

Front Porch

Distributed to the Greater Stapleton Area

STAPLETON

DENVER, COLORADO

NOVEMBER 2006

Main Street Opens at Northfield



Despite an early morning snowstorm on October 26, the weather cleared in the early evening as crowds gathered to attend the ceremony for the grand opening of Northfield Main Street,

Stapleton's Lifestyle Retail Center. The opening featured fireworks and a laser light show. See page 24 for more photos of the event.

Stapleton In the Spotlight

Northfield Opens First "Green" Town Center in the Nation

Main Street at Northfield Stapleton has received the prestigious LEED-CS Silver Certification from the U.S. Green Building Council (USGBC), making it the first "green certified" Main Street Town Center in the nation.

LEED (Leadership in Energy and Environmental Design) is the Council's government-recognized, premier sustainability rating system in the building industry. Northfield Stapleton was awarded Silver Certification for its outstanding commitment to sustainable practices, including high-energy efficiency, selection of building materials and advanced construction techniques, as well as ongoing commitment to water management and indoor environmental quality. The award is based on a point system for achieving levels of sustainability.

"To the community, Northfield's achievement not only means conservation of resources for future generations, it also means a more enjoyable and comfortable place to shop, dine and get together," said Jon Ratner, director of sustainability initiatives for Forest City Enterprises, Inc. "It means that we have taken every opportuni-

ty to make our stores more comfortable and our outdoor spaces more environmentally friendly. We have worked with our tenants to help them create (continued on page 4)

Greenbuild Coming to Denver!

Greenbuild, the nation's largest conference on high-performance building practices, is being held in Denver at the Colorado Convention Center November 15th – 17th. Organizers expect over 12,000 building industry professionals from around the country and the world to attend this year's conference to learn about



new environmentally-friendly products, innovative projects and the latest building science research.

The Greenbuild (continued on page 4)



One aspect of Northfield Stapleton's commitment to a "Green" Town Center, was the purchase of Renewable Energy Certificates to offset the energy used to operate. Although the actual energy used comes from the local public utility company, buying these certificates offers a way to replace the fossil fuel power that was used with clean renewable energy that goes back into the grid. The extra amount paid for wind power goes to the wind farms to help ensure that wind energy can be competitive in today's market and to encourage development for the future.

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Hancock

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Photo by Lori Fisher/EyeCatcher Photography

Mark Your CALENDAR

2006 STAPLETON EVENTS

Left:
Concert on
Founders'
Green
September 15
featuring
the Chris
Daniels Band.

EVERY MONTH

Every Tuesday

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

Second Tuesday

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

Third Tuesday

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

First Wednesday

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

First Wednesday

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

Second Wednesday

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

Third Thursday

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

EVERY MONTH

Fourth Thursday

SUN Board Meeting at 7:00pm
Stapleton Development Corp,
Nov/Dec meeting
to be held Nov. 30th
[stapletonneighbors@msn.com]

First Saturday

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

Second Saturday

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

NOVEMBER

Wednesday, Nov 1st

MCA Annual Members Meeting
by Delegate District 6:30-8:00pm,
William R. Roberts Bldg
(2100 Akron Way)
[More info at 303-388-0724 or
www.stapletoncommunity.com]

SUBMIT YOUR PHOTOS

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

NOVEMBER

Tuesday, Nov 7th

Election Day

Wednesday, Nov 8th

MCA Annual Delegates Meeting
6:30-8:30pm
Central Park Conference Room
at Forest City Offices
(7351 E. 29th Ave, 2nd Floor)
[More info at 303-388-0724 or
www.stapletoncommunity.com]

Tuesday, Nov 14th

Westerly Creek Open House
Early Childhood Education and
Kindergarten 7pm
Westerly Creek Primary Bldg Gym
abbygreynolds@gmail.com

Thursday, Nov 16th

MCA Annual Exec Board Mtg
Noon - 2pm
Forest City Offices
RSVP at
www.stapletoncommunity.com

DECEMBER

Saturday, Dec 2nd

Sweet William Holiday Market
at the Urban Farm 10am - 5pm
Karen Pardue 303-355-6168]

Sunday, Dec 3rd

Holiday Festival
Founders' Green 3-5pm
Town Center Lights 5 - 5:50pm
[Wild Iris 720.529.9911]



Above and below: First snow of the season at Stapleton.



A full-service family health care clinic, as advanced and innovative and progressive as our community.

In the heart of Stapleton, and convenient to Park Hill, Montclair and north Aurora.

Designed to maximize care as well as family comfort.

A gateway to special, healthy living services as well as nationally recognized physicians and caregivers of the **new** University of Colorado Hospital.

Accepting new patients and most insurance plans, including UnitedHealthcare.

COMING SOON!

OPENING NOVEMBER 2006

Stapleton's First Comprehensive Health Care Center
From One Of The World's Outstanding Hospitals

A.F. Williams Family Medicine
303-372-8797

Rehabilitation Therapy
720-848-2000

3055 Roslyn Street

Centers for Healthy Living
From the

UNIVERSITY OF COLORADO HOSPITAL

WWW.UCH.EDU

Holiday Gifts Jewelry Art Sculpture

Art & Framing at Stapleton

Join us for the
29th Ave. Town Center
Holiday Open House

Nov. 10th, Fri. 4-8
Nov. 11th, Sat. 9-6

7483 E. 29th Place

303.534.1979 www.ArtandFramingStapleton.com

YOU'RE INVITED TO OUR HOLIDAY OPEN HOUSE!

amore fiori
flowers & gifts

Please join us for Holiday cheer and a preview of our Christmas decor, gifts, and flowers.

Friday, Nov. 10th ~ 4 to 8 p.m.
Saturday, Nov. 11th ~ 9 a.m. to 6 p.m.
Refreshments and treats will be served.

Located in Stapleton's East 29th Ave Town Center
Open Mon thru Sat, 9-6 (303) 333-3848 www.amore-fiori.com

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Front Porch

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2006 District 11 Town Hall Meetings a Success!

Thank you to all the residents who took time to attend the 2006 District 11 Town Hall Meeting Series. A cozy group of Stapleton residents attended its first



“...residents quizzed [us] on issues ranging from community amenities... to concerns about traffic in the community, particularly along Quebec, and of course, crime and Police staffing levels.”
– Councilman Michael Hancock

ever exclusive town hall meeting on September 27th. Residents took advantage of the opportunity to have their pressing questions answered by a panel of all-star city employees from various departments including Neighborhood Inspections, Solid Waste, Waste Water, Parks and Recreation, Police, Street Maintenance, and Traffic to name a few.

Participating Stapleton residents quizzed City employees and me on issues ranging from the status of community amenities, namely the library and recreation center to concerns about traffic in the community, particularly along Quebec, and of course, crime and Police staffing levels.

First, the library issue is certainly being discussed at the City level. The new City Librarian has toured Stapleton and

conducted very informal discussions with my office and the developer. The librarian and I have agreed to engage Forest City in more detailed conversations as soon as early 2007 to discuss potential development scenarios. Regarding the recreation center, conversations continue between the metropolitan district and the City to determine the most feasible finance strategy.

Second, traffic concerns. City Traffic engineers announced that a Count-down signal will be installed at 36th and Quebec in the very near future and that the signal at 23rd and Quebec will be rebuilt as well. Police will continue to address traffic calming concerns in the area.

Third, crime and Police staffing levels continue to be major areas of concern for residents. Though the push for

increased police staffing has resulted in more officers being assigned to the area, retirements have kept the staffing levels flat. It is my commitment to continue to advocate for appropriate appointments out of the Police Academy. I know SUN will remain vigilant as well.

Finally, I want to send a special thank you to the City employees who joined me at the meeting. Their commitment and willingness to sacrifice four evenings to inform, listen, acknowledge, and respond is commendable and very much appreciated. I believe Denver is a special place - a great City - because of the boundless dedication of its City workers. Next year, same time, same place!

*Appreciatively, Michael B. Hancock, President
Denver City Council, Councilman, District 11*

Stapleton’s Neighbor

Fitzsimons Approves Contract with Forest City to Develop World-Class Bioscience Park

The Fitzsimons Redevelopment Authority (FRA) has approved a 30-year development agreement with Forest City Fitzsimons, Inc., a subsidiary of Forest City Enterprises, to develop the bioscience park adjacent to the University of Colorado Health Sciences Center campus at the former Fitzsimons Army Medical Center in Aurora. This 160-acre private-sector development project will take approximately 25 years, with the potential for attracting 10,000 high-paying jobs.

“This is a trifecta,” said Aurora Mayor Ed Tauer, chairman of the Fitzsimons Redevelopment Authority board. “We’re laying the foundation for new jobs that’s good for the University, good for Aurora, and terrific for Colorado.”

Under the agreement, Forest City will lease land on a phased basis from the Fitzsimons Redevelopment Authority (FRA) to develop life sciences-oriented facilities in the bioscience park, including major office and laboratory facilities for biotechnology companies and supporting services. In return, FRA will receive fixed annual payments as well as an equity share of net cash

flow from the buildings to be constructed. The agreement also includes requirements and restrictions for how the facilities will be used, to ensure that the mutual goal of creating a critical mass of life-sciences companies in the bioscience park is achieved.

“This deal is a true partnership. Forest City brings specialized life sciences development experience, extensive contacts, and great financial strength to advance our mission for developing a world-class, state-of-the-art bioscience park,” said Jill Farnham, Executive Director of the FRA.

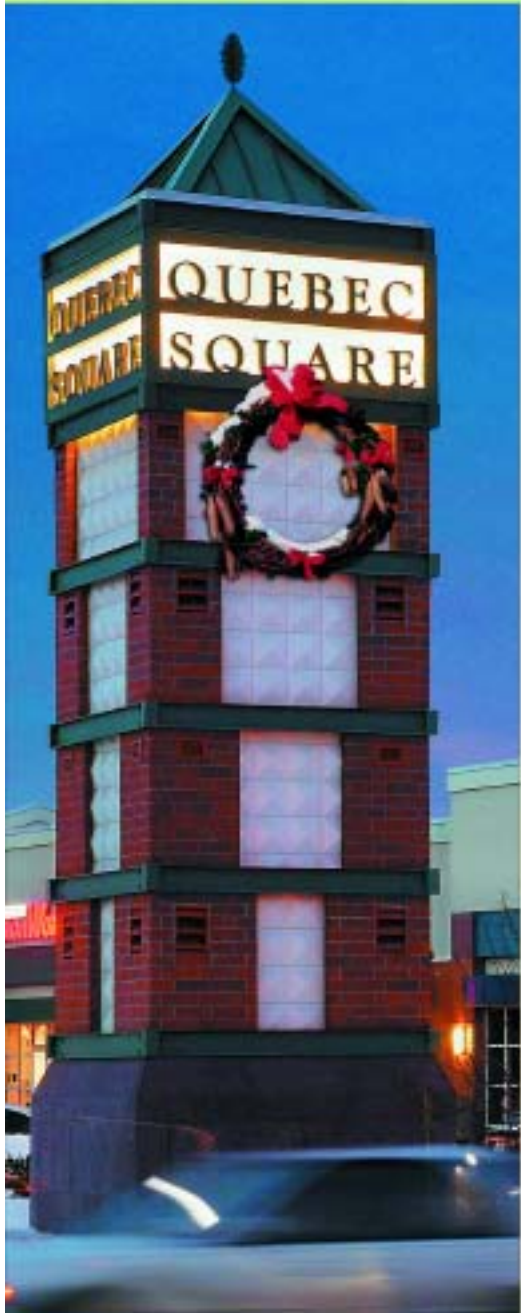
In addition to the Fitzsimons project, Forest City is involved in the development of several other bioscience parks, including one at the Massachusetts Institute of Technology and one at the Johns Hopkins Medical Center.

“Fitzsimons has tremendous potential to be the home of one of the world’s premier bioscience facilities,” said John Lehigh of Forest City Enterprises. “The partnership Forest City has established with the Fitzsimons Redevelopment Authority will turn that potential into reality.”

Xmas Tree Lot Coming to E. 29th Ave. Town Center

A Christmas tree lot will open in Stapleton’s E. 29th Avenue Town Center on November 21st and be open to December 23rd or until all trees are sold. Hours of operation are 3 – 9 pm Mondays through Thursdays, 10 am to 9 pm Fridays and Saturdays, and 10 am to 8 pm on Sundays. Santa Claus is expected to be available for photos for anyone bringing a camera. Proceeds will be donated to Montessori Academy by lot sponsor Santa’s Best Christmas Trees.

Holidays at the Square



STORES	#	PHONE
Restaurants		
Atty's	10	303-996-1897
Country Buffet	17	303-355-1955
Farmers Diner/BG	19	303-399-3100
INCP	11	303-599-6586
Wing Zone	23	303-392-0300
McDonald's	4	303-321-7499
Panda Express	18A	303-331-8409
Panera Bread	14	303-338-8200
Papa John's Pizza	23	303-390-1717
Subway	23	720-889-1567
Subway (in Wal-Mart Supercenter)	6	720-944-7313
Thomas Dorian Coffee	24	303-399-7334
Wingz, Inc.	23	303-325-9484
Clothing & Dry Goods		
3 Day Blinds	18	303-394-2272
Dorsey's Character Warehouse Outlet Store	20	
Forever Frocks	3	303-333-4822
Levi's N Things	2	303-321-8630
Payless Shoes	19	303-333-7934
Real Dress for Less	21	303-325-6934
Wal-Mart Supercenter	6	720-944-1041

STORES	#	PHONE
Health & Beauty		
A Day Spa	24	303-789-9300
Cut Cutters (in Wal-Mart Supercenter)	6	303-321-8591
Dorsey's Hair Works	23	303-330-0222
Executive Tan	24	303-316-3359
GHG, Visions Store	23	303-388-0303
Great Clips	24	303-996-0054
LaRocca Kids' Salon	24	303-323-3232
Nails of the World	24	303-316-4490
Quebec Square Family Dentistry	24	303-323-2081
Royal Nails (in Wal-Mart Supercenter)	6	303-377-6266
Sally's Beauty Supply	24	303-355-4718
Sports Clips	14	303-399-8200
Stems Beauty Supply & Salon	6	303-321-1818
Services		
Academy Bank (in Wal-Mart Supercenter)	6	303-388-0177
Alliant Credit Union	24	303-399-4720
American Family Insurance	24	720-944-3792
Baby Power/Famous Kids	24	303-377-8855
Check Into Club	24	303-321-5535
Colorado Contemporary Dance Studio	24	303-333-1985
Countryside Home Loans	20	720-944-6280
Environmentally Friendly Cleaners	24	303-321-6792
Freemont Health Care	22	303-322-1513

STORES	#	PHONE
Services (cont.)		
Mike (Mike Kondo Studio)	24	303-377-5425
Monroe Spa	16	303-333-7000
Nature's Urgent Care	20	720-944-2962
Orate Farm	24	303-377-5433
TCF Bank	12	303-889-4330
Toni Plus	15	303-322-5312
UPS Store	14	303-996-5660
Wetco Bank	15	720-947-8250
Winkler Funeral Homes	6	720-944-1400
Miscellaneous Retail		
ABEY (Chicago Wines)	18	303-323-1810
Billy Proulx/Famous Kids	24	303-377-8855
EB Games	24	720-944-1200
Home Depot	7	303-350-3738
Instant Inkjet	24	303-780-7838
Office Depot	20	303-350-8321
Okations Liquors	20	720-944-7024
Pulp America	3	303-333-4428
RTWART	24	303-363-9156
Radio Shack	23	303-321-9279
Scoti's Club	1	720-944-16180
Sprint Phone Store	6	303-298-3800
Walmart (open in Sam's Club)	1	303-388-4367



Shop Quebec Square this holiday season.

