

Front Porch

Distributed to the Greater Stapleton Area

STAPLETON

DENVER, COLORADO

OCTOBER 2007

Central Park Is Open!



At the Central Park completion celebration on Sept. 8th, Denver Mayor John Hickenlooper played on the purple mounds (inspired by moguls) which were designed as playful elements for children.

The playground theme is a fantasy version of the Colorado landscape. If visitors look closely they can find mountains, streams, prairie, sky, birds, clouds, and rain. See stories on pages 4, 6 and 30.

New Children's Hospital Opens



The Children's Hospital celebrated the opening of its new facility in Aurora with a "Ribbon Tying Ceremony" on Sept. 11 to symbolize "linking the past with the future." Left to right: Denver Mayor

John Hickenlooper, Aurora Mayor Ed Tauer, Children's Hospital Board Chair Don Kortz, Children's Hospital President and CEO Jim Shmerling, and Governor Bill Ritter. Assisting them are Children's Hospital patients Jacob Cohen, 7, and Eryn Ely, 7. See story on page 8.

DPS Faces Tough Decisions & Opportunities for Progress

By Brian Weber

Denver Public Schools this year faces some of its hardest times and some of its best opportunities since court-ordered busing ended in 1996.

Superintendent Michael Bennet has entered his second year in the job with the political will for the district to confront its most confounding problems: a flat to declining enrollment and the resulting reduction in state school funding, poor achievement by lower income and racial minority students, a mounting pension debt, excess school buildings that pull scarce dollars away from more essential needs such as improving instruction, developing more magnet and themed schools and school leadership.

To help the district plan for the future in central northeast Denver, the Stapleton Foundation joined with DPS to conduct market research from April to July to find out what families want in their public schools. A summary of the results is being published for the first time in this issue of the Front Porch (see page 8).

In addition, the second part of an in-depth interview with DPS' Brad Jupp appears on page 9 of this issue. (The first part ran in the September Front Porch.) Jupp is Bennet's chief policy advisor and he has some encouraging words for parents about their opportunities in DPS.

Printed with soy-based ink. Paper contains 40% postconsumer waste. 



A summer sunset as seen from Syracuse Street on the western border of Stapleton.

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3rd Tuesday

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[Stapleton Foundation 303.393.7700]

1st Wednesday

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

2nd Wednesday

S.U.N. Transportation Meeting
(meets odd numbered months only)
3126 Elmira Ct 6:30 - 8:30pm
[Paul Frohardt stapletonneighbors@msn.com]

3rd Thursday

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

4th Thursday

SUN Board Meeting at 6:30pm
Stapleton Development Corp.
7350 E. 29th Ave. Lg. conference rm.
[stapletonneighbors@msn.com]

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1st Saturday

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

2nd Saturday

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and Peer Support Group
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5575 E 33rd Avenue
[Paula Sussman 303.813.6691]

Last Saturday

Sweet William Market
Founders' Green 9am - 2pm, thru Oct.
[www.sweetwilliammarket.com]

Every Sunday

Stapleton Farmers Market
29th Ave. Town Center 9am - 1pm
Thru Oct. 14th [303-442-1837]

OCTOBER

Wednesday, October 3

Bill Roberts PTA Meeting
6:30 pm
Bill Roberts Cafetorium

Saturday, October 13

Fall Festival
Founder's Green
Noon to 4 pm
Food, Music and Fun for all ages
Refer to StapletonCommunity.com for more information. (from Keven, MCA)

OCTOBER

Saturday, October 13

Rocky Mountain Arsenal Wildlife Refuge
Refuge Roundup 2007
Noon to 6pm
See page 18 for more information
303-289-0930
http://www.fws.gov/rockymountainarsenal/

Sunday, October 14

Last day of the Stapleton Farmer's Market
29th Ave. Town Center 9am - 1pm

Thursday, October 18

Bill Roberts CSC Meeting 4 pm
Bill Roberts School

Saturday, October 20

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7505 E. 35th Ave, Suite 360 (Quebec Square)
303-321-7100 www.americansunrise.org

Saturday, October 27

Last day of the Sweet William Market
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Sunday, October 28

Noon: Live raptor kick-off at Bluff Lake
Nature Center
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303-739-2428

Wednesday, October 31

Safe, Free Halloween Fun
Denver Police Academy 5 - 8pm
Central Park Blvd and Akron Way

NOVEMBER

Friday, November 9

Annual Members Meeting 6:30 pm
"Stapleton Community Room"
located at 2823 Roslyn St.

NOVEMBER

Friday, November 23

Holiday Lighting
West Crescent
TBD

What's going on at Stapleton? Community Forum

Thurs, Oct 4, 2007 - 7:00 pm to 8:30 pm
Sponsored by: Councilman Michael Hancock;
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Bill Roberts School, 2100 Akron Way
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Behind the Scenes – Reflections from Those Who

The Front Porch asked the architects and engineers who planned the park to share their memories of working on the multi-year project and/or their favorite part of the finished park.

Jayne Kopperl Landscape Architect

During the process of constructing the park, clarification of the misting clouds in the playground was requested regarding the cut-out forms. I asked our client, Dennis Piper, if I could add a tasteful folly into the clouds, and was granted permission. All of the cut-outs are variations of eagles with the exception of the piggies with wings sitting patiently wishing to fly. I wanted to add them for a variety of reasons; pigs are cute and I have a daughter who adores them. I wanted to give viewers something to discover if they were observant in their study of the clouds. I often wondered if Central Park would ever be completed and internally joked that the park would be done when pigs flew. Well, I suppose that the pigs have flown.



Pat Matthews Project Engineer



As the soil engineers for the project, Kumar & Associates, Inc. drilled borings and provided information on the subsurface conditions. We prepared recommendations for the foundations and floor slabs for site structures, the pond lining system, the Promenade and parking area pavement. This project was enjoyable to work on due to the large area of the site and the diverse types of structures.

Cales Givens, Design Principal

One of my favorite parts of the park is the promenade. It's the central place where everybody comes together. It's a great people watching place. It goes all the way through the park from one end to the other. There are really nice central gathering places where you can meet your neighbors, listen to a concert, or have a cup of coffee (in the future) near the playground. As you go further toward Westerly Creek it overlooks the sports fields. To me it almost feels like when you're walking on a boardwalk along the ocean, you have this nice long walk, and there's just tons of people out on the beach, or in this case, on the sports fields playing lacrosse and soccer. The real jewel is at the end. There's this little overlook, and as the promenade goes further down it gets to a place where only one person can stand at the end. It's nice and quiet and it's perched up in the air.

One thing I didn't realize when we were laying this out and designing it – when you're on the promenade near the sports fields you're pretty far from the streets – it's nice and quiet. You get a great view of the night sky – you're able to get away from the urban environment and see that.



David Amalong, Landscape Architect

My best memory of working on the park was the great team that we had. A lot of wisdom and talent: from the Stapleton Development Corporation, the City and County of Denver, Forest City and the incredible design team.

A key component of urbanization and sustainable communities is public open spaces. The most important aspect of this park is the sense of pride that it will generate within the community and the way in which it connects people to people and people to nature. Central Park was designed to reflect the communities that it serves.

Of all the various components of the park, in my mind, the playground stands apart from the rest. The favorable responses from parents and kids is



Central park planners, designers and engineers, left to right: Doug Lamson, Cales Givens, Kaia Nesbitt, Craig Coronato,

beyond what we could have hoped, and to witness kids screaming their heads off, running up and down the purple mounds is personally very gratifying. To me, this is what a park is all about and my greatest hope is that this park will generate many great experiences and memories for generations of visitors.

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e Who Designed and Built Central Park



Justin Knowles, Robert Krehbiel, Pat Matthews (front), Michelle Leach, Jayne Kopperl. Not shown: David Amalong.

Robert Krehbiel, Civil Engineer

I remember in 2000 visioning for this park and trying to understand its shape, character and land use. The park design process began by discussing what the visitor would value from their encounter with the park.



The initial design process wasn't, "What are we going to build?" It was, "What is the visitor going to experience?" It was thinking outside the box and integrating those ideas into a free form over 80 acres of open space.

We went through brainstorming sessions with all sorts of words and images, and the ones I recall were "Earth, Wind, and Fire." The visioning team members were talking about concepts, experiences, feelings – not structures, land use function and shape. As a civil engineer I struggled with those concepts initially. It took awhile to think first in terms of experiences rather than directly into layout and design of an 80-acre park.

I remember starting with huge blank sheets and going through rolls and rolls of paper with concepts of what this could look like. But seeing how it all came together seven years later, the shape is just phenomenal.

Doug Lamson, Landscape Architect



Design work for Stapleton's Central Park started in 2000 when the old airport's east/west runway was still in place over the site. The physical power of that airfield, with its long view of the Rockies and downtown Denver, was overwhelming and we decided right away that any park design would have to incorporate

that view. We held five public workshops where the community shared its feelings about what a great regional park should be and what the site meant to them. We took three very different design concepts to the public for review. The winning plan's powerful "Promenade" and its straightforward Central Space were the elements that most significantly distinguished it from the other two alternatives. Although I very much enjoyed the master plan process, coordinating the design team while testing ideas and developing designs was often exhausting. Seeing people enjoying the finished park however, makes it all worthwhile and I look forward to visiting with my wife and three children sometime soon.

Michelle Leach, Landscape Architect and Restoration Ecologist

Our parks are cultural landscapes that convey history, lifestyle, regional climate and may reveal stories about the significance of the ground upon which it is built. As designers we try to translate them in a powerful way that honors their origins.

The acknowledgement of the former use of the airport site is defined by the main circulation axis offering mountain views to the west and Westerly Creek views to the east. Multiple garden rooms were attached to this diagonal spine. What form was common to the airport and nature? Wings...we investigated the geometry of airplane wings, butterfly wings, and samara wings of maple trees. These shapes gave form to the three hills.

In this time of environmental awareness we wanted the park to embody ecological functions. We hope the Urban Forest can inspire its visitors to reconsider their understanding of a neighborhood park. Central Park offers the iconic park elements (follies, the great lawn, sunken amphitheater, etc.) like other great parks but offers it with a different twist.

Charlie Nicola, Senior Vice President, Forest City, Stapleton, Inc.



Central Park binds the initial phases of Stapleton with the newest filings to the north. The park also provides a unique and seamless connection to Stapleton's other open spaces making it an integral part of the entire Stapleton park system and unique among Denver's other parks. Central Park brings to life a key element of the Stapleton Development Plan ("The Green Book") through the teamwork involving Forest City, the Park Creek Metropolitan District, Denver Parks and Recreation and the citizens of our community.

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Central Park: A Worthwhile Challenge



The Central Park Lake provides for model boat sailing. Approximately one acre in size and six feet deep in the middle, the lake will be filled with non-potable water and is not intended for wading.

By Kerry O'Connell

The world of construction is generally divided into two camps: horizontal (roads, utilities) and vertical (buildings, houses). But then there is park construction — a mix of the most challenging aspects of horizontal and vertical construction.

In “the old days,” cities planted a few trees, threw out some grass seed and called it a “park.” Stapleton’s Central Park is the epitome of the new wave in park design. Central park has 1,732 trees and lots of grass throughout its 80 acres, but it also has features like artificial rock climbing walls, aluminum flowers that emit mist, and fountains that mimic “Old Faithful.”

Soccer fields require prescription turf these days. Upon completion of the Central Park soccer fields in fall 2005, we found that we had created the finest geese feeding ground in the western United States! Although the hunters on our construction team drooled with their proposed solution to the problem, instead we rounded up battery operated bird control devices that regularly

emitted shotgun sounds to scare the birds away.

