

Front Porch

Distributed to the Greater Stapleton Area

STAPLETON

DENVER, COLORADO

NOVEMBER 2007

Living with Urban Wildlife



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



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

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

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.

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 canals or temporary fence openings. The *(continued on page 30)*

Stapleton's Roller Derby Mom



Meghan Dougherty (white jersey) fights for position during a roller derby practice at the Bladium. She says, "My kids love that

I'm in derby and talk about it a lot. It's a sport that draws ex-speed skaters and others that love to roller skate and are very fast and agile." See story on page 9.

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 7)*

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

11

Since You've Asked

Saving Energy at Stapleton

23

S.U.N.

28

Wildlife Refuge Roundup

31



On the last day of the Sweet William Market, Ashley Budy, 3, wears clown hair and tries spinning a plate.

Mark Your CALENDAR

FOR LOCAL EVENTS

EVERY MONTH

Monthly

New Resident Orientation Meeting
[Call 303.388.0724 for date & location]

Every Tuesday

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

Every Wednesday

Weekly Weeders, Bluff Lake Nature
Center 9-12am [303-945-6717]

3rd Tuesday

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

1st Wednesday

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

2nd Wednesday

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

3rd Thursday

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

4th Thursday

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

EVERY MONTH

1st Saturday

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

2nd Saturday

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

NOVEMBER

Nightly

Symphony in Lights—On the hour 6-9pm
Northfield Stapleton's Main Street
Nov. 17 - Dec. 31

Tuesday, November 6

Denver Mail-in Election
Ballots due
[See locations on page 28]

Friday, November 9

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

Tuesday, November 13

Open House for Preschool/Kindergarten
Bill Roberts School 6-7:30pm
[nolve@hotmail.com]

NOVEMBER

Tuesday, November 13

Stapleton MCA Delegate Meeting
2823 Roslyn St., Community Room
Call 303-388-0724 for time

Wednesday, November 14

Open House for Preschool/Kindergarten
Odyssey School 9:30am
Call to reserve 303-316-3944 x43211

Thursday, November 15

Open House for Preschool/Kindergarten
Westerly Creek 6-7:30pm
[mollykt@yahoo.com]

Thursday, November 15

School Options Night 7 - 8:30pm
Meet reps. of 12 public and private schools
Montview Community School
1980 Dahlia (at Montview, enter by playground)
[303-552-5865 traceymgifford@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

DECEMBER

Nightly

Symphony in Lights—On the hour 6-9pm
Northfield Stapleton's Main Street
Nov. 17 - Dec. 31

HOLIDAY BOUTIQUES

Saturday Nov 17
9am-4pm
Blessed Sacrament
Church

Hand crafted gifts, holiday
decorations, heat n' serve
frozen meals for busy days,
student crafts, café treats,
delectable homemade
confections, and more.
Raffle drawing 3pm

4900 Montview Blvd
(Montview and Eudora –
enter through parking lot
behind church off Eudora)

Fri. Nov. 16 – 9am-6pm
Sat. Nov. 17 – 9am-5pm
Sun. Nov. 18 – 9am-3pm
Denver Botanic Gardens

Gift items from more than
60 vendors including holiday
decor, home accents, garden
accessories, paintings,
gourmet food, clothing,
natural handmade soaps,
jewelry, pottery, photography
and more.

Admission to the Gardens is FREE
during this three-day event located
at 1005 York Street, Denver



Stapleton's Fall Festival in the 29th Ave Town Center included a climbing wall with built-in cables attached to a belay system that automatically takes up the slack to prevent a child from falling.

GREAT NEWS!

State Farm® has reduced auto rates in
COLORADO



At State Farm, you'll get more than a great rate. You'll also get an agent dedicated to helping you get the right coverage backed by the nation's largest claims network. Call my office today and discover why State Farm is trusted by more drivers than any other car insurance company.

Jessika Aerni, Agent
QUEBEC SQUARE IN STAPLETON
7505 East 35th Avenue, Suite 302
Denver, CO 80238-2480
Bus: 303-377-5433
www.jessikaerni.com
Se habla español

LIKE A GOOD NEIGHBOR



STATE FARM IS THERE.®

Providing Insurance and Financial Services

State Farm Mutual Automobile Insurance Company (not in NJ) • State Farm Indemnity Company (IN, IL) • Bloomington, IL
statefarm.com

Is This Your Dog?

Call Bark Busters-
Any age, any issue



- 🐾 In-Home Training
- 🐾 Results in Hours
- 🐾 Vet Recommended
- 🐾 Lifetime Guarantee



877.500.BARK
www.BarkBusters.com

Training Dogs the Aussie Way

EDITOR: Tom Gleason, Forest City 303-382-1800
PRODUCTION by FinePrint
303-526-1969 FrontPorch@fineprintco.com
MANAGING EDITOR: Carol Roberts
PHOTO EDITOR & PHOTOGRAPHER: Steve Larson
FEATURES EDITOR: Kathy Epperson
AD SALES: Karissa McGlynn 303-333-0257

Front Porch

www.StapletonFrontPorch.com

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

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 60 Main Street specialty shops, tasty 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, Palaich 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 APA's 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 Stapleton and Park Hill. Historically, a much higher percentage of more affluent families "choice out" of their assigned school. In recent years, choice among this group has remained relatively flat; however, choice among lower income families has increased significantly to almost the same level as affluent families.

Most "choice" within Stapleton and Park Hill occurs within the neighborhood schools in the community. Parents are more likely to choose another nearby neighborhood school when they choose-out of their assigned school (about a third of families made this choice from 2002-

2005 and a relatively small percentage chose neighborhood schools outside of the immediate community). However, about a third of families opted for a charter or magnet school during this same period.

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, Barrett, Smith, Philips, DSST (charter) and DSA (magnet). More than a quarter of DSA's 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 students 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 and perhaps start to show promise in a certain area.

To aid in their children's development, many wanted the elementary curriculum to focus on the fundamentals (reading, writing, math, science) and electives like art, 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, Palaich and Associates, and Adey Woldeamanuel, MPA, University of Colorado Graduate School of Public Affairs.

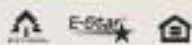
NY STYLE CO SPIRIT



Experience PENTHOUSE living in the heart of a visionary Colorado neighborhood. Contract with us by October 31, 2007, and take advantage of REDUCED PRICES ranging from \$895,000 to \$966,000...LIFE AT THE TOP never looked quite so good!

- ◆ Only FIVE URBAN-STYLE HOMES are left...and they'll be snatched up soon!
- ◆ 2 to 4 bedrooms / 3,346 to 3,474 s.f.
- ◆ Private elevator in each residence
- ◆ Fabulous interior penthouse finishes
- ◆ Rooftop terrace with sweeping views
- ◆ Overlook Stapleton's new 80-acre Central Park / NOW COMPLETED!
- ◆ Dual master suite option available
- ◆ Model and landscaping ready to view

STAPLETON



denverbrownstones.com ◆ 303-853-0989

Sales Office Hours: Tuesday-Saturday 10am-6pm, Sunday 12-5pm, Monday 12-6pm.
Location: East of Quebec Street on Martin Luther King, Jr. Boulevard between Xenia Street & Akron Court. Marketed exclusively by Jennifer Gore Unlimited, LLC.

IN THE FRIENDLY
SPIRIT OF CO,
WE SUGGEST YOU
CHECK OUT OUR
NEW PRICES
BEFORE THEY ALL
DISAPPEAR IN A
NY MINUTE.





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 \$180 RESIDENTS SAVE \$15

Hey Ladies! Start your season off right when you join our women instructors for a fun weekend of on-hill training and conditioning, video analysis, women's specific equipment discussion and après ski party.
December 8-9



STAPLETON KROOZERS \$210 RESIDENTS SAVE \$50

A three-week program for skiers and riders that promotes fun and friendship while developing solid skills on the mountain. (Ages 5-15)
Saturdays, December 1, 8, 15

STAPLETON EXPLORERS \$190 RESIDENTS SAVE \$25

A three-week program for skiers and riders of any ability. (Ages 3-4)
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 12/21/07 and 1/4/08 through 1/17/08 - Reference code: BKSTAP

For more information about these exclusive Stapleton offers, visit www.KeystoneStapletonDays.com or call 800-404-5502.

Q&A With Young Americans Center for Financial Education

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



Students participating get money from the bank to buy and sell goods and services in the Ameritown to learn first hand how the American economic system works.

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 "teens and teens" that address entrepreneurship, banking, budgeting, personal financial choices and more.

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

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

"This organization played a key part to my financial education. At first I was reluctant to open a savings account. Later I opened a checking account. The gradual responsibility eased me into adulthood responsibilities. I always enjoyed coming to the bank, it became an integral part of my adolescence." – former bank customer

"16 years ago, as a fifth grader, my class participated in the Young AmeriTowne curriculum. The experience was valuable and has stayed with me even though my family soon moved cross-country. I appreciated the program, as the skills it taught me prepared me more than other school programs I participated in." – 26-year-old former

Young AmeriTowne student

"I would have to say that this is the most impressive, comprehensive and academic program I have encountered." – 6th grade Young AmeriTowne teacher

"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



NUWEST CUSTOM HOMES
Juniper \$1,149,500
• 8274 25th Drive
• 4 Bedrooms/3.5 Baths
• 3,762 Square Feet
• Available Now



NUWEST CUSTOM HOMES
Alcanta \$1,269,000
• 8094 25th Drive
• 4 Bedrooms/4.5 Baths
• 4,190 Square Feet
• Available Now



NUWEST CUSTOM HOMES
D'Alester \$1,252,900
• 2382 Spruce Way
• 4 Bedrooms/3.5 Baths
• 4,217 Square Feet
• Available Now



LATSI CUSTOM HOMES
Gipin \$1,439,000
• 9857 E. 31st Avenue
• 4 Bedrooms/4.5 Baths
• 4,495 Square Feet
• Available Now



AUSTIN SIGNATURE HOMES
Bordeaux \$1,295,000
• 3356 Dayton Street
• 4 Bedrooms/3.5 Baths
• 3,761 Square Feet
• Available Now



TOUCHSTONE HOMES, LLC.
Caliente \$1,395,000
• 9897 E. 31st Avenue
• 5 Bedrooms/5.5 Baths
• 4,018 Square Feet
• Available Now



AUSTIN SIGNATURE HOMES
Valencia \$1,139,000
• 8234 25th Drive
• 4 Bedrooms/3.5 Baths
• 3,761 Square Feet
• Available Now

Parks... Views... Urban Made Impeccable.



**Architectural Options Abound at the
Urban Estate Homes in Stapleton**

Come tour these beautiful residences Saturdays and Sundays from noon to 4pm.

Sales Center next to the Stapleton Visitor Center:
7480 East 29th Avenue • Denver, Colorado 80238
UrbanEstateHomes@StapletonDenver.com • 720.249.5106
Exclusively marketed by Jennifer Gore Unlimited, LLC.

STAPLETON

URBAN ESTATE *Homes*

Young Americans Bank – Teaching Children About Money



Officials are sworn in on the steps of “City Hall” to begin their day at work in AmeriTowne. From left, the judge, the mayor, police officers.

