Stapleton School A National Model

DSST Awarded $500,000 Grant to Explore Growth

Stapleton’s Denver School of Science and Technology (DSST) has been awarded a $500,000 grant from the Bill & Melinda Gates Foundation to explore expansion of the highly successful school’s program to a secondary school model serving grades 6-12 and systemize programs that may become the foundation for new schools elsewhere in the nation.

For the second year in a row, the public charter high school’s students have outscored their counterparts in the Denver Public School Board. The Stapleton Foundation for Sustainable Urban Communities has also contributed $25,000 to support the exploration of the expansion. The school recently received over 400 applications for next fall’s freshman class, demonstrating the strong demand for the school’s program.

Building a 6-12th grade program would allow DSST to provide the continuity and consistency to increase students’ core academic foundation and generate better learning results in grades 9-12. The new model would also immerse students as early as possible into DSST’s highly acclaimed “learning culture,” with its emphasis on academic rigor, high expectations and shared core values.

The success of those efforts would help the school realize its mission of having 100% of its students meet state standards and graduate from a four-year college.

“We share a mission with DSST to prepare all students for college, work, and citizenship,” said Jim Shelton, program director of education for the Bill & Melinda Gates Foundation. “We are proud to support DSST’s expansion so that it can help the school achieve its goal of having all of its students meet state standards and graduate.”

Stapleton’s New Firehouse Dedicated

Stapleton’s New Firehouse Dedicated

Westerly Creek and Roberts to become separate schools

School Board Approves Plan
The StapletonFrontPorchLLC is published by Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80238. A minimum of 35,000 papers are printed. The free paper is distributed during the first week of each month to homes and businesses in Stapleton, Park Hill, Lowry and Green Valley Ranch.

The Stapleton Front Porch March 2007

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Assistant fire chiefs line up at the dedication ceremony for the new Stapleton fire station.

Assistant fire chiefs line up at the dedication ceremony for the new Stapleton fire station.

Front Porch

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March 2007

2

Stapleton Front Porch

Front Porch

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First Tuesday

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

First Tuesday

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Stapleton’s neighbor, Fitzsimons, is becoming nationally known for its growing biotech industry. The Fitzsimons Bio-science Park opened in 2000 and currently has two buildings. The Fitzsimons Development Authority selected Forest City as a development partner to complete the buildout of the 16-acre biotech campus and grow their biotech companies. Fitzsimons is known for its national reputation in the biotech field. That's our value-added. It's nice to know upfront just who is going to benefit from a treatment.

Richard Brewer, to help bring the product to market in the U.S. and Europe. With more than 30 years of biotech experience, Brewer is well known and respected in the industry. He is teaming up with ARCA founder Michael Br isotow, who was also the founder and CEO/President of Myogen, one of Colorado’s biotech success stories. Brewer stated that Bucindolol is projected to be the most advanced treatment for a majority of U.S. heart failure patients.

“The results in the favorable genetics subsets are better with this drug than for any other drug in the class,” Brisotow said. He said what distinguishes Bucindolol from two competitor drugs is pharmacogenetic targeting. “That’s one of the reasons we put together two companies.”

For more information visit www.arcadiscovery.com.

Architects Selected for New Stapleton High School

By Brian Weber

Unico Architects (LOA) of Denver has won the competition to design the next public high school in Stapleton. The Denver school board made the selection in mid-February. Preliminary plans call for construction to begin in 2008 on the first phase of the school that would open in the 2010-2012 timeframe. The 20-acre school site is north of I-70, south of 56th Avenue and east of Spruce Street. The site adjoins a 15-acre park complex that the school will share with the public.

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Parents looking for school options in the Northeast Denver area now have one more choice – the new Vanguard Classical School. A charter school to be located in Lowry, Vanguard is tuition-free and will open with grades K-6 in the Fall of 2007, adding grades 7 and 8 in consecutive years. Vanguard is conducting presentations at various locations in the Lowry area; parents may check this schedule and contact the school founders directly by visiting the website at www.vanguardclassicalschool.com.

Mr. Rob Miller, who will serve as Director of Vanguard, presented to a group of area parents their vision for Vanguard in a public meeting in Lowry the evening of February 13. A nationwide search is currently being conducted for the role of principal.

Mr. Miller explained that Vanguard will take a similar “classical education” approach as the two highly successful charter schools with which he has previous experience, Liberty Common School and Ridgeview Classical School, both in Colorado. Liberty Common School was ranked as the No. 1 public high school in Colorado for 2 years in a row, based on results from the Colorado School Accountability Report, which grades schools primarily on student CSAP scores and performance on the ACT examinations.

“A classical education adheres to a time-tested combination of foundational knowledge and virtue,” explains Mr. Miller. “It begins with students acquiring knowledge through a wide familiarity with literature, history, science, math, music, arts, people, and places. We believe that a solid, specific, sequenced and shared body of knowledge is necessary for all students to prepare for success in higher levels of education and to become informed, productive citizens and future leaders.”

The key programming components of Vanguard will include Core Knowledge, Singapore Math, Core Virtues character development, and Riggs’ Reading and Writing.

As a Core Knowledge School, during the first-round lottery was February 15, but the school is continuing to take applications. Interested families should contact Vanguard about space availability. Because Denver Public Schools denied Vanguard’s charter application, this school is officially part of the Aurora Public Schools system and gives first priority to Aurora students.

Vanguard Classical School will offer a rigorous, content-rich, inclusive learning environment. Because of a unique relationship with Cerebral Palsy of Colorado, an organization which initially helped champion the rights of kids with disabilities to gain access to public education and has since broadened its commitment to strengthen public education for all kids in an inclusive environment, Vanguard is able to accommodate children with disabilities. It expects to serve a student population that reflects the general community.

Judith Ham, President and CEO of CP of Colorado, an organization which initially helped champion the rights of kids with disabilities to gain access to public education and has since broadened its commitment to strengthen public education for all kids in an inclusive environment, Vanguard is able to accommodate children with disabilities. It expects to serve a student population that reflects the general community.

“With the support of the Bill & Melinda Gates Foundation, DSST is excited to be able to further develop the system and practices that have defined our unique approach to high school education and look forward towards applying them in a full secondary school model,” added Bill Kurtz, Founding Head of School at DSST.

Stapleton school a national model

Additionally, DSST is anticipating a grant from The Texas High School Project/Communities Foundation that would make the Stapleton school an exemplar school for the Texas High School Project’s T-STEM Initiative (the Texas-Science Technology Engineering Math Initiative). Under this agreement, DSST would serve as a demonstration site for 35 newly created Texas STEM schools to explore best practices for instruction and school culture beginning in the summer 2007. T-STEM teachers and administrators would learn alongside DSST master teachers, administrators, and students.

The key programming componentsof Vanguard will include Core Knowledge, Singapore Math, Core Virtues character development, and Riggs’ Reading and Writing.

The Denver School of Science and Technology was also chosen by the American Architectural Foundation as the featured school this year for the “Great Schools by Design” video series sponsored by Target and the KnowledgeWorks Foundation. The video was just released and highlights how the DSST state-of-the-art design provides a learning environment that matches its academic commitment. Designed by the Denver-based architectural firm Klipp, the school is located on a 10-acre site in the Stapleton neighborhood that is being redeveloped by Forest City in northeast Denver. DSST currently serves grades 9-11 and has been adding a new class of freshman each year since it opened in 2004. It will be fully enroled with 425 students in grades 9-12 in the fall of 2007.

Additional information about DSST and the admission process is available on the school’s web site at www.sensoeduread.org.
St. Elizabeth’s Now Taking Kindergarten & 3rd Grade Enrollments

The Odyssey School in Stapleton has a new head of school, Lisa Arrastia, who was hired in mid-February to replace current executive director, Nelson Chase, beginning in July. Mr. Chase, who led Odyssey for five years, will become the executive director of School Year Abroad, a Massachusetts-based organization that sends students overseas for one year of high school while living with a host family.

Ms. Arrastia stood out among the candidates based on her instructional expertise, energy, vision, professional and educational background and commitment to students. One of the school’s goals is to instill in students the desire to contribute to their communities as well-founded individuals.

Not contributing to your IRA before the April 17 deadline doesn’t make much sense either.

