New Guidelines for Autism Screening

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 neurodevelopmental 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 allows Denver kids to join 4-H and raise their animals 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 6)
## Calender of Events

### Monthly
- **New Resident Orientation Meeting**
  - Call 303.388.0724 for date & location
- **AA Open Discussion Meeting**
  - MCA Community Room 7:30pm
  - 2823 Roslyn Street
  - Joe Mc at 303.912.7075
- **Weekly Wednesdays**
  - Buff Lake Nature Center 9-12am
  - 303.945.6717
- **3rd Tuesday**
  - Stapleton Business Assoc. Bank
  - Call for location 303.393.7700
- **1st Wednesday**
  - “1st Wednesdays” Home-based businesses
  - [Check StapletonLife.com for time & place—most meetings 1:30pm - 4pm]

### Every Tuesday
- **AA Open Discussion Meeting**
  - Stapleton Development Corp (SDC)
  - 7750 East 29th Ave 7:30 - 9am
  - [SDC 303.393.7700]

### Every Wednesday
- **Weekly Weeders**
  - Bluff Lake Nature Center 9-12am
  - [303.945.6717]

### 3rd Tuesday
- **Stapleton Business Assoc. Bank**
  - 2823 Roslyn Street
  - [stapletonneighbors@msn.com]

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

### 2nd Saturday
- **SUN 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)
  - 7750 East 29th Ave 7:30 - 9am
  - [SDC 303.393.7700]

### 4th Thursday
- **SUN Board Meeting**
  - Stapleton Development Corp (SDC)
  - 7350 East 29th Ave. 7:30 – 9am
  - [SDC 303.393.7700]

### 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 720.423.8893: http://soco.dpsk12.org/]

### February
- **Tuesday, February 5**
  - Democratic & Republican Political Caucuses 7pm
  - [www.coloradodems.org and www.coloradoadems.org]
  - [see page 9]
TRAIN WITH THE PROFESSIONALS!

Choose from six camps, all run by Colorado Rapids players and coaches, and held at Dick's Sporting Goods Park. The camps of the Rapids Soccer Academy are designed for kids ages 5-18. The first sessions begin in April, so don't delay, sign up today!

- DEVELOPMENT CAMP
- STRIKER CAMP
- GOALKEEPER CAMP
- OVERNIGHT MINI CAMP
- KICKIN' KIDS CAMP
- PARENTS' CAMP

FOR MORE INFORMATION AND TO REGISTER, visit www.coloradorapids.com or call 303-727-3575.

SPECIAL OFFER: Enter promo code SKILLS for $5 off registration fees!
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 stock 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 1 pm and Tuesday, Jan. 22 at 6:30 pm 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 5 pm and Sunday Jan. 20 at 4 pm.
– 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 marshall, 30 head of longhorn will be herded, and there will be numerous other animals as well as floats and bands.

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.

Photos courtesy of the National Western Stock Show

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 6-8 pm 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.

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Bottom: In the Super Dog Show, dogs do comedy acts and aerial and agility moves set to music.
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 grew up in Utah and moved to Seattle and Orlando before living in Stapleton last year. He describes himself as a people-person. “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.

Mo Reinforcement on Survivor is at www.cbs.com/primetime/survivor15.
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

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.

These projects are 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.

By Chris Adams

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 home buyers 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.stapletonanddenver.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.

For sale

8341 E. 29th Ave $389,950

Great 4 bedroom, 2 bath Ranch in Hunters Run! This end unit features a main floor master, finished basement, attached garage, and spacious yard. Great location near Central Park, the Town Center and pool.

9661 E. 26th Ave $374,950

Great 4 bedroom, 4 bath home features a open floor plan, finished basement, and a perfect yard for entertaining. Located across from future 23 acre dog park. Why wait for new construction? This home is ready today!

Wolfe & Epperson presents...

2970 Clinton St $995,500

Exquisite Urban Estate Home with neighborhood mountain upgrades – 4 bedroom, 3.5 baths, high-end finishes, and breezes throughout main floor and master, finished basement, and 3 car garage.

Special! 10% OFF!