(continued from page 1) 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 AmeriTowne 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 primary 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.ya-center.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.



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

Start this holiday season by visiting your local shops at 29th Ave Town Center

Enjoy store and restaurant specials, children's face painting and holiday refreshments!

29th Ave Town Center Holiday Open Houses
* Fri Nov 16 • 4:00-8:00 pm
* Sat Nov 17
Visit StapletonDenver.com for in-store specials
Directions: E. 29th Avenue @ Quebec Street

FEELS DIFFERENT
STAPLETON

Police Say Many Property Crimes Are Preventable

Denver Police Technician Mike Trujillo advises citizens of Northeast Denver that the majority of property crimes can be prevented if residents keep garage doors closed, doors to parked cars locked and valuables out of sight of potential thieves.

As a Community Resource Officer for Denver Police District Two that serves Northeast Denver and the Greater Stapleton Area, Technician Trujillo recently conducted a walking survey of neighborhoods to warn residents about unlocked 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 included bikes taken from garages that were left open, an iPod stolen from an unlocked car, and a purse snatched from a baby stroller that was left unattended.

"As police officers, there is only so much that we can do to address issues involving property crimes," Officer Trujillo said. "Some of the responsibility must rest with the community. There really is no excuse to leave property unattended and unsecured. 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 replaceable. 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 could 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.

"There really is no excuse to leave property unattended. 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."

Neighborhood Watch

The S.U.N. (Stapleton United Neighbors) Safety Committee works in partnership with the Denver Police to organize Neighborhood Watch Training in the community. 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 Community Resource Officers of District 2. Contact information can be found on the S.U.N. Safety site at www.StapletonUnitedNeighbors.org, -- click on "Safety" from the list on the left to go to the site.

New Interactive Kiosk in the 29th Ave. Town Center

Community residents and others can now touch another piece of Stapleton's past. A new interactive kiosk partially made from recycled plane materials was installed at the East 29th Avenue Town Center this fall. The kiosk provides visitors and residents with a map of the shopping area, history of the community and other information.

"Once they're [visitors] captivated by the sheer whimsical nature of moveable airplane wings, steering wheel, red lights and landing gears, we hope they are guided by the site map, tenant locator plan, history of Stapleton and the fun facts that tell about all the recycled asphalt and concrete from the former airport runways and tarmacs ...," said Errol Beauchamp, principal at the Beauchamp Group. The Denver-based design group created the kiosk.

While Beauchamp said its design tells the story of Stapleton, the kiosk is also a



The new interactive kiosk, partially made of recycled airplane materials, includes a map and history of the community.

sculpture. "Chris Beauchamp is the designer who photographed the parts at the salvage [yard] and begun putting these wings, landing gears and steering wheel into a sleek and contemporary form," he said.

The kiosk is located in the 29th Avenue Town Center, a block west of Quebec Street.

Office Space at Stapleton



3055 Roslyn

- Class "A" office space
- LEED certified building
- 21,000 square feet available (divisible to 1,500 sf)
- Adjacent to 29th Avenue Town Center
- Available now



NORTHFIELD STAPLETON

- Class "A" office space
- Three buildings totaling 34,000 sf (divisible to 800 sf)
- Countless retail amenities
- Free parking
- Available now



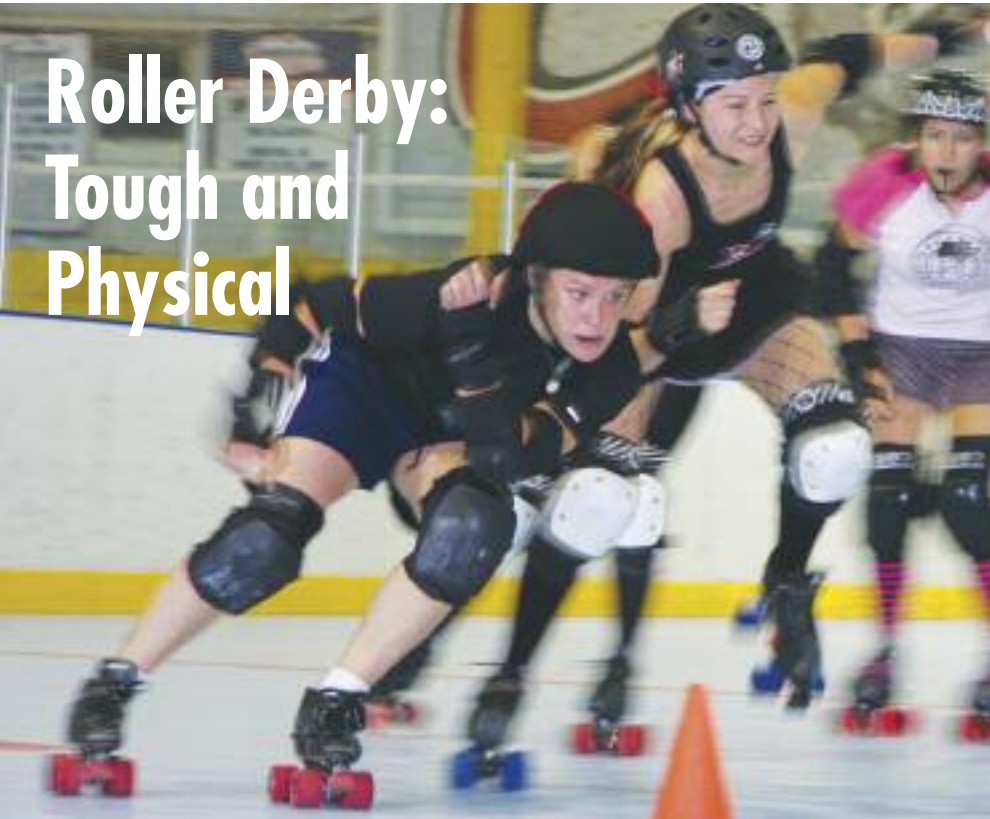
SYRACUSE

- 125,000 sf class "AA" 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

StapletonDenver.com

STAPLETON
FOREST CITY DEVELOPMENT

For more information, call David E. Ditchman:
303.382.1800



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

If mention 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,” re-

counts 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 right 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 underneath 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 schedule details, visit www.rockymountainrollergirls.com. Tickets to bouts are \$13 in advance or \$15 at the door at Bladium in Stapleton, located at 2400 Central Park Boulevard. Kids under 12 are free.



Meghan and her teammates from Northeast Denver: (back row, from left) Ho J. Simpson (Shandra Botello), Hatchet Wound (Mary Teresa Ludwig-Gabriel), Maya Skatesonfiya! (Vashti Thomas-Wachterman), OVRLRD (Elizabeth Brallier), Edie I. Mean (Lina Dennison), (front row from left) Bam Bam Bloody Knuckles (Maxwell Ludwig), The Undertaker's Daughter (Meghan Dougherty), April O'Hare (Winona Fighter).

Anything
but

Over 60 specialty
shops and restaurants
plus Office Depot, Ross,
Big 5 Sporting Goods,
Wal-Mart, Sam's Club.

Located on
Quebec Street and
36th Avenue.

Square...

For more information call 303.375.5464
or visit stapletondenver.com



Denver International School Celebrates 30th Anniversary



Children from the International School wave flags to welcome Mayor John Hickenlooper to the school's 30th anniversary celebration.

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.

For more information about Denver International School see www.DiSchool.org.

National Sports Center for the Disabled Looking for Volunteers

Photo courtesy of NSCD

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, snowshoeing, 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 profound 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.



**SPECIAL
MEMBERSHIP OFFER**

*Purchase an annual individual,
family or corporate membership
now and get an additional
2 months included.*

*Annual membership must be purchased between November 1, 2007
December 31, 2007. Offer includes 2 free months equaling a 54
month membership and begins date of purchase.
Not valid with any other offers.

**SPECIAL
2008 TOURNAMENT
OFFER**

*Book your 2008 tournament
by December 31, 2007 and
receive 4 complimentary VIP
passes for the 2008 season, along
with a GVR logo golf ball for each
player of your event. Call for
2008 tournament pricing and
details.*

*Tournament must be booked by December 31, 2007.
Not valid with any other offers.

Located in northeast Denver east of Tower Road and 48th Ave./
Green Valley Ranch Blvd. For more information or a course tour, visit
GVRgolf.com or call 303.371.3131

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 time frame 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")



Councilman Michael Hancock speaks at the Stapleton Community Forum on October 4.

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/Emporia (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.

There is no easy bike or walking access to the Urban Farm. What are the plans?

Some improvements along Smith Road are likely to occur with the redevelopment of the rail corridor in 2014. The Havana improvements at Smith should occur in 2008, but the Havana Bridge is not currently programmed for replacement. The Westerly Creek trail connection should be made in 2008.



The Urban Farm

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.

Front Porch

STAPLETON

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.

The most generous lot sizes in all of Stapleton

★ NEW PRICES! ★



Smithfield B

\$699,900 • 3,349 s.f. • 4 bdrms + loft + 2½ baths • 6,353 s.f. lot on private park



Oxford B22

\$689,900 • 3,212 s.f. • 3 bdrms + loft + 3½ baths • 6,807 s.f. lot on private park



Veranda

\$673,900 • 3,110 s.f. • 4-5 bdrms + loft + 3½ Baths • 7,902 s.f. corner lot on park

Great Neighborhoods...Timeless Architecture...Enduring Value...Welcome Home.

Visit our Sales Office & Model Home at 2795 Emporia Street. From Quebec Street go 1.5 miles east on Martin Luther King, Jr. Blvd. Take a right on Emporia Street. The Parkwood Homes Sales Office will be ahead on the right. Marketed exclusively by Jennifer Gore Unlimited, LLC.

Call: 303.320.4938 Visit: www.parkwoodhomes.com





Macho Taste! Macho Value!

Freshly grated cheese & freshly made beans



Denver:
8100 E. 49TH AVE
(303) 307-1712
The Shops at Northfield Stapleton

Aurora:
3465 N. Salida St.
(303) 371-1844
Tower Rd & 34th

4698 Peoria St.
(303) 371-1785
Peoria & Albrook

14400 E. Colfax Ave.
(720) 858-8041
Colfax & Sable

Visit www.deltaco.com for additional locations!

Macho Deals!
\$1.00 OFF
Macho Combo Burrito™

Coupon #11. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Customers pay all applicable sales tax. No cash value. Limited Time Only.

Breakfast Value!
49¢ Breakfast Burrito

Coupon #16. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Customers pay all applicable sales tax. No cash value. Limited Time Only.

Macho Deals!
\$1.00 OFF
Macho Beef Burrito™

Coupon #12. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Customers pay all applicable sales tax. No cash value. Limited Time Only.

Macho Taste!
99¢ Chili Cheddar Fries

Coupon #61. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Customers pay all applicable sales tax. No cash value. Limited Time Only.

Macho Deals!
\$1.00 OFF
Macho Chicken Burrito™

Coupon #13. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Customers pay all applicable sales tax. No cash value. Limited Time Only.