Fancy geometry isn’t easy. The “Overlook” structure at Westerly Creek, where the pedestrian promenade encounters the natural area at the east end of Central Park, was found to have been built a fraction of a degree off of the promenade centerline. Mortenson engineer’s came up with a creative solution – to pour concrete piers and use hydraulic jacks to push the east end 9 inches further north into perfect alignment.

Construction workers can be creative in other ways as well. Some residents might remember a silhouette of a Native American on a horse on top of the sledding hill during the earlier days of construction. Foreman Randy Payment created the art in his spare time. It now resides on a ranch in Golden Gate Canyon.

What makes park construction enjoyable is the fact that residents love parks more than anything else we build. Building another office to work in or another place to spend your

paycheck is not nearly as rewarding. The residents loved Central Park so much, no amount of fencing could keep them out (especially after last winter’s snow). Pouring concrete isn’t easy with runners jogging by. The team became skilled at politely asking the early users to “play” where it was safer.

Parks are remarkable mixes of earth, plants, and structures. Building one is almost as fun as using one.

Kerry O'Connell is the project supervisor for M.A. Mortenson, the company overseeing the construction of infrastructure at Stapleton for Forest City Stapleton, Inc. and the Park Creek Metropolitan District. Project managers for the Mortenson team responsible for Central Park included Kathy Lang, Tony Perdue and Dave Richards. Tom Herman, Dan Steele, Charles Jones and Zane Dobler were among the superintendents who played key roles. Serving as engineers were Sam Bontha, Heidi Sporleder, Andrew Smith and David Holt, as well as Erik Erfling, Josh Carroll, Ella Cooke, Kristine Wille and Steve Chambers.

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Above: A child hits the gong in “the music room,” which adds sound to the playground. To encourage cooperative play, the equipment is made to sound better when used by a group.




Above right: The play field area is planted with special grasses that are more durable and can withstand heavier use. It is primarily intended for pick-up games, but some organized league play may be permitted at a later time.




Below right: The 3,500 foot long Promenade (2/3 mile), runs from Central Park Blvd. to the boundary of Westerly Creek Park where it ties in to the Westerly Creek trail. The building in the background will be a food service concession that is expected to be open in the summer of 2008.




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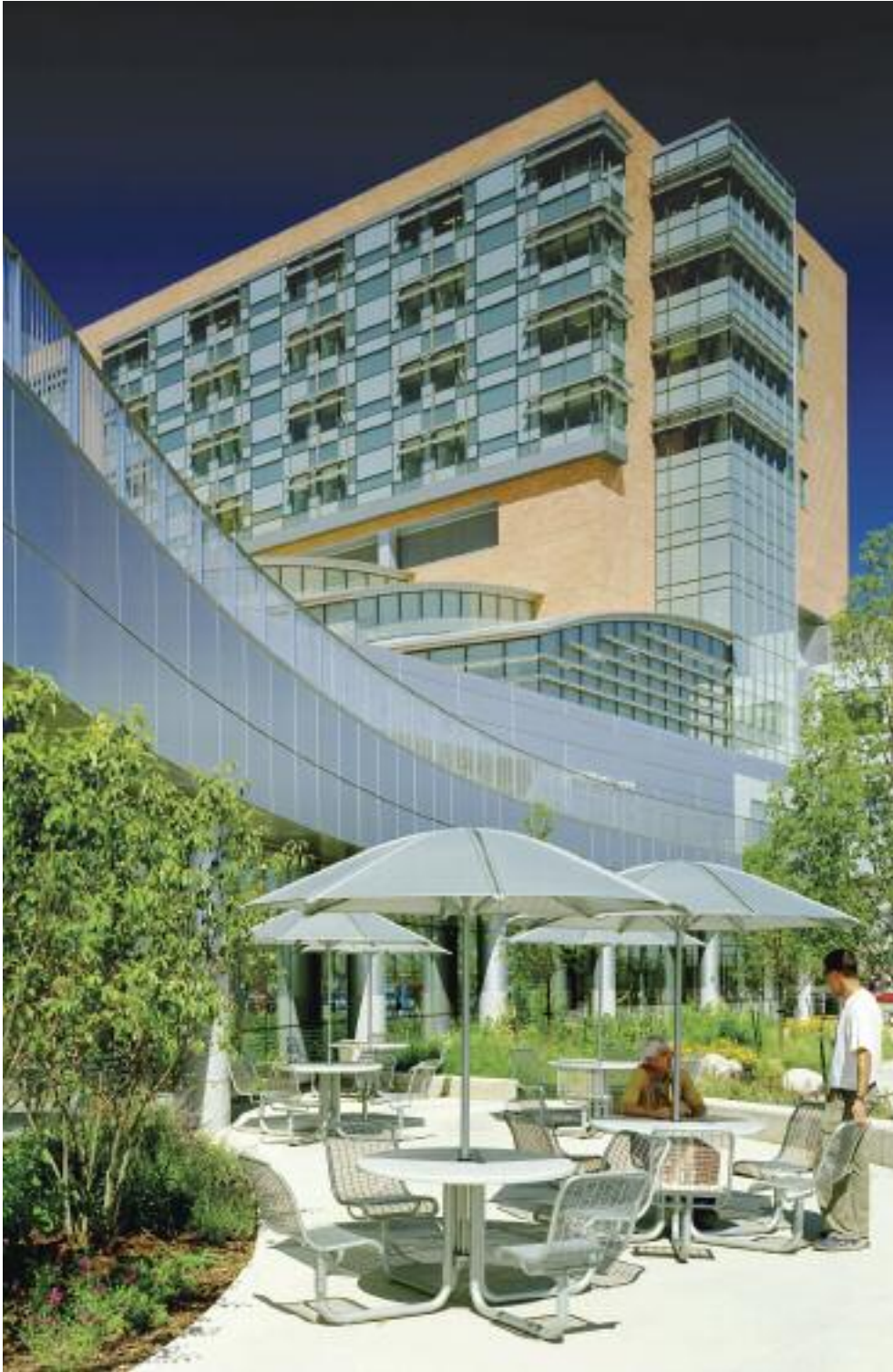
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The Children's Hospital Builds A

By Jessica Ciarvella
The Children's Hospital

In October 2001, The Children's Hospital (TCH) announced its plans to build a new, state-of-the-art hospital in Aurora to anchor its growing network of child health care services throughout the region, all connected to a single purpose – providing outstanding care to kids and their families.

"This is a once-in-a-lifetime opportunity to start with a blank canvas and build the kind of facility that will best meet the needs of kids throughout the region, today, and into the future," said Jim Shmerling, DHA, FACHE, president and CEO of The Children's Hospital. "So, for parents and their kids, this means better access to the best care for children in a healing environment that caters to families."

The Children's Hospital joins the University of Colorado at Denver and Health Sciences Center and University of Colorado Hospital in Aurora, accommodating opportunities for increased collaboration in research, education and patient care. The two hospitals – TCH as the main pediatric hospital and UCH as the adult affiliate hospital of the UCDHSC School of Medicine – greatly benefit from being in close proximity to each other; to the university's massive research enterprise; to the university's educational space; and to the adjacent Colorado Science + Technology Park at Fitzsimons.

Opening this month, the new 1.44 million square-foot TCH will house 270 patient beds, outpatient clinics, a pavilion for spe-

cialized services, offices for staff and faculty, clinical directors and staff and research and education space.

"The new hospital was built with children and families in mind," said Shmerling. "The result is a hospital many refer to as the 'most healing' hospital."

From various color palettes, access to nature and natural light, reduced sound, comfortable retreats and colorful art, the new hospital was designed with "healing" features for infants, toddlers, adolescents and teens. In every open space, clinic and corridor, considerations were made for how light, touch, sound, taste, scent, air, gardens and spirit will affect the experiences of patients, families and staff.

Some of the features that make up this "Art of Healing" initiative include the following:

Nature

The connection to nature is evident with the 6.6 acre park fronting the building, which reduces noise and gives patients and families a peaceful place for fresh air, walking and reflections.

Natural Light

The Children's Hospital has been designed to maximize natural light. Windows and "light wells" bring light to patient rooms, corridors, staff areas and offices throughout the building.

Color

Careful consideration was given to the amount, intensity and value of colors used throughout the hospital. Five color palettes were implemented to relate to the five senses that were influenced by Colorado's diverse landscape and imagery. Some are more lively and energetic, while others are quiet and calm to reflect the space's purpose.

Quieter Hospital

Recent studies have suggested that noise can lengthen patient recovery times and increase

Left: The Children's Hospital is fronted by a 6.6 acre park that insulates the hospital from noise and provides a peaceful place for patients and families to walk, sit and play in nature. Patios and balconies also enable easy access to the outdoors, and countless windows provide views of the Rockies and plains.

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s A “Most Healing” Hospital

the chance of medical errors by staff. To ensure that the hospital best meets the needs of its staff to deliver quality care, and to enhance patient comfort, the design team integrated new technologies, sound acoustical design and a paging system that replaces overhead public announcements.

Comfortable Retreats

The new Children’s Hospital has been designed to embrace the notion of family-centered care philosophy. Among the family-based amenities are additional sleep rooms, family library and

business center, expanded sibling care and a teen room with a basketball hoop, televisions and games for those who would rather be among their peers. Parents also can find solace in the Chapel or peace and quiet in one of the many family lounges.

Supported by its mission of improving the health of children through excellent, coordinated programs of patient care, research, education and advocacy, the new facility will be a resource benefiting children and their families for many generations.

Below: Based on bold use of color, themes of nature and an extensive art program, the interior design of the outpatient waiting room is intended to provide a degree of comfort and a less stressful environment for children, their families, and the people who work there.

Right: This view of Boettcher Atrium shows the glass elevators and brightly colored and richly detailed terrazzo floor. This area, known as the “family living room,” captures the movement and natural environment of Colorado.



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DPS to Announce School Closures

By Brian Weber

The Denver Public Schools (DPS) administration and board is set to take a big step toward possible remedies for some of the district's achievement and financial problems. They have evaluated the building inventory and plan to announce on October 1 which schools will be closed, consolidated with others, or redesigned in some way to improve its program and student achievement. A citizens committee crafted criteria for DPS to make those decisions. A key requirement is that students in a closed school are reassigned or given the opportunity to attend a higher achieving school.

The district will present its plan to the A+Denver Facilities and Finance Committee on October 1. The A+ committee is an independent citizens group that worked during the first half of this year to develop ways for DPS to deal with excess school buildings. The plan will be formally presented to the school board on October 2, from 5-6:30 p.m.

DPS will then hold meetings at schools recommended for closing on Oct. 3 and 4, 5:30-7:30 p.m. Families in schools recommended for closure will be invited to attend community meetings at projected schools of assignment on Oct. 8 and 17. Students from closed schools will have the option to attend a new school of assignment or use the district's choice process to attend another school of their liking. Locations and other information will be available Oct. 1 at www.dpsk12.org.

Just Released – Results of Education Survey of Central Northeast Denver

What Parents Want in Their Schools

By Brian Weber

The Stapleton Foundation partnered with Denver Public Schools (DPS) to survey residents of central northeast Denver between April and July to learn about the kind of school programs they want. Of 4,200 questionnaires distributed, 594 were returned. Among the results:

- Rigorous neighborhood schools designed to meet the needs of a range of learners ranked number one for parents in Stapleton and all of central northeast Denver.
- Parents also favored specialized education programs including gifted and talented, International Baccalaureate, experiential learning, dual language, and the arts.
- Over the past five years the percentage of middle income families in the area that chose a school other than their neighborhood school remained steady near 60%. However the percentage from low income households making that choice rose from 38 to nearly 50% – outpacing the district average by 10 percentage points.

