

# Front Porch

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

DENVER, COLORADO

STAPLETON

SEPTEMBER 2008

## Student Assessment Gets Results at Odyssey



Odyssey School Director Marcia Fulton and her teachers and staff show off an award from the Colorado Department of Education recognizing schools that have demonstrated consistent growth in CSAP (Colorado Student Assessment Program) test scores over time. Odyssey and eight other schools were recognized and named as "lighthouses for how others may accomplish their journey."

## International Markets Close to Home



By Nancy Burkhart

The current economy has made travel expensive and difficult for most families. However, local ethnic markets have made world travel possible through international foods.

"Shopping at an ethnic market is a method of travel," explained Melissa Kelley, a Stapleton resident who has made international cuisine an experience for  
(continued on page 31)

Left: Awatef Wahdan repackages turmeric for sale in the International Market. The market is a great place to find a wide variety of fresh spices at reasonable prices.

By Carol Roberts

"What is powerful about our growth in test scores is that we do not 'teach to the test,'" says Marcia Fulton, Director of the Odyssey School. "We believe having the best practices in the classroom is the best way to get results."

In order to have the best practices in the classroom, The Odyssey School has embarked on a two-year plan to spend all available teacher training time learning to use student involved assessment practices. Odyssey teachers are learning this very specific approach which, when implemented with precision, has been shown to close the achievement gap, bringing up struggling students while strengthening higher achieving students.

The method starts with making sure the teachers present the learning goal, and how to achieve it, in a very clear manner. Consider for a moment what happens when parents assume their child knows what they mean when they say, "Clean your room." Does that mean no stuff on the floor? Does it mean vacuum the rug? Does it mean items are neatly stacked on bookshelves and in drawers? It's a simple phrase, but there is no universal agreement on what it means.

Gretchen Morgan, an educational consultant, has worked closely with Odyssey teachers to help them identify "learning targets" and

state them in a clearly understandable way. She teaches them how to narrow the focus of lessons so the learning goals are very specific. Morgan states, "With practice and training, teachers become fluent in setting and communicating clear goals in the classroom. At Odyssey, teachers have notched up the precision with which they present information in order to get the desired results."

Nick, as an 8th grader, described learning targets in a class at Odyssey. "They help me to learn with a purpose. We read this story, 'House,' and highlighted things we thought were important. Then the teacher said read it like a realtor or a burglar and it changed what we highlighted. I think the target helps you know what to look for and what you need to focus on. For me, it is sort of like guidelines to what we are doing in class."

Another technique (continued on page 32)

**Town Hall Meeting with  
Councilman Hancock  
Thursday, Sept 11th  
6:30pm  
Bill Roberts School  
(see page 28 for details)**



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Affordable  
Home

Stapleton  
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Forum

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Park Hill  
Home  
Tour

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S.U.N.

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Westerly Creek parents take pictures on the first day of school just before the traditional pool to school walk.



## CALENDAR

of events in or near Stapleton that are free and open to the public.  
Additional events are listed on page 13.

### SEPTEMBER

**Every Sunday** (through Sept.)  
Stapleton Farmers Market, 8:30am - 12:30pm  
[[www.coloradofreshmarkets.org](http://www.coloradofreshmarkets.org)]

**Thursday, September 4**  
Northfield Stapleton Concert, 6 - 8:30 pm  
Nelson Rangel and Michael Friedman  
[[www.northfieldstapleton.com](http://www.northfieldstapleton.com), 303-375-5475]

**Saturday, September 6**  
Kids Fishing Frenzy, Rocky Mountain Arsenal 8 a.m. to noon Register at 303-289-0864

**Saturday, September 6**  
Free Kids Fest - Bladium, 11:30am - 2pm  
2400 Central Park Blvd  
[[denverlk@bladium.com](mailto:denverlk@bladium.com)]

**Saturday, September 6**  
Knowledge Beginnings Child Learning Center  
Opening Celebration, 10am - 2pm 10325 East  
31st Ave 303-329-4405 (see p. 22)

**Monday, September 8**  
Active Minds - Health Care  
7350 E. 29th Ave., #300, 7-8pm

**Thursday, September 11**  
Bluff Lake Fireside Chat, "These Boots Are  
Made for Walking" 6pm [303-344-003]

**Thursday, September 18**  
Westerly Creek Fundraiser, 7-9pm Slowey  
Residence - 8601 E 26th Ave [303-355-3003]

**Friday, September 19**  
Concert - Opie Gone Bad, 6 - 8pm  
Founders Green

**Saturday, September 20**  
Stapleton Kickball Tournament, 10am - 1pm  
Central Park [303.601.5591]  
Register at [www.stapletonkickball.com](http://www.stapletonkickball.com)

**Thursday, September 25**  
Bluff Lake Fireside Chat - Prairie Dogs  
[[Blufflakenaturecenter.org](http://Blufflakenaturecenter.org), 303-344-0031]

**Saturday, September 27**  
Sweet William Market 9am - 2pm,  
Founders' Green, Stapleton

### OCTOBER

**Thursday, October 2**  
Stapleton Education Forum 6-8pm DSST, 2000  
Valentia St. [[juliat@milehighlaw.com](mailto:juliat@milehighlaw.com)]

**Saturday, October 11**  
Fall Festival, Founders Green, 3 - 7pm  
Jennifer Graham [303-388-0724  
[info@stapletoncommunity.com](mailto:info@stapletoncommunity.com)]

**Sunday, October 12th**  
Stapleton presents the One Sky One World  
International Kite Festival  
Central Park 10am - 4pm

**Tuesday, October 14th**  
SUN/CAB/Forest City Forum, 7pm  
location to be determined

### RECURRING EVENTS

**1st Saturday**  
Bluff Lake Birders, Nature Center - 7-9am  
[[BluffLakeNatureCenter.org](http://BluffLakeNatureCenter.org)]

**Periodically**  
Meet Stapleton Residents  
If interested in upcoming events contact  
Meighan at [meighanm@aim.com](mailto:meighanm@aim.com)

### MONTHLY MEETINGS

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

**Every Tuesday**  
Stapleton Rotary Club - Noon  
Stapleton Radisson Plaza Hotel  
3333 Quebec St [Michael@KearnsTeam.com]

**Every Tuesday**  
AA Open Discussion Meeting - 7:30pm  
MCA Community Room, 2823 Roslyn Street  
[Joe Mc at 303.912.7075]

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

**3rd Tuesday**  
Greater Stapleton Business Assoc. 8am  
MCA Community Room, 2823 Roslyn Street  
[303.393.7700]

**1st Wednesday**  
"1st Wednesdays" Home-based businesses  
[[StapletonLife.com](http://StapletonLife.com) - most mtgs 11:30am - 1pm]

**2nd Wednesday** (Odd numbered months)  
SUN Transportation Committee 6:30pm  
MCA Conference Rm, 2823 Roslyn St.  
[[stapletonneighbors@msn.com](mailto:stapletonneighbors@msn.com)]

