

Front Porch

Distributed to the Stapleton, Park Hill, Lowry, Montclair, and Mayfair neighborhoods

STAPLETON

DENVER, COLORADO

JANUARY 2008

Living Healthier in the New Year



A new option for outdoor exercise is now available in Stapleton's Central Park. The sledding hill is open and fencing has been

installed to identify those areas designed for safe sledding. The former airport's control tower looms in the background.

The Front Porch asked professionals in the community whose jobs involve promoting healthy lifestyles, "What is your advice to people who want

to live healthier in the New Year?" The recurring theme from everyone was to find small changes that you can make a regular part of your lifestyle. *(continued on page 22)*

476 Calories Burned per Hour Sledding

Quantity that equals 476 calories	Calories per item
1.8 Grande Starbucks Caffe Latte (whole milk)	260
0.7 McDonald's Big Mac - With cheese	704
6.0 Glasses of wine (3.5 fl oz)	79
2.3 Cans of Coca-Cola	207
15.9 Carrots	30

<http://www.calorie-count.com/calories/activity/566.html>

New Guidelines for Autism Screening

Stapleton doctor, Noah Makovsky, talks about diagnosis and treatment of disorder that affects 1 in every 150 kids.



Dr. Noah Makovsky

By Kathy Epperson

With the recent media coverage of increasing prevalence rates for autism in children – now estimated at 1 in every 150 kids – the American Academy of Pediatrics now recommends that

pediatricians screen for autism at the 18- and 24-month well visits. The Front Porch asked Dr. Noah Makovsky (known as "Dr. Noah") of Stapleton Pediatrics for details about these guidelines and advice for parents on signs to watch for in their own children.

"Autism Spectrum Disorders (ASD) includes 3 categories: Autistic Disorder, Asperger Syndrome, and Pervasive Developmental Disorder," explains Dr. Noah. "These are neuro-

developmental disorders that we believe are inheritable, based on increased rates amongst siblings and male predominance. However, the exact cause is unknown. Environmental factors may influence the expression of autism genes, but we do not currently know how this occurs."

Expanding scientific knowledge of ASDs have also increased public and physician awareness and led to new screening guidelines. "The screening process includes reviewing family history of ASDs since we know there is a 10-fold increase in developing an ASD if an older sibling has an ASD," Dr. Noah says. "We also provide open-ended and age-specific developmental and behavioral questions for parents, as well as listen to parents' concerns regarding behavior and development." For children younger than 18 months, there are no specific ASD screening tools. *(continued on page 18)*

Stapleton's Urban Farm Partners with 4-H to Let City Kids Raise Animals

Monica Marrs and Ly'a Downs are among just a few "4-H-ers" in the country who raise animals but don't follow the usual 4-H requirement that they raise their animal at their home. The 4-H organization has made an exception that allows Denver kids to join 4-H and raise their animals at the Urban Farm, located on Smith Road at Stapleton.

Monica and Ly'a will compete at the National *(continued on page 4)*

Monica Marrs, 9, (left) and Ly'a Downs, 10, trim their sheep, Lucky and Sigga, that they will show at the stock show.



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





CALENDAR OF EVENTS

EVERY MONTH

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

Every Tuesday
AA Open Discussion Meeting
MCA Community Room 7:30pm
2823 Roslyn Street
[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]

EVERY MONTH

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
MCA Community Room
2823 Roslyn Street
[stapletonneighbors@msn.com]

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

EVERY MONTH

2nd Saturday
NE Denver/Park Hill MS Self-Help
& Support Group, Pauline Robinson Library
10:15-11:45am - 5575 E 33rd Avenue
[Paula Sussman 303.813.6691]

JANUARY

Monday, January 7
Active Minds - The Islamic Faith, 7pm
Denver School of Science and Technology
[303.468.3223 - See page 10]

Saturday, January 12
Stock show opens (last day is Jan. 27)
www.NationalWestern.com
[More information on page 4]

Saturday, January 19
Winter Carnival at the Dance Institute 1-4pm
Crafts, games, face painting & more
4601 Quebec St [303.525.0011 - see page 10]

JANUARY

Saturday, January 19
Application deadline for Montview Community
Preschool [303.322.7296]

Monday, January 21
Active Minds - Iran & Global Nuclear Proliferation
7pm, Denver School of Science and Technology
[303.468.3223 - See page 10]

Thursday, January 31
DPS School Choice Applications Due
[For more info contact School Choice Office
720.423.3493 http://soco.dpsk12.org/]

FEBRUARY

Tuesday, February 5
Democratic & Republican Political Caucuses 7pm
www.cologop.org and www.coloradodems.org
[see page 9]

Metropolitan OB/GYN

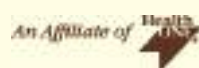
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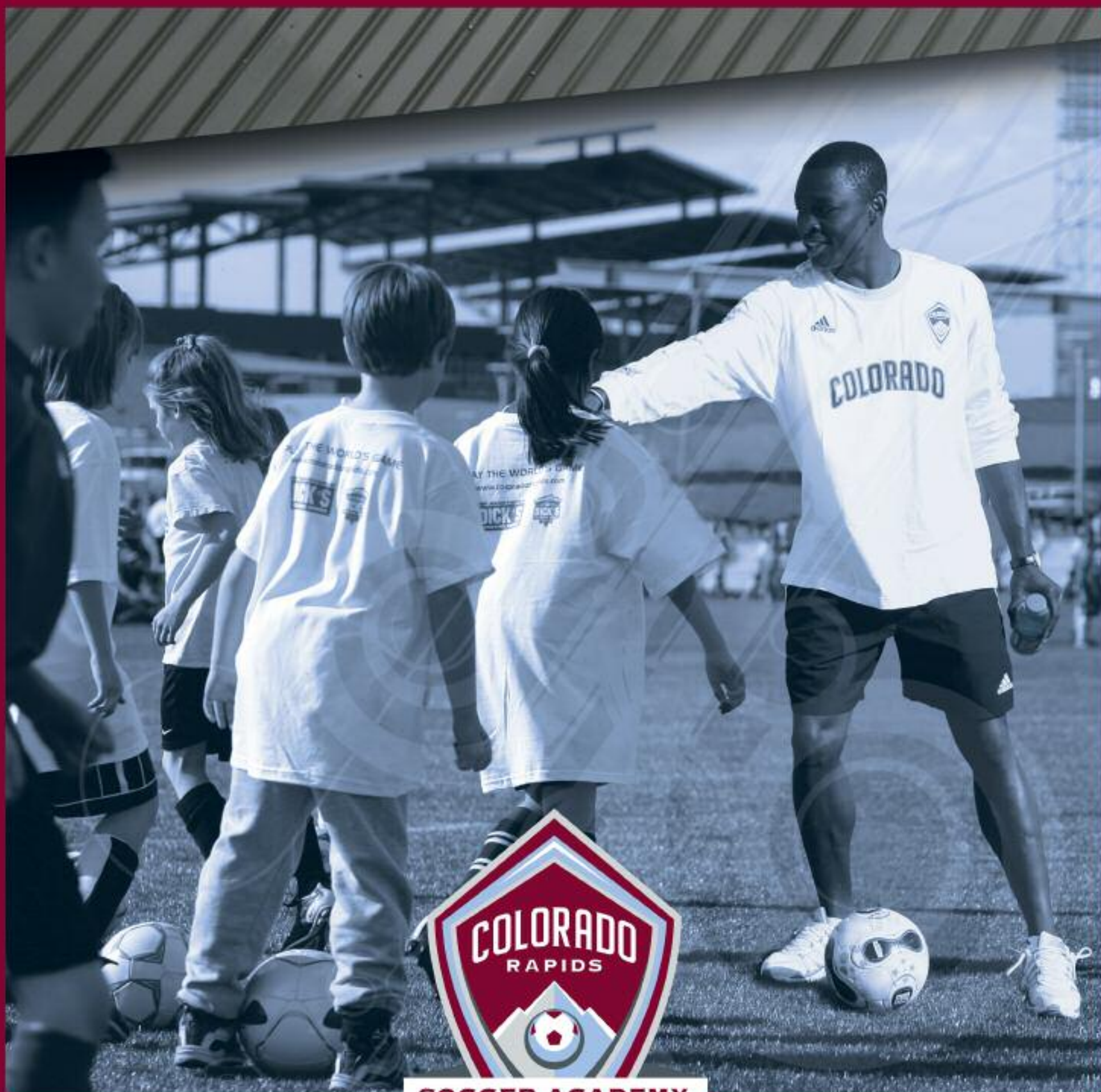
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PRODUCTION by FinePrint
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Front Porch

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, Montclair and Mayfair.



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Urban Farm/4-H Partnership

(continued from page 1) Western Stock Show in the “Ladies Sheep Lead.” This event requires competitors to raise a sheep and show the animal while also “modeling” clothing they made themselves from a fabric of their choice that is at least 50% wool. The judging is based on the quality of the sheep’s wool, the overall appearance of the sheep, the wool clothing made and modeled for the event, and the showmanship in the presentation of the sheep and the clothing. Monica states, “I think it is really cool to be able to live in the city and be in the stock show. I love to compete. I’m nervous before I get in the ring, but not when I am showing.” This will be Monica’s fourth year in the competition and Ly’a’s third year.

Both girls have “spinning” sheep, which they keep blanketed so the wool will stay clean. Ly’a’s sheep, Sigga, is a Rambouillet, bred for both meat and wool. Rambouillet sheep have the second finest wool in the world after Merino sheep. Monica’s black sheep, Lucky, is a Lincoln Rambouillet cross, bred just for wool. Monica believes Lucky is pregnant, and if the babies are born before the stock show, mom and babies will go together.

Though animals are fed daily by a caretaker at the Urban Farm, the girls go there daily to care for their sheep over the summer. In the winter they go about three days a week. Ly’a says, “This is the place where I am the happiest. I love being out here. Out here I learn about animals, farming and me! Someday I want to have my own farm.”

The 4-H group meets at the Urban Farm on Thursdays. Participants, age 5 to 18 are involved in many types of projects from chickens, to horses, and gardening to cake decorating.

For more information about 4-H visit www.colorado4h.org. For information about the Urban Farm visit www.theurbanfarm.org.



Top: In the Mutton Bustin event at the Stock Show young competitors hold on to the sheep for as long as they can. A special first come-first served session for kids aged 5 -7 will be held Jan. 15 from 6-8pm in the Stadium Arena.