Colorado Garage Concepts

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

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

Visit our beautiful showroom
13 E. Harvard, Suit B2, Denver, CO 80210 www.coloradogarage.com

303-682-4052

Galvanized Tub for a Flat Fee Estimator

Colorado’s Premium Garage Storage Tub Gold
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. "Tim20 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 garage," he explains. "She didn't even complain during last year's record setting winter!" Steve and wife Gretchen share their home in "Pikkauntville (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.
Since You’ve Asked

How much energy is saved by the use of Compact Fluorescent Light Bulbs (CFL)?

If every American home replaced just one light bulb with an ENERGY STAR qualified compact fluorescent light bulb, we would save enough energy to light more than 5 million homes for a year, more than $600 million in annual energy costs, and prevent greenhouse gases equivalent to the emissions of more than 800,000 cars.

ENERGY STAR qualified CFLs provide the greatest savings in fixtures that are on for a substantial amount of time each day. At a minimum, ENERGY STAR recommends installing qualified CFLs in fixtures that are used at least 15 minutes at a time. The best fixture to use qualified CFLs in are usually found in family and living rooms, kitchens, dining room, and bedrooms, as well as in outdoor fixtures.

Do Compact Fluorescent Light Bulbs (CFLs) contain mercury?

Yes, CFLs do contain a very small amount of mercury (about the amount that would cover the tip of a ballpoint pen), but no mercury is released when the bulbs are intact and in use. CFLs last about 10 times longer than standard incandescent bulbs so it is not necessary to dispose of them very often.

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 Recycle 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, click on the Products link to lighting, CFLs 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.

How can I do with wire hangers and other unwanted items?

If in good shape, wire hangers should be taken back to the dryer 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 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@demi.denver.co.us for an explanation.

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

Recyclables provide manufacturers 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 diesel 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 FreeFest program runs from December 31st through January 15th. 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 Kingbury.
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.

New Extended Hours

We now offer Killarney OB/GYN appointments as early as 7 am on Mondays and Wednesdays, to accommodate your family's busy schedules.

We are also excited to offer PREGNATAL MASSAGE performed by certified prenatal massage therapists from Bridges Integrative Health Services. These add-ons are our way of showing you just how much your health and wellbeing is the focus of our care.

Please call 303-403-6333 today to schedule your appointment and to learn more about our evening appointments and prenatal massage.

Stapleton OB-GYN

2907 Rodger Street
(inside the Stapleton Town Center behind Bag generic)

303-403-6333

LEADING BY EXAMPLE

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Stapleton Front Porch

January 2008
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 Wild 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 10:30am. 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 others scheduled programs.

The past is the past.
Make a Fresh Start in 2008.

You are welcome to join us. New beginnings, hope, and encouragement are experienced here weekly.

Northfield Church
Westerly Creek Elementary School • Sundays at 9:05 a.m.
contact@northfieldchurch.com • www.northfieldchurch.com • 720.985.6610

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 Brisket Dance.
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.vintagetheatre.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 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 Valentina 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 HoloSpect glasses, which magically transform the lights into shimmering snowflakes. Now 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.
“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.acetheatry.com/GirlsOnly.

Three fans go in search of Tamara Tomorrow, who disappeared in the early 1970s, 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, 7655 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.

Firehouse Theater – Jan. 11 - Feb. 16
“Music From a Sparkling Planet”

Avenue Theater – Jan. 18 - Feb.24
“Girls Only” is a Humorous and Honest Celebration of Womanhood

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 a.m. - 2pm at the Most Blessed Sacrament Gym, 1975 Elm St., Denver, CO 80220. To purchase tickets, email info@discchool.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.discchool.org.

Care For Your Entire Family
From Infants to Seniors
Relaxing atmosphere & courteous staff
Same day appointments
Short wait times
Efficiency of electronic records
Well care and immunizations
Prompt sick visits, chronic disease management
Labs drawn on-site

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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.

Researchers 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 meditation. 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 quieting itself. 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.