You already know how important it is to save for retirement. That’s why you should not overlook your IRA contribution every year. Fortunately, you still have time to make your 2006 IRA contribution before the April 17 deadline. Even if you already have an IRA elsewhere, it’s easy to transfer it to an Edward Jones IRA and begin receiving the face-to-face advice you deserve. To learn more about the advantages of an Edward Jones IRA, call or visit today.

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Stapleton Front Porch

New Park Hill Preschool
Denver International School Opens Language Immersion Program for 3-Year-Olds

Denver International School has opened the metro area’s first language immersion preschool program for 3-year-olds. “We know that 80 percent of brain development happens before the age of five. We also know that children exposed to a second language before the age of seven gain native-like pronunciation,” said Adam Sexton, Executive Director of Denver International School. “We believe this program is the best of both worlds – giving our students a head start on education, language and cultural experiences.”

The opening of the preschool program was made possible by Denver City Council’s rezone of Park Hill in June, 2006. Based on public demand, the zoning was changed, which allowed Denver International School to offer a preschool program.

Founded in 1977, Denver International School is an independent, nonprofit school offering full immersion education in French, Mandarin Chinese or Spanish at the preschool and Kindergarten levels. Grades one through five offer bilingual French-English, Mandarin-English, or Spanish-English programs. Denver International School will celebrate its 30th anniversary during the 2007-2008 school year. The school is located just east of the Denver Museum of Nature & Science, and will begin adding middle school grades in year six.

The school’s mission is to improve children’s opportunities by providing them with an education that form’s the whole person: academically, socially, spiritually, and artistically. The school aims to break the injustices of poverty and social segregation and to transform the lives of children. Art and music, particularly choral singing and visual arts, are taught to cultivate beauty and hope in their lives. One of the school’s goals is to instill in students the desire to contribute to their communities as well-founded individuals.

The school belongs to two national education associations, the National Association of Episcopal Schools and the NativityMiguel Network of Schools. The Nativity Network of Schools began over 50 years ago by Jesuit priests as an effort to address the dwindling educational opportunities for inner-city children by offering tuition-free education in a faith-based, academically challenging, nurturing and safe school environment. The network now includes over 60 schools throughout America, encompassing both elementary and middle schools. While each NativityMiguel school has its own distinct identity, common characteristics are: small class size and small school communities, extended day, extended year, parent/family involvement, graduate mentoring and college counseling.

The values that inspired the Episcopal and Nativity models include a respect for the dignity and potential of each person, a responsibility to assist the poor and those in need, a strong sense of community, and the obligation to promote a society characterized by social justice. St. Elizabeth’s students are enrolled without regard to race, color, religion or ethnicity. St. Elizabeth’s mission is to enroll a balanced mix of full, partial and non-tuition paying families. For more information, please visit: www.stelizabethsdenver.org, or call the school at 303-322-4209.

New Odyssey Head of School Named

“Odyssey is a place of quality, passion, and stability,” stated Ms Arrastia. She said she was impressed with Odyssey’s culture of intellectual curiosity, character development and commitment to “wrestle with the tangled complexities” of a diverse world.

Ms. Arrastia is completing a Ph.D. in American Studies at the University of Minnesota. She has a master’s in education from Antioch University and a bachelor in sociology from SUNY Empire State College in New York. For the past two years she taught at U of M and the College of St. Catherine. Previously she founded and directed the City as Classroom School in Chicago and was director of the office of public purpose at Francis W. Parker (K-12) School in Chicago.

St. Elizabeth’s School on the Clayton Campus
at Colorado Blvd. and MLK Blvd.

St. Elizabeth’s School, housed on the Clayton College campus located on the northwest corner of Colorado and Martin Luther King Boulevards, is currently enrolling kindergarten and third grade students for the 2007-2008 school year. The school will grow to K-5 in three years and will begin adding middle school grades in year six.

The school’s mission is to improve children’s opportunities by providing them with an education that forms the whole person: academically, socially, spiritually, and artistically. The school aims to break the injustices of poverty and social segregation and to transform the lives of children. Art and music, particularly choral singing and visual arts, are taught to cultivate beauty and hope in their lives. One of the school’s goals is to instill in students the desire to contribute to their communities as well-founded individuals.

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Fourteen students from the Bill Roberts School in Stapleton won bikes for perfect attendance and showing progress in the first six-week session of Saturday School that was conducted at Roberts from mid-November to early January. The bike incentive will also be offered in a second, six-week session that runs from mid-January to the first week of March. The bikes were donated by the nonprofit Bicycle Recycle Program, which refurbishes donated bikes for students and children affiliated with various nonprofit organizations. Bicycle Recycle has given away more than 5,500 bikes in 12 years.

Saturday School is a tutoring program in reading, writing and math. Students are given an hour of instruction in each subject from 9 a.m. to noon. The program was developed by Principal Trish Lea and managed by Tracy Schoneman, a teacher at Roberts. Tutors included Westerly Creek Campus teachers and Stapleton residents. The program was sponsored by the Stapleton Foundation and Stapleton United Neighbors. SUN board member Bernard Douthit spearheaded the effort.

For information or to donate a bike or financial support to Bicycle Recycle call program director Bruce Lien, 303-908-7982 or visit www.recyclebicycles.net.

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Westerly Creek Campus Reconfigured into Two Separate Schools

By Brian Weber

The Denver school board, on February 15th, approved the reconfiguration of the current two-school Westerly Creek campus into two separate schools starting in the fall of 2007.

The Westerly Creek Elementary School will serve early childhood education (ECE starting at age three) to grade one. Enrollment is projected at approximately 230. Plans call for at least two classes per grade next year. The school will add one grade each succeeding year to form an ECE through grade 5 school.

The Williams Roberts School will become an ECE through grade 8 school. There will be two classes in ECE through first grades in 2007-08. Enrollment is projected at roughly 485. Final classroom numbers at both schools, however, will depend on ultimate enrollment in the fall.

For the 2007-2008 year both schools will follow their current education programming. They use the curriculum prescribed by Denver Public Schools, which is grounded in academic rigor and differentiated instruction. They incorporate additional emphasis on the arts, Spanish and after school programs. They also follow the principles of the Professional Learning Communities, which calls for building a culture of excellence through collaboration and staff development. PLC schools stress:

• A focus on learning,
• Collaborative culture, i.e. working interdependently to achieve common goals,
• A focus on results,
• The use of timely and relevant data and information to drive instruction and learning.

The district, with community partners, the school’s staff and Collaborative School Committees (CSCs) and parents, will conduct a planning process later this year to develop any new specific educational programming that the community determines is appropriate for each school. For instance, district officials see the opportunity at Stapleton to create innovative choices at both schools. In particular, they would like the community to craft a program for Westerly Creek that will create its own identity to better distinguish it from the ECE through grade 8 program at Roberts. Specifics about that process will take shape later this year and the community will be informed of opportunities to participate.

The two schools were combined as one K-8 in two buildings this year. Westerly Creek, which was originally designed to be an ECE through grade 5 school, was set up as a primary center (ECE through grade 3) this year to better serve Stapleton’s large population of younger children. Primary centers are proving to be an effective option for younger students nationally. Grades 4-8 were placed at Roberts, which was designed for 750-800 students in ECE-grade 8. The decision to separate lower and upper grades was also prompted by concerns about competition for resources and students between two schools relatively close together.

Unexpected growth in the number of students and its strain on space at Westerly Creek, and the school district’s change of support for a primary center caused the change for 2007-08.

The Westerly Creek building was specifically designed to house the elementary school and the K-8 Odyssey Charter School. Odyssey recently received a five-year renewal of its charters. The co-occupancy has worked well for both DPS and Odyssey. DPS and Odyssey officials have been clear that they intend to keep that arrangement in place well into the future. At this time more than 50 percent of Odyssey’s 220 students live in Stapleton. Odyssey officials expect that percentage to increase each year as more residents enroll in kindergarten and first grade.

Some key information related to the reconfiguration:

• The two schools will be known by their current names in 2007-08.
• Denver Public Schools intends to place a principal in each school. Current Principal Trish Lee will remain at one of the schools, which one was not decided at the time of this printing.
• The process for hiring a second principal has not been decided.