Middle: In the Stock Show parade 30 head of longhorn cattle are herded down 17th Street, along with other animals, bands and floats. This year the parade will be held on Jan. 15 starting at noon.

Bottom: In the Super Dog Show, dogs do comedy acts and aerial and agility moves set to music.



What To Do at the Stock Show

The Front Porch contacted the Stock Show to get tips to help our readers have a great visit to the National Western Stock Show. This annual event officially opens to the public on January 12 and runs through January 27.

- If you can only go over the weekend, make it the first weekend, January 12 or 13, when the crowds are lightest.
- Visit the website before you go: www.nationalwestern.com. Select the Stock Show (not the national western complex). Families with children should be sure to check out the “Educational Activities” link.
- Children’s Ranchland offers hands on experiences. Kids have an opportunity to simulate farm life, including collecting eggs and selling them at market. Bottle feed animals with Future Farmers of America at 10:00 am, 1:00 pm, 4:00 pm and 7:00 pm daily. (Sign up for feeding when you arrive, this new activity is expected to fill up.)
- The Petting Farm has 60 animals kids can touch (be sure to wash hands after touching animals).
- At the Ames Activity Pavilion kids can participate in pedal tractor pulls, the stick horse rodeo, and meet a rodeo cowboy who changes into a clown.
- Ticketed events include the “Super Dogs” show, the “Wild West” show, and, of course, the rodeo. Tickets are available online or by phone at 1-888-551-5004, however there is a service fee of \$3.75 per ticket plus \$2.25 per transaction. There is no extra fee for tickets purchased at the box office.
 - Super Dog Show offers dogs doing comedy antics and aerial and agility moves set to music. Performances are Monday, Jan. 21 at 1pm and Tuesday, Jan. 22 at 6:30pm at the Event Center. These shows have a special family pack that includes hot dogs, chips, soda, ticket to the dog show, and Stock Show admission.
 - The Wild West Shows are scheduled for Saturday Jan. 19 at 5pm and Sunday, Jan. 20 at 4pm.
 - Rodeos are held every day except Jan. 14, 15 and 16. Weekend shows may sell out.
- The Stock Show Parade will be held downtown on January 15th at noon starting at Union Station and going 15 blocks down 17th Street. Nolan Ryan is the grand marshal, 30 head of longhorn will be herded, and there will be numerous other animals as well as floats and bands.

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STAPLETON

FOREST CITY DEVELOPMENT

Former Stapleton Resident Wins Survivor

Todd Herzog went from the manicured parks and streets of Stapleton to the back roads of China. The former Stapleton resident was the last remaining contestant on CBS' Survivor season in Asia, winning the television series' 15th season.

Herzog teamed up with a core group of survivors to lessen his chances of being voted out of the show. He competed during 39 days of taping that wrapped up mid-December.

"Controlling the game from its onset with his strategic moves and unparalleled passion for the game, Todd convinces the majority of the Jury [of former contestants] to vote for him and is awarded the million-dollar prize," according to CBS' Web site.

His competitive strategy on Survivor included not upsetting other cast members or being singled



Todd Herzog

out as the 16 survivors weaved their way through wilderness challenges and popularity contests. "... I'm a huge Survivor fan," Herzog said in a CBS interview. "I've been a fan since day one, since I was 16 years old. I've wanted this for six years now."

Herzog grew up in Utah and moved to Seattle and Orlando before living in Stapleton last year. He describes himself as a people-per-

son. "I'm a flight attendant so of course I can interact well with people. I can get along with pretty much anybody," he said. Herzog's hobbies are traveling, shopping and drinking coffee, according to a CBS biography about the 22-year-old.

More information on Survivor is at www.cbs.com/primetime/survivor15.

Amy Esten, New Community Resource Officer



Amy Esten started her job as the new Community Resource Officer with the Denver Police Department in November. She has been on the force with Denver for six years, all of which have been in District Two. Prior to working with Denver she worked with the Montgomery County Sheriffs Department in Conroe, Texas where she obtained her Bachelor of Science degree in Criminal Justice at Sam Houston State University. Amy is a Denver native and grew up in the District Two neighborhood where she attended school at Phillips Elementary, Smiley Middle School, and Manual High School. "I truly look forward to working with the community that I grew up in and still live in," says Amy.

Community Resource Officer Amy Esten can be reached at (720)913-1095.

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December Holiday Events



For the third year in a row, Forest City Stapleton, Inc., employees brought Christmas gifts and decorated the Denver Children's Home for emotionally disturbed teenagers.



The "Jewpleton" neighborhood group invited all interested families to join in the lighting of the Menorah in the pocket park on East 29th Avenue and then share a potluck at Westerly Creek School to celebrate Hanukkah, but only a small group braved the cold for the Menorah lighting.

Garden As Art

By Chris Adams

For many gardeners, growing healthy food from dirt has long been considered an art. But at one of Stapleton's developing community gardens it is the garden itself that will be art. On December 13 Stapleton's Public Art Advisory Committee voted unanimously to include public art at the new garden. This presents some amazing opportunities to further integrate gardens into the way that people live, recreate and enjoy life.

The selection committee for this project will have the opportunity to create a request for proposal for artists and then to select a piece that will be perfect for the garden site. Stapleton is guided by the Green Book, which represents a development plan for the area that is based on key principles of urban sustainability. The garden site itself—at the corner of

23rd Avenue and Spruce—will become a focal point for interaction. Within 100 yards are townhouses, million dollar single family homes, subsidized housing units and an off-leash dog park—a true cross-section of the community.

This project is also a great model of cooperation between local residents, Denver Department of Parks and Recreation, Denver Office of Cultural Affairs, Stapleton United Neighbors, Forest City, the Stapleton Foundation and Denver Urban Gardens.

Chris Adams conceived the idea of creating a community garden at 23rd and Spruce in Stapleton and brought together all of the entities necessary to make the project happen. Neighbors are expected to break ground in the new garden this spring. Chris can be reached at chris@theadamsgroup.com.

Free Conference on Affordable Homes at Stapleton

Attend the HomeStart Conference on Saturday, January 19, 2008 to find out if you qualify to receive up to \$3,500 in closing costs.

American Sunrise Communities (ASC) is a nationwide, 501(c)(3) non-profit organization that helps hard-working low and moderate income American families become homeowners. ASC has partnered with Forest City Stapleton to educate potential homebuyers on the affordable home buying process at Stapleton. The 29th Drive Row Homes consist of one, two and three bedroom units, attached garages, 807 to 1,463 square feet and are priced from \$113,900 to \$168,900.

To qualify, annual household gross income, before tax, must fall at or below the following 2007 income limits:

- Household of 1: \$40,150
- Household of 2: \$45,900
- Household of 3: \$51,600
- Household of 4: \$57,350
- Household of 5: \$61,950
- Household of 6: \$66,550

To register, call 1-888-AM-SUN-CO or log onto www.stapletondenver.com or www.americansunrise.org. The conference will be held January 19, from 10am -2pm (with free lunch for those who register) at 7505 E. 35th Avenue, Suite 360, Denver, CO 80238 (between Sally Beauty Supply and Nails of the World at Quebec Square). Registration starts at 9:30.

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Steve Morgan shows a coffee table in his Stapleton “studio” where he creates custom contemporary furniture.

By Kathy Epperson

Industrial designer Steve Morgan’s love for furniture design first began in 1997 while working at a log furniture shop in Durango. “My style has changed quite dramatically however,” he says. “I don’t use logs much anymore, and the rustic motif went out the window years ago. I fell in love with contemporary style and furniture while on a trip to San Francisco. My passion for modern design has only grown since then.”

Steve earned a degree in 2001 in Industrial Design from Metropolitan State College in Denver, with an emphasis on furniture design and construction. “Most of my furniture combines more than one material,” Steve says. “I really enjoy working with wood and metal, so my work reflects that interest. I have drawn much of the influence for my furniture and architectural elements from contemporary architects such as Rick Joy and Steven Holl.”

While the majority of Steve’s work lately has been exhibit design and fabrication for The Denver Museum of Nature and Science and the World of Wonder Children’s Museum in Lafayette, he also does custom pieces for local retailers as well as for friends and family. “I have produced furniture for Mod Livin’, and I currently have a piece on display at One Home in Cherry Creek,” he says. “Ten20 Salon in Boulder is another client

that I produced many custom pieces for.”

Steve is the rare artist who is lucky enough to work at his craft on a full-time basis, and he saves on the cost of studio space by working from his home in Stapleton. “I’m lucky enough to have a super fantastic wife who allows my shop to occupy our entire two car garage,” he explains. “She didn’t even complain during last year’s record setting winter!” Steve and wife Gretchen share their home in “Pleasantville (a.k.a. Stapleton)” with 2-year old Henry and are expecting a second child in May.

Among Steve’s favorite pieces he’s designed are pieces of furniture built for a benefit fundraiser for the Denver Art Museum last year. “The set included a coffee table and end table,” he says. “The tables were made from sheet steel and maple. The steel was perforated with a water jet cutter then bent into shape and welded. I then rusted the steel and covered it with a paste wax that prevents the rust from flaking off. Then both tables were finished with maple tops. The combination of wood and metal for me is second only to that of peanut butter and chocolate.”

For more information about Steve’s work, visit www.Modelement.com or email hickorytree@gmail.com.

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For complete information about these energy saving light bulbs, including safe measures for disposal of burnt out or broken CFLs, go to www.energystar.gov, click on Change a Light Pledge, then follow the links to CFLs and Mercury.

In Denver, burnt out CFLs should be added to your Household Hazardous Waste collection, which Denver Recycles offers for free to Denver Residents once a year. Information is available at www.denvergov.org, click on Trash and Recycling and follow the Denver Recycles link.

Can Compact Fluorescent Light Bulbs be used in outdoor fixtures?

Absolutely! You just need to check the packaging and make sure that they are labeled for outdoor use. More information is available at www.energystar.gov, follow the Products link to lighting, CLF's and then click on sizes and shapes.

How should I recycle unwanted compact discs?

Unwanted musical compact discs (CDs) may be donated to thrift stores or sold at second-hand music stores. GreenDisk is a company that provides secure disposal of computer-related waste, including cds. Information can be found at www.GreenDisk.com or by calling 1-800-305-3475.



What can I do with all of my old computers, printers, etc.?

