific, basic tools on hand will help make those "honey do" lists a little easier to accomplish.

Here are the top 9 tools every homeowner must have:

Tool box - You will need a place to keep and organize all these items and a tool box is the perfect item. I like the new canvas type because they take up less space and are light. Use what is convenient for you, but you must have something that is durable and able to hold all the items you have.

Hammer - There are many sizes and shapes to choose from. I feel that the claw hammer is the best all around hammer. Most "tool kits" that you buy come with this type of hammer but are generally too light and small to do most jobs. Look for a hammer that weighs at least 16oz.

Screwdrivers - Your toolkit should have at least four. Two should be a Philips or cross type screwdriver. You should have a #1 and #2. The other two should be flat or slotted

drivers, one "3/16" and one "1/4." If you really want to have some fun, a cordless driver or drill with changeable tips helps save time. Mine is the most used tool in my box.

Measuring Tape - One that is metal and 25-30 feet long will do for almost any project.

Level - You should have at least a 2 ft level to help plum and level any project. The new "laser" types work great and are easy to use but are a little more expensive.

Pliers - These come in many sizes. What's important is to have a set with adjustable channel locks, and needle nose.

Saw - Handsaws work great for small projects. You should have one for wood and a hacksaw for metal. For larger wood projects, a circular saw is a great tool.

Adjustable Wrench - You'll use these often for tightening nuts and bolts around the house and putting together those kids' Christmas presents in the middle of the night. I suggest picking up a couple of different sizes.

Ladder - I have a "Little Giant" adjustable ladder. It works great, is easy to store, and runs about \$400. A "A frame" ladder to change light bulbs and get to things that are out of reach comes in handy more often than you'd think.

Buying a pre-made toolkit is also an option, but I've found that the tools are cheaply made and don't do a great job. They break! Making your own kit is easy, will save you money, and the tools will last a lifetime.

Bob Logan (robert-logan@comcast.net) is a Stapleton resident and owner of Home Maintenance Solutions. He may be reached at 720-434-3649.



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Cherie Monlezun, Harmony Arts

Cherie Monlezun is a certified massage therapist and biofeedback practitioner who works with her clients in a space at the Phoenix Yoga Studio in the East 29th Avenue Town Center. After earning her undergraduate degree in Psychology from the University of Denver, Cherie went on to obtain a Master of Arts in Expressive Arts Therapies from Lesley College in Cambridge, Massachusetts. She also has received certification in massage Neuromuscular Therapy from the Colorado Institute of Massage Therapy and has additional training in Visceral Manipulation and Biodynamic CranioSacral and Biofeedback Therapies.

Originally from Louisiana and recently relocated from Arizona, Cherie is excited to be back in "colorful Colorado" and enjoys living and working in Stapleton. She is thrilled to have a space for her Harmony Arts practice at Phoenix Yoga Studio, where she

can augment class offerings with massage and biofeedback therapies. "What's most important to me is that people are actively taking part in their health - whether it's through yoga, massage, or a walk in nature," she says. "There's something really empowering about actively participating in your own health and wellness."

Cherie tailors each massage session to her client's needs and draws from various techniques such as Deep Tissue,

Neuromuscular, Lymphatic Drainage, Sports, Pre-Natal, Reflexology, Visceral Manipulation, and Biodynamic Craniosacral therapies. Sessions are 1 hour (\$65) or 1.5 hours (\$85).

In her biofeedback sessions, which typically run 1 hour (\$95), Cherie talks with the client to assess their physical and emotional health, then works with a variety of kinds of 'feedback' from his or her body - including heart rate, respiration, temperature, skin conductance and muscle activity - in order to reestablish awareness,

relaxation and balance.

"Biofeedback and massage therapies are two wonderful, complementary tools to putting us in touch with ourselves," she says, "connecting our minds, bodies and spirits, and fostering, encouraging and uncovering wellness within." The two therapies can be used independently or in conjunction to treat everything from headaches, muscle and joint

pain, pregnancy discomfort, and gastrointestinal and cardiovascular issues.

For more information, call Cherie at 303-815-0758. Appointment times are flexible and are offered 7 days a week. Cherie offers a free consultation to discuss how massage and/or biofeedback may be helpful. She also is a distributor of Young Living Essential Oils, which she uses in her massage sessions and makes available for clients' own use at home.



Cherie Monlezun of Harmony Arts works with clients in a space at the Phoenix Yoga Studio.

Jessika Aerni, State Farm

(continued from page 13)

something does happen, you can recover from the unexpected. A phone conversation with a quote person probably can't give you enough information to be sure you're getting the best coverage for your situation. If you are underinsured, your personal and business finances will be at risk in the event of an accident. She says the difference between inadequate and appropriate coverage may be as little as \$100 per year.