Spice Lovers!
2 Spicy Jack Quesadillas for only **\$3.00**

Coupon #45. Please present coupon upon ordering. One coupon per person per visit. Limit 1 offer per coupon. Customers pay all applicable sales tax. No cash value. Limited Time Only.



Cooking Up Fun

by Rich Marks



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 Emmentaler, 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	2 tsp. corn starch
1 cup dry white wine, or dry champagne (my preference)	2 tsp. kirsch – a brandy liqueur (schnapps, bourbon, or “gran marnier” work fine too)
1 tsp. lemon juice	Dash white pepper
2 cups (8 oz.) shredded Gruyere cheese	Pinch grated nutmeg
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)
Rub the inside of the fondue pot with the cut garlic clove.
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.
In a small bowl, blend the corn starch with the Kirsch (or substitute of your choice).
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 foods to King Soopers and other grocery markets throughout Colorado. Contact Chef Rich at 303-717-5451 or ramarks3@gmail.com.



Midtown Obstetrics & Gynecology

2005 Franklin Street, Suite 440
Dr. Gerald Zarlengo (5280 Top Doc's)
Dr. Elizabeth McCrann
Dr. Jessica Johnson
Dr. Cristee Offerdahl
Dr. Lynn Barta
Dr. Honey Onstad
303-866-8260

Offering Full Spectrum Women's Health Care

- Obstetric Care
- Infertility Testing & Treatment
- Annual Exams & Vaccines
- Minimally Invasive Surgery
- In-office Procedures for Permanent Birth Control
- In-office Uterine Ablation for Heavy Periods

WE LOOK FORWARD TO MEETING YOU!

Smiling at Stapleton

by Preet Clair, D.D.S.
Quebec Square Family Dentistry



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 cleanings. 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

Reserve holiday boarding now!

Happy Tails Country Club

Where Furry Tails Come True!



COUPON

Buy one/
get one
free
boarding
night!



• Doggie Daycare w/TV Lounge

• Luxury, Crate-Free, Boarding Hotel

• Dog Wash

• Indoor Pool (Coming Soon)

303.321.TAIL

www.happytailscountryclub.com

5010 E. Colfax Ave

(between Monaco & Colorado Blvd)



See the
difference
a little
green can
make.

Stapleton's first eco-friendly banking center
is now open. Stop in today for grand opening specials.

3515 Quebec Street



Count on more.™

Banking Center Hours:
Lobby: Monday-Friday 9:00 am-5:00 pm
Saturday 9:00 am-12:00 pm
Drive Up: Monday-Friday 7:30 am-6:00 pm
Saturday 9:00 am-12:00 pm

Member FDIC

Open House Week

For All Prospective Preschoolers/Kindergartners
Meet Teachers • See Classrooms • Meet Principles • Q&A

Bill Roberts
 Tuesday, Nov. 13
 6-7:30 pm
 2100 Akron Way
 Questions? Contact Laura
 Orloff: nolove@hotmail.com

The Odyssey School
 Wednesday, Nov. 14
 9:30 am
 8750 East 28th Avenue
 To reserve a spot, call Elki
 303-316-3944 x43211

Westerly Creek
 Thursday, Nov. 15
 6-7:30 pm
 8800 East 28th Avenue
 Questions? Contact Molly
 Nearpass: mollykr@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 session). 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.

Funding Factory Recycling Program

drop-off your empty printer cartridges and used cell phones in the collection bin outside the Bill Roberts front Office to earn cash for our school. See www.fundingfactory.com for a current list of accepted cartridges and cell phones. Businesses can also help the school by using prepaid shipping boxes. Call Allison Tomaselli at 303-433-4160 or e-mail kat@wire-trip.com.

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 7 - 8:30pm in the Fellowship Hall. For more information call 303-552-5865.

On Wednesday, November, 28 from 7-8:30pm visit Montview Kindergarten's Open House. Tour the kindergarten classroom and learn about the Montview Kindergarten program. Includes a brief presentation and question/answer session. Both events are free and open to the public at 1980 Dahlia Street. Enter by the playground. No children please.



The Stapleton Club Card
 is a retail card that allows
 you to get savings from select
 retailers at Stapleton.
 Please visit
StapletonDenver.com and
 click on Shop/Nosh/Stroll for
 more information.

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 ActiveMinds-forLife, 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 Valentia 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 Ladin 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 Minds(r) 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.

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

family and
cosmetic dentistry

Stapleton Dental

New in Stapleton!

Located in the new medical building just north of the town center, Stapleton Dental is a state-of-the-art dental practice. We put you and your family first, and provide a level of comfort and service seldom experienced at the dentist.
Call today for an appointment.

visit us online at
www.stapletondental.com
303.399.1488

3055 Roslyn Street, Suite 260
 Denver, CO 80238

Dr. Carrie Dougherty

Ireland's Finest inc.

PAINTING COMPANY

"Quality Work by Trusted Craftsmen since 1995"

As the temperature drops...

...so does our pricing!

Winners of
BBB
 Gold Star Award

(303) 512-8777
www.irelandsfinestinc.com

CALL TODAY FOR OUR BEST INTERIOR PRICES!

Denver Botanic Gardens – Blossoms of Light

Blossoms of Light is a spectacular display of one million colorful lights draped in elegant designs that illuminate the plants and hardscapes throughout the Gardens. Indoors in Gates Garden Court, a captivating display of seasonal plants will be on display. The event will start December 1 and run through January 20, from 6 - 9pm.

Thursday, Friday, Saturday and Sunday nights include special seasonal entertainment such as bell choirs, carolers and dancers performing in either our heated outdoor tent or on our stage in Mitchell Hall. You can also enjoy warm drinks and tasty snacks at numerous food stations throughout the Gardens. The Gardens' Conservatory will be closed during Blossoms of Light.

New this year: The life-affirming exhibit Chapungu: Custom and Legend, A



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 Cha-

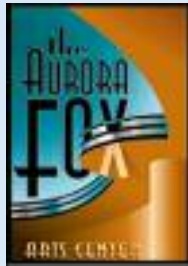
pungu Sculpture Park in Harare, Zimbabwe. Many of the 57 stone sculptures that now adorn the Gardens will be lighted. Light Emitting Diode (LED) lighting will be used, highlighting the Gardens' commitment to conservation and sustainability.

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.

For more information on the event, visit www.botanicgardens.org/pageinpage/blossomsoflight.cfm or e-mail specialevents@botanicgardens.org.

“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 miser Ebenezer Scrooge, who is visited by the ghosts of Christmases Past, Present and Future hoping to change his destiny and save his soul. This heartwarming family-friendly adaptation by David and Julie Payne follows Scrooge through a series of strange and



magical journeys, where he ultimately discovers the true spirit of the holiday season.

Performances are Friday and Saturday at 7:30pm and Sundays at 2pm. Tickets are \$24 adults, \$12 children, \$20 students and seniors; \$18 Groups. Special \$60

Family Ticket Package for 2 adults and 2 children available. For information call 303.739.1970 or visit www.aurorafox.org. The theater is at 9900 E. Colfax Avenue, five blocks west of Havana.

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 stagnate 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.

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.

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 Viehr's “Reflective Urban Quilt” at Fire Station No. 1 on East 16th Avenue, a block north of Colfax.

The Shadow Theatre Company, which is relocating from Denver to Aurora, will be available at their soon-to-be new home at 1468 Dayton St. to greet visitors and provide a glimpse of their future through video. Their first production is planned for late February or early March.

The East End Arts District, a 16-block area, is located along the historic commercial corridor from Clinton to Geneva streets on East Colfax Avenue. Free pedicabs will be available to provide rides to the various locations. To find out more or obtain a map of the art walk route, call 303-361-9282 or visit auroragov.org/artwalk.

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 Cosima & 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://dsa.dpsk12.org/performances> or call 720-424-1713 on Monday, Wednesday or Friday.

Dress every room in its holiday best.

Schneider® Window Treatings
\$10 rebate per unit, 4 unit maximum.

Alumite® Light Sources
\$25 rebate per unit, 4 unit maximum.

Vignette® Blinds Roman Shades
\$25 rebate per unit, 4 unit maximum.

SAVE up to \$50 per unit

Decorating your home for the holidays is now easier, thanks to great savings on select Hunter Douglas window fashions. With so many elegant styles and colors to choose from, you'll want to spread the holiday cheer to every room in your home. Don't delay. Offer ends soon.

HunterDouglas

Offer valid September 21 - December 15, 2007. Manufacturer's rebate. Limit and restrictions apply. Ask for details.

Creative Interior Designs
4960 E. Evans Avenue
Denver, Colorado 80222
303-758-5800

Help others stay warm this winter

Be a part of Stapleton Fellowship Church's Winter Wrap-up.

Donate to our coat & blanket drive* with easy local drop (during business hours) at SFC's offices by Dec 5:

7706 Martin Luther King Blvd (CTEK Building - Suite 109)

*to be distributed by the Denver Rescue Mission

Join us at Stapleton Fellowship Church this Sunday at 10:30am.

Meeting at Denver School of Science & Technology, 2000 Valentia Street, Denver, CO 80238.

StapletonFellowship.com • 303.321.1014

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.”



Charlie Nicola, Senior Vice President – Construction for Forest City Stapleton, with his wife Sherry, and their dog Riley, along Westerly Creek in Stapleton

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 BetaWest 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.

Editor’s note: Behind the Scenes is a frequent feature in which the Front Porch profiles people who have played key roles in the development of Stapleton.

A Look at Central Park by An Architect Who Designed It



Kaia Nesbitt is shown above with her husband Grant, 2-yr old son Connor and 9-month-old daughter Lauren

Kaia Nesbitt is a landscape architect with EDAW, Inc. and a Stapleton resident who helped design and implement Stapleton’s Central Park. The Front Porch asked Kaia to share her thoughts on the park now that she has had a chance to observe the finished product.

“Since Central Park has been open, I have especially loved watching all of the excitement and energy in the playground. This Dr. Seuss-inspired landscape was designed not only to engage children, but also to encourage whole families to get outside and enjoy time playing together. Hearing kids squeal when they feel the rainclouds mist on them, watching grown men run around the purple hills, and seeing siblings playing hide and seek in the tall grasses makes me feel like our design team’s work was well worth the effort.


As the trees grow, the native grasses establish and the residents discover more creative ways to enjoy areas throughout Central Park, hopefully it can contribute to a healthier and more connected Stapleton community for years to come.”

Metropolitan

OB/GYN


Women caring for Women

**Women’s Health Concerns • Adolescent Issues
Family Planning and Infertility
Pregnancy Care • Surgical Services**



Suzanne Strubel-Lagan, MD • Kelly Moore, MD • Kristina Fraser, MD

303-320-8499 • www.metroobgyn.org
4600 Hale Parkway Suite 420 • Denver, CO 80220

An Affiliate of 

QUEBEC SQUARE FAMILY DENTISTRY


35th and Quebec in Stapleton
7505 E. 35th Avenue #304, Denver, CO 80238

303.322.2081

**Serving the dental needs of
Stapleton, Park Hill and Lowry since 2004**

- Gentle, personal, health-centered care in your neighborhood
- Maximum comfort & ease
- High quality, clinical expertise for the whole family
- Educating patients to take an active role in their oral health
- Bright, new, modern office with the **latest technology**

Dr. Preet Clair
New patients welcome and
insurances accepted
Call us today to
make an appointment
Meet our great dental team at
www.qsfamilydentistry.com



FALL AT 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.