The Sony "Take Back" Recycling Program allows consumers to recycle all Sony branded electronics products at no fee at 75 Waste Management Recycle America eCycling drop-off centers throughout the United States. There is a participating Waste Management center quite close to Stapleton at 3730 East 48th Street. For more information, visit www.Sony.com/recycle. In addition to the Sony branded products, the program will accept other brands of consumer electronic products at market prices; however, there may be a recycling fee for some types of materials. The Greater Stapleton Business Association also hosts recycling events for unused computer and electronic items. Watch future editions of The Front Porch for details of the next recycling event.

What can I do with wire hangars and other unwanted items?

If in good shape, wire hangers should be taken back to the dry cleaners for reuse. If not reusable, you can take them to scrap metal dealers, which you can find on Denver Recycles' recycling directory at www.denvergov.org, click on Trash and Recycling, Denver Recycles and the directory link is on the left.

A golden rule of waste reduction is to never throw away anything that can be used again. If you have an item you no longer want, but it is still in usable condition, donate it to a school or nonprofit charity, give it to a neighbor, sell it, recycle it, or try an online service like www.freecycle.org.

Information about recycling options for items that are not accepted in Denver's purple recycling carts can be found at the Denver Recycles directory (see above for website), Colorado Recycles: www.colorado-recycles.org, Earth 911: www.earth911.org

What can be done to recycle plastic grocery bags?

Some grocery stores, including the Stapleton King Soopers, have a collection bin located near the front of the store for the recycling of these bags. Check with your favorite retail store to inquire about other recycling opportunities. Please note that it is very important that these plastic bags not be placed in your purple bin provided by Denver Recycles since they can damage the sophisticated sorting equipment that allows recyclable materials to be disposed of without pre-sorting.



What is the reason if my recycling cart is not emptied?

Contact Denver Recycles at 3-1-1 or by email at DenverRecycles@ci.denver.co.us for an explanation.

What happens to the recyclables I put in my purple bin?

Recyclables provide manufactures with a clean, cheap supply of raw materials for making new products. In many cases the use of recyclable materials aids these companies in saving energy and reducing pollution in their manufacturing processes. Markets for recyclables fluctuate, but in Denver, newspaper and mixed paper (junk mail, office paper and magazines) is generally shipped via rail to Arizona to be made into new newspaper. Cardboard, paperboard and brown paper bags are shipped via rail to Washington to be made into new cardboard. Plastic bottles are sent to South Carolina to be turned into fleece and to Texas to make other plastic goods like flower pots and benches. Aluminum is shipped to Anheuser Busch in St. Louis to make new aluminum cans, steel is shipped to Indiana to make new steel cans, and glass is used locally to make new bottles for Coors Brewing Company.

The recycling process shouldn't end when recycling carts are placed out for collection or materials are recycled at the processing facility. It is also important to purchase products made from recycled materials to support residential recycling programs and their associated markets. Remember to try to select products made with "post-consumer" recycled content material. (The Front Porch Newspaper is printed on recycled paper that contains 40% post-consumer wastepaper.)

When and where can I recycle my Christmas tree this year?

Denver Recycles' annual Treecycle program runs from December 31st through January 11th. Customers using barrel and manual collection services should set their trees out on their regular trash collection day near their normal

trash set-out location, from December 31st-January 11th. Customers using dumpsters should place trees out on December 31st or January 7th. The collected trees are ground into mulch, which is then made available for free to Denver residents in the spring.

What is the most environmentally responsible way to dispose of food?

One of the best ways to dispose of food is by composting. For details on how to get started, visit www.denvergov.org, click on Trash and Recycling, Denver Recycles and on Other Programs at the top of the page.

Editor's Note: Unless indicated otherwise, responses were provided by Forest City sustainability consultant Karen Kingsbury.



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Berkshire Restaurant Opens in East 29th Ave. Town Center



The Berkshire restaurant, offering “refined comfort food” and “innovative American cuisine,” is now open in the East 29th Ave. Town Center at Stapleton. Above, owner Andy Ganick, standing at the charcuterie station that features a hand crank Italian meat cutter for charcuterie platters, offers a freshly sliced piece of chorizo to a young customer. (The word charcuterie comes from the French

words *chair cuite*, which means cured meat.) The Berkshire opens at 11am for lunch every day and from 4 pm to 10 pm for dinner. The restaurant stays open an hour later on Fridays and Saturdays. The Berkshire is located at 7352 East 29th Avenue in the space formerly occupied by The Coral Room. For more information call 303-321-4010 or visit www.TheBerkshireRestaurant.com.

Political Caucuses To Be Held Feb. 5th

Both the Republican and Democratic parties will hold precinct caucuses on February 5. To learn more about Republican caucuses visit www.cologop.org. To learn more about Democratic caucuses visit www.coloradodems.org. To participate in either party’s caucus, a voter must have been registered and affiliated with the party of choice by

December 5, 2007. To check the status of your voter registration, visit www.sos.state.co.us/voter/voterhome.do. Enter first and last name, birthdate and zip code. The website will show if you are currently registered and give your precinct number. Contact your party through the websites above for more information on attending caucuses.

Valerie B. Gotsdang, MD
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Events for Children

Children's Museum of Denver

Celebrate the Wild West during the month of January at the Children's Museum of Denver! All month long, daily educational programming will teach guests about the ol' West. Children and their caregivers can create wanted posters, build a ghost town, learn how to square dance, make their own wool, and much more! Visit www.cmdenver.org to find out which special Wild West activities are scheduled each day or call 303-561-0111.

Saturday Family Showcases

Dualstar Dancers – January 19th at 11:30 a.m.

The Dualstar Dancers from Highlands Ranch will perform a high energy dance show.

Jed Marrs – January 26th at 11:00 a.m.

Jed Marrs, local musician for the John Commons band will perform fun folk songs for kids.

Target Tuesdays – The first Tuesday of each month is free from 4pm - 8pm. Upcoming dates are Jan. 8*, Feb. 5, Mar. 4, Apr. 1. (*3rd Tuesday due to the holiday)

Winter Carnival – Jan. 19th, 1-4 pm

Enjoy education and fun with crafts, games, face painting, Fire Dept, Child ID and Summer Camp information at the Dance Institute, 4601 Quebec St. on January 19th from 1-4pm. For more information call 303-525-0011.

Park Hill Library

The library offers a children's activity every Saturday in January at 10:30 am. Other recurring events are: Tales for Twos on Mondays at 10:30am (starting Jan. 7) and Story with a Craft on Thursdays at 10:30am. Call 303-331-4063 for other scheduled programs.

Vintage Theater – Jan. 11 - Feb. 3

Brilliant Traces



Jason Maxwell as Henry Harry and Lisa DeCaro as Rosannah DeLuce in the Vintage Theater's production of *Brilliant Traces*.

In a remote cabin in the wilds of Alaska, as a blizzard rages, a lonely figure lies sleeping under a heap of blankets. He is awakened by the insistent knocking of a distraught and exhausted young woman dressed in full bridal regalia, who bursts into the cabin, throwing herself on his mercy. She has fled Arizona to escape her impending marriage, but after sleeping for two days straight her vigor and combativeness return.

Both characters wounded and embittered by life explore the pain of the past and, in time, consider the possibilities of the present. In the end their very isolation proves to be the catalyst that allows them to break through the web of old grief and reach out for the solace and sanctuary which only self-awareness and compassion for the plight of others can bestow.

Fridays and Saturdays at 7:30 p.m.; Sundays at 2:30 p.m. through February 3. Performances are in their new home at The Playwright Theatre, 2119 E 17th Ave in Denver. Tickets are \$22 at the door, \$17 in advance and available by calling 303-839-1361 or online at www.vintage theatre.com/ticketinfo.

Active Minds Free Adult Seminars

The Islamic Faith – Mon., Jan. 7

Islam is the second largest religion in the world with estimates of over a billion followers. Active Minds will examine its origins, teachings and practices, the Muslim holy text, the Quran, the Prophet Muhammad, and much more. The speaker 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 – Mon., Jan. 21

Active Minds will present an in-depth look at the country of Iran and the issue of global nuclear proliferation. The presentation will cover the history of the region and the recent developments regarding Iran's nuclear ambitions, particularly how the rest of the world is responding to the possibility that Iran may be seeking nuclear weapons.

Presentations will be from 7:00-8:00 pm at the Denver School of Science & Technology, 2000 Valentia St., Denver, CO 80238. RSVP to Stapleton Foundation, 303-468-3223.

Botanic Gardens

FREE DAY - January 21

19th Annual Blossoms of Light

Nightly thru Jan. 20, 6-9 pm

One million colorful lights will illuminate the plants and hardscape features throughout the Gardens. Romantic and popular kissing spots will return, as well as the popular HoloSpex glasses, which magically transform the lights into shimmering snowflakes. New this year, some of the 57 life-affirming stone sculptures from the Chapungu exhibit will be lighted using LED lights. Each night, seasonal entertainment will be provided and a captivating display of seasonal plants will be on display.

Fun-filled Camps for Kids During Spring Break

March 24-28, 9 am - 4 pm, (ages 6-12) Kids will have the opportunity to discover a new aspect of the plant world each day with lots of fun activities.

Visit www.botanicgardens.org or call 720-865-3500.

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Avenue Theater – Jan. 18 - Feb. 24

“Girls Only” is a Humorous and Honest Celebration of Womanhood

“Girls Only” was born after two accomplished Denver actors, Barbara Gehring and Linda Klein, unearthed their junior high diaries and shared the stories within. After a side-splitting evening spent laughing about the contents, the two realized they had the makings of a comedy that would resonate with girls of all ages. The result is a high-energy, hilarious adventure into womanhood.

“While women’s issues and women’s rights have become important platforms that receive deserved attention, there hasn’t been a production about the common experiences that shape all women,” said Linda Klein. “From passing notes in class to nursing in public, ‘Girls Only’ celebrates the private pieces of a woman’s inner workings with humor, irreverence

and a little silliness.”

As the name implies, this show is for girls only. To create a comfortable environment for women, “Girls Only” does not sell tickets to men. The play is not about male bashing – it’s a celebration of all things about girls.

“Girls Only” is produced by the Avenue Theater and A.C.E. Entertainment. Shows are Thursday, Friday and Saturday nights at 8 p.m. and Sundays at 2 p.m. during the play’s run January 18 – February 24, 2008. Tickets cost \$20; group discounts are available for groups of 10 or more. Purchase tickets by calling the Avenue Theater box office at 303-321-5925. For more information, visit www.avenuetheater.com or www.acecomedy.com/GirlsOnly.