• At this time, DPS intends to draw no enrollment boundaries within Stapleton for each school. They will be “choice” schools with the following basic, enrollment priorities: currently enrolled students, siblings of those now enrolled, non-attending Stapleton residents and new residents, other DPS students.

• The enrollment policies may change as the schools get a firm handle on enrollment demands later this year.

• Call either school for more information on registering timelines.

• Each school will have its own PTA and Collaborative School Committee (CSC).

For more information call or visit the schools: Westerly Creek, 8800 E. 28th Ave., 303-320-5877; William Roberts, 2100 Akron Way, 720-424-2640.

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Patriotic Hearts at Stapleton – Hubert L. Jones American Legion Post #87 Rejuvenated

When Bill Bell of Mosaic Consulting learned that the Hubert L. Jones American Legion Post #87 located at 1475 Elmira in Aurora was in need of building improvements, it didn’t take him long to rally the Stapleton community to spring into action. The post has served veterans of WWII, the Korean Conflict, Vietnam, the Dominican Republic Conflict, Desert Storm and the Iraqi conflict who have used the building as a gathering place where they meet and assist other veterans with problems. Members of the Post also stay involved with the community by donating baskets to local needy families at Christmas, holding Halloween parties for neighborhood children, and taking part in Boys State Oratorical contests resulting in scholarships for the students. When Mr. Bell learned of the need to address a number of maintenance problems that had been deferred over time due to the age or disabilities of the Post’s members, he enlisted the help of a number of contractors and businesses at Stapleton. Jim Riney of Guarantee Electrical Contracting and his crew rewired the building and corrected electrical problems to bring it up to code. They also installed new ceiling fans, lights and heating units in the bathrooms. M.A. Mortenson sent a volunteer paint crew to give the interior of the building a fresh new look with paint provided by Home Depot in Quebec Square at a reduced cost, and Forest City Development made a monetary contribution to offset the cost of other supplies. Winston Davis of Personnel Plumber Inc., installed new bathroom fixtures, a garbage disposal and other necessities. Brian Routon of Gay’s Flooring in the Stapleton Business Center put in a wooden dance floor and carpet and tiled the entrance walkway and kitchen. Mr. Bell estimated the cost for all the improvements to be in excess of $20,000. Following the completion of the improvements, the American Legion Post held an award ceremony to thank the hardworking contractors for their help.

Denver City Council President Michael Hancock spoke at America’s Sunrise Communities HomeStart Conference on Feb. 10th that had 35 attendees. Eight people preliminarily prequalified for an affordable home at Stapleton. The remaining attendees will work one-on-one with Northeast Denver Housing Center to help them on the path to home ownership. Another conference will be held on March 24 at Northfield. Call 303-321-7100 to reserve or visit www.americansunrise.org for more info.

Writer/Actress Joan Collins Autographs Books at Borders


2nd HomeStart Conference To Be Held March 24

The District Two Top Cop Citizens Committee has selected Officer Phillip Coleman as the “Top Cop” for January 2007.

On January 9, 2007, Officer Coleman observed a traffic violation in the 1500 block of northbound Quebec Street. Officer Coleman initiated a traffic stop and contacted the driver who was found to be driving on a suspended driver’s license. In addition, a passenger in the vehicle had a warrant for his arrest. Officer Coleman noticed that the vehicle did not match the plates that were attached to it, which raised the question of whether or not the vehicle was stolen. Officer Coleman requested a cover officer prior to arresting the passenger and the driver was subsequently removed from the vehicle. After two bags of methamphetamine were observed on the floorboards of the car by another officer, a more extensive search of the vehicle was conducted. The search located a loaded .380 handgun inside, along with a scale and the crystal methamphetamine. Both parties were arrested.

The Citizens Committee applauded Officer Coleman for displaying the patience and confidence of a more senior officer and exhibiting great instincts for police work. The Citizens Committee also commended all of the Denver Police Department Officers who protect and serve the citizens on a daily basis and provide the highest level of professionalism.
Harvard Communities to Make Solar Standard in Stapleton Homes

With photovoltaic (PV) power as a standard feature, Harvard Communities is partnering with Namaste Solar Electric, a solar electric, a solar electric, and design installation company operating in Denver and Boulder, for the Harvard Solar Advantage program. “Since Amendment 37 passed, we’ve been flooded with interest from home owners, office buildings and local governments about how to utilize solar power,” said Blake Jones, President of Namaste Solar. “Utilizing solar energy in new home construction just makes sense when you live in a state that gets as much sun as we do in Colorado.”

For more information visit www.harvardcommunities.com or www.namastesolar.com.

Consider Combination of 401(k) and Roth IRA

By Natalie Robbins

Your 401(k) plan is unquestionably a great vehicle for building retirement savings. You typically fund your plan with pre-tax dollars, so your contributions lower your annual taxable income. Plus, your earnings grow on a tax-deferred basis. So, you should always put in as much as you can afford to your 401(k), right? Not necessarily.

Why? Because you may be able to get more “mileage” out of your retirement plan dollars by putting some of them into a Roth IRA. As you may know, Roth IRAs earn the potential to grow tax-free, provided you’ve held your account at least five years and you don’t start taking withdrawals until your age 59 1/2. Furthermore, when you invest in a 401(k) or a similar plan (such as a 403b or 457 plan), you may be required to take minimum distributions when you reach 70 1/2, but you can let your Roth IRA keep growing until you decide when to take withdrawals.

Do you have to choose? Clearly, both a Roth IRA and a 401(k) offer significant advantages to you as you build funds for retirement. And, fortunately, you don’t have to choose one of these vehicles over the other. So, how should you divvy up your contributions?

Here’s one suggestion: Put as much as necessary into your 401(k) to earn your employer’s matching contribution, if one is offered. Then, fully fund your Roth IRA. If you “max out” on your Roth IRA, and you still can afford to set aside funds for retirement, increase your 401(k) salary deferral. In 2006, you can put up to $4,000 into a Roth IRA, or $5,000 if you are 50 or older. You can also defer up to $15,000 into your 401(k), or $20,000 if you are 50 or older.

Of course, this strategy may not be applicable if your income is too high to contribute to a Roth IRA. If you are a single filer, you can put the full amount to your Roth IRA if your modified adjusted gross income (AGI) is less than $95,000 per year, and you can make partial contributions if you earn between $95,000 and $100,000. If you are married, and filing jointly, you can contribute the maximum to your Roth IRA if your AGI is less than $150,000 per year; you can make partial contributions if your AGI is between $150,000 and $160,000.

Keep diversification in mind. If you can contribute to both a Roth IRA and a 401(k), you’ll need to carefully choose the investments that make up these respective retirement plans. You won’t want to “duplicate” your holdings by choosing virtually identical investments in your Roth IRA and 401(k). Instead, seek to diversify as much as possible. For example, if your 401(k) is made up mostly of aggressive growth vehicles, you may want to fund your Roth IRA with somewhat more conservative investments. Your individual asset allocation should depend on your risk tolerance, long-term goals and time horizon. Just keep in mind that your Roth IRA and 401(k) are two pieces of a bigger picture.

By wisely integrating your 401(k) and your Roth IRA into your overall investment strategy, you can go a long way toward achieving your ultimate goal - a comfortable retirement lifestyle.

This information was provided by Natalie Robbins, a Stapleton resident and an Investment Representative for Edward Jones in the Stapleton area. She may be reached at 303.320.7752 or at Natalie.Robbins@edwardjones.com.
April 28, 2007— The Urban Farm’s Spring Stroll
Stapleton Home and Backyard Tour

The Urban Farm at Stapleton will host its first annual Spring Stroll, Stapleton Home and Backyard Tour, on April 28, 2007. The Spring Stroll is a community fundraiser event to benefit The Urban Farm, and will offer opportunities for homeowners, volunteers, and businesses to participate in the event. The tour will feature some of Stapleton’s most unique homes and yards, allowing “stroll-ers” to see how owners of new urban homes are customizing their homes and landscaping their yards. It’s the perfect chance to get creative interior design ideas, as well as garden and hardscaping ideas— all just in time for warm-weather projects.