The research was sparked by the need of Denver Public Schools to know what families want to help make decisions about future use of area schools. The 13 DPS schools in central northeast Denver *1 are in transition. Some boast growing enrollment and achievement, some are stable, and others are losing enrollment and not performing adequately. There are ten K-5 and/or K-8s, one middle school, one 6-12 and a charter high school.

The project primarily sought responses in three areas: characteristics that make a “good school”; preferences for school models/programs; and opinions about three choice options. Demographic and school attendance information, as well as comments were also solicited. Data was analyzed as a whole, and broken into four subgroups: race, household income, school attended and zip code. Key findings are shown below.

Additional research results on parent focus groups and more on "choice" data will run in the November Front Porch. Visit Stapletononline.com for the complete survey results.

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Holly Wyatt, MD, Principal Investigator
Center for Human Nutrition
University of Colorado Health Sciences Center

Key Findings from the Survey

Demographics

- Respondents' household income: \$0-35K – 25.5% \$35K-100K – 27.5% more than \$100K – 47%
- Respondents' level of education: 68% percent had at least a Bachelor's degree; 42% had an advanced degree.
- Respondents' race: white (50%), African American (18%), Hispanic (16%), Native American (.4%), Asian (.4%), Mixed/Other (16%)
- Respondents' zip codes: 31% 80207 (N/NE Park Hill); 16% 80220 (south Park Hill); 36% 80238 (Stapleton).
- Respondents' average number of children: 1.190
- Percent having one to three children: 96%
- School performance (for the oldest child attending school in the target area): 166 at low performing 254 at high performing 101 at private preschools

What makes a “Good School?”

- The most popular school characteristics were:
 - Teacher Quality
 - Leadership (Principal)
 - Successful School Programs
 - Student Achievement
 - Parent Involvement
 - Variety of Electives
- Every subgroup chose teacher quality as most important.
- Only those identified as Hispanic or Mixed/Other did not choose leadership for the second value.
- Most subgroups ranked school program, student achievement, and parent involvement third or fourth.
- Hispanics chose extra academic support as their fourth choice.

School Models/ Programs

- The most popular school models/ programs:
 - Neighborhood School – focus on reading, writing, math, & science (78%)
 - College Preparatory – high school (61%)
 - Diverse student body, strong academics, celebrates diversity in curriculum (63%)
 - Rigorous standardized program, i.e. International Baccalaureate (55%) * 2
- All subgroups ranked neighborhood schools the highest. Second and third choices were:
 - Diverse student body and rigorous curriculum, and gifted and talented in 80207 and 80220 (N&S Park Hill)
 - College preparatory and dual language in 80238 (Stapleton)
 - Dual language and IB by Hispanics
 - Diverse student body and rigorous curriculum, and experiential learning in the Mixed/Other category

Choice Questions

1. How important is a guaranteed spot in one's own neighborhood school?
2. How good an idea is a guaranteed spot if parents can choose:
 - a) from a dozen or so schools in a geographic area like central northeast Denver
 - b) from anywhere in the city

- Citywide school choice was not popular (more than 50% rated it somewhat negative or opposed).
- Geographic choice (cluster) was more popular (58% rated it good/very good).
 - More than 50 % of the following categories rated it very good/good: lower income, African American, Hispanic, Mixed/Other, living in 80207 and 80220, and those attending low performing schools.
 - More than 30% of the following categories rated it not good at all: \$100K income, white, living in 80238, and attending high performing schools
 - Stapleton residents regarded city-wide and geographic choice as significantly more negative than Park Hill residents (positive responses scored lower and negative items scored higher in Stapleton).
- 89% of the respondents rated a neighborhood guarantee very or somewhat important.
 - More than 60% of all categories ranked this item very important but two categories (Mixed/Other and \$35K-\$100K)

Editor's Note: Stapleton Foundation staff and a graduate student from the University of Colorado at Denver's School of Public Affairs performed the survey and focus group work. The questionnaire was developed with consultation from a committee of community members, and Dr. Paul Teske, Director of the UCD Center for Education Policy Analysis, and Director of the PhD program in Public Affairs. Analysis of the questionnaire data was done through a Statistical Package for the Social Sciences (SPSS) database, one of the more widely used programs by researchers in health, education and sociology fields. The education consulting firm of Augenblick, Palaich & Associates conducted the choice data analysis.

*1 – Boundaries: Colfax Avenue (south), 38th Avenue (north), Colorado Boulevard (west), Stapleton (east). Schools: Westerly Creek, Ashley, Philips, Hallett, Smith, Stedman, Park Hill and Barrett elementary; William Roberts, Odyssey, K-8s; Smiley Middle; Denver School of the Arts, 6-12; Denver School of Science and Technology, 9-12.

*2. IB ranked slightly higher in overall statistical analysis even though its total first and second ranking percentages were slightly lower than some others.



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A Conversation With DPS Policy Advisor Brad Jupp

Editor's Note: Our interview with Brad Jupp in the September issue of the Front Porch ended with his comments on the importance of a principal's leadership in shaping a school. In addition he talked about how the district has been working to design indicators that will help evaluate the strengths and weaknesses of schools to assist in future program planning. Following is the conclusion of that interview:

Q: You're encouraging about having people in the principal position who will be innovative and, with input from the community, will be trying new things?

A: Ultimately what we care about, first and foremost, is that principal is a great instructional leader... that the principal is able, when they walk into a classroom, to identify the sound teaching practices and to lead her faculty so that they're all advancing toward better practice. This matters a great deal to us – more so than having a new good idea. There's a lot of evidence that if you've got a new good idea but you're not a sound instructional leader, you're not going to be able to go that far. We've got plenty of examples of failed charter and non-charter schools where for lack of instructional leadership the school has not done well.

Q: We understand you're running a principals' academy?

A: We've been going through rigorous professional development with our principals. The superintendent meets with them, along with the chief academic officer, once every three or four weeks in small groups. We also have principals' institutes every month, and at the end of the last two years we've had large-scale principal institutes that gather the principals for a long period of time for intensive development. This year we expanded that institute so that it was inclusive of the assistant principals and instructional leaders in every school. We were dealing with 700 people. It's a huge effort. Again, the most important thing for us is instructional leadership so we're investing in that first. We've said we need give the principals who work in our non-charter environment the chance



Brad Jupp answers questions at a community meeting at Stapleton in January 2007.

to enact innovative ideas if they can build the support of the community and the school district.

Q: Do you have any suggestions for new parents that are on the CSC, working with the principal?

A: The most important thing that CSC can do is to make sure there's a strong instructional program at the school. While building some kind of brand-name program around the school may be appealing to some parents in the neighborhood, the most important thing the CSC can do is to resist the temptation of slapping a brand-name or an approach on the school in the hopes that it's going to make for strong instructional practice. I'm not discouraging CSCs from advancing or thinking about innovation. But I am saying that the most important thing that CSC can do initially is to sit down with the principal and look at the school's performance and say, "Where are we strong and where do we need to grow?" It's about goals and the strategies to reach those goals. Once that picture has been constructed, then thinking about whether or not there is an instructional program that will meet those needs, that becomes a really important discussion. But what you want to do is resist the temptation of rushing the conversation about a model and to think about what kind of instructional needs the kids going to the school bring.

It's not like shopping; it's a lot like thinking really hard. That's why in many ways some of the best people who are engaged in intentional school innovation efforts, like the ones you see in New York City and Chicago, don't have a catalog of choices for the community. What they do instead is they expect school leaders and community leaders to imagine the needs of their kids and work backwards from that, and then define, on top of the resources they've got, if there are any other ways to organize their efforts so that they can meet the needs of those kids.

Q: One of the goals of Stapleton is the ring schools concept. What are your thoughts on bringing in the ring school kids into the Stapleton schools and making it work?

A: One of the most terrible mistakes you can make when you run a school is to pretend that you can do everything when you can't. What we need to do, especially if we're addressing the needs of struggling learners, or addressing the needs of English language learners, or addressing the needs of kids who are high performers, is we need to make sure the academic service they're getting helps advance them toward what is the obvious goal that every parent wants – a well-educated kid. So when we build schools that are going to welcome diverse populations, one of the things we want to do is to make sure that we have the academic services that meet the needs of those diverse populations. I think there's ample evidence, whether it's with DSST or the Polaris School at Ebert, the school has pulling power if it's clear that it's meeting the needs of the kids. That is more powerful than the actual kids who are at the school and what they appear to be like or what their economic station is.

Here's my point: if we assume that parents are powerful choosers, and they are in Colorado, and that they can act on their best hopes for their kids and say, "I want to go to a school that's going to best educate them," then the most important tools we've got are the ability for a parent to know the school is a good choice for their kid (that's the school performance framework) and the ability to respond when the school isn't (that's our ability to create new and innovative designs).

Q: Are you getting community input?

A: I think the most important message to leave is that over the next three months there will be a lot more talk than usual – in part because we've got to consider how we're going to consolidate some schools and how we're going to make sure that after consolidation the kids have rich choices to go to. We're going to have to go into neighborhoods and talk to them about their wishes for their schools, and talk to them about the ideas we've got. We're working with different community organizations so that discussions are tailored to the community.

Brad Jupp is Senior Academic Policy Advisor to Denver Public Schools (DPS) Superintendent Michael Bennet. Before taking that position, Jupp worked for 21 years as a teacher and an activist in Denver's teacher union, the Denver Classroom Teachers Association (DCTA).

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- A new fund to take care of basic maintenance in years to come.

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Beckwourth Mountain Club Preserves African American History in the West

The James P. Beckwourth Mountain Club, a nationally-recognized non profit that provides outdoor programs to diverse youth and families, has begun an effort to preserve a lodge in the Lincoln Hills mountain resort west of Denver that played a significant role in the history of people of color in the West.

Named after the bi-racial African-American mountain man, frontiersman, and explorer, James P. Beckwourth (1798-1866), the Club recently utilized a grant from the Colorado Historical Society to purchase Winks Lodge, an 82-year old building constructed by builder and Denver Five Points entrepreneur, Obrey Wendell "Winks" Hamlet. Winks began construction on the Lodge in 1925 in which he and his wife offered seasonal room and board continuously from 1928 until his death in 1965. Among the famous African-American entertainers and musicians from the 1930's-1950's who visited the Lincoln Hills resort and reportedly stayed in Winks Lodge were singer Lena Horne, and band leaders Duke Ellington and Count Basie. A haven for local and national intellectual leaders, Winks Lodge also became a summer salon, where Harlem Renaissance writers such as Zora Neale Hurston and others gave private readings. The Lodge was listed on the National Register of Historic Places in 1980.

Founded in 1922 as the first African-American development of its kind, the

Lincoln Hills resort was fully accessible by train and auto in the early years of Colorado tourism and was an astonishing accomplishment achieved in an era of segregation and oppression. Located

Photo courtesy of the Beckwourth Mtn. Club



Winks Lodge

that linked Denver with Salt Lake City. The resort originally extended over 100 acres on both sides of the railroad. By the 1930's and after WWII, the Lincoln Hills resort enjoyed heavy use by a burgeoning African-American middle class in need of places to recreate. During the long, cool, summer season, the resort attracted as many as 5,000 people on the weekends.

The Beckwourth Mountain Club was founded to offer a wide range of activities for youth from diverse backgrounds. Those activities include hiking, camping, backpacking and mountain climbing, as well as fishing, whitewater rafting, canoeing, kayaking, cross-country skiing, and snowboarding. More than just a "mountain club," the non profit offers an award winning mentoring/leadership development program for Metro-Denver urban youth as they also provide history programs that educate the public about the contributions made by people of color in the West. For more information about the Club and Winks Lodge, visit: www.beckwourthmountainclub.org or call 303-831-0564.