Many insurance agents also offer financial planning and asset diversification. "Business owners may be great at what they do - they may be great plumbers, great carpenters, great painters - but they may not be good business people," says Jessika. A full-service agent can be invaluable in helping with financial planning. Regardless of how small a business is, or how limited personal resources may be, with good planning people can learn to pay themselves first and save for retirement. A qualified agent can assist clients in setting up a variety of investment accounts, including 401k, SEP, IRA, Roth IRA, annuities, and more.

To contact Jessika at State Farm Insurance, call 303-377-5433. Her office, located at 7505 East 35th Ave., Suite 302, is open Monday through Friday from 8:00am to 6:00pm and Saturdays by appointment. You can visit her website at <http://www.jessikaerni.com/>.

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Susan Gamble - A Cook On a Mission to Promote Good Health Through Nutritious Food

Susan describes herself as an enthusiastic amateur and has successfully cooked tasty and nutritious meals for a family day in and day out for many years. Like so many of us, she knows what it is like to come home from soccer practice at 6:00pm and have three hungry people looking at her for answers. For her, that is the moment that the value you put on nutrition and health versus expedience comes to the fore.

For Susan the importance of healthy eating has nothing to do with weight or body image. Two years ago her husband was diagnosed with stage III cancer. He had an initial surgery but doctors were not sure that all the cancer was removed. Some doctors then recommended disfiguring surgery and chemotherapy so severe that he would need to be hospitalized for weeks at a time. The Gambles instead opted to follow the advice of a registered dietician who had had cancer – in lieu of surgery and chemotherapy they made as many adjustments as possible to promote a healthy lifestyle. Susan says, "Having gone through this experience I will do everything I can to use healthy nutrition and lifestyle to protect my health and the health of my family." Two years later her husband is alive and well and cancer free.

The philosophy that she follows is simple. Choose high-

quality in-season fruits and vegetables and prepare them simply so that their natural flavors can shine. If you eat seven to nine servings (about one half cup per serving) of fruits and vegetables a day, you will get many of the nutrients you need and you won't have time to eat many of the things you shouldn't.

When buying grains, look for whole grains that you like. If you don't like whole grain pasta, don't eat it but make a point to eat whole grain breads and crackers. Finally keep in mind that a serving of meat is four ounces. This is about the size of a deck of cards.

The Gambles are well known among their family and friends for their love of entertaining. Whether it is a cup of coffee, brunch for twenty with a bagpiper, or dinner with friends, you will often find their house full of activity. This is where Susan's love of food and enjoyment of cooking comes into play. She often is trying out a new recipe or has a soup ready to pull out of the freezer on the spur of the moment. The important thing for her is to make people comfortable in her home and then

to make sure that food and drink is readily available.

Susan and her husband met and married while they were living in San Francisco. While they were dating, she was working on soup recipes for the local Junior League cookbook, "San Francisco Flavors." "Every Tuesday night was soup night and I usually had two or three soups that Park had to taste. It was really fun except for the night I made brie soup. That is definitely a soup that should only be served in very very small containers . . . maybe a shot glass!"

She is the first to admit that her husband's love of gardening has made her love of food and entertaining easier to indulge. They have many vegetables growing in the back yard but what is most appreciated by the cook is the fresh tomatoes and

herbs. "It is really convenient to have lettuce, cucumbers, and green beans in the back yard but you just can't buy a tomato at a store that tastes the same as home grown. I love having herbs in the garden because most recipes only call for a few tablespoons and it just seems so wasteful and expensive to buy a package."

So what does she feed her family when she's just walked in the door and needs to get food on the table in twenty minutes? "It varies, but one fall back is carrot sticks, pre-cooked sausages grilled under the broiler, sliced multigrain bread with mustard, and thawed frozen peas in a homemade dressing."



Susan Gamble removes the stem from her home grown kale.

CTEK (continued from page 14)

this mission is a success. Four of the five employees of Advantage, a software developer and service provider that has proprietary BI (business intelligence) software, are residents of Stapleton, including General Manager Scott Wyatt, who also serves on the Greater Stapleton Business Association Board, and Susan Hadinger, who serves as a SUN (Stapleton United Neighbors) board member.

Advantage is also one of four CTEK Stapleton companies (along with netFactor, Aquacura, and RouteSmith) who have moved beyond product development to revenue-generating businesses.

"Assisting the entrepreneurs of Colorado to bring their ideas to commercial reality was the goal of CTEK Stapleton," stated Hank Baker, Senior Vice President of Forest City Stapleton and CTEK Board Chair. "Our first year successes and those in the coming years will have significant long term benefits for the Stapleton community, the City of Denver and the State of Colorado."

"The quality of the companies, the entrepreneurs that lead them, and the advisors that give their valuable time has exceeded my expectations," added Stephen Miller, Executive Director of CTEK Stapleton. "It is a pleasure and a privilege to work together with these amazing, innovative people."