**3rd Thursday**  
Stapleton Citizens Advisory Board Mtg  
Stapleton Development Corp (SDC)  
7350 E. 29th Ave. - 7:30 - 9am 303.393.7700

**4th Thursday**  
SUN Board Meeting - 6:30pm  
MCA Community Room, 2823 Roslyn St  
[[stapletonneighbors@msn.com](mailto:stapletonneighbors@msn.com)]

**2nd Saturday**  
NE Denver/Park Hill MS Self-Help & Support  
Group, Dist. 2 Police Station 10:15-11:45am  
3821 Holly St. [Lillie 303-329-0619]

The Front Porch welcomes  
submissions of upcoming local  
events (deadline is the 15th) and  
story ideas for future issues.  
Email [TGleason@StapletonDenver.com](mailto:TGleason@StapletonDenver.com)  
or [Carol@FinePrintCo.com](mailto:Carol@FinePrintCo.com)

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# Front Porch

[www.StapletonFrontPorch.com](http://www.StapletonFrontPorch.com)

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# HomeStart Program Assists First-time Homebuyers

The 29th Drive Row Homes at 29th and Havana are the newest of Stapleton's affordable housing. Below is the living, dining, kitchen area of the model home.

## HomeStart Conference, Saturday, September 20th Denver Improv, Northfield, 9:45 am - 2 pm

By Janeen Cameron

Today's economy has clouded the dream of home ownership for some families. However, there is hope for prospective first-time home buyers who wish to purchase a home at Stapleton. The first step is attending a HomeStart Conference. Michelle Martinez purchased a Stapleton home after attending one of the conferences. "I didn't know much or really anything about home buying," she said. "(Without American Sunrise communities) I would have been too nervous since I wasn't educated about the home buying process. Every aspect of home buying was addressed – credit, non-house buying aspects, financing, etc. They were very informative. "I thought I would have to have my parents co-sign the loan papers, but after attending the HomeStart Conference and going through the program, I realized that I could afford the condo on my own. That was a very liberating moment for me." Josh Casto also became a Stapleton homeowner after attending a HomeStart Conference. "I felt as though I was taught the 'Secrets to Homebuying,'" Casto said. "There were topics discussed and examples given that really helped me to understand how to protect myself during the homebuying process. There was much I didn't know and the HomeStart Workshops gave me the education and tools I needed to make the right decision. I don't

know if I would have purchased a home so quickly if I hadn't attended the HomeStart Conference and Workshops. They gave me the knowledge and confidence I needed to purchase my first home. I was ready to buy a home and stop renting after I attended the HomeStart Conference." In order to qualify for a Stapleton home, potential buyers must meet the income guidelines. An individual with a gross income of \$40,200 or less or a household of six people with an annual gross income of \$66,650 or less may qualify for one of the 29th Drive Row Homes. These one-, two- and three-bedroom homes with attached garages are priced from \$114,400 to \$169,400 (prices and specifications are subject to change). Prospective homebuyers who meet these qualifications are encouraged to register for a free HomeStart Conference to learn about affordable home buying opportunities at Stapleton. The conference will be held from 10 a.m. to 2 p.m. on Saturday, September 20 at the Denver Improv Comedy and Supper Club, located in the Northfield Shopping Center across from Borders Books. Potential buyers will learn about affordability and deed requirements, money management, and homebuyer counseling programs. Qualified buyers may receive up to \$3,500 toward closing costs. American Sunrise Communities a nationwide, non-profit organization, works with Forest City Stapleton, Inc., to educate potential homebuyers on the affordable home buying process. The mission of American Sunrise Communities is to provide struggling American families with access to safe, decent affordable housing and new economic growth opportunities.

To register for the conference, call 888-267-8626 or go to [www.stapletondenver.com](http://www.stapletondenver.com) or [www.americansunrise.org](http://www.americansunrise.org). Space is limited. Participants must arrive between 9:30 a.m. and 9:50 a.m. before the conference begins at 10 a.m. in order to be admitted. Janeen J. Cameron is Program Director for American Sunrise Communities. She may be reached at [jcameron@amsun.org](mailto:jcameron@amsun.org).



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# Stapleton’s Annual



An excited group of second graders, now the oldest students at Westerly Creek, lead the annual

# Teach Your Children Well – Stap

*By Julia Thompson*  
“Teach your children well,” are well-known lyrics from Graham Nash. In order to make sure your children are taught well, you should be involved in, and informed about, the process of their education. Come to the Stapleton Education Forum, on October 2<sup>nd</sup> from 6:00-8:00 p.m. at the Denver School of Science & Technology, to learn more about how your schools are funded, the impact of “No Child Left Behind,” how CSAP (Colorado Student Assessment Program) works, the Denver bonding proposal and Savings Account for Education (“SAFE”).

You will also have the chance to hear your local candidates’ and officials’ platforms regarding 1) how they support public education, 2) their specific plans to improve public schools, and 3) the role that music and art should play in education. A brief Q&A will follow. Confirmed speakers include: Rep. Terrance Carroll, House District 7; Josh Raines, the Republican candidate for House Dist. 7; Michael Hancock, past president of Denver City Council; and Tonette Salazar, lobbyist for numerous education groups including Littleton Public Schools. Invited speakers include: Sen. Peter Groff, former Rep. Andrew Romanoff, Councilman Doug Linkart, Denver School Board

# Changing Sleep Patterns for Back to School

The start of the new school year can have an impact on children of all ages, especially adolescents, who have altered sleep patterns during the summer break. “Delayed sleep phase is a common problem, especially after puberty, but it can turn into a real sleep disorder called a circadian rhythm disorder,” says Ann Halbower, MD, director, pediatric sleep research, The Children’s Hospital Sleep Center. “Children with sleep phase delay syndrome have a serious problem waking in the morning and have potential to fail in school.” Changing the sleep patterns of a teen who is accustomed to going to bed at 3 a.m. and sleeping away the daylight of summer to a back-to-school schedule can be challenging for parents. Dr. Halbower says that delayed sleep phase can be linked to mood disorders and depression, which may continue to worsen without help. Delayed sleep phase is involuntary and is usually genetic. It takes many days, up to two weeks, to shift the sleep phase back to normal for school. To prepare teens for the new school year, The Children’s

Hospital offers the following tips:

- Avoid light at night, such as television and computers, since light results in a drop of normal sleep-inducing hormones
- Wake to very bright light in the morning; set lights to come on with a timer 15-30 minutes before wake time
- If a child is very delayed, the wake time should be slowly adjusted backwards, an hour each day with bright light
- No naps during the day; naps delay sleep onset
- Avoid big changes in bed and wake time on weekends, or the child will have to start the whole process over again
- Teens who have severe trouble can be helped by specialists at a pediatric sleep center, such as The Children’s Hospital Sleep Center, with light therapy and approved medications

*For more information contact Melissa Combs, Public Relations Department for The Children’s Hospital, at 720-777-8328 or for information about The Children’s Hospital visit [www.thechildrenshospital.org](http://www.thechildrenshospital.org).*



# Pool to School Walk



pool to school walk through Greenway Park celebrating the first day of classes at Westerly Creek.