"Green" JCPenney Store To Open at Northfield



The new JCPenney Store at Northfield is located just east of the Main Street shops.

A "green" JCPenney Store is scheduled to open this month at Northfield Stapleton and serve as the Company's testing ground for "eco-friendly" building features to be included in new stores in coming years.

The sustainable building features in the Northfield Stapleton store include:



- Exterior brick manufactured through a waste petroleum byproducts firing process; recycled-content ceiling tiles; and carpet made from 100 percent recycled material. Additionally, throughout construction, waste materials such as concrete, metal and drywall were recycled.
- The purchase of exterior construction and landscaping materials locally to minimize the carbon impact of transportation.
- Exterior signs that use low-wattage LED lights, and interior occupancy sensors to control lights in offices, restrooms, dressing rooms and stock rooms to save energy when those areas are not in use.
- Low volatile organic compound (low-VOC) paints, adhesives and sealants.
- Low- and no-consumption plumbing fixtures throughout the store, including high-efficiency ENERGY STAR-listed washers and dryers in the styling salon.

JCPenney officials also announced the ENERGY STAR Change a Light Bus Tour will visit Northfield Stapleton on Monday, October 8 (Columbus Day) from noon to 5 p.m. outside the new JCPenney store. The ENERGY STAR Education Center, sponsored by JCPenney, will inform visitors about the importance of choosing ENERGY STAR qualified lighting as a first step toward energy efficiency, and encourage individuals to take the ENERGY STAR Change a Light Pledge – a commitment to change at least one light at home to an ENERGY STAR qualified bulb. The first 500 visitors to the bus will receive a free compact fluorescent light bulb (CFL).

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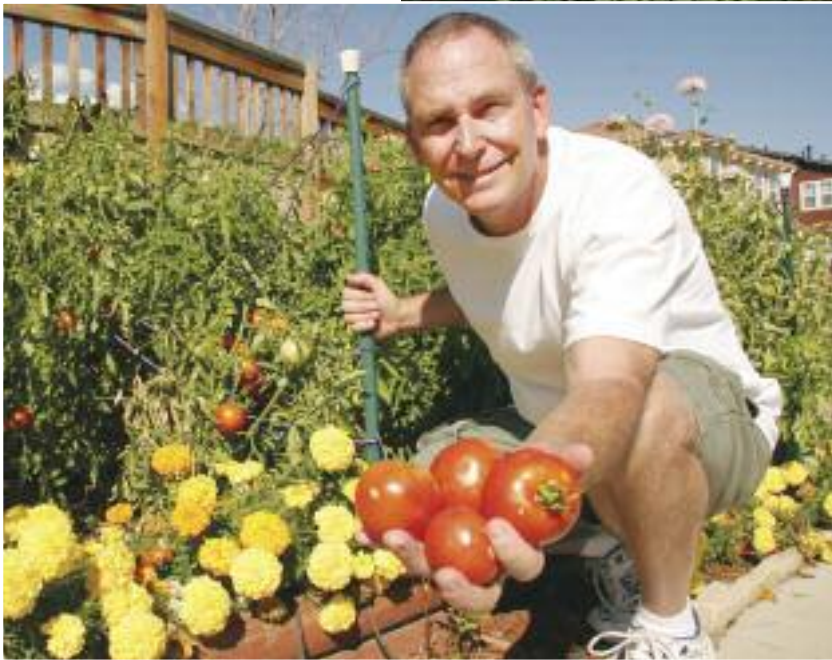


SMALL LOTS, BIG GARDENS...

Above: One of Tim's prized dahlias.

Right: Tim Charney, left, and Rich Lamm stand in the midst of the much-admired dahlias that surround the front porch of their Stapleton home.

Below: Tim grows vegetables in the area outside his fence facing the alley, turning a small strip of dirt into a productive plot of land.



GARDENING TIPS FROM TIM CHARNEY:
The key to gardening at Stapleton is to amend the soil like crazy. The soil out here is heavy clay and nothing will grow. When plants aren't doing well people put more water on but the soil holds the water and the plants drown.

We're on a corner so we have more space than many Stapleton homes. But you can do a lot with small space. We grow tomatoes, peppers and basil in a small space in the alley – and I almost always space annuals closer together than recommended. Remember to be aware of how large plants will get. Look for dwarf varieties.

I probably spend from 1-6 hours per week gar-

dening, with more time in the early season and the biggest growing season. But if you don't want to spend a lot of time, choose perennials that require less maintenance. Pay attention to when they bloom and time them so you'll have flowers all summer long.

I like gardening and I have the time so I have annuals because they're flashier and bloom all summer long. What I'm most proud of is the dahlias. I planted 24 in different shapes and colors, but you have to bring them in after the first hard freeze. You dry them and pack them in peat moss over the winter in a space that's not too hot and not too cold – a crawl space is perfect. Last year I packed them in vermiculite in ice chests in my garage.



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Join us for a **FREE HomeStart Conference**
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Saturday, October 20, 10 am to 2 pm

By Janeen Cameron

Join us for a FREE conference to get on the path to homeownership and become a homebuyer at Stapleton! The conference will include a free lunch if you register. Registration takes place between 9:30 am and 10:00 am. The conference will run from 10am until 2pm.

The conference will be held at 7505 E. 35th Avenue, Suite 360, Denver, CO 80238 (between Sally Beauty Supply and Nails of the World at Quebec Square).

American Sunrise Communities (ASC) is a nationwide, 501(c)(3) non-profit organization that is working to create a broad range of quality affordable housing opportunities and programs. These opportunities will help hard-working low and moderate income American families achieve a higher quality of life by helping them realize the American dream of homeownership.

ASC has partnered with Forest City Stapleton to educate potential homebuyers on the affordable home buying process at Stapleton. Affordable homes at Stapleton include the 29th Drive Row Homes featuring all new designs with one, two and three bedroom units ranging in size from 807 sf to 1,463 sf and which are **priced from \$113,900 to \$168,900.**

If you're in the market for an affordable home, it's easy to purchase at Stapleton! Your annual household gross income, before tax, must fall at or below the following 2007 income limits.

Household of 1: \$40,150

Household of 2: \$45,900

Household of 3: \$51,600

Household of 4: \$57,350

To find out more information and to register for the conference, please log onto www.stapletondenver.com or www.americansunrise.org. You can also call ASC directly at 303-321-7100.

Dist. 11 Economic Summit: An Information-Packed Day

By Michael Hancock, City Councilman, District 11

The 2007 District 11 Economic Summit held on Saturday, September 15th was by all indications a success. Over 300 District 11 residents, business people, government officials, educators, and community leaders were on hand to become better informed about the future economic development plans for the area. Held at the Renaissance Denver Hotel, the Summit started with a Next Frontier breakfast and panel featuring Mayor John Hickenlooper, Tom Clark, Vice President, Metro Denver Economic Development Corporation and major area developers Forest City Stapleton, Oakwood Homes, and LNR Development Corporation. The breakfast set the tone for the events for the day by casting a wide net on the topic of economic development, including the major goals of job creation, a stable housing market, stronger communities, and improved quality of life for all residents.

Following the breakfast session, attendees had the difficult task of deciding which of five intriguing breakout sessions to attend. Over 25 topical experts were on hand to present during the breakout sessions. The session topics were diverse, addressing issues ranging from foreclosures and housing trends to future commercial and residential development plans. Another panel focused on FasTracks and transit developments and how they will transform our communities in the near future. And finally, Denver International Airport officials were on hand to discuss development of the DIA corridor and business opportunities at the airport. Each session was standing room only. The biggest complaint we received from the breakout sessions was attendees not having enough time to engage in a dialogue with panel members. A lesson learned.

The final session of the day was the power-packed *Education: Hub of the Wheel* luncheon, featuring Denver Public Schools Superintendent Michael F. Bennet as the keynote speaker. Superintendent Bennet was followed by one of the most intriguing panels I have ever witnessed. Moderated by our Board of Education representative Kevin Patterson, the panel was insightful and dynamic, featuring Colorado Speaker of the House Andrew Romanoff, State Senate Pro Tempore Peter Groff, Kelly Leid, Executive Director for the Foundation for Educational Excellence, and Dr. Terri Croy-Lewis, Director for the Academy at Highpoint charter school. This panel addressed the importance of creating and maintaining quality schools in the area as the only true means for creating sustainable economic development. When discussing what is needed in the public school systems to assist in the drive toward excellence, panelists used such terms as "radical" and "revolution."


This Summit was more than I could have expected. I want to send a special thank you to all our attendees, sponsors, speakers, and the 35 volunteers, representing every neighborhood in the District, for their generosity of time, money, and expertise. Finally, there were many questions submitted during the breakout sessions that went unanswered. Look for the answers to be posted on my website as they become available at Denvergov.org/CouncilDistrict11.

See you in 2009!

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Future Stapleton Residents Needed for Walkable Neighborhood Study

The Center for Human Nutrition at the University of Colorado at Denver and Health Sciences Center (UCHHSC) is seeking future residents of Stapleton to participate in a national study about the link between neighborhood environments, physical activity and health.

For approximately 10 months, the Study of Health in Families in Transition (SHIFT) will look at the activity levels and health behaviors of families who are preparing to move to Stapleton, a community designed with sidewalks and bike trails connecting residential neighborhoods to businesses and public buildings. Researchers will evaluate the amount of physical activity residents get while living in their previous neighborhoods compared to their activity levels once they move into Stapleton.

"This is an important study that will look at the effect of moving into a community that has been designed to encourage walking and biking," said James Hill, PhD, professor, director of the Center for Human Nutrition at UCHHSC and co-principal investigator of the study. "Communities based on the principals of New Urbanism are designed to make it easier for people to walk or bike to

their destinations. We will be looking to see if moving to these communities encourages residents to adopt a more active lifestyle."

Residents will wear accelerometers, pedometer-like devices which measure the amount and intensity of physical activity a person gets, and they will maintain travel diaries

with information about each instance of walking, biking or driving for any purpose. Each participant will also complete a survey answering questions about his or her diet, weight and quality of life as well as perceptions about the neighborhood in which he or she lives.

The walkable community study is funded by The Robert Wood Johnson Foundation, which focuses on the pressing health and health care issues facing the United States. As the nation's largest philanthropy devoted exclusively to improving the health and health care of all Americans, the Foundation works with a diverse group of organizations and individuals to identify solutions and achieve comprehensive, meaningful and timely change.

Approximately 160 of the soon-to-be Stapleton residents are being recruited for the study. Interested applicants should email Nicole.Edwards@UCHHSC.edu or call 303.315.9027.



Each year on the first day of school, Stapleton families gather to walk to school together following the sidewalk through Greenway Park, a route that avoids the need to cross streets.



Stapleton YouTube Video Winners Announced

Thom and Grace Ann Westergren, shown with their sons David, 4, and Daniel, 5 months, were announced as the winners of the Stapleton video competition at Founders' Green on September 15. They modeled their winning submission off Green Acres' theme song and concept. The CBS sitcom that originally aired from 1965 to 1971 tells the story of a New York attorney who moves his family from city to farm life. The Stapleton contest videos can be viewed at www.youtube.com/group/stapletoncontest.

Stapleton M.C.A.

The Stapleton Master Community Association is seeking residents willing to serve as "District Delegates" for 2008.

Each year the residents of Stapleton are asked to elect a group of their peers to serve as their Community Delegates for the following year. Delegates serve the residents by providing a valuable link between the community and the MCA's Executive Board of Directors who are ultimately responsible for managing the community's public assets. The members living within each Delegate District elect each Delegate. District Delegates are responsible for representing the interests of their district and cast votes on behalf of those members on all matters that come before the Delegates. Stapleton is currently divided into 7 districts roughly made up of an equal number of households. A map of the current districts can be found online at www.stapletoncommunity.com.