With a full day of self-guided home and backyard tours and children’s activity booths, the Stroll will include something for everyone. It’s also a great opportunity for the community to show its support for The Urban Farm. The Urban Farm at Stapleton offers innovative and engaging programming for roughly 3,000 urban children each year.

Children from pre-school to high school learn about agriculture and the environment at The Urban Farm. Programs include 4-H, Children’s Gard- den, and Embracing Horses, as well as school-farm partnerships and a preschool literacy program. Approximately 60% of The Urban Farm’s funding for these and other programs comes from donations by individuals, corporations and foundations.

The Spring Stroll was conceived by Stapleton families whose children have benefited first-hand from the programming offered at The Urban Farm, and who want to help The Urban Farm raise much-needed funds to continue that programming.

As we continue our planning for The Spring Stroll, we are looking for more homes and yards to feature on the Stroll, as well as volunteers to help with the event. If you know of any homes or yards that you would like to see on the tour, you would like to help with the event, or would like your business to participate as a sponsor, please contact Ginny Creighton at mcgreighton@mac.com or 303.316.4150.

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Programs are for pre-school/age 4 kids (half-day sessions); grades K and 1 (half- and full-day sessions); grades 2 and 3 (full-day sessions); and grades 4 and 5 (full-day sessions).

For more details and to see which sessions are still available, visit www.denverzoo.org/education/summerSafari.asp. Call 303-376-4888 option 2 or email safari@denverzoo.org for more information.
St. Patrick’s Day Festivities at Casey’s on March 17th

Planned festivities include:
• A face painter for the kids on St. Patrick’s day
• Free giveaways all day
• 2 sets of pipers and 2 sets of Irish dancers Fri. & Sat.
• All Irish food menu all day
• Jameson promo girls from 7-9pm on the 16th, and promos during the 2 weeks leading up to St. Patrick’s Day
• A full calendar of events will be posted in Casey’s Casey’s Bistro and Pub is located at 7301 E. 29th Ave. in Stapleton. Call 720-974-7500.

Aurora Fox Theater March 30-31
The Birth of Rock and Roll Show with The Velvet Elvis and Guests

Chris Barber (The Velvet Elvis), standup bassist Michael Baird, and lead guitarist Pascal Guimbard take the audience on a tour of the music before rock and roll became a household word, going through all the released Elvis Sun Studio recordings and the music of the early pioneers such as Johnny Cash, Buddy Holly, Carl Perkins, and Bill Haley. In celebration of 50 years of rock and roll, Elvis will take the audience through the songs that defined the genre that was to become Rock and Roll. The styles of Blues, Hillbilly Boogie, Bluegrass, Gospel, and Country music will all be represented, and the audience will be treated to a history lesson of how these styles fused to forever change the landscape of popular music.

Norm Clarke (Las Vegas Review Journal) said, “not only sounds like The King but couldn’t resemble him more...and I’d give [him] two thumbs up!” Dave Hemborg of The Rocky Mountain News wrote: “Chris Barber, who is, hands down, the best Elvis I’ve seen (save for that Costello guy) live.” The show is being presented by Colfax Avenue.com, an updated monthly website and magazine dedicated to improving and preserving the longest commercial street in the USA, Colfax Avenue. For more information email chris@colfaxavenue.com or call 303-525-5840.
New Alternative Healthcare Practice Opens Offering Chiropractic, Acupuncture and Massage

A new integrative wellness clinic, Natural Balance Wellness, located in the University of Colorado medical building, working together in this clinic are chiropractor Dr. Jessica Young, acupuncturist Megan Moon, and massage therapist Jonathan Gans. Jessica and Megan also offer nutritional guidance to their clients.

The goal at Natural Balance Wellness is to provide a single central location where residents of Stapleton, Park Hill, Lowry, and other nearby neighborhoods can easily access alternative and complementary healthcare options. “This is the first time this group of practitioners will be working together under one roof,” says Dr. Young. “We brought together by our genuine desire to provide this community with something it has been lacking. Our providers see the value of conservative care and are ready to provide residents with another option for their health and wellness needs.”

Dr. Jessica Young is a native Coloradan and sports enthusiast. “My experience with athletic training for high school level football, soccer and volleyball has made me familiar with the treatment of many sport related injuries,” she says, “and I enjoy working with individuals who are active and motivated to improve their health.” Dr. Young received her Doctor of Chiropractic degree and is Nationally Board Certified and licensed in Colorado. In combination with chiropractic adjustments, Dr. Young provides myofascial release therapy, exercise retraining, and community education.

Growing up in a military family, Megan Moon has lived all over the world and now resides in Stapleton. She received her Masters in Oriental Medicine and is Nationally Board Certified to practice Traditional Chinese Medicine, including acupuncture and herbal therapy. She also provides services for anti-aging and allergy elimination treatments. “While I specialize in women’s health and dermatological issues,” Megan says, “I can also treat a wide range of other conditions. I provide quality health care with sincerity and compassion for each patient. My treatments not only target the symptom, but also the root of illness, and thus restore balance of the mind and body.”

Completing this trio is massage therapist Jonathan Gans, originally from New Jersey. He and his wife Dana moved from Florida to Stapleton two years ago. “With a background in computer engineering,” Jonathan says, “I felt it was time for a change that would be more directly beneficial to the health and well-being of the people around me and decided massage therapy would be the best way.” He graduated at the top of his class from the Denver School of Massage Therapy and attained National Certification in Bodywork. Jonathan provides a variety of massage therapies, including Swedish, Deep Tissue, Hot Stone, Trigger Point, Sports and Structural.

Natural Balance Wellness is located at 3055 Roslyn St., Suite 120, in the University of Colorado medical building. Call 303-355-0363 or visit www.NBSapleton.com. The office is open Monday-Friday from 8:00am to 6:00pm, and on Saturdays by appointment only.

Left to right: Natalie Brunson, massage therapist, Megan Moon, acupuncturist, Jonathan Gans, massage therapist, and Dr. Jessica Young, chiropractor are the practitioners at Natural Balance Wellness, an integrative wellness clinic that recently opened in the University of Colorado medical building located at Martin Luther King Boulevard and Roslyn Street.
Stapleton was recognized with three gold awards for the Sky Terrace homes: the $400,000 to $650,000 “Best Attached” and “Best Interior Merchandising of a Model Priced Campaign,” said David Lancaster at Strada.

The differences between urban and suburban life.

Denver-based firms specializing in real estate.

The award was created by Strada Advertising, a Denver-based firm specializing in real estate.

“The radio spot has a sense of humor about the differences between urban and suburban life,” said David Lancaster at Strada.

“Twas the Stapleton master-planned community, at the site of the former Stapleton International Airport in Denver, and Infinity, one of its residential builders, were recently recognized with awards by the National Sales and Marketing Council.

Forest City Stapleton, the master planner for Stapleton, was honored with the “Best Real Radio Commercial for a Master-planned Community,” for its commercial highlighting the community as the third option between urban and suburban life.

The ad was created by Strada Advertising, a Denver-based firm specializing in real estate.

“We wanted to capitalize on Stapleton’s unique community in the advertising campaign,” said David Lancaster at Strada.

“The Infinity Home Collection at Stapleton was recognized with three gold awards for the Sky Terrace homes: the ‘Attached Community of the Year,’ “Best Interior Merchandising of a Model Priced $400,000 to $650,000” and “Best Attached Home Plan Priced $500,000 and Over.”

The Sky Terrace homes at Stapleton feature unique design aspects and incorporate courtyards, expansive great halls, indoor/outdoor interaction areas, as well as other contemporary influences. Infinity has been recognized repeatedly for its design, including being honored with the prestigious Home Builder Association of Metro Denver’s “Home of the Year” in 1999, 2001, 2002, 2003, 2004 and 2006.

“Our Sky Terrace homes are a perfect fit with the diversity of homes at Stapleton,” said David Steinke, general manager for Infinity. “At Infinity, we challenge ourselves to go above and beyond in our home designs, and customers have told us that the Sky Terrace Collection does just that.”

The awards were announced recently in Orlando at the National Association of Home Builders’ annual International Builders’ Show.

