How to Avoid Conflicts with Wildlife in the City
By Sherry James

Colorado is known for its abundance and diversity of wildlife. As development encroaches into open spaces, wildlife habitat shrinks and wild animals can become displaced, so they work hard to survive in the altered landscape. Some animals, like the coyote, are extremely adaptable to urban living and may lose their fear of people. This means there are more opportunities for human and wildlife encounters. In most instances, people and wildlife can coexist. Within close proximity to the Stapleton area, there are parks, fields, and a large open space known as the Rocky Mountain Arsenal National Wildlife Refuge. The Refuge is home to a diverse population of birds and some mammals such as coyotes that move freely on and off the site. Rarely, deer may find ways to leave through drainage culverts or temporary fence openings. The

The Rocky Mountain Arsenal hosted the “Refuge Roundup,” an afternoon of family activities on Oct. 13 to celebrate Western Heritage and educate visitors about wildlife in the area. Fishing was free at Lake Mary (above) as part of the event, and a rescued screech owl (left) was held for visitors to view up close. See page 31 for more photos of the event.

Teaching Children About Money

Philanthropist Bill Daniels’ Young Americans Bank has created Ameritowne to give young people an understanding of what he considered the best financial system in the world.

By Kathy Epperson

Referring to the free enterprise system as “the eighth wonder of the world,” late cable television executive Bill Daniels founded Young Americans Bank in 1987

(continued on page 30)
EVERY MONTH

Monthly
New Resident Orientation Meeting
(contact Montview for dates & location)

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

Every Wednesday
Weekly Weeder, Bluff Lake Nature Center 9-12am
[303.945.6717]

3rd Tuesday
Stapleton Business Assoc. 8am
Call for location [303.393.7700]

1st Saturday
Bluff Lake Birders, Nature Center 7-9am
[BluffLakeNatureCenter.org]

2nd Saturday
Fall Dinner/Park Hill MS Self-Help and Peer Support Group
Pauline Robinson Library 10-15-11 4:30pm
575 E 33rd Avenue
[Paula Susman 303.813.6911]

EVERY MONTH

1st Saturday
Bluff Lake Birders, Nature Center 7-9am
[BluffLakeNatureCenter.org]

2nd Saturday
Fall Dinner/Park Hill MS Self-Help and Peer Support Group
Pauline Robinson Library 10-15-11 4:30pm
575 E 33rd Avenue
[Paula Susman 303.813.6911]

Every Tuesday
Monthly New Resident Orientation Meeting
2833 Roan Dr., Community Room
Call 303-388-0724 for time

Wednesday, November 14
Open House for Preschool/Kindergarten
O City School 1:30pm
Call to reserve 303-316-3944 x4321

Thursday, November 15
Open House for Preschool/Kindergarten
Winstein Creek 6-7:30pm
[mollykt@yahoo.com]

Thursday, November 15
School Optime Night 7 – 8:30pm
Meet reps. of 12 public and private schools
Montview Community School
1980 Dahlia (at Montview, enter by playground)
[303.552.5865wamerymgifford@yahoo.com]

Saturday, November 17
Symphony in Lights Premiere
Northfield Stapleton’s Main Street 6pm
Shows on the hour 6 – 9pm

Friday, November 23
Winter Open House
29th Ave Town Center
4:30 – 6:30pm

Saturday, November 17
Symphony in Lights Premiere
Northfield Stapleton’s Main Street 6pm
Shows on the hour 6 – 9pm

2nd Saturday
NE Denver/Park Hill MS Self-Help and Peer Support Group
Pauline Robinson Library 10-15-11 4:30pm
575 E 33rd Avenue
[Paula Susman 303.813.6911]

3rd Thursday
Stapleton Citizens Advisory Board Meeting
[Montview Community School]
7350 East 29th Ave. 7:30-9am
[SDC 303.393.7700]

4th Thursday
SU Board Meeting at 6:30pm
Stapleton Development Corp,
7350 E 29th Ave. Lg. conference rm.
[stapletonneighbors@msn.com]
SEE THE MUSIC
HEAR THE LIGHTS

SYMPHONY IN LIGHTS
HOLIDAY PREMIERE

Imagine 250,000 lights illuminating to the tune of the Trans-Siberian Orchestra. Catch the SYMPHONY IN LIGHTS premiere, November 17th at 6:00pm. Featuring a parade, giveaways, strolling entertainment and a special appearance by Santa himself.

And if you miss the big event, you can catch the show every night, on the hour, 6:00pm - 9:00pm through December 31st.

The Shops at
NORTHFIELD
STAPLETON

NorthfieldStapleton.com
303-375-5464

Enjoy a festive holiday shopping experience, with over 80 Main Street specialty shops, easy local restaurants, Macy’s, JCPenney, SuperTarget, Harkins Theatres 18 and Bass Pro Shops Outdoor World. And when you’re not sure exactly what to give, Northfield Stapleton gift cards work nicely.
Part 2: School Market Research

By Brian Weber

The Stapleton Foundation conducted research from April to July to gauge what parents wanted in their public schools in central northeast Denver. Key findings from nearly 600 questionnaires were published in the October issue of the Front Porch. It is also available at Stapletononline.com.

A second part of the research results included data on choice patterns and interviews with parents, and opinions on beneficial school characteristics, school models and choice options. Those results follow:

Key findings from choice data:

As part of the Stapleton Foundation’s research project, Augenblick, Palach and Associates, a Denver-based education consulting firm, looked at key issues of school choice in Stapleton and all of central northeast Denver: student choice patterns over time; schools that area students choose; choice patterns by school; and factors that influence choice. The following are APAs main conclusions about central northeast Denver:

Parents in this community are active choosers—especially in the middle school years. Parents of elementary and middle school students in Park Hill and Stapleton choose schools at a higher rate than the district average of 40 percent, however, parents of high school students in these communities are less likely to choose out of their assigned schools than the average parent in DPS. The “choice gap” is closing and potentially reversing in central northeast Denver: student choice patterns over time; schools that area students choose; choice patterns by school; and factors that influence choice.

Parents will drive their children to schools of choice when they choose out of their assigned school. In recent years, choice among this group has increased significantly to almost the same level as affluent families. Income families has experienced declines of 20 percent or more (resulting in declining school enrollment as well). A significant number of students from outside of DPS are choosing schools in Stapleton and Park Hill. Schools with high choice-in from outside DPS: Ashley, Barret, Smith, Philips, DSST (charter) and DSA (magnet). More than a quarter of DSAs students choose-in from outside DPS.

Declining school age families creates a significant problem in Park Hill schools. Only three (Park Hill, Westerly Creek, Smiley) have seen the number of school-age families in their communities grow in recent years while many have experienced declines of 20 percent or more (resulting in declining school enrollment as well). Parents will drive their children to schools of choice when no transportation is offered. No transportation is provided for choice students unless they qualify under federal law, are disabled, attend a special English language school, or attend a magnet school. Choice families supply their own transportation at an increasing level. Most school leaders realize that school choice is a reality today; however, they often lack the capacity and skills to market their schools effectively. Charter school leaders are the exception to this as they are accustomed to recruiting parents and marketing their school to the community.

Parent discussions:

To get a sampling of opinions that reflected the larger community, discussions were held with 45 parents at five schools: Ashley, Smith, Westerly Creek elementary schools, Park Hill K-8, and the Clayton Campus child care center. At the meetings two strong voices emerged. The loudest advocated for neighborhood schools, while others cited issues such as their child’s special needs that lead them to choose other schools. Most parents attending the meetings were active in the schools and consider the school community an important extension of their neighborhood.

Multiple parents desired a school that met the needs of most children. In Stapleton many parents strongly preferred their children being able to walk to school and learn with their neighbors. At the two schools that are doing well academically (Westerly Creek, Park Hill) parents seemed to think that too much choice may not be a benefit. They felt that increased options lead many parents to scramble for an unidentified ‘best’ school, fragmenting their communities.

A minority of parents wanted a choice other than their neighborhood school. Those that did, believe their children’s needs were not being met. They felt the current classroom strategy of differentiated instruction is not functioning well for them and wanted their children to receive specialized instruction or a themed program.

Discipline and class size were common concerns. They were fundamental to larger issues. Success for a classroom with a range of student abilities, parents said, was difficult when multiple children have discipline issues. It’s also hard for teachers to differentiate instruction when a classroom is overcrowded.

Many parents favored a well-rounded neighborhood school, which tended to reflect their own school experiences. They said that kindergarten or first grade was too early in their child’s life to decide if they should focus on art, science, or other specialized programs. Instead they see the elementary years as a time to expose children to many things such as art, science, foreign language, physical education and music. The phrase “when I was in school” was uttered frequently. Parents harkened back to their educational experiences and want their children to receive (at a minimum) the same services they received.

Though area schools varied academically, parents overall expressed satisfaction with their current school and wanted to focus on fixing issues within that environment, not by making attendance changes.

Brian Weber is the Vice President of the Stapleton Foundation. Contributing to this report were Amy Berk Anderson, Ph.D., Augenblick, Palach and Associates, and Adey Waldemaan, MPS, University of Colorado Graduate School of Public Affairs.

Part 2
Stapleton Days at Keystone!

Join Keystone on November 23 at the Winter Lighting Ceremony for fun, Keystone giveaways and exclusive offers for Stapleton Residents!

**STAPLETON BETTY FEST $190**
RESIDENTS SAVE $15

Hey Ladies! Start your season off right when you join our women instructors for a fun weekend of on-snow training and conditioning, video analysis, women’s specific equipment discussion and après ski party.

December 7-9

**STAPLETON KROODERS $275**
RESIDENTS SAVE $50

A three-week program for skiers and riders that promotes fun and friendship while developing solid skills on the mountain. (Ages 9-16)

Saturdays, December 8, 15

**STAPLETON EXPLORERS $190**
RESIDENTS SAVE $25

A three-week program for skiers and riders of all abilities. (Ages 9-16)

Thursdays, November 29, December 6, 13

Just for Stapleton Residents

Stay the night in Keystone and get FREE breakfast for kids at participating properties.

11/09/07 through 12/23/07 and 1/4/08 through 1/19/08 - Reference code: BMSTAP

For more information about these exclusive Stapleton offers, visit www.KeystoneStapletonDays.com or call 800-404-5502.
The Front Porch asked Young Americans Center for Financial Education the following questions, answered by Debbie Pierce, Vice President/Communications

FP: Why do you think teaching kids about money is important, and what would you say to a family that might feel uncomfortable discussing money with their children?

YAC: Learning about money and establishing good financial habits are key to a child’s success. The best approach, by far, is learn-by-doing. Parents play a very important role in teaching their children about money, so conversations about money need to take place as soon as the child starts earning an allowance. If a parent needs ideas, there are plenty of good books on this topic – in the library, at the bookstore, or in Young Americans’ Fun-ancial District library. Young Americans Bank can also provide support by helping your child open a savings account, thus instilling good savings habits at a young age. In addition, customers can attend a variety of classes about banking, saving, budgeting and more.