Each Delegate shall have one vote for each member they represent. A Delegate may cast the votes which he or she represents in such manner as the Delegate deems appropriate, on behalf of all the members in the Delegate's district.

Each Delegate is elected at the annual meeting of Members in each Delegate District (Scheduled for November 9th) and shall serve for the following calendar year (January – December) or until a successor is elected, whichever is later, unless such Delegate resigns, is removed, or becomes disqualified to be a Delegate. A Delegate may be reelected, and there shall be no limit on the number of terms a Delegate may serve.

The main purpose of each Stapleton Delegate is to consider the proposed operational budget of the Stapleton community. Delegates must ratify the annual operational budget as adopted by the Executive Board at their annual meeting. In the event any proposed budget is rejected by the delegates, the previous budget last ratified is continued until such time as a subsequent budget is pro-

posed by the Executive Board and is ratified by a majority of the Delegates. Delegates are also responsible to elect all "non-appointed" board members to the MCA Executive Board of Directors.

Secondarily, Delegates act as a key advisory committee to the MCA Executive Board and give the Board advice on community events and programming, grounds maintenance issues, pool and park management and other operational aspects of the community as requested by the

Board or as requested by a majority of Delegates and approved by the Board.

Residents wishing to be nominated to serve as a District Delegate should send a letter of interest to the Stapleton MCA Executive Director at 7608 E.29TH Ave Unit #1 Denver, CO. 80238 to be received no later than October 26th. Email letters to delegates@stapletoncommunity.com

For more information on the delegate process, please refer to the MCA community documents posted at www.stapletoncommunity.com or call Keven Burnett, MCA Executive Director at 303-388-0724.



Request for Proposal for Landscape and Grounds Maintenance Services

The Stapleton Master Community Association, a Colorado Not for Profit Corporation, is seeking qualified bids for landscaping and grounds maintenance services to be provided throughout the Stapleton Community. The Stapleton Master Community Association is responsible for the maintenance and operation of all Park Creek Metropolitan District managed property located within the boundaries of the Stapleton Community. Qualified bid proposals will be evaluated for a 1 – 3 year term of service beginning January 1, 2008. Bids are due in the Stapleton MCA Office by Monday October 15, 2007 at 5pm. For complete bid information please refer to the following web address: www.stapletoncommunity.com/documents/contracts.htm.

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BASEMENT REMODEL – A LOT OF



Raj and Christy Chaudhuri relax with their daughter, Caitlin Bela, in the spacious main room of their newly remodeled basement. Christy's office can be seen in the background.

By Kathy Epperson

With the ongoing proliferation of finished basements in the Stapleton neighborhood, we continue our virtual basement tour with a look at the recently finished basement of residents Raj and Christy Chaudhuri. Their basement project not only added livable space but also opened up the connection from the main floor and impacted the overall feel of their home.

Construction began on Raj and Christy's basement in February and was completed by the end of April. "We drew out our ideas, but were originally constrained by the location of the bathroom rough-in," explains Christy. "Our contractor, Neal with Blueprint Designs, helped us by relocating the bathroom and allowing us design and structure choices that were far expanded from what we originally drew. We settled on the

design together and walked through the process before construction began so that we would know what to expect."

The key consideration for Raj and Christy was keeping an open feel to the main room and still allowing for a media room, basement office, guest bedroom and bathroom. "That is a great deal of function to expect from a 1000 square foot space," says Christy. "The openness of the foyer area, entertainment space and pool table is a nice balance from the friendly area of the wet bar with its stools and countertop. The guest bedroom is cozy, the media room is lounge-like, and the bathroom feels bigger than its allotted space."

But the biggest and most unexpected impact came from an idea they got on their pre-construction tour of another finished basement Neal referred them to. "They had the idea of opening the basement door and wall to give the home an

open feel," Raj says. "I cannot tell you how amazing it looked to have the entrance to the basement open. The house just flows from the main floor up and down. It now feels like a house that has three floors, intended to be lived in and appreciated."

Raj and Christy put great thought into the functionality and look of their basement in choosing materials and planning smaller details. "We chose to use a high-grade laminate flooring in the main entertainment room of the basement, which looks much better than we originally expected and will be much more durable than wood over time," they explain. "Without a plywood sub-floor, a true hardwood is not possible, and we did not want to lose ceiling height." Other design details include marble and travertine in the bathroom and pre-installed cables and component shelves to hide all the

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technology and wires in the media room.

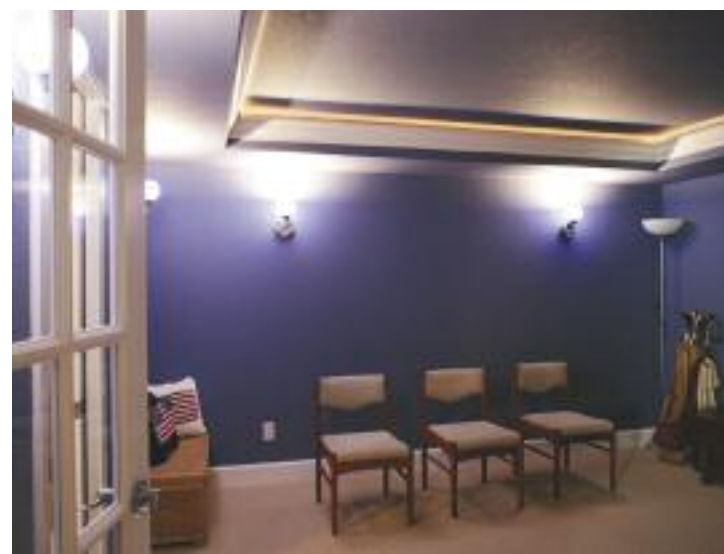
They credit the creativity of their contractor for coming up with smaller features that add personality to the space. "We are particularly happy with the little cubby under the stairs, specifically designed for our one-year old daughter, Caitlin Bela," says Christy. "She loves the half-height door with its little window, the sloping ceiling and the u-shape of her hideaway under the stairs. It was a terrific use of the space."

Overall Raj and Christy were very pleased with how the design turned from paper to reality. "The process was much less painful than we expected, and we were very pleased with the responsiveness of Blueprint. We have survived the expected dust and chaos, and love the finished product of the ground floor of our home."

Left: The bathroom does double duty with entrances from both the guest room and the media room.

Below: Subdued lighting in the media room will be the perfect location for a soon-to-be-installed home theatre.

Below left: Caitlin Bela serves tea in her little cubby under the stairs. She loves the kid-sized door with it's little window.



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Downtown Aurora Visual Arts Students Photo Exhibition



Left: photo by Aya Johnson, age 13. Right: photo by Juan Galvan age 13.

DAVA Students capture their own community through photography and digital stories **opening Thursday September 27th, 2007** with a **reception from 4- 8 pm** with Keith Gill leading a drum circle at 5:30 pm and a Digital Stories screening at 6:30pm. Downtown Aurora Visual Arts (DAVA) is located at 1405 Florence St., one block south of Col-

fax in Original Aurora. **The show runs through November 21st.**

Students ages 11 to 15 in DAVA's summer art programs participated in an intense three weeks digital photography project directed by Josh Schachter from Tucson, Arizona. Each student developed a photo essay about a person, a place, or an issue in their community.

Following their intensive photo session, students worked on digital stories with guest artist Daniel Weinshenker of the Center for Digital Storytelling. Their third summer working with Daniel, this year, students had the unique opportunity to use the digital photos taken with Josh Schachter as the base for their digital stories. Youth wrote and narrated their own stories and added digital photographs to create their own "mini-movies."

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

Downtown Aurora Visual Arts is a nonprofit arts organization whose mission is to strengthen the community through the arts with youth as its primary focus. For more information about our programs, visit www.davarts.org, or call DAVA at 303 367 5886.

Denver School of the Arts Visual Arts Department Upcoming Shows

Thurs, Oct 18, 6 - 8 p.m.

Fri, Dec 14, 6 - 8 p.m. (Holiday Show)

These shows feature work by Visual Arts Majors in Grades 6 - 12, including paintings, drawings, jewelry, sculpture, prints. Many works are for sale, especially at the Holiday Show in December. Work is displayed throughout the first floor hall and theater lobby. Entrance is through the main rotunda facing Quebec Street. Students are always present to answer questions about their work.

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Free Celebration of Western Heritage Rocky Mountain Arsenal National Wildlife Refuge to host bison tours, crafts, fishing and more at "Refuge Roundup 2007" on Oct. 13 - noon to 6pm

This free event will feature a bevy of activities for the entire family. Visitors can stop by to enjoy storytelling, hiking, hayrides, bison chip toss contests, bison tours and performances by the Adams City High School Mariachi band and others. Children can learn beadwork and they will have an opportunity to create sodhouse ornaments and animal track bandanas. Refuge Roundup 2007 will take place on the last fishing weekend of the year, and anglers will enjoy free catch-and-release fishing and demonstrations from the experts at Bass Pro Shop. Visitors can also purchase a chuckwagon supper of chili dogs, chips, and a drink for \$5.

Visitors are welcome to drop in for most of the activities. However **due to limited space reservations are required to save a**

spot on the hayrides and bison tours. Call the Visitor Center in advance at 303-289-0930.

Groups participating in Refuge Roundup 2007 are: Plains Conservation Center, Mule Deer Foundation, Colorado Division of Wildlife, Colorado Historical Society, Bass Pro Shops, Adams City H.S. Mariachi Aguilas, Denver Indian Singers and Dancers and Ducks Unlimited.

Refuge Roundup 2007 will be held on Oct. 13 from noon to 6 pm. To get to the refuge, take I-70 and exit north on Havana St. The public entrance to the refuge is at 56th and Havana. For more information, call the U.S. Fish and Wildlife Service at 303-289-0930, or visit online at <http://www.fws.gov/rockymountainarsenal>.

John Hand Theatre in Lowry Firehouse Theater Co. Presents *Some Girl(s)*

Some Girl(s), by Neil LaBute, offers a biting view of love, betrayal and the search for redemption. The play follows a soon-to-be-married writer as he pays a last visit to four ex-girlfriends before taking the plunge.

Performances will run from Oct 6 - Nov 10 at the John Hand Theater near 1st and Quebec in Lowry. Fridays and Saturdays at 7:30 p.m.; Sundays at 6 p.m. Tickets are \$17 Friday & Saturday; \$14 Sunday with a \$2 discount for students with ID and seniors 62 and over.

Preview on Fri, October 5 - All tickets \$10. Industry Night, Monday, October 15, 7:30 p.m. - All tickets \$10. For reservations and information, call 303-



Some Girl(s) presents an intriguing expose of the modern male.

562-3232. More information at www.johnhandtheater.com

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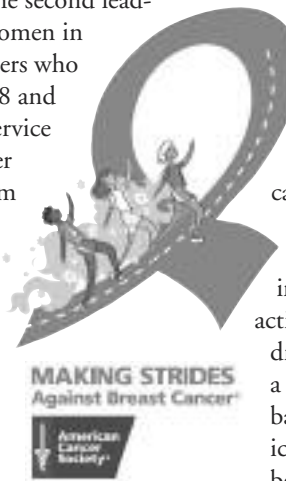


Richard Wisniewski

Stapleton Curves® Teams Up with Cancer Society to Make Strides Against Breast Cancer

Curves® of Stapleton is teaming with the American Cancer Society to help publicize that October is Breast Cancer Awareness month and to raise funds to help eliminate breast cancer, the second leading cause of cancer death in women in the United States. New members who join Curves between October 8 and 20 will pay only \$25 for the service fee (normally \$149) with either proof of a current mammogram or a \$25 donation to the American Cancer Society. Current members who make a minimum \$5 donation to the American Cancer Society will receive a donation certificate that will hang in the club.