CTEK Denver Ventures at Stapleton provides entrepreneurs with an unmatched opportunity to develop their business in an ideal location in the heart of Stapleton just minutes from Denver International Airport and Downtown Denver. For more information, contact Stephen Miller of CTEK Stapleton at 303.321.5555 or stephen.miller@ctek.biz.

Kale in Peanut Sauce

by Susan Gamble

Why kale? Because it is really really good for you. According to the USDA, it is a good source of carotenoids, vitamin C, calcium, and fiber. Only collard greens and spinach rank higher in The Nutrition Action Health Letter's ranking of healthiest vegetables. They give kale a score of 410. Green beans only got a score of 54. Carrots got 241 points. So if you are going to eat a vegetable, you might as well get the most out of it.

One of the intimidating things about kale and other greens is that there is not much information on how to cook them. I have never flipped through a cookbook and found a great kale recipe. This is another reason I thought I'd take some time to share what I've learned about it.

At Safeway a bunch of kale costs \$1.49 and weighs about half a pound. For the following peanut sauce recipe, I would use a pound of greens. If you want to have your vegetables swimming in peanut sauce like at a Thai restaurant, I would double the peanut sauce recipe. A pound of kale will serve two people generously and could stretch to four if you have another vegetable as well.

When you bring your kale home toss it in a sink of cold water and give it a good wash. (Even if you aren't going to cook it right away, greens stay crispier if they have a chance to soak up a lot of water.) Don't dry it off. Next, cut or tear the stems out. I usually fold the leaf in half around the stem and run a knife down it. You can do two or three at a time this way. When they are all stemmed, get a big dutch oven or stock pot, something that can accommodate all the bulky leaves and

put it on the oven over medium heat. If you want to you can add a teaspoon or so of oil but I usually don't bother. I just put all the kale, still wet into the pot and cover it with the lid. Every two minutes you should stir the leaves to make sure they cook evenly. What you want to do is wilt them gently. It should only take about six to eight minutes. DON'T OVERCOOK THE KALE. Overcooking is what gives greens their bad rap. If you cook them gently, they have a gentle flavor. If you overcook them, your children will immediately start crying and begging to go to a friend's house for dinner.

Once the greens are wilted, remove them from the heat, put them on a cutting board, squeeze the water out and chop coarsely.

Peanut Sauce

This is really easy and makes enough sauce for two cups of any cooked vegetable.

Wisk together 2 tablespoons of hot black tea (or boiling water) with 1/4 cup of peanut butter. (Buy the natural kind without trans fats. Trans fat in any amount is not good for anybody.)

Add 1 tablespoon of soy sauce, 1 tablespoon of lime juice, 1 teaspoon of brown sugar, 1/2 teaspoon red pepper flakes, and 2 cloves of garlic, chopped. Wisk together into a smooth sauce, pour over the kale, stir well, and serve.

The peanut sauce is good with kale, spinach, collard greens, broccoli, cabbage, or green beans. It is a little spicy so if you want to tone it down, use less garlic and red pepper flakes.

Susan Gamble describes herself as an enthusiastic amateur who has cooked tasty and nutritious meals for her family every day for many years. She is a Park Hill resident who has children ages 3 and 5. She can be reached at susanandpark@mac.com.



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Westerly Creek School Dedication Celebrates Bill Roberts' Life

The recent dedication of the new William Roberts building of the Westerly Creek Campus at Stapleton was not just a well-deserved day for paying tribute to the memory of the late Denver civic and business leader Bill Roberts. Equally important, it was an opportunity for the residents of the Greater Stapleton neighborhoods to join with officials from Denver Public Schools (DPS) in a celebration of their shared commitment to provide an education of the highest quality for the children of their community.

Under the leadership of Westerly Creek Principal Trich Lea and her faculty and staff, the Westerly Creek Campus will serve children enrolled in early childhood education classes through third grade at the Primary building on East 28th Avenue and children in fourth grade through eighth grade at the Roberts Building. The Westerly Creek Campus plays an important role in an educational environment that also includes two widely acclaimed DPS charter schools -- The Odyssey School and The Denver School of Science and Technology -- and the successful Primrose School for early childhood education.



Upper left: Roberts campus sixth graders Jessica Delgado, Fronzo Gilkey and Matthew McCoo respond to "Mr. T," a Denver Public Schools motivational speaker.
Upper right: Members of the Roberts family recite the Pledge of Allegiance to open the dedication ceremony.
Lower left: Fifth grader Raymond Chavez places a copy of the Front Porch featuring the first day of school at the Roberts campus into a time capsule.
Lower right: Roberts students greet last year's 3rd grade teacher, Andrea Harper from Westerly Creek Elementary School, when she arrived for the dedication ceremony.

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