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. See page 24 for more photos of the event.

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

Second Tuesday
New Resident Orientation Meeting
[Call Jennifer 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
Westerry Creek PTA Meeting 6:30 - 7:30pm
Westerry Creek Elementary School
[Westerry 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]

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
Westerry Creek Open House
Early Childhood Education and Kindergarten 7pm
Westerry Creek Primary Bldg Gym
[Stapleton Development Corp 303.393.7700]

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 11am - 5pm
Karen Pardue 303-355-6168

Sunday, Dec 3rd
Holiday Festival
Founders’ Green 3-5pm
Town Center Lights 5 - 5:50pm
[Wild Iris 720-529-9991]

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

First Saturday
Bluff Lake Birders
Bluff Lake Nature Center 7 – 9am
[BluffLakeNatureCenter.org
303.468.3240]

Second Saturday
NE Denver/Park Hill MS Self-Help and Peer Support Group
Pauline Robinson Library
1015 S 111th Ave
5575 E 33rd Avenue
[Paula Sussman 303.813.6691]

Submit Your Photos
of scenes that portray life at Stapleton
for the Front Porch calendar. Email to carol@fineprintco.com.
2006 District 11 Town Hall Meetings a Success!

T hank you to all the residents who took time to attend the 2006 District 11 Town Hall Meeting Series. A
cy of Stapleton residents attended its first

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... 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 con-
tinue 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

T he 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 develop-
ment 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 preserved.

“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
between Forest City and the Fitzsimons Redevelopment
Authority will turn that potential into reality.”

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 30th Ave.
Northfield Main Street Provides Green Education

Greenbuild Coming to Denver

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 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 65,000 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 rooftop temperatures up to 100 degrees Fahrenheit, keeping the buildings cooler and reducing energy use.

• Daylight Harvesting, indicating how energy usage is reduced by 35 to 40 percent through the use of skylights and sensors 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-water plant species, which use 34 percent less water than conventional landscape designs, these features save close to 350,000 gallons of water a year, enough to fill close to 3 million 16-oz. bottles.

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

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

Northfield 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 Petermill, Forest City Development Associate who has been working on the Northfield Retail Center.

First Green Town Center

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The five criteria upon which the project was rated include the following:

• 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 & Managing 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.”

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

Stapleton residents connecting through Stapleton station in Stapleton locations.

Mark Petermill, with solar panels in background.

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

Westcliff on the Park, Stapleton’s newest residential community, is expected to be completed by December 2007. The 823-acre development is the largest urban real estate project in the state of Colorado, and will be home to 13,000 people. The first residents move into their homes in 2004.

Workers install solar panels on Northfield's Main St.

Northfield Stapleton is participating in the LEEED program in multiple ways. Northfield Stapleton participated in the LEEED 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 LEEED-CS Silver Certification. The new Medical Office Building located at Syracuse Street and Martin Luther King Boulevard is also registered with the LEEED Core and Shell program.

Currently, there are also four residential buildings at Stapleton – Harvard Communities, New Town Builders, McStain Neighborhoods and Infinity Home Collection – who are participating in the new LEEED for Homes Pilot Project. The Stapleton Northfield Postal Station will receive a Silver Core and Shell designation by December 2004, and it has surpassed our hopes and expectations.”

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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 frompreach@fineprintco.com.

Montessori Academy of Colorado
2500 Curtis Street
Denver, CO 80205
303-623-2609
www.montessoriacademyofcolorado.org
Ages: 2 months through Kindergarten

Rodef Shalom Preschool
400 S. Kearney St.
Denver, CO 80206
303-256-1051
www.rodef-shalom.org
Ages: 2-5 years or Pre-K

Shabbat Parties
Afternoon enrichment, gymnastics, music, and much more!

www.rodef-shalom.org
303-256-1051
Denver, CO 80206
450 S. Kearney St.
Rodef Shalom Preschool

Meet Kindergarten School Options Night

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 am to 8:30 am. Contact: Abby Reynolds at abbyreynolds@gmail.com.

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.

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The Urban Farm’s 4-H Club - Citystyle

By Donna Garnett
“Isn’t 4-H just for kids in the country?”