## Stapleton Education Forum Oct. 2nd

President Kevin Patterson, and Elaine Gantz Berman, member of the Colorado State Board of Education.  
The Forum is presented by the Westerly Creek and Bill Roberts PTAs. Refreshments sponsored by the Stapleton Foundation. For

more information contact either Melissa Martin (melissaandchris@earthlink.net) or Julia Thompson (juliat@milehighlaw.com).  
*Julia Thompson is the parent of two elementary school children and the Legislative Liaison for the Bill Roberts PTA.*



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September 2008





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## Bonfils Seeks Blood Donors

By Julie A. Scott

For 65 years, Bonfils Blood Center has successfully maintained a safe and adequate blood supply for the state of Colorado and for patients in need. But, ever wonder

why Bonfils is always asking for blood donations? The answer is simple, every two seconds someone in the United States receives a transfusion of donated blood, yet just four percent of Colorado's eligible population generously gives blood. What's more, Bonfils needs more than 4,000 people to give blood each week to meet the needs of the community and to be prepared for any unexpected events.

Blood products have a finite shelf life – 42 days for red blood cells and just 5 days for platelets – making constant blood donor recruitment essential. Bonfils' goal is to make the blood donation experience simple and convenient. Currently, the blood center, headquartered in Denver's Lowry neighborhood, operates nine fixed-site donation centers and holds as many as 13 blood drives each day. So there is always a donation location to suit your needs. And, with each blood donation lasting about one hour and saving up to three lives, it's one of the easiest and worthwhile ways to volunteer.

Although whole blood donors can give every 56 days, up to 6 times per year, 60 percent of Bonfils' donor base gives only once a year. If those donors would commit to giving blood at least once more throughout the year it would

help alleviate any blood shortages our community might face.

People interested in giving blood must be at least 18 years of age (or 17 with parental consent), weigh at least 110

pounds and be in general good health to be eligible to give blood. For more information about the blood donation process, eligibility requirements or to schedule an appointment, please call 303.363.2300 or visit [www.bonfils.org](http://www.bonfils.org).

Take a little time to make a big difference. Schedule a blood donation appointment at one of these upcoming area blood drives.

**Saturday, Sept. 13**

**9:30 am to 1:30 pm**

Colorado Sickle Cell Association  
Community Blood Drive  
Park Hill United Methodist Church  
5209 Montview Blvd., Denver

**Thur., Sept. 25 from 10 - 11:10am and 12:30 - 3:30pm.**

Johnson & Wales University Community Blood Drive  
7150 Montview Blvd. (in the Wildcat Center)

**Saturday, Oct. 11 from 10 am to 2 pm.**

Stapleton Community Blood Drive  
Donate on Bonfils' mobile bus located at Stapleton's Central Park. Participating donors will receive a certificate for a free haircut from Sport Clips.

*Julie A. Scott is the Public Relations Specialist for Bonfils Blood Center. She can be reached at 303-361-2873 or [Julie\\_Scott@Bonfils.org](mailto:Julie_Scott@Bonfils.org).*

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# Since You've Asked...

**Q. What is the future of the Stapleton Park-and-Ride? Is it closing? How much will RTD charge to park there, and when does the fee begin?**

A. With FasTracks there are plans to move the Stapleton park-n-Ride to another location, closer to Smith Road along the planned East Corridor Commuter Rail. Those plans have not been finalized and the relocation is still a few years away. Regarding parking fees, the parking management program at Stapleton is anticipated to begin in February 2009. Based on current utilization and classification of the facility as a low demand lot, the daily parking fee for patrons that are not residents of the RTD District will be \$2.00 per day. There will be no parking fee for residents of the RTD District for the first 24 hours. After the first 24 hours, the daily parking fee for residents will be \$1.00 per day. A 15 percent discount will be available for patrons that register for an automated account. Additional information regarding the new parking management program will be posted to the RTD website at [www.rtd-denver.com](http://www.rtd-denver.com) when it is finalized and approved by the RTD Board of Directors.

(Response provided by Chris Martinez, RTD Board Dist. B)

**Q. Is the bond money approved last year by the voters for a new Stapleton Recreation Center only available through this year, and if it's not built in that timeframe, will the money be lost?**

A. There is no time limit related to the use of the money.



Plans to move the Stapleton Park-and-Ride closer to Smith Road and the light rail corridor have not been finalized and the relocation is still a few years away.

**Q. Who is watering the grass along Central Park Blvd in the median and by the police academy in the middle of the day when it is 100 degrees out?**

A. On a daily basis the MCA (Master Community Association) has irrigation crews whose responsibility it is to check the miles of lines and the thousands of spray heads that comprise the irrigation system at Stapleton. On any one day they will be activating the system to find leaks and broken heads. It is the only way to find these problems when troubleshooting an underground system. Much of our system here at Stapleton has been converted to a "Central Control" system which allows us to use hand

held units that will activate the system only when the irrigation tech is troubleshooting a specific zone. Areas that have not been converted to this technology require the whole system to run while trouble shooting the zones. This is the case on the Filing 6

median on Central Park Blvd between Montview and 25th Ave. If it is occurring when we are not troubleshooting the system, then the cause is usually a spike in the power system that causes an internal clock on the controller to reset. In this instance the controller thinks that it is running at night when it is actually running during the day. It is possible for it to run for a couple of cycles before this issue is fixed. If anyone does notice a park or parkway system running between 10 am and 6pm you can notify

us about the location by sending an email to [grounds@stapletoncommunity.com](mailto:grounds@stapletoncommunity.com) and we will dispatch an irrigation tech to immediately fix the problem.

(Response provided by Keven Burnett, Executive Director, Stapleton Master Community Association.)

(Except where otherwise noted, responses provided by Tom Gleason, Vice President-Public Relations for Forest City Stapleton, Inc. To submit a question, email [tgleason@stapleton-denver.com](mailto:tgleason@stapleton-denver.com))

## Kids' Health Survey at Stapleton

By Ira Gorman

Stapleton residents may get a knock on their door in September and find researchers asking if they can collect data for the "Taking Neighborhood Health to Heart Kids Version" program. The researchers are conducting 500 parent and child interviews across all of the study neighborhoods — East Montclair, Park Hill, Northwest Aurora and Stapleton. (Data has already been collected from all the neighborhoods except Stapleton.) The project specifically looks at the environmental factors that can influence health and physical activity levels of children aged 10-14. In addition to height and weight, three short strength and flexibility measures will be taken of each child, similar to fitness tests performed in school. The household will be compensated with a gift card for participating in the study.