About Stapleton

Stapleton’s 4,700 acres, or 7.5 square miles, represents the nation’s largest urban redevelopment. Stapleton is planned for more than 32,000 homes and apartments, 3 million square-feet of retail and 10 million square-feet of office/research and development/industrial space.

For information visit www.StapletonDenver.com or visit the Stapleton Visitor Center, located at 7420 East 29th Avenue in Stapleton’s East 29th Avenue Town Center, 303.355.9600.

Resident Pool ID Cards

The Stapleton Master Community Association currently operates two community pools here at Stapleton. Both pools are designated as public pools for the surrounding Stapleton neighborhoods. Stapleton residents are allowed to access any of the Stapleton pools free of charge as long as they possess a valid Stapleton Resident Pool ID Card.

Please read the following information to determine if you need to obtain or renew a Pool ID card for anyone living in your household. Residents from neighborhoods outside of the Stapleton boundaries are subject to the daily fee and are not eligible to obtain a resident pool ID card.

Stapleton residents are eligible to purchase additional guest passes that are tied to their card that allow non-resident guests to accompany residents to the community pools. These punch cards can be purchased at either pool during the pool season and are only for the season in which they are originally purchased. Please see the website for program details or call the MCA office.

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If you are a resident over the age of 10 and purchased or updated your ID card during 2006, you have purchased punch cards for the 2007 summer season.

Therefore, you DO NOT need to update your ID card. Only residents ten years old and older requiring a new ID should attend an ID session!

All residents one year of age and older need to have a photo ID to use the pool. ID cards for children between one and ten years of age shall be valid until they turn ten years of age. However, each year until they reach the age of 10; the child must have an updated photo taken for the computer system. Photo ID’s for residents ten years old and older are good for five years as long as you are a current resident.

Where and when can I get my ID before May 26?

Beginning Tuesday, May 29 ID cards will be issued ONLY on-site at either pool. Summer ID Card Hours (New ID cards will be issued ONLY during the following hours at the pools):

Puddle Jumper: 11 a.m. – 5 p.m. Daily

Aviator: 1 – 6 p.m. Monday-Friday;

12 – 5 p.m. Saturday & Sunday

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Aviator: 1 – 6 p.m. Monday-Friday;

12 – 5 p.m. Saturday & Sunday

New ID cards will NOT be issued at either pool on the following dates (Guest Fees will be charged for entry and will not be applied to the cost of a new ID card):

Please plan accordingly.

Saturday, May 26 – Monday, May 28

Opening Weekend

Sunday, June 17 (Father’s Day)

Wednesday, July 4 (Independence Day)

Monday, September 3 (Labor Day)

For further information about resident pool ID cards or any other Stapleton community information, please contact the Stapleton MCA Office at 303-388-8724 or visit www.stapletoncommunity.com.

Mom, our couch and carpets are gross! XOXO

Did you hire cleaners yet?

Stapleton Rocks!

Stapleton and Infinity Win National Recognition

National Sales and Marketing Council honors community and builder with awards of excellence.

The Stapleton master-planned community, at the site of the former Stapleton International Airport in Denver, and Infinity, one of its residential builders, were recently recognized with awards by the National Sales and Marketing Council.

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New Jaguar Arrives at Denver Zoo

A sixteen-month-old female Jaguar, named Caipora (Ky-pour-uh), arrived at Denver Zoo in December and is now on public exhibit. Zookeepers say she is very curious and likes to watch her fellow feline neighbors, the tigers and servals. During chilly weather zoo keepers have tried to keep the zoo’s warm-climate animals entertained in their indoor exhibits. Caipora has, among other activities, been fishing for minnows in her indoor exhibit. The warmer weather will allow Caipora to go outside and explore her outdoor exhibit in the Feline House.

From October 1 to March 31 the zoo is open from 10 am to 5 pm and admission gates close at 4:00 pm. Through March admission is $9 for ages 12-64, $7 for ages 65 and up, $5 for ages 3-11, and free for ages 2 and under.

Starting April 1 the zoo is open from 9 am to 5 pm and admission gates close at 4 pm. Admission is $2 more than the prices listed above for ages 3 and up starting in April.

Special Offers from Our Advertisers

- Thomas Bros. Coffee and Chai
  10% discount on all beverages
  Quebec Square: Expires 5/31/07
  See ad on page 2

- Ling & Louie’s
  1/2 price appetizers 3:30 – 6:30 pm, Mon. – Fri.
  Excluding Louie’s Rib appetizer & Thai Tasting Tower.
  Cannot be combined with other coupons.
  One coupon per table. Maximum $10 value.
  Northfield: Expires Mar. 31, 2007
  See ad on page 6

- Taste of Asia
  Free order of crab wontons with order of $20 or more.
  Expires Mar. 31, 2007
  See ad on page 2

- Crestmoor Learning Center
  One free day
  Reserve at 303-321-1655
  Expires Mar. 31, 2007
  See ad on page 18

- Fantastic Sams
  $7.95 Haircut Mon. – Fri. 9-11 am
  Expires Mar. 31, 2007
  See ad on page 12

- Dardano’s Gymnastics
  One month free or free leotard with paid 4 week session.
  (Certain restrictions apply.)
  Expires May 31, 2007
  See ad on page 18

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AUSTIN SIGNATURE HOMES
Bordeaux - 3966 Dayton Street
3,751 square feet
Available Early 2007
$1,300,000

The Bordeaux is a gracious French Country home with high quality finishes and an entertaining plan. The heart of the home is the spacious two-story family room, floor to ceiling windows that bask over a picture frame fireplace and built-in shelves that overlook the covered front porch facing the panoramic views of the parks and mountains. The spacious dining room connects with a butler’s pantry and a grand kitchen complemented with distinctive cabinetry and a walk-in pantry. The amenities include a i dentical bedrooms and bathrooms, an office, two laundry rooms and a three-car garage.

STAPLETON URBAN ESTATE HOMES

Sales Center next to the Stapleton Visitor Center:
7480 East 29th Avenue • Denver, Colorado 80238
UrbanEstateHomes@StapletonDenver.com • 720-249-5106 • StapletonDenver.com
Exclusively marketed by Jennifer Coen Unsworth, LLC.
Stapleton Sustainability Challenge!

By now you have probably heard or read about the global warming report issued from Paris in early February. The report itself was produced by scientists from over 130 countries working with the Intergovernmental Panel on Climate Change (IPCC) which was established in 1988 by the World Meteorological Organization and the United Nations Environment Programme. The role of the IPCC is to provide a comprehensive assessment of the scientific basis of risk of human-induced climate change. The IPCC does not carry out research itself, but rather bases its assessment on peer-reviewed and published scientific and technical literature. The IPCC’s basic assessment is that global warming is caused by humans, and it is likely to continue for centuries regardless of how much humans control their pollution. Scientists are now more than 90% certain that global warming is caused by man’s burning of fossil fuels. The overall temperature of the earth is predicted to rise and wilder weather will be more prominent.

While the overall report is disturbing and it is easy to become overwhelmed by the findings, there are small changes that all of us can make to help.

Take the Stapleton Sustainability Challenge! The concept is simple. Encourage your friends, neighbors & co-workers to “trade” one sustainable habit. Send your Sustainability Challenge stories to me at melissa@stapletonscoop.com and we will include some of the best ones in future issues of the Front Porch.

IPCC will be issuing additional reports later this year, including one that will address the most effective measures for slowing global warming. We’ll keep you posted!

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Daylight Saving Time Extended to Save Energy

Congress extended Daylight Saving Time by one month starting this year as part of the Energy Policy Act of 2005. Remember to set your clocks forward one hour on Sunday, March 11th and set them back one hour on Sunday, November 4th. Congress has changed Daylight Saving Time at various points in history when it was crucial to save energy. In future years, Daylight Saving Time will begin on the second Sunday in March and run through the first Sunday in November.

Energy use and the demand for electricity is directly connected to when people go to bed since that is when we turn off lights, televisions, computers and other appliances. That’s why Daylight Saving Time saves energy. In the average home, 25% of all the electricity used is for lighting and operating small appliances which are more likely to be turned on in the evenings when families are home. When the country observes Daylight Saving Time, the period between sunset and bedtime is reduced by one hour, so less electricity is used.

