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 Welcomes The Urban Land Institute

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)

Stapleton Family Shares Adoption Story

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.)

(continued on page 7)
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]

Fourth Thursday
SUN Board Meeting at 7:00pm
Stapleton Development Corp, large conference room
7300 E. 29th Ave. [stapletonneighbor@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
[303.813.6691]

Sunday, Dec 3rd
Holiday Festival
[Wild Iris 720.529.9911]

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EVERY MONTH

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
Valencia & Montview
[tgleason@stapletondenver.com]

Thursday, Oct 26th
Northfield Main Street
Grand Opening
Most stores open 10am Laser Extravaganza 6 - 9pm
[Dianna Foss 303.382.1800]

Saturday, Oct 28th
Trick or Treat Trail
Sand Creek Greenway between Bluff Lake Nature Center and Sea 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.
[Micheal Rappe 720.913.1000]

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]

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 Forest City
Conference Room, RSVP at www.stapletoncommunity.com

Wednesday, Nov 15th
MCA Annual Executive Board Mtg
6:30-8:30pm Forest City

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]

Stapleton Front Porch LLC is published by Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80238. A minimum of 35,000 papers are printed. The paper is distributed during the first week of each month.

Front Porch
www.StapletonDenver.com (select PRESS)

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2

Mark Your 2006 STAPLETON EVENTS CALENDAR
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 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 incorporate sustainable design principles in our development. It also allows us to introduce our visitors to the future Stapleton community and many of the businesses, civic groups and elected officials who have carried forward the vision of Stapleton’s master planner, Peter Calthorpe, is this year’s recipient of that prestigious award. We welcome this latest opportunity to showcase 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.

Orlando Candelaria, President and Chief Operating Officer for Forest City Stapleton, is this year’s recipient of its 2005 J.C. Nichols Award for “Visionaries in Urban Development.” 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.

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Northfield To Open Main Street With Laser Extravaganza

By John S. Lehigh

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 to celebrate the opening of Main Street and the store’s one-year anniversary. Harkins Theatres will host a Country Jam Session to celebrate the opening of Main Street and the store’s one-year anniversary.

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.

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

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

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

Hor Trendy, Iron Mountain Winery, Journey’s, Justice, The Buckle, and The Children’s Place have signed lease 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, ‘tweens 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 Ken Blair, 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.”

Northfield Stores

American Eagle Outfitters – Apparel for young women and young men (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
Brendon’s Diamonds – Fine jewelry
Brookstone – Unique and innovative consumer products
Bucky’s – 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 woman’s apparel
Harkins Theatres – 18-screen deluxe movie theater
Heidi’s Deli – Sandwiches, hot foods and desserts
Holberg Diamonds – Fine jewelry
Hot Topic – Music and pop culture for teens and young adults
Iron Mountain Winery – Custom wines by the glass or bottle
Islandeer Fish Company – Fine island-style dining
Jamba Juice – Smoothies, fruit juices and desserts
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
Pink Sun – Urban apparel for young men and women
Pro Fiz Jewellery – Service
Qdoba – Mexican dining
Regis Hairstyle – 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-trand 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
Victoria’s Secret – Women’s intimate apparel
Zales – Jewelry

Environmental Learning for Kids

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 item range from $10 to $80,000, 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 much 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 64% graduation rate for African-American and Latino students respectively in the state of Colorado. To date ELK has raised more than $14,000 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.

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Northfield is shown in the box at left.
Architects Competing to Design Stapleton, Green Valley Ranch High Schools

By Brian Weber

Four architectural firms are now competing to design the high school site 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 Montgomery 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.

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 building, 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.

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 Trish 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 options may suit your needs best. (Please email additional suggestions to fpumporch@fineprint.com.)

Preschools In the Greater Stapleton Area

By Brian Weber

The Stapleton Education Master Plan calls for Stapleton in the next five to six years.

Stapleton High School will display their concepts and be available to discuss their ideas on Oct. 11 at the Bill Roberts building, 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.

DPS is expected to go for a bond issue 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 choose two firms as finalists.

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

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Since about 80% of the cost to run your washer is used for heating water, switching to cold water can lower your energy bill. But that’s not the only way to save. Other simple changes like installing compact fluorescent bulbs can save 52% less electricity. For more tips on how to save money, get our free 60 Simple Ways brochure by calling 1-800-691-4999 or visiting xcelenergy.com. These will find additional tools to help you save even more money and energy.