The data will be used to advance health by providing baseline information for future programs. The partners are: University of Colorado Denver, Colorado Health Outcomes Program, 2040 Partners for Health and the neighborhoods of Park Hill, Northwest Aurora, Stapleton and East Montclair. Last summer this project conducted community surveys of adults in the households of selected neighborhoods and conducted observational audits of the streets and houses.

For questions or to sign up, please contact Kyla Krause at 303-399-2700, ext 103, or Ira Gorman, PT, MSPH at 303-941-2700. This project has been approved by the Human Subjects Review Committee of the University of Colorado Denver, Protocol # 2008-131.

Ira Gorman, PT, MSPH is currently an Assistant Professor in the School of Physical Therapy at Regis University. He is the Principal Investigator for the Taking Neighborhood Health to Heart Kids Version Project.

# npre

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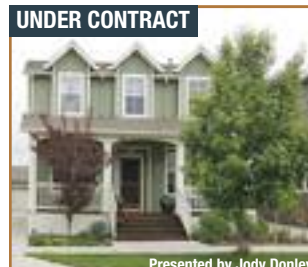
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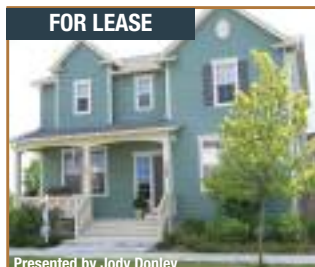
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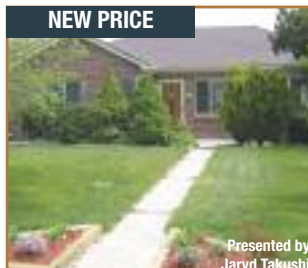
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# Teaching Abroad Teaches

By Nancy Burkhart

If you are a teacher and you want to see the world, you might consider combining your wanderlust with your career.

Stapleton residents and teachers BJ and Ernie Diller spent three years teaching in Bangladesh, a country in South-eastern Asia bordering the Bay of Bengal, between Burma and India. They were in the capital city of Dhaka at the American International School/ Dhaka, where BJ taught 2nd grade and Ernie taught high school AP social studies.

"They were Embassy kids and kids whose parents were with non-governmental organizations like CARE, UNICEF and World Vision," Ernie explained. "I had 10-12 countries represented in my class. I had five classes with 10 to 20 kids in each class. It was very international."

"It was very rare that a child would come in without speaking English," BJ said. "I had a couple of 2nd grade girls who were 7 or 8 years old and from Sweden. In six months they were fluent in English. They learned so quickly."

English is the language of the playground, according to Ernie. Therefore, the children pick up English quickly.

"There never was a stranger there," Ernie said of the ease with which the children accepted newcomers. "They immediately accepted everybody. In high school, the kids were highly recruited by United States colleges because they already have proved that they can adapt."

Living accommodations were provided in what BJ described as "a great package." A car was provided for \$50 a month, with gas included. Housing was a flat, which was half of a floor of an apartment building.

"We had three bedrooms, five baths, an entranceway, dining room, living room and another room," Ernie described their living quarters. "It was bigger than our house is now. And, it was air conditioned."

Domestic help was provided as well. "We had to have someone to do the shopping," BJ said. "Someone had to clean everything that was bought, and the water had to be boiled."

Dairy products arrived at the Commissary



Above: BJ and Ernie Diller show class photos of the students they taught in Bangladesh. Below: Photo was taken by BJ on an 5-day excursion along the "Royal Trek" in Nepal, so named because of Prince Charles' trip there in 1980.



after a trip by ship from the United States. "We ate expired food for three years," BJ said.

Life in Dhaka centered around the school. It was the hub of the community, BJ said. Therefore, the Dillers spent seven days a week at the school, with a work week of Sunday through Friday, since it is a Muslim country.

"Saturdays the school would be full of kids, like the parks around here," Ernie said. "It was the center of the community."

Living in a different culture can put stresses on the visiting teachers.

"As a woman, the most difficult thing for me was being invisible," BJ said. "Out of respect for the husband, no one speaks to the woman. When I went back in 2005 for three months, I went back without Ernie and it was a totally different experience. Then they would talk to me."

"The most difficult thing for me was adjusting to the poverty," Ernie said. "We had more difficulty adjusting to coming back here."

"You get so used to seeing people everywhere. You miss the diversity," BJ explained. The Dillers were in Bangladesh from 2001 to 2004, and so experienced the terrorist attack of "911" in a foreign country.

"It was surreal because we were 12 hours ahead," Ernie said. "It was 8 o'clock at night

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# the Teachers

there, so we watched everything on TV as it was happening.”

“The next day we didn’t have school,” BJ said as she teared up a bit. “We had a wake. All the teachers and administrators met. Nobody said anything. People just could not share their emotions. It was very upsetting.”

“We were concerned about having to evacuate,” she added. “Security was tightened around the school. We traveled in the ‘Golden Triangle’ that was from our flat to the school to the American Club. We couldn’t drive downtown unless we had a driver.”

When the school had holidays longer than three days, the Dillers took the opportunity to travel. They went to Nepal, Thailand and Bali, and they climbed Mount Kilimanjaro. One Thanksgiving was spent in Singapore.

“It was a beautiful assignment,” BJ said. “It was real teaching. You had small class sizes. The kids were really motivated. There were never any behavior issues.”

When asked if they would do a foreign assignment again, Ernie admitted that it might be time for them to take another look to see what might be available.

The Dillers advise teachers interested in foreign work to go through one of three agencies: Search Associates, International School Services (ISS) or Overseas Placement. Each of these organizations conducts job fairs



across the United States, during which time you are interviewed and, sometimes, offered a job.

“You have to have a teaching certificate in most places now, because otherwise you would be taking jobs available to the residents,” BJ explained.


“We’re a teaching couple. That’s a plus most of the time, but sometimes not,” Ernie said. “A big family might be difficult, if it’s your first time. It all depends on experience. Some countries have age limitations. I could not be hired in Belgium because I’m over 50. Countries like Germany don’t charge you tax for two or three years, but if you stay there, they charge you for all your time.”

“You have to really look at the package,” BJ advised.

“If you are worried about bugs in the house or that you might get sick, I wouldn’t recommend it,” Ernie said.

*If you would like to contact BJ and Ernie Diller about their experiences, e-mail them at: [bjandernie@mac.com](mailto:bjandernie@mac.com).*

Above: BJ and Ernie ride an elephant in Chiang Mai, a remote area of northern Thailand inhabited by hill tribe peoples. They visited villages of the Hmong, Karen, Akha, and Lisu. Left: BJ and Ernie visited the Big Buddha Temple on the island of Koh Samui, Thailand, built in 1972 by the local society to give visitors a place to pay respects to Buddha.




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## Remove Tree Bands After a Season or Two!

Stapleton resident Rory Donaldson has begun a campaign to educate his neighbors about the importance of removing the bands around the trunks of trees that no longer need to be staked for support.

Mr. Donaldson warns that if left in place, the bands can cut into the tree, damaging its bark and creating the potential to stunt the tree's growth or making the tree vulnerable to disease.