FP: At what age do you recommend parents start teaching their kids about money, and what is your advice about giving children an allowance?

YAC: Start early: As soon as your 3- or 4-year-old starts recognizing that money buys things, that is a good time to start providing them a basic allowance to purchase things they want. Then, when they are 5 or 6, start them on a weekly allowance that provides enough for them to save, share and spend. Work together: Discuss what this means: save some to put in the bank for later, share (donate) some with others in need, and keep some on hand to spend. Help them find or make three containers, one each for save, share and spend. Let them decide how much to put in each container. Support them: Help them decide what organization they want to donate their money to. Talk about their savings goals. Be sure you provide transportation to the bank for regular deposits into their account. Be consistent: As they grow, steadily increase their allowance while increasing their financial responsibility. Along the way they will make mistakes, they will ask for more money, and they will ask to borrow. Don’t give in and hand it over. Instead, turn this into a learning opportunity – discuss what happened and how they might avoid this situation in the future.

FP: How do your bank and programs help teens transition into financially savvy and responsible adults?

YAC: Young Americans Bank provides all the products and services of an adult bank, but has geared them to young people. The staff is trained to work with young customers, to speak in their language and at their pace, to be sure that every visit is a learning experience and to take as much time as the customer needs to understand. Young Americans Center offers programs written specifically for “twens and teens” that address entrepreneurship, banking, budgeting, personal financial choices and more.

FP: What feedback have you gotten from past participants about the long-term impact of your program?

YAC: Here are some of the comments from educators, parents and program participants:

- “I would have to say that this is the most impressive, comprehensive and academic program I have encountered…” – 6th grade Young AmeriTowne student
- “Because of you we now have a good understanding of the global trade. It was easier doing it visually that reading out of a textbook.” – International Towne student
- “For more than ten years the Xcel Energy Foundation has supported Young Americans Center… The life skills the students gain are invaluable to our company because their financial and career decisions will likely have an impact on the Colorado economy.” – Xcel Energy former state vice president
with the goal of giving kids access to and knowledge about what he considered the best financial system in the world. Now located in Cherry Creek, the bank soon responded to the requests from parents and teachers for more financial education for kids by creating some of the most innovative programs in the country.

Under the auspices of the non-profit Young Americans Center for Financial Education, Daniels and his staff created several financial education programs to complement and support the bank’s original mission. Organized among the areas of banking and personal finance, free enterprise, global economics and entrepreneurship, these programs include hands-on opportunities for kids to learn important life skills, work skills and financial self-sufficiency.

In addition to several summer programs and year-round courses, school-age children can participate in the Young Ameri-Towne program for 5th graders that has served 200,000 kids since its inception in 1990. A 34-lesson curriculum that can be integrated into daily school work is provided to teachers to prepare their 5th graders to run their own town of 17 businesses. Not only do kids manage all aspects of their businesses, including advertising, accounting and more, but they are free to respond to market forces and make decisions about pricing, service and other areas of operation.

For 7th graders, an International Towne program was later created to teach older children about the financial realities of the global marketplace. Sixteen countries are represented, and kids learn key concepts such as foreign currencies and exchange, exporting and importing, and free trade in global markets. A Young Entrepreneurs program offers kids ages 6-21 a chance to learn about running their own business, creating a business plan and trying out their own business ideas. The annual Young Entrepreneurs Marketplace, held this December 1 from 10:00am-2:00pm at the Young Americans Center for Financial Education in Cherry Creek, gives these young entrepreneurs a chance to sell their wares to the public. The Young Americans Bank, a for-profit institution that is primarily supported through grants made in perpetuity by the late Bill Daniels through the Daniels Fund as well as through endowments and sponsors, continues to teach kids basic financial literacy as they open and manage their own accounts. Parents are involved in important decisions such as withdrawals and investments.

For more information about the Young Americans Center for Financial Education, located at 3550 East First Avenue, visit www.yacenter.org or call 303-321-2265. Other locations are also operated in the Belmar neighborhood and in Wray, CO.

A clerk at the supermarket awaits AmeriTowne customers.

**Young Americans Bank – Teaching Children About Money**

**Key Concepts Taught**

- Good savings habits
- Budgeting and goal setting
- Responsible use of credit
- Financial decision making
- Managing bank products
- Basic financial skills

**Young AmeriTowne**

- Supply and demand
- Job skills and work habits
- Effect of government on economics
- Balancing a bank account
- Consumer freedom
- Civic consciousness
- Career awareness
- Budgeting
- Work ethics

**International Towne**

- Respect for foreign cultures
- Export and import activity
- Technology in global economics
- Foreign currencies and exchange
- Global career opportunities
- Free trade in global markets
- Global customs and laws

**Young Entrepreneurs**

- Entrepreneurship
- Setting goals
- Market research
- Professionalism
- Communications skills
- Financial management
- Customer service
- Importance of small business
Denver Police Technician Mike Trujillo advises citizens of North-
east Denver that the majority of property crimes can be prevented if resi-
dents keep garage doors closed, doors to parked cars locked and
valuables out of sight of potential thieves.
As a Community Re-
source Officer for Den-
ver Police District Two
that serves Northeast Denver and the Greater Stapleton Area, Techni-
cian Trujillo recently
conducted a walking sur-
vey of neighborhoods to
warn residents about un-
locked cars, open garage
doors and occasional
houses left open with no
one at home.

Officer Trujillo said police had recently
received reports of property crimes that in-
cluded bikes taken from garages that were
left open, an iPod stolen from an unlocked
car, and a purse snatched from a baby
trolley that was left unattended.

“As police officers, there is only so
much that we can do to address issues in-
volving property crimes,” Officer Trujillo
said. “Some of the responsibility must rest
with the community. There really is no ex-
cuse to leave property unattended and un-
secured. It only takes a few seconds to
close your garage door or to move an item
in your vehicle into your home or even
your trunk.”

Technician Trujillo called it “absolutely imperative” that property crimes be re-
duced for several reasons.
The first reason is the personal loss that is
associated, even if the item is easily re-
placeable. He said the second and more
important reason is that a crime trend can
give an area a reputation as an “easy” target.

“The individuals who commit property crimes
would easily move to larger criminal acts,” Technician Trujillo said. “Criminals
stealing bikes from open garages today are the ones who may be stealing cars
tomorrow and possibly move to even more serious crimes down the road.

“If even one person makes doubly sure that the
garage door is closed
tonight, and by doing so
keeps his/her bike safe, then it is worth it,”
Technician Trujillo added.

Neighborhood Watch
The S.U.N. (Stapleton United Neighbors)
Safety Committee works in partnership
with the Denver Police to organize Neigh-
borhood Watch Training in the commu-
nity. For more information and to set up
Neighborhood Watch Training for your
block, please contact a member of the
Safety Committee, or one of the Commu-
nity Resource Officers of District 2. Con-
tact information can be found on the
S.U.N. Safety site at www.Stapleton
UnitedNeighbors.org. – click on “Safety”
from the list on the left to go to the site.

Office Space at Stapleton
3055 Roslyn
- Class “A” office space
- LEED certified building
- 21,000 square feet available
  (divisible to 1,300 sf)
- Adjacent to 29th Avenue Town Center
- Available now

Northfield
- Class “A” office space
- Three buildings totaling 24,000 sf
  (divisible to 800 sf)
- Countless retail amenities
- Free parking
- Available now

Syracuse
- 125,000 sf class “M” office building
- Located at Syracuse Street and Martin
  Luther King Boulevard
- Stunning mountain views
- 5 stories with 25,000 sf available per floor
- Available early 2009

For more information, call David E. Ditchman:
303.382.1800

Stapleton Front Porch
Roller Derby: Tough and Physical

Meghan Dougherty describes women in derby as aggressive and competitive. "They hit hard and go flying, but today's derby girls pride themselves on playing within the rules."

By Kathy Epperson

I nception of the sport of roller derby conjures up images of Raquel Welch in the movie Kansas City Bomber circa 1972, you're not alone. While the sport had fallen out of favor, it was revived by a group of punk rock girls and has now grown to include women from across the country. Stapleton resident Meghan Dougherty, wife and mother of two, is a member of the local Rocky Mountain Rollergirls league and one of the pioneering forces in bringing this sport back to the spotlight.

Owner of her own public relations firm for 10 years now, Meghan represents a cadre of professional women who have joined the ranks of this growing sport. "What's interesting about derby is that it encompasses women of all ages and backgrounds," says Meghan. "Derby in Denver and across the country has everything from single mothers, married with kids, professionals, and police women to military people, bankers and lawyers. Our league varies in age from 22 to 44—I'm the third oldest at 41."

Growing up in a small town in Minnesota as the youngest of 8 children (and later the third youngest of 12 through a second marriage), Meghan credits playing with and running away from her two older brothers for her sense of competitiveness and athleticism. Though relatively new to the sport, Meghan already has her own sports moniker – The Undertaker's Daughter — inspired by her work helping the family funeral home business while growing up. "I used to drive to Minneapolis, about a seven-hour round trip, in high school to pick up bodies for cash," recounts Meghan. "A $100 for a quick trip to 'the cities' was nice money for a 16 year old. I did have to help move a heavy, dead corpse or two onto a gurney now and again, but I felt it was sort of a rite of passage. Washing the hearse late at night, I had to go to the embalming room for fresh towels and sometimes all three embalming tables were filled. Derby could never scare me as much as that did!

Though the sport has evolved from its "dirt and drama" beginnings and today's derby girls pride themselves on being good at the sport and playing within the rules, Meghan recognizes it still has a tough and physical nature. "I think it's safe to say, women in derby are aggressive and competitive," she says. "Women hit hard and go flying. It's a sport that draws ex-speed skaters and others who love to roller skate and are very fast and agile. For some girls, their skates seem like an extension of their feet. It's that natural. Some visitors to a bout may find a girl in their lap, as we skate fast, and a hard hit can do that."

Meghan's own preparation for the sport began in 1986 when she first took up rollerblading. Later, after attending college in New York and moving to Boulder in 1991, she supported herself through the local recession by taking a job as a waitress on roller skates at an area diner. "We skated around with large trays packed with burgers and shakes," she recalls. "The kitchen had a revolving door—in on one side of the kitchen and out the other—and occasionally I'd go in the wrong end or come flying out a door and launch other wait staff or guests. I recall one time when I was covered in shakes and hollandaise sauce after flying out one door on my skates. Ouch! Then I'd be leaning over a long table to wipe it down and my skates would fly out from underneat me and I'd find myself lying on the table. Needless to say, I spent a little time at the chiropractor's office."

While Meghan's husband was nervous about her entry into such a physical sport, he respects her commitment to the three practice sessions each week and is impressed by the level of skill and ability Meghan has achieved. "My kids love that I'm in derby and talk about it a lot," Meghan says. "My first bout with my team, the Sugar Kill Gang, was October 6. I was pretty nervous, but felt like I did really well. My 15-year-old nephew told me 'It was pretty cool when you took that girl out on that corner. Love that!'"