Federal law does not require states to observe Daylight Saving Time, but does require states choosing to observe it follow the starting and ending dates set by law. And, just to clarify, the correct term is singular – Daylight Saving Time, not Daylightsaving Time.

For more information on Daylight Saving Time see the March issue of New Leaf at www.stapletonscoop.com/sustainability/newleaf/new_leaf.asp.

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The Colorado New Energy Summit

Saturday, March 24, 2007

Join top business, scientific & government leaders and members of Colorado’s energy community for an update on developments in renewable energy, emerging technologies, evolving state & national energy policies & opportunities for tax incentives & financing.

For more information & online registration visit http://edatum.senate.gov/environenergy/index.cfm

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Maximize Space in Your Recycling Cart

Denver Recycles, a program of Solid Waste Management, has heard from a number of Stapleton residents about two issues: 1) That residents are frequently filling their recycling carts before their collection day, and 2) That Denver Recycles staff does not pick up excess material placed outside of the recycling cart. The new recycling program is a fully automated collection system. The truck itself picks up the cart and automatically empties it into an opening on the top of the truck. The system was designed to make it easier for residents to recycle by using wheeled carts instead of bins, and to make sorting more efficient and less expensive by picking up recycling from more homes per route.

The use of new trucks operating the automated collection system and the need to complete hundreds of pickups per day means that Denver Recycles cannot collect material left outside of your recycling cart. Any recyclable materials not placed in your recycling cart – especially cardboard – will be collected by the trash collection crews.

Please use these helpful hints to maximize space in your cart:

• Crush aluminum cans & plastic bottles.
• Breakdown all boxes – paperboard and cardboard. Ensure that materials do not create unnecessary pockets of air in your cart. (For example, a glass bottle that stands upright underneath some paper)
• Work with a neighbor who doesn’t fill their cart to add your extra material.
• Order a second cart. If you consistently fill your cart every two weeks, let us know. We’ll evaluate your collection and, if needed, we can issue a second cart.
• Do not put cardboard in your cart until your collection day. After you set out your cart, place the flattened cardboard on top of the cart while you close the lid on it.
• Do not place cardboard on top of the lid.

For more questions or information about the recycling program call 5-1-1, e-mail DenverRecycle@ds.denver.co.us, or visit our web site at www.denvergov.org/DenverRecycles.

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Sustainability at Stapleton

by Melissa Knott

Director of Sustainability for Forest City Stapleton, Inc.

Daylight Saving Time

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Natural Balance Wellness at Stapleton

Chiropractic Acupuncture Massage Nutrition Mental Wellness Reiki

Call for an appointment: Make appointments online: Call for an appointment: Make appointments online: Call for an appointment: Make appointments online: 303-255-3003 www.MGStapleton.com

For class info, call 303-371-0780 or visit: www.371staf.com

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Stapleton Front Porch March 2007 17
Is There a Solution?

Recently we’ve been surrounded with an issue that plagues our country, yet most Americans attempt to sweep it under the rug – the issue of childhood obesity. Childhood obesity is a serious epidemic that we all need to understand to some degree in order to be part of the solution. There are many causes such as binge eating, low self-esteem, medical illnesses, stress, lifestyle events, and a big one, depression or emotional problems. The physical effects to a child’s body and well-being are devastating and can be deadly. There is no simple solution – this problem really does “take a village,” including children, parents, and the entire community. Children who are obese need to be accepted until they can make changes in their lives. This means as parents we might have to teach our children to empathize and not react negatively by staring or making hurtful comments about an obese child in the classroom.

While sewing, creating art, reading a good book, playing chess and just relaxing are all rewarding activities, all children should participate in some type of physical activity. So why aren’t we baking, swimming, skiing, playing football, dancing or doing martial arts with our children? If your lifestyle is sedentary, you teach your children the same. And if we pacify our children with the wrong types of food, we will make this problem larger.

We meet hundreds of children, and when we look into the eyes of a child who is obese, we see that same need to be accepted, but we also see a cry for help. As an educational institution, we have pledged to offer a program that will help children “fight the fat” through exercise and the mental attitude! Martial arts is a great strategy against childhood obesity because, at its essence, it helps develop a balanced child – someone who knows how and why to limit TV and video game time and to avoid fatty and sugar-rich foods and give his body the exercise it requires for good health. Martial arts traditions develop discipline and character that help children improve self-esteem, self-control and the skills to make wise decisions.

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

Knock the juice out of them! No, not your kids. Oranges. Making orange juice with your kids is fun and educational. Breakfast is always more of a rush than it should be, but making fresh squeezed orange juice only takes fifteen minutes. It may even make the morning less anxiety ridden by helping the kids to better moods.

The ingredient/equipment list is quite simple: oranges, a juicer . . . and plenty of napkins. The ingredient/equipment list is quite simple: oranges, a juicer . . . and plenty of napkins.

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Dog’s Itchy Skin Can Indicate Allergy

Just like people, dogs can suffer seasonal skin allergies to environmental allergens such as pollen, dust mites, and mold. Luckily, there are effective ways to diagnose and treat skin allergies.

Allergic reactions occur when the immune system overreacts or responds inappropriately to an otherwise innocuous substance. Often there is no sign of allergy the first time an animal is exposed, but after that first exposure, the immune system builds up a reserve of antibodies to react to that particular allergen. The next time the animal encounters the same allergen, the immune system reacts strongly.

Predisposition to skin allergies is inherited, and many breeds, such as terriers, Dalmatians, golden retrievers, schnauzers, and poodles, are more prone to allergies. Some geographical regions also predispose both humans and dogs to allergies, since certain environments harbor a wider variety of allergens.

Many things in the environment can cause allergies, and combinations of allergies can result in an additive effect; for example, a dog reacting to a food allergy plus a dust mite allergy plus a ragweed allergy will have more severe symptoms than a dog allergic to only one substance.

Skin allergies usually show up as problems involving the ears, feet, face, armpit, and genital regions that have thin skin or a lot of contact with the environment. Skin reactions involve inflammation, itchiness, and moist secretions.

This moist, inflamed skin attracts many microorganisms, so often a skin allergy can lead to bacterial infections. Smelly yeast infections in the ear are commonly associated with allergies. Scratching can also lead to rashes or sores that become infected. Once a skin infection sets in, a vicious cycle begins: the infection causes more inflammation, which attracts more bacteria, which causes more inflammation, and so on.

An itchy dog can be tested for allergies through blood or skin tests. Once an allergy is diagnosed, there are several strategies for treatment. Avoidance of a specific allergen may be difficult, but some household changes are feasible, such as keeping a dog away from down pillows if it is allergic to feathers. Since environmental allergies are usually absorbed through the skin, weekly bathing can prevent itching, washing allergens away before they get a chance to penetrate the skin.

If an allergen cannot be washed away or avoided, fatty acid supplements in the diet can help reduce skin problems. Many drug treatments, such as antihistamines, corticosteroids, and immunosuppressive drugs, can reduce the symptoms, but these drugs generally come with side effects. Another option is immunotherapy, which involves desensitization to the allergen by a series of allergy shots.

For more information about environmental skin allergies, contact your local veterinarian. Dr. Smith’s clinic, The 29th Ave Animal Hospital, is located in the East 29th Ave. Town Center at Stapleton in the unmarked west to Fantastic Salle. Call 303.394.3937 for more information.

Say Cheese!

I recently read in a cooking magazine that cheese is the number one food Americans have a difficult time giving up while dieting. As a cheese lover, I don’t find that fact hard to believe; what I do find troublesome is that people would even think about denying themselves the pleasure of eating cheese.

In Defense of Cheese – Contrary to many diets which recommend abstaining from cheese, Mireille Guiliano points to statistics in her 2005 bestseller French Women Don’t Get Fat that nearly one in three Americans is obese, yet only about one in ten French women is – and they’re living on cheese, wine, chocolate, and pastries. While Madame Guiliano is not a nutritionist, her method of weight loss – portion control, eating regular meals, treating yourself to indulgences, increasing fruits and vegetables, and drinking plenty of water – has been “proven” by millions of slim Frenchwomen for hundreds of years.