Fatty, Information Analyst

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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 streambeds
- Outdoor nature playground to stimulate learning
- “Cane Walk Lane” and “Braille Trail”
- Classrooms with “barn doors” that 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.

**Québec 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 Québec Square businesses offering free product samples.

**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.

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

**Right:** Young children enjoyed playtime in the bounce castle.

**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.

**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.

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

**Right:** Young children enjoyed playtime in the bounce castle.
Adoption

continued from page 1

their birth parents. When I graduated from college I spent a year working 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 1980s. 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 subscribed to 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 actually picking up your children?

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

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

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 it’s 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 Hubladder, and other officials from DPS and Forest City for the dedication of the field.

The historic Hangar Bar has a new look!

Happy Hours w/free munchies. M-F 4-7pm & 10pm-12am
Free pool Mon., Tues., Wed. 4-7pm — Daily drink specials $2
On Colfax at Tamarac — Make us your neighborhood bar!!
Mention this ad and get your 2nd drink free.
Happy Hour prices during Bronco games.
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 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 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,” she 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 public and I think it will just brighten up the city” (Denver),” she said. “It’s just great - another cow here and there.”

Kristel Deeks never meant to be an artist. Originally from Belgium, Denver resident worked in different countries 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 Decks 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 Decks’ butterflies. “And we called my show Butterflies in my Belly.”

Decks, 43, painted the butterflies on a CowParade cow placed in the town center, naming the bovine Madame “Butter” Flyes. She covered it in orange, blue, green and other acrylics before applying varnish, working a couple hours a day for three weeks. “So [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. Decks 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.”

Kristel Decks with her son Gustave and her cow Madame “Butter” Flyes.

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 close as I’ll get,” she said.

Cowabunga, Dude! is constructed with wire mesh, fiberglass, paper machete, cotton, wool 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.

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

CowParade is managed by Connecticut-based CowParade Holdings LLC and produced in Denver by 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 Mosquera. Ulldred Green is another at 29th Avenue and 29th Street. Sponsored by McStain Neighborhoods, it was made by Ann Marie Auricchio and Mandii Inc.

CowParade is managed by Connexion-based CowParade Holdings LLC and produced in Denver by Creative Strategies Group. Visit DenverCowParade.com and www.StapletonDenn.com for more event information.
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 Kears. “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 Quebec St (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 mothersandmore@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 Wissnai at kwissnai@denverlibrary.org or call 720.865.1482. Denver Central Library, 10 W. 14th Ave. Please. 7th Floor, Vida Ellison Gallery

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. 3-21, 2006. 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.denverbotanicgarden.org or call 720.865.3500 for more information.

What's Going On

SPECIAL SERVICES

Stapleton Rotary Club

Westerly Creek Cleanup October 21st

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What’s Going On

SPECIAL SERVICES

Stapleton Rotary Club
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 story on the community. Students ages 7 to 17 in DAVA’s open studio discovered ancient and modern languages, creating stories with pictographic and clay forms, and practicing Japanese ancient and modern languages, creating stories with accordion folds or traditional book binding method. 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 and poetry readings.

Students will parade around the school.

When Pets are family, We’re the family doctor!

- Full-service veterinary care
- Caring medical team
- Open convenient hours
- Walk-ins welcome

Find us inside PetSmart in Quebec Square just south of Famous Dave’s Bar B Q!

Elements
A photographic exhibition by Hooman Aryan Through November 2006 Aurora Municipal Center 15151 E. Alameda Parkway Mezzanine Level

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 12-4 pm. 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

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.

Weather permitting — abbygreenolde@gmail.com

Westerly Creek Costume Parade
Calling All Neighborhood Babies, Toddlers and Preschoolers Tuesday Oct 31st at 3 pm 8800 E. 28th Avenue Come in costume

Students will parade around the school.

Downtown Aurora Visual Arts

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.
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 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 1984 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 Officer. A Front Page piece that turns a spotlight on people who make a special contribution to the quality of life in the Greater Stapleton Area.

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 Recycle@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 $500 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-Assoc with REMAX City Horizons @ Stapleton.
Jessika Aerni at her State Farm

Eugenie Chen’s Taste of Asia Restaurant

for October 13 at 7:00pm. Also watch for

more confident.”

but the ones who haven’t pursued it –

have gone to L.A. and are quite successful,

esteem in any direction of life that they go

for Katrina as her students share how the

about 16, and then that’s when I auditioned

for Katrina as her students share how the

experience has changed their lives. “I think

more than anything it builds their self-

for Highland schools, Fort Collins and

be very near family in Denver and to experience

business and

is being developed.

of Katrina’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, who originally started the Cleo Parker Robinson Dance company in Quebec Square has an apple-a-day proposition for Stapleton residents with the Stapleton Club Card.