He recommends that one to two seasons is adequate to establish the root system and make the tree stable without supports, and it is important to remove the bands after that time. He also points out that the metal stakes have flanges, making them difficult to remove. He suggests thoroughly wetting the ground before attempting to remove the stakes. Email [donaldson.rory@gmail.com](mailto:donaldson.rory@gmail.com) for additional information.



Stapleton Front Porch



# Mountain Climber Faces New Kind of Climb



George McLeod in his room at Senior Housing Options in Park Hill is surrounded by mementos of his adventures, including a medal for bravery from Queen Elizabeth.

By Nancy Burkhardt

George McLeod has climbed Colorado's Fourteeners, made an assault on Mount Everest and has been honored by royalty for saving lives. Now, at the age of 80, he heroically is facing a new climb with aplomb.

Although McLeod has Alzheimer's, he is upbeat and encouraging with his fellow residents at Senior Housing Option's Park Hill Residence, 1901 Eudora St. He loves to tell tales about his mountain climbing exploits and show off the memorabilia treasures that fill his room.

McLeod started his exploration adventures as an 18-year-old lad in Scotland, where he taught mountaineering. He took a geologist and a surveyor rock climbing. They were scheduled to take off for Antarctica, and McLeod decided to join them. He spent a total of seven years in the Antarctic in three stints of two, two and three years.

In Antarctica, McLeod was based at Fossil Bluff, on the Antarctic Peninsula closest to South America, an area where rock literally is plastered with fossils, he said. There, his group laid out a depot, and McLeod started getting to know the sled dogs and penguins.

"The only way to get around was by dog team," he explained. "We didn't have snowmobiles then. The dogs were safer to run, but one of them might fall through the ice. That was the scariest part of the whole show. If one falls, they all stop and you can rescue the one who fell.

"You don't tie up the puppies," he said. "You take meat bars with you. They know it and will follow you. The only way to keep them out of trouble was to hit them with snowballs."

## Front Porch

# Dining Guide

Average entree:

\$ - less than \$10  
 \$\$ - \$10 to \$15  
 \$\$\$ - over \$15

\*-Family friendly

Meals served:

B-Breakfast  
 L-Lunch  
 D-Dinner

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 303.321.4010 Serving refined comfort food in a comfortable & relaxed atmosphere. Visit [www.theberkshirerestaurant.com](http://www.theberkshirerestaurant.com). \$\$, LD, \*

### Casey's Bistro and Pub

7301 East 29<sup>th</sup> Ave (Stapleton)  
 720.974.7350 Neighborhood Irish Bistro. Twice daily happy hour. Every Sunday kids eat free. \$\$, LD, \*

### Einstein Bagel Co

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### Solera Restaurant & Wine Bar

5410 East Colfax Ave (Park Hill)  
 303.388.8429 A Nationally recognized restaurant with elegant American cuisine and an award-winning wine list. \$\$\$, D

### The Copper Canyon Grill

(at Renaissance Denver Hotel) - Stapleton  
 3801 Quebec St / 303.399.7500 Casual, upscale steakhouse in a beautiful atrium environment at the newly renovated Renaissance Hotel. \$\$\$, BLD, \*

## Asian

### Blue Fin Sushi

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 303.333.4006 Happy Hour: \$2.50 on select hand rolls, sake 2 for 1, select beer \$2.25 \$\$, LD, \*

### Ling and Louie's Asian Bar & Grill

8354 Northfield Blvd 303 371-4644  
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### Taste of Asia

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## Miscellaneous

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### Udi's Bread Café

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# The Stapleton community is not typical...





McLeod remembers reading a book while he sat next to a huge stack of snowballs. Besides the puppies, he would throw snowballs at skewer birds who stole penguin eggs.

"The penguins' only enemy is in water, except the skewer who eats penguin eggs," he explained. "I would throw snowballs at the skewer when it landed."



George McLeod climbing a rock face on Mount Everest.

McLeod recalls that they would use dog sleds to take four months' worth of food supplies to Fossil Bluff. If the food ran out before they did a return trip, they could eat seal and penguin eggs.

Although he never had driven a dog sled before, McLeod became familiar with the method of transportation, and later even joined the competition in the Alaskan Iditarod.

"I didn't do well," McLeod said of his Iditarod performance. "There's no excuse. If you know your dogs for even a month, they will run for you. But, I didn't even know their names. I didn't mind. I would sing my head off. I would yodel."

While McLeod was in Antarctica, he was called on to save the lives of three of his co-workers.

"It truly was basic common sense," McLeod said.

Three men were on a chunk of sea ice that broke away from the mass to drift, leaving them on the ocean and looking at a cold, damp death.

"I threw an axe and a rope to all of them and told them to lie on their bellies and wriggle across," he said.

Queen Elizabeth II thought McLeod's feat was more than plain common sense. She awarded him a medal for bravery for



McLeod, in the center of the bottom row, is shown with his colleagues at a camp in Antarctica.



McLeod in the Antarctic

his actions.

"She said, 'You brave, young fellow,'" McLeod remembered. "And when I told her it was just common sense, she said, 'Don't you dare talk back to me.'"

There also is a rumor about an unruly kilt in the presence of the queen, but that story remains unconfirmed, according to those closest to McLeod.

In later years, McLeod moved to Boulder, where he continued his mountaineering career. Both his sons, Ian and Scott, have followed in his footsteps, although he says "Scotty is shy and often goes off in a kayak by himself."

Today, McLeod's Alzheimer's is kept stable with living consistency and drugs. He wears a Project Lifesaver tracking device in case he gets lost during his wanderings, although he knows the neighborhood quite well and thus far has had no difficulties, according to Iva Prinsen, Administrator at the Park Hill Residence.

"He's encouraging," Prinsen said. "He goes out and does things. He doesn't give up. Even though he's got this big challenge in life, he doesn't give up."

*Park Hill Residence and Senior Housing Options information can be obtained from Deborah Cameron at 303-595-4464, extension 14.*

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## A Life Devoted to Art



Local artist Jess. E. Dubois sketches a portrait at the TA Truck Stop in Commerce City.

By Wallace Yvonne Tollette

As a portrait and landscape artist, Jess E. Dubois has sometimes been called a minimalist. Once, as a student, after he had put only a few lines on paper, he said his teacher told him, "You've said all you need to say." Consequently, his paintings don't go overboard with detail. The portraits do, however, capture the essence, likeness and the humanity of the person.

Mr. DuBois has been making a variety of art for a lot of years—landscapes, portraits of Native American and African American children, and famous Jazz musicians in addition to bronze sculptures. DuBois, born in Denver, exhibited his passion and talent while a student at Cole Junior High School. After graduating from Manual High School in 1953, he went into the Marine Corps for three years where he could only do art on the weekends. He was always determined to make art his primary career however, but financial need necessitated a few detours. When he was about 20, a Veterans Administration test revealed his strong aptitude for art. This prompted him to enroll

in the Colorado Institute of Art where he studied under renowned western artist, Charles Dye, founder of Cowboy Artists of America.