For information about the Rocky Mountain Rollergirls and scheduled details, visit www.rockymountainrollergirls.com. Tickets to bouts are $15 in advance or $15 at the door at Bladium in Stapleton, located at 2400 Central Park Boulevard. Kids under 12 are free.
Denver International School Celebrates 30th Anniversary

Denver International School commemorated its 30th anniversary with guest speakers and special events throughout the year to celebrate this milestone. Originally a French School, DIS later introduced Spanish and Mandarin Chinese programs. Every day at the Denver International School, diverse students from 3 years old through 5th grade and representing nearly 30 nationalities, come together and are immersed in Spanish, Mandarin Chinese or French with native-speaking teaching staff. Beginning in first grade, a solid English curriculum complements the students' studies and prepares them for any educational environment that follows their dual language education at DIS. The goal of the school is for these students to become bilingual, independent, global citizens who will be future leaders.

In 2005 Denver International School moved to its current location in Park Hill. This year it is the first school in the metro area to offer full-day language immersion for 3-year-olds. DIS is fully accredited by the French Ministry of Education and the Education Department of Guangzhou, China. The Spanish program adheres to the highest educational standards and the English program adheres to Colorado state standards.

Denver International School is an independent, nonprofit school that creates better world citizens through language immersion and bilingual education, multicultural exposure and character development. Interested families are welcome to visit the school and observe its early childhood bilingual education.


National Sports Center for the Disabled Looking for Volunteers

By Rachel Hirt

Since its inception in 1970, the National Sports Center for the Disabled (NSCD) has become one of the country’s leading adaptive sports organizations for athletes with disabilities. Through snow-based programs in Winter Park, the NSCD provides opportunities in alpine and Nordic skiing, snowboarding, snowmobiling, and other winter adventures for the entire family. Summer programs include river rafting, therapeutic horseback riding, mountain biking, in-line skating, camping, hiking and rock climbing. With the help of professional sports teams, including the Colorado Rockies, the NSCD has also developed AbilityCamps – a series of one-day sports camps that gives children with disabilities the opportunity to develop athletic skills, experience teamwork, and build confidence in themselves. Currently, AbilityLeagues are successfully running in four US cities. By the year 2010, the NSCD plans to have a presence in 16 cities nationwide.

Volunteers with NSCD can help both children and adults with disabilities in pro-found ways – gaining confidence, self-esteem and self-determination that will help them overcome the obstacles to reaching their full potential. For volunteer opportunities or for more information on the NSCD, please visit www.nscd.org.
Since You’ve Asked...

Will the pool south of the Eastbridge Town Center have lap lanes? When is it scheduled to open? Will the park surrounding the pool open at the same time?

The pool is scheduled to open on Memorial Day in spring 2008, the same day as the other Stapleton pools. There will be lap lanes. Current plans call for much of the surrounding park to be completed prior to winter, but that depends on the impact of weather on construction.

What is the process to have another stop sign installed on 23rd Avenue? One stop sign at Akron Way does not slow traffic enough. I would suggest the second stop sign be installed at Yosemite.

Installation of stop signs is governed by the City and County of Denver, based on national traffic engineering standards. Call the City of Denver’s 311 hotline for more information.

Is it possible to increase traffic patrols/ticketing to help slow traffic through residential areas?

Yes. Contact Angie Malpiede, (email amalpiede@ stapletonfoundation.org) executive director of the Stapleton Area Transportation Management Association, to request a mobile speed monitoring trailer to be located in your block. The trailer not only reminds motorists to slow down, it also collects data about speeding that the Denver Police Department can utilize in making decisions about where to target increased enforcement of speed limits.

What is the timeframe regarding when the streets in the Eastbridge area will go through to Aurora?

While all construction schedules are subject to change, the current timetables for the extension of the Aurora street grid to Stapleton, as envisioned in the Stapleton Development Plan (“The Green Book”) and as negotiated in an intergovernmental agreement between the cities of Aurora and Denver, are as follows:

- Fulton and Iola Connections – Start in 2008 and be completed by December 2009.
- Dayton/Emportia (one connection), and Kingston - dependent on level of development in Filing 16 (area currently under environmental remediation) and the Eastbridge Town Center (now projected to open in Spring 2009). These connections are to be complete by December 2011.
- Moline will be re-constructed near the end of Filing 16 construction to phase with MLK construction which is estimated to occur in 2009.
- One other connection, described in the intergovernmental agreement as “in the vicinity of Oswego” will be constructed at a future date yet to be determined.

What is the status of the (Denver) Police Academy move?

Discussions have been underway to create a new training facility at a location yet to be identified that would serve the police departments of several metropolitan communities. The facility as planned would also house training for fire departments, sheriffs’ departments (corrections training) and paramedic units. If those discussions reach an agreement, it will likely take several years for the site to be acquired and the facility to be constructed. As a result, the current Denver Police Training Academy will remain at Stapleton for at least the foreseeable future.

Unless otherwise noted, answers provided by Tom Gleason, Vice President, Public Relations, Forest City Stapleton, Inc.

Find past articles in our new online archive.

Have you wished you had saved all the contact information in our past resource guides for kids’ sports, places to volunteer, or near-by restaurants that can accommodate groups? Did you read about a home business and can’t remember how to contact them? Find all this and more quickly and easily with our new archive of past Front Porch stories starting mid-November. Visit www.StapletonFrontPorch.com.
Fondue or Fon-don’t?

Having recently returned from a vacation in Geneva, Switzerland to visit family, I was inspired to write this month’s article on the ever-popular communal dish of fondue. Derived from the French word “fondre” which means “to melt”, the traditional Swiss fondue is a combination of two cheeses, Gruyere and Emmenthaler, melted over low heat and served with crusty bread cubes. This calorie-laden, flavor-packed favorite of the Swiss has become increasingly popular again in our country.

Many households are dusting off their fondue pots from the 1970’s or visiting kitchen and home stores in search of the required fondue elements – the fondue pot (called a caquelon), alcohol burner, long forks, and those special fondue plates with sections for dipping sauces (an adult version of kids’ plastic sectional trays). While fondue may be a fad food for some or a holiday tradition for others, it has been a staple in Swiss restaurants and homes since the early 18th century when both cheese and wine were important industries in Switzerland.

If single-handedly eating a half pound of cheese and a loaf of bread in one sitting isn’t your cup of tea, there are many varieties of fondue that will satisfy a more heart-healthy appetite. Inspired by Asian “hot pots”, beef or chicken broth can be used to cook meat, chicken, seafood, tofu, potatoes, or vegetables. Wine is also a good substitute for oil to use for cooking meat. The perfect conclusion to a fondue meal is chocolate fondue, or its latest cousin the chocolate fountain, in which anything and everything – from pound cake to fruit to pretzels - can be used for dipping.

It is no wonder why fondue is popular; not only do adults and kids alike enjoy dunking bread, meat, fruit, vegetables, etc. into melted goodness, the lengthy process of cooking and eating fondue affords time for good dinner conversation - a rarity in many of our busy households. And isn’t that worth a few extra hundred calories?

Bon Appétit – Chef Rich!

Classic Cheese Fondue

1 garlic clove, halved
1 cup dry white wine, or dry champagne (my preference)
1 tsp. lemon juice
2 cups (8 oz.) shredded Gruyere cheese
2 cups (8 oz.) shredded Emmentaler cheese

Method of preparation

Cube one large loaf of French or sour dough bread (best if left in a plastic bag overnight). Pour in wine (or champagne) and lemon juice; cook over medium heat until hot.

Turn heat to low and slowly stir in cheeses with a wooden spoon. Blend this mixture into the cheese, stirring constantly for 2-3 minutes, or until thick and smooth.

DO NOT ALLOW THE FONDUE TO COME TO A BOIL!!!

Season with white pepper and nutmeg.
Serve with bread cubes for dipping. Makes about 4 servings.

Note: most grocers sell a “fondue blend” during this time of the year – so you don’t need to shred the cheese. This can save a great deal of time. Also, consider serving your cheese fondue with fresh, raw vegetables as well as bread.

Rich Marks is a Stapleton resident and classically trained chef. His career has taken him through fine kitchens in restaurants, hotels, and catering services. Opting to spend more time with his family than in the kitchen, Rich now works for Atlanta Foods International, a supplier of gourmet and specialty foodsto King Soopers and other grocery markets throughout Colorado. Contact Chef Rich at 303-717-5451 or rmarks3@gmail.com.
Avoiding Periodontal Disease

Is it time for your 3, 4 or 6 month dental cleaning? This might bring up a lot of questions like: What are “pockets”, Why do I need x-rays to look at “bone levels”, Is it normal for my gums to bleed when I brush my teeth, What are those numbers the hygienist goes on about? Every time you get your teeth cleaned your health professional is examining you for periodontal disease. The mouth/body connection is an important one. Your dentist performs a risk assessment test at your first dental visit and subsequent visits to protect your oral and overall health.

Periodontal disease is a chronic, bacterial inflammation of the supporting bone and fibers that hold your teeth in place. Early disease involves inflammation (gingivitis) and when left unchecked can lead to tooth loss. When gingivitis becomes aggressive or chronic, this leads to periodontitis. Gingivitis is when plaque causes the gums to become inflamed and puffy, and they bleed. Gingivitis is reversible and is the goal when a dental cleaning is performed. When untreated, the toxins build up and become trapped between the tooth and gum tissue causing a pocket to deepen as the gum tissue becomes more irritated and the bone gets destroyed. Many factors besides plaque can affect the health of your gums.

Tobacco use and smoking have been linked to periodontal disease as well as lung cancer, heart disease and numerous other conditions. Smokers are more likely than non-smokers to have increased levels of calculus, the hard stuff found on your teeth and under the gum line. This leads to deeper pockets and a greater chance that plaque will secrete bacteria deep within the pocket. Ultimately, the gums shrink away from your teeth leading to bone loss and loose teeth. Smoking also slows down the healing process. Tobacco also has been linked to stained teeth, bad breath, gum recession and mouth sores. Other factors have been linked to periodontal disease as well. Stress, anxiety and depression are also being studied as possible causes. When you are stressed you are less attentive to your oral hygiene regimen. Get plenty of exercise, eat a balanced diet and get plenty of rest.

Periodontal disease has also been linked to heart disease. The same bacteria found in the mouth can enter into the bloodstream causing new infections in other areas of the body. Periodontal disease has been linked to stroke, other respiratory conditions, uncontrolled diabetes and preterm low birth weight.

Follow the “pocket size guide”. Listen for 1s, 2s, and 3s as your hygienist is reading off numbers. These are good parameters for oral health. 4s, 5s, and 6s are not optimal but are manageable with the proper dental intervention. You may need deeper cleanings or more frequent cleansings. Don’t throw away your dental reminder cards. Here’s to your oral health!