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.

Kimberly, who recently opened her Colorado Contemporary Dance studio in Quebec Square.

While Katrina’s specialty is ballet and class, she also offers hip hop, breaking, tap, lyrical and contemporary dance classes. She also offers a yoga sculpt 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.” When she was about 16, and then that’s when I auditioned for Cleo and I got on a scholarship.

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 Juice drinks that help maintain health year round. Inta Juice introduced a new line of 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.

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Havana Town Center Planning Off to a Great Start

By Jim Christian

The turnout for the recent Havana Town Center planning forum was an impressive demonstration of the commitment residences 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 live their everyday lives. Companies chosen for the CSIA DEMOgala represent many sectors of technology including aerospace/telecommunications/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, Blue Cross and Blue Shield, the City and County of Denver, Comcast, Breaktrough Technology, & 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, 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 Gregor and Dan 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, Inc. this category has been filled. Colin Gregor and Dan Weiner, the former Stapleton visitor’s (non-resident) client, has moved their software, forensics, RFID, medical/healthcare, nanotechnology and more.

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 Havana Town Center 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 Christian is a 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 see 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.

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Call 720-870-1884 or visit www.budgetblinds.com to schedule your complimentary in-home consultation.

Stylish Views

Create a chic look with custom window coverings from Budget Blinds!

Jim Christian, Senior Vice President – Development for Forest City Stapleton, Inc. speaking at the Havana Town Center Planning Forum.
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 Alliance, mailed a survey to all 3,238 households in Stapleton. The purpose of the survey was to determine interest in a Neighborhood Eco Pass program, which would provide each member of their household with a RTD Eco Pass by Stapleton residents to determine the cost of a Neighborhood Eco Pass program for the community.

Survey Results
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 Keren Burnett, MCA Executive Director at 303-388-0724 or kburnett@stapletoncommunity.com.

Adoption

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 you” 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. We enjoy watching 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.

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 dosage, 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.

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 dosage, 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?

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 you” 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 it to. We enjoy watching 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.

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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 grandparent’s generation, our parent’s 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.

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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 more 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 Paradise, 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.

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!

Above: Pegs replace doorknobs for mushroom 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)

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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!

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

Have you wondered what the construction is near the intersections of Quebec Street and 11th Avenue, 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 users and large 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 will be built next to the new Montclair pump station. Denver Water’s current plan is to build the pump station for the recycled water system is near 11th Avenue and Quebec Street and the intersections of 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 1950s. 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 delivery system, it became unnecessary to store drinking water at Montclair. Denver Water has continued to maintain the site and has used 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, that will be 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 24th Avenue 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.

Sustainability at Stapleton

Thank you!

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

IMMIGRATION QUESTIONS?
Law Office of Catherine Brown, LLC
Specializing in Immigration Law

Substantial expertise in all areas of immigration law

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www.cbrownlaw.com
(Consultation discount for Stapleton residents)

The Credit Union at Stapleton is Now Westerra Credit Union
New name! Same exceptional service—and an amazing variety of products and services!

We’ve simply changed our name. Westerra reflects the solid base we will continue to build upon. We look forward to seeing you next season!

Time to Prepare Your Pipes for Winter

The 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 sets in—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.

Inflated water pipes that may be vulnerable to the cold or have caused problems before. Pipes close to exterior walls or in unheated basement 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/care/reserve/residential/cold.html.

The Stapleton Farmers Market

Randy Riggins
Presidential Real Estate Broker
720-312-6117 (direct)
www.centralsexton.com

Proud to call Stapleton my home.

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We call it the Stapleton Farmers Market. Thank you for coming and for all your support through the years! We look forward to seeing you next season!

No no no, we’ve not been brought or sold—We’ve simply changed our name. Westerra Credit Union is the new name for the credit union formed by the merger of the DPS Credit Union network, Safeway Rocky Mountain Credit Union and Aurora’s Gateway Credit Union. You will enjoy even more amazing benefits in one combined credit union. You can expect more branches, greater convenience and the same solid commitment to our members and the communities we serve. We call it the Westerra Way. Since 1934, we have offered opportunity and growth locally to our members—and our new name reflects the solid base we will continue to build upon.