For a time, he worked at the post office as a mail handler, and also worked on the Rio Grande Railroad as a cook and waiter. He good-naturedly jokes that, at that time, he made more money than teachers at Manual. Continuing his art education, however, he also studied at the Fechin Institute in Taos, New Mexico. His curriculum not only included painting but also glass blowing at which he excelled and also taught others; however, after some years, he decided to discontinue glass blowing as part of his artistic repertoire.

His career has allowed him to study and paint in various parts of the U.S. but it was difficult at first to get some galleries to accept his work. He works in a variety of mediums including pastels, charcoal, oils and acrylics. He became an Associate Member of the Pastel Society of America, the California Pastel Society, and is a full member of the Degas Pastel

Society of New Orleans as well as the American Portrait Society. At various times he owned three highly successful galleries in Estes Park, Colorado where he also sold Indian jewelry. A flood in 1982 caused the demise of his gallery business.

After devoting many years of his life to art, he is finally being more readily accepted and having his art support him financially. He says success is not always dependent just on talent, however. Study and practice are very important key elements. And even after you "make it," you can never slack on study and practice, he says.

Honors have included the Lifetime Achievement Award from the Denver Black Arts Festival and in 2002, he won the Mayor's Award for Excellence in the Arts. His proudest accomplishment, he says, is the commission to cast the statue of Dr. Justina Ford, Colorado's first Black female doctor located at 30<sup>th</sup> and Downing Streets.

Some of Mr. DuBois' goals are to work to improve art awareness. He says that people don't realize that everything around them is art. For example, architecture is art as well as car designs and a myriad of other things. All are designed to elicit a positive or negative response. Obviously too many negative responses can possibly kill a commercial artistic endeavor or conversely, make it wildly successful.

Another goal is to become affiliated with a major publishing company and be accepted in more major galleries. He would like to receive a major commission in Denver such as a figurative sculpture or painting that would hang in a Denver building. But in order to apply for a public art project, artists must be computer literate, and he hasn't mastered that yet.

Currently he paints at the TA Truck Stop in Commerce City from 10a.m. to 7:30p.m. seven days a week with time off to attend festivals. He still maintains his studio on Welton Street in Denver where he grew up. There he has statues of Martin Luther King, Jr. and Jim Beckwourth ready for a buyer to have them cast in bronze. He is available for commissions, portraits, whimsical cityscapes, landscapes and murals and can be reached at 720 422-7569.

Wallace Yvonne Tollette, a resident of NE Denver, is the author of *Colorado Black Leadership Profiles*. She can be reached at or by phone at 303-830-1691.

## Love of Art Inspires Teach

By Nancy Burkhardt

Aslin Gurunluoglu was born and raised in Istanbul, Turkey, and has spent most of her life traveling through Europe and studying art.

As part of an Armenian family, Aslin

attended Armenian schools through high school. Then she studied psychology at Bogazici University and got a master's degree in the management of education.

"It is one of the best universities in Istanbul," she explained. "There we had optional art classes that we could take besides our regular courses. For four years, I took art classes and I worked in an artists' studio, and we had exhibitions there. I enjoyed it so much that my senior year I spent more time in the studio than in my regular classes."

Then Aslin married her husband, Raffi, who now is Chief Plastic Surgeon at Denver Health Hospital.

"For eight years we traveled a lot through most of the cities of Europe," Aslin said. "He likes art, too, so we spent lots of time in Amsterdam, Italy, London, Scotland and Paris. We used to spend lots of time in art museums. That was before we had children. After Raffi's fellowship in Cleveland, we went to Innsbruck, Austria, for one year, where I also took some art workshops."

"That gave us a big chance to enjoy what we normally enjoy – art," Aslin said. "Europe is the center of art, I believe."

Today, Aslin and Raffi have two children, 7-year-old Lena and 5-year-old Lia. Aslin has



Aslin Gurunluoglu shows children of brush strokes and techniques

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ing



works by great artists, helps them identify the types used, and teaches them to paint in different styles.

spent a great deal of time teaching her daughters to paint, and she now is offering classes for other children through StartArt.

Aslin believes that art can serve as a launching pad for children's discovery, exploration and fun. She feels that art classes can give children a lifetime of art appreciation and offer an outlet for creativity.

StartArt offers classes for parents and their tots, ages 3 to 5, ages 6 or 7 to 12, and ages 12 and older. Classes start September 15. She offers four-week sessions with one-hour-long classes and two classes that will last the full school year. Aslin holds classes in both Stapleton and Lowry. She also offers art classes for birthday parties and adult art clubs, as well as after-school enrichment classes at schools or churches.

For StartArt information, call Aslin Gurunluoglu at 720-227-4907 or go to [www.startartkids.com](http://www.startartkids.com).

## THE ART OF URBAN LIVING

# Performances & Events in September

**Sept. 4-27, Avenue Theater – “Bubs”** Performed by a single actor and six multi-instrumentalist/singers, Bubs spins a story of a songwriter father and his only son. 417 E. 17th Ave. Call 303-321-5925 or visit [www.avenuetheater.com](http://www.avenuetheater.com).

**Sept. 6 and Oct. 4, Free legal classes.** Sept. 6, 3 p.m. – Divorce and Custody; Oct. 4, 3 p.m. – Landlord and Tenants Rights. Hoffman Hts. Library, 1298 Peoria St. For information, call 303-326-8620 or visit [www.auroralibrary.org](http://www.auroralibrary.org).

**Sept. 6-Nov. 2, Denver Botanic Gardens Paintings** by students of the Gardens' certificate program will be displayed and offered for sale to benefit the Botanical Art and Illustration program. 1005 York St. Call 720-865-3500 or visit [www.botanicgardens.org](http://www.botanicgardens.org).

**September 6, Denver Art Museum 19th Annual Friendship Powwow & American Indian Cultural Celebration.** Experience living traditions, connect to artists and shop for American Indian jewelry. 100 W. 14th Ave. Pkwy. Call 720-865-5000 or visit [www.denverartmuseum.org](http://www.denverartmuseum.org).

**September 8, Active Minds, “Health Care”** issues will include the degree to which health care ought to be government provided vs. market-based. Free, 7-8 p.m. 7350 E. 29th Ave., #300. Park in back and go to the third floor. For information, call 303-468-3223 or visit [www.ActiveMindsForLife.com](http://www.ActiveMindsForLife.com). Sponsored by the Stapleton Foundation.

**September 9, Rocky Mountain Arsenal “Friends of a Feather” bird watching.** 8 a.m.-11 a.m. For information, call 303-289-0930 or visit [www.fws.gov/rockymountainarsenal/](http://www.fws.gov/rockymountainarsenal/).