Dr. Preet Clair and her family are Stapleton residents. Her dental practice, Quebec Square Family Dentistry, is located at 35th and Quebec in Stapleton. She can be reached at 303-322-2081 or visit www.qsfamilydentistry.com

Smiling at Stapleton
by Preet Clair, D.D.S.
Quebec Square Family Dentistry
Learn About Area Preschool & Kindergarten Programs

More than 12 area schools, both public and private, will be at Montview Community Preschool and Kindergarten to talk with parents about their programs. Pick up literature, ask questions, and visit with representatives of these programs. Thursday, November 15 from 6-7:30 pm in the Fellowship Hall. For more information call 303-516-3944 x3211 or email mollykbt@yahoo.com.

Events at Bill Roberts School

Tours of Bill Roberts School
School tours are available every Thursday at 10 a.m. through May (when school is in season). Call 720-424-2640 to schedule your tour.

The Penny Harvest Fundraiser
Students hope to collect 750 pounds of pennies that they will use to make grants to neighborhood groups and work together with them to solve community problems.

The Odyssey School
Wednesday, Nov. 14
9:30 a.m.
8754 East 28th Avenue
To receive a spot, call Eliki
303-316-3944 x3211

Westerly Creek
Thursday, Nov. 15
6-7:30 p.m.
8800 East 26th Avenue
Questions/ Contact Laura
Orloff: orloff@hotmail.com

Thought Provoking Adult Seminars
Start at Stapleton in November

The Stapleton Foundation is sponsoring a new series of seminars to offer adults stimulating discussions on current events and provocative topics. The Foundation has partnered with ActiveMindsForLife, a highly regarded provider of thoughtful adult programming presented by expert teachers in an objective fashion.

The seminars are scheduled for the first and third Monday of the month beginning Nov. 5. They will be held at the Denver School of Science and Technology, 2000 Valenla St. All programs are free and open to the public. Please RSVP to the Stapleton Foundation at 303-468-3223. Visit www.ActiveMindsForLife.com to join the mailing list or call 303-320-7652 to register.

Al Qaeda
Monday, Nov. 5, 7 - 8 pm
Join Active Minds for an in-depth look at the Al Qaeda terrorist organization. We will discuss the historical origins of the group and how it has evolved and changed over time. The role of Osama Bin Laden and other leaders will be explained. We will also unravel the complex organizational structure and describe how Al Qaeda operates and how its functioning has been impacted by the war on terror. We will end with an assessment of our safety now versus the days immediately following 9/11.

Eastern Europe: Beyond the Iron Curtain
Monday, Nov. 19, 7 - 8 pm
It has been almost two decades since the Iron Curtain began to crumble. Join Active Minds as we trace the journey of Eastern Europe from Soviet Control to the current day. We will use Poland as a case study as we examine a variety of issues including economic transitions, social issues, and relations with the European Union and NATO (including membership in some cases). China’s Economic Transition

Monday, Dec. 3, 2007, 7:00-8:00 pm
Join Active Mind(s) for a look at how China has evolved from a sleepy Communist economy to the fastest growing industrial nation in the world. We will examine how this change has been achieved as well as how China’s growing economic strength affects the U.S. and the rest of the world.

The Titanic: From Sinking to Salvage
Monday, Dec. 17, 2007, 7 - 8 pm
Join Active Minds as we tell the story of the ill-fated ship as well as the discovery and salvage operation that began over 70 years later. We will also tell the story of the “Unsinkable” Molly Brown and her link to Denver.

The Islamic Faith
Monday, Jan. 7, 7 - 8 pm
Islam is the second largest religion in the world with estimates of over a billion followers. Join us for an objective examination of its origins, teachings and practices. We will discuss the Muslim holy text, the Quran, the Prophet Muhammad, and much more. We will also discuss how a religion whose traditional greeting is, “Peace be unto you” has become radicalized by some and linked with terrorism.

Iran & Global Nuclear Proliferation
Monday, Jan. 21, 7 - 8 pm
Join Active Minds for an in-depth look at the country of Iran and the issue of global nuclear proliferation. We will cover the history of the region and the recent developments regarding Iran’s nuclear ambitions. In particular, we will discuss how the rest of the world is responding to the possibility that Iran may be seeking nuclear weapons.

As additional programs in 2008 will be announced after the first of the year.

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Denver Botanic Gardens – Blossoms of Light

Culture in Stone will be on display during this year’s Blossoms of Light. Come behold the product of passion of these monumental stone sculptures from Chapelungu, Zambia. Many of the 57 stone sculptures that now adorn the Gardens will be lit. Light Emitting Diode (LED) lighting will be used, highlighting the Gardens’ commitment to conservation and sustainability. Tickets prices are: Adults – $9; Seniors 65 and older – $7; Children – $6 (4-15 years); Children 3 and under are free; Groups of 10 or more – $6.50 per person. No advance reservation necessary. Members receive reduced prices. The last ticket is sold at 8:30pm.

“Shirley Valentine” On Stage at the Playwright Theatre

“Shirley Valentine” is the story of an unfulfilled middle age housewife from Liverpool lamenting her mundane existence and her stagnant marriage. She offers wry observations on the realities of life as she gets up enough nerve to leave the claustrophobic confines of her kitchen for the romance and adventure of Greece. Beautifully written, the audience actually lives vicariously through Shirley, all the while rooting for her transformation.

Aurora Winter Art Walk Nov. 16

On November 16 from 5 – 9pm, the East End Arts District Winter Art Walk will feature three new public art pieces, gallery open houses, and an introduction of the Shadow Theatre Company, which is soon to arrive in the district. The three newly installed public art pieces are: Lawrence Argent’s illuminated “Ghost Trolley” on the Colfax Avenue median across from the Martin Luther King, Jr. Library/Municipal Services Center; Christopher Weed’s 16-foot tall blue abstract chair “Unglued” at the pocket park on Dallas Street, just south of Colfax; and Bill Viehler’s “Reflective Urban Quilt” at Fire Station No. 1 on East 16th Avenue, a block north of Colfax.

Denver School of the Arts Events

Mon., Nov. 5, 7pm – Middle School Piano Recital - FREE admission
Tues., Nov. 6, 7pm – High School Piano Recital FREE admission
Wed., Nov. 7, 7pm - DSA Orchestra Dept presents Strings Away:
Songs for the Sons of ‘Nam featuring special guest artists Kimo Williams and Conima & Chris Luther – Adults – $13; Students, Seniors, Children – $9
Thurs., Nov. 15, 7pm - DSA Band Department Fall Showcase - admission TBA
Nov. 15 & 16 performances at 7pm and Nov. 17 & 18 performances at 2pm and 7pm
DSA Theatre & Vocal Departments present PARADE
Adults – $16; Students, Seniors, Children – $11.
To get further information and/or purchase tickets for any of the performances at the Denver School of the Arts visit http://dsadspk12.org/performances or call 720-424-1713 on Monday, Wednesday or Friday.

Shirley Valentine On Stage at the Playwright Theatre

Written by Willy Russell, this moving and honest play has been a hit in London and New York and won the 1989 Tony award. Performances are at 7:30 p.m. Fridays and Saturdays, and 2:00 p.m. Sundays through December 16. Tickets are $20 for adults, $18 for students and seniors with a special $15 group rate for groups of ten or more. The Playwright Theatre is located at 2119 E. 17th Avenue in Denver. For reservations or more information call 303-499-0383 or visit www.playwrighttheatre.com.

“Shirley Valentine” is the story of an unfulfilled middle age housewife from Liverpool lamenting her mundane existence and her stagnant marriage. She offers wry observations on the realities of life as she gets up enough nerve to leave the claustrophobic confines of her kitchen for the romance and adventure of Greece. Beautifully written, the audience actually lives vicariously through Shirley, all the while rooting for her transformation.

A Christmas Carol” Returns to Aurora Fox Theatre

Charles Dickens’ magical tale of Scrooge, Ghosts, Tiny Tim and the Cratchit family returns to the Aurora Fox this year and will run from November 23 – December 23. “A Christmas Carol” tells the tale of curmudgeonly Ebenezer Scrooge, who is visited by the ghosts of Christmas Past, Present and Future hoping to change his destiny and save his soul. This masques Past, Present and Future hopes to make Scrooge, who is telling the tale of curmudgeonly Ebenezer Scrooge, who is visiting the ghosts of Christmas Past, Present and Future hoping to change his destiny and save his soul. Table will be on display during this year’s Blossoms of Light. The theater is at 9900 E. Colfax Avenue, Denver, Colorado 80222.

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Behind the Scenes
Charlie Nicola – Senior V.P., Forest City Stapleton, Inc.

Charlie Nicola, Forest City's senior vice president in charge of construction at Stapleton, watched the Rockies' spectacular drive to the National League Pennant with more than just the interest of an average fan. As the former director of design and construction for the Denver Metropolitan Major League Baseball Stadium District, he earlier played a major role in the creation of Coors Field, the award-winning ballpark that was in the national spotlight as the Rockies made their record-breaking run to the Pennant.

"With the Rockies' unparalleled success this season and the World Series coming to Denver, everyone who worked on the ballpark felt a renewed sense of accomplishment and pride in their work," Mr. Nicola said. "Seeing the ballpark filled to capacity again with excited fans brings back the feeling of opening day in April 1995 for all of us."

Charlie Nicola says that working on Coors Field was a "dream job" for anyone involved in the construction industry. "Every team member from architect to laborer put that extra measure of effort into every element that went into the ballpark – knowing they were bringing Major League Baseball to Denver in a truly unique, 'Mile High facility,'" he said. "Everyone knew their hard work would not only be appreciated by the multitudes of baseball fans, it would be enjoyed by their own kids, and their kids, for years to come."

A Denver native, Charlie Nicola holds a Bachelor of Science in Industrial Construction Management from Colorado State University and has more than 25 years of experience in the construction industry. Following the completion of Coors Field in 1995 and prior to starting work at Stapleton in 2001, Mr. Nicola served as the director for the construction of Invesco Field at Mile High, the $400 million home of the Denver Broncos. Before that, he was a Senior Project Manager for Carr America Development, Inc. and Beta West Properties where he had full construction and design responsibilities for numerous office buildings across the country including two high rise office buildings in the financial district in Honolulu, Hawaii.

Mr. Nicola said he appreciates the opportunity at Stapleton "to do it all" – from infrastructure development to commercial office, multi-family residential and retail construction. He is responsible for all construction related activities at Stapleton and participates in master planning and negotiations with governing agencies.

Charlie Nicola describes himself as a "passionate" wind surfer resulting from his days in Hawaii and has spent a lifetime skiing. He and his wife, Sherry, also enjoy snowboarding – which they started over a decade ago to spend more time with their children. Sherry and Charlie are Stapleton residents and live with the family's two-year-old chocolate Labradoodle, Riley.