T here are comments we hear almost daily at The Urban Farm (TUF) at Stapleton. Many urban dwellers fondly remember their childhood experiences with 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 member 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 community – city kids rock too!

Nationally sponsored by the United States Department of Agriculture through 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 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, hens, and cows. You can also come with your kids to 4-H project meetings any Thursday between 4:00 p.m. and 7:00 p.m. 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 fundraiser at The Urban Farm (see page 11 for details). TUF 4-H kids will be selling jingle bulb 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.

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
- Rabbit Showmanship 11 – 13 yr olds – Carolyn Day
- Rabbit Showmanship 14 – 18 yr olds – Isabella Kandrick
- Sm.Animal Round Robin* 11 – 13 yr olds – David Crawford
- Sm.Animal Round Robin* 11 – 13 yr olds – Alesha Hoyman

*Showmanship competition with chickens, rabbits, dogs, and guinea pigs.

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 fundraiser at The Urban Farm (see page 11 for details). TUF 4-H kids will be selling jingle bulb 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.
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 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 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 included 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…

Green Education at Northfield

By Brian Weber

(continued from page 4)

- 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.
- Recycled materials - 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: Stormwater holding area built from 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.
CELEBRATE

TASTE MATTERS

You’re invited to the
HOLIDAY TASTE OF SAM’S CLUB®

Friday - Sunday
November 17 - November 19
10:00 a.m. - 6:00 p.m.

Create an unforgettable holiday spread with ideas and supplies from Sam’s Club.

Join us at your local Club for a delectable sampling of a wide array of holiday classics and new favorites. Enjoy prime rib, quiche, topped cheesecakes and so much more. No matter what items you choose to add to your menu, it will be sure to please the family and friends on your guest list. While you’re here, be sure to check out new seasonal merchandise and get a head start on all your Christmas and other holiday purchases.

Visit your area Sam’s Club location:

7805 E. 35th Ave.
Denver, CO
1-720-941-6180

505 S. Broadway
Denver, CO
1-303-722-2152

* Food selection may vary by day and time.

YOUR ONE-DAY GUEST PASS

TAKE THIS GUEST PASS TO YOUR LOCAL SAM’S CLUB® TO GAIN ACCESS TO WAREHOUSE SAVINGS
The Wall Street Journal magazine and an "innovator in series of books but just because it will show that isn't ever used or is rarely used and into the things that of people who needed to reapportion the money out of stuff have that name. I just knew I was trying to target an audience This was not just once in while, it was 99% of the time.

Architecture. What are some particular things different styles do a lot of money, but it makes a big difference.

simple thing that everybody can do without having to spend gives the eye more to look at, and it gives the whole room a

that line, you've made it a lot more interesting to look at. you paint the wall below that line a darker color than above when your eye is given more than one thing to look at, it

'differentiation of parts', which is a funny way of saying that

need to be big to give you a sense of comfort and the ability
different families that improves. Certainly you can make

you're always on character to family life that improves. Certainly you can make

other family members! It may seem a little obvious, but

figure out a way to help people get the quality of home they

Almost every new client would come in asking for way bigger just by being able to see perhaps from one corner of

houses feel small when you're isolated but they can feel a lot

interior window that looks from one room to another. Or

vista. So, one of the things that you can do is to open up an

house to the opposite corner. 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 to set 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?

After providing exceptional care to infants, children and young adults for more than 45 years, we are pleased to offer care at Stapleton.

See you at:

3501 Quebec St #300

Pediatrics

at Stapleton

303-388-4333

Dr. Elizabeth Staerz, MD
Dr. Linda Couillard, DO
Dr. Jennifer England, MD

You can also visit us in

Cherry Creek at:

210 University Blvd #490

303-377-9663

more of what you love in a bookstore.

At Borders, you'll discover the books, music, and movies you're looking for, as well as something new to love. Enjoy a smooth cup of coffee in our Saatchi's Best Coffee cafe, and check out our gorgeous Paperchase gift and stationery.

Grand Opening November 17-19

Celebrate with signages, performances, and exciting giveaways.

Borders - Denver (Stapleton)

6230 E. 49th Ave. • 303.227.1122

BORDERS
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 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 1,900 job applicants in employment with the redevelopment of Stapleton.