**September 9, Active Minds, “Vietnam.”** The evolution of Vietnam will be examined, as well as the history of Vietnam's current and evolving role in the region. 12:30-1:30 p.m. Free. Tattered Cover, 2526 E. Colfax Ave. Visit [www.ActiveMindsForLife.com](http://www.ActiveMindsForLife.com).

**September 11, “The Aging Athlete”** by orthopedic surgeon Dr. Douglas Foulk. 6:30pm. Arthritis Foundation Fall Lecture Series. Arthritis treatment options & advances will be discussed. Panorama Orthopedics, 8510 Bryant St. To register, call 303-756-8622 or visit [www.rockymountainarthritis.org](http://www.rockymountainarthritis.org).

**September 13, Bluff Lake Nature Center Trail Restoration.** Volunteers will work to restore and stabilize sections of damaged trail and create better hillside drainage. Call 303-344-1836 or visit [www.blufflake.org](http://www.blufflake.org).

**September 14, Bark in the Park and Lundefest** A dog fair featuring Norwegian Lundehund Show, the Aurora Police K-9 Unit, demonstrations by the CBI arson dog and sessions on care for a dog. Crafts for kids, as well as dog and food vendors. 10 a.m.-3 p.m. Expo Park, 10955 E. Exposition Ave. 303-696-7106 or e-mail [cinergyboxers@aol.com](mailto:cinergyboxers@aol.com).

**September 19, Neighborhood Flix, “Red Roses and Petrol.”** Dining at the in-house restaurant. 2510 E. Colfax Ave. Call 303-777-3549 or visit [www.flixonthefax.com](http://www.flixonthefax.com).

**September 20, Rocky Mountain Arsenal, How going green can help to save refuge habitat.** Take home a bird feeder that you make out of recycled materials. 1-3 p.m. Call 303-289-0930 or visit [www.fws.gov/rockymountainarsenal/](http://www.fws.gov/rockymountainarsenal/).

**September 20, 3rd Annual Festival International.** Music, dance, food, hands-on activities, arts and crafts of cultures around the world. 11 a.m.-6 p.m. Fletcher Plaza, 9898 E. Colfax Ave. For information, call 303-361-6169 or visit [www.aurorabusiness.info](http://www.aurorabusiness.info).

**September 21 and October 5, Power of One Perspective.** Free events focused on a mystery theme. **Sept. 21, 2 p.m.** – “Colorado Historic Murder Mysteries” with former Denver Post columnist Dick Kreck and Anton Woode. **Oct. 5, 2 p.m.** – Mystery writer Mario Acevedo and Aurora Police Lt. Tim DuFour discuss details and motivations behind notorious Colorado crimes. Aurora Central Library, 14949 E. Alameda Parkway. Sponsored by the City of Aurora. For information, call 303-739-6600 or visit [www.auroragov.org/powerofone](http://www.auroragov.org/powerofone).

**September 22, “China: Where It Has Been and Where It Is Going,”** with Dr. William Wei, Asian Studies Visiting Scholar at the Community College of Aurora. 7-8:30 p.m. Aurora Central Library, 14949 E. Alameda Parkway. Call 303-739-6600.

**October 1, “Just Pure Laughs,” a night of “clean” comedy.** Improv Comedy and Supper Club. 7:30 p.m. 303-307-1777 or visit [www.improvdenver.com](http://www.improvdenver.com).

**October 4 and 5, Free Pumpkin Harvest Festival** with horse-drawn rids and food available. 10 a.m.-4 p.m. Four Mile Historic Park. For information, call 720-865-0800 or visit [www.fourmilepark.org](http://www.fourmilepark.org).

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## Rocky Mountain Arsenal National Wildlife Refuge Reserve Now for Fall Photo and Nature Programs

By Sherry James

As the heat begins lifting from the short-grass prairies of the Rocky Mountain Arsenal National Wildlife Refuge, the mule-deer and white-tail bucks gear up for battle.

The Refuge is home to some of the largest deer in Colorado, and their magnificent antlers reach full size during the fall mating season. Known as the rut, the season features bucks at their fullest potential locking antlers as they compete for does.

By the time the rut is under way in November, the bucks have fully-grown antlers and enlarged necks. Hormones cause the bucks' neck muscles to swell so they can support their racks during battle. The Arsenal has a healthy herd of mature bucks, and photographers travel from other states to capture the bucks in action.

The Refuge will offer a variety of free programs this fall to give visitors an opportunity to learn about the deer, take photographs and see them in action. These programs fill up quickly, so it's best to call well in advance to



The Refuge is home to some of the largest deer in Colorado.

reserve your spot.

The programs planned for this fall include:

- **Tuesday Tots: "Oh Deer!"**—This one-hour program is for the young naturalist 2-5 years old. A parent or guardian must accompany all children. 10 am Nov. 4.
- **"Magnificent Mules"**—Join a Refuge tour in search of these magnificent creatures and learn about their biology and behavior. 1pm Nov. 15 & Nov. 22
- **"Big Bucks Photo Tour"**—Follow the bucks on this guided photo tour and try to capture an award-winning shot.

8 - 11am Nov. 18 & Nov. 23,

To secure your place in one of these programs—or ask about other nature programs at the Refuge—call the U.S. Fish and Wildlife Service at 303-289-0930.

*Sherry James, Visitor Services Manager with the U.S. Fish and Wildlife Service has worked at the Refuge for 18 years. She can be reached at 303-289-0659.*

## The Urban Farm

## Keeping Us Connected to the Country

By Matt Ball

On a recent cool morning when we're drawn outside to linger on our porches or stroll along the pathways, you may have seen a group on horseback out for a ride along the Westerly Creek Greenway. This unusual sight, right here within view of Denver's tall buildings, is just one of the connections to the country that is brought to us by The Urban Farm (TUF).

Children have the increasingly rare opportunity to learn by doing on The Farm, where they are required to interact with animals and take action.

Each year there are more than 350 students from ages 5 through 18 that learn to ride and care for horses in the Embracing Horses program. The program gives kids a chance to ride on a weekly basis, and to show off their riding skills in local and national competitions.

One of the largest and most active 4-H clubs (376 members) in the state meets regularly at The Farm. Kids in the 4-H program raise cows, goats, sheep, pigs, rabbits, chickens, turkeys and other livestock, with The Farm providing a place for city kids to house their animals.

Local schools also take advantage of outdoor teaching opportunities at The Farm, with regular field trip visits and school projects that add a hands-on component to science class. The goals-oriented learning

experience instills a good work ethic, and a sense of accomplishment when that work yields tangible results.

This year TUF added a large community garden, welcoming a big group of gardeners. After a hard start due to a cool spring, and some competition from prairie dogs, the gardens are now yielding a nice bounty of fresh produce. Daily activities at the garden create a good community connection, particularly

during early morning or evening watering times when gardeners gather and often swap produce.

With issues of sustainability a constant element in our news, it's great to have this local resource. There's no shorter distance from food to plate than the produce you grow yourself in your own community. And children make a close connection that lets them know that

food doesn't magically appear in shrink-wrapped packages at the grocery store.