Firehouse Theater – Jan. 11 - Feb. 16

“Music From a Sparkling Planet”

Three fans go in search of Tamara Tomorrow, who disappeared in the 1970’s, learning about themselves along the way.

In the early 1970s, Tamara Tomorrow, in her antennae and space suit, made cheery predictions of how exciting the future was going to be. Her sudden disappearance from the public eye was one of the great mysteries of the Philadelphia area. Three fans of Tamara, all grown up and disenchanted with the “future” she predicted, decide to go in search of this “Delaware Valley Greta Garbo.” Sparkling Planet is a charming comedy about friendship, the future and nostalgia for the television heroes of our youth.



“Music from a Sparkling Planet” previews on Friday, January 11 and opens Saturday, January 12 at the John Hand Theater, 7653 E. 1st Place in Lowry. Performances are Friday and Saturday at 7:30 p.m.; Sunday at 6 p.m. through February 16. Tickets are \$17 Friday and Saturday; \$14 on Sunday with \$2 discount for students with ID and seniors 62 and over. Tickets for the January 11 preview performance and on the Monday, January 28 Industry Night are only \$10. For reservations and information, call 303-562-3232 or visit www.firehousetheater.com.

tions and information, call 303-562-3232 or visit www.firehousetheater.com.

Upcoming Events at Denver International School

Sample Teas from Around the World

Discover different cultures while sampling teas and treats from around the world. Participating countries are China, England, France, Iran, Japan, Morocco, Russia and Turkey. This fun and educational event is open to all.

The event will be held February 2 from 11 am - 2pm at the Most Blessed Sacrament Gym, 1975 Elm St., Denver, CO 80220. To purchase tickets, email info@dischool.org or call 303-756-0381.

Open House

Denver International School will host an Open House on Friday, Jan. 19, from 10 am to 1 pm for families interested in immersion bilingual international education. The program, which prepares students to thrive in a competitive global society, are accredited by participating governments including the U.S., China, France and Spain. Call 303.756.0381 or visit www.dischool.org.

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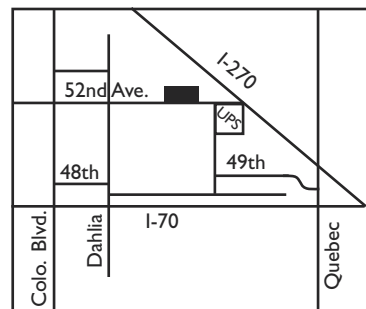


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Good Food for Good Health

by Susan Gamble

Eat everything you want in the New Year, but...

For good health, eat everything you want in the New Year. I'm serious. It's time to admit that denial just doesn't work. However, there is a catch. There is always a catch. Before you eat the whole bag of leftover cookies at one sitting, you have to eat seven, yes seven, servings of fruits and vegetables every day. A serving is a cup of raw produce or a half cup of something cooked. Cheese sauce can be poured over the broccoli but cannot be counted toward the half cup serving. French fries do not count. Do this, and you can be confident that you will have a happy and healthy year. If you eat seven servings of fruits and vegetables every day, you will probably not have enough time or appetite to eat too much of things that you shouldn't eat too much of, and if you do eat twenty or so of those adorable little cupcakes with the double butter frosting, you will at least have an excellent assortment of antioxidants already percolating around to help balance it out.

The secret to working in seven servings of fruits and vegetables is to not waste any opportunity. Start your morning with a piece of fruit or a handful of raisins while you wait for the coffee to perk. Have a bag of baby carrots ready to go for your midmorning snack. Order a salad at lunch and mentally give yourself permission to go back for the brownie if you are still hungry afterwards. See, it's only lunch and you are already four or five servings in, depending on how big your salad was. Eat a banana when you get home from work, a couple of servings of vegetables with dinner, and you are home free to finish off the candy coated popcorn that you bought from the neighbor kid who was raising money for his scout troop.

Here is one of my favorite soup recipes. It works well as a first course for a large dinner, with a grilled cheese sandwich for a cold day lunch, or on its own. This soup freezes well.

Best wishes for a happy and healthy New Year!

Susan Gamble describes herself as an enthusiastic amateur who has cooked tasty and nutritious meals for her family every day for many years. She is a Park Hill resident who has children ages 3 and 5. She can be reached at susanandpark@mac.com.

Moroccan Style Carrot Soup

- | | |
|--|-------------------------------|
| 1/4 cup olive oil | 1 teaspoon ground cumin |
| 1 small onion, thinly sliced | 1/4 teaspoon dry mustard |
| 2 russet potatoes, peeled and diced | 5 1/2 cups chicken stock |
| 1 celery stalk, sliced | salt and pepper to taste |
| 1 pound carrots, peeled & cut into 1/2 inch slices | Worcestershire Sauce to taste |
| 1/2 cup fresh orange juice | |

In a large pot over medium heat, heat the oil and add the onions, potatoes, celery, and carrots. Cover, reduce heat, and simmer for 15 minutes, or until celery and onion are limp. Do not allow the vegetables to brown.

In a small bowl, whisk together the orange juice, cumin, and mustard until smooth.

Add the stock and the orange juice mixture to the vegetables. Bring to a boil, lower heat, cover, and simmer for 30 minutes or until the potatoes are soft. Remove from heat and let cool. In a blender of food processor, in batches if necessary, process the soup until smooth. Return to the pot and reheat. Taste and adjust the seasoning if necessary. When serving, add a few drops of Worcestershire sauce to the soup.



Whole-istic HealthCare

by Elizabeth Taeubert

Meditation: What is it? What are the Benefits?

One of the best things you can do to improve your health is to reduce stress - and one of the best ways to reduce stress is through meditation. The benefits of meditation have now been documented in over 1,000 published studies conducted at over 200 universities and research facilities, including such notable institutions as The Harvard Medical School, Stafford University, University of Chicago and University of California LA.

Researches have found that meditation effects every organ and system of the body and can have the following impact:

Reduces: High blood pressure • Cholesterol • Blood levels of stress hormones • Risk of stroke and heart attack • Symptoms associated with rheumatoid arthritis • Symptoms associated with post-traumatic stress disorder • Anxiety • Depression

Improves: Immune function • Sleep patterns • Emotional resilience • Coping with stress

What is Meditation? Meditation is the process of quieting the mind and allowing it to become more clear and discerning. Some people ask; "My mind is so busy and restless: how could I ever meditate?" We all have busy minds. An ordinary human mind is nothing other than awareness rippling in thought waves. Everyone is in the boat called a RESTLESS MIND. By definition a mind is filled with thoughts. When all thoughts disappear, that is the state of "no mind" or pure consciousness. Cultivating that silence is what meditation is about.


To understand how meditation effects the mind we need to consider the phenomenon of thought. The thought process is the key to mediation. Meditation does, after all, have everything to do with thinking.

Millions of thoughts appear in the mind each day. We take this constant parade of thoughts for granted, but even if we tried to stop them, they would continue to mysteriously appear. Most of us do not question the origin of all these thoughts. Yet if we were to experience the source of our thoughts we would find something very interesting. We would find the essence of the thinker. Meditation allows us to connect with our essence. The innermost essence of the thinker is consciousness. We must be conscious to think. We must be conscious to feel. We must be conscious to perceive. Meditation leads us to deeper levels of consciousness.


Like waves in the ocean, each wave of consciousness, each thought and feeling, also starts as a faint impulse deep within the mind. It then rises and swells until it becomes a fully formed thought that we consciously experience. Ordinarily we do not pay attention to the formation of our thoughts. Only when the thought is fully formed do we notice it and by that time we are caught in it's grip. Maintaining conscious awareness of a thought as it progressively arises, subsides and eventually dissolves into pure consciousness is the core of meditation.

Fortunately, meditating is actually very easy, because the mind naturally tends towards awareness. Spending some time each day observing the nature of the mind and thoughts gradually results in a mind/heart that is clear, stable, supple, expansive, open and whole. Through this process of mediation, we begin to live more, healthy, full and conscious lives.


Elizabeth Taeubert LCSW is a psychotherapist at Natural Balance Wellness in Stapleton. She teaches Meditation and can be reached at 720-949-1194




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District Two Police Officers Honored

A committee of citizens from Northeast Denver has honored six officers from Denver Police District Two for extraordinary service to their community. The District Two Top Cop Citizens Committee cited the following officers for excellence in the performance of their duties:

On June 21 at approximately 8:40 p.m., **Officer Rhoderic Patrick** was driving to work in his personal vehicle and not in uniform when he noticed a man standing in the middle of the train tracks at Smith Road and Holly Street. Officer Patrick pulled his vehicle to a stop and shouted at the man to move off of the tracks because a train was approaching. The man, who had a glassy-eyed stare, refused to respond to the police officer's order. With the train now less than 100 yards away from striking the individual, Officer Patrick ignored his own safety by stepping on to the tracks to grapple with the individual who struggled with Officer Patrick before he was finally removed from the tracks and placed in handcuffs. It was later determined that the man was despondent because he was off his medication and had recently lost his housing. The individual was taken to Denver Health Medical Center.

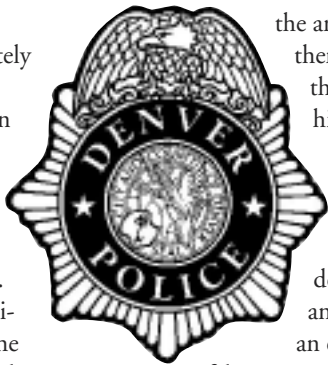
On June 26 at about 4:15 in the afternoon, **Officer David Ryan** responded to a call involving the robbery of a bank on East Colfax Avenue and spotted a suspect fleeing the scene in a vehicle that quickly hit another car. Officer Ryan ordered the suspect to the ground at gunpoint, but the man refused to cooperate and attempted to get away after scuffling briefly with Officer Ryan. The officer began to pursue the suspect on foot and both he and the suspect were hit by another police officer's vehicle that responded to the scene to provide assistance. In spite of the fact that he was injured in his collision with the police car, Officer Ryan assisted the other officers in placing the suspect into custody before dealing with his own pain and injuries.