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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 get off 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 suspect, 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 on his emerald lights and siren, he was able to use his police cruiser to bring the suspects’ cart to a halt, at which time they fled their disabled vehicle on foot. Officer Nelson and another officer 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 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 6 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 sirens, 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 assisted the other officers in placing the suspect into custody before dealing with his own pain and injuries.

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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 2001, 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.

Make sure not to do this for more than 30 seconds. Untreated emissions inside the engine produce less than your car produces when in motion for a modern vehicle’s systems.

This winter, make it a goal to remember not to idle your vehicle in the morning for longer than one minute—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 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 Ass’n (AAA), Colorado

New Northfield Business Insurance and Financial Offices 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, 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 ‘You’re in good hands with Allstate’,” Ms. Williams, a member of the Denver Metro Chamber of Commerce, the Denver Hispanic Chamber of Commerce and the Corporate/Board Committee of Colorado’s 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 Quest Communications before opening an Allstate agency in Littleton in October of 2001. She holds a Colorado Insurance Producer License and a Series 6 Colorado Viable 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/Williams/Welcome 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 Ms. Williams’ offices.

Cliffs of the Denver Metro Chamber of Commerce, and the Denver Hispanic Chamber of Commerce, the Denver Hispanic Chamber of Commerce and the Corporate/Board Committee of Colorado’s 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.

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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 association or community group contact Chris Dierker, Xcel Energy Market Communication Manager, at christopher.j.dierker@xcelenergy.com or 303-294-2476.

Amount of Recyclables Collected at Stapleton

<table>
<thead>
<tr>
<th>Month</th>
<th>Tons of recycled material</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>26.6</td>
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<tr>
<td>May</td>
<td>66.5</td>
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<td>June</td>
<td>46.0</td>
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<tr>
<td>July</td>
<td>67.8</td>
</tr>
<tr>
<td>August</td>
<td>74.2</td>
</tr>
<tr>
<td>September</td>
<td>58.2</td>
</tr>
<tr>
<td>November</td>
<td>66.1</td>
</tr>
</tbody>
</table>

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 646 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 tops) 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.tendailygreen.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 melknot@snapletondenver.com with a little bit about why you like it and we’ll print it in a future edition of the Front Porch!
“My Enrichment” Fills After-School Gap

My Enrichment is a new business owned and operated by Stapleton resident Molly Killingert 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, Wesley 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 Killingert at 303-872-0782.

Ready to get in shape this year?
Bladium Sports Club has over 5000 pounds of free weights, 16 Circuit Training Stations, more than 25 Cardio Machines, Pilates Reformers, Group Exercise Classes and more - all this and memberships start at only $30/Month!

BLADIUM SPORTS CLUB
303.320.3933 www.bladium.com 3400 Central Park Blvd

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Super heroes to the rescue!
For your child’s next birthday party, Blue or Red, call 720-945-1234 or email info@guardianheroes.com

A WILD SMILE
Pediatric Dentistry
Jungle safari or dental office... Hard to tell - INNOVATIVELY FUN!

Hypnotherapy for Women’s Health, LLC
Experience a healthier and happier you — Accomplish your New Year’s Resolutions with Hypnotherapy!

Jennifer Welch CCCH, MT-BC
www.womenshealthhynosis.com

FBI Building Contractor Selected
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 Stapleton. 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.

Photo courtesy of Alex S. Palmer & Co.

Photo courtesy of Parkwood Homes

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

Photo courtesy of Parkwood Homes

CU Weight Loss Study Researches How to Lose Weight and Not Gain it Back

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 $2.62 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.schwab@uchsc.edu.
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 Saltzer own and work together in two businesses: All and Dime, which sells natural, fresh, prepared food to King Soopers and Saucy 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 other’s 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.”

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

“For years, 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 he 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 gossipy 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 downside – 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 Mickel
Todd and Krista Mickel 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).
Taste of Asia

A man aged to work through having these conference calls today, only now button just in case the dog barked. We still room office, fingers hovering over the mute button just in case the dog barked. We still have those conference calls today, only now we must to drown out a barking dog and crying kids. We manage 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."

Autism

The purpose of this study is to investigate how the menopause transition and the loss of estrogen impacts the health and function of arteries in women.