Find everything you're looking for with over 60 shops in one convenient location.

Located on Quebec Street and 36th Ave.

Northfield Main Street Provides Green Education

Northfield Stapleton will feature 20 signs at relevant locations to point out and explain the green features in consumer-friendly language and directional images. The signs, created from salvaged runway signage at the former Stapleton airport, indicate resource savings from specific sustainability programs at the Center, including:

- Solar Panels that generate enough electricity to supply an average home for one year (7,163 kWh).
- Wind Power, explaining how wind turbines provide a clean and renewable source of energy. The energy saved is the equivalent of not driving 876,000 miles and eliminates 800,000 pounds of CO2 emissions.
- A kiosk where visitors can explore how much electricity Northfield Stapleton's

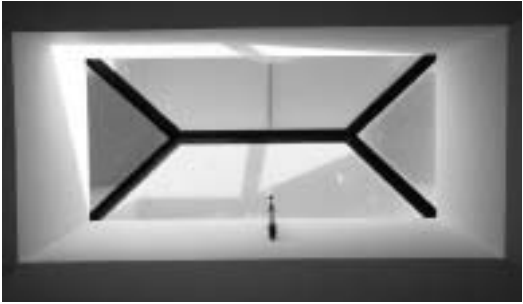


Workers install solar panels on Northfield's Main St.

- solar power system is generating and how much pollution it is preventing.
- High Efficiency Plumbing Fixtures, which explain how waterless urinals, low-flow sensor faucets, and high efficiency toilets work. These types of fixtures at Northfield Stapleton reduce water usage by more than 645,000 gallons per year, enough to fill 180,000 bathtubs.
- Evaporative Cooling System, showing how cold water is sprayed into the air stream and cools as it evaporates. This system uses 75 percent less electricity than conventional air conditioners.
- Indoor Air Quality, explaining how Northfield Stapleton utilizes low and zero Volatile Organic Compound (VOC) paints and carpets to improve indoor environments.
- Reflective Roofs, showing how white and reflective roofs lower roof temperatures up to 100 degrees Fahrenheit, keeping the

inside of the building cool, reducing peak cooling loads by 10 to 15 percent.

- Daylight Harvesting, indicating how energy usage is reduced by 35 to 40 percent through the use of skylights and sensor-monitored lighting fixtures, which not only regulate lighting based on available natural light, but also regulate the on/off features based on room occupancy.
- Site Lighting, a fascinating view of worldwide nighttime light pollution.
- High-Efficiency Irrigation, or "smart landscaping," showing that the Center's irrigation systems are controlled by computers that monitor soil moisture. Combined with low-



Looking up at a skylight at Northfield's Main St.



Site lighting reduces night sky light pollution and uses less energy.

water plant species, which use 34 percent less water than conventional landscape designs, this feature saves close to 360,000 gallons of water a year, enough to fill close to 3 million 16-oz. bottles.

- Stormwater Management, showing how runoff from buildings and parking lots can carry pollutants into groundwater systems. At Northfield Stapleton, the drainage flows into a detention pond where pollutants are filtered out before the drain water enters Sand Creek.
- High Performance Windows, explaining how windows at Northfield Stapleton provide improved insulation in both hot and cold

(continued on page 6)

Greenbuild Coming to Denver

(from page 1) International Conference and Expo is presented annually by the U.S. Green Building Council (USGBC), a non-profit coalition of more than 7,000 private companies, nonprofit organizations and governmental agencies working to transform the building industry. USGBC is the nation's foremost coalition of leaders from every sector of the building industry working to promote buildings that are environmentally responsible, profitable and healthy places to live and work.

Throughout its 13-year history, USGBC has been at the forefront of green building - introducing the LEED® (Leadership in Energy and Environmental Design) Green Building Rating System™ in 2000 and launching Greenbuild in 2002. The LEED Green Building Rating System is a voluntary, consensus-based national standard for developing high-performance, sustainable buildings. USGBC's members, representing every sector of the building industry, devel-

oped and continue to refine LEED guidelines for various sectors of the building industry.

Stapleton is participating in the LEED program in multiple ways. Northfield Stapleton participated in the LEED Pilot Project for the Core and Shell standards. Broadly defined, core and shell construction covers base building elements, such as the structure, envelope and building-level systems, such as central HVAC. Stapleton's Main Street at Northfield has received the prestigious LEED-CS Silver Certification. The new Medical Office Building located at Syracuse Street and Martin Luther King Boulevard is also registered with the LEED Core and Shell program.

Currently, there are also four residential builders at Stapleton - Harvard Communities, New Town Builders, McStain Neighborhoods and Infinity Home Collection - participating in the new LEED for Homes Pilot Project. The (continued on page 21)

Northfield Receives Environmental Award



Mark Peternell, with solar panels in background.

Stapleton's Northfield Retail Center has been awarded a Bronze Environmental Achievement Award from the Colorado Department of Public Health and Environment (CDPHE). The award recognizes the significant environmental achievements of Colorado businesses and organizations. Northfield was recognized for water reduction, considerable energy savings, renewable energy and waste reduction, according to Mark Peternell, a Forest City Development Associate who has been working on the Northfield Retail Center.

First Green Town Center

(from page 1) better working conditions for employees and lower operating costs through environmentally-friendly initiatives."

"We selected Northfield Stapleton as a Core and Shell (CS) Pilot Project in December, 2004, and it has surpassed our hopes and expectations" said Rick Fedrizzi, President, CEO & Founding Chair, USGBC, a community of leaders working to transform the way buildings and communities are designed, built and operated. USGBC created the LEED Rating System, which is the national benchmark for high performance green building. It has been named the most credible system in the country by General Services Administration, the landlord for the United States federal government.


"Northfield Stapleton has not only lived up to its commitment to the five criteria for certification, it has also inspired retailers to build their stores to a high set of sustainable standards. Forest City went above and beyond the requirements of the Silver Core and Shell designation by creating a tenant handbook detailing how to build green, along with incentives to do so. We commend their motivation and their knowledge of the green building process," he added, "which is reflected in the Silver Certificate."

The five criteria upon which the project was rated include the following: sustainable sites, water efficiency, energy and atmosphere efficiency, materials and resources and indoor environmental quality. The Core and Shell designation recognizes that developers cannot mandate building procedures for individual retailers.

"While we realized that we could not tell our tenants how to build their stores, we also recognized that we could encourage their compliance to sustainable development through education and incentives, which is why we conceived our Northfield Sustainability Tenant Incentive Program (NSTIP)," said Brian Levitt, project developer of Northfield Stapleton. "The booklet offers concrete building suggestions, rationale for green building plus more concrete incentives such as site recognition of their efforts, financial incentives in rent for compliance plus advertising advantages.

One of the incentives will be the placement of signs in store windows to indicate tenant commitment to sustainability. Northfield Stapleton is also the largest retail center ever to enroll in the Xcel Design Assistance Program (XDAP), which makes cash incentives available to building owners who follow their green building recommendations.

Thanks, Stapleton, for the privilege of serving with you over the past year.



Stapleton residents connecting through Stapleton ministries in Stapleton locations.

Westerly Creek Elementary School, Sundays at 9:45 a.m.
720.985.6810 • www.northfieldchurch.com • contact@northfieldchurch.com



Allstate

You're in good hands.



BRAD PHILLIPS & ASSOC., LLC
303.377.4767
"A happy Stapleton resident since 2003."
STAPLETON PLAZA OFFICE BLDG.
3401 QUEBEC ST #10500
BPhillips3@Allstate.com

Subject to availability and qualifications. Insurance offered with select companies. Allstate Property and Casualty Insurance Company, Allstate Insurance Company and Allstate Life Insurance Company. Northbrook, Illinois © 2013 Allstate Insurance Company.

More Preschools in the Greater Stapleton Area

After printing a list of preschools last month we received the following two additions to our list for the greater Stapleton area. More preschools may be posted periodically. Email schools to frontporch@fineprintco.com.

Montessori Academy of Colorado
2500 Curtis Street
Denver, CO 80205
303-623-2609
www.montessoriacademyofcolorado.org
Ages: 2 months through Kindergarten
Hours: 7:30 am to 6:00 pm
Montessori program with Spanish, art, music, and much more!

Rodef Shalom Preschool
450 S. Kearney St.
Denver, CO 80206
303-256-1051
www.rodef-shalom.org
Ages: 2-5 years or Pre-K
Afternoon enrichment, gymnastics, Shabbat Parties

School Options Night
Meet Kindergarten and Elementary Staff from 20 Schools

Over 20 schools, public and private, will be available to talk with parents about their kindergarten and elementary school programs Thursday, Nov 16th from 7 - 8:30pm. Hosted by Montview Community Preschool and Kindergarten, Montview Blvd. Presbyterian Church, Fellowship Hall, 1980 Dahlia St. Free. No childcare provided.

Kindergarten Open House

Meet the teacher and learn about the full-day Kindergarten program at Montview Community Preschool and Kindergarten. Wednesday, Nov 29th, 7 – 8:30 pm. 1980 Dahlia St. No childcare provided.

School Book Fairs

Scholastic Book Fair at Westerly Creek
Open from 8 to 9:30 am and 3 to 4:30 pm on Fri., Nov. 3; Mon., Nov. 6; Wed., Nov. 8; and Thu., Nov. 9.
Open from 8 am to 7 pm on Tuesday, November 7.

Scholastic Book Fair at Bill Roberts Building
Open from 7:45 am to 4:30 pm on Mon, Nov 27 through Fri, Dec 1.
Open Tues. Nov. 28 from 7:45am to 8pm.
Contact: Abby.Reynolds@GlobalCrossing.com.

Westerly Creek Elementary School
2007-2008 ECE and Kindergarten

OPEN HOUSE

Tuesday, November 14th, 2006 • 6:00 pm

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

all prospective 2007 preschoolers (ECE) and kindergarteners and their parents/guardians are encouraged to attend
event will take place in the WC Primary Building Gymnasium:
8800 E. 28th Avenue, Denver, CO 80238
Questions? Contact Abby Reynolds @ abbygreynolds@gmail.com

The Urban Farm’s 4-H Club – Citystyle

By Donna Garnett
“I used to be in 4-H when I was a kid.”
“Isn’t 4-H just for kids in the country?”
“There is a 4-H club in Denver?”

These are comments we hear almost daily at The Urban Farm (TUF) at Stapleton. Many urban dwellers fondly remember their childhood experiences as a 4-H member, but do not believe such an experience is possible for their children. Yet, here we are – The Urban Farm 4-H club – 356 members strong! TUF 4-H is one of the largest clubs in the state and a model for other urban 4-H clubs across the country. TUF 4-H members even show at county fairs, and several qualified for state fair this year. 4-H is not just for kids in the country – city kids rock too! Nationally sponsored by the United States Department of Agriculture through the Colorado State University Extension Program, 4-H is primarily organized and run by volunteers. In existence for more than 100 years, 4-H is a youth development program designed to assist youth by helping them become self-directed, productive, contributing

members and leaders of society through interaction with adults who care. All children and youth between the ages of 5 and 18 can become members of 4-H. TUF 4-H is focused mostly on

For 2006, The Urban Farm boasts the following grand champions:

- English Riding 14 – 18 yr olds – Lauren Brown
- Western Riding 11 – 13 yr olds – Sydney Macleod
- Dog Obedience 11 – 13 yr olds – Carolyn Day
- Dog Showmanship 11 – 13 yr olds – Carolyn Day
- Rabbit Showmanship 14 – 18 yr olds – Isabella Kendrick
- Sm. Animal Round Robin* 8 – 10 yr olds – David Crawford
- Sm. Animal Round Robin* 11 – 13 year olds – Alexis Haynes

**Showmanship competition with chickens, rabbits, dogs, and cavies.*

livestock projects, but many other project areas are available, ranging from rocketry to entomology to cake decorating. After months of hard work and fun, the youngsters demonstrate their projects at county and possibly even state fairs. A major benefit for TUF 4-H members and their families is that the kids can participate in livestock projects without having to own and house livestock at their own home. You can even lease a goat, chicken, turkey, or sheep for a few months of the project year without actually owning the livestock. Annual membership

cost is \$25. Other costs for projects are generally small and the kids conduct fundraisers to earn money for bigger projects. Interested in finding out more about 4-H for your kids? Email donna@theurbanfarm.org or call 303-307-9332. Better yet, bring your children and teens out to visit on Saturday mornings between 9:00 a.m. and 11:00 a.m. and join 4-H members in doing morning chores with the pigs, chickens, goats, sheep, horses, and cows. You can also come with your kids to 4-H project meetings any Thursday between 4:00 p.m. and 7:00 pm. Check our website at www.theurbanfarm.org for specific project meetings. TUF 4-H is completely funded by membership fees, fundraisers, and product sales. You can help TUF 4-H kids raise money for their club by participating in the Fall Wine Sip and/or the Sweet William Market at The Urban Farm (see page 11 for details). TUF 4-H kids will be selling jingle bell pony cart rides, hot cider and snacks, gift wrapping services, and kid care while parents shop for holiday fare. Donna Garnett is the Executive Director of the Urban Farm at Stapleton.

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Maximum Comfort and Ease

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QUEBEC SQUARE
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Dr. Preet Clair

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- Caring medical team
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- Walk-ins welcome

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High School Design Finalists

By Brian Weber

Two finalists were chosen Oct. 16 to design Stapleton's public high school that is projected to open between 2010 and 2012.

Luis O. Acosta Architects of Denver and RTA Architects of Colorado Springs were picked from a field of four firms that

December by the Denver school board.