Charlie Nicola, Senior Vice President – Construction for Forest City Stapleton, with his wife Sherry and their dog Riley, along Westerly Creek in Stapleton.
Kendall Hiraki, 5, (AKA Superman) chooses a pumpkin at the Fall festival in the 29th Ave. Town Center.

Fall colors line Westerly Creek on a beautiful autumn day.

Walkers on 29th Ave. with fresh snow on the Rockies visible in the background.

Trees and doorways brighten Stapleton with blazing red fall colors.

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Thanksgiving Eve Worship Service
November 21, at 6:30 p.m.
“He” Reception afterward
Thanksgiving Eve music by the Capital Hill Brass

Stapleton Front Porch
Stapleton Front Porch November 2007
17
Water Exercise: An Answer for Everyone
By Greg Young

With the approaching winter months and cooler temperatures, many of us begin searching for indoor exercise options. Joining (and going to!) the local recreation center or fitness facility is one good option. Another is to participate in swimming pool-based exercise.

Aquatic exercise not only addresses the physical requirements of whole-body exercise, it creates an environment that is ‘summer-like,’ allowing participants to step outside of the confines of winter, providing a much needed lift from the doldrums of short days and slippery sidewalks.

Water exercise is for everyone. Individuals dealing with osteoarthritis, obesity, deconditioning, and who are recovering from orthopedic and/or sports injuries/surgeries can benefit greatly from the buoyancy effect of water. This relieves pressure on sore joints while allowing us to strengthen our core and improve the natural resistance of water. When we introduce kick-boards, hand and ankle fins, and floating ‘dumbbells’ to the mix, we can increase, decrease and alter the intensity and direction of resistance for a targeted whole-body workout.

Warmer water temperatures soothe and relax our muscles and create a calming environment for exercise – much different than the clanking of weight machines and the buzz of traffic. Water temperatures for exercise should take into account the types of people who will be in the water. Individuals with heart conditions and women who are pregnant benefit greatly from aquatic exercise as long as the water is kept at or below 90 degrees Fahrenheit. This temperature range allows for maintaining safe core body temperatures that do not place undue strain on the heart or the developing fetus.

Water exercise is even more fun in a group setting, and taken at your own pace, provides a workout that is safer and most effective for you. When you move through water slowly, there is a calming and supportive effect. Increase your speed and you increase the resistance with the added bonus of challenging your balance by managing the turbulence you create by moving through water. In this way, folks young and old can improve their core stability, decreasing risk of falls, and improving balance reactions without risk of twisted ankles or strained backs.

Consider adding regular water-based exercise to your arsenal of fitness resources. It’s fun, effective, and a great escape from the cold winter blues!

Greg Young, PT, MPT is a Licensed Physical Therapist and Aquatic Therapy clinic at Stapleton, 3055 Roslyn Street, Suite 110, Denver, CO, 80228. 720-448-9018. Now accepting new clients in water-based exercise classes.

A STUDENT’S DAY AT DSST
By Anwar Batte

Steeply opening my eyes at about 7 AM, I turn my head. Apartment buildings scroll from one end of my vision to another, and I quickly realize that I’m almost at the Park-n-Ride: it’s time to switch to my next bus.

I get off the bus and greet others, joining a throng of Denver School of Science and Technology students headed for school. While those of us riding the bus from northeast Denver will arrive by 7:45, some students are just waking up, and will barely be at school at 8:15 for Morning Meeting. I prefer getting to school early; it’s worth it for the chance to finish up whatever homework wasn’t done last night, or occasionally conference with a teacher.

The student body, in varying states of consciousness and sleep, gathers for morning meeting. Some announcements go half unheard, but others draw applause or laughter from the crowd. After the last students make a scripted apology to the community, we head off for our various classes.

Today is Tuesday, a block schedule day, and so accordingly I show up to the biology lab downstairs. We’ve got a lab today; that means that we’ll get to be moving around, and as naturally follows there’s some goofing around. By our reasoning, as long as we get the work done, there’s no harm in having a little fun, right? Fast forward a little bit. It’s just after noon, and the lunchroom is filled with chatter. People converse while they eat; some are listening to music, many are finishing up some homework for the afternoon classes. The work load is high here, so students are often finishing homework any chance they get, whether it’s before school, during lunch or even between classes.

The energetic conversation often carries over into the elective period after lunch, and after a period of general sleepiness an “end-of-the-day” excitement takes over. This proves a little frustrating to our teacher in Spanish 3, our final block period for the day. She might as well be relieved as we are when school ends at 3:30. We wait for her word, since there are no bells at Science and Tech.

The more unfortunate students only get a few short minutes with their friends before heading to College Prep, DSST’s mandatory after-school detention for anyone who didn’t finish their homework for the day. Anyone who finishes the work in CP is allowed to leave at 4:30; if you’re still not done, you’ll leave at 5. Some students stay for mandatory tutoring with a teacher, and others work on their own in the hall around to participate in sports or a club.

Students disperse by bus, car, carpool, bike, on foot, or even scooter. I take a nap on one of the three buses I catch to Green Valley; I’ll hopefully wake up with enough energy to get home and juggle personal time and homework. I don’t want to be left with too much to do next morning.

Editors’ Note: All juniors at the Denver School of Science and Technology do an eight-week internship with local businesses. As an intern at the Front Porch, Anwar Batte wrote and photographed this “Day in the Life” story and developed a database for the Front Porch website so readers can look up past articles by content. That search capability is expected to be online at www.StapletonFrontPorch.com in mid-November.

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November 2007 18
Stapleton Front Porch

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8:20 am – Students gather at Morning Meeting for the day’s announcements.

9:00 am – Tomas Garcia and Alejandra Rivera observe a chemical reaction in biology lab.

9:10 am – Mr. Hynes presents to the class in biology lab.

9:30 am – Ouma Marshall laughs as she cleans up at the end of biology lab.

3:35 pm – Zeke Perez and Steven Geary socialize after school.

3:35 pm – Zeke Perez and I shake hands as we leave school.

Amsar Batta, a junior at the Denver School of Science and Technology, was an intern at the Front Porch this fall.

Anwar Batta, a junior at the Denver School of Science and Technology, was an intern at the Front Porch this fall.

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November 2007
From Fresh Produce to Fish, Wine and Sausages ‘07 Farmers Market Vendors Had It All

Thanks for supporting the 2007 season of the Stapleton Farmers Market! Thanks also to our great Stapleton Farmers Market vendors. The 2008 season of the Stapleton Farmers Market will start next June. See you next year!

An ENERGY STAR representative pedaled a bicycle that powers light bulbs to illustrate the difference in energy needed to power a compact fluorescent light bulb versus an incandescent bulb. The display was part of the ENERGY STAR Charge a Light Bus Tour that stopped at Northfield Stapleton on October 8th. The bus and its traveling ENERGY STAR Education Center informed visitors about the importance of choosing ENERGY STAR qualified lighting as a first step toward energy efficiency.

“Energy” Bus Visits New Penney’s

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November 2007
Stapleton Front Porch

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

What Does It Mean to Have an ENERGY STAR Home?

You may have heard that all of the builders at Stapleton participate in the ENERGY STAR program and that Stapleton is the largest community in Colorado and one of the largest master-planned communities in the United States to have 100% builder participation in the ENERGY STAR program. Forest City Stapleton made ENERGY STAR the minimum building standard for all of its builders in 2006. But what does that mean to you, the homeowner?

Homes that earn the ENERGY STAR include four "must have" features: air sealing that works; ducts that don't leak; advanced windows for comfort; and independent testing and inspection to ensure quality construction. These features will keep your home at a comfortable temperature, reduce utility bills, and help protect the environment. They are:

- **Air Sealing that Works**: Air leakage and improperly installed insulation can waste 20% or more of the energy you pay to heat and cool your home. Typical homes have so many leaks, it's like having a window open all the time, winter and summer. In typical homes, air leaks are often found at holes and penetrations for plumbing, wiring, lighting, and duct-work. Well-sealed and properly insulated walls, ceiling, and floors help maintain even temperatures throughout the house and save you up to 20% on heating and cooling costs. A tighter home also reduces the amount of humidity, dust, pollen, pests, and noise that can come inside.

- **Ducts that Don't Leak**: A home's ducts move heated and cooled air to the living areas to make you feel comfortable. But in a typical house, 20% of the air that moves through the duct system is lost due to leaks, holes, and poor connections. Tightly-sealed and well-insulated ducts keep you more comfortable and increase the energy efficiency of your home. Sealing also helps improve indoor air quality by reducing the risk of dust, moisture, pollen, pests, and noise from entering the ducts and circulating throughout your home.

- **Advanced Windows for Comfort**: Windows are an important part of your home's beauty. But in typical homes, windows made with older techniques are simply too cold in the winter and too warm in the summer — making you feel uncomfortable and wasting energy unnecessarily. ENERGY STAR windows, doors, and skylights keep your home cooler in the summer and warmer in the winter, reduce moisture condensation on windows and doors, and minimize the risk of dust, pollen, pests, and noise from entering your home. Self-sealing and properly insulated windows, doors, and skylights help maintain even temperature throughout the house and reduce utility bills.

- **Independent Testing and Inspection to Ensure Quality Construction**: Most builders will tell you that they build energy-efficient homes. But builders whose homes earn the ENERGY STAR back up their claims. ENERGY STAR qualified homes are inspected and tested by an independent Home Energy Rater to meet EPA's new and more rigorous guidelines for energy efficiency. In an ENERGY STAR qualified home, the builder's construction crew knows that their work will be tested for performance, quality and attention to detail. Home Energy Raters inspect insulation installation, perform tightness tests on the home's envelope and duct system, and ensure that all energy-efficient features and equipment are properly installed in your new home. To learn more about the features and benefits of an ENERGY STAR home, take the "Behind the Walls" tour at: www.energystar.gov

The Green Book: Read It and Pass It On!

You may start seeing copies of The Green Book: The Everyday Guide to Saving the Planet One Simple Step at a Time by Elizabeth Rogers and Thomas Kostigen circulating around Stapleton over the next year. Forest City Stapleton's sustainability program has purchased multiple copies of the book and has started passing out copies around the neighborhood. The idea is for people to read the book and then pass it on to a neighbor or a friend. We are interested in seeing how many people will read the book in a year. Books are clearly labeled with instructions to write one's name in the book before passing it on, and also include directions on where to return the book by November 1, 2008.

One of the goals of the sustainability program at Stapleton is to focus on the practical ways to make sustainability easy for anyone. The Green Book: The Everyday Guide to Saving the Planet One Simple Step at a Time does an excellent job of demonstrating how the small, everyday choices people make have a lasting impact on the environment. If each person who reads the book changes just a few behaviors in his or her daily life then the collective impact of these efforts will create a positive ripple effect throughout Stapleton and the surrounding neighborhoods, initiating conversations among neighbors, strengthening community involvement and, ultimately, inspiring interest and support among future generations. Please read it and pass it on!