On August 17 at about 11:30 in the evening, **Officer Doug Grove** heard gunshots

in the vicinity of East 35th Avenue and Milwaukee. Shortly thereafter, the Denver Police Radio Dispatcher received a call from an individual who said he had been shot at by two males after he exited a bus. Officer Grove, joined by **Officer Laura McKenna**, began a search of the area and received a tip that led them to the house of a suspect where the individual was found sitting on his porch. The two officers ordered the man to the ground and took him into custody, at which time he was found to be armed with a revolver. Denver Police later determined that the individual was an admitted gang member who had an extensive record with a number of felony convictions. The man was charged with Menacing and Possession of a Weapon by a Previously Convicted Felon, making him subject to prosecution in Federal Court which has been handing out lengthy jail sentences for previously convicted gang members caught with firearms.

On August 19, **Officer Mark Hart** was off duty and traveling with his family at the Interstate 25 exit to Sixth Avenue when he witnessed a traffic accident that left a Jeep Cherokee overturned and resting on its roof as it began leaking fuel and other fluids. Without regard to his own safety, Officer Hart crawled into the overturned vehicle to rescue three passengers, one of whom was trapped in the vehicle. He was able to free that individual and move all three people to safety.

On October 6th at approximately 9:45 in the evening, Denver Police officers responded to the report of a home invasion near 37th and Fillmore where they witnessed two males run from the house and leave the scene by automobile at a high rate of speed. When the suspects refused to halt after **Officer John Nelson** turned on his emergency lights and siren, he was able to use his police cruiser to bring the suspects' car to a halt, at which time they fled their disabled vehicle on foot. Officer Nelson and another officer who responded apprehended one of the suspects at the scene and then broadcast over their radios the information about the remaining two armed suspects, both of whom were quickly apprehended by other officers who had responded to the area.





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New Northfield Business

Insurance and Financial Office Opens



Angela Williams, on the deck by her new office at Northfield, holds out her hands to signify her company's motto, "You're in good hands with Allstate."

Angela Williams brings a personal touch to the services she provides her clients as the owner of an Allstate Insurance and Financial Services Firm with offices above the Main Street retail in The Shops at Northfield Stapleton. "When I say 'You're in good hands with Allstate,'" Ms. Williams says proudly, "I can say that with confidence because those hands are mine!" Ms. Williams takes pride in being not only a Stapleton resident and Stapleton business owner, but an active member of the community as well where she has served on the Board of Directors of the Colorado Black Chamber of Commerce, and the Porter Hospice and Hospice of Peace. She is also a member of the Denver Metro Chamber of Commerce, the Denver Hispanic Chamber

of Commerce and the Corporate/Business Committee of the Women's Foundation of Colorado. Born in Oklahoma, Angela Williams came to Denver in 1989 after earning a degree in criminal justice from Northeastern State University. She served in senior management positions at Sysco Systems, Inc. and

Qwest Communications before opening an Allstate agency in Littleton in October of 2001. She holds a Colorado Insurance Producer License and a Series 6 Colorado Variable Producer License. Among the services Ms. Williams provides are insurance for auto, home, condo and renters, as well as financial planning needs involving Life, Health, Long Term Care, Disability and Annuities. Visit <http://agent.allstate.com/AWilliams4/Wel> come for more information. Ms. Williams' offices are located above Regis Salon near the children's play area on Main Street in The Shops at Northfield Stapleton. Clients may enter the building at the door marked "Guest Services" and take the elevator to the second floor offices. Call 303.779.8819 for office hours.

Don't Warm Up Your Car In Winter

It's a winter morning ritual for many Coloradans: starting up a vehicle and letting it idle for five or 10 minutes to "warm up the engine" while the driver clears snow from the windows, or even leaves the vehicle to do other things. Most of those drivers are unaware that this practice is not only unnecessary, but can actually damage a modern car.

Unless your car was built before computer-driven systems became common (around the mid-1980s), it shouldn't be warmed up at all. Idling, especially in cold weather, causes partially combusted fuel residue to build up inside the engine. Over time, this buildup damages the car's cylinders and many other components, and also makes the vehicle less fuel-efficient.

Although it takes longer in cold weather for a modern vehicle's systems to reach optimal efficiency, this will happen naturally when driving. Idling the vehicle first does nothing to speed up the rate. "It's more than just the engine," explains Gary Sugihara of AAA Colorado's Approved Auto Repair program. "Wheel bearings, transmission, steering, suspension, fluids and tires take time to adapt on a cold morning, too. This can only happen when the vehicle is being driven."

Prolonged idling also wastes fuel, increases air pollution, makes an unat-

tended vehicle vulnerable to theft and can even earn you a ticket in some places. Ten seconds of idling uses more fuel than restarting the engine, and just 10 minutes of idling per day adds up to an average of 22 gallons of gasoline a year—at current prices, that's \$64 spent on gas that will be simply pumped through a stationary car's engine, out of the exhaust pipe and into the air for no reason.

Worse, the emissions are at a higher level than your car produces when being driven. "The catalytic converter doesn't do its job of controlling emissions until the car has been driven long enough to heat it to operating temperature," says Greg Jozwik, also with the AAA Approved Auto Repair program, "When you idle a cold car, those emissions are passing through the exhaust untreated." Many cities have passed anti-idling ordinances in an effort to lower unnecessary vehicle emissions—Denver, Aspen and Colorado Springs among them.

This winter, make it a goal to remember not to idle your vehicle in the morning for longer than one minute—and that's if the temperature is close to zero or below. In any other case, 30 seconds should be the maximum for a modern car.

-American Automobile Assoc. (AAA), Colorado

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MAKING SENSE OF INVESTING

January 2008

14

Stapleton Front Porch



Sustainability at Stapleton

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

Learn How to Lower Your Energy Bills and Be More Comfortable This Winter!

Get your home buttoned-up for winter with useful, practical advice from certified energy efficiency experts! Xcel Energy, in partnership with home energy auditors from All About Saving Heat, Invisible Energy and Lightly Treading Inc., is offering free presentations on home energy efficiency in the Denver metro area now through April 1, 2008. The workshops are great for HOAs, neighborhood groups, service clubs, church groups and other community gatherings.

The hour-long workshops, conducted by certified energy efficiency experts, will help homeowners learn what steps they can take to reduce energy bills and increase comfort. The information includes low-cost and no cost tips, plus information on larger investments such as which to consider first and which will yield the greatest benefit. Topics covered include insulation, heating, water heaters, windows, lighting and appliances.

To schedule a presentation for your neighborhood assoc. or community group contact Chris Dierker, Xcel Energy Market Communication Manager, at christopher.j.dierker@xcelenergy.com or 303-294-2476.



Recycle Your Tree After the Holidays

It's as easy as can be!

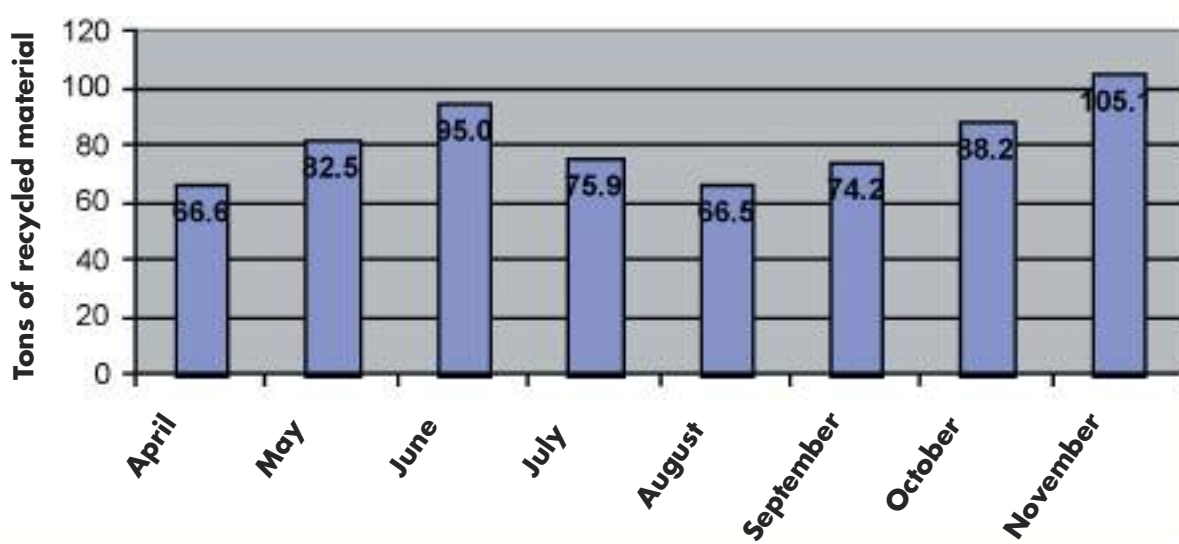
1. Remove all tinsel and decorations from your tree. NO artificial or flocked trees, tree stands or trees in plastic bags. Christmas trees only.
2. Manual & Barrel customers: Set your tree out on your trash collection day near your normal set-out location during the two week period starting Dec. 31st. Dumpster customers: Set your tree out for collection on Dec. 31st or Jan. 7th.
3. Be sure your tree is set out by 7 AM and at least 4 feet away from any containers, bags, dumpsters or other obstacles.
4. Do not place trees in dumpsters.

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Amount of Recyclables Collected at Stapleton



Forest City Stapleton has been receiving tracking information from Denver Recycles on the amount of recyclables collected at Stapleton since April. In 8 months, over 654 tons of material was collected and recycled from Stapleton households. Good job!

Recycling is currently picked up every two weeks and a complete Stapleton route takes three days to complete, so the monthly data listed above does not necessarily represent the exact same number of pickups in each

month. The good news is that the overall amount of recyclables collected is increasing. But there is always more that can be recycled! For example, be aware that paperboard is everywhere - toilet paper and paper towel rolls, frozen dinner boxes, tissue boxes, medicine boxes, etc. Even items that are packaged in hard plastic (like toys) often include paper or paperboard components that can be recycled in your purple carts.