“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. 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. (continued on page 23)
Denver School of the Arts Events

Holiday Caroling - Groups of DSA students are available to sing at holiday gatherings. Prices start at $250 for two hours of singing - funds are used for school-related activities. Contact Michelle Ferguson at tpsshell@aol.com.

Round
Full dance spectacular
Thurs., Fri., Sat., Nov. 2nd, 3rd and 4th

Strings Away
USA Orchestra will perform Beethoven’s Sixth Symphony and will feature special guest, The Moscow String Quartet.
Wed., Nov. 15th, 7pm

Sinfonia
Thur. Nov. 16th, 7pm

Let’s Make a Scene
A compilation of scenes from well-known musicals
Wed. Nov 8th and Thur. Nov 9th at 7pm

Denver Botanic Gardens’ 2006 Holiday Sale
Fri., Nov. 17, 10am - 6pm
Sat., Nov. 18, 10am - 5pm
Sun., Nov. 19, 10am - 3pm
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 1500 York Street. For more information, call 720-865-3500 or visit www.botanicgardens.org.

Engineer It! — At Denver Museum of Nature & Science
Open through Jan. 1, 2007
Stimulate your child’s creativity — and your own. Discover how much fun engineering and physics can be.
• Design and build boats, buildings, bridges, windmills, airplanes, rockets and robots;
• Test the performance of your creations in water tanks, earthquake simulators, wind tunnels, and on a rocket range;
• Experiment with gears and pulleys;
• Operate a cargo crane;
• Learn more about engineers in the real world and about modern-day engineering advances;
• Form teams to build arches and geodesic domes;
• Experience the RocketWorks lab, a unique Denver addition to the traveling exhibition, where you design, build, decorate and launch your own rocket; and more.

East End Winter Art Walk
Nov. 17, 5:30 to 9 p.m.
East End Arts District – E. Colfax Ave.
(between Clinton and Geneva Streets, Aurora)
Sneak a peak at Aurora’s emerging art scene during the 2006 Winter Art Walk in the East End Arts District. Participating galleries, working studios and arts-related venues will be open to the public for live performances, public receptions and open houses. The event will showcase a variety of art and artists in the East End Arts District, dubbed as such due to its location on East Colfax. Public art will be on view in five locations throughout the district.
For more information call 720-203-3575 or visit www.aaurongov.org/artwalk.
Stapleton Holiday Festival

Sunday, December 3rd
3:00-5:00pm on Founder’s Green!

There will be hayrides, music, and hot cocoa and cookies. Bring the kids, because Santa’s a-comin’! The festival will conclude with the lighting of the tree and firing up of all the 29th Avenue Town Center lights between 5:00-5:30pm.

To help you win our annual holiday lighting and decoration contest, Wild Iris is providing free sand, and you can buy bags and candles to make your own holiday luminaries. Bringing a wagon or some other means of transporting the sand and supplies is suggested.

For more information, call Wild Iris at 720-529-9911 or visit online at www.wildirisrecreation.com.

Stapleton Holiday Boutique at St. Thomas Church

Sat. Nov 11th – 9am - 4pm
Sun. Nov 12th – 8:30am – 1pm

This boutique is not only a craft show, but also includes toys, jewelry, soaps, Christmas cards and decorations, as well as holiday greens. The event will be held at St. Thomas Episcopal Church, 2201 Dexter St., Denver. For more information call the church at 303-388-4395 or email lahull@yahoo.com.

Stapleton Holiday Boutique at St. Thomas Church

ART OF URBAN LIVING

In and Around Stapleton

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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.

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 provided 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 backyard, 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.

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

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.

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.
Symphony In Lights
at Northfield Stapleton

Opening Ceremony: Saturday, November 18th at 6pm, Main Street Plaza

Come be dazzled by our display of over 250,000 holiday lights programmed to the music of Trans-Siberian Orchestra. It’s a one-of-a-kind extravaganza of light and sound that’s not to be missed!

Giveaways
Special gifts for the first 500 people to arrive. Entertainment throughout the evening.