If you would like to be among the first Stapleton neighbors to receive a copy of the book to read and pass on, please call Heather Dock at Forest City Stapleton at 303-382-1800.

2007 Denver Leaf Drop

Options for keeping your leaves out of the landfill and off the street.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Event Details</th>
</tr>
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<tbody>
<tr>
<td>October 28</td>
<td>NW 7th Ave (500s)</td>
<td>Leaf Drop</td>
</tr>
<tr>
<td>November 4</td>
<td>NW 7th Ave (500s)</td>
<td>Leaf Drop</td>
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<tr>
<td>November 11</td>
<td>NW 7th Ave (500s)</td>
<td>Leaf Drop</td>
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Trick you Halloween jack-o-lanterns to a spectacular chance and compete them with Denver Leaf Drop!

For weekday drop off information or to check for extreme weather conditions, call us at 720-303-5001

Dear Greenlanders:

We are asking the first 100 people to bring your leaves to Leaf Drop and receive a coupon for the FREE Bag of compost at our Leaf Drop site in the spring.

To learn more about the features and benefits of an ENERGY STAR home, take the "Behind the Walls" tour at: www.energystar.gov

For weekday drop off information or to check for extreme weather conditions, call us at 720-303-5001

We are asking the first 100 people to bring your leaves to Leaf Drop and receive a coupon for the FREE Bag of compost at our Leaf Drop site in the spring.

To learn more about the features and benefits of an ENERGY STAR home, take the "Behind the Walls" tour at: www.energystar.gov

**Notes:**
- **Leaf Drop:** November 1, 2007. Removal community wide. Leave leaves with products inside. Remove the leaf products from your brooms.
- **Leaf Drop:** November 2, 2007. Removal community wide. Leave leaves with products inside. Remove the leaf products from your brooms.
- **Leaf Drop:** November 3, 2007. Removal community wide. Leave leaves with products inside. Remove the leaf products from your brooms.

Tune in for a fun, fun you to the gift of a beautiful, healthy smile! “beautiful smiles begin here”
By Tammy Moran

We have all been reading and hearing about lenders going out of business and the "subprime meltdown," but what does it mean in real language and how does it affect you if you need to buy or sell a home right now?

To answer these questions, I went to Tom Reum of CTX Mortgage. He has been both a lender and a broker for 15 years, and has a deep understanding of the mortgage industry. Here is a brief recap of our conversation.

Tammy: Tom, so what is up with the mortgage industry?

Tom: The mortgage industry is currently in turmoil. The investors that buy mortgage backed securities are hesitant to buy the investments due to the higher default rates on the product. This has created a temporary liquidity issue in the market. Mortgage products are being pulled from the market and the mortgage companies are going out of business.

Tammy: How does this change how buyers need to buy homes now?

Tom: This should be a temporary market correction and should not affect traditional mortgage products such as fixed rates, loans with more than 5% down, etc. Some consumers are being affected by their lenders inability to fund their loans. A lender uses money from an investor to fund a client's mortgage. If that investor goes out of business close to the buyer's closing date, the buyer may be unable to purchase their home within the terms of the real estate contract. This can cause much heartache for all involved.

Tammy: So given that, what do buyers need to look for in a lender, especially now?

Tom: It is imperative for potential buyers to contact a lender that is knowledgeable, experienced, and with a reputable company. As a potential buyer in this market, I would suggest that buyers interview potential lenders regarding their experience. I would also recommend that buyers ask questions about their lender's company and do some independent research on the company.

Tammy: Is there any good news for those in the market with the changes in the mortgage industry?

Tom: The mortgage industry is no stranger to market corrections, but this has been a more turbulent correction than we typically encounter. The upside for the market is that fixed rates have been declining steadily for weeks. This trend should continue for the foreseeable future, enabling buyers to get lower rates when purchasing property.

That was my conversation with Tom. If you would like to talk with him about your loan needs, he may be reached at 303-741-1241. He just moved to Stapleton from Park Hill where he lived for 16 years. Tammy Moran is a Realtor with Darden & Associates, Metro Brokers, located in the 29th Avenue Town Center. She can be reached at 303-507-7110.

What is up with the Mortgage Industry???
F
ore than $100/year in natural gas at his house, Paul says the design saves energy to analyze the energy consumption this January) compared to the current prices (which are forecast to rise at least 30%) compared to the same house if this house was flipped this year while also earning me and my family a $1995 federal tax credit on our 2006 taxes. Also with natural gas prices set to go up at least 30%, our savings will rise to nearly $225 next year," Paul says. "Our solar hot water system also protects the environment by resulting in an estimated reduction in carbon dioxide emissions (a leading Global Warming pollutant) by more than 4,344 pounds/year. This is the equivalent of reducing typical automobile travel by more than 5,430 miles every year!"

The Kriescher home also has large south-facing windows that have consumed more than $800/year in utility costs," Paul Kriescher adds. "These and all of our properties at www.NewPerspectiveRE.com

Only one school in northeast Denver, Hallett, has been proposed to be closed under the Denver Public Schools reform plans announced on October 1. Under this plan, students from Hallett would be reassigned to Smith and Stedman elementary schools. Six principal reform proposals were announced that included: instructional reforms, soliciting new schools through Requests for Proposals (RFPs), expanding Early Childhood Education, stabilizing the budget by financing the District’s pension liabilities, closing eight buildings, and ensuring that students affected by the closures have a better educational opportunity.

The Board of Education will hold a public hearing Thursday, November 15th from 6:30 p.m. to 7:30 p.m. in the First Floor Board Room at 900 Grant St. Anyone wishing to speak at the public hearing must register with the Board of Education by calling 720-423-3210 by 5:00 p.m. the day before the hearing. Each speaker will have three minutes to speak, but groups of four or more people speaking on the same topic will have 10 minutes collectively.

The Board of Education will vote on the fate of the six proposals on November 19, 2007. The public can obtain more information about the six central proposals by visiting the Denver Public Schools website at www.dpsk12.org, calling the automated information line starting at noon on October 2nd at 720-423-2300, or visiting the Welcome Center at 900 Grant Street.

Paul Kriescher and his family (below) own the first Wonderland Home (left) to qualify for the $2000 federal tax credit for exceeding the 2004 International Energy Conservation Code by 50% or more in heating and cooling. Photos courtesy of Paul Kriescher.
Two Stapleton women and business owners, Paddy O’Rourke and Karla Rehring, have found a way to combine their talents to create a wonderfully personal product that is sure to be a popular gift item during the holiday season. Paddy, a photographer, and Karla, a jewelry designer with business partner Kendall Knoll, a Park Hill resident, have been friends since 2004 after moving to Stapleton. "For several years, I have been purchasing her jewelry both for myself and to give as gifts to my mom and sisters, and she has been hiring me to take portraits of her children,” says Paddy. "It seems almost inevitable that we would eventually combine our talents into a single product."

That product is a pendant showcasing a photograph that is scaled down and protected with a glass-like coating. Paddy asked Karla if she could create a unique pendant using a portrait of her sons to give to their grandparents one Christmas. Karla was able to design necklaces and other items with this technique, and soon requests started coming in to do the same for others. Paddy will soon be showcasing these pendants on her website at www.paddyophotography.com, and Karla showcases them along with her other jewelry pieces at various jewelry parties in the neighborhood. Prices start at $25 for charms and at $50 for necklaces and bracelets.

Paddy originally began studying photography during high school and has been doing nature photography, architectural and product photography, portraits and weddings ever since. Initially just a hobby, Paddy began her business 10 years ago. "My photography style is extremely relaxed," Paddy says. "Initially just a hobby, Paddy began her business 10 years ago. and product photography, portraits and weddings ever since."

Pendant showcasing scaled down photographs and protected with a glass-like coating make unique gifts for loved ones.

"I try to use natural light whenever possible, and I prefer to be shooting outdoors rather than in a studio. I believe that everyone looks best when they are comfortable and in a natural environment versus posed in front of artificial lights. Fortunately, there are many excellent parks in Denver including the green spaces in Stapleton which offer amazing natural backdrops. The Colorado weather is also very amenable to outdoor photography."

Originally from New Jersey, Paddy has traveled and lived all over the country. She spent a summer after graduating from Rutgers University volunteering as a park ranger at Black Canyon in the Gunnison National Monument in Montrose, Colorado. She and her husband Dan now share their second Stapleton home with their sons Cavan and Colm, ages 8 and 6.

Karla and her friend Kendall have been designing jewelry together for about five years. "We were at a street fair in Minturn, Colorado, and there was a woman selling beautiful jewelry," Karla says. "I had made some jewelry a long time ago and I thought ‘I can make that jewelry myself.’ After returning to Denver, Kendall and I went to the bead shop to buy the stuff to make one simple bracelet, and we left the store with enough materials to make lots of pieces.”

With pieces ranging in price from $15 to $85, Karla describes her style as jewelry that complements a casual wardrobe. "My pieces are great accessories to add some color to a basic look," she says. "I like using natural gemstones like turquoise, jade, and garnet, Swarovski crystals, and pearls with sterling silver components and some gold as well. Everything she and Kendall make is one of a kind, although they do make copies of pieces by request.

The busy mother of two girls, Allison (age 6) and Julia (age 4), Karla also works part-time for the Colorado Society of Clinical Pathologists. “Through the years, I have worked in retail, computer programming, environmental engineering, software support, and graphic design,” she says. “The jewelry making is a great hobby/business that gives me a chance to be creative and focus on something I love doing.”

A native of Oklahoma, Karla has lived in Colorado since 1986 and lives in Stapleton with her husband John and their two daughters.

For more information about the photograph pendants, about Paddy’s photography or Karla’s and Kendall’s jewelry, contact Paddy at 720-530-8219 or Karla at 303-870-8720 or via email at jkrehring@msn.com. Karla’s next jewelry party is scheduled for Thursday, November 8th.

Images Bring Jewelry to Life

Pendants showcasing scaled down photographs and protected with a glass-like coating make unique gifts for loved ones.
Taming Clutter and Organizing Spaces

Taming the clutter and organizing spaces have been Andrea Whittaker’s strong suits even before starting her Organized Solutions business four years ago. While Andrea started her company as a way to work and still spend time with her family, she has always helped friends and family get and stay organized. “Even as a child I was always organizing the linen closets, kitchen cabinets and the bedroom closets,” she says. “My mom would come home from work, and the living room furniture would be rearranged or the pantry would be organized. I guess you can say organization is just who I am.”

Andrea approaches each job differently, tailoring her solutions for the particular client. “What might work for one client may not work for another,” Andrea explains. “After talking with the client, I get to know what will work for them and implement a system that will help them stay organized.” Some of those systems also involve the installation of organization tools such as shelving, but often it is the decluttering process and placement of remaining items in a functional and aesthetically pleasing way that makes the biggest impact.