The design competition is a joint effort by DPS, the Stapleton Foundation and the Foundation for Educational Excellence, which works on education issues in Green Valley Ranch. A committee of approximately 20 people was convened to select the architects. They include



Above: Acosta design. Below: RTA design.



entered a design competition for the school in August.

Two finalists were also chosen out of five firms to design a high school in Green Valley Ranch. The winners were DLR Group, a national firm with an office in Colorado Springs, and Slater-Paull Architects of Denver.

The firms will work through November refining their concepts. Public viewing of the Stapleton designs will be Nov. 15, 5:30-7:30 p.m. at the Bill Roberts school, Central Park and Montview Boulevards. One firm will be picked for each school in early

representatives from the Stapleton and Green Valley Ranch communities, DPS, the sponsoring foundations and educators. The school board approved the committee's recommendations for the two groups of finalists on Oct. 16.

Both Stapleton firms have experience in school construction. Luis O. Acosta's clients have included DPS, Aurora Public Schools, the Jefferson County School District, the city of Denver, Colorado State University, University of Colorado and Kaiser Permanente. RTA's clients include the Jefferson and (continued on page 12)

Green Education at Northfield

- (continued from page 4)
- weather, helping reduce energy consumption and adding natural lighting.
 - Salvaged Materials, detailing how the concept of demolition and reuse of materials from the Stapleton airport was critical to the creation of the center and of the Stapleton development.
 - Recycling, explaining that more than 2,500 tons of waste - the equivalent of 1,250 cars - were reused during construction of Northfield Stapleton.
 - Alternative Transportation, demonstrating the effect of vehicle emissions on greenhouse gases and global warming and explaining Northfield Stapleton's emphasis on other forms of transportation.
 - Local Materials, explaining the advantages of using materials in close proximity to the property.



Above: High performance windows provide increased insulation.



Above: Stormwater holding area built using runway material from the old airport and surrounded by water conserving plants as described in the plaque below, which was made of aluminum from former airport signage.



Below and left: Explanation of water savings from high efficiency plumbing fixtures.

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The Front Porch Interviews Noted Author Sarah Susanka

By Kathy Epperson

As we continue to rededicate ourselves to the mission of sustainable living, it gives us great pleasure to share our interview with Sarah Susanka, a leading architect,



Sarah Susanka

designer and emissary in the small house and new urbanism movements. Not only is Sarah Susanka a best-selling author, lecturer and much sought-after resource, she has successfully communicated architectural and design solutions for living that have inspired international dialogue and an entire movement. Her *Not So Big House* series of books detail for the professional and layperson alike some key principles for crafting our homes into soulful living spaces and connecting with our communities.

In addition to sharing her insights with *The Oprah Show*, *USA Today*

and *The Wall Street Journal*, Sarah was named a “top news-maker” for 2000 by *Newsweek* magazine and an “innovator in American culture” in 1998 by *U.S. News and World Report*. In 2004, she was named as one of the most influential people in the building industry by *Builder Magazine*.

Susanka not only offers design analysis and easy-to-understand solutions in her *Not So Big House* series of books but also provides on her website (www.ntsobighouse.com) connections to new urbanism, sustainability and design resources as well as the philosophy that is the basis for her work.

Watch for Sarah Susanka to visit Stapleton and Denver in July 2007 to promote her new book due in May called *The Not So Big Life*. She also plans an addition to her series called *Remodeling Not So Big*, due in early 2008.

After establishing yourself as a successful architect, what inspired your not-so-big-house career?

Almost every new client would come in asking for way more square footage than they could afford. So I had to figure out a way to help people get the quality of home they wanted without necessarily abiding by the square footage. This was not just once in while, it was 99% of the time.

And when I started to write *The Not So Big House*, I didn’t have that name. I just knew I was trying to target an audience of people who needed to reapportion the money out of stuff that isn’t ever used or is rarely used and into the things that they use every day.

Besides some of the efficiencies in heating and cooling a smaller space, what are some of the lifestyle and social benefits from living in a smaller home?

Well, there are some pretty big ones that a lot of people aren’t aware of. The bigger the house, the harder it is to find other family members! It may seem a little obvious, but believe me, until someone actually says it, you just go about your merry way making things bigger. I’ve heard from all of the people I’ve worked with over the years that there is a character to family life that improves. Certainly you can make a house too small and make it feel so that you’re always on top of each other. But if a house is well designed, it doesn’t need to be big to give you a sense of comfort and the ability to have private space but also the ability to find each other.

All the books in your Not-So-Big-House series provide wonderful descriptions and photographs of architectural and interior design solutions. What are some of your favorite suggestions that would be applicable to all homes?

One of the very simplest ones has to do with ‘differentiation of parts’, which is a funny way of saying that when your eye is given more than one thing to look at, it starts to give it a different kind of order. So, for example, if you introduce a line at the height of the countertops, then you paint the wall below that line a darker color than above that line, you’ve made it a lot more interesting to look at. Usually I’ll make that line into a piece of wood or a line of tile, something so that it gives the room more character, it gives the eye more to look at, and it gives the whole room a sense of having been designed carefully. So that’s a very simple thing that everybody can do without having to spend a lot of money, but it makes a big difference.

You seem to be style agnostic when it comes to not-so-big architecture. What are some particular things different styles do well, including Craftsman, Tudor, Modern, and so forth?

Most people who aren’t trained in design assume that the bottom line in design is style. What I’m describing underlies style – I’m describing what works and doesn’t work in terms of the overall shaping of space. Then you can make it Tudor,

or you can make it contemporary, or you can make it Craftsman. That’s something that’s applied above and beyond the bones of the structure. What I’m trying to do is say it’s not about the look, it’s about what’s underneath that.

For those living in new construction homes such as in Stapleton, what are some after-market design solutions we can create to make way for growing families, entertaining, and more comfortable living in general?

There are literally thousands of things you can do. Before we get into specifics, my book *Home by Design* is kind of a dictionary of all of the ideas that then are illustrated in more depth in each of the various books. So if you were thinking of getting one book, I’d probably

recommend getting *Home By Design* just because it will show you all of the different things that you can do.

A couple of simple things can really help to make less space do more. If you have a house that’s got a lot of separate rooms that are only accessible through a door, the house will most likely feel small, even if it’s not. Because in having discretely isolated rooms, you never get a sense of vista. So, one of the things that you can do is to open up an interior window that looks from one room to another. Or instead of a single doorway, make a wider opening so you’re able to see from space to space more easily. That simple technique can make your house feel double the size. A lot of what we experience has to do with visual connection. So houses feel small when you’re isolated but they can feel a lot bigger just by being able to see perhaps from one corner of the house to the opposite corner.

Some of our readers live in small older homes in established

neighborhoods. What are some of your key suggestions for those who don’t want to or can’t afford to expand their square footage significantly?

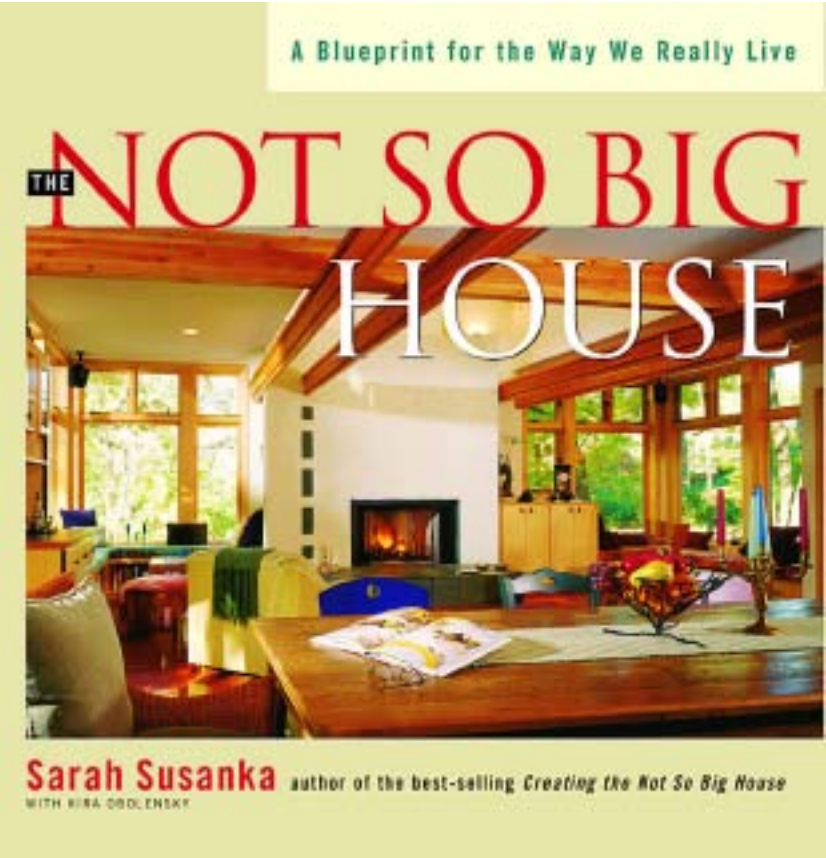
Well, actually the two I just mentioned are good, simple, small remodeling techniques and are also very useful for older homes. But let’s just talk about another one that is a favorite. Hallways are often very difficult to handle because they feel kind of claustrophobic. If you put a lighted painting at the far end of that hallway, you are engaging a principle I call “Light to Walk Toward.” You know, it’s not just a near-death experience — you’re physiologically programmed to move toward light. And so, if you put that lighted painting at the far end, what

happens is your whole experience of the hallway is dramatically improved — because it feels like you’re going toward something you want to go toward, something bright. Not only that, but it actually makes you feel more positive about the whole wing of the house that is approached through that hallway.

Many people I’ve talked with feel that a formal dining room and formal living room are wasted space in their homes – and they’re taking out walls to change that. What suggestions do you have for making these reconfigured spaces function well for different occasions?


This varies enormously depending upon the family, the household. For example, in my own house, my husband and I use our formal living room and formal dining room as his in-home office. He does counseling in the house, and so it’s designed so that people can come to the house and meet with him, and then he has his adminis-

(continued on page 9)



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A Closer Look: Ann White

It is difficult to get the soft-spoken Ann White to talk about herself. She would much rather talk about the team of people she works with at the Denver Workforce Center at Stapleton and the collaborative efforts they make to serve employers and job seekers as a Division of the City and County of Denver's Office of Economic Development.

Born in Greensboro, North Carolina, Ann came to Denver 37 years ago when her late husband Mason White was stationed here in the military. In talking with Ann, one quickly gets the sense that her family is a source of special pride as she describes her twelve children, ten grandchildren and two great-grandchildren.

Caring about others – particularly people in need — seems to be the thread that runs through Ann White's life. She has devoted twenty-three years of her career working to help people in need of employment find the right job and assisting employers with finding the right people. In 1982 Ann went to work for the Colorado Department of Labor and Employment as a Labor and Employment Specialist where she later provided pre-screened and qualified jobseekers to some of the largest and most important construction projects in Denver, including Denver International Airport, Coors Field, the development of the 16th Street Mall and the Pepsi Center.

Ann White now utilizes all of that experience as the "Business Services Account Representative Lead" at the Stapleton Workforce Center located at 3401 Quebec



Ann White, Business Services Account Representative Lead at the Stapleton Workforce Center

Street. Ann says her work has a special focus on economic development. Since the opening of the Stapleton Workforce center in 2002, the efforts of the Account Representative Team and the Stapleton staff has resulted in 75 businesses receiving a full range of business recruitment services and the placement of well over 1,500 job applicants in employment with the redevelopment of Stapleton.

"The most satisfying aspect of my job is the opportunity to work in an area that helps build strong communities and assist individuals with gainful employment," Ann says. She then is quick to deflect the credit many people would give her for helping to fill hundreds of jobs at Stapleton to the

"team approach" she says Workforce Center Manager Robert Robinson and his staff bring to their daily efforts. "We have a talented, experienced group of supportive people working to help job seekers and business customers," she notes proudly. Stapleton area employers who have utilized the many free screening and hiring services offered at the Stapleton Workforce Center have applauded Ann's service as both professional and personal.

But Ann has other talents as well. Accomplished in the kitchen, she enjoys baking for friends and family, particularly if it involves making cakes for parties. She also enjoys gardening and collecting ceramic, stuffed and cloth frogs—"all but the real thing" Ann adds with a laugh.

Ann was appointed to the Colorado Developmental Disabilities Board by Governor Owens in July 2005 and continues to serve on

that board to promote opportunities for developmentally disabled persons. Ask Ann White what she would like to do in the future, and she will respond very quickly that she would like to be an advocate for autistic children. She has had personal experience in that endeavor as the grandmother of an autistic child.

Anyone who has had the good fortune to know Ann White would undoubtedly say those children could not have a more dedicated advocate.

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

Susanka (continued from page 8)

trative area in what was the old formal dining room. While we're in the house those are never going to function as a formal living room and dining room, but it doesn't preclude them from being that in the future. So, although right now we're still a little skittish especially about eliminating a formal dining room, I think that we're likely to see the demise of the formal dining room within the next probably 20 to 30 years. So although people are worried about resale if they were to eliminate it, I think people can convert it to

something that they're likely to use.

One very simple thing that can make it do double duty for you is to take your dining room and just line it with books — it becomes both an in-home library and can still function as a dining room if you want it to. So it's sort of half-way library, half-way homework table and half-way dining room. It can serve all those functions.

I know from reading your books, you also talk about changing the ceiling height for different areas.

If you're planning to do some remodeling where you're

going to be making some sheetrock changes, just actually lowering ceiling heights in various places can surprisingly make a house feel bigger — by dropping ceilings over, for example, an alcove or an informal eating area or even just the edges of a room. What happens is that your eye believes the middle part of the ceiling is taller, so it actually makes you feel like you've got more space. There's a lot I write about ceiling height in Home By Design and Creating the Not So Big House, in particular. You'd get a lot of ideas from those.

(continued on page 23)

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Photo by Scott Dressel-Martin, Dressel-Martin Mediaworks



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Denver Botanic Gardens' 2006 Holiday Sale

Fri., Nov. 17, 10am - 6pm
Sat., Nov. 18, 10am - 5pm
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Items for sale from more than 60 vendors will include holiday décor, home accents, garden accessories, paintings, gourmet food, children's clothing, natural handmade soaps, jewelry, pottery, photography and more. Members of Denver Botanic Gardens' Guild will sell an assortment of homemade gourmet herbal vinegars made from herbs cut at the Gardens, dried flower arrangements and rare collectibles and antiques.

Snacks and beverages will be available for shoppers . Free gift wrapping will be offered.

The sale will be held in Mitchell Hall, Gates Hall and Gates Garden Court at Denver Botanic Gardens, which is located at 1005 York Street. For more information, call 720-865-3500 or visit www.botanicgardens.org.