Prizes
Register to win four VIP tickets to the Dec. 12th Trans-Siberian Orchestra concert, a TSO electric violin and more.

Details
Visit northfieldstapleton.com or call 303-375-5464.

Symphony In Lights: Shows on the hour nightly from 6 - 9 pm, Nov. 18 through Dec. 31

This holiday season, get together at Northfield Stapleton

Macy’s · Bass Pro Shops Outdoor World · Harkins Theatres · Super Target · Circuit City
Unique shops & restaurants
Located at I-25 and Quebec Street. Proceed north to East 49th Ave. · northfieldstapleton.com
Fall is here. Now, it’s time for YOU!
The kids are back in school, now is the time for you to get in the shape you’ve been wanting. Get a jump on your resolutions and let Bladium help you achieve the style you desire. All in a friendly, comfortable workout environment.

The NEW Bladium - The NEW You!
5800 S. Quebec
Group Exercise
Personal Training

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

by Holly Reef
In today’s competitive real estate market it is important that your house stands out from the competition. With rising incentives 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. 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 and Company, a local real estate firm, located at 6940 E. 27th Ave., Denver, CO 80212. Bladium Fitness Center: 9800 E. 32nd Ave., Denver, CO 80238. For more information about Bladium and the NEW Bladium, call 303-444-4324 or visit www.bladium.com. You can also visit us online at www.hollyreef.com to view our list of services and our FAQ’s!

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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 agencies.

Although we were formed several years ago, the Greater Stapleton Business Association (GSBA) is formalizing membership and is currently conducting its charter membership drive throughout 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 $50, 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. at the Stapleton Development Corporation’s conference room. Please join us.

To find out more about our group or to join, 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 stone-front establishments in the 29th Ave Town Center, Quebec Square Shopping Center, 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 of our members 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, see us as 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.

This would be a great time 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.

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, Radium 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

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 that all homes built in Stapleton be certified by Built Green Colorado. 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 sustainable features into its homes. For the past two years, Harvard has sold 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 project, which was recently certified.

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 built by the 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, to state the case, 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 of 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 daytime 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.

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 other measures as well, including the feeling of doing the right thing, reducing the amount of carbon being put into the environment, basically the old “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.

Volunteers Needed for COP Shop

Community Operated Parking 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.

20 First “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.

Email John Keith at johnk@harvard communities.com to get the location, register for the Forum or discuss Harvard’s Near Zero-Energy home plans.

Stapleton Zero-Energy Home Forum

November 15th, 6-8 p.m.

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Zion Temple Church Holds Breast Cancer Forum

provided a mammogram van to conduct exams on site. and St. Joseph's Foundation. The Forum also involved Exempla St. Joseph's Hospital, which focused on awareness and education not just for breast cancer but for all forms of cancer.

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

By Latrice Norwood

Launched by outdoor photographer Dave Snowdon and that will hang in the future Visitor Center.

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,

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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 successfully completed the 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 around the City for alley collection of recycling. Despite Denver Recycles having no ability to make service and safety changes to accommodate these requests, we recognize that Stapleton, that currently have curb collection, would like to continue to have their carts collected on a regular basis.

As a result of the changes at this time, we are evaluating many areas of the City, including Stapleton, that currently have curb collection to determine if curbside 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 Denver Recycles is notified of an accident, no matter who is at fault, the City is responsible. Denver Recycles cannot control the actions of residents. These actions can include but are not limited to the following:

- Carts must be set 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 an 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 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!

By Charlotte Pitt, Denver Recycles/Solid Waste Management

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 the 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 Denver Recycles Mulch Giveaway.

Please make sure your loads contain leaves only (except on November 5th when pumpkins are accepted). No branches, sticks, trash or other waste. Anything other than leaves cannot damage the composting equipment. Leaves dropped off at one of the weekday sites will need to be in tied or secured bags.

Decorate your home with holly, cedar, greenery, and pine. Leave it up until after Christmas. Compost your food waste. Fruits and vegetables are perfect ingredients to add to the compost pile.

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 $21 and $61 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 70 degrees 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 energy.