Qualifications: Premenopausal women 21-35 years, Perimenopausal women 40-55 years and Postmenopausal women between the age of 45-70 years • Non-smokers • NOT currently taking Birth Control or Hormone Replacement Therapy or exercising vigorously more than 2 days per week.

Benefits for study volunteers include: Physician supervised exercise stress test • Ultrasound of the blood vessels and heart • Blood cholesterol profile • Comprehensive dietary analysis • Measurements of bone mineral density and body composition • Compensation for your time

If you are interested in participating please contact Kalen Abbott at (720) 848-6418 or Kalen.Abbott@uchsc.edu

Healthy Women Needed for Cardiovascular Research Study
“Listening Therapy” for Auditory and Sensory Processing Disorders

By Kathy Epperson

S tepleton 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 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 treatments 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, hyper sensi tivities 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 homes, 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, allowing 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 retrained 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.
SUN Needs Your Help: Join The Board Today or in May

By Mark Mehringer

Two Board Members, President Michael Johnson and Bernard Doubit, 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 Stapleton.UnitedNeighbors@gmail.com with a brief statement of interest.

Both of those 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 Stapleton.UnitedNeighbors@gmail.com. Exact dates and deadlines 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 post the 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 acquired 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 that 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 a 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 MCA
Stapleton Snow Removal

Major Roadways and Arterials are the responsibility of Denver's department of Public Works. Snow removal tasks designated by Stapleton MCA always start prior to every snow event and continue 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 is declared. More information on Major Snow Events can be found on the StapletonCommunity.com website.

Neighborhood sidewalks are the responsibility of the adjacent property owner or Sub-Association. A sidewalk is located adjacent to a Community park or pathway the Stapleton MCA will remove snow. When the side-

walk is located adjacent to a Regional Park (East Greenway, Wetterer 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. 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 be based on using a fleet 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 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 procedure so 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 the emergency.

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 roads. 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 as snow is removed 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.

Kevin A. Barnett, Executive Director

CU Intern Reflects on His Semester at Stapleton

(Editors’ Note: Brad Resor is a student enrolled at the University of Colorado. He spent this past semester as a intern at Forest City Stapleton through the Presidents Leadership Class.)

By Brad Resor

I took a big hit of overcome for a twenty year old guy to use the adjective “prey” when describing anything other than the fairer sex. As unladylike as that seems, this is the word I use when telling people about Stapleton.

At first, I thought it was peculiar how everything looked to 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 Stapleton.

He pointed out the nuances of the development as well as the ideals Forest City is striving for. These ideals were as engrossing as the Forest 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 in the surrounding community’s greatest hope. To live amongst the wealthy, those just starting out, and among those with varied life experiences all without segregated divisions of neighborhoods is a hopeful symbol of America’s melting pot.

As an intern, I 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 was interesting to see how people who work in Stapleton 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 that 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 dollar into Stapleton and plans to be here for many more years. Believe it or not, but new residents, 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 great 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.
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, obese-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 SoulfireFitness@hotmail.com or call 303-993-3111.

Tom Downey, Denver Children’s Museum

It can be difficult to maintain a healthy lifestyle in the cold and snow. However, it’s still important to get the kids outside and stay active! So bundle up and get moving! Building snowmen is great fun and helps develop gross motor skills. Try dressing the snowman up in old Halloween costumes for a twist. Create your own snow sculpture too! 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 hill! Cookie sheers, 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!
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 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 want to do more and maybe this year those New Year resolutions will last past March.

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 want 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

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 exercise 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.stapletonfoundations.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 303-208-0992.

Mike Giles demonstrates karate.

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- All of our pre-owned vehicles meet the most stringent emissions standards or we won't sell them
- 110% price guarantee - no need to shop anywhere else
- A multi-point safety inspection on every pre-owned vehicle PLUS a 3-year, 100,000 mile warranty
- Factory-certified Salespeople
- Factory-certified Technicians
- Factory-certified Parts People

*as pre-owned vehicles with less than 60,000 miles

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

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

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

*Subaru, Suzuki, Hyundai and KIA owners only.