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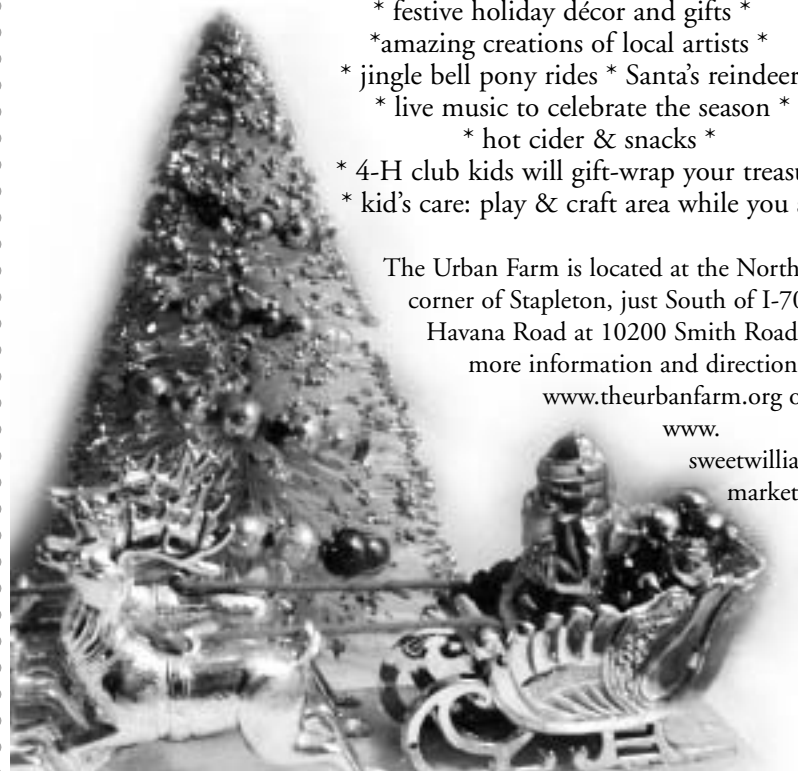
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Public Art at Stapleton

Aviation Returns to Stapleton

Aviation “returned to Stapleton” recently when workers installed “The Airfoils at Stapleton,” public art made from former Boeing 737 tail stabilizers. Located in the Main Street Civic Plaza at Northfield, the three 16’ aluminum panels are designed to rotate slowly on vertical shafts when moved by wind or hand. They were created by local artist Patrick Marold (shown on ladder) to connect the past and present life of Stapleton by utilizing pieces of airplanes that once defined the horizon of the former airport in an artistic expression of the new role for Stapleton.



Sculpture To Be Installed at the Ellipse

Photo courtesy of Ilan Averbuch



Starting Monday, October 30th, Ilan Averbuch will be installing his large stone and steel sculpture entitled *The Eye and the Horizon (After Monet)* at the ellipse at East 29th Avenue and Xenia Street. A portion of the sculpture is shown above, in his New York studio. He is planning to complete the foundation work on November 1st and then will construct the steel structure. The next step, placing the stones on the framework, will begin Friday, November 3rd with completion and clean-up the following week.

Hidden Resources – Kimberly Carey Putnam Drawing Classes and Commission Art

By Kathy Epperson

The Front Porch periodically features residents of the Greater Stapleton Area who offer a resource that residents of the community may not realize is available close to home. Past features have included music, art and dance teachers. If you are a “hidden resource” for the community and would like to be featured, please email your information to: FrontPorch@fineprintco.com.



Artist Kimberly Carey Putnam

Stapleton resident and artist Kimberly Carey Putnam is a firm believer that anyone can learn to draw and paint. “I can’t tell you how many times in my profession I’ve heard someone say ‘I can’t draw’ or ‘gosh, I’d really like to draw or paint but I’m no good at art,’” Kimberly says. “Anyone — and I mean anyone — can learn to draw. It just takes a good teacher and willingness on the student’s part to take a chance and cut themselves some slack as they learn.”

Kimberly started private drawing lessons for adults in October in her studio at her home she shares with her husband Andy and her two daughters, Tessa and Bella. She will work primarily with beginning students in small classes and provide the art supplies. While Kimberly has a passion for all art and experience working in a variety of media, including painting, photography and drawing, she recommends starting with drawing as a basis to build upon. “I was taught early on that to be a good painter, one must have a solid foundation and skill in drawing,” she explains. “If you can’t draw out your composition, then how can you paint it?”

Kimberly credits her mother for instilling a passion for art. “My mom used to tape pictures of art underneath tables and chairs because I was always crawling under them as a baby, and she wanted me to have something to look at while I was down there,” she recounts. “I’m convinced that’s when my interest began, and the passion has burned strong ever since.” After doing black and white photography in high school and college and then dabbling in painting and drawing, Kimberly went on to earn her Masters in Art History at Ohio State University. Early in her career she worked in art galleries and then museums, but discovered she really enjoyed teaching people about the arts. After moving to Denver, she began working at the Rocky Mountain College of Art + Design and is currently the Director of Continuing Education.

In addition to teaching private drawing lessons, Kimberly also creates commissioned work doing oil paintings of children. She can work from a photograph provide by the client, but prefers to take the photos herself. “That gives me an opportunity to get to know the personality of the child and catch them just being them,” she says. “I find the paintings have more life if the reference material is taken from a more natural setting — a back yard, a park. Usually the lighting is better too!” When she’s not creating commissioned painting of other children, her models are her own children, Tessa (age 6) and Bella (age 3).

To inquire about her classes, contact Kimberly and her company Artemisia, LLC, at kcputnam1412@msn.com or 303-748-2188.

Kathy Epperson is a Stapleton resident.

High School Design

(continued from page 6)

Douglas county school districts, the Cherry Creek and Brighton school districts, Air Force Space Command, Pro Rodeo Hall of Fame and the YMCA of Pueblo.

All of the architects initial design drawings can be viewed on the DPS web site: <http://fm.dpsk12.org/highschooldesign.htm>. There is also a comment form on the site on which to express opinions to the selection committee.

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



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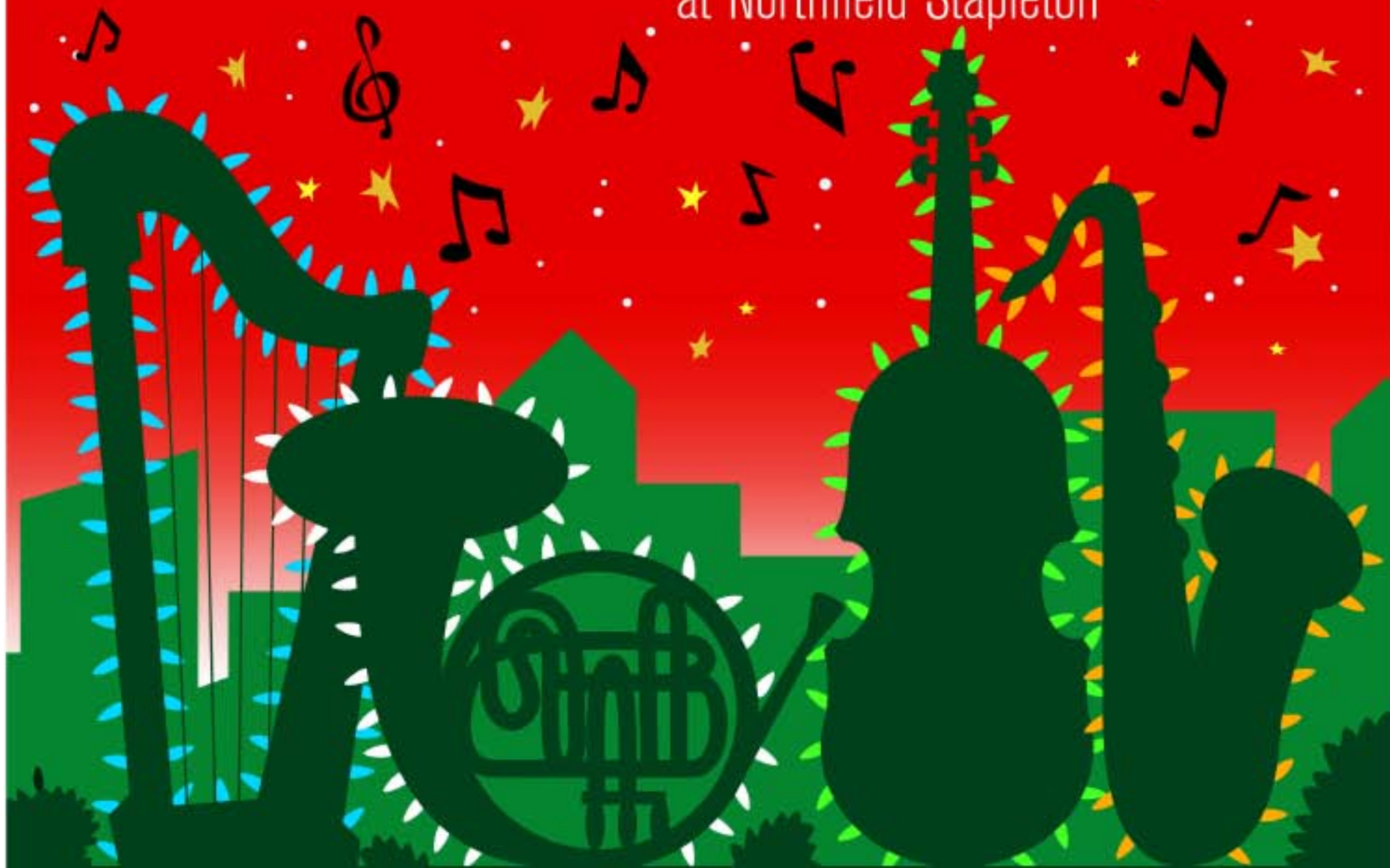
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Real Estate Corner

Information of interest from local real estate professionals


Sellers, Get Your House Sold!

By Holly Reef

In today's competitive real estate market it is important that your house stand out from the competition. With rising inventories and longer marketing time, sellers need to not only price their homes right but to offer an updated home. There are some simple things that a seller can do to make their homes more appealing.

First let us look at the exterior of the home. Curb appeal is very important. Make sure that your yard is free of weeds and that the lawn is mowed. Remove or replace any overgrown or dead plants and shrubs. A few flower pots on the front porch can brighten any home. Touch up any trim including window boxes and fences that may need attention. Of course a fresh coat of paint to the entire exterior may be necessary. And don't forget if you have pets to clean up after them.

Now, let us look inside. Again paint is a great way to freshen up any home. Don't forget the doors, trim and ceilings too. Make sure to test all door knobs and repair and replace any thing broken. Arrange your furniture for flow and



Holly Reef

function. If you are going for a designer look, try moving the furniture away from the walls. Use of area rugs on hard surfaces can warm up any room. Be sure to use lots of candles and fresh flowers to make the home inviting.

Proper lighting is a must, make sure to leave on lights and open all blinds or curtains. Try to put away personal belongings like photographs. Buyers need to see themselves living in your home. Keep closets and cabinets free of clutter. Box up and store seasonal clothing. Basements can always be a problem area. Make sure the lighting is good. Organize boxes and storage areas. Wipe down the furnace and hot water heater, as well as the washer and dryer. Room deodorizers can help with any musty smell.

These simple things can really make a difference and may help sell your house faster. Happy Selling!

Holly Reef is a Broker with Reef Realty at New Avenues Real Estate offices at the Stapleton Town Center. She may be reached at (303) 356-6076.

Forest City Hosts Sustainability Speaker Ray Anderson

On Tuesday, October 17th, Forest City welcomed over 80 of Denver's top business, civic, and nonprofit leaders at the Denver Museum of Nature and Science to hear nationally renowned sustainability speaker Ray Anderson. Denver City Council President and District 11 representative Michael Hancock introduced the speaker.

Ray Anderson, the founder and chairman of Atlanta-based Interface, Inc., spoke on making the business case for sustainability. Interface, the world's largest modular carpet company, has been pursuing sustainable development in its operations, products, facilities, and the way it does business for the past 12 years. According to Anderson, "Sustainability doesn't cost; it saves. Our products are better than they have ever been, our people are engaged and inspired by a sense of higher purpose, and the bottom line shows the results: nearly \$300 million in costs avoided, and more goodwill in the marketplace than we could have imagined."

After reading Paul Hawken's book, *The Ecology of Commerce*, in 1994 Anderson embarked on a mission to make Interface a sustainable corporation by eliminating waste and pioneering processes of sustainable development. He has since written a book,



Denver City Councilman Michael Hancock (left) introduced nationally renowned sustainability speaker Ray Anderson.

Mid-Course Correction: Toward a Sustainable Enterprise: The Interface Model, to help prove to other businesses that they can protect the environment while increasing profits.

Forest City held the event to coincide with the Urban Land Institute's fall meeting. Various Stapleton stakeholders, including Stapleton builders, representatives of the Stapleton Development Corporation, the Stapleton Foundation, the Citizen's Advisory Committee, SUN, and Forest City staff attended the event to learn more about how making sustainable choices is not only the right thing to do, but the smart thing to do for business.

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Active Living Partnership of Greater Stapleton Learning to Live Better with Arthritis

By Alisha Brown

Today, more than 46 million adults in America live with the pain of arthritis. It is associated with activity limitation, work disability, reduced quality of life and high healthcare costs according to the Centers of Disease Control. Currently, there is no cure for arthritis. However, there are ways to treat the effects of the disease.

In a recent Passport to Healthy Living session facilitated by Doctor Tom Maino, a physician at the University Of Colorado Hospital's A.F. Williams Family Medicine Center, residents at and around Stapleton learned of ways to *Live Better with Arthritis*. Dr. Maino spoke specifically about the two most common forms of arthritis, osteoarthritis and rheumatoid arthritis.

Dr. Maino explained that osteoarthritis is most commonly found in the hands, spine, knees and hips. He said that people with osteoarthritis usually have joint pain and stiffness. Regular exercise and a healthy body weight were identified as two of the best ways to control the pain of osteoarthritis. Dr. Maino said, "Exercise increases flexibility, improves blood flow and maintains body weight. And, a healthy body weight puts less pressure on the joints allowing them to better function." Additionally, Dr. Maino said that there are several pain medications that are used to treat osteoarthritis, as well as alternatives such as acupuncture, massage therapy and other integrative medical treatments. Surgical procedures have also been used to treat the disease. Dr. Maino also said, "the success of any treatment

varies and individuals should consult with their physician before beginning any treatment for arthritis."