Ask us how you can join. Stop by 3700 North Quebec, Unit 101, behind Panera Bread, call us at 303-321-4209 or visit us at www.westerra.com.
**The Princess Warriors**

As parents we want our children to have the best, and especially our “princesses.” But as we meet many challenges 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, generally 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, 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.**

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**Good news! – We’ve outgrown our space in the Town Center and will soon be moving to a beautiful Quebec Square location on Stapleton at 7505 E. 15th 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

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**Promoting Good Dental Health**

By Jessica Goette

W

mom? 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 astonishe...
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.

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 simply from changing foods. Finally, I recommend feeding primarily a dry diet. If you don’t, then you can potentially cause indigestion simply from changing foods. Wet or moist foods are mostly water: you simply get more nutrition per bite with a dry food.

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 PetMart in Quebec Square. Call 303.393.5406 for more information.

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 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 round 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 Arrivo 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-Oria) 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 5:00pm 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 Hathai/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.

Wendy Correa is a Stapleton resident who writes a monthly column about home businesses. She may be reached at Kathy@yards.com.
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.
- The planned new RTD transit center.
- Other site-specific issues (including in particular traffic on 23rd Avenue, 25th Drive and 26th 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 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 oversight 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: backing 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 day 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 be at Wesley Creek Elementary School at 8810 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).

The 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 neighborhood goodwill.

To Send Letters to the Editor

The Front Porch will publish Letters to the Editor as space allows. 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
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 fragile and non-fragile Asbestos Contaminating Material (ACM). Fragile 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 Holz 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 to offer a wide range of 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 real estate on page 4 this edition 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 us) – nothing 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 an apartment development. No new design or construction plans for that type of development have been created at this time.

What plans, if any, are there for the railroad tracks in the Stapleton/Peoria area?

No decisions have been made regarding the future of the railroad tracks on the periphery of Stapleton. As the area is currently under development, a railroad that runs through the area could be subject to rezoning, and the railroad tracks could be redirected or removed.

Since the tracks are in an area of high density, it is possible that they could be re-routed or removed to improve the quality of life for residents in the area.

To summarize, the future of the railroad tracks in the Stapleton/Peoria area is currently under consideration and could be subject to rezoning or removal to improve the quality of life for residents in the area.
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 basic, standard 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:

**Screwdrivers** - 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 lightweight. 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 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 16 oz.

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

**Level** - 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.

**Adjustable Wrench** - One that is metal and 25-30 feet long will do for almost any project.

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

**Saw** - Handsaw works for a small projects. You should have one for wood and a hack saw for metal. For larger wood projects, a circular saw is a great tool.

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

**Ruler** - A proper ruler to help you measure and cut.

When purchasing these items, there is something that is durable and able to hold all the items you have. 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. If you are looking to purchase your own tools, you can consult a qualified agent in setting up a retirement plan. 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 a business may 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 7905 E 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.jessikaaerni.com.

**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 additional training in massage 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 ($85), 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 restablish awareness, relaxation and balance.

“Biofeedback and massage therapies are two wonderful, complementary tools to put in our tool kit and use 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 to massage clients’ own use at home.

Jessika Aerni, State Farm (continued from page 13) something does happen, you can recover from the unexpected. A phone conversa-

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Bob Logan (bob-logan@comcast.net) is a Stapleton resident and owner of Home Maintenance Solutions. He may be reached at 720-434-3649.
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 that he would need to be considered if he were to come back. 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 promote 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 shine. If you eat seven to ten servings (about one half cup per serving) of fruits and vegetables a day, you will get many of the nutrients you need to feel good and you won’t have time to eat many of the things you shouldn’t. When buying greens, look for whole greens 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 entertainment. Whether it is a cup of coffee, brunch for twenty with a bagel and latte, or dinner with friends, you will often find her house full of activity. This is where Susan’s love of food and enjoyment of cooking comes into play. She often is testing 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 quantities . . . 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 even to indulge. They have many vegetables growing in the back yard, which is where Susan’s love of food became an interest in cooking 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.”

Kale in Peanut Sauce

W hat a 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 get a score of 54. Carrots get 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. You can do this or tear them at a time this way. When they are all stemmed, get a big bunch 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, 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 overcook 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 table spoons of hot black tea (or boiling water) with 1/4 cup of peanut butter. (Buy the natural kind without trans fats. Transfat in any amount is not good for anybody.)

Add 1 tablespoon of soy sauce, 1 teaspoon 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 sueandpark@tbank.com.

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, AquaTerra, and SauceSmith) 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.

"Thank you for the excellent work you did in our home. We are absolutely ecstatic! The finished product has exceeded our wildest expectations! . . ."
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 Trish 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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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.