Although cheese does contain plenty of fat, there are a number of misperceptions about what type and how much is present. When a cheese is said to be 50% butterfat, most consumers incorrectly believe this means that one-half of the cheese is fat. Fat content in most cheeses is calculated based on the percentage of solids in cheese, excluding liquids. Since most cheeses are between 50-70% fat, an easy rule of thumb is to divide the percentage of butterfat by two to get the fat content. So a 50% butterfat cheese would contain about 25% fat (which is about 1/4 lb for a 1oz serving). Most cheeses are 35-45% butterfat. When a cheese reaches between 60-74% butterfat, it is called a double-crème or triple-crème and is a category of cheeses with 75% or more.

All Greens at Right Central café – When it comes to buying cheese, it is best to remember you typically get what you pay for – artisan cheeses from small producers taste worlds above the factory-made block varieties. You don’t have to shop at a cheese specialty store since many larger grocers, such as King Soopers and Whole Foods, have an excellent selection of great cheese. Avoid the coolers of mass-produced cheese and find those that offer a smaller but more varied selection. Ask the deli manager for guidance in selecting the right cheese and how to serve it. Many shops will often allow you to taste a cheese before buying it.

The age of a cheese also plays an important role in its taste. Young cheese lacks flavor and cheese that has aged too long is excessively sharp in taste. Eating cheese at room temperature, rather than cold out of the refrigerator, brings out the flavor. In our dry climate, leave the cheese wrapped that has been aged too long is excessively sharp in taste. Eating cheese at room temperature, rather than cold out of the refrigerator, brings out the flavor. In our dry climate, leave the cheese wrapped until it has been at room temperature for about an hour. When cooking with cheese, it is best to use low heat to melt it. High heat and overcooking will cause the cheese to become stringy and tough. When used for a topping, add the cheese during the last 5 to 10 minutes of the cooking time.

Personally, I believe you can eat the best cheeses solely on its own but it is also an indispensable staple in gourmet cooking. Below is a recipe for one of my all-time favorites.

Stapleton resident Rich Marks is a classically trained chef and owner of Beyond Parsley, a personal chef and catering service with an ever-changing weekly menu. Contact Chef Rich at 303-715-5431 or chefrich@beyondparsley.com or visit www.beyondparsley.com.

Crab Macaroni & Cheese with Truffle Oil

1 16 ounce can crab claw meat (may be substituted with 1 pound lobster meat) 2 cloves chopped garlic
2 cups chopped shallots 1 pound macaroni pasta
1/2 cup shredded Gruyere 4 tbsp. butter (1/2 stick)
1/2 cup shredded Cabot Cheddar 1 cup cracked pepper
2 tbsp. white truffle oil 2 cup Vitamin D milk
2 tbsp. white truffle oil

Cook the pasta until al dente and drain. While the pasta is cooking, sauté crab meat in 1 tbsp of butter and set aside. Melt the remaining butter in a large saucepan and add the garlic. Gradually whisk in the flour a little at a time to make a roux (consistency of wet sand). Add the milk a little at a time to make a smooth sauce. Simmer on medium heat for at least 10 minutes. Add the cheese slowly and mix into the crab meat, season with salt and pepper. Add this mixture to the cooked pasta and toss. Bake at 350 for 20 minutes or until it begins to brown slightly. Drizzle with truffle oil before serving.
We’re Looking For A Few Good Neighbors

• Are you new to the neighborhood?
• Have you hoped that more voices from the community would be represented in development decisions?
• Want to help make Stapleton a better place to live and work?
• Do you have talents and skills that could be put to good use in planning future development in Stapleton?
• Are you a current resident who has been looking for an opportunity to get involved with neighborhood issues?

If your answer is “yes” to any of these questions, please consider running for a leadership position in the Stapleton United Neighborhood Board of Directors.

The first Board of Directors of SUN was elected in the spring of 2004. During the past few years, much has been accomplished. SUN developed by-laws and established non-profit status. Several community forums have been held and a neighborhood watch program has been started. SUN has also supported alternative transportation planning and active living in the community. SUN now hosts regular forums with Forest City representatives and officials from the City to help keep Stapleton residents up to date on the status of our neighborhood. SUN also organizes the annual Block Party Day and the Kickball Tournament, to help bring new neighbors together, and build the bonds that are critical to strong communities.

Now it is time to make plans for another year of progress with the election of members of the SUN Board of Directors. Of the 14 seats on the SUN board, seven are up for election this year. As Stapleton is always growing, SUN is committed to including new residents on the Board.

A nominating committee will be formed in the next few weeks to identify members of the Stapleton community who are interested in becoming more involved in the effort to organize the neighborhood. Please consider sharing your voice and experience...by joining the nominating committee, submitting names of interested neighbors or by becoming a candidate for the SUN Board of Directors.

Stapleton United Neighbors Board Election FAQs

What is SUN, and what role does it play in the neighborhood?

The mission of SUN is to work for the betterment of the Stapleton neighborhood and the City and County of Denver by providing:

(i) a forum for residents living within the boundaries of SUN to discuss and resolve issues,
(ii) a network of communication on matters of importance to the community as a whole.

What do SUN Board members do?

Board members are responsible for helping bring the mission of SUN to life through work in the community. That entails at least the following responsibilities:

- Attend at 9 or more of the 11 SUN board meetings each year (currently scheduled at 7pm on the fourth Thursday of January through October and the fifth Thursday of November).
- Chairing or serving on a SUN committee (transportation, education, outreach, safety, and smart growth), serving as a SUN liaison on a Stapleton Community Advisory Board (CAB) or Stapleton Development Corporation (SDC) committee (parks advisory group, zoning and planning, housing diversity, community communications and design review) or serving as a SUN liaison to Inter-Neighborhood Cooperation (INC).
- Authoring at least one article per year for the SUN Spotlight section of the Front Porch and Tower Ledger
- Attending and helping out with SUN-sponsored community events and forums
- Promoting the work of SUN and the ethos of SUN’s mission in the community.

What is the time commitment involved?

Monthly board meetings typically last an hour and a half to two hours. SUN, CAB and SDC committee meetings are usually only a month and run about an hour to an hour and a half and INC meetings are the second Saturday of the month for three hours. Beyond that, keeping up with voice mail, email, authoring a SUN Spotlight article and attending other events and meetings can add as little as a few minutes to as much as several hours per week. Board members should also monitor Grapevine postings on StapletonOnline.com weekly for issues relevant to the committees they are a part of or attend. As a general rule, SUN will involve about 10-15 hours a month of time commitment, and potentially more depending on the calendar of events.

What do I need to do to officially run for the Board?

The application process entails submitting a 200 word statement of interest and bio to Mark Mehringer (mehringert@gmail.com) by April 1, and attending the SUN Forum and Election in mid-May. The statement of interest and bio will be run in the May issue of the Front Porch and Tower Ledger and be posted online.

How are the elections determined?

In the past, there have been just enough candidates to fill each slot, but in the event of more candidates than slots, each voter has 7 votes and the top 7 vote gatherers are elected to the board.

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
Point of View

I think it’s most likely to be Hillary for the Democratic party, mainly because of the considerable experience behind her and the most groundswell. And I thought she handled that so poorly. I know she has a reputation for doing good things as a senator but I don’t know what her message is as a candidate. Whether she’s eligible I think it depends on what happens on the Republican side. I think so many people are dissatisfied with Republicans right now. It’s been one thing right after another with Bush, even the Republicans I know are pretty discouraged about the whole scene. For the Republican nominee, I think McCain is the most level headed, but I don’t know very much about the Republicans, so I can’t speak on that.

Henrik Pedersen

“I think the Democratic nominee will be Hillary Clinton and for vice president typically the Democrats would try to get someone from the South to win over the swing voters. The big question is whether a woman can be elected, I don’t know, but I think she has a good chance. Also actually perhaps a person of color like Obama, but I think we’ll see a female presidential candidate. I think there’ll be a wide appeal, he has a lot of experience, especially in international politics. Where John McCain is weak, I don’t really see McCain having any stronger, which is why it’s called “conservative Christian right.” What people are saying about McCain is “I think it’s most likely to be Hillary for the Democratic party. Rudy Giuliani has any stronger footing with that group.”