Come and check us out!
Progressive Values...
Traditional Setting...
Messiah Community Church
Evangelical Lutheran Church in America





Located in Park Hill/Stapleton
(across from Denver City Park/IMAX)
Serving all communities

Sunday worship
8:00 a.m. & 10:30 a.m.
9:30 Sunday School
Tuesday Bible study,
10 a.m. and 6:30 p.m.



Fr. Wolfgang Stahlberg

Thanksgiving Eve Worship Service
November 21 at 6:30 p.m.
"Pie" Reception afterward
*Thanksgiving Eve music by the
Capitol Hill Brass*



1750 Colorado Blvd.
Denver, CO 80220
303-355-4471
www.messiahdenver.org



Care For Your Entire Family

From Infants to Seniors

- Relaxing atmosphere & courteous staff
- Same day appointments
- Short wait times
- Efficiency of electronic records
- Well care and immunizations
- Prompt sick visits, chronic disease management
- Labs drawn on-site



Melissa Jones, PA-C, Dr. Husney, Dr. Davidson

FAMILY MEDICINE AT LOWRY

130 Rampart Way
Denver, 80230
303-344-3625
Visit our website at
www.fmlowry.com

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 ourselves against 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 sooth 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 in to 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 safest 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 supervisor of the University of Colorado Hospital Physical and Aquatic Therapy clinic at Stapleton, 3055 Roslyn Street, Suite 110, Denver, CO, 80238. 720-848-9010. Now accepting new clients in water-based exercise classes.



7:45 am – Dominic Junik finishes up math homework before Morning Meeting.



8:00 am – Friends hang out before classes start.

A STUDENT’S DAY AT DSST

By Anwar Batte

Sleepily 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 between consciousness and sleep, gathers for morning meeting. Some announcements go half unheard, but others draw applause or laughter from the crowd. After the late 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

workload 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 be as 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 of their own will or hang 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.

Editor’s 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.



VISIT US AT OUR STAPLETON LOCATION

SUNDAY SERVICE TIMES
9:00am (English), 11:00am (Bilingual)




FULL SUNDAY SCHOOL
PROGRAM AVAILABLE
FOR CHILDREN UP TO
6TH GRADE DURING
BOTH SERVICES

Located at the William R. Roberts School
For more information, call 303-783-3838

Located adjacent to the Police Academy at Montview and Yosemite

CCC en Stapleton se reúne en la escuela William R. Roberts enfrente de la Academia de Policía en la esquina de la Montview y Yosemite. Programa completa de escuela dominical para niños hasta 6° grado durante los dos servicios. Servicios todos los domingos a las 9:00am (inglés) y 11:00am (inglés traducido al español). Para más información, llame al 303-783-3838



Physicians for the Active You!

The CU Sports Medicine team provides cutting edge care for a full spectrum of activity-related injuries. Whether you're a competitive or recreational athlete, we specialize in results-oriented programs to improve athletic performance to "get you back in the game."

3 locations to keep you in the game:



CU Sports Medicine at Stapleton
AF Williams Family Medicine
3055 Roslyn Street, Suite. 110

Boulder
303.441.2219

Denver
303.871.7752

720.848.9000

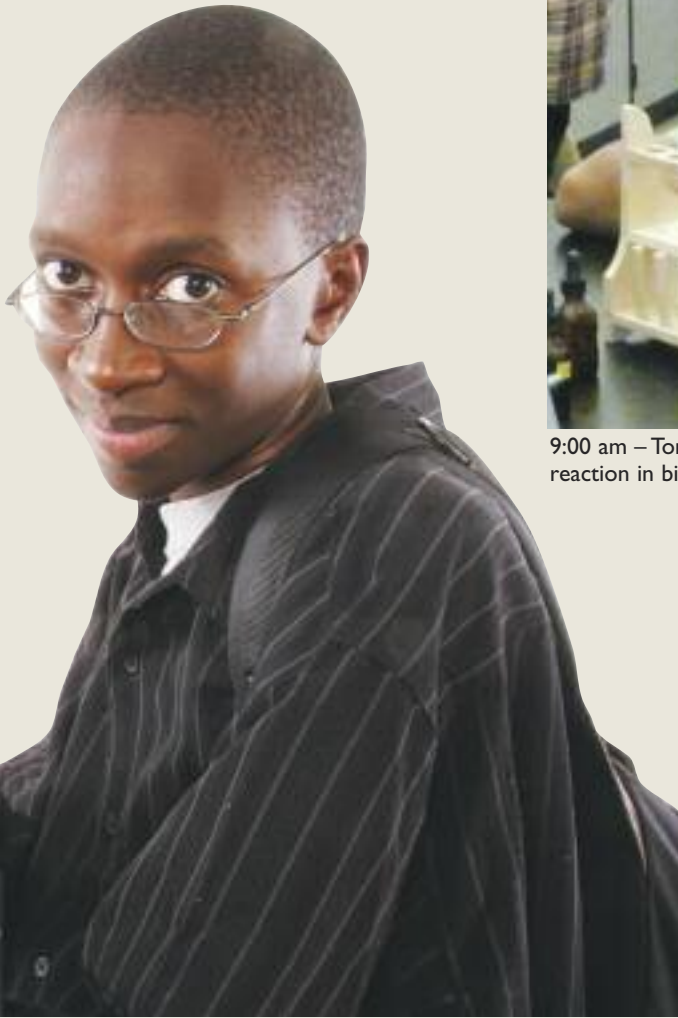
We accept most health insurance www.cusportsmed.org



Team physicians for the CU Buffaloes and DU Pioneers. Open to the public for appointments.



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



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



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 – Ouima Marshall laughs as she cleans up at the end of biology lab.

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



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



YOUR OB-GYN PARTNERS IN HEALTH

HEALING

Valerie B. Ginsburg, MD
Mark N. Simon, MD
Cindy Aspromonte, RNC, NP, HNC

WE'VE MOVED INTO THE HEART OF YOUR NEIGHBORHOOD!

Exempla Stapleton OB-GYN offers a full range of women's health care options, empowering women to seek and receive the best treatment options for their health needs. From teenagers to mothers to grandmothers, we provide obstetrical and gynecological services for women at every stage of life. Your health and well-being as a woman is the focus of our care.

Please call **303-403-6333** today to schedule your appointment – *and to learn about early morning appointments to better fit your schedule!*

LEADING BY EXAMPLE

Stapleton OB-GYN
PHYSICIAN NETWORK

Our new address and phone number is:
2807 Roslyn Street
(Near the Stapleton Town Center behind King Soopers)
303-403-6333

©2007 Exempla Healthcare

Premium Christmas Trees

Opening the day after Thanksgiving

Locations in:

STAPLETON
29th and Roslyn

LOWRY
Parking lot of Albertson's

NORTHFIELD
Parking lot of Circuit City

(303) 382-9880

www.SantasBestTrees.com

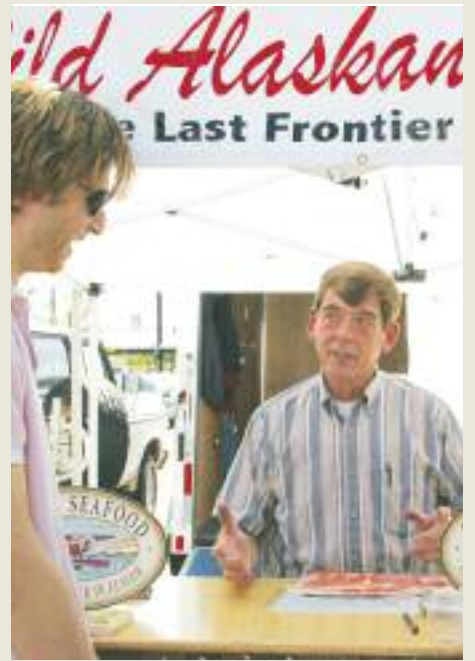
From Fresh Produce to Fish, Wine and Sausages '07 Farmers Market Vendors Had It All



Produce – Bonnie Prather of Palizzi Farm



Wine – Paul Bonacquisti of Bonacquisti Wine Company



Alaskan Salmon – Ted Grzybowski of Captain Rick's Wild Alaskan Salmon



Produce – Boris Bartula of Forté Farm



Bavarian Sausages – Herbert Wegscheider of Bavarian Sausage Express

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!

“Energy” Bus Visits New Penney’s

An ENERGY STAR representative peddles 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 Change 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.

Special! 10% OFF!

Colorado Garage Concepts

Premium garage cabinet solutions that solve all your storage problems at affordable prices.

- Free in-home estimate
- Company-employed installers
- One-day install with spotless clean-up
- Family owned and operated
- Lifetime warranty

VISIT OUR BEAUTIFUL SHOWROOM
117 S. Sunset, Suite A, Longmont, CO 80501 • www.closetandstorageconcepts.com
Visit our kiosks at Flatiron Crossing, Park Meadows, and Cherry Creek Malls

Call Today for a Free Estimate!
303-682-4052

WE DO MORE THAN JUST GARAGES! • CLOSETS • HOME OFFICES • MUD ROOMS • ENTERTAINMENT CENTERS • PANTRIES • CRAFT SPACE • AND MORE!

Straighten your teeth invisibly with Invisalign®

Invisalign is the invisible, comfortable, convenient and removable way to get the smile you've always wanted.

Orthodontics can improve oral health and boost self-image.
Call today for your *free* Invisalign consultation **(303) 321-4445.**

Gina G. Kessler, DDS, MS
Orthodontics for Children & Adults

invisalign®
straight teeth, no braces™

TOWNCENTER DENTISTRY AND ORTHODONTICS
In the Heart of Stapleton

Graphic simulation

Wouldn't it be nice to always look on the bright side?

iZon®
High Resolution Lenses™
Powered by iPrint™

iZon® High Resolution Lenses are the only lenses custom-made using your unique ocular fingerprint, or iPrint™. Your lenses deliver a new standard for vision correction. Your world is clearer, sharper and more vivid. See what you've been missing. www.iZonlens.com

Associated Eye Care Services, LLC
303-671-0000
Lowry Medical Center
8101 E Lowry Blvd, Ste 110, Denver, CO 80230
www.lowryeyecare.com

iZon is a registered trademark of Ophthinox, Inc. The iZon logo, iPrint and "Powered By iPrint" are trademarks of Ophthinox, Inc. ©2007. Covered by U.S. Patent 7,021,764. Other Patents pending. 030-01121 REV B



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 behind the walls that make you more comfortable, 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 ductwork. 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 window panes and sills, and minimize interior fabric fading.