Dr. Maino went on to explain rheumatoid arthritis as an inflammation of the tissue that surrounds the joints. He said symptoms often begin with tender warm swollen joints and occur symmetrically on both sides of the body. Dr. Maino suggested that exercise and a healthy diet balanced with rest are the best treatments for this form of arthritis. He also said that protecting the joints with splints and/or a hot or cold pack are normal ways to help reduce pain. In addition, Dr. Maino said that medications are often given to those with rheumatoid arthritis, some of which are pain medications while others address the inflammation. Again, participants are strongly encouraged to consult with a physician about their specific symptoms.

The majority of the participants at the session had been diagnosed with one or both of the two most common forms of arthritis. Connie Ollie, a participant in the session said, "The session was very informative and gave those who cannot afford to pay a professional the opportunity to receive a free consultation. It also allowed me to ask question about myths I had heard with regard to curing my arthritis. I really enjoyed the session and appreciated Dr. Maino's willingness to stay late to make certain that he answered all of our questions. I would really like to have him come back to speak with us routinely."

Learning to Live Better with Arthritis was presented by the University of Colorado Hospital's Department of Family Medicine as a free service to the community through the Passport to Healthy Living program. The University of Colorado Hospital will be relocating its A.F. Williams Family Medicine Center to the new Centers for Healthy Living Campus at Stapleton, located on the corner of Martin Luther King and Roslyn Street and will open November 20, 2006. Specialized resources from various departments of the University of Colorado will be made available through the Centers for

(continued on page 15)

Business in the Greater Stapleton Area

By J. Mel Harris

This is the first of many columns that will feature what is going on with the businesses in the Greater Stapleton Area. If you have suggestions of topics you would like to see covered, please let me know.

Greater Stapleton Business Association

What is GSBA? We are an association of businesses in the Stapleton area whose purpose is to support each other and our neighbors by supplying goods and services that range from those for the common everyday to very special occasions. The mission of the group is to foster relationships within businesses in the Stapleton community, while working together to benefit charitable organizations and agendas.

Although we were formed several years ago, the Greater Stapleton Business Association (GSBA) is formalizing membership and is currently conducting its charter membership drive through the end of year. Only businesses that join before the end of year will have the designation of "Charter Member," so don't delay in joining. The annual membership fee is a nominal \$150, which will fund the organization's activities and membership benefits, such as events-based promotion and participation, increased business visibility, and ability to use your membership status in marketing.

In addition to special events that we sponsor or co-sponsor, such as the recent and very successful Recycle-It day, we have monthly informational and networking meetings to foster opportunities and to address issues of mutual interest to area businesses. Future plans include holding members-only educational events. We are currently working on a technology forum event, an evening with the Stapleton VIPs, and a directory of member businesses to be provided as a reference document to the local residences and hotels. Our monthly informational meeting is the third Tuesday of each month from 8 to 9 a.m. in the Stapleton Development Corporation's conference room. Please join us. To find more information about membership, please go to our website at www.stapletonbusiness.com or contact me at jmel@jncd.com or by phone at 303-355-1452.

Support your local businesses!

We residents are blessed by many Stapleton businesses offering a wide variety of products and services. Some are store-front establishments in the 29th Ave Town Center, Quebec Square, Northfield, and (soon) South Central Park Blvd and the Havana Town Center, while others are home-based. We all have many choices of where to purchase goods and services. Some businesses decide to compete on the basis of price, some on the basis of quality, and some on the basis of service. Our members ask that you, as potential customers, give us an opportunity to provide for your needs. Visit us or contact us, letting us know what your requirements are for service, quality, and price. Talk to the managers or owners; we would like to meet your needs if we can. With the start of the fourth-quarter shopping season, this would be a great chance to support your local businesses, which, in turn, will support you, the local neighborhood.

J. Mel Harris is President of the Greater Stapleton Business Association.

Harvard Communities To Build Stapleton's First "Near Zero-Energy" Home

Sustainability has been a major part of the mission for the redevelopment of the former Stapleton Airport since the original Stapleton Green Book. As part of fulfilling the vision of the Green Book, Forest City has pushed builders to increase their residential building quality by initially requiring all homes built in Stapleton to be certified by Built Green Colorado and then, starting in 2006, increasing the energy efficiency standard by requiring all homes to be built to ENERGY STAR standards.

Harvard Communities, one of Stapleton's Urban Estate builders and the builder of the Architect Collection, also has a serious commitment to the concept of sustainability. Harvard has been an ENERGY STAR builder for the last four years, and has been working hard to incorporate more sustainable features into its homes. For the past two years, Harvard has enrolled all of its homes in the Environments for Living Program (EFL), a building science program sponsored by Masco Contractor Services. Harvard is also participating in the U.S. Green Building Council's LEED for Homes pilot project and is currently building a LEED-H demonstration home in Stapleton in Filing 20.

Harvard has just announced that they will be building their first Near Zero-Energy Home in Stapleton in early 2007 as part of their Architect Collection. The home will be their Courtyard plan, and will be located at 3143 Galena Street, in Filing 20.

"To go from the ENERGY STAR and EFL Platinum level, to a home which comes close to achieving zero-energy is a big leap," stated John Keith, president of Harvard Communities. "We like to use the phrase, 'near zero-energy,'" states Keith, because "it is really tough to get to a true zero at this point, but we are on the way." A true zero-energy home would cost close to zero in annual utility bills. The way to achieve a zero-energy home is by creating a home which is super energy efficient and one which generates a significant amount its own energy.

Harvard will be adding additional insulation and tightening the shell of the home in order to increase the energy efficiency, and will be adding the most efficient heat and air conditioning systems on the market. Limiting energy demand through the incorporation of the latest indoor lighting technologies is also a key element in the mix. Finally, Harvard will install approximately 6 kilowatts (KW) of photovoltaics on the home in order to generate electricity,

and will use a solar hot water system. The result of all these building improvements will be a home which uses 75% less

energy than a typical new home that meets code. This level of performance meets the Department of Energy's definition for a zero-energy home. Harvard's calculations show that their near zero-energy home will have energy bills of between \$500 and \$700 per year, versus over \$3,000 per year for a comparable new home built to current code.

Construction costs are higher for a home with this level of performance, but the amount is lower than many might think. Payback should be in ten years or less, depending on the future cost of energy. "Payback on investment is definitely one way to look at it, but there are others measures as well, including the feeling of doing the right thing, reducing the amount of carbon being put into the environment.... basically being part of the solution instead of the problem," noted Keith. Harvard plans to offer additional near

zero-energy homes as part of its Architect Collection over the next year or so.



Rendering of Harvard's "Near Zero-Energy" home.

Zero-Energy Home Forum Nov 15th, 6 - 8 pm

Harvard will discuss their plans and the concepts of Zero-Energy homes. E-mail John Keith at johnk@harvardcommunities.com to get the location, register for the Forum or discuss Harvard's Near Zero-Energy home plans.

Volunteers Needed for COP Shop Community Operated Policing Storefront

The COP Shop is a convenient alternative to the Police Station and other city agencies. COP Shop volunteers can assist you in performing police functions, such as preparing and/or reporting:

- Traffic Accident Reports (non-injury)
- Traffic and Noise Complaints
- Zoning Violations
- Other Non-Criminal Complaints
- Incident Reports
- Graffiti
- Drug and Gang Activity

The COP Shop is also a resource for community information, such as:

- City Agency Information
- Educational Programs
- Denver Police Department Information
- Denver Zoning Code References
- Victims Assistance Information
- Crime Prevention and Safety Tips

The COP Shop, a 100% volunteer organization, is coming soon to Northfield at Stapleton. To volunteer, contact Officer John Sisneros at 720-641-1291. The COP Shop is a partner with the Denver Police to bring policing closer to the people to create safe and friendly neighborhoods.

Arthritis

(continued from page 14)


Healthy Living to provide residents in Stapleton and the surrounding areas with a variety of healthcare services.

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

Alisha Brown is Director, Neighborhood Connections and Healthy Neighborhoods Initiatives for the Stapleton Foundation for Sustainable Urban Communities

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Stapleton’s Neighbor – Rocky Mountain Arsenal

RMA Celebrates Land Expansion

Photo by Dave Showalter



Above: Photo of Lake Ladora at the Arsenal donated by outdoor photographer Dave Showalter that will hang in the future Visitor Center.
Left: (left to right) Secretary of the Interior, Dirk Kempthorne, Senator Wayne Allard, Rep. Mark Udall, and Deputy Assistant Secretary for the U.S. Army, Tad Davis (in the background) during the media walk the morning of the event.

The Rocky Mountain Arsenal National Wildlife Refuge recently grew to 12,000 acres when more than 7,200 acres of Arsenal land, which the Environmental Protection Agency has certified as clean, were formally transferred by officials from the U.S. Army to the U.S. Fish and Wildlife Service. The additional land more than doubled the size of the refuge. The new refuge land is prime wildlife habitat, which is thriving at the Refuge.

October: National Breast Cancer Awareness Month

Zion Temple Church Holds Breast Cancer Forum



By Latrice Norwood
During this past month of October, Zion Temple Church Pastor Robert E. Martin, Jr. and his congregation hosted their 5th Annual Breast Cancer Awareness Forum. The two day forum focused on awareness and education not just for breast cancer but for all forms of cancer. Zion partnered with Congregational Health & Inner City Health to secure funding, education, and resources from the Susan G. Komen Foundation, The Stapleton Foundation, and St. Joseph’s Foundation. The Forum also involved Exempla St. Joseph’s Hospital, which provided a mammogram van to conduct exams on site.

Latrice Norwood is an executive assistant with Forest City Stapleton, Inc.



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Stapleton’s Bluff Lake Nature Center

Sustaining Bluff Lake

By Steve Norris

If you’ve been to Bluff Lake Nature Center, you’ve probably stood on the bluff and looked down at Sand Creek and the lake. You’ve seen water, wetlands, forests and meadows — a vastly different landscape than what you see on the horizon. Bluff Lake is truly an oasis of nature in the middle of busy city life.

Denver acquired Bluff Lake in the 1950s to become part of Stapleton Airport’s buffer. Prior to the airport’s closure in 1995, the City accepted a 20-year obligation to protect and enhance Bluff Lake as an interpretive natural area for public enjoyment. People with a vision started a 501(c)(3) non-profit organization to build upon this great opportunity and quickly created a successful series of natural science programs for elementary school groups.

For the past 12 years, Bluff Lake Nature Center (BLNC) has managed Bluff Lake as an urban wildlife refuge, offered science programs to young urban children and enabled thousands of people to enjoy nature. The City, which owns the land, provides about half of our budget; the rest comes from a typical array of non-profit sources. Bluff Lake’s 123- acre area is part of Stapleton’s open space but receives no revenue from resident property taxes or fees.

Our Board, staff, members, partners and volunteers are looking ahead to sustain Bluff Lake Nature Center beyond the City’s 20-year commitment. Although 2013 is still several years away, we are working hard to build a much longer future.

We’re fortunate that many people living at Stapleton and surrounding communities have visited Bluff Lake and learned firsthand how unique and valuable it is. It’s no surprise that BLNC

will need lots of community support - your support - to continue its successes well into the future. But we know your



Fall colors at Bluff Lake

support must be earned. Our strategy is simple: visit Bluff Lake and become familiar with its programs. If you like what you see, become a member. Take advantage of what Bluff Lake offers. If you value it, find other ways to support BLNC.

Options? Bird walks on the first Saturday of each month. Solo or family nature walks. Fantastic sunsets. Hands-on learning for your child’s school group. Fireside chats in the summer. Special activities. Wonderfully changing seasons. Volunteer projects. Surprises each time you visit. Check it out. And please consider helping us sustain Bluff Lake for years to come.

Steve Norris is the Executive Director of Stapleton’s Bluff Lake Nature Center. He may be reached at snorris@stapletoncorp.com. For more information about Bluff Lake, visit www.blufflakenaturecenter.org.

Speed Trailer Coming Soon to Stapleton

By Angie Malpiede

Speeding in our neighborhoods has become a concern to many Stapleton residents. The Stapleton Master Association and the Stapleton Area Transportation Management Association have teamed up to purchase a “speed trailer” that will alert drivers if they are traveling over the speed limit.

This speed trailer is mobile and will be placed in strategic locations around Stapleton. It will collect data to help the police to combat traffic violations.

Look for more information in the next issue of the *Front Porch*.
Angie Malpiede is the Executive Director of the Stapleton Area Transportation Management Association. She may be reached at 303-393-7700

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Sustainability at Stapleton

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

Recycling Cart Update

By Charlotte Pitt, Denver Recycles/Solid Waste Management

Congratulations to the Stapleton neighborhood for having the highest participation rate in the city's recycling program! Denver Recycles has now successfully completed delivery of the new recycling carts to all of Stapleton.

As a result of the recycling service changes from recycling bins to new recycling carts, Denver Recycles, a division of Solid Waste Management, has received a number of requests from



Stapleton's new recycling carts.

around the City for alley collection of recycling. While Denver Recycles cannot commit to any changes at this time, we are evaluating many areas of the City, including Stapleton, that currently have curb collection to determine if recycling service can be provided in the alley. The primary factors that will be considered in our evaluation are:

- Operator safety
- Resident safety
- Risk of property damage

Below are some of the issues Denver Recycles faces when making the determination about changes to service areas:

1. The City and County of Denver is self insured. When a Solid Waste Management operator gets into an accident, not only is the city financially responsible, but the operators are also held accountable. Solid Waste Management tries to protect their personnel by not asking them to assume unreasonably high risks.
2. Trash is seen as an essential service and must be collected to protect public health. As such, the city assumes a higher risk when offering this service. Unfortunately, the city does not view recycling as an essential service to protect public health and the amount of risk assumed is lower.
3. The new recycling trucks used to collect recyclables in Stapleton are bigger—about 4 feet longer and about 1 foot wider—than the trash trucks. This small variation does make a difference in maneuverability.
4. The trash collection system that operates in Stapleton has two or three people on board each truck who manually load trash into the back of the trucks. The recycling trucks are automated, side loaders and need additional width on the side to allow for collection. If the trash collection truck gets into a tight spot there is always another person who can help guide the truck out. Recycling collection trucks are operated by one person and therefore present more problems in maneuvering through tight spots.

Until a determination is made, recycling collection service will remain at the curb. Residents may set their recycling cart at any curb on their block. If it is more convenient to set your cart on a side street, you may do

so. Please follow the instructions below:

- Carts must be set in the street, with the wheels backed up against the curb.
- Carts must not block access to the alley.
- Carts must not block access to your neighbor's property.
- Carts need to be at least 4 feet apart, and 4 feet from obstructions such as cars.

Once a determination has been made regarding providing service in the alley you will be notified by mail. We anticipate that this decision will be made by the end of the year. If alley collection is

possible your letter will also notify you of a start date for alley service.

Thank you for your continued support of and participation in the Denver Recycles program!