Sustainability Websites

Here are a few websites we find particularly helpful when looking for useful tips on ways to live more sustainably. Check them out!

www.idealbite.com – Sign up for free daily tips from Ideal Bite sent to your email, which cover everything from biodynamic wine to eco-pet products to organic cosmetics. If you are looking for specific information, their website includes a searchable tip library of all past tips.

www.thedailygreen.com – The Daily Green also offers a free daily email newsletter that includes environmental news, recipes for green cuisine and easy eco tips.

www.getrecycling.org – The Recycling Calculator on the National Recycling Coalition's website has fun facts about recycling and allows you to estimate your own impact based on the number of cans, bottles, newspaper or glass containers you recycle.

www.epa.gov/kids – The EPA's Environmental Kids Club has tons of kid-friendly information on sustainability, including games, pictures, stories and activities.

Do you have a favorite sustainability website? If so, email it to mknott@stapletondenver.com with a little bit about why you like it and we'll print it in a future edition of the Front Porch!

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“My Enrichment” Fills After-School Gap



Third through fifth grade students from the “Play On!” after school enrichment class participated in all aspects of theatrical production. They chose a theme, created a

cast of characters, planned costumes and props, and painted the backdrops. On the final day of class they performed the play for family and friends.

My Enrichment is a new business owned and operated by Stapleton resident Molly Killinger to manage registration and find programs for children's after school enrichment activities. As a parent of four, Molly is particularly tuned in to the logistical difficulties of getting kids where they need to be after school. Molly launched her business coordinating programs for children who attend Odyssey, Westerly Creek and Roberts Schools, but plans to expand to provide the same services for other schools in the future.

Numerous good instructors and programs are available, the challenge is the logistics: getting kids registered, keeping the schools informed of their students after school destinations, transportation, and scheduling at the appropriate time. My Enrichment handles all of these issues. My Enrichment provides the forms, times and costs (even broken down by cost per hour) for each program. Molly sends a weekly list to the school showing which kids

are in each program so there's no confusion about where they go as they leave school each day. She organizes "walking school buses" for older students to accompany younger ones to programs in nearby locations. And she works with the providers to offer age-appropriate programs of interest to the kids at a time and location they can attend. My Enrichment adds a small fee to the registration to cover the cost of their services.

Molly is a firm believer in the benefits of after-school enrichment programs for kids. By combining activities for kids from three schools, the program helps build community. The programs allow kids to learn new skills and try activities they wouldn't otherwise experience. And it keeps kids happy, busy and productive at a time when many kids would otherwise be unsupervised, watching TV, or in day care. For more information visit www.myenrichment.com or call Molly Killinger at 303-872-0782.

CU Weight Loss Study Researches How to Lose Weight and Not Gain it Back
Qualified participants receive 4 months of free weight loss treatments

Researchers at the Center for Human Nutrition at the University of Colorado Denver know that the major challenge facing most overweight Americans is not only producing a weight loss but actually being able to prevent weight from being regained. This weight loss maintenance study is the first of its kind and will randomize participants to one of three weight loss maintenance programs following a period of supervised weight loss. The research study is supported by a \$2.6 million grant from the National Institutes of Health.

“There are many different methods to lose

weight, but there are no recommendations for how to best achieve long-term weight loss maintenance,” said Holly Wyatt, MD, principal investigator on the study and associate professor of Endocrinology, Metabolism and Diabetes at the UC Denver School of Medicine. “This project aims to identify how much physical activity and exercise is necessary to prevent weight regain after weight loss.” The study includes weight loss treatment, free physical health assessments, and compensation for time.

For more information call 303.315.4087, ext. 5 or 8, or email emily.schwall@uchsc.edu.

FBI Building Contractor Selected

Photo courtesy of Alex S. Palmer & Co.



Based on the proposed rendering above, the Nashville, Tenn. firm of Alex S. Palmer & Co. was selected by the General Services Administration to build a \$100 million FBI office building at Sta-

pleton. The building will be located on 10 acres east of Sam's Club in Quebec Square. Construction is expected to be underway by mid 2008. The proposed building has over 216,000 sq. ft.

Parkwood Homes Gives Away Mexico Trip

Photo courtesy of Parkwood Homes

Parkwood Homes held a drawing for a trip to Cabo San Lucas, Mexico at it's Nantucket Close homeowners Halloween Festival. The winners were Scott and Regan Petersen. The Petersens have lived in their Parkwood Home for almost a year and have two boys, Cole, 3 and Ryder, 1.



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Words of Wisdom from Couples Who Work Together

The Front Porch asked five married couples who work together to share some of the challenges they've faced to provide "food for thought" to those who might be contemplating starting a business together.



Allison and Larry Saltzer

Larry and Allison Salter own and work together in two businesses: A&L Foods, which sells natural freshly-prepared products to King Soopers; and Sassy Suppers, which delivers

freshly-prepared dinners to customers in Stapleton, Park Hill and Lowry. Larry handles the day-to-day operations, production, accounting and new products and Allison does the marketing.

"One of the biggest challenges in working together is respecting each others' workstyles. Larry and I have very different ways of approaching a similar situation. And of course, we each think ours is the best way! It's taken several years for me to learn to just 'let go' and trust that he's going to be just as successful doing something HIS way, as he would have been doing something MY way. We've also both learned that 'it's not always what you say but how you say it.' While that's true overall in a marriage, it's especially true when you're in business together.

"The other difficult part is learning when to 'turn it off.' I like to 'chat' before we go to sleep. Larry's not much of a chatter – he's kind of like, 'What, have we not been TOGETHER all day?' We've learned to set specific times after our son is asleep (many times over cocktails on our front porch) to strategize on the business. That way it doesn't infiltrate into our family time or together time."

Photo courtesy of Michael & Diana Kearns



Michael and Diana Kearns

Michael and Diana Kearns are the Managing Brokers for RE/MAX City Horizons @ Stapleton. Five years ago Michael left the corporate world and joined Diana in Real Estate.

"The biggest drawback to working together is finding a way to turn off work. All the so-called 'experts' will tell you that you have to separate your work life from your personal life, but that is often easier said than done. Our advice? Be realistic about separating your work life and personal life. Don't expect that you can turn one off and the other on. Be comfortable with the fact that some work discussions will occur over dinner and even on vacation. Recognize that reality, and then move on. When we go out to dinner we know that there may be some work discussion, but we try to keep it limited – trying to avoid work completely just wouldn't be realistic. When we go on vacation, I take a little notebook to write down business issues, ideas, etc. that we need to talk about, and then I try to put them aside until we're back home. Define "balance" as it works for you, and take some time to make sure that your partner shares the definition."

Photo courtesy of Alex and Stacy Neir



Alex and Stacy Neir

Stacy and Alex Neir of Kentwood City Properties have worked together as real estate consultants for almost four years.

"Four years ago, Alex got to a point where he was very unhappy with his prior job and it was starting to affect our marriage. One day out of the blue he decided he was going to join me in the real estate business. I was very nervous about this because I felt it would either make or break our marriage. Not only would be living together but we would be working together 24/7! We would commute to the same office together and even work in a small 12x10 office together, which I thought would be very similar to prison. To my surprise, we became a very strong team – both our business and our marriage became stronger.

"Some of the challenges include spending every waking moment together, being thoughtful as a spouse yet firm as a business partner and keeping it professional while in the office. It's difficult giving affection to your spouse in the office without being inappropriate around your colleagues. Most of our disagreements now are about small things, such as who is going to drive the car into the office that day, who is going to pick up the lunch tab or what color our website is going to be.

"Our extended family is also involved in real estate. When we sit down for dinner we have heated debates about the market and real estate in general. Alex and I constantly talk about real estate, which sometimes takes away from our personal life. We get away from business by traveling, that's when we can just focus on us and being married."



Karen and Mike Giles

Mike and Karen Giles operate Mike Giles Family Martial Arts & Fitness Center in Stapleton's Quebec Square.

"The greatest thing about working together is the

teamwork. We are able to share our ideas and make them work and we don't have to worry about gossiping office mates trying to take our job. We know how to give each other space when we start to feel like astronauts thrown together in a small space for a long period of time.

"The down side – we sometimes disagree and we have to search for someone impartial to weigh both sides and help us jump a hurdle. We are opposite people, yin and yang, so we have different work rhythms, daytime person, night time person, but we manage to meld them together and it works well for our business. Dividing job duties – and keeping each other on task can be challenging. And having a passion for what we do makes for few moments when we don't talk about work, but somehow we make it happen. It's all about balance and love of course."



Todd and Krista Meikle

Todd and Krista Meikle started WedStudio, a wedding website company, five years ago. Todd handles the sales and business development while Krista does the marketing, public relations, customer service and business operations. They run WedStudio in addition to their other jobs.

"Running a business together was an easy transition for us. However, we did struggle with sharing office space out of our home and pretending to (continued on page 18)

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Words of Wisdom...

(continued from page 17) be a "bigger" company than what we were. We remember having conference calls with potential new business partners, in our cramped little bedroom office, fingers hovering over the mute button just in case the dog barked. We still have those conference calls today, only now we mute to drown out a barking dog AND crying kids. We managed to work through our office space confinements by learning to respect each other's work space and work style. Todd gets the office since he is most productive behind a desk and I use my laptop wherever I feel like working that day – at the kitchen table, in front of the fire or on the couch. It's easy when you're in business for yourself to let the day get away from you, so we TRY to set diligent office hours out of respect for our children and to help us maintain focus."

Girl Scouts Volunteer for Teddy Bear Project



Students from Bill Roberts School worked with a local girl scout troop to collect over 350 gently loved stuffed animals for the Teddy Bear Project. These animals are given out through the Child Rescue Foundation during the holiday season and the rest of the year.

Autism

(continued from page 1) Dr. Noah describes some red flags parents can watch for in their children. "These include no babbling or pointing by 12 months, no single word by 16 months, no 2-word spontaneous phrases by 24 months, and loss of language and/or social skills at any age," he says. "Parents and doctors should also watch for signs of developmental regression, either gradual or sudden. These signs might include loss of non-verbal communication like waving and pointing, loss of verbal skills (25-35% of ASDs begin to say words and then stop speaking between 15-24 months of age), and loss of social skills (including reluctance to make eye contact)." Other clinical signs of ASDs include social skills deficits, repetitive behaviors, and possible significant language delays. Any of these red flags would prompt immediate evaluation.

If screening at well checks indicates possible concern for an ASD, there should be parental education of ASDs and a discussion of early intervention. "Studies have shown substantially better outcomes for children with ASDs with early intervention, including better communication and social skills and decreased maladaptive behaviors," says Dr. Noah. "Early intervention techniques might include speech and occupational therapy (including working on daily activities like eating, getting dressed, etc.), hearing screenings, active educational environment with plenty of one-on-one time, and family teaching to learn how to deal with a child with an ASD. Complimentary and alternative therapies with music and movement can also be helpful in treating kids with Autism."