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 crews know 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 one year. Books are clearly labeled with instructions to write one's name in the back 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 LeafDrop!

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

	These Sundays only: October 28, November 4 and 11 10:00 a.m. to 4:00 p.m. Northwest: Sloan's Lake Park 17 th Ave. at Sheridan Blvd. Southwest: John F. Kennedy High School Newland St. & Brown Pl. East Central: Cranmer Park 3 rd Ave. & Clermont St. Southeast: South High School Louisiana Ave. & Franklin St.	 Treat your Halloween jack-o'-lanterns to a second chance and compost them with Denver LeafDrop!  
--	---	--

If you can't reuse all your leaves in your yard or garden, bring them to the closest Denver LeafDrop site and we'll compost them for you.

Leaves left before or after these Sundays will not be recycled.
Denver LeafDrop is for Denver Residents only.
For weekday drop-off information or to check for extreme weather cancellations, call or visit 720.865.6810
DenverGov.org/DenverRecycles
Be among the first 20 people to bring your leaves to LeafDrop, and receive a coupon for one FREE bag of compost at our LeafDrop Compost Sale in the spring! (Applies to each Sunday LeafDrop location and date.)

Grand Opening Celebrations!

As a resident of Stapleton, you can join Westerra Credit Union!

We're celebrating three new locations with these specials:

- \$100 for opening a new Checking Account*
- \$50 for transferring a balance or opening a new Westerra VISA® Credit Card (4.99% APR** for the first 6 months for VISA® Platinum or Gold, or 1.99% APR for VISA® Classic.)
- Earn 5.00% APY*** on your new 2 month CD
- Refer a new member and receive \$25—and they do, too!*

In Stapleton, we're conveniently located at 3700 North Quebec, behind Panera Bread. Visit our new locations in Aurora at 14305 East Alameda and 12102 East Mississippi, and in Centennial at 5698 South Himalaya.

303-321-4209 www.westerracu.com

*\$100 paid to you within 7 business days for opening a new Westerra Credit Union checking account with Direct Deposit of payroll or other recurring automatic deposit. \$50 and \$25 bonuses paid to you within 7 days of opening the new Westerra accounts. Bonus will be reported to the IRS as income as required by law. Subject to application and approval. Limited time offer.

Annual Percentage Rate. *Annual Percentage Yield. \$1,000 minimum opening balance required. Early withdrawal penalties apply. Rates may vary. Limited time offer.

*Subject to application and approval.

Locally owned by our members since 1984



Give you and your family the gift of a beautiful, healthy smile!
“beautiful smiles begin here”



LOWRY FAMILY DENTISTRY
303.366.3000
www.lowryfamilydentistry.com

• INSURANCE ACCEPTED • CHILDREN • ADULTS • FINANCING AVAILABLE •
• EVENING AND WEEKEND APPOINTMENTS AVAILABLE •

Center for Gait and Movement Analysis at The New Children's Hospital Needs Volunteers

Beginning October 15, 2007, at the new Children's Hospital facility at Anschutz Medical Campus (formerly Fitzsimons), The Center for Gait and Movement Analysis will be looking for typically developing children ages 4-17 to participate in a gait analysis that will help test our new motion capture system and add to our database of typical, age-specific walking patterns... It would require about 1 hour. The child would walk through an area tracked by cameras that only see reflective markers. About 48 small silver stickers/balls will be placed on bony landmarks of the legs, feet, arms and on a head band. To optimize marker placement, the child wears bike shorts, tank top or bathing suit. It requires 5-10 walks along a 15 meter walkway, and ground reaction forces (from force plates under the floor) and foot pressure patterns would be measured along with the marker tracking. This information would become part of developing a data base of joint angle (how much the trunk, hip, knee and ankle bend) and kinetic graphs that we would use to determine and compare the amount of gait deviations of patients with neuromuscular disorders who come

to our facility. This is not research—no information will be published.

This could also be a community service project as well as an educational opportunity for students learning the physics of motion or animation technology. Please call Cheryl, our receptionist at Center for Gait and Movement Analysis at 720-777-5805.



Information of interest from local real estate professionals

What is up with the Mortgage Industry???

By Tammy Morran

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 Morran is a Realtor with Dardano & Associates, Metro Brokers, located in the 29th Avenue Town Center. She can be reached at 303-507-7110.



Tammy Morran

Stylish Views

Create a chic look with custom window coverings from Budget Blinds®!



Shutters • Draperies • Wood Blinds • Honeycomb Shades
Roller Shades • Vertical Blinds • Silhouettes® • Woven Wood and more!

30% OFF*
EVERY WINDOW COVERING

- Professional measuring and installation
- Over 1000 consultants nationwide
- Low price promise
- Free in-home consultation & estimate

Budget Blinds®

a style for every point of view™

720-870-1884

www.budgetblinds.com

*Some restrictions apply. Offer valid at time of initial estimate only. Not valid with other offers. Offer good at participating dealers only. Each franchise is independently owned and operated.

STAPLETON LEARNING CENTER



Now Enrolling Students for Fall 2007

Reading

Students Pre-K—Grade 1 learn to read at a 2nd grade level, become smarter, and develop effective strategies for understanding.

Art

Elementary school students of all levels learn to draw and advance their art skills in a positive, structured, and creative environment.

Private and small group classes (up to 4 students)
Schedules compatible with Westerly Creek and Bill Roberts elementary schools

Call to enroll today! (720) 270-6896

Email: StapletonLearningCenter@hotmail.com

www.StapletonLearningCenter.com

City Floral

1440 Kearney St., Denver CO 80220
4 blocks west of Monaco, 1/2 block south of Colfax Mon-Sat 9-6 Sun 10-5
303-399-1177

Join Us at Our 26th Annual Holiday

OPEN HOUSE

15% OFF ALL PURCHASES

*Excluding Gift Cards

Friday November 23 - Monday November 26

Fresh Christmas Trees | Stunning Ornaments | Unique Gifts
Wreaths & Garlands | Poinsettias, Cyclamen, Paperwhites & Amaryllis
Additional coupons for savings in December at the store or online at CityFloralGreenhouse.com



Happy Dog Daycare & Boarding

Happy Dog Daycare

With indoor pool!

Dog of the month
Bama



Make your dog a happy dog today!

3939 Newport St., Denver, CO 80207 303-331-1006 (1364) www.happydogdenver.com

Saving Energy at Stapleton

Solar hot water, south-facing windows, evaporative cooler all save energy

For Stapleton resident Paul Kriescher, who is a Principal with Lightly Treading, Inc., a home energy rating company that works with Stapleton builders, saving energy is more than just an occupation – it is a lifestyle.

Paul lives in a Wonderland Home that was that builder's first house to qualify for the \$2000 federal tax credit for exceeding the 2004 International Energy Conservation Code by 50% or more in its heating and cooling requirements. The Stapleton resident says his average monthly natural gas bill for heating last winter was \$62 as compared to an average bill of \$130 for a house of the same size that is built to the standard energy code.

The Kriescher home has a long wall with large south-facing windows that allow for a considerable amount of "passive solar" gain. Utilizing computer modeling to analyze the energy consumption of his house, Paul says the design saves more than \$100/year in natural gas at current prices (which are forecast to rise at least 30% this January) compared to the same house if this house was flipped with his south side facing north.

A solar heated hot water system incorporates two Stiebel Eltron panels (totaling 58 sq. ft. of panel area) on 12/12 pitch roof (45 degrees) facing south and a 109 gallon storage tank. An analysis of that system indicates it provides the house with more than 98% of the required domestic hot water from April through September. The balance of the year, the system provides more than 80% of the home's hot water needs.



The south facing design of the Kriescher's home saves more than \$100/year in gas (which is expected to rise at least 30% in January) compared to the same home facing north.

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



"This system will have saved us \$171 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 better 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 has other environmentally sound features as well. A high-efficiency Breeze-Air evaporative cooler that has an average consumption this past summer of 102 KWH/month cost an average of \$9/month to operate. By contrast, a comparable air-conditioning system would

have consumed more than 550 KWH/month and cost nearly \$50 in energy costs for the month.

Interior lighting also conserves energy. Utilizing compact florescent light bulbs installed in all light fixtures that are on more than 30 minutes per day have cut lighting energy consumption to one quarter of what it would be otherwise. All of the home's electricity consumption has averaged 327 KWH/month at an average cost of \$29.75/month. The typical house in the Front-Range has an average electricity consumption of more than 825 KWH/month with a cost of ~\$75/month.

"We love our new home in the Stapleton neighborhood and we are thrilled that it performs in way that allows us to have a reduced impact on the environment while saving us more than \$800/year in utility costs," Paul Kriescher adds.

Hallett Only Northeast Denver School to Close

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 first 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 (720) 423-2300, or visiting the Welcome Center at 900 Grant Street.

DENVER DERMATOLOGY CONSULTANTS, P.C.
Diseases of the Skin, Hair, and Nails.
We strive to provide quality dermatologic care for each patient.



Tina Suneja, M.D.

Robert Wright, M.D.
Parish Sadeghi, M.D.
Hunter Sams, M.D.
MaryAnn Straley, FNP-C
Kim Barton, R.M.A.

DDC+
2970 Quebec Street Ste. 200
Denver, CO 80207
303-426-4525
www.denverderm.com

- Medical
- Surgical
- Cosmetic
- Occupational
- Mohs Surgery
- Pediatric Dermatology
- Same Day Appointments

new perspective REAL ESTATE

Make sure to check our website for the Open House Schedule for these and all of our properties at www.NewPerspectiveRE.com



2770 Clinton St. \$1,025,000
Urban Estate home. Breath-taking park and mountain views. Gourmet kitchen with premium appliances. Luxurious master bath. Spacious, partially covered patio perfect for year-round enjoyment.



9131 E. 29th Ave. \$610,000
Fabulous Beazer home on quiet greenbelt! Views of open space & parks. Master retreat with fireplace & 5-pc. bath. Main level office or guest quarters. Granite, hardwood, plantation shutters.

Jody Donley • Karl Lo **www.NewPerspectiveRE.com** **PHONE 303-394-4526**

The NEIR TEAM
RESIDENTIAL COMMERCIAL INVESTMENT RELOCATION
WE DID IT AGAIN! SOLD!
www.neirteam.com

Teamwork!



Alex Neir



Stacy Neir

Kentwood CITY PROPERTIES LLC
Stapleton Experts
Stapleton Residents
720-280-3004
720-935-4399
Faster. Better.

YOU'RE INVITED TO OUR HOLIDAY OPEN HOUSE!
Please join us for Holiday cheer and a preview of our Christmas decor, gifts, and flowers.

Friday, Nov. 16th ~ 4 to 8 p.m.
Saturday, Nov. 17th ~ 9 a.m. to 6 p.m.
Refreshments and treats will be served.

amora fiori
Floral & Gift

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

Images Bring Jewelry to Life



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

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.paddyphotography.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. "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.



Karla Rehring, left, a jewelry designer, and Paddy O'Rourke, a photographer, have combined their talents to make personalized jewelry.