“Curves of Stapleton is committed to helping the women in our community live healthier, stronger lives,” said Andrea Hollister-Pratt. “Breast cancer will touch about one in every eight women, but breast cancer death rates are going down. This decline is probably the result of finding the cancer earlier and having access to improved treatment. By encour-



aging women to get mammograms and rewarding them for doing so, we are helping to fight and even eliminate breast cancer in our lifetime. That’s something we take very seriously.” Exercise and proper nutrition have proven important in reducing the lifetime risk of getting breast cancer. In fact, being overweight after menopause increases the risk of cancer by as much as 60 percent. Curves offers a 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also offers a weight management program based on a groundbreaking, scientifically proven method to raise metabolic rate.

Women who are interested in getting more information about breast cancer and breast cancer risk factors should visit the official National Breast Cancer Awareness Month website at www.nbcam.com. For more information about Curves visit www.curves.com.

Near Zero Energy Home Open House Oct. 13 & 14 Learn About Saving Energy in Your Own Home!

The public is invited to grand opening activities at the Near-Zero Energy pilot demonstration home built by Harvard Communities. The open house, located at **3143 Galena Street**, will include in-depth tours of the home, displays of some of the equipment and technologies used in the home, refreshments, a live radio remote by The Mountain (99.5 FM) and an opportunity to speak with home energy experts who can answer questions about how to save energy in your own home.

The Near-Zero Energy Home (NZEH) is designed to use 75% to 80% less energy than a typical new home built

to current building code. The pilot demonstration home features super tight shell construction, including advanced insulation techniques, sophisticated energy saving mechanical systems, almost 7Kw of solar electric, a solar water heating system and ultra efficient LED and CFL lighting. In addition to having an annual utility bill of around \$500, the NZEH house will put somewhere around 80,000 pounds less carbon into the environment.

If you are unable to attend, call Sheri Ogalvie at (303) 909-9557 for a private tour or for more information on the NZEH home.

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Bill Roberts families thanks the Community in helping get the year off to a wonderful start! To date, the Direct Giving Campaign has raised over \$50,000, with 22% family participation and is crucial in bridging the funding gaps in our school. Please visit www.billrobertspta.com for upcoming PTA fundraisers, event information, or to join BRPTA.

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A New Wind Blowing At Bluff Lake Nature Center



Bluff Lake Nature Center Staff Photo courtesy of Bluff Lake Nature Center

Bluff Lake Nature Center, located at Martin Luther King Boulevard and Havana, is a 123-acre wildlife refuge that is open to the public every day of the week. Bluff Lake is home to many different types of wildlife, from foxes to frogs and turtles to a variety of songbirds. Bluff Lake Nature Center provides family programs, summer camps and natural science education programs to the surrounding elementary schools, including Westerly Creek Elementary and the Odyssey School in the Stapleton community. Many of the other school partners are high poverty schools.

This year, Bluff Lake Nature Center has turned over a new leaf, including formal partnerships with Aurora Public Schools and The Nature Conservancy, an inaugural annual special event, and several new staff members. The current staff at Bluff Lake Nature Center is Glenn Fee (executive director), Susan Beckett (education director), Mendy Evans (development director), Chris Story (site manager), Kristin Libberton (volunteer program manager), Antonio Muñiz (bilingual education specialist), Lindsay Hudgins (youth program specialist), and Meaghan Doyle (youth program specialist).

This team has a bright future in front of them, including their first annual special event, “Urban Spaces, Wild Places” on October 12th at the new Neighborhood Flix Cinema and Café on East Colfax Avenue. The event celebrates urban renewal working in concert with an urban nature center, and honors prominent community members and Bluff Lake Nature Center volunteers for their conservation efforts. This year, the “Conservator Award” honors Caroline and Tom Hoyt for their dedication to sustainable living and green building. The annual “Dirty Hands



Fall is one of the most beautiful times at the Bluff Lake Nature Center.

Award,” for a BLNC volunteer who has worked to significantly improve the quality of the habitat, will be announced that evening. The generous corporate sponsors for this event are McStain Neighborhoods, FirstBank, Braun + Yoshida Architects, Crestone Capital Advisors, and Johnson & Wales University. And you are welcome to join in the excitement, just contact Mendy Evans at 303-468-3246 or mevans@blufflake.org to purchase tickets.

Bluff Lake Nature Center will soon be launching a major Capital Campaign to build a permanent environmental education facility on the bluff. Bluff Lake Nature Center will be convening meetings with volunteers and community members to discuss the green building techniques they will be using and to develop a plan to create a facility that will serve the needs of the neighboring communities. To find out more about Bluff Lake Nature Center, visit www.BluffLakeNatureCenter.org.

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October 2007

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Stapleton Front Porch



Sustainability at Stapleton

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

Stapleton Has Highest Recycling Rate in Denver

Did you know that only about 45% of eligible households across Denver recycle? We're happy to report that for the Stapleton neighborhood, however, the number of eligible households recycling is over 90%! Stapleton currently has the highest participation rate for all Denver neighborhoods. Great job!

Since April, Forest City Stapleton has been receiving tracking information from Denver Recycles on the number of Stapleton households eligible for service, the number of households signed-up, the number of households that set-out recycling bins each cycle and the amount of material recycled. Recycling is picked up every two weeks and a complete Stapleton route takes a couple of days to complete. On an average month for Stapleton, 80% of participants set out their carts with over 71 tons of recyclable material. July's numbers were lower than June's. Please be diligent in your recycling efforts so that we can always see the amount of recycling increasing. Keep up the good work Stapleton!



Remember that the Stapleton Farmers Market is open every Sunday from 9 a.m. - 1 p.m. in the 29th Avenue Town Center until October 14th!



THE CREAM OF THE CROP

Stapleton Farmers Market
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Sundays, 9:00 a.m. - 1:00 p.m.
June 17 - October 14

StapletonDenver.com



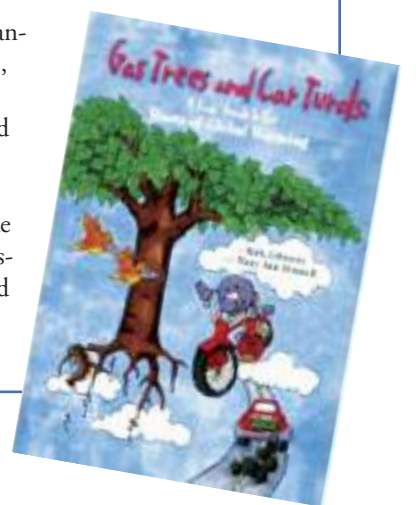
Recommended Reading

Gas Trees and Car Turds is a new book written by Kirk Johnson, Vice President and Chief curator of the Denver Museum of Nature & Science, and illustrated by Colorado naturalist Mary Ann Bonnell. The book breaks down the science behind global warming and explains the carbon cycle so that children and adults can understand it: trees are made of air and water, electricity is

made from coal that is made from trees, gasoline is made from plankton, and all of these things are related to each other and to our climate through carbon dioxide. This colorfully illustrated book makes carbon dioxide, an invisible odorless gas responsible for global warming and plant growth, into something that can be imagined and understood by children and adults.

At the Denver Museum of Nature & Science Kirk Johnson's research focuses on

fossil plants, ancient climates, and the K-T boundary, and he regularly works with artists to make his science easily understood by non-scientists.



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Use Only What You Need Campaign

Have you seen the abundance of orange "Use Only What You Need" yards signs popping up in front of people's houses all over the place? The signs are part of Denver Water's water conservation campaign. The signs were first used last year and are back by popular

demand. In 2006 almost 3,000 Denver Water customers proudly displayed signs out in front of their homes. This year Denver Water has printed several thousand yards signs, which are available to customers for free by visiting www.useonlywhatyouneed.org or by calling Denver Water at 303-893-2444.

The "Use Only What You Need" website has other fun free items available for Denver Water customers to wear and share as well. These "Fre Bs" such as rubber duckies, t-shirts, canvas bags, stickers, temporary tattoos and leak detection kits extend the message of the campaign.

Also be on the lookout for billboards and buses that use the recognizable orange and white signage with catchy new phrases urging residents to "CNSRV," "SV WTR" and "GV A DM."

For more information on Denver Water and water conservation, visit www.Denverwater.org.

Amore Fiori's Vase Recycling Program

Amore Fiori Flower and Gifts, located in Stapleton's 29th Avenue Town Center, is doing its part to reduce the number of flower vases that end up in landfills by having a vase recycling program. It's easy to participate! Just do one of the following two things:

Reuse - Bring one of your own clean vases into Amore Fiori and they will gladly sanitize the vase and fill it with fresh flowers. You pay only for the flowers. Or...

Return - Amore Fiori accepts clean vases from any previous arrangements for in-store credit. They will give you a \$1-\$3 credit, depending on the size and quality of the vase, for your next purchase!

Kudos to Michelle Stefanon, owner of Amore Fiori, for doing her part to reduce waste! Local efforts like hers show how easy it is to make a difference.

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S.U.N. Meetings are open to the public
Meetings are held the 4th Thursday of the month at 6:30 pm in the Stapleton Development Corporation Large Conference Room, 3rd Floor, 7350 E. 29th Ave.

Stapleton's Library and Recreation Center on November Ballot, Along with Other Issues

By Mark Mehringer

Technically, November 6, 2007 is an Election Day. By that date, however, the vast majority of votes will already have been cast on the several measures and candidates appearing on the ballot, as this election will be held by mail-in ballot. Those ballots will be mailed out to "active" voters. Ballots must be received by the Denver Clerk and Recorder's office by 7pm on November 6th. Ballots can be mailed back to the office, or dropped off at one of a variety of drop off locations that have yet to be announced.

Ballots will only be mailed to registered, active voters in Denver. If you did not vote in the November, 2006 election or register to vote since then, chances are you are considered an inactive voter and will not be sent a ballot.

If you didn't vote in the November, 2006 election from your current address, and want to make sure you receive a ballot for the November, 2007 election, you should fill out and mail in (must be received by October 9) a voter registration form, which can be found at:

<http://www.elections.colorado.gov/DDDefault.aspx?tid=415>

The current ballot includes a citywide race for Denver Public Schools Board of Directors at-large between Rita Montero, Theresa Peña, and John McBride, as well as 11 ballot measures.

These measures include:

Measure 1A - A permanent mill levy increase of 2.5 mills, which totals about \$27.4 million annually, to pay for capital maintenance of parks, buildings, and other public facilities.

Measure 1B - A bond of about \$48.6 million funded by a mill levy to pay for a variety of health and human service costs, including child care, child development center, and Denver Health hospital improvements.

Measure 1C - A bond of about \$51.9 million funded by a mill levy to pay for new libraries (including one in Stapleton) and improvements of existing libraries.

Measure 1D - A bond of about \$149.8 million funded by a

mill levy to pay for repairing streets and making other transportation improvements.

Measure 1E - A bond of about \$93.4 million funded by a mill levy to pay for improvements to the city's park system, including new recreation centers (including partial funding for one at Stapleton).

Measure 1F - A bond of about \$10.4 million funded by a mill levy to pay for repairs to existing public office buildings.

Measure 1G - A bond of about \$60.5 million funded by a mill levy to pay for deferred maintenance of cultural facilities, including the Botanic Gardens and the Denver Museum of Nature and Science, as well as the Buell Theatre and Boettcher Concert Hall.