Dr. Noah goes on to say the autism/vaccine discussion comes up daily in his practice due to the immense information discussed on TV and on the Internet. "There is no scientific evidence that there is a connection between the current vaccines (other than some flu vaccines, all vaccines are

available preservative-free) and autism," he says. "There is also no scientific evidence to suggest that spreading out the vaccines will have any impact on developing autism. The controversy probably stems from the facts that autism is usually detected after age 1 when certain vaccines are given to children; that older vaccines had thimerosal and mercury (we now know these are not good for brain development); and that we currently do not have a definitive explanation for the cause of autism. I generally explain all of this to parents and also make sure they understand the benefits of vaccinating against illnesses that can be very harmful if contracted by children. Obviously, parents make their own decisions about whether or not to vaccinate, but I believe they need all the facts that we know today in order to make an informed decision."

Dr. Noah Makovsky and Dr. Brandon Davison-Tracy may be reached at Stapleton Pediatrics, located at 2975 Roslyn St., Suite 100. Call 303-399-7900 or visit www.stapletonpeds.com.

Autism Network Expands

Autism Speaks, the nation's leading autism advocacy organization, has announced that the Autism Treatment Network (ATN) will triple in size, expanding from 5 sites to 15 sites across the United States and Canada. Among the new additions to the network are faculty at the University of Colorado Denver School of Medicine and The Children's Hospital. These are the only facilities in the network in the Rocky Mountain region. The network aims to develop common clinical standards for medical care for individuals with Autism Spectrum Disorder (ASD) and to increase the pool of autism medical specialists through trainee mentorship and outreach to community-based physicians. For more information, visit www.uchsc.edu.

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"Listening Therapy" for Auditory and Sensory Processing Disorders



Christina Sevilla (right) shares a light moment with Emily, 10, who has problems with auditory processing. Emily's teacher has noticed improved attention and focus since beginning listening therapy.

By Kathy Epperson

Stapleton resident and occupational therapist Christina Sevilla recently opened The Denver Listening Center in Lowry. "My specialty combines occupational therapy with auditory stimulation therapy, also known as Listening Therapy," she says. "We treat children and adults with ADD/ADHD, (Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder) learning difficulties, dyslexia, Autism, and auditory and sensory processing disorders."

Christina explains that occupational therapy

is one of the most commonly prescribed therapies for children with Autism. "As an occupational therapist with a background in sensory integration treatment from two major Children's Hospitals (Denver and Los Angeles), I have always looked for ways to increase the efficacy of occupational therapy, and to affect positive changes as rapidly as possible," she says. "Research suggests that efficient auditory processing is a key factor in improving the lives of children with sensory processing problems, and the emotional, behavioral and learning issues that are associated with numerous diagnoses, including Autism."

In children with Autism, ADHD and other disorders, hypersensitivities are common. "In many cases, the intensity of incoming sensations, including sound, can be extremely uncomfortable," Christina says. "Hypersensitivity to sound is a contributing factor to poor language, behavior, social skills and overall interaction with our environment." She goes on to distinguish between hearing (the passive ability to perceive sound) and listening (an active process requiring the ability to focus and simultaneously filter out unwanted sensory input). "Frequently, people with autism and other sensory processing issues listen predominantly with their whole bodies through their bones, which are excellent conductors of sound," she says. "They are unable to adequately filter irrelevant sound frequencies using their ears. This sensation of feeling sound before hearing it often causes anxiety, frustration and the tendency to shut down."

The listening therapy Christina employs was developed by Dr. Alfred Tomatis, a French physician who specialized in the ear, nose, and throat and who spent more than four decades researching and treating thousands of clients. His auditory stimulation therapy is a commonly used treatment throughout Europe today and can be used with children as young as two years. The only prerequisite is the ability to wear customized headphones.

Listening therapy desensitizes the bone conduction response, making the ears the primary entrance for sound, thus enabling sound to be processed properly. "This desensitization is done while listening to classical music with gentle vibration built into specialized headphones," Christina says. "The muscles of the middle ear are simultaneously being stimulated and re-trained to process sound more efficiently, allowing the ear to effectively filter unwanted sound. When the ability to filter unwanted sound is restored, the innate desire to pay attention begins to emerge. For children on the autistic spectrum, auditory stimulation is not a cure, but a way to attenuate autistic symptoms, thereby significantly improving the life of the child."

Christina combines listening, movement and visual stimulation because these three systems are vital to our ability to pay attention, learn, process information and coordinate movement. She says

many results are seen within a few weeks, though improvements continue over longer periods of time. Typically treatment programs last approximately three to four months, including two breaks to allow changes to integrate. She also mentions auditory stimulation as an effective, drug-free alternative to treating ADHD.

For more information visit www.denverlistening.com, call 303-344-4100 or email info@denverlistening.com. For more information about Dr. Tomatis' listening therapy, visit www.tomatis.com. The Child and Family Therapy Center (www.denverchildtherapy.com) is located at 495 Uinta Way, Suite 120 in Lowry and also offers psychological testing and counseling.



The simultaneous stimulation of movement, listening and visual systems requires the brain to integrate multi-sensory information.

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S.U.N. Meetings are open to the public
The next SUN Board meeting will be held at 6:30pm,
Thursday, Jan. 24 at the MCA Community Room.
www.StapletonUnitedNeighbors.org

SUN Needs Your Help: Join The Board Today or in May

By Mark Mehringer

Two Board Members, President Michael Johnson and Bernard Douthit, have announced their resignation from the SUN Board, leaving two vacancies to fill. If you would like to jump right in and help build this development into the community you hoped it would be when you moved here, please email us at StapletonUnitedNeighbors@gmail.com with a brief statement of interest.

Both of these seats will be up for election, along with 5 other, in May. If you are interested in running for one of those seats (which are two year terms) you will need to submit a letter of interest by mid-March, which will then be published in the April SUN Spot, in advance of SUN's May Annual Meeting and Elections. Once again, a letter of interest should be emailed to StapletonUnitedNeighbors@gmail.com. Exact dates and deadline for the May SUN Election and Annual Meeting will be announced at a later date, and posted on SUN's website at www.StapletonUnitedNeighbors.org. SUN will form a recruitment committee soon to manage the election process, and recruit a slate of interested candidates.

Year in Review and Challenges for 2008

By Mike Johnson, SUN President

The Year in Review

SUN's purpose is to promote community among Stapleton residents and represent the neighborhood in dealings with the folks who make decisions about Stapleton at the City, Forest City and City-sponsored organizations such as the Stapleton Development Corporation (SDC) and the Stapleton Citizens Advisory Board (CAB). SUN has done a great job promoting community through its annual early summer neighborhood-wide block parties and fall kickball tournament, by reaching out to residents through the block captain communication network and by organizing community forums that provide information on hot topics. SUN also has acquitted itself well in facilitating solutions to a variety of specific issues with the folks who make decisions about Stapleton. Until recently, however, SUN's work on neighborhood issues has been case-by-case based on concerns raised by individual residents in reaction to decisions that have already been made by decision-makers or projects have already been constructed. After many frustrating attempts to change decisions that have already been made or to modify development that has already occurred, in 2007 SUN focused on getting SUN and Stapleton residents involved at the front end of the decision-making process so that resident concerns can be taken into account before decisions are made and before projects are constructed.

SUN/CAB Communications Committee

One of the impediments to influencing the decision-making process at Stapleton is figuring out who makes the decisions and how. Thanks to the Herculean efforts of Mike King, SUN's immediate past-President, Bev Haddon and the Stapleton Foundation, Dick Anderson and SDC, Tom Gleason and Forest City and all around good neighbor Jake Calabrese, a new joint SUN/CAB Communications Committee will soon publish a series of flow charts that will explain the who and how of decision-making at Stapleton in manner that we can all understand.

CAB Committees

SUN members are now attending and providing neighborhood input at the regular monthly meetings of CAB committees and then reporting back to SUN at SUN's regular monthly meetings. (CAB committees advise CAB. CAB advises SDC. SDC administers the master development agreement with Forest City.) These CAB committees include the Zoning and Planning Committee, which reviews all development plans; the Parks Advisory Group, which reviews development plans for and deals with the operations of parks and open space; and the Housing Diversity Committee, which reviews plans for and advocates for affordable housing.

Transportation

The SUN Transportation Committee and the Stapleton Transportation Management Association (which is part of the Stapleton Foundation) have coordinated their efforts by attending each other's meetings, working on transportation issues and projects together and reporting to CAB and SDC jointly.

Design Review Board

A SUN board member sits on and provides neighborhood input at the regular monthly meetings of and reports back to SUN regarding the actions of the Design Review Board, which reviews and must approve all buildings at Stapleton and the street layout and other design features of tracts larger than 10 acres.

Challenges for 2008

SUN's biggest challenge for 2008 is finding more volunteers who are willing to help us with our good works. SUN is a 100% volunteer organization. Many of our current volunteers have contributed hundreds of hours to SUN activities. They have families and work demands just like you do. We need your help. Please join us at one of our regular board meetings on the fourth Thursday of January through October (and the fifth Thursday in November) at 6:30 p.m. at the Master Community Association community room at 2823 Roslyn Street or visit our website at www.stapletonunitedneighbors.com.

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Stapleton Snow Removal

Major Roadways and Arterials are the responsibility of Denver's department of Public Works. Snow removal on these designated roadways starts prior to every snow event and continues through its completion. Roads are placed in different priority levels and are addressed as equipment becomes available.

Neighborhood Streets are not addressed on a regular basis by the City unless a "Major Snow Event" of one foot or more occurs. The City's policy for Major Snow Events can be found on the StapletonCommunity.com website.

Neighborhood Sidewalks are the responsibility of the adjacent property owner or Sub Association. When the sidewalk is located adjacent to a community park or parkway the Stapleton MCA will remove snow. When the sidewalk is located adjacent to a Regional Park (East West Greenway, Westerly Creek) Denver Parks and Rec will be responsible for snow removal.

Neighborhood Alleys are to be routinely maintained by the adjacent property owner or Sub-Association. In the event of a "Major Snow Event" as defined by the City of Denver, The Stapleton MCA will initiate its emergency snow removal plan.