“I would have to say the hardest part for clients would be the purging portion of my services,” Andrea says. “I can understand that people become attached to their belongings. With that said, I have two general rules: if you have not used or worn it for more than a year or if you have more than two of the same or similar items, you don’t need it. In the end the client always feels a sense of relief, and the weight of feeling bogged down and not knowing what to do with all of the clutter has been lifted.”

Andrea begins working with a client by offering a free consultation during which she’ll do a walk-through of the area and get an idea of their needs, expectations and desires of the final outcome. At that time she explains her rate structure and the scope of the job. In general, her rate ranges from $35-$50 per hour. “I tackle each and every area in a home with the same enthusiasm and dedication,” says Andrea. “You have everything to gain and nothing to lose.”

For more information, contact Andrea by email at organized_solutions@msn.com or by phone at 303-399-3641.

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25 Stapleton Front Porch November 2007
Women Must Focus on Retirement Income

By Jessika Aerni

Women are often at a disadvantage when it comes to resources available for retirement. The average woman spends nearly 15 years away from the workforce, while the average man will be away for 1.6 years. This translates into lower benefits from company pensions, 401(k) plans, and Social Security.

Various estimates indicate expenses after the death of a husband will be 80 percent of what they had been when he was alive. Unfortunately, a widow’s income may likely be much less than that. Of all elderly persons with income below the poverty level, over 70 percent are women. More than half were much better off financially before their husbands died.

Less time in the workforce may also mean fewer women qualify for health benefits. This can put an even greater burden on their retirement income.

It is imperative for women to start saving now for their retirement, which can be accomplished through several savings vehicles. It is equally important to protect your nest egg through adequate life insurance coverage and insurance options should your health care needs change.

Epworth Foundation in Need of Donations

Epworth Foundation and 80205 Family to Family Services under the Denver Department of Human Services in partnership with religious and community organizations in Northeast Denver are urgently seeking donations and the names of families in need for the annual program that will provide Thanksgiving Baskets to the poor.

The 2007 Community Wide Basket Distribution will be held Sat. Nov. 17th from 9 am to 2 pm at 1865 Bruce Randolph Avenue, between Williams and High Streets. This year’s goal is 8,000 baskets for a holiday tradition established to feed families in need in the Denver metro area.

Donations from the public are urgently needed to purchase the food for this year’s distribution. Tax-deductible contributions may be sent to Epworth Foundation, 1865 Bruce Randolph Avenue, Denver, Colorado, 80205. Checks should be made payable to “Community Wide Thanksgiving Baskets.” Donations can also be made online at epworthuniteddenver.org. All donations will be used for the purchase and distribution of food baskets. Epworth United Methodist Church and volunteers provide administrative support for the event.

Epworth Foundation is also in need of the names and contact information for individuals and families who may be in need of the baskets to enjoy the Thanksgiving holiday season.

Nominations may be made online at epworthuniteddenver.org or be entered online using the computers at Epworth Foundation, 1865 Bruce Randolph Avenue. No nominations will be taken by mail or over the telephone. Nominations must be received no later than November 9.

Soulful Home

Caring for infants, children, adolescents

Welcoming our newest doctors
Mary Vostrejs, M.D.
Halee Fischer-Wright, M.D.
Paul Bogan, M.D.
Scott Merenstein, M.D.
Caroline Thramann, M.D.
125 Rampart Way, #220 Denver 80230


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Interior Consultation $125 Decluttering, consultation, shopping, wrap 15% on Call I'm.“

r andy r in g ri gn. com [directions: think, click, succeed ]

Women at Lowry

Avoid These Frightening Investment Moves

By Natalie Robbins

Once again, it’s Halloween. If you’re an adult, you’re probably more amused than frightened by the variety of ghosts, goblins and ghouls you’ll see running around this week. However, although Halloween itself may not be particularly alarming, you can find some things in life that are truly scary - such as making bad investment moves.

Here are a few of these alarming errors to avoid:

• Investing too little in your 401(k) - If you have a 401(k) or similar employer-sponsored plan, you owe it to yourself to take full advantage of it. Your contributions are generally made with pre-tax dollars, so the more you put in each year, the lower your taxable income. Plus, your earnings have the potential to grow on a tax-deferred basis. Furthermore, you may have a dozen or more investment options within your 401(k), so you can spread your dollars around in a way that reflects your risk tolerance and retirement goals. At the very least, contribute enough to your employer’s match, if one is offered. And try to increase your annual contributions every time your salary goes up.

• Ignoring your IRA - Even if you have a 401(k), you can still open an IRA. Many people do this - but then forget about it. For 2007, you can put $4,000 into an IRA, or $5,000 if you’re 50 or older. A traditional IRA offers the potential for tax-free earnings, while a Roth IRA can grow tax-free, provided you’ve had your account for at least five years and you don’t take withdrawals until you are at least 59-1/2. And you can fund an IRA with virtually any investment you choose.

• Investing too conservatively - Many investors are so uncomfortable with the volatility of the stock market that they put much of their money in more “conservative” investments, such as Treasury bills, corporate bonds and certificates of deposit. It’s true that these types of securities will, in general, offer more preservation of principal than stocks, but they will not provide much growth potential. So, if you’ve “loaded up” on these fixed-income vehicles, you could lose purchasing power, over time. Over the long term, only stocks have historically outpaced the rate of inflation, although true that these types of securities will, in general, offer more preservation of principal.

• Chasing “hot” stocks - If you follow a tip on a “hot” stock, you could get burned. Why? For one thing, by the time you buy the stock, it may already be cooling down. Even more importantly, it simply may not be appropriate for your individual risk tolerance and long-term goals.

• Timing the market - If you could always “buy low and sell high,” you’d unquestionably make a fortune as an investor. Unfortunately, no one can really predict when stock prices will turn. Therefore, it’s important to have a plan for retirement that works for you over the long term.

There’s no trick to avoiding all these investment mistakes - and if you do, you may just find your investment statement is not so spooky to read.

Natalie Robbins is a Financial Advisor with Edward Jones. She may be reached at 303-320-7752.
Pregnancy & Postpartum Wellness

During pregnancy, a woman’s center of gravity begins to shift forward, placing a greater amount of stress on the pelvis and low back. Add to this an average weight gain of 30 pounds and additional hormones, and you have the perfect recipe for pain and imbalances. You may ask, “What can I do?” Continue reading to discover the wonderful and nurturing support available for Mother and Baby.

Chiropractic is a great alternative to medication for the pains of pregnancy, allowing for a safer form of relief. Adjustments during pregnancy have been shown to reduce the length of labor by up to 39%. Chiropractic adjustments ease the pressure on the joints, muscles and nerves, aiding in the rehabilitation of the body before and after birth. Pregnancy and delivery are very traumatic on a woman’s body, and it is important that a focus be put on improving and maintaining strength, flexibility, and function.

Massage during this unique time for our bodies, both pre and postnatal, can be extremely beneficial. Relaxation and stress reduction will help soothe the mental and emotional challenges, not to mention raising the all over muscle aches, back pain, sciatica, leg cramps, headaches and edema. An overall increase in circulation of blood and lymph will help decrease fatigue, increase immune function and boost energy needed for the monumental task of actually growing that baby!

Among the many benefits of Acupuncture during pregnancy, a recent study has shown its particular effectiveness in relieving morning sickness. Thus, allowing the mother to return to daily activities and enjoy her pregnancy. While acupuncture can also relieve fatigue, migraines, bleeding, heartbeat, hemorrhoids, stress, edema, and elevated blood pressure, the root cause of these may be deeper complications that should be addressed and treated postpartum.

The nature of Reiki is to encourage a holistic balance of the body, mind and spirit for both the mother and unborn child. It balances the immune system of both and offers relief to many symptoms of pregnancy. The benefits most often attributed to Reiki are relaxation and pain relief. It is also helpful with nausea, discomfort in weight gain, fatigue, anxiety, and fear. In labor, Reiki can help with relaxation and being open to contractions, working with them rather than against them.

You may ask... what about my mental health? During pregnancy and the postpartum period, new parents are likely to experience a range of intense emotions against them. You may ask... what about my mental health? During pregnancy and the postpartum period, new parents are likely to experience a range of intense emotions against them.

A positive experience for Mother and Baby! Any of the above treatment modalities and balancing the body, mind and spirit during and after pregnancy will create a harmony for both the mother and unborn child. It balances the immune system of both and offers relief to many symptoms of pregnancy.

Dr. Jessica Young (Chiropractor); Megan Mann, L.Ac. (Acupuncturist); Cherie Monlezun, CNMT & Jonathan Gans, CMT (Massage Therapists) Susan Burg, R.N. regarding the relief of nausea, sleep, back pain, headaches, and fatigue. It can also help with relaxation and pain relief. It is also helpful with nausea, discomfort in weight gain, fatigue, anxiety, and fear. In labor, Reiki can help with relaxation and being open to contractions, working with them rather than against them.

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Eye on the Stapleton Master Plan: Affordable Housing
By John Keene
When it comes to affordable housing, most Stapleton residents are famil-

iar with the meaning of "built green." However, not everyone knows what is meant by affordable. Affordable in this sense is not comparing the price of one home to another to determine which one is more affordable. Affordable housing actually refers to making certain homes affordable for individuals and families whose income is at or below a certain level of the Area Median Income (AMI). In other words, affordable housing is also known as income qualified housing.

Another aspect of affordable housing is the affordability of maintaining the household. With all housing in Stapleton now being built to Energy Star certified standards, occupants of local affordable housing will also be able to take advantage of the savings they will experience with their energy bills. In addition, affordable housing is also typically located close to public transportation and amenities to help reduce the family’s commuting time and expenses.

With these issues in mind, several organizations here in Stapleton that are involved in affordability and housing diver-

sity seek out income-qualified families and match them with appropriate housing projects. For example, the Northeast Denver Housing Center is set to complete an affordable, green built apartment complex along Central Park Boulevard at Wabash St. Likewise, on November 2nd, at 2:30 PM, the Northeast Denver Housing Center is hosting an Open House to celebrate their 25-year anniversary as well as the Grand Opening of the new Central Park Apartments at Stapleton.

Another organization working here in Stapleton is Ameri
can Sun Communities. Just about every month ASC holds their HomeStart Conference, where they educate low and moderate-income families on the opportunities available to put them on the road to home ownership. Currently ASC is working with New Town Builders to develop affordable town-

houses in the area of 29th and Havana St. These homes will be in proximity to the Eastbridge Town Center much in the same way that Roslyn Court and Syracuse Village are close to the current town center.

In spite of the difficulties facing many homebuyers due to the turmoil in the lending industry lately, those who can qual-
ify for the affordable housing options here in Stapleton have been essentially unaffected in their ability to obtain a mortgage. This is largely due to a number of government sponsored first time homebuyer programs, like the Colorado Housing and Finance Authority (CHFA) program.