Measure 1H - A bond of about \$70.0 million funded by a mill levy to pay for new construction of cultural facilities, such as classrooms, labs, a teacher education center at the Museum of Nature and Science and the reconstruction and expansion of Boettcher Concert Hall.

Measure 1I - A bond of \$65.2 million funded by a mill levy to pay for public safety related projects, including construction and renovation of the police crime lab, construction of a firing range, new fire stations, and a police traffic operations facility.

Measure 100 - A citizen initiative to make the private use and possession of marijuana "the City's lowest law-enforcement priority."

Electrifying End to SUN's 4th Annual Kickball Tournament

By Heather Baker

On Sunday, September 16, approximately 300 kickball players and enthusiasts gathered at the Westerly Creek/Odyssey School fields for SUN's Kickball Tournament. For the 4th time in as many years, Stapleton neighbors had fun playing this beloved childhood P.E. staple, while sharing food, prizes and great weather. This year's tournament was a success. Although only nine teams ended up in the tournament, many spectators and children also participated in the festivities. An almost overwhelming amount of donated prizes was a nice end to the day's games. And, we managed to get everything cleaned up before the downpour – that was some teamwork!

This year's tournament winners:

Clean Sweep and Dave & Buster's tied for 1st Place – Grand prize was tickets to the 9/28/07 Rockies baseball game. Prizes for the top teams also included coupons for custom shirt printing, a free week of yoga, and restaurant and florist discounts.

Old School came in 3rd Place – They went home with food and entertainment discounts.

Yo-Xen-Ite came in 4th Place – They received Burrito Bucks, from Chipotle!

This year's highlights:
-As part of SUN's Business Outreach efforts, this



Lots of food was donated for the annual kickball tournament.

year for the first time Stapleton businesses were approached about sponsoring SUN events, in March. In direct response to requests for more advance notice, information was distributed that outlined needs for Block Party Day as well as Kickball. As a result, SUN got an overwhelming response (and even had to turn some offers away) for coupons, discounts, freebies, and other great prizes. A very special thank you goes to: Amore Fiori Flowers, Anthony's Pizza, Chipotle, The Coral Room, Core-power Yoga, ESPN, Instant Imprints, PostNET, Simon Says Read, and Udi's for providing the great giveaways and prizes.

-In addition to holding the event on a Sunday, another change to this year's format was organized children's activities. Thanks to Baby Power, Forever Kids, the kids had a designated games and fun area during the tournament. Both Baby Power and ESPN donated fun freebies for the kids to take home.

-The food was once again in bountiful supply – but staggered to make sure there was enough for all for the duration of the tournament. Starbucks donated coffee and bagels were provided, right at the start. And, at lunchtime, players munched on Chipotle burritos, pizza from Anthony's, and Noodles & Co. desserts (Chocolate chip cookies and Rice Krispy treats the size of the burritos!). Dave & Busters brought a HUGE drink cooler and drinks for the kids.

-Forest City can be credited with ensuring no one within a mile of the tournament got dehydrated this year! Their donation of bottled water was a HUGE help!

-T-shirts for all participants was new perk this year, and was made possible by a donation from the Master Community Association (MCA). Phoenix Custom Apparel gave us discounts on the shirts and printing, so everyone got to go home with a souvenir shirt!

-It is also a pleasure to report that the refereeing actually got complimented – repeatedly – this year. Thanks again to Bladium for organizing the brackets and sending over some refs. Our great team of referees included: Peter Wright, Steven Younger, and Mike Scott. Many, many thanks, guys!

-In keeping with their ongoing support of community events, A.L.P.S. and Stapleton Development Corporation also made a donation to the tournament.

-A special thank you to Marcia Fulton and The Odyssey School, for letting us use tables and chairs, storing the water, and allowing us a space for the portapotties! All were necessities for putting on a fun event.

In short, SUN's 4th Annual Kickball Tournament was a lot of fun! Get your teams ready for next year, and start thinking of about your 2008 roster....

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Editorial

Vote for Stapleton’s Library and Recreation Center

This fall’s all mail election (register by October 9) will include questions on two issues of special significance to Stapleton, Northeast Denver and the entire city: funding for a new library and recreation center in our neighborhood.

Over the summer nearly 1000 Stapleton residents registered their support for these projects on StapletonCounts.com, a website created to demonstrate our community’s support for the library and recreation center. This show of support helped to insure that the library and recreation center were included in a list of projects that will be before voters across the city in an all mail election that will begin in late October.

Voters will also have the opportunity to vote on funding to maintain and repair our city’s valuable existing resources—such as the Museum of Nature and Science and Botanic Gardens as well as the streets we use to get there. These projects are also of great importance to Stapleton as well as the rest of the city.

The whole package will be presented to voters in a nine point plan called the “Better Denver Program,” and will appear on the ballot as Issues A through I. If all the measures are approved it will mean a modest tax increase of about \$63 per year for the average Denver homeowner (based on a \$255,000 home.) This comes out to about a dollar per week.

The prospects of building a new library and recreation center in Stapleton are truly exciting. Like the newly opened Central Park, they will be major amenities that will both serve Stapleton residents but also our neighbors throughout the city. The library will help our children—and us—to learn about the world around us and the recreation center will reinforce the value of health that brought many of us here. It will also provide a safe place for the glut of kids who are now under 8 years old when they become teenagers.

Stapleton needs for this plan to pass, and so does Denver. For up-to-date information, go to StapletonCounts.com.

In order to vote, you have to register by no later than October 9. You can register by going to DenverGov.org and going to the elections center. You can also call 311 for help.

Chris Adams
Stapleton Resident

CLASSIFIED ADS

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Tom Gleason, editor,
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Children’s Music Academy Hits the Right Note



Children’s Music Academy instructor Katie Copeland leads group singing by the students.



Charlene and Tyler Trovillot practice together on an electric keyboard.

By Kathy Epperson

A new studio opened in early September in Park Hill for parents looking to incorporate music education into their children’s lives. Located at 1508 Locust Street, Children’s Music Academy specializes in teaching music to children in a fun, positive, non-pressured and lively classroom setting. The goal of the program is to foster a love of music while

developing fundamental musical skills that will last a lifetime. Because children’s ears are most receptive to musical training between the ages of 3 and 6, Children’s Music Academy has a strong emphasis on music education for the young child. Part of a larger organization founded by Jan Cross in 1974 and with 10 studios in Colorado and 16 branches nationally, Children’s Music Academy-Central Denver Branch in Park Hill is operated by Kurt and Laurie Schwartz. Founder Jan

Cross has a degree in music education, experience teaching in public school music education, experience writing curricula for Yamaha, and is the original author and owner of the Children’s Music Academy curricula. “All teachers are personally trained by Jan,” says Laurie, “including our own teacher Katie Copeland, who also has a Bachelor and Master’s degree in music and 25 years teaching experience with the Cherry Creek School district music department.”

This comprehensive music program teaches keyboard/piano, music theory, sight reading, ear training, voice, ensemble, composition and more. “The piano/keyboard is used throughout the course because it is an excellent instrument to impart the very complex music theory components to young children,” Laurie says. “The ‘steps’ on a piano are clearly seen and can be discussed and explained in conjunction with music theory and note reading instruction.” Once kids have understood basic music theory on this “visual instrument,” various other instruments are introduced later such as the guitar and recorder.

One-hour weekly lessons are offered in several programs, including a Junior program for the beginning preschooler or Kindergartner, an Intermediate program for the beginning first and second grader, and a Senior program for the beginning third and fourth grader. A Masters program lets Children’s Music Academy graduates continue their music education in this group setting. All programs except the Masters program involve parent participation.

“Children’s Music Academy is a program that is suited for a very broad range of children because it is so dynamic and well designed,” says Laurie. “A high-energy child can be successful right alongside a more reserved child. Both children will thrive in the small group atmosphere and learn from each other socially. They are joyful musicians that can really read music and play an instrument at a young age. Our graduates can sing on pitch and feel and understand rhythm.”

For more information, contact Laurie Schwartz at 303-333-3336 or visit www.childrensmusicacademy.org. Laurie may be emailed at childrensmusic@comcast.net.

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GNC staff, from left, Michael Drake, Susan Agster, Matt Drake

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New Management at Quebec Square GNC



GNC staff, left to right, Michael Drake, Matt Drake and Susan Agster.

Matt and Mike Drake recently became the new owners of the popular GNC franchise in Stapleton's Quebec Square Regional Retail Center. Matt Drake graduated from the University of Iowa in 2004 with plans to enter law school while working as a paralegal in Chicago until he changed his plans and moved to Colorado where he now intends to pursue a Masters Degree in Business Administration from either the University of Colorado or Denver University. Matt's father Mike has lived in Denver for more than 20 years in which he established himself as a successful entrepreneur and business owner.

"When we were looking at potential franchises to purchase, GNC emerged as one of the top candidates," Matt says. "We looked at Stapleton and loved both the progress that had been made with the redevelopment and the great potential for growth that was a perfect fit with our plans. We intend to become very involved in the Greater Stapleton Community."

While the ownership of the GNC franchise has changed, loyal customers will find the current employees have been retained, including manager Susan Agster who has extensive knowledge and experience with the GNC operations.

Udi's Now Offering Breakfast Menu

Udi Baron, owner of Udi's Bread Cafe, shows off their breakfast burrito, the most popular item on their new breakfast menu. Udi's is located in the 29th Ave. Town Center in Stapleton.



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Eating For Health

By Elizabeth Yarnell

It's A Good Time to Make Pesto!

The recent teasers of chilly days have sent me scampering to use up what's left in my garden before nature decides it's truly time to frost. It is a good time to make pesto.

In Italy, pesto, a paste of herbs, olive oil, and Parmesan cheese, is used for everything from spreading on bruschetta to slathered on a panini to stirred with hot pasta noodles until the parmesan melts delightfully. Traditionally made with garlic, basil and roasted pine nuts, I like to add spinach to my pesto as well. It cuts the powerful basil nicely and adds a nice nutritional boost while making the endeavor more economical if you have to buy your fresh herbs at the store.

Low in saturated fats and high in healthy, unsaturated fats, pesto is one of my favorite healthy choices for its satisfying flavor and incredible versatility.

Tightly seal freshly-made pesto in an airtight container and refrigerate for up to 1 week, longer if very oily. I pack it in my kids' lunches as a dip with baby carrots and pita chips. Try pesto in place of mayonnaise on sandwiches with any lunchmeat or fresh vegetables. Mix it into tuna instead of mayo. Let it melt over freshly-roasted vegetables. Paint it on grilled chicken just before serving. Put it in sterile jars and can it for holiday gifts. The possibilities are endless.

Here is my favorite pesto recipe along with two ways to make a healthy one-dish meal with more of the end-of-summer vegetables. Consider leaving out the fish and instead using chicken or pork for a different take on this meal. Of course, you should feel free to use store-bought pesto and choose different vegetables, too.

Gregorio's Pesto

2 handfuls spinach leaves	1/3 cup olive oil (more or less), divided
1 handful basil leaves	1/2 cup shelled, toasted pine nuts
2-4 cloves garlic	6-8 oz. ground Parmesan cheese

Fill the bowl of a food processor with cleaned spinach and basil leaves and peeled cloves of garlic. Drizzle in olive oil to lubricate and pulse. Add pine nuts that have been toasted at 300F for a few minutes, and Parmesan cheese. Continuously drizzle small amounts of olive oil while running the machine until you have a runny paste. Taste and season with sea salt, if necessary (I usually find the Parmesan adds enough salt).