During Major Snow Events the snow removal plan will include the continuous use of heavy equipment, light equipment and hand work to remove snow from alleys, intersections and major pedestrian paths. Alley work will be limited to the removal of



Keven A. Burnett,
Executive Director

enough snow from the alleys so residents can access their garages. This emergency only procedure involves attempting to open up a single drive lane through each alley in the community. The drive lanes will not be scraped down to pavement, to eliminate the need to truck any snow off site. This allows us to expedite the process ensuring that we can get to everyone's alley within the shortest period possible. This procedure does not negate individual property owners from participating in the snow removal during these types of storms.

Although we are unable to address the complete removal of snow on the roads, it is our goal during a major snow events to remove enough material to allow for some level of travel in and out of the alleys. Paths and parks are done to open up some level of pedestrian travel. We will continue to address all the pocket parks and pathways to ensure that they are as snow free as possible to promote pedestrian access throughout the community.

It is our goal to coordinate with the other agencies and private property owners such that we can address the urgent needs of the community utilizing our current resources.

Keven A. Burnett, Executive Director

CU Intern Reflects on His Semester at Stapleton

(Editor's Note: Brad Revare is a student enrolled at the University of Colorado – Boulder. He spent this past semester as a intern at Forest City Stapleton through the Presidents Leadership Class.)
By Brad Revare

It takes quite a bit of effort for a twenty year old guy to use the adjective "pretty" when describing anything other than the fairer sex. As unlikely as that seems, this is the word I use when telling people about Stapleton.

At first, I thought it was peculiar how everything looked so neat and tidy as opposed to more haphazard natural growth that I am used to in older areas. Stapleton had that indescribable "new" smell, but that soon gave way once I began interning under Tom Gleason at Forest City.

He pointed out the nuances of the development as well as the ideals Forest City is striving for. These ideals were set as goals in Stapleton Development Corporation's Green Book, ideals such as diversity, environmentalism and community building.

Working towards the ideal of diversity is what I deduced as the most important aspect of Stapleton, and is the surrounding community's greatest hope. To live amongst the wealthy, those just starting out, and around those with varied life experiences all without segregated divisions of neighborhoods is a

hopeful symbol of America's melting pot. As an intern, I also learned that Stapleton isn't perfect. Because of the sub-prime mortgage crisis, it has been hard to fulfill promises and commitments of affordable housing and total economic diversity. It is also hard for those people who work in Stapleton to live there. But in my opinion, people must keep the faith. I've attended town hall meetings; I have listened to the complaints of residents and read the bad press. One has to believe that people wouldn't show such outrage if they didn't believe passionately in what Stapleton stands for and what it could be. I don't want this passion to stop and even though it gives some of the employees of Forest City grief, they don't want it to stop either. Forest City has invested millions of dollars into Stapleton and plans to be here for many more years. Believe it or not, but real estate developers and local governments around the country, and even around the world are paying attention to what happens with this town. Stapleton residents are on the ground floor for a grand experiment that could redefine how communities are formed and developed. I'm fortunate enough to say that I have been behind the scenes at Forest City during this experiment and have learned an immense amount because of it.



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Lisa Davidson, M.D.
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With a brand new year approaching, it's easy to feel the pressure to make a New Year's resolution. That can be a daunting task...but it doesn't have to be.

The key is to find one thing that you can really commit to. Your world doesn't have to turn upside down to make a change in your life. The following are a few small ideas to start you on the path.

Losing weight. Statistics show that if people "crash diet," there is a 90% chance of gaining back all of the lost weight *and more* within the first year. The key is to make a permanent change in the way you eat. Many people eat for emotional reasons: stress, loneliness, boredom. If that's the case, it's important to figure out what need the food is satisfying and fill it with something else. There are some simple ideas as well...cut portion sizes in half, do not eat after 7pm, and restrict calories that come from liquid (a medium mocha is about 360 calories...1/4 of the daily calories in a 1500 calorie diet). Make sure to have your thyroid checked, and if you are still having trouble, consider getting help from your doctor.

The "Magic Pill" It exists. It gives a person more energy, improves sleep, blood pressure, diabetes, self image, and much more. It's also available without a prescription. Where can you get it? It's right outside your door....it's exercise. Now don't say "I don't

have time to exercise." It's not a matter of time; it's a matter of commitment. Decide that you are going to do it, and start slowly. If you are not used to regular exercise, start with just ten minutes, three times per week. Build up from there. Make it as easy on yourself as possible. There are so many options for exercise: walking and biking trails, and nearby exercise programs and facilities.

Going natural. Your resolution may be to start doing things "more naturally." You may want to start a vitamin or supplement of some sort to help with sleep, energy, or stress. Be careful...there can be serious drug interactions between prescription medications and herbs. Do not try to "self treat" with herbs, and do not feel like you have to take twenty different supplements to feel better. It's wise to seek advice from a knowledgeable source, preferably one who does not make a direct profit from selling you a particular product label.

Up in smoke. Quitting smoking is getting easier all the time! The newest medication, at least in my practice, has proven a 90% success rate, which is better than the original clinical trials. When you quit, do it for yourself. No one can force you to stop. Ask your loved ones to be positive and supportive, and not to police you. Colorado also has a great website: www.co.quitnet.com, which offers free support services for smoking cessation.

Change is possible. It doesn't have to be earth-shattering and it shouldn't be overwhelming. Start slowly, and stay positive.

Lisa Davidson, M.D. is a Stapleton resident who has a family medicine practice located in Lowry.

Taylor-Morgan Chapin, Soulfire Fitness

Walk your Talk! You talk the BIG game; you pile up the BIG plate; you drink the BIG latte and now you take up the BIGGER space on the couch; buy the BIGGER pant size and your risk for all major diseases is BIGGER. Welcome to the unhealthy world of being the normal American where BIGGER is the nice way to say overweight, over-fat and obese. Your New Year's resolution will have something to do with losing all that has become BIGGER. Let's try a different approach and one that can work for you. Let's move with small steps.

Do what you say you will do and do it with movement. Use this as your mantra and you will see results. You expect your children,

your friends and even your boss to *do what they say they will do*, ok, then expect the same from yourself and let's start SMALL and get BIG results.

All movements count towards your health and fitness: small portions; small changes in lifestyle habits; small movements. Park farther away when you go shopping to walk those extra steps. Try push ups on your living room wall. Take the steps whenever possible instead of the elevator. Whether you are walking the dog, shoveling snow or having a snowball fight with the kids, use both hands and both sides of your body. Try getting off the couch without putting your hands behind you for that extra push. These small movements add up to BIG healthy changes.

Do what you say you will do and do it with movement, and this year, you will find fitness and success.

Taylor-Morgan Chapin is the owner and Chief Exercise-Ologist of SoulFire Fitness. For more information about Cardio Boot Camp classes and private training visit www.soulfirefitness.com, email SoulFire Fitness@hotmail.com or call 303-993-3111.

Tom Downey, Denver Children's Museum



get moving! Building snowmen is great fun

Living Healthier in t



Participants work out under the guidance of Taylor-Morgan Chapin in a Soulfire Fitness class.

and helps develop gross motor skills. Try dressing the snowman up in old Halloween costumes for a twist. Create your own snow sculpture zoo! Snow turtles are easy. Start with a large mound and add a head, legs and a tail with smaller snowballs!

When it comes to playing in the snow, nothing beats sledding! If you don't have a sled, use what you can find around the house to race down the hills! Cookie sheets, garbage can lids, and large pieces of cardboard work great! You can even create your very own Winter Olympics! Have sledding races and jumping contests! Jumping can be tricky in the snow, but it helps keep kids extra active.

When you come inside from the snow and cold, have a healthy snack waiting! Crunchy vegetables with dip and fresh fruits are always your best bet! Consider warm apple cider with 100% fruit juice to help thaw the family!

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n the New Year (continued from page 1)



Mike Giles demonstrates karate.

Brandon Davison-Tracy, M.D. Stapleton Pediatrics



"On a daily basis, we at Stapleton Pediatrics, deal with the complications of childhood obesity and empathize with the challenges this presents to the family. Certainly the causes are varied and complicated, but

we do know that 'activity' works well to keep adults and kids at a healthy weight. The challenge for us as parents is to practice what we preach. Instead of looking out the window and telling the kids to 'go outside and play,' we should say 'I'm grabbing the sleds!! Who wants to race me down the hill?!!' If we model what we want for our children, the entire family will be healthier. Enjoy the snow and I'll race you to the bottom of the hill!!"

Karen and Mike Giles, Mike Giles Family Karate

We think the way to a healthier lifestyle is by making small changes. If you usually eat fast foods or unhealthy foods three times a week, make it a one time a week venture. Eliminate a stressful part of your life by going to bed earlier and not working late every night of the week. Life is too short.

If your only work out is the remote control five nights a week, turn off the television and start a work out program, even once or twice a week. (We hear karate is great!)

Slow down, allow your kids to dress themselves, wear different colored

socks, and eat a pop tart for breakfast occasionally. Less stress means a healthier lifestyle.

We are all human so change is never easy. Just make small healthy changes and as you start to feel better, you will want to do more and maybe this year those New Year resolutions will last past March.

Stapleton Foundation's Be Well Health and Wellness Initiative

This is a grassroots movement of communities coming together to take charge of their health and wellness.

Healthy eating and active living, key components of this initiative, can be an exciting part of everyday life. Although gym memberships, trainers and nutritionists are important resources, taking small steps such as parking further away, using the stairs, eating smaller portions and baking or grilling instead of frying can be of as much of a benefit and more cost effective.

It is also important to learn about the resources in or near your community.

The Passport to Healthy Living Program is a series of free health education and excise sessions offered to residents in Stapleton and the surrounding communities throughout the Spring and Summer. Classes are held in the community and are facilitated by licensed professionals.

Visit www.stapletonfoundation.org or call 303.468.3222 to learn more about this program and other Health and Wellness resources offered by the Stapleton Foundation's Be Well Health and Wellness Initiative. Also, look out for "BeWellConnect.org," a new online community portal of health and health-related resources for Stapleton and the surrounding communities coming this Spring.

New Retail & Storage Space Coming Soon



The Advanced Self-Storage facility on Martin Luther King Boulevard near the fire station will offer approximately 7,000 square feet of retail space, as well as storage rental, starting in the spring of 2008. Further information on this retail space can be obtained at 303-572-7700. Information on storage rental space can be obtained at 303-308-0929.

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