ONE MONTH FREE OR FREE LEOTARD
With Paid 4 week Session. Good for One Session Only.

DARDANO'S
303-355-0080
New customers only. Must present coupon. Not valid for Team Athletes. Not valid with any other offers. Expires 12/31/07.

FITNESS & FUN, ALL IN ONE!

DARDANO'S
23 YEARS OF EXCELLENCE!

FAMILY OWNED & OPERATED
2250 KEARNEY ST.
303-355-0080 BIRTHDAY PARTIES

- Gymnastics
- Incredible Boys Program
- All Ages & Levels

Price Reduced!

3182 Emporia Court
3 bedroom, 3 baths, 2438 sq. ft.
\$599,000

2830 Xanthia Court
3 bedroom, 3 baths, 2444 sq. ft.
\$489,000

METRO BROKERS
Real Estate

303-331-6700

Neighborhood Listings:

9133 E. 29th Place
3 bedrooms, 3 baths, 2275 Sq. ft.
\$454,500

Lynn Chabot
 Lynn Coleman
 Lana Costanzo
 Samantha Rindani
 Roxanne Fazio
 Eric Greenfield
 Tara Mayson
 Tom Mayak
 Joan Scully
 Judy Wolf
 Marta Persichetti

Located in the Town Center at 29th & Roslyn

The Preferred Choice

New patients welcome!

Stapleton Pediatrics

Brandon Davison-Tracy, MD
C.U. Young Teacher of the Year

Noah Makovsky, MD
"Top Doctor" 5280 Magazine

2975 Roslyn Street, Suite 100 • Denver, CO 80238 • 303.399.7900
Located 1/2 block north of the 29th Street Town Center
www.stapletonpeds.com

NorthField CHURCH

Real. Community. Church.

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

WARNING!

Home Based Business Owners, Network Marketers and Entrepreneurs This System May NOT Be For You...But, If you have the need to Generate Endless Sales Leads for your business, make sure you read this FREE REPORT that reveals the Hidden Secrets of the Carbon Copy Pro Marketing System. MY FREE REPORT: "How I will create 100 enlightened millionaires by 2010"; reveals the details in Plain English and provides important strategies and tips. If you are a Serious Entrepreneur, own a network marketing business, or work from home this report is for you. Go To

www.MasterMindThinkTank.net
1-800-969-8254 ext. 1000

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



Andrea Whittaker's Mayfair home reflects her skill at creating an orderly and simplified living space.

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.

Fantastic Sams

Colorado's Best Color!
\$9.95 Kids Cut
 Shampoo included
 Expires Nov. 30, 2007

Start thinking about your holiday colors!
 7341 E. 29th Ave., Denver 80238 **303-316-7701**

Open House November 16th
 9:00-11:00am

Pre-school now open
Experts in early-K thru 8th grade
26 years experience

- Before & after school care
- Enrichment programs
- Small class sizes • Scholarships

The Local School with a Global Vision
 206 Red Cross Way, Denver, CO 80230
 303-366-7588 • www.montclairacademy.org
 Historic Lowry Campus

YOUR FAMILY IS OUR PRIORITY.

We want our patients to know that we listen and we care. Health promotion and disease prevention are an integral part of our family practice and getting to know our patients helps us to provide more personal, individualized care. We offer:

- Same Day Appointments
- Family Medicine and Primary Care
- Pediatrics and Newborn Care
- Women's Health Care
- Management of Acute and Chronic Illnesses
- School and Sports Physicals
- Musculoskeletal Problems
- Minor Surgical Procedures

Stop by our new location at 2803 Roslyn (Behind the King Soopers) Denver, Colorado

Kristine Walsh, MD, MPH

Family Medicine at Stapleton
 PHYSICIAN NETWORK
303-403-6300

got talent?

TV Commercials
 Film
 Video
 Advertising
 Catalog
 Stage
 Public Relations

Marbles Kid's Talent Management, Inc.
 (303) 322-5004
www.modelingkids.com

marbles

IN & OUT
Pet Care & House Sitting

Free consultation
 New customer special: 2 visits/overnights for the price of one.
 Mature animal lovers
 Reliable, bonded

Connie 303-667-7414
InOutPetSitting@msn.com

SMART & HunterDouglas Installed in Three Weeks. Or Less. *Guaranteed.**

* Call For Details

FREE Temporary Shades with Order

Call today for a **FREE** in-home estimate
303-534-5454

Compare our prices, quality and service before you buy from a builder's design center. **WE CAN SAVE YOU THOUSANDS OF DOLLARS***

Up to 40% OFF Hunter Douglas

Family owned business, owners live in Stapleton

Rocky Mountain SHUTTERS & SHADES
www.rockymountainshutters.com

Avoid These Frightening Investment Moves



Natalie Robbins

By Natalie Robbins

Once again, it's Halloween. If you're an adult, you're probably more amused than frightened by the variety of ghouls, ghosts and goblins 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 earn 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 past performance is not an indication of future results. Consequently, if you are saving and investing for retirement, you will certainly need an appropriate amount of stocks in your portfolio.

- 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 market highs and lows will occur - and you can rack up a lot of expenses buying and selling your investments in a vain attempt to "time" the market. You're much better off by buying quality investments and holding them for the long term, or at least until your needs change.

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.

Women Must Focus on Retirement Income



Jessika Aerni

By Jessika Aerni

Whether they are the breadwinner in their household or not, preparing for retirement should be extremely important to women. One item of planning that must be considered is the financial situation of the surviving spouse and what can be done to prepare for a potential shortfall.

Women survive their spouses more often than men. The Administration on Aging estimates that seven of 10 women will outlive their husbands, highlighting the need for retirement planning even more.

Unfortunately, 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. Adequate planning for retirement and surviving a spouse can be a deciding factor in living comfortably.

Taking the time to examine the household finances and planning carefully will help to ensure there are adequate means of support for either spouse during the golden years. Talk to a qualified individual about your retirement needs to prepare for and enjoy a comfortable retirement.

¹ 'Older Women,' Administration On Aging, 2000. ² Ibid. p. 1

Jessika Aerni is a State Farm® agent in Quebec Square in Stapleton. She may be reached at 303-377-5433.

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 www.epworthmcdenver.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 www.epworthmcdenver.org or may 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.

Pediatrics at Lowry

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

www.PediatricsAtLowry.com

720-859-8222

Soulful Home

Color Consulting
and
Home Design
303-997-4299

Your home should inspire you...
And be an expression of who you are.

I'll help you....
Transform your environment with color
Rearrange to make the most of what you have
De-clutter and get rid of unneeded items

Initial Consultation \$125. De-cluttering, consulting,
shopping, set-up \$35/hr. Call Lynn.

randyriggin.com
[directions: think. click. succeed.]



buy it .
sell it.

just be smart about it.

Randy Riggin
Residential Real Estate Broker

720-935-0317

ENVIRONMENTALLY FRIENDLY BASEMENT REMODELING

- Implementing green techniques to safeguard your family
- Design / Build capabilities
- Stapleton references & competitive pricing



Alta Verde
BUILDING SOLUTIONS, INC.
PAT BRAUN

720.434.6000 • 303.279.9669 fax
E-mail: braun050@gmail.com



BRAD PHILLIPS & ASSOC., LLC
303.377.4767

"A happy Stapleton resident since 2003."

STAPLETON PLAZA OFFICE BLDG.
3401 QUEBEC ST #10500
BPhillips3@Allstate.com

Subject to availability and qualifications. Insurance offered with select companies. Allstate Property and Casualty Insurance Company, Allstate Insurance Company and Allstate Life Insurance Company. Northbrook, Illinois © 2003 Allstate Insurance Company.



Jonathan Zonca, MD, "Top Doc 5280"

Leslie McKenna, NP
High Quality care for your whole family.
Same day appointments.

303-322-PEAK (7325) - www.peakfamilymed.com - 4500 E. 9th Ave #320

Pregnancy & Postpartum Wellness

By Health Practitioners of Natural Balance Wellness at Stapleton

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 even 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 easing 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, heartburn, 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 ranging from love, giddiness, exhaustion, irritability, weepiness, anxiety, and everything in between. All of these emotions are exacerbated by lack of sleep, hormonal ups and downs, and the intensity of your baby's needs. Social support from friends, family members and community resources is very important during this time.

Pregnancy is a journey filled with many highs and lows. Thus, alleviating pain and balancing the body, mind and spirit during and after pregnancy will create a positive experience for Mother and Baby. Any of the above treatment modalities may be used alone or in conjunction during and after pregnancy.

Dr. Jessical Young (Chiropractor); Megan Moon, L.Ac. (Acupuncturist); Cherie Monlezun, CNMT & Jonathan Gans, CMT (Massage Therapists) Susan Burg, R.N. (Reiki Master Practitioner); Lauren Ross, LCSW and Elizabeth Taubert, LCSW (Mental Wellness/Psychotherapists). They can be reached at (303) 355-0363 or visit www.NBStapleton.com

Stapleton M.C.A.

2007 Annual Members Meeting

As a reminder to all Stapleton residents, you should have received by now your notice of the Annual Members Meeting scheduled for Friday evening November 9th at 6:30 pm. If you have not received this notice you will find a copy of the notice at www.stapletoncommunity.com or contact our office at 303-388-0724 and one will be mailed to you.

The agenda for the Annual Meeting will be as follows:

- Overview of the Stapleton MCA operations from 2007
- Presentation of the proposed 2008 budget.
- Nominations and Election for 2008 community delegates
- Q&A for Stapleton Delegates and MCA Staff.

The Annual meeting is your opportunity to learn more about and better understand what the MCA's mission is, how it is governed, where the resources come from and when control is ultimately transferred from the developer to the residents.

Who should attend?

- If you want to learn more about how your community operates and functions on a daily basis, you should attend.
- If you would like to be considered for nomination as one of 7 community wide delegates for 2008, you should attend.
- If you are interested understanding and/or making comments about programs, services and events that the MCA provides for through the community wide assessments, you should attend.

If you are unable to attend, you are encouraged to take the time to fill out the proxy that was mailed out to you and return it to the MCA office prior to the meeting date. Your signed proxy will give your current delegate the au-



thority to cast your vote on delegate nominations for 2008.

The Stapleton MCA is not involved in issues concerning future development at Stapleton. Therefore, there will not be an opportunity for residents to comment development related issues. Development related items are addressed at most of the SUN (Stapleton United Neighbors) forums, held quarterly for the community as well as at the monthly Citizens Advisory Board (CAB) Meetings.

The Annual members meeting will be held in the Stapleton Community Room located at 2823 Roslyn street. Please RSVP your attendance to Jenifer Graham at jgraham@stapletoncommunity.co or by phone at 303-388-0724 so we may ensure that we have adequate space and materials for all those planning on attending.

Mike Ciechanowicz

PAINTING

Meticulous
Interior
& Exterior
Painting
Faux Finishes
Free Estimates

*"Every customer
is a reference."*

303-343-3704 Cell 303-324-1653

LIL' KICKERS AT STAPLETON!