If you have any questions about recycling services, please call Denver's 3-1-1 customer service line available daily, seven days a week, from 6:00 a.m. to 11:00 p.m.

Recycle Your Leaves and Pumpkins!

The City and County of Denver's Solid Waste Management Division will be conducting their annual "LEAFDROP" program again this year for Denver residents. On three consecutive **Sundays** (October 29th, November 5th and November 12th) residents may drop off an unlimited amount of leaves for recycling at one of three locations listed below. Also, there will be two **weekday** (Monday-Friday) drop-off locations where residents can bring their leaves between October 9th and December 4th.

Also, on Sunday, November 5th only, Denver Recycles will be accepting leftover Halloween pumpkins for recycling. *So clean out that Jack-o-lantern and recycle it!*

Please make sure your loads contain leaves only (except on November 5th when pumpkins are accepted). No branches, sticks, trash or other wastes. Anything other than leaves can damage the composting equipment. Leaves dropped off at one of the weekday sites will need to be in tied or secured bags.

Remember to **never sweep your leaves into the street**. This clogs up storm sewers and street sweeper vehicles. Removing yard waste, such as leaves, from our waste stream is important in reducing our impact on the environment. Also, consider recycling your leaves by digging them into your garden, composting them at home, or using a lawn mower to mulch small amounts into your grass.

Don't forget to reclaim your leaves at next year's Treecycle Mulch Giveaway & Leafdrop Compost Sale. Call 720-865-6810 or visit www.DenverGov.org/DenverRecycles after **April 1, 2007** for more details on when and where the Mulch Giveaway & Compost Sale will be held next spring.

Sunday drop-off locations:

When: Sundays only (10 am to 4 pm) on October 29, November 5 & November 12

Where:

Northwest - Sloan's Lake Park (17th Avenue at Sheridan Boulevard)

Southwest - John F. Kennedy High School (Newland Street and Brown Place)

East Central - Cranmer Park (3rd Avenue and Clermont Street)

Weekday drop-off locations (closed weekends):

When: Monday through Friday (7 am to 2:30 pm) October 9 - December 4 (Closed 11/10 & 11/24)

Where:

Havana Nursery - 10450 Smith Road (just south of I-70 on Havana)

Denver Solid Waste Transfer Station - 7300 E. Jewell Avenue (Quebec Street and South Cherry Creek Drive)

DO NOT drop leaves except during the times and dates specified. Leaves left at other times will not be recycled.

Sustainable Thanksgiving Tips

- Purchase your Thanksgiving cooking items in bulk quantities and use the extra for your Christmas, Hanukkah or Kwanzaa menus. This eliminates extra trips to the grocery store and reduces excess packaging.
- Decorate your table by making a centerpiece using an assortment of colorful fruits, vegetables and nuts. Decorate your home with holly, cedar, berries, fruits and nuts – all of which can be composted.
- Make your Thanksgiving meal special by using china, glassware and cloth napkins instead of disposable plates, cups and napkins.
- Need extra tables and chairs? Consider borrowing or renting items that you don't have and would only use occasionally.
- Show your guests where to put recyclables such as aluminum, glass and plastic beverage containers.
- Compost your food waste. Fruits and vegetables are perfect ingredients to add to the compost pile.
- If you are going away from home for the holidays, remember to turn down your thermostat and put lights on timers to save energy!



Save on Energy Bills this Winter

Below are some easy ways you can save energy this fall and winter.

- **Have Your Furnace or Heat Pump Regularly Maintained by a Professional:** Regular furnace maintenance can reduce energy costs between \$18 and \$60 each winter with an 80% efficient furnace in a 1,600 square-foot home.
- **Keep Your Fireplace Damper Closed:** Keep your fireplace damper closed when not in use to prevent up to 5% heat loss. When using the fireplace, turn down your thermostat and open a window near the fireplace to prevent warm air from being pulled from other areas of your house.
- **Use a Programmable Thermostat:** This device can save as much as 20% on heating costs by automatically turning your heating system up or down to coincide with your daily routine. For example, set your thermostat to 60 degrees for the night and while you are away.
- **Keep Your Furnace or Heat Pump Filter Clean:** Replace your furnace filter monthly during the heating season, and you could reduce heating cost by 5%.
- **Open Inside Doors to Improve Air Circulation:** Keep the doors inside your home open to improve air circulation and the efficiency of your heating and cooling systems.
- **Use Ventilation Fans Only As Needed:** Turn off kitchen and bathroom ventilation fans – in an hour, the heated air in your home can be drawn out through an exhaust vent.
- **Use Passive Solar Heating On Sunny Days:** Open drapes on south-facing windows when it is sunny. At night, close drapes to retain heat. Close drapes to provide insulation where windows receive no direct sunlight.
- **Lower Your Thermostat Setting:** Reduce indoor thermostat temperature from 72 to 68 degrees during the heating season to save 5% on heating costs.

Tips from Xcel Energy. For more tips, go to www.xcelenergy.com/docs/corpcomm/60_Ways.pdf.

Stephen Sanderson Photography

Holiday Portraits

Stapleton Residents:
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Parenting Don'ts

Parenting is tough work; there are good days and plain old bad days. And since very few of us are born with the “perfect angel” child, we have to do that 9-letter word, called “parenting.” No matter what your religious beliefs are, we can all agree we were somehow put on this earth to nurture our children. So then why is it so tough?

In working with and getting to know hundreds of children, we'd have to say, maybe, it's not as tough as we make it out to be. Maybe we as parents are just not using our common sense, manners, respect and simple logic to make our parenting job as easy as it could be. And we've come to realize that children actually have a list of “Don'ts”:

1. **Don't spoil me.** I know quite well that I ought not have all that I ask for; I'm only testing you. I know you think you're giving me the world that you couldn't have, but shouldn't I be taught about the real life, and how you actually have to earn things. I really don't want to grow up thinking I deserve things just because...
2. **Don't be afraid to be firm with me.** I actually prefer it; it makes me feel more secure. I get the feeling that you care about me, and that's why you're so serious about some things.
3. **Don't let me form bad habits.** I have to rely on you to detect them in the early stages. Maybe I need a little more help in some areas, but if you don't discipline me about it, I'll think these habits are okay.
4. **Don't correct me in front of others.** If you can help it, I'll take much more notice if you talk quietly with me in private. I know I'm just a kid, but I have feelings and being corrected in public can be pretty embarrassing and not as effective as talking to me privately.
5. **Don't Protect Me From Consequences** – I need to learn the painful way sometimes. In the end, I'll be better off. Life has a lot of lessons and they can't all be pleasant ones.
6. **Don't Nag.** If you do, I shall have to protect myself by appearing deaf. You are a great communicator, so nagging is not really necessary. Refer back to #5 to handle getting me to do those tough things.
7. **Don't forget...**that I can't explain myself as well as I would like. This is why I'm not always very accurate. Give me a little time, I'll figure out what I really feel and I'll try my explanation again.
8. **Don't be Inconsistent.** That completely confuses me and makes me lose faith in you. I somehow have to know where you stand on things, and when you waiver I'm not sure what to think.
9. **Don't put me off when I ask questions.** If you do, you will find that I stop asking and seek answers myself elsewhere. And they might not be the correct answers, and besides shouldn't we be able to talk about anything?
10. **Don't live through my life or make me live through yours.** I'd like to have a chance to be the person I am going to be and though I love you very much, I might not be the person you dreamed I would be.

Parenting isn't a cakewalk, but it doesn't have to be a time of stress either. Realize that you have to be parent first, and out of deep respect and admiration for all that you do, a great friendship will develop. Engage your children in positive life activities, take them to the park, take classes with them, listen to them, and by all means don't “do the don'ts.”

Editor's Note: Mike Giles Family Karate is now open in its new location in Quebec Square at 7505 E. 35th Avenue, across from the United Air Lines Flight Training Center. Call (303) 377-KICK for more information.

Thanksgiving

Thanksgiving is a wonderful time for all things family, including educating our kids. This is the perfect event to talk with your little ones about the importance of giving thanks and helping others. “Cognitive decentering,” which is really just about taking the perspective of others is an incredibly important lifelong lesson, which children learn most from their parents. Compassion and appreciation are just as important lessons as math and reading, yet they are far more teachable within a family, rather than a formalized school setting. For weeks leading up to the big turkey meal, have your kids say what they are thankful for at dinner each night. Then on Thanksgiving itself, have them pick their favorite one for the entire year. Teach them about doing things for others by allowing them to go with you to the grocery store and pick out designated foods to donate to needy families and then deposit them at the donation center or by volunteering at a soup kitchen as a family. Here are some other ideas to make Thanksgiving prep a fun family learning experience:

- Incorporate your kids into the meal planning, including the shopping. They can build writing, planning, fine motor, problem solving and literacy skills if you have them help write the grocery list, and then check items off at the store, scavenger hunt-style.
- Give your children the job of setting the table. It's hard to believe, but it's really a math lesson! They'll need to make sure all guests have the right number of forks, spoons, and knives, improving their counting skills. They can also fold napkins for all guests into fun shapes...voila...geometry.
- Enlist the kids to help in the kitchen. Even small children can mash potatoes, mix salads and help with other dishes. Older kids can measure and pour ingredients and even help baste the turkey with adult supervision. All of these activities help build fine and gross motor skills, team-work and self-regulation.
- Don't forget the post-meal clean up! It's an essential lesson, and it has been a core Montessori method for decades. Talk with them about what kinds of items get saved for leftovers, what is trash and what gets recycled. Have them make the decisions as they clean up.
- Parents have hundreds of these “teachable moment” opportunities everyday with their kids. Some are obvious, and some take a bit of explanation. Now, thanks to incredible research and efforts by Civitas, the Ad Council and United Way of America, these Born Learning techniques are available to parents in simple forms. Nationally, they are promoting the Born Learning concept through public service announcements and a wonderful Web site: bornlearning.org. Here in Colorado, Mile High United Way, Anna Jo Haynes of Mile High Montessori, the Children's Museum and others have partnered to spread the Born Learning concept in our community. Please look for more ideas in future articles or ask us about Born Learning when you visit the Children's Museum.

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

The UPS Store

Shipping gifts can add anxiety to the holiday season. The thought of waiting in long lines or figuring out how to package up that odd-shaped toy is enough to turn anyone into The Grinch. But Mark Russ, manager of The UPS Store in Stapleton's Quebec Square, makes it an easy and efficient experience.

“To better serve our customers during the high volume times, we add staff during the holiday season to help avoid long lines and wait times, and we go to extended hours for the last part of

December.” Mark encourages customers to ship packages early and to take advantage of air and 3-day Select options to guarantee desired delivery.

The UPS Store offers a wide variety of packaging materials, and Mark and his staff will check that each shipment is properly packaged and will repackage if necessary. “To save time,” Mark advises, “you might want to bring your items unboxed and have them packaged by our experts.”

Though The UPS Store is primarily a shipping center for UPS, they also serve a wide variety of business needs such as printing, computer time rental, laminating, office supplies, faxing, and rental of full-service mailboxes.



Mark Russ shows packaging options offered by the UPS Store

While Mark and his wife Robin, who helps out with the business, do not live in Stapleton, they have family who has lived in the area for years. “With the restructuring of the airport into a thriving urban community, we knew we wanted to be involved in its growth,” Mark says. “After managing the store for 3 years, I have really had time to get to know the area and the great people who live here.”

The UPS Store is located at 3700 Quebec Street #100, in the same building with Panera Bread Company and SportsClips. Phone is 303-996-5660. Regular hours are 8:30am-6:30pm Monday-Friday and 9:00am-5:00pm Saturday.

Need help to get through the holidays?



Henry Platter, manager of the Grape Leaf, holds one of their holiday gift baskets.

Grape Leaf

Giving the gift of a nice bottle of wine or other alcoholic beverage is easy with a quick stop at the Grape Leaf, located in the 29th Ave. Town Center. Owned by Gulrez Malik and managed by Henry Platter, the Grape Leaf sells a variety of wines, beers and liquors and is marking its second anniversary this Christmas.

Henry invites customers to check out their pre-designed holiday baskets of wine and other beverages ranging in price from about \$20 to \$40, or come in and customize your own gift basket. With 15 years in the industry, Henry can help you pick out just the right gift this holiday season.

The Grape Leaf is located at 7340 E. 29th Ave. Hours are Monday through Thursday from 10:00am-10:00pm and Fridays and Saturdays from 10:00am-11:00pm. Closed on Sundays. Phone 720-941-7117.



Pet Behavior Problems

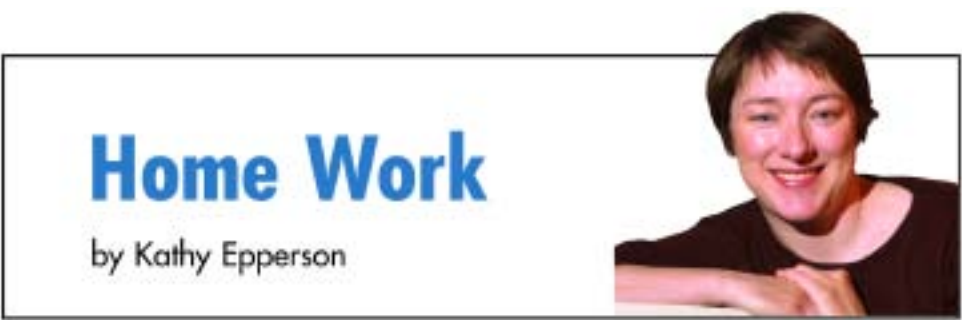
Do you have a puppy or kitten with endless energy that bites, chews, scratches and jumps? It is easy to allow animals to misbehave when they are small and cute but when they are full-sized, cute behaviors can become problem behaviors. Undesirable behaviors will worsen if not corrected at a young age. Young animals are impressionable and eager to learn, so it is easier to teach them right from wrong, before they get accustomed to doing the “wrong” thing. The same training techniques apply to older animals, but more patience is needed because learned behaviors that have been occurring for long periods of time are more difficult to break. With young pets we are training them before they get accustomed to doing the “wrong” thing.

Common misbehaviors in dogs are chewing, rough play and biting. Chewing is a natural behavior for dogs. Be sure to provide appropriate chew toys for the size and breed of dog. If you catch them chewing on something inappropriate such as your couch or favorite slipper use a verbal command, “Ahh! Ahh!” and clap to distract them. Redirect with something appropriate and then reward them. Rough play and biting are other common problem with puppies. Refrain from rough housing with puppies. If your puppy becomes overly excited and aggressive, let out a loud “yelp!” or “ouch!” to let them know you are hurt. Again, redirect the behavior with something appropriate and then reward them. Sometimes verbal correction isn’t sufficient so you can combine the correction with a squirt to the face with a water bottle. Consistency is key with young animals.

Scratching is a natural behavior in cats, it is their way of exercising and marking territory. A scratching post should be provided so they don’t choose a piece of furniture such as your couch. The post should be at least tall enough for the cat to stand up, stretch and grasp when full grown. Usually two feet and higher is appropriate. Encourage your cat to use the post by sprinkling it with some cat nip or drag a favorite string toy across it. If you observe him scratching it on his own, reward with treats and petting. Rough play and biting is also common with young cats. The techniques described above often work with kittens but if those methods aren’t working you can stop the activity and give them a time out. Walk away for 30 seconds and then go back and try again.

Always make sure to provide lots of rewards and praise when your pet plays appropriately. Remember, training takes time and patience.

This article was written by Jessica Lovato, a Certified Veterinary Technician working with Dr. Michele Smith at the 29th Avenue Animal Hospital in the 29th Avenue Town Center. Jessica specializes in behavioral training to solve pet problems. She can be reached at jlovato@29thanimalhospital.com.



Turnkey Businesses

For some, the idea of starting a business might conjure up notions of working long hours and requiring a driven, risk-embracing personality. But, as with most things in life, there is something for everyone. This month I profile two Stapleton women who are taking advantage of the flexibility, established plan and low risk of turnkey businesses. I spoke with Susan Patriarca who represents Arbonne International, a line of premium skincare products, and Tammy Rudolph, who represents the Silpada Designs line of jewelry.

Susan Patriarca, Arbonne

Susan started with Arbonne in July of 2006 after her sister raved about their products. When Susan heard the business opportunity side of Arbonne and that their friend had done well enough with Arbonne to replace her day job income, she took notice. “I was working a full-time job in the roller coaster world of telecommunications and had been reading books that promoted ways to get out of the rat race,” she says. “I decided to launch my business with Arbonne because I knew I could work it alongside my day job, start it with very minimal risk, follow the system that’s in place, get a return on investment in less than one year and



Selling Arbonne products provides Susan Patriarca with a business she can run from home with flexible hours.

help other people get out of the rat race all while sharing an amazing product line.”

Established in the United States in 1980, Arbonne International offers a complete line of botanically-based, dermatologist-tested skincare products that contain no mineral oils and are formulated without dyes, chemical fragrances or animal products. Susan likes

that the products help counteract the effects of our dry Colorado weather. She also appreciates the strong support network with the company and that the 10-15 hours per weeks she puts into Arbonne can be flexibly scheduled around her current job. “I am not interested in starting a business that owns you — it owns your time, your money, your energy,” she says. “With Arbonne, I truly do own my own business and work it as it fits into my lifestyle.”

For questions about Arbonne, contact Susan at 720-339-4778 or visit her website at www.NoRegrets.MyArbonne.com. Susan is also hosting an informational meeting with a fellow Arbonne rep on November 9th from 7:00-8:30pm in a conference room at the Double Tree Hotel at the corner of Quebec and Martin Luther King, Jr. Blvd.

Tammy Rudolph, Silpada Designs

Also new to her turnkey business is Tammy Rudolph, who had previously worked as a parole officer before giving birth to her second daughter a year ago. “My neighbor and good friend met a Silpada Designs jewelry rep by chance one day,” she says. “My friend thought it sounded perfect for me as she knew I wanted to work a business while staying home with my kids.” Tammy did research on Silpada Designs, met with a representative and attended a jewelry party to see how the business operated and how women reacted to the product. “I became involved with it because of the extra income I can earn and the freedom to choose when and how much I work.”

Tammy already loved jewelry and was impressed with the quality of Silpada’s products. “The first thing that attracted me was the product,” she says. “It is high quality sterling silver, not costume jewelry. It is hand crafted with great detail. I am not a natural sales person and could never sell something unless I loved it.” Tammy earns her income by showcasing and selling the line at casual parties hosted in the homes of friends and those interested in the jewelry. Like in Susan’s Arbonne business, Tammy does not stock inventory except her samples and customers order the product directly with the company.



Tammy Rudolph shows her “turnkey business” product, Silpada jewelry.

While Susan and Tammy are new to their businesses, they both report good initial success. They credit part of their success with believing in the products and companies they represent. For anyone considering starting a turnkey business, Tammy advises “You need to choose a company that can help you be successful, has a well-made product that people want to buy, and that can offer you support. You want to know they have good customer service so that you can provide that to your customers.”

To inquire about Silpada Jewelry Designs, contact Tammy at 720-341-4235, email at trudolph2@yahoo.com or visit online at www.mysilpada.com/tammy.rudolph.

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

Amore Fiori

Michelle Stefanon brought a little piece of Italy to Stapleton when she created her Amore Fiori Flowers and Gifts shop in the 29th Ave. Town Center. After working for 13 years in the insurance industry, Michelle was on a trip to Rome with her future husband Casey Carey when she was inspired to make a change in her career. “I was really moved

by the way that Italians and Europeans live their lives,” she says, “and they live it so differently compared to us with regard to their family and work.” Her experience during this trip made her decide to seek work she really felt passionate about.

Returning home to the Denver, she decided that her love of flowers and design was a good starting point. She attended a Denver floral design school, and then found work at the floral shop in the Adam’s Mark Hotel downtown. She later worked for a smaller mom-and-pop floral shop to learn how to operate a smaller scale business. “The way



Michelle Stefanon displays products at Amore Fiori.

things just kept happening, I realized it was the right thing to do.”

It was during a trip to the Stapleton Visitor’s Center that she landed on the idea of opening her own shop in the Town Center. “It was exactly what I was looking for, someplace that had a real community feel to it.” She opened in January 2004, the first retailer in the Town Center. Now with many other businesses open plus the traffic in the area for lunch at neighboring restaurants, Amore Fiori is thriving. Michelle’s husband Casey has been supportive and helps her handle the accounting side of her business.

Michelle’s experience in Rome is with her every day in her Amore Fiori shop. “I was sitting in the Campo de’ Fiori piazza and looking at the beauty of the city and the flowers,” she says. “We designed the shop to look like Campo de’ Fiori. There’s just something about it that changed my life.”

Amore Fiori is located at 7353 E. 29th Ave. and is open 9:00am-6:00pm Monday-Saturday. Call 303-333-3848, or visit online at www.amore-fiori.com. Michelle is offering a 15% discount on all Thanksgiving orders of flowers, gift baskets and centerpieces received by Nov. 13. She is also holding an open house Friday, Nov. 11 from 4:00-8:00pm and Saturday, November 12 from 9:00am-6:00pm in the lobby of the Forest City office next door. The open house will feature all of their holiday décor and arrangements, and treats and refreshments will be served. Discounts will be offered in the store during the open house.



The SUN Spot
The *independent* voice of Stapleton
Brought to you by Stapleton United Neighbors
To reach SUN, please email stapletonneighbors@msn.com

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

For the holiday months of November and December,
SUN will meet once on November 30 at 7pm
in the Stapleton Development Corporation
Large Conference Room
3rd Floor, 7350 E. 29th Ave.

Tutors Needed for Westerly Creek Grades 4-7

by Bernard Douthit, SUN Board Member

Ever have a little trouble getting over the hump in a tough academic subject? Volunteer tutors are needed for a new tutoring program being organized by Westerly Creek. This program is also sponsored by the Stapleton Foundation and SUN, and is focused on improving student achievement levels in grades 4-7. The current plan is to begin with two 6-week tutoring sessions. The first session is due to begin in mid-November and continue through the end of the fall semester, while the second session is due to start in early January and run through mid-February.

Approximately 20 volunteers are needed for each 6-week session to tutor for about an hour between 9 a.m. and 12 p.m. on Saturday mornings in mathematics, reading or writing. Each session will be held at the Bill Roberts building.

This tutoring program is a very important educational initiative in our community, and volunteers are key to its success. Training will be provided on Saturday, November 4th, at 9am at the Bill Roberts Building. Weekly sessions should begin the following Saturday or the one thereafter. If you are interested in volunteering, please contact Bernard Douthit at 303-355-3324 or Bernard.Douthit@trizetto.com.

Election Day is Tuesday, November 7!!!

by Mark Mehringer, SUN Board Member

Now that the calendar has flipped to November, it is too late to ask to have an absentee ballot mailed to you. The following options for voting, however, remain:

Early Voting - You can still avoid Election Day lines by voting early at a Denver Early Vote Center. The Early Vote Center closest to Stapleton is the Montclair Recreation Center at 729 Ulster Way, near Lowry.

Election Day - On Tuesday, November 7 from 7am to 7pm you can vote at any of the over 50 Vote Centers throughout Denver (just remember lucky 7-7-7). The closest Vote Center for Stapleton residents is Westerly Creek Elementary School at 8800 E. 28th Ave.

A list of all Vote Centers, including Early Vote Centers, can be found on the City and County of Denver website at www.DenverGov.org/elections.

Block Captain's Corner: Tips for a Successful Block Party

by Tracy Perez, SUN Outreach Committee Member

While SUN sponsors Block Party Day once a year, any time is a great time to hold a block party! Here are some pointers for great block parties:

Recruit help! Don't try to do it all by yourself. Appoint committees or ask for volunteers. You can break duties into categories: Invitations, RSVP Collection, Obtaining Permits, Donation Requests, Supply Purchasing, Entertainment, Set-Up Crew, Clean-Up Crew.

Paper invitations are a great idea instead of e-mail invites. Hard copy invitations give people something tangible to return with their payment (if you're charging for things like permits or supplies) as well as a reminder about the event. Plus, if you don't have everyone's e-mail addresses, or there are people on your block without e-mail, an invitation sent via e-mail will exclude some folks. Get creative! You can include photos from your last block gathering and have a tear-off sheet for RSVPs.

Many enterprising folks in Stapleton are business owners. These neighbors may wish to "sponsor" portions of your block party. Some ideas for sponsorship include paying for entertainment (face painter, balloon artist, rental of bouncy castles), beverages, food or a tent. To give the business owners credit for their sponsorship, you can acknowledge them in your invitation and/or with a sign at your event.

Make sure the entertainment is geared towards your audience. If you have lots of young kids on your block, face painters, balloon artists, magicians and clowns go over really well. More interactive games like 3-legged races can be lots of fun for older kids. Discover hidden "talents" on your block – you never know where the newest garage band or juggler will come from!

Invite police officers and fire fighters from our local precincts. They love to meet folks in the community and build relationships during fun events. If there are no other block parties going on that day, you could potentially receive a little more attention from our men and women in blue. And the kids really love having a fire engine pull up onto their block. Be prepared for fire fighters and/or police officers to make a quick exit, though, if they get called away on an emergency.

Provide name tags and markers – even if your block has been occupied for a while, there will always be new people moving in who don't know everyone. This will help avoid the embarrassment of forgetting someone's name.

Having someone in charge of set-up and clean-up will help reduce stress on the day of the party. That person doesn't necessarily need to do the whole job themselves, just make sure that they can recruit others to help set up and clean up.

If your party is supposed to be outdoors, always have a back-up plan for weather – we all know how unpredictable the weather can be in Colorado. One idea is to open up garages on an alley and have people "party hop" between garages.

The whole point of a block gathering is to have fun, get to know each other a little better and foster community spirit. It's a great way to start traditions and build relationships. If you have questions about how to organize a block party, you may contact Tracy Perez at trcperez@hotmail.com.

Views on the Str

What is your favorite place to take out of town guests?



Steve & Cindy Jenkins

Rachel, age 10

We take people to see Red Rocks Park and the view of Denver from there. The Visitor Center shows the history of when it was built and groups that have performed there.



Andre and Tammy Rudolph

O'Neil, age 4 and Greycen, age 1

For a day trip we'd take guests to Vail Village and hang out there. For dinner in Denver I'd take guests to Elways or Capitol Grill in Larimer Square. Their food and service are great. Then we'd go to Cherry Creek Mall.

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



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Meet



Jeremy & Ashley McCollum

Casey, age 4, and Amelia, age 2 1/2

We would probably take guests to Pearl Street in Boulder. It's got some great shops. It also has a lot of cool street performers and live music a lot of the time. They have a place for the kids to play and they've got some water features that are cool. There are some good bookstores, The Kite Store, and lots of good little shopping places for both men and women. And there are good restaurants – we like to go to the Cheesecake Factory and BJ's.



Evan and Tyler Fauerbach

For dinner we'd go to the Coral Room. For a day outing we'd go to Grand Lake in the summer and to Vail in the winter for skiing. We'd take people downtown, to LoDo, and to a baseball game.

Chakradhar Kotaru and Susan Kotake

Ravi, age 5

For a weekend trip we'd go to Aspen to hike and see Maroon Bells. In Denver we'd go to the aquarium, the zoo and the Museum of Nature and Science. For dinner we'd go to the Barolo Grill on 6th Avenue.



M.C.A. News



Being Involved in Your Community

Community Governance

The Stapleton Master Community Association was formed through Colorado state statute as the means to govern the operation and management of the community as well as provide for the successful transition from developer controlled community to an owner-controlled community. All communities in Colorado, big or small, that involve common interest elements are formed under the same Colorado Common Interest Ownership Act (CCIOA). Under the CCIOA, all owners within the community are represented by the Master



Keven Burnett

Community Association and it is the organization that is specifically designed to facilitate communication and dialogue between developer and owners throughout the development process.

Board of Directors

The Stapleton MCA board of directors has been initially set at three (3) members who are all appointed by the developer, Forest City. As property transfers to individual ownership the board will transition from three appointed members to four elected members and a single appointed member. The role of the Stapleton MCA board of directors is to set and oversee the collection and allocation of community assessments. The focus of the board is to create a sense of community through comprehensive programs, events and facility maintenance.

Covenant Controls

Many common interest communities in the state of Colorado involve the creation of covenants, conditions and restrictions (CC&Rs) that are created by the developer and mandated to the owners through the acquisition of individual property. Stapleton

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Greenbuild (continued from page 4) new rating system builds on the incredible success of the existing LEED rating systems for commercial buildings, and addresses the unique needs of the home building market. The final version of LEED for Homes is scheduled to be released publicly in 2007. During Greenbuild, Stapleton will be

featured on one of the conference tours, showcasing the progress that has been made in developing one of the nation's premier new urban communities to building industry professionals from around the country and around the world. For more information on Greenbuild, visit www.greenbuildexpo.org.

provides for a more progressive model in which the initial CC&Rs are few and the community, through the board of directors, has the ability to add additional covenants, conditions and restrictions as warranted based on growth within the community. This approach, however, is only successful when owners take interest in how their community is governed and managed.

District Delegates

November is the month that Stapleton residents elect district delegates to serve as their voice to the Stapleton MCA Board of Directors. Not only does this delegate group ratify annual budgets and elect "Non-Appointed" directors, they also serve as the primary advisory committee to the board. This allows for the greatest amount of discussion and dialogue between owners and the developer. Owners may send their comments directly to their district delegate by emailing them at delegates@stapletoncommunity.com.

Meetings & Ballots

Each household should have received an

official notice and mail in ballot for this year's annual members meeting scheduled for November 1, 2006. This meeting is scheduled to take place at 6:30 p.m. at the William R. Roberts School at Westerly Creek (2100 Akron Way). If you have not received one or misplaced your ballot, you can request one from the Stapleton MCA office at 303-388-0724 or log on to one of the two community websites www.stapletononline.com or www.stapletoncommunity.com. It is critical for us to receive an amount of ballots that constitutes a quorum in each of the six (6) delegate districts in order to have a valid election.

Questions & Concerns

Most questions concerning Stapleton as a community can be answered through one of the two community websites listed above. All other questions and concerns can be directed to the Stapleton MCA Executive Director, Keven Burnett by calling the MCA office at 303-388-0724 or by email at kburnett@stapletoncommunity.com

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Stapleton Residents Make Meals Easy With Sassy Suppers

By Kathy Epperson

Stapleton residents Larry and Allison Saltzer have become experts at maximizing the potential of their A&L Foods business. After a successful career in finance, Larry decided to use his business skills, previous chef experience, and his passion for food to create a new food oriented business. “After many dinner parties with friends encouraging me to DO SOMETHING with my cooking expertise,” Larry says, “I decided to finally listen.” In 2004, Larry and Allison started A&L Foods and have been selling their pasta and deli salads to local grocery stores under the Willow Tree brand.

They subsequently launched Howlin’ Good Food, a pet treat company that makes and distributes “The Sauce Dogs Ask For By Name” ®, a sauce that’s poured over your dog’s food and comes in four all-natural flavors, BARK-b-que®, ARFredo®, HOWLIN’daise® and WOOFtshire® (available at the 29th Avenue Animal Hospital and Chewy’s).

With the first two businesses up and running successfully, Larry and Allison decided to leverage their food industry expertise and commercial kitchen setup by offering a meal preparation and delivery service called Sassy Suppers. “So many of my friends and neighbors would really stress about dinner every night for their families, and I realized how spoiled I was to have married a chef!” says Allison, who does marketing for their businesses in addition to working as a District Marketing Manager for Microsoft. “They would say ‘if only I had a Larry!’” Sassy Suppers meals serve at least a family of four and are all priced between \$20-\$42 depending on the ingredients. Clients log on to the Sassy Suppers website and order meals 48 hours in advance. Dinners are delivered to clients’ front doors in insulated packaging and can be refrigerated for 3 days or frozen.



Above: Allison and Larry Saltzer show one of their home delivered dinners from Sassy Suppers. Below: Howlin’ Good Food, which produces sauces to pour over pet food, is another of Allison and Larry’s businesses.



Working together on launching new businesses has been almost a hobby for Larry and Allison, who also keep busy with their newborn son Skyler. “Some people play tennis – we launch businesses!” Allison jokes. “Feedback has been wonderful so far,” says Larry. “In fact, our next door neighbors are our best customers since they know the quality of the food after having eaten dinner at our home so many times — and always asking for leftovers!”

Visit Sassy Suppers online at www.SassySuppersDelivered.com. Meals can be ordered by families throughout Stapleton, and Larry and Allison plan to expand service to Lowry and Park Hill soon. Check out their online gift certificates to email to friends who have recently had a baby or need extra help preparing meals.

Eating for Health

By Elizabeth Yarnell

We all want to put healthy meals made from fresh ingredients on the table for our family every night, but let’s face it: sometimes life is simply too crazy to get to the grocery store in a timely fashion. I admit that there have been times when as long as 3 weeks have passed before I’ve shopped for fresh produce, as terrible as that sounds.

Even more frequently, I find myself scrambling at 5pm to figure out what I’m going to feed the kids by 6:00 before they completely melt down and my husband ends up foraging for cheese. Between pre-school and activities, my own work and exercise, and the endless household chores, I often qualify as a “last-minute mom” when it comes to thinking about dinner.

Luckily, with a little know-how and a well-stocked freezer and pantry, I can still throw together a nutritious and delicious one-pot meal without a lot of effort or forethought.

Here’s an easy recipe that doesn’t require anything to be fresh except the onions. It’s perfect for those times when there just aren’t enough hours in the day to get everything done. Keep it healthy with low-sodium or organic versions of the canned items, and rinse the beans well to remove any unwanted preservatives. Don’t be afraid to use frozen spinach as it is not part of the recent recall of contaminated leaves.

And, of course, if you have the fresh versions of these items around, by all means use those instead!



Santa Fe Chicken

- Serves 4
- Ingredients
- 2 15 oz. cans black beans, drained & rinsed
 - 2 green onions or 1/2 yellow or white onion, sliced and halved
 - 4 pieces frozen boneless chicken, separated (not frozen together in one big block)
 - 2 8 oz. cans diced green chiles or 8-12 Tbsp. prepared salsa
 - 8-12 oz. frozen spinach leaves (not the block of frozen spinach but out of a bag)
 - 2 15 oz. cans corn kernels, drained, or 2 cups frozen corn kernels
 - 1 28 oz. can tomatoes, diced, drained, or 8-10 tomatoes, chopped
 - 2 6 oz. cans black California olives, drained and sliced

Instructions

Preheat oven to 450 degrees. Spray inside of 3 1/2 or 4-quart cast iron Dutch oven and lid with canola oil.

Open cans of beans, drain and rinse well. Pour in a layer across bottom of pot.

Slice green onion into rings or regular onion into crescents and arrange on bean layer. Rinse chicken and arrange on top of onions. If using chiles, blanket the chicken with them. If using salsa, spoon over the chicken, using as much or as little according to taste. Add bell peppers, corn, tomatoes and olives in layers.

Cover and bake for 48 minutes or until the aroma wafts from the oven.

NOTES: This is a great meal to make when you don’t have any fresh vegetables in the house. Stock up on the canned or frozen ingredients and you’ll be able to whip up this southwestern staple in a jiffy.

Be sure to drain all cans well, refill with fresh water and drain again to remove extra preservatives and sodium.

Elizabeth Yarnell is a Certified Nutritional Consultant, inventor and author of *Glorious One-Pot Meals: A new quick and healthy approach to Dutch oven cooking. Glorious One-Pot Meals use a patented method of cooking easy, delicious and nutritious meals all in one pot (US patent 6,846,504). See GloriousOnePotMeals.com for more information on Elizabeth’s unique cooking technique. Elizabeth and her husband live in Stapleton with their 2 preschoolers. Stapleton residents can receive a 10% neighbor discount on Elizabeth’s cookbook and Dutch ovens by contacting Elizabeth at 303-830-2665 or Elizabeth@GloriousOnePotMeals.com.*

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Denver’s Cow Parade Rounded Up to Graze at Stapleton



By John Chambers

No more petting, hugging or posing for photos - Stapleton’s life-size, fiberglass bovines have gone back to the barn. Deemed the world’s largest public art display, CowParade Denver 2006 positioned 100 cows around the city this summer. Almost all of them grazed in Stapleton for 10 days in late October and it is not too late to take one home. The cows were rounded up by area producer Creative Strategies Group so about 75 artists could touch up their creations before they are bid on at two charity auctions in November.

“We obviously want the cows in prime condition and looking their very best,” said Jeannie McFarland Johnson, media and marketing director for Creative Strategies Group. “Some of the cows have been loved to death. There are a lot of scuff marks on the cows and you can tell that people have been climbing on them. So you know, we’ve had some repair work throughout the summer but I think for the most part, people enjoy looking and talking and being next to the cows.”

Some of Denver’s herd has been sold. About half of those left will be auctioned off from 6 to 10 p.m. Nov. 16 at the National Western Stock Show Stadium. The remainder will be auctioned online Nov. 17 through December.

All proceeds will go to nonprofits, 90 percent benefiting the Denver Zoo, Children’s Museum of Denver, Cherry Creek Arts Festival and Eagle Fund of the Denver Foundation. CowParade sponsors select other charities to receive the rest.

“This is our opportunity to come together and support our community in a very fun and whimsical way,” McFarland Johnson said. “Generally, the bidders are individuals who have developed some sort of attraction to a cow. This is a high-end piece of art that people can put in their home and enjoy for the rest of their lives.”

The Denver cows were expected to draw one million visitors, McFarland Johnson said. “I was surprised how dedicated people are to the cows, going and checking off all the cows they’ve seen,” she said. “Obviously, the public has embraced CowParade and they find it very fun and very amusing. It’s so wonderful to walk by and see spontaneous smiles burst on people’s faces when they see these cows.”

Forest City Stapleton Inc., Stapleton’s developer, contributed \$100,000 toward CowParade Denver to sponsor 10 cows that grazed in the community



All 100 of the Cow Parade cows were brought to Stapleton in late October.

beginning in July.

CowParade has been in more than 35 cities and is organized through Connecticut-based CowParade Holdings Corporation. CowParade is now in Brazil through December. More information is at www.Cowparade.com. Details about Denver’s cow auction are at Denver.Cowparade.com.

Sarah Susanka (continued from page 9)

As our readers consider remodeling projects, how do you advise striking a balance between our desire for open space with what you call ‘away space’?

We need both. Houses don’t fit us very well when we go to one end of the spectrum or the other. We either make all private spaces – the house that’s got a door between every room – or we go to wide-open plans where you’re hard-pressed to find a door anywhere. The in-betweens, for example, can be an alcove off a family room space where you don’t have to be participating in what’s going on in the family room, but you’re close by. You could have what I call an ‘away room’, so that you can isolate kids’ noise, but you can still have adults close enough for supervision. And the kids, especially young kids, prefer it that way because they don’t like to be too far away from parents. There are some real benefits to that structure — you don’t end up having kids either underfoot all the time or the kids isolated somewhere where you don’t know where they are.

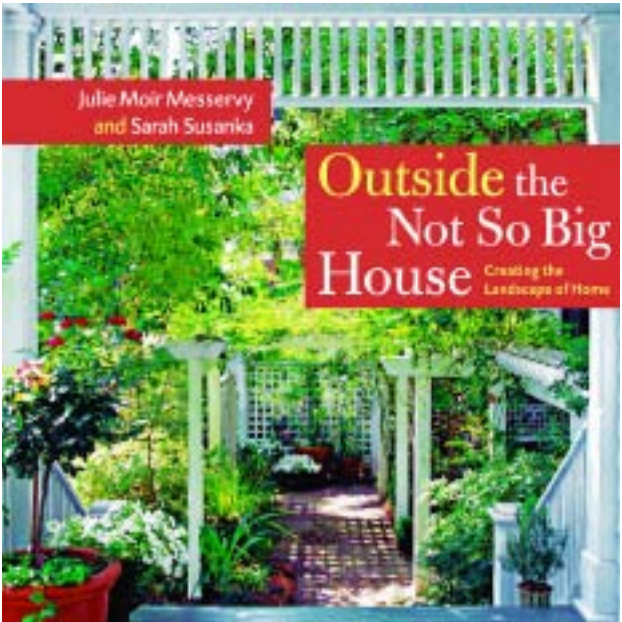
In your books, you often reference architecture and design solutions from other countries, particularly Japan, where available land is scarce and expensive. What ideas can we take from other cultures and apply to our own homes in a city like Denver that doesn’t have those same constraints?

The thing that I learned the most, particularly from Japanese architecture, is the idea of making one space do more than one thing. It has a huge impact if you really take it to heart. A lot of rooms we use only for a small portion of the day, or sometimes we use a room only occasionally. So those types of spaces can be used for other functions. Know that this idea of doing double duty is important to employ before you start adding on. My experience tells me that there’s almost always a lot more space resources in your existing house.

I know you’re active in the new urbanism or traditional neighborhood design realm. Do you find that people are catching on well or do you think we’ve still got a lot of lessons to learn?

I think that we still have a lot of lessons, absolutely. But the ideas and the good examples are multiplying. So it’s easier for me now to point people in a direction where they can go and actually see a community and decide if they want to move there. A few years ago, that was very difficult.

You’ve co-written a book with landscape designer Julie Moir Meservy about small garden design and integrating outdoor and indoor space. In an area like Stapleton where gardens tend to be fairly small, how do you



recommend making the most of this outdoor space?

It’s really not about the scale. It’s about thinking about your home as extending all the way to the property line and beyond, because your neighborhood becomes part of your home. So that book has a lot of really good suggestions for how to think about the relationship between the house and its site. And rather than enumerate all those things, I think I’d rather point people to that book.

I see you’re coming out with a new book in May of 2007 called *The Not So Big Life*. Can you tell me about this and what inspired you to write it?

This is really about another layer of how we go about living our lives. In

The Not So Big House series, I’m really trying to help people understand how to use space differently, so that you can make less space do more for you. Well, in just the same way, we are accumulating lots of stuff, and we’re incredibly busy, and we’re trying to get ahead in our careers, and there is still that sense of ‘I’m missing something’ in a lot of peoples’ lives. *The Not So Big Life* is about is how to engage your life in a way that makes it really satisfying as opposed to feeling like you’re trying to get somewhere or the good stuff is somewhere else.

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Above: Fireworks and a laser light show kicked off the opening of the Northfield Regional Mall on Thursday, October 26.

Right: Shoppers braved the cold to find opening day bargains while **(below left)** Kirsten Dallas, a visual merchandiser for Forever 21, finishes preparations for opening.

Below center: Brian Levitt and Mark Peternell of Forest City hold the USGBC award for Main Street at Northfield. **Below:** The local residents selected as the "Faces of Stapleton" are introduced to the crowd.



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- Starbucks
- The Coral Room
- Udi's Bread Bistro

HEALTH & BEAUTY

- A Wild Smile Pediatric Dentistry
- Curves
- Denver Dermatology Consultants, P.C.
- Fantastic Sams
- Phoenix Yoga Studio
- Town Center Dentistry & Orthodontics
- 29th Avenue Animal Hospital

SERVICES

- Bank of the West
- FirstBank
- PostNet
- Stapleton Visitor Center
- Town Center Environmentally Friendly Cleaners
- U.S. Bank (in King Soopers)

MISC. RETAIL/CARDS & GIFTS

- Amore Fiori Flowers and Gifts
- Art & Framing at Stapleton
- King Soopers Gasoline
- Miss Talulah's
- Simon Says Read
- The Grape Leaf
- U-Sham-Pooch

REAL ESTATE SERVICES

- Infinity Home Collection
- New Avenues Real Estate
- Town Center Apartments

GROCERY/DRUG STORE

- King Soopers
- Walgreens



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