In conclusion, the affordable housing programs in Staple-
ton give those that qualify access not only to high quality homes (sustainable, energy-efficient, healthy indoor air qual-

ity) but provide these families with the Stapleton way of life (easy access to recreation, shopping, restaurants, and schools).

Don’t Miss Your Chance to Vote on Funding for the Stapleton Library and Rec Center: Denver Ballot Drop-Off Options
By Mark Mahovlic
It’s November, which means it is time for an election. This year, only local races and ballot measures are up for a vote. The current Denver ballot includes a citywide race for Denver Public Schools Board of Directors at-large between Rita Mon
tens, Theresa Petia, and John McBride, as well as 11 city bal-
lot measures.

Ballots must be received by the Denver Elections Division Office by 7pm on November 6th. Ballots can be mailed back to the office (postage is 79 cents), or dropped off at one of the following of ballot drop off locations at the times listed:

All of the following ballot drop off locations open:
Monday, Oct. 29 through Friday, Nov. 2 - 10am to 7pm
Monday, Nov. 5 - 10am to 7pm
Tuesday, Nov. 6 - 7am to 7pm

- Westerny Creek Elementary School, 8800 E. 28th Ave.
- Athmar Recreation Center, 2680 W. Mexico Ave.
- Barrums Recreation Center, 360 Heidi St.
- District 3 Police Station, 1625 S. University Blvd.
- Eisenhower Recreation Center, 4300 E. Dartmouth Ave.
- Glennarm Recreation Center, 2800 Glenn Pl.
- Green Valley Ranch Recreation Center, 4890 Argonne Way
- Harvey Park Recreation Center, 2120 S. Tennyson St.
- Hauwatha Davis Recreation Center, 3334 Holly St.
- Montbello Recreation Center, 1555 E. 53rd Ave.
- Montclair Recreation Center, 729 Ulster Way
- Schiffer Recreation Center, 5031 W. 46th Ave.
- Tattered Cover Bookstore, 1628 16th St.
- Tattered Cover Bookstore, 2626 S. Colfax Ave.
- Wellington Webb Municipal Office Building, 201 W. Colfax Ave.
- Elections Division Office Lobby 303 S. Colfax Ave. (Open 8am each day)

On Election Day (Tuesday, November 6th), from 7am to 7pm, ballots can also be returned at the drive-thru drop off on Court Place between Colfax and 14th St.

Tips for Safe Sledding
By Mark Mahovlic
Now that the leaves have changed color and started to fall, sledding season is getting started. With the recent opening of Central Park and its sledding-hill, the first big snow is likely to lead to a sledding frenzy. In an effort to promote a safe and fun sledding season, here are some tips to keep spirits up and injuries down:

1. Watch out below - Before heading down the hill on a sled, make sure to check to see if your path is clear. Stapleton is filled with young children who may not know the unwritten rules of the hill or who may have little experience with sledd-
ing, and thus might take a few moments to clear the snow out of their boots, gloves, or faces.

2. Before heading back up the hill, step aside - Safe sledding also means staying out of the way of those coming down the hill, and that means you should not walk straight back up the hill from where you came down, as others are waiting to follow you down. Instead, walk to the side and only head back up the hill where no one is planning to come down. This basic courtesy will minimize the wait time at the top of the hill, while also preventing dangerous collisions.

3. If heading down the steep part of the hill, be ready to bail out. Some anonymous Stapleton residents gave the Central Park Sledding Hill a test run last year. One recommendation they have is that the steepest part of the hill does not leave a lot of room between the bottom of the hill and the path and street below. Those going down this part of the hill then, should know how to safely get out of the sled and come to a stop quickly, before reaching the street, a parked car, or any other obstacles below.

4. Stapleton’s parks are open to the public - Stapleton’s parks are treasured by neighborhood residents, as well as those throughout Denver, Aurora, and Commerce City. Central Park’s new sledding hill is likely to attract children from throughout the area. Please be welcoming to our neighbors and share the hill.

5. Sledding can be more dangerous than skiing or snowboarding - According to the Denver Children’s Hospital, kids on sleds may be at increased risk of injury, as compared with other forms of winter fun, because they lack the muscle strength or reflexes to avoid obstacles, judge distances, or slow down, and the presence of older kids on the hill may make it more dangerous for the younger ones who want to join in the fun, or who accidentally get in the way. Follow-
ing these additional tips from the American Academy of Or-thopaedic Surgeons should help reduce risks:

- Always supervise your child while sledding - adult super-
vision may help avoid overcrowding and collisions.
- Encourage a child younger than 12 to wear a fitted hel-
met (like those used for skiing and snowboarding).
- Have your child wear gloves, hats, boots, and warm clothing to protect against frostbite.
- Check to make sure there are no obstacles in the sledding path, like trees, rocks, or sticks. Sledding should only be done in open areas.
- Make sure the bottom of the sled hill doesn’t adjoin a road, parking lot, or frozen water. (See warning above about steep part of the Central Park hill)
- Avoid evening sledding, or only sled in areas where there’s adequate lighting, so that collisions can be avoided.
- Buy a sled with a steering mechanism.
- Make sure you and your child always sit facing forward - it’s the safest sledding position. 
(continued from page 1) Refuge staff manages deer and other large mammals to prevent, to the extent possible, these animals leaving the site. Many of the wildlife species that inhabit the Refuge also may be visible in Stapleton and the surrounding metropolitan area.

Some of these animals can quickly become habituated to an un-natural area. Coyotes, skunks, rabbits, and raccoons easily adapt to this environment which may include your backyard, drainage, or undeveloped parcels of land. Several species of raptors, songbirds, shorebirds, and waterfowl can be seen throughout the area. It is also possible to spot deer in greenways, among trees and your backyard, drainages, or undeveloped areas.

The key is to respect the “wild” of wildlife. Most dangerous and harmful encounters occur because people fail to leave the animals alone. If you suspect an animal is sick, injured, or behaving with unusual aggression toward you, call the Colorado Division of Wildlife or Animal Control. By following a few simple tips, urban dwellers can enjoy viewing wildlife while avoiding the problems they may cause. For the best in wildlife viewing, interpretive opportunities, and to learn more about how to live with wildlife, visit Rocky Mountain Arsenal National Wildlife Refuge, call 303-289-0930, or check out our website at www.fws.gov/rockymountainarsenal.

Wildlife photos were taken at the Rocky Mountain Arsenal National Wildlife Refuge. (continued)

Right: According to Refuge staff, coyotes are solitary animals but they may pair up to hunt, generally at dawn and dusk. They can be cunning and may do “whatever it takes” to get their food.

W hen you find out someone has been to Peru, Nepal and Tanzania, it might seem strange to hear that they find the shortgrass prairie of the Rocky Mountain Arsenal National Wildlife Refuge among the most enchanting habitats on the planet.

Meet nature photographer Dave Showalter. He’s a dedicated volunteer at the Rocky Mountain Arsenal National Wildlife Refuge and his book, Prairie Thunder, which features a number of photographs taken at the Refuge itself, has just been released. Showalter describes the book as a “photo conservation essay presented in a seasonal format,” in which he captures the short grass prairie in each season, pairing the photos with conservation and seasonal essays.

So what is it about the Refuge prairie that Dave finds so enchanting? “It’s the daily surprises, which is a metaphor for the whole grassland experience. Something magical happens everyday.” Dave encourages everyone to experience the prairie and discover the magic for themselves. “Take a walk, explore Dust Bowl relics, go birding, and watch the sunset. It may take a few outings, but I promise the prairie will change you.”

“I think that Rocky Mountain Arsenal National Wildlife Refuge may be the finest conservation success story in history. When you consider that just two decades ago, it was considered a toxic dump at the time bald eagles were discovered—and now American bison have given birth on this land. It makes me think that anything is possible.”

Prairie Thunder as well as Dave’s other books are available at the Rocky Mountain Arsenal National Wildlife Refuge Visitor Center bookstore. For more information, call (303) 289-0930. For more information on Dave Showalter, please visit http://www.daveshowalter.com.

Jonathan Ekstrom is with MGA Communications, which represents the Rocky Mountain Arsenal (www.mgacommunications.com).

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Photo by Shattil/Rozinski

Rocky Mountain Arsenal – Stapleton’s Neighbor to the North
New Book Features Photos of Wildlife Refuge

By Jonathan Ekstrom

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Jonathan Ekstrom is with MGA Communications, which represents the Rocky Mountain Arsenal (www.mgacommunications.com).

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**Views on the Street - What wildlife have you observed in or near your neighborhood?**

**Karyn Katsenes**

I was walking my dachshund on the Greenway path about 8:30 pm and noticed a coyote following about 20 feet behind me. I thought he was rather tall – up to about my hips. He was beautiful with gray and white markings. I turned around and yelled at him to scare him away but he wasn’t afraid. He slowed down but continued to follow us, eyeing my small dog. So I picked up my dog and went to my car and shined my lights toward the Greenway. I could see the coyote hiding among the tall grasses in the drainage area. Also, at the beginning of summer I saw what looked like a beaver jump in the pond just south of MLK Bridge over Westerly Creek. He rode the wave of water over the bridge over Westerly Creek. He rode the wave of water as it entered the creek. (Editor’s note: Wildlife experts believe it was probably a muskrat.)

**Julie Cain (far left)**

I'm from a farm back east so I'm used to being around a lot of wildlife. I have really enjoyed Bluff Lake. I have seen a snake, I've certainly seen a lot of birds, we've seen a lot of insects and frogs and toads. It's really important to me to have my kids involved in nature. I think the Rocky Mountain Arsenal and Bluff Lake and just living in Stapleton enable us to see a lot of wildlife and it's really fun. The snake that we saw at Bluff Lake was about five feet long. It was a corn snake. I was really scared but my husband knew it wasn’t dangerous so it was a great learning opportunity for the kids. The snake crossed right in front of us as we walked down the path at Bluff Lake on a really hot day.

**Girish Aram**

I didn’t personally observe this, but I have a friend who lives in Highlands Ranch who described the following incident with a pair of coyotes in their neighborhood. He said that they have become so bold that they lost fear of humans. He said it looked like they were setting a trap for some unsuspecting animal by playing dead while another hid behind a nearby bush ready to pounce. He told me that he has seen chewed up dog/cat collars on the trail and that the coyotes have become so bold that they lost fear of humans. He believes that some animals may have been trapped by the coyotes in this fashion.

**Ruby Rodriguez**

I’ve seen coyotes and foxes. One year we had a litter of foxes that was right across the street from one of the offices and so we saw the pups for awhile. Of course lots of deer, and we’ve seen foxes right around our building. I’ve seen geese and the goshlings… and the bald eagles and the ferruginous hawks. I’ve seen bull snakes and rattlesnakes. The time that we saw the rattlesnakes it was outside our building, and they happened to be mating at the time. And of course we now have the bison. I’ve watched them stock the lake with trout. I’ve seen prairie dogs and rabbits, and I saw a badger out here one time. There’s quite a variety of wildlife here.
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