Bladium Sports Club introduces Lil' Kickers to the Stapleton area, a Child Development Program for kids ages 18 months to 9 years.

Call 303-320-3033
today for a FREE TRIAL
and see what over 200 kids
in the Stapleton area are experiencing!

It's not too late to join!

BLADIUM SPORTS CLUB

303.320.3033 www.bladium.com 2400 Central Park Blvd

DO YOU PLAN MORE FOR FAMILY VACATIONS THAN YOU DO FOR COLLEGE?

To learn how we can help you prepare your child's education, call or visit today.

Natalie Robbins 303.320.7752
Financial Advisor
8139 E. 29th Ave., Denver, CO 80238

Randy Leslie 303.377.7557
Financial Advisor
2206 Kearney, Denver, CO 80207

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

We're saving a place for you
At St. Matthew Lutheran Church
We're right next door

No matter your age, where you come from, or who you are, there is a place for you here

Sunday Mornings
Worship 9:00 a.m.
Education 10:30 a.m.

St. Matthew Lutheran Church
Because God's love matters!

Pastor Barb Martens
16th & Havana Street
www.stmatthew-elca.org

Ready to begin...
your own business?

"...the income & freedom we never believed available without a corporate job."

• Over 20 years of experience in the Denver area
• No inventory, parties or selling products

CALL NOW FOR A PERSONAL OVERVIEW:
Tim Brown & Marilyn Kal-Hagan
www.ParentsUnited.com
303-394-9560

RENAISSANCE. DENVER HOTEL

Full Thanksgiving Dinner
\$27.95 (Seniors and kids 12 and under 1/2 price) Reserve at 303-336-7500
"Friends & Family" hotel rate \$79 Call 1-800-228-9290

The SUN Spot

The independent voice of Stapleton

Brought to you by Stapleton United Neighbors

To contact SUN, please come to the meeting or email StapletonUnitedNeighbors@gmail.com



S.U.N. Meetings are open to the public
In Nov., SUN meets at 6:30pm on the 5th Thurs. of the month (Nov. 29th). Location is TBD and will be posted on our website at www.StapletonUnitedNeighbors.org

Eye on the Stapleton Master Plan: Affordable Housing

By John Keene

When it comes to housing, most Stapleton residents are familiar 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 (or 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 diversity 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 American Sunrise 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 townhouses 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 qualify 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 Stapleton give those that qualify access not only to high quality homes (sustainable, energy-efficient, healthy indoor air quality) 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 Mehringer

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 Montero, Theresa Peña, and John McBride, as well as 11 city ballot 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 75 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

- Westerly Creek Elementary School, 8800 E. 28th Ave.
- Athmar Recreation Center, 2680 W. Mexico Ave.
- Barnum Recreation Center, 360 Hooker St.
- District 3 Police Station, 1625 S. University Blvd.
- Eisenhower Recreation Center, 4300 E. Dartmouth Ave.
- Glenarm Recreation Center, 2800 Glenarm Pl.
- Green Valley Ranch Recreation Center, 4890 Argonne Way
- Harvey Park Recreation Center, 2120 S. Tennyson St.
- Hiawatha Davis Recreation Center, 3334 Holly St.
- Montbello Recreation Center, 15555 E. 53rd Ave.
- Montclair Recreation Center, 729 Ulster Way
- Scheitler Recreation Center, 5031 W. 46th Ave.
- Tattered Cover Bookstore, 1628 16th St.
- Tattered Cover Bookstore, 2626 E. Colfax Ave.
- Wellington Webb Municipal Office Building, 201 W. Colfax Ave.
- Elections Division Office Lobby 303 W. Colfax Ave. (Open 8am each day)

On Election Day (Tuesday, November 6), 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 Mehringer

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 sledding, 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 paths 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. Following these additional tips from the American Academy of Orthopaedic Surgeons should help reduce risks:

- Always supervise your child while sledding - adult supervision may help avoid overcrowding and collisions.
- Encourage a child younger than 12 to wear a fitted helmet (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.

DART auto

PORSCHE

Volkswagen

Audi

Full Service Repair

Dealer Quality Service
for Less

4801 Monaco ST 303-296-1188

Free Shuttle to Stapleton & Park Hill

Mention this ad for a free preventive maintenance & safety inspection.



Todd Haucke

STAPLETON
REALTY



Stapleton "EXPRESS" Search
View every available home in Stapleton with the click of a mouse! 303-320-1850
www.SellStapleton.com



Richard Wisniewski

New Day Acupuncture
Bruce Stoebner, L.Ac.

Specializing in treatment of:

- Pain
- Allergies
- Stress & emotional disorders
- Women's health issues
- Digestive complaints

Also providing natural nutritional counseling

2840 Xanthia Court, Denver
Call 720-838-7918 for a consultation
newdayacu@yahoo.com

Letters to the Editor

The Front Porch will publish letters to the editor as space allows.

Please mail your letters to:

Tom Gleason, editor,
The Front Porch,
Forest City Stapleton, Inc.,
7351 E. 29th Ave.,
Denver, CO 80238.

Or email:
TGleason@StapletonDenver.com

TO ADVERTISE IN THE FRONT PORCH

EMAIL: Advertising@fineprintco.com

CALL: 303-333-0257 or 303-526-1969

VISIT: www.StapletonFrontPorch.com

TO SUBSCRIBE TO THE FRONT PORCH

Please visit our website

CLASSIFIED ADS

HELP WANTED

INTERVIEWING DURING NOVEMBER - Professionals who want to create a reliable income from home with a prestigious Inc. 500 company. Please call for a private business overview: 303-861-1001 - Visit our website to fill out an application www.PrestigiousHomeBusiness.iApplicants.com.

PANERA BREAD - Now Hiring FT/PT associates. We're looking for energetic individuals with desire to work in team environment. Associates take orders, prepare sandwiches, run register, ensure tidy workplace & provide outstanding customer service. Stop by 3700 Quebec St. to fill out an application. EOE.

READING VOLUNTEERS NEEDED at the Odyssey School. Volunteers read with one student one hour a week throughout the school year. If interested call Julie at 303-316-3944 ext. 43230

SERVICES

AFFORDABLE PAINTING- Exceptional Results. Visit www.jcspainting.com for info and pictures, or call 303-474-8882 Highly Recommended.

BASEMENT DESIGN SPECIALIST: Complete Bid / Permit Set. - Many Stapleton References. Diane Gordon, M.Arch., 303.355.5666.

BASEMENT FINISHING — "Best Bang for the Buck." 100's of References. Licensed and Insured. BluePrint Design & Construction, Inc. 303-467-9400.

BASEMENTS - Best Builders - Best in Quality & Design at truly affordable prices. Call Jim at 720-276-7704

SERVICES

CARPET CLEANING/ WINDOW WASHING - Stapleton Owned & Operated 303-320-1297

CONSIDERING RENTING YOUR HOUSE/ Townhouse? Full Service Property Management Company. Expert in extremely hot Stapleton market. Will get top \$\$\$.

DENVER'S RESIDENTIAL PAINT SPECIALISTS Interior/Exterior. 12 years in Business! Neat, conscientious craftsmanship, color consultations, polite, respectful, and fully licensed/bonded/insured crew (same crew for 3 years) Impeccable local Stapleton references. Call John with Premier Paint Works, Inc. at 303-864-9247.

FRESH COAT PAINTING. Stapleton owned. MC/Visa/AX Insured, bonded Stapleton discount. www.freshcoatpainters.com 303-321-2903

HOUSE CLEANING - Mature, honest, friendly, dependable. 303-671-9065

HOUSE CLEANING SERVICES - Professional, detailed residence cleaning for a good price - Call Rosa or Lourdes for free estimates and references at 720.404.9375. We are negotiable to fit our customer's needs

HOUSE-KEEPING WITH 15 years of experience - affordable rates, free estimates and many references. For more information, Please contact Juana Ramos at 720.371.3290

SERVICES

MARY KAY INDEPENDENT BEAUTY CONSULTANT - Want to be more beautiful? I provide free facials & makeovers with America's #1 skin-care line. 15 years experience in the Beauty field. Call Maggi 303-388-7168 to buy or sell. Email maggi_parsell3@hotmail.com

NAILS BY TERRI - Specializing in manicures, pedicures, gel nails - great alternative to acrylics. Also mini manicures with hand painted nail art for kids too. Clean, quiet, affordable, licensed in home salon. Convenient Lowry location. \$5.00 off your first visit. Call Terri today @ 303-947-1121.

PATHWAYS TO WELLNESS - In-your-home massage therapy, yoga instruction, & holistic healing. \$39 introductory 1-hour massage. Referrals earn free massages! Juice Plus+ Whole Food Nutrition, kids program free w/ paid adult! Call for references, info, appt. 303-956-1912 Denise Davenport Chew CLMT, denisedavenport@gmail.com

PIANO SERVICE - Tuning, repair, reconditioning, Registered Piano Technician, Member of Piano Technicians Guild, 28 years experience serving metro Denver close to Park Hill and Stapleton. David Nereson- 303.355.5770

PROFESSIONAL CLEANING SERVICES. - "Sizzling Special" Insured, Bonded, Worker's Comp. Affordable, Reliable, Individualized Service, Commercial/ Residential, Member Denver BBB, Free Estimates, Credit Cards Accepted, Always Clean 303-431-9808 www.denverhousecleaning.com

SERVICES

QUALITY AFFORDABLE HANDYMAN! Insured Handyman Services include: baby proofing, ceiling fans/light fixtures, closet organizers, assembly, repairs, pictures hung, fence staining, etc. No Job Too Small! Bob 720-434-3649 besthandyman@comcast.net

TILE INSTALLATIONS - Floors, bathrooms, counters, backsplashes, fireplaces, reasonable rates. Stapleton references. Call Rick Straub, 303-548-8591

FOR SALE

DROP LEAF TABLE, mahogany, 1920, \$400 cash. No chairs. Call 303-360-5629.

HOT TUB - Wind River/Timberline model, 4 years old, new cover. Excellent condition! Park Hill neighborhood. 303-393-7019

ON NATIVE GROUNDS by Alfred Kazin (one copy), 1942 edition, \$50 cash. Call 303-360-5629.

PENTHOUSE LOFT/VIEW - Expanded one bedroom. Underground parking. Near Town Center. \$189,999 - 303-246-7190

REDUCED \$10,000 - Nicely updated 2bdr 1 bath house - 3205 Dexter St Denver \$129,500 - Scott 720-373-1010.

FOR RENT

BEAUTIFUL CRESCENT FLATS apartments. Contemporary urban flats, above E. 29th Town Center. 1 Bedrooms from \$939, 2 bedrooms from \$1495. Floor-to-ceiling windows, in-suite washer/dryer. Pet friendly. Immediate occupancy. Enjoy all Stapleton amenities. 1-877-768-2663. 2853 Roslyn St. EHO. Please call for specials.

FOR RENT

BOTANICA ON THE GREEN apartments. Stylish condo-style apartments by Founders Green. 1 Bedrooms from \$950, 2 Bedrooms from \$1245, 3 Bedrooms from \$1599. Garage, private balcony. Pet friendly. Immediate occupancy. Enjoy all Stapleton amenities. 1-877-768-2663. 2853 Roslyn St. EHO. Please call for specials.