Pasta with Pesto Serves 4

4 scallions, chopped	4 cups eggplant, small cubes
2 cups dry pasta noodles (penne, macaroni, fusilli, rotilli, or farfalle (bowtie))	4 cups zucchini, small cubes
2/3 cup water or broth (more, if boiling pasta separately)	1 cup yellow or orange bell pepper, small cubes
1 – 1 1/2 lb. fish filets (flounder, tilapia, halibut, salmon, or whatever you prefer)	1/2 cup pesto
	4-8 roasted green chiles, peeled, stemmed, seeded, chopped (optional)

Method 1: Boil water and prepare pasta according to package directions. Place fish in oiled baking dish and in the oven at 300F until cooked through. Meanwhile, heat olive oil in a deep skillet and sauté eggplant, zucchini and bell pepper until veggies are fork-tender. Place hot veggies in a large serving bowl with drained pasta and toss with pesto and chiles until well blended. You may want to add some of the reserved pasta water to help the pesto distribute evenly. Serve on a plate with a piece of fish.

Method 2: Preheat oven to 450F. Spray inside of 3 1/2 or 4-qt cast iron Dutch oven and lid with olive oil. Scatter with scallions. Pour pasta into pot. Add liquid and stir to coat noodles well. Spread into even layer across base. Set fish in next. In a medium bowl, mix zucchini, eggplant, and bell pepper with pesto. Mix well to distribute the pesto. Add the chiles, if desired. Spread vegetables into thick layer atop fish. Cover and bake for 45 minutes, or until 3 minutes after the aroma of a fully-cooked meal wafts from the oven.

Elizabeth Yarnell is a Certified Nutritional Consultant, inventor, and author of *Glorious One-Pot Meals: A new quick & healthy approach to Dutch oven cooking*. *Glorious One-Pot Meal* recipes are protected under US and Canadian patents. Visit www.GloriousOnePotMeals.com to learn more about this unique cooking method and www.EffortlessEating.com for Elizabeth's philosophy and recipes for living naturally.

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Autumn Activities with Children

Autumn is here! The summer heat is gone and the crisp weather brings a nice feeling, knowing that the holidays are just around the corner. The changes around us make for great outings and exciting ways to play and learn with your children!

Go on a nature walk around the neighborhood and talk to your children about what they see. What changes do you see? What color are the leaves? How are the trees different in the fall? This is a great way for children of all ages to continue to develop language and thinking skills.

Gather leaves, sticks and berries that have fallen from the trees and bushes and bring your findings home and have a leaf toss outside! Place as many leaves as you can on a bed sheet and toss it in the air! How high can you make them go? Create a fall bouquet with the leaves and sticks you found. Arrange them in a vase to make a centerpiece for your dining room table. You can also cut a hole out of the center of a paper plate and glue your findings around the plate to make a beautiful autumn wreath! Make a leaf rubbing! Place a piece of paper over a leaf with the vein side up. Rub over the leaf and paper with a crayon. You can turn your paper leaf rubbings into placemats for your table! Not only are your children developing their fine motor skills, but they are using their creativity and having fun!

Autumn is a great time for apple activities! Take a road trip to an apple orchard or go on an outing to the grocery store and buy a variety of apples. What color are the apples in the store? Let's count how many we have in our bag! Take them home and have an apple tasting. What do the small red ones taste like? What about the big green ones? Now it's time for Apple Science. Ask your child why apple slices turn brown? What happens when we lightly coat the slices in lemon juice? Did you know that citric acid prevents the apples from browning? What other liquids might do the same? Let's experiment! You can also have Apple Art. Cut an apple in half equatorially. If cut correctly, a star pattern should be visible. Use the cut apple as a stamp! It's a star! Dip the apple in paint and press to paper.

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.

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

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Chew on This

By Carrie Dougherty, DMD
Stapleton Dental

Protection for Your Athlete's Mouth

Autumn leaves, back-to-school, pumpkins and football. Fall is in the air! But what are those things hanging off the football players' helmets? They are mouthguards, made by a dentist to protect against injury to the teeth, tongue, lips and facial bones. Accidents can happen during any contact sport, not just football, and a mouthguard can protect the mouth against a misdirected elbow during a soccer game or a fly ball during a baseball game.

Anyone who participates in a sport that carries with it a significant risk of injury should wear a mouthguard. Examples include football, hockey, lacrosse, basketball, baseball, and soccer. The National Youth Sports Foundation for the Prevention of Athletic Injuries, Inc. reports that dental injuries are the most common type of orofacial injury sustained during participation in sports. The American Dental Association estimates that mouthguards prevent approximately 200,000 injuries each year in high school and collegiate football alone.

A properly fitted mouthguard must be protective, comfortable, resilient, not bulky, cause minimal interference to speaking and breathing, and must have excellent retention, fit, and sufficient thickness in critical areas. There are three different types of mouthguards and I will review all three:

At your local sporting goods store, you will find stock mouthguards. While inexpensive and convenient, they usually do not fit very well and are unable to provide the necessary protection to the athlete's face and mouth. They can also be bulky and make breathing and talking difficult. They are also not very retentive thereby requiring the wearer to constantly bite down while using the mouthguard.

Similar in quality to the stock mouthguard is the "boil and bite" mouthguard. A thermoplastic material is immersed in boiling water and then formed in the mouth by using a finger, the tongue and biting pressure. These mouthguards commonly do not cover all of the athlete's back teeth and are therefore lacking the necessary protection.

Custom made mouthguards are fabricated by your dentist by taking impressions, or a mold of the athlete's mouth. They are then made in the dental office or sent to a laboratory. Custom mouthguards are superior in retention, comfort and ease of use. A properly fitted mouthguard will stay in place while the athlete is wearing it, making talking and breathing easy. These factors make custom mouthguards the most protective in an athlete's sport.

Dr. Carrie Dougherty's practice, Stapleton Dental, is located on the corner of MLK and Quebec. Dr. Dougherty and her family are Stapleton residents. Please visit <<http://www.stapletondental.com/>>www.stapletondental.com or call (303) 519-4039 to learn more about her and her practice.

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Family Kicks

by Mike and Karen Giles
Mike Giles Family Karate



Critical Thinking Is an Important Life Skill

Instinct, survival, clear quick thinking, rapid response skills, the ability to be calm and breathe, and the ability to prioritize the important things in our lives, all great and familiar concepts, yet some of us tend to use these concepts much better than others. Why, we wonder? Simple; some of us practice these skills by exercising our mind and body daily, while others only work out one or the other of these muscles.

This time of the year, we're all settling into our daily routine and making smart choices about what's important in our lives: soccer, piano, hockey, fast food or hamburger helper. While making these choices we need to consider giving ourselves and our children at least a Bachelor's degree in life and survival skills. How your child will react in an emergency situation is as important as what clothing you will choose for him on a cold winter day.

We are all faced with critical decisions. We have to choose to do well in school or work, or choose to face the consequences. We also choose to complain about a bad situation or we choose to see the good in it and turn poison into medicine. The one thing we must all keep in mind in these quick thought processes is "our children are watching us." They are learning how to prioritize their lives based on our logic. They are learning commitment skills, how to be reliable, smart and dependable, or how to be flaky, whiny and never really complete anything they started.

The fact is "You" are sometimes the only mirror to your child's soul, and that can be a big responsibility or just a great honor. Ensuring that you and your child acquire at least a Bachelor's degree in life skills means exercising your mind and body so that decisions come easily and possibly life threatening situations are uneventful.

Martial Arts is a life skill. Families and children acquire not only physical reaction techniques but they acquire mental reaction techniques. They know that their ability to be calm and breathe is much more effective than panicking, screaming, having a temper tantrum and just plain giving up. These kids learn the power of critical thinking and they are excellent at prioritizing the important things in life. As they grow and their decisions become more complicated, alcohol or chai tea, college or teen pregnancy, they will make the right choices, and their training in martial arts will have been a good priority for them

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Stapleton's New Central Park – “It’s the b



Dignitaries cut the ribbon at the Central Park completion celebration on September 8th. Left to right, City Councilman Michael Hancock, Denver Parks and Rec Manager Kim Bailey, Landscape Architect Jayne Kopperl, Project Engineer Charles Jones, Denver Mayor John Hickenlooper, and Stapleton Parks and Environment Director Dennis Piper.

By Tom Gleason

When the completion celebration was held recently for Stapleton's 80 acre Central Park, it was the culmination of years of a team effort involving design and construction professionals working with citizens throughout the metropolitan region who expressed the vision of future park users. The end result is an open space amenity that is likely to become one of the premier new urban parks in the nation.

Designed by the architectural landscape firm EDAAW and constructed by M.A. Mortenson under the direction of the Park Creek Metropolitan District and Stapleton's master developer, Forest City, Stapleton, Inc., Central Park is a dramatic blend of groomed urban green spaces and natural areas flush with native plants and grasses. Almost half of the park landscape consists of low-water native grasses and plantings and will be completely irrigated with recycled water as soon as Denver Water completes its distribution system.

In addition to spectacular landscape, Central Park also boasts features that were identified as desirable by the Greater Stapleton community during the earliest stages of the development process.

"The design for this park was driven by the comments and suggestions we solicited from the community as part of the design process," said Dennis Piper, director of parks and environment for The Stapleton Development Corporation. "That input included requests for play areas for toddlers and older children (5-10 year olds), water features, shade, lots of places to sit, picnic pavilions and multi-use playfields as well as trails with neighborhood and regional connections," Mr. Piper added.

The public input also included a recreation center that has been designed and proposed for a site across the Westerly Creek open space overlooking Central Park. The recreation center would be funded in part through a City of Denver bond initiative that will be presented to the voters of Denver in November.

"Central Park is intended to become one of the city of Denver's great parks," said Doug Lamson, another of the Park's architects who formerly worked for EDAAW. "Like City Park, Washington Park, and Cheesman Park, it is a regional destination that offers a wide range of recreational opportunities while celebrating the city's unique natural setting by incorporating strong views of the Rocky Mountains."

Some of the key features of Central Park include:

The Promenade

The 3,500 foot long linear pedestrian promenade begins at the park's west portal (the crossroads of Central Park and Martin Luther King Boulevards) and ends at the cantilevered overlook on the east end of the park that offers a perspective of Westerly Creek, the

Right: Children can express themselves in the "music room" of the playground using drums, chimes and gongs that are designed to sound best when used cooperatively by a group of kids.



MLK bridge and towers, the future site of the Stapleton Recreation Center, and neighborhoods to the east. The promenade also provides powerful views of Downtown and Mount Evans beyond.

An Urban Forest

On the western end of the promenade across from the former Stapleton air traffic control tower, an urban forest offers busy urban dwellers a place to enjoy the shade and forest atmosphere.

The Fountain and Pond

During the public information gathering and workshop design phases, the design team received numerous comments that water was the most desired element in a major public park. Concern for the conservation of this precious resource was balanced against the public's requests by creating two carefully-designed water features in the park. The interactive fountain recirculates water, efficiently utilizing the resource. A pond on the eastern end of the park was designed to appear larger than its modest 1 acre by creating a shape that allowed long angled views over water and maximized the length of its shoreline

Sledding Hills

In order to create a diverse landscape with a wide range of recreational opportunities, park designers created a series of "waves" in the park's topography starting small at Westerly Creek and eventually rising to the 35' height "sledding hill" in the park's northwest corner where the prospect of the Front Range and downtown Denver is most dramatic.

"If the test of a good park is the number of smiles per mile it generates," Dennis Piper said, "we are getting great mileage and we are off to a great start!"

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Elexi Leavitt, playing in the fountain below



Above: Kids play in the interactive fountain which is programmed for the water to go up and down in different intervals. The fountain is turned off in cold weather months.

Right: Rubber matting is used throughout the playground as a “safe-fall” surface for children on playground equipment.

Far right: The climbing boulders, designed specifically for Central Park, offer different levels of difficulty, but even the highest boulder has an easy route to the top.



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