The Farm is a place where lessons of working on the land foster greater connections to our community and our environment.

For more information about upcoming programs, take a virtual visit to [www.theurbanfarm.org](http://www.theurbanfarm.org) or a real-life visit to 10200 Smith Road on Saturdays between 10 am and 1pm.

*Matt Ball and family are Stapleton residents who are learning valuable lessons about agriculture on The Farm.*



Emmett, 9, and Nathaniel, 12, help their dad Matt Ball water at the Urban Farm's Community Garden.

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# Improv To Offer “Clean” Comedy Show Oct. 1st

By Nancy Burkhart

Many comedy shows today offer a series of jokes featuring swear words and obscene gestures. The Improv Comedy and Supper Club in the Northfield Shopping Center, however, will offer a “clean” show called “Just Pure Laughs” on Wednesday, October 1.

“This is basically a “G-rated” comedy show,” said show originator and emcee Dan McGowan. “It’s for people who want comedy cleaner. We’re trying to expand what we offer in the world of comedy. We’re trying to broaden the offerings of comedy and entertainment.

“People won’t feel uncomfortable,” he said. Most people don’t want to sit in comedy with lots of ‘f’s in it. It’s basically clean comedy that doesn’t have sex all the way through it. It’s appropriate for a much wider potential audience. Anybody could come to this.”

McGowan says he has encouraged comics to do clean comedy for a long time. And, it was because of his interest, Improv Manager Stacy Hart asked if he could produce a clean comedy show for the Improv.

“The Improv is a national comedy chain. For them to allow something like this is pretty cool, because it shows that they have an interest to bring peo-



Teresa Roberts Logan

ple a wider appeal,” McGowan said. “It was exciting for me that the Improv even wanted to go down this road,” he added. “I can’t think of another top comedy club in the area that’s offering something like this. I think that the Improv is taking the lead here.”

“Just Pure Laughs” is taking the stage along with other theme comedy nights at the Improv Club, including Divas of Comedy, Hispanic Night and Christian Night.

McGowan says he hopes that the clean comedy show will be just the first. If it draws a large audience, he hopes that the Improv will make it a monthly feature.

The October 1st show will feature national and local comics who might be familiar to the audience.

Teresa Roberts Logan will headline “Just Pure Laughs.” The comedienne once lived and worked in Denver, and has been working nationally for some time. McGowan called her “hilarious” and full of audience appeal.

Appearing with Logan will be Matt Baca, Lady May, Jeff Wozer, Rich Schad and Bob Meddles.

“Just Pure Laughs” will start at 7:30 p.m., but be there earlier to have dinner.

Tickets for the show are \$10 each. For reservations, call the Improv Comedy and Supper Club at 303-307-1777, or go to: [www.improvdenver.com](http://www.improvdenver.com).

# Aurora International Festival – Sept. 20



This free event will be held Saturday, Sept. 20, from 11 a.m. to 6 p.m. at Fletcher Plaza, the outdoor urban plaza at 9898 E. Colfax Avenue in the East End Arts District. The Festival International will feature music, dance, food, hands-on activities, art and craft of cultures around the world. Entertainment will be provided by groups representing a number of different countries. A World Market will feature arts and crafts from several countries around the world. Festival International is presented by the Northern Aurora Business Association, and sponsored by the City of Aurora. To find out more, call 303-361-6169 or visit [www.aurorabusiness.info](http://www.aurorabusiness.info).

# Children’s Museum – Mighty Machines Sept. 13



On Sept. 13th from 10am until 2pm, monstrous construction equipment will be taking over the plaza at the Children’s Museum. Visitors can climb and play on mighty machines like a backhoe and excavator and talk to the people who operate them. Visit [cmdenver.org](http://cmdenver.org).

# Aurora’s Largest Art Show – Sept. 30

View juried exhibits of paintings, photography and miniatures by artists of local, regional and national importance at the 14th annual Gateway to the Rockies Art Exhibit from Sept. 30 to Nov. 1 at the Aurora History Museum.

A wine and cheese reception from 5 to 8 p.m. Oct. 3 will kick off Aurora’s largest annual art show. Some of the artists will be available at the opening reception to discuss their work. Artwork will be for sale throughout the exhibit, and 30 percent of proceeds will help fund cultural programs in Aurora.

The Gateway to the Rockies Art Exhibit is presented by the Aurora Artists Guild, co-sponsored by the Aurora History Museum and the City of Aurora Cultural Services Division, and funded in part by the Scientific & Cultural Facilities District.

# Bladium – Free Kids Fest Sept. 6

Kids Fest is a free celebration for kids – and for adults who are kids at heart! Kids Fest will be held on Sept. 6th from 11:30am - 2pm. Activities for ages 18 months to 9 years will include: Lil Kickers free trial classes, face painting, balloons, bubbles, arts & crafts, indoor inflatable playground, a visit by Kicker, the Lil’ Kickers mascot, and much more! Local businesses have donated prizes for drawings including gift certificates, products from Lil’ Kickers and more!

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Top: Robin Finegan shows her kitchen that they remodeled in 1998. It was originally a dark narrow corridor-like room, which they widened by removing a hall closet. To their surprise they discovered bricked in windows hidden behind the old kitchen cabinets, which they opened up to bring in daylight from the north side of the kitchen. Above: Dining room and entry hall of the Finegan home.



Robin Finegan and her mother-in-law Maggie Finegan sit under the "porte cochere," the roof that used to cover their driveway which they recently remodeled to be their main outdoor living space. They love having it face the street so they can invite neighbors to join them.

# Park Hill 30th A



Built 1918, 1934 Forest Parkway ~ 88 Years of

By Nancy Burkhart

The 2008 Park Hill Home Tour will celebrate its 30th year on Sunday, Sept. 28, with an historic display of the community. Seven homes that typify the community's architecture will be open from 11am to 5pm. They were built from 1910 to 2006, including updated homes, homes that now include additions and a home with a contemporary look. All demonstrate the uniqueness that is Park Hill.

"Park Hill has always been a very activist community," explained Park Hill Tour Chairperson Roberta Locke, who also holds a seat on the Board of Governors for Greater Park Hill Community, Inc.

"We're a very diverse community," she said. "We have won awards for being the most successfully integrated neighborhood in the U.S. We have moved the airport, so Stapleton is a place to live. When we put our minds to do something, we do it."

The Home Tour also includes a Street Fair which will be held on Forest Parkway between East 19th Avenue and Montview Boulevard. Park Hill food vendors will offer tasty treats to the music provided by resident musicians. Local artists and artisans will have their wares for sale. A Silent Auction is scheduled.

All proceeds will bene-

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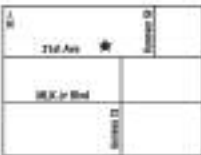
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# Annual Home Tour



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fit the Greater Park Hill Community, Inc. and its programs, including Summer Scholars, a continuous food bank, youth