James Thompson

“On the Democrats’ side I think we would probably see Obama. Maybe Hillary Clinton could give a good run for it. But it seems a lot of people are still declaring themselves into coming into each party. I think there will be a lot of changes facing. Between Hillary and Obama, only time will tell. I think Hillary is a household name, but I believe Obama comes with some fresh ideas. Truly, in my opinion, people are looking for fresh new ideas to consider. I think we’re now past the point of promises, since a lot of things are starting to affect everyone, not just certain classes or income groups. The wants and needs of the American Dream – that touches everybody – so I think whoever can touch that the most will probably be the front runner.”

Lisa Jensen

“I think it’s most likely to be Hillary for the Democratic party, mainly because of the considerable experience behind her and the most groundswell. And I thought she handled that so poorly. I know she has a reputation for doing good things as a senator but I don’t know what her message is as a candidate. Whether she’s eligible I think it depends on what happens on the Republican side. I think so many people are dissatisfied with Republicans right now. It’s been one thing right after another with Bush, even the Republicans I know are pretty discouraged about the whole scene. For the Republican nominee, I think McCain is the most level headed, but I don’t know very much about the Republicans, so I can’t speak on that.”
“My Fotobooks” Gets Digital Photos Off Your Disks and Into Your Life

By Kathy Epperson

The seed was planted for Maricris Doolan’s home-based business when she found a way to organize and print digital photographs in a hard-bound album after the birth of her children. "Friends and family started seeing my albums, and I soon realized that most people with digital cameras never printed their pictures," she says. "They downloaded them on their hard drive, left them on their memory cards or placed them on discs, never to be seen or enjoyed. When I would suggest to them to make these photo books, the response would be ‘I don’t have the time,’ ‘I don’t have the creativity to organize them,’ or just ‘It’s too overwhelming!’ I started to realize that as my children get older, I have the time, the creativity and the love for making these Fotobooks.”

In the summer of 2006, Maricris started researching and planning her business. She officially launched her My Fotobooks business in October with an open house at her home. Maricris works with each client to determine a theme of their Fotobook, such as event, travel, or chronological. "Some clients will give lots of details on the event, but most hand me a disc and give me total creative control," she explains. "The theme mostly dictates the style of the book. After completing a draft of the album, I provide a proof of the whole album. At this time, the client can make any changes and add all their captions that I put in after the review." Prices vary depending on the size and style of the Fotobook. Originally from the Philippines, Maricris moved to Detroit in 1979 where she graduated with a mechanical engineering degree and test drove vehicles for Ford Motor Company. She and her husband Rob moved to Denver in 1999 for his medical residency and moved to Stapleton in 2002. Maricris and Rob have two children, Connor (age 6) and Christina (age 4).

To inquire about creating a custom made hard bound Fotobook, contact Maricris at maricrisdoolan@msn.com or 303-722-6369.

New Northfield Starbucks Welcomes Community

The latest Stapleton Starbucks celebrated its Grand Opening on Feb. 3rd by hosting a standing-room only crowd that enjoyed face-painting and craft staff from the Montbello High School Youth Choir and a slew of live animals from The Urban Farm @ Stapleton. The new store, located at the intersection of I-70 and I-270, also welcomed Dr. Brandon Davidson-Tracy from Stapleton Pediatrics – who provided about 50 parents with some expert medical advice during the event. Store manager Christine Brown, a four-year Starbucks partner (employee) started her career as a busara. She invites all Stapleton Front Porch readers to visit the store during the annual Starbucks Brewing Sale, which runs from now to April 30, as well as to stop by for a free cup of coffee during the annual Starbucks Coffee Break on March 15 from 10 a.m. - noon. The store is open from 5 a.m. - 10 p.m. every day and has a drive-thru window.

Consulting Runs in the Family

By Kathy Epperson

Stapleton residents Doug Gertner and his wife Maggie Miller have made productive use of their Parkwood Homes loft. After Doug was laid off by a local software company and Maggie was cut to half-time at a local non-profit, each started a new consulting business in their shared loft space.

Doug’s company, Emu Consulting, is focused on involving people and improving groups. His work entails workplace learning, training, team building, conflict resolution and facilitation to assist managers, supervisors and employees. Another aspect of Doug’s work is in support of what he refers to as ‘involved fatherhood’ and includes everything from direct service with dads to training human services and educational staff to better understand and serve fathers. “Emu Consulting is named for the important flightless Australian bird known as one of the best fathers in the animal world,” Doug explains. “The males incubates the eggs, raise the young, and fiercely protects them from harm. As a working father, I strive to nurture both my family and my clients with the same commitment as the emu.”

Maggie previously worked as an adult educator and program planner in the field of Jewish education. After having her job cut to half-time, Maggie saw an increase in demand for her consulting work and created a full-time business of her own. Through Maggie Miller Consulting, she helps staff in non-profit organizations plan and evaluate their programs to clarify their ideas, bring out the best in their people, and align their actions with their goals so that they may best fulfill their agency’s mission. Maggie counts among her clients such organizations as Mountain States Employers Council and the Allied Jewish Federation.

Starting their own businesses has been a goal for Doug and Maggie for many years. “Self-employment and calling my own shots was always in the back of my mind,” Doug says. “It was not until I was given the gift of a layoff that I really moved forward with my own work. I began by using my unemployment and severance checks to engage the services of a personal coach. We met three to five times a month for most of the year after I lost my job, and it was through this coaching that I conceived and launched my business.”

Doug and Maggie look to artist friends of theirs as mentors, a couple who share their studio space and model a similar working relationship. “With a 500 square foot art studio, we only had to buy another desk and laptop and Maggie was in business,” says Doug. They appreciate being able to support each other and share their expertise. Working from home also allows them to co-parent their son, 8-year-old Jordan. “With their laptops and a wireless network,” they say, “our whole house is an office, yet we balance the time we spend working with plenty of family playtime.”

For more information, visit Emu Consulting at www.emuconsulting.com or Maggie Miller Consulting at www.maggimiller.org.
A Look Inside the New Fire Station

By Kathy Epperson

The 30 firefighters assigned to the new Fire Station #26 in Stapleton are clearly proud of their state-of-the-art firehouse. “This is like the crown jewel of fire stations and the envy of all firefighters in the district who see it,” says Captain Eric Tade. While the station was designed in a more traditional architectural style to fit the neighborhood, the interior design and functionality is modern, efficient and built green.

Skylights allow natural light to illuminate the space, and each area is designed to serve multiple functions. Instead of a large sleeping area where all crew members sleep, this facility offers energy-conserving dorm-style sleeping rooms with three beds each. The assignment of one crew member across three different shifts to each room allows not only for privacy but for the easy accommodation of the station’s two female firefighters as well.

The tower also is designed for multiple use, with a pulley system to let the fire hoses hang dry, a stairwell that allows the firefighters to run drills up and down the stair, and a supplining system at the top for high-angle rescue training. “On a clear day, the views from the top of the tower are incredible,” Captain Tade says. “You can see all the way to Pikes Peak.”

With 8 firefighters on duty at all times, this busy crew responds to an average of 10 calls per day. While there are typically 2 working structure fires each day in Denver, the majority of the time they respond to medical calls. Vehicular accidents are among these medical calls, and with the proximity to several area freeways, this crew is well trained.

During down time between calls, the firefighters take turns cooking meals in a kitchen any chef would love to work in or gather around a large table to eat or converse. A great room area allows for relaxation and entertainment in theater-style recliners and enjoyment of their plasma TV. The crew takes advantage of a workout room in the basement, plus a running trail around the station that mimics the walking paths in the neighborhood.

The camaraderie among the firefighters is obvious. Not only do they enjoy their new home away from home, but they like being part of this active community. “We go to a lot of block parties here,” Captain Tade says, “and really like meeting the kids and parents and feeling part of the neighborhood.”

Each bedroom has three beds, so with three shifts, firefighters have a private room when they are on duty.

Below: Firefighter Charlie Vigil looks from the fire tower to the old airport tower.

Above: Using a pulley Captain Eric Tade feeds the fire hose to Charlie Vigil at the top of the tower to dry out the hoses.

The long table in the kitchen is the main gathering place for the firefighters when they are not responding to a call.

Left to right: firemen Charlie Vigil, Eric Tade, Nick Harper, and Chris Medina at the new fire station.

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