STAPLETON AND LOWRY TOWNHOMES - Homes available for rent. Have 2, 3, 4, & 5 BR properties available both immediately and for future (30+ days) move-in. 303-324-6988 or TJCMGMT@msn.com. www.StapletonForRent.com

TO PLACE ADS

Email classified ads to advertising@fineprintco.com by the 15th of the month, along with name, address and phone. Designate months to run ad. Be sure you get a confirmation that the ad was received and that you get the number to call to make credit card payment. Rates: 15 words or less is \$10. 30 words or less is \$18. 45 words or less is \$35. Kids under 18 can run ads free - up to a maximum of three insertions for the same ad.

Thousands of Families Have Relied on Us Since 1981

Premier Nannies



Full-time
Part-time
Live-out

Rent a Mom

Babysitting Service
Daily/weekly
Evenings/overnights
Daycare Centers

303-322-1399

email: nanny@rentamom.com
website: www.premiernannies.com

210 St. Paul St., Suite 230 Denver, CO 80206



PROPER POOCH

Professional dog training · Free Consultation

Emily Loebke | 720.333.1890 | emily@theproperpooch.net | Stapleton Denver

Get your pooch
the education
they deserve

720.333.1890



www.centralparkrealtyllc.com



FARMERS

Visit our new location!

In the New South End Row Homes on Central Park Blvd.

- Your exclusive Stapleton Farmers agent
- New construction discounts up to 25%
- \$30,000 of identity theft coverage built into every home policy at NO additional charge!
- Call or stop in to get your FREE quote

ktafoya@farmersagent.com • 303-955-0861
2332 Central Park Blvd., Denver, 80238



Kevin D. Tafoya



STAPLETON
HOME SERVICES

A CLEAN YOU CAN TRUST

www.stapletonhomeservices.com

Home Cleaning

Carpet & Upholstery

Windows & Exterior

CAKE CRUMBS

specialty cakes and
on-line bakery

www.cake-crumbs.com
1422 E. 22nd Avenue, Denver
(303) 860-7009

NOW OPEN



Hypnotherapy

FOR WOMEN'S HEALTH & HAPPINESS

Anxiety • Depression • Trauma
Weight Management • Illness • Grief
Life Transition • Smoking Cessation
Pregnancy • Birth • Bonding
Surgery Preparation • Recovery
Pain Management • Menopause
Inner Child Healing • Much more!



Jennifer Welch
CCHt., MT-BC
303-393-1062

www.womenshealthhypnosis.com

Urban Wildlife (continued)



Photo by Michael Mauro

Wildlife photos were taken at the Rocky Mountain Arsenal National Wildlife Refuge. Left to right: raccoon, red fox pups, coyote.

(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 the existing environment which may include your backyard, drainages, 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 shrubs, and along river bottoms.

Here are a few tips to prevent unwanted wildlife encounters and keep them out of homes, buildings, and yards.

- Do not feed wildlife! Feeding backyard birds is fine, but be aware it may attract other animals. Place bird feeders where they are not accessible to other wildlife species.
- Cover window wells with metal grates or hard plastic.
- Close holes near the foundation of your home. Bury wire mesh one to two feet deep in places where animals might dig.
- Screen fireplace chimneys and other exterior vents of your home.
- Protect trees with tape and/or surround them with wire mesh.
- Consider modifying your landscaping with plants that can deter wildlife (contact Refuge staff for plants that either attract or repel certain wildlife).
- Seal cracks and holes larger than one-

- quarter inch in diameter.
- Keep garbage in cans with tight fitting lids and keep them in a shed or garage.
 - Keep pet food inside.
 - When taking pets outdoors, keep them on a leash or in an enclosed area, especially if it is an area known to be frequented by wildlife.
 - If you see coyotes in your area, protect your pets – don't allow them to roam, especially at night.
 - If you encounter a coyote, keep your distance and chances are you will not be approached by the animal. If the animal does approach you or your pet, throw rocks or sticks to frighten it away. Also, speak loudly, with an authoritative voice.

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.

Sherry James is a Supervisory Park Ranger at the Refuge responsible for the Visitor Services program. She has worked for the U.S. Fish and Wildlife Service for 17 years.



Photo by Shattil/Rozinski

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.



Photo by Shattil/Rozinski

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

By Jonathan Ekstrom

When 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 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 enthralling? "It's the daily surprises, which is a metaphor for the whole grassland experience. Something magical happens everyday."

Dave encourages everyone to experi-

ence 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).

A WILD SMILE

Pediatric Dentistry

*Jungle safari or dental office...
Hard to tell - INNOVATIVELY FUN!*

Phenomenal care; eliminate anxiety

Most insurance accepted

Education based / Prevention focused

Stapleton Town Center
2975 Roslyn St. #160, Denver, 80238
720-945-1234
NEW PATIENTS WELCOME!

Julie Y. Vuong, DDS
Jesse R. Wilcox, DDS
Board Certified
www.jesserwilcoxdds.com

Uniquely Fun Philosophy

Wolfe & Epperson Team presents:

2970 Clinton St 4 bdrm 3.5 bath **\$1,089,000**
Urban Estate Home with amazing mountain views. Gracious open floor plan, gourmet kitchen, exquisite finishes, hardwoods throughout the main floor and master, 3 car garage. 4609 total finished sq ft with basement. A must see!

2695 Tamarac 3 bdrm 3 bath **\$485,000**
New Town Ranch with main floor master and professionally finished basement has nearly 2800 sq ft of living space. Extensive upgrades and custom finishes throughout, professionally landscaped yard perfect for entertaining. Move-in ready!

Jay Epperson Judy Wolfe
303.331.4586 303.331.4524

RE/MAX
OF CHERRY CREEK INC.

www.stapletonhomes.net

www.jklawnsprinkler.com

JKJ Lawn Sprinkler

303-766-0775 **RAIN BIRD**
Sprinkler Shut-Down
Special for New Customers - \$45

MEMBER

Associated Landscape Contractors of Colorado

RAIN BIRD
Select Contractor

BBB
Business Review

Gymnastics

Birthday Parties

Preschool Classes

FREE Trial Class

Recreational thru Advanced • Cheerleading Classes

Colorado Gymnastics Institute 225 & Alameda
303-363-7272 • www.coloradogymnastics.com

Advertise in the Front Porch

EMAIL: Advertising@fineprintco.com
CALL: 303-333-0257
or 303-526-1969
VISIT: www.StapletonFrontPorch.com

November 2007

30

Stapleton Front Porch

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 as it entered the creek.
(Editor's note: Wildlife experts tell us 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.



Ruby Rodriguez
Dept. of Fish and Wildlife – Rocky Mountain Arsenal Wildlife Refuge
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 fawns right around our building. I've seen geese and the goslings... 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.



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 believes that some animals may have been trapped by the coyotes in this fashion."

Refuge Roundup



Lillian Lungren, 9, (left) and her cousin Seamus McCune, 6, of Stapleton, pose as prairie dogs.



Right: The crowd cheers the performance by El Mariachi Juvenil de Bryant Webster (above).



Orion Wilkinson, 7, tosses a buffalo chip.

The Rocky Mountain Arsenal Wildlife Refuge, located just north of Stapleton, offered an afternoon of free activities at the "Refuge Roundup" on October 13. Activities included bison tours, hay rides, free catch-and-release fishing, musical performances and re-enactments and American Indian storytelling and crafts. The Refuge is home to more than 330 species of wildlife.
The public entrance to the Refuge is at 56th and Havana. For information about the Refuge visit www.fws.gov/rockymountainarsenal. Hours are: Tuesday, Wednesday, Saturday, Sunday 6 am - 6 pm (excluding holidays). No pets permitted.

NOW OPEN IN STAPLETON

WHEN IT'S URGENT, WE'RE THERE.

ImmediateCare

URGENT CARE CLINIC

Affordable Urgent Care

303-462-CARE(2273)

OPEN EVERYDAY • EXTENDED EVENING HOURS

Lakewood
605 Parfet
(6th & Simms)

Stapleton
7305 E. 35th Ave.
(Quebec & 35th)

Cherry Creek
3600 E. Alameda
(Monroe & Alameda)

ERIC WELCH Broker Associate

303-780-7590 • 303-829-8744

Eric.Welch@coloradohomes.com

Your Lifestyle Is My Concern

My Client's receive:

- Metro Denver's largest relocation network
- Breakthrough technology and unequalled promotional strategy
- Guaranteed buyer and seller services
- Appraisal-style market analysis
- Availability after the sale

For Pre-Approval, call Coldwell Banker Home Loans 303-780-7551

©2007 Coldwell Banker Real Estate LLC. Coldwell Banker® is a registered trademark licensed to Coldwell Banker Real Estate LLC. An Equal Opportunity Company. Equal Housing Opportunity. Owned And Operated By BRT LLC. Printed in USA.

Taste of Asia

Dine In • Take Out • Delivery at Stapleton

Party Trays • Monthly Specials • No MSG

Quebec Square/Just east of PetsMart 303.388.8982 or 303.388.8983 Fax: 303-388-8938

Menu online: www.ufeedme.com/tasteofasia

FREE order of crab wontons with order of \$20 or more. Expires Nov. 30, 2007

Stapleton Front Porch

31

November 2007

You're in **SHORTLINE** Country!

AUTOMOTIVE, INC.



HYUNDAI

KIA MOTORS

shortlineauto.com • 888-943-4422



Shortline Subaru
580 S. Havana



**Shortline Hyundai &
Shortline Suzuki**
500 S. Havana



Shortline KIA
1st & Havana

We were here when your driveway was a runway!
Locally owned and operated since 1987.

We are your neighborhood auto dealer.

Located on Havana Street,
near Alameda...
just minutes from Lowry,
Park Hill and Stapleton.

Here is what we promise:

- Extended hours for service
- Free shuttle service to work or home
- \$10 million inventory of new Subarus, Hyundais, KIAs & Suzukis
- \$3 million inventory of pre-owned vehicles
- 3 - year, 100,000 mile warranty on all used cars*
- The latest in fuel-saving technologies in our new vehicles
- All of our pre-owned vehicles meet the most stringent emissions standards or we won't sell them
- 110% price guarantee – no need to shop anywhere else
- A multi-point safety inspection on every pre-owned vehicle PLUS a 3-year, 100,000 mile warranty*
- Factory-certified Salespeople
- Factory-certified Technicians
- Factory-certified Parts People

*on pre-owned vehicles with less than 80,000 miles

Proud Sponsor of the
Pink Ribbon Foundation



www.thepinkribbon.org
720-747-7465

Service Coupon

Free oil and filter change for
first-time visitors to our service
department with this page.*

*Subaru, Suzuki, Hyundai
and KIA owners only.

Let's get acquainted.

Purchase Coupon

For any new or pre-owned vehicle
purchase, bring in this page and we will add a
clear bra to your new car at no-charge.

Great Value!