Tips from Xcel Energy. For more tips, go to xcelenergy.com/city/urban/nv/v3.pdf

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1444 South Conifer Street - Stapleton Denver 80238

Sustainability at Stapleton
by Melissa Knott
Director of Sustainability for Forest City Stapleton, Inc.
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 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.
2. Don’t be a nag.
3. Don’t let me form bad habits.
4. Don’t correct me in front of others.
5. Don’t Protect Me From Consequences – I need to learn the painful way sometimes.
6. Don’t Nag.
7. Don’t forget…
8. Don’t be inconsistent.
9. Don’t put me off when I ask questions.
10. Don’t live through my life or make me live through yours.

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Parenting isn’t a cakewalk, but it doesn’t have to be a time of stress either. Realize that you

The UPS Store

Shipment 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 item is enough to turn anyone into The Grinch. But Mark Russ, manager of The UPS Store in Stapletons Queen 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 in advance 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.

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 Sports Clips. Phone is 303-996-5660. Regular hours are 8:30am-6:30pm Monday-Thursday and 9:00am-5:00pm Saturday.

The Grape Leaf

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.

Mark Russ shows packaging options offered by the UPS Store

To make it more efficient, the Grape Leaf 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.

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Pet Behavior Problems

Do you have a puppy or kitten with endless energy that bites, 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 barking. 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 firm "no" and then redirect them to something that is 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 kind "whoa!" 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 enough if the aggression continues so use physical punishment such as a hand slap or shake the collar softly to warn them.

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Pet Behavior Problems

Consistency is key with young animals. 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 Lorent, 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 jlorent@29thavenueanimalhospital.com.
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:

- Script isn’t helpful. 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 something tangible to return with their payment (if you’re charging for things like permiss or supplies) as well as a reminder about the event. Plus, if you don’t have everyone’s e-mail address, 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 castle), 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 for workers – 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 tpeerez@hotmail.com.
Jeremy & Ashley McCollum
Casey, age 4, and Amelia, age 2 1/2
We would probably take guests to Peanut 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 BJs.

Evan and Tyler Fauerbach
For a dinner outing 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 lake 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.

Greenbuild (continued from page 4)
Greenbuild is a rising system building on the increasable 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 will 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.greenbuild.org

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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 WOOOFutes® (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.

Stapleton residents Larry and Allison 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.

Santa Fe Chicken
Serves 4
Ingredients
2 1/2 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)
1 1/2 oz. 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
1/2 or 4-quart cast iron Dutch oven and lid with 1/2 inch lip
1/2 cup canola oil

Instructions
Preheat oven to 450 degrees. Spray inside of 1/2 or 4-quart cast iron Dutch oven 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 salsa, 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.

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Eating for Health

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 Listeria.

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

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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 very 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 cookbooks and Dutch ovens by contacting Elizabeth at 303-830-2665 or Elizabeth@GloriousOnePotMeals.com.

One-Pot Meals: A new quick and healthy approach to Dutch oven cooking. Glorious One-Pot Meals use a patented method of cooking very 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 cookbooks and Dutch ovens by contacting Elizabeth at 303-830-2665 or Elizabeth@GloriousOnePotMeals.com.
Denver’s Cow Parade Rounded Up to Graze at Stapleton

By John Chambers

N o more petting, hugging or posing for photos - Stapleton’s life-size, fiberglass bovines have gone back to the barn. Denver-based 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 tear up their creations before they be bid on at two charity auctions in November.

“We obviously want the cows in prime condition and looking their very best,” said Jeannie McFurland Johnson, media and marketing director for Creative Strategies Group. “Some of the cows have been loved to death. There are a lot of stuff 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.

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 above 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 solutions from other countries, particularly Japan, where available land is scarce and expensive. What ideas can we take

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 on our home. I 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 space resources in your current house and its site. And rather than enumerate all those things, I think I’d rather point people to that book.

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 re-written a book with landscape designer John Mossy 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 of the world for you. Well, in 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.

Lowry, Stapleton. I love them both.

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Denver’s cow auction are at Denver.Cowparade.com.
Northfield Opens With a Big Bang

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 Petersen of Forest City hold the USGBC award for Main Streets at Northfield. Below: The local residents selected as the “Faces of Stapleton” are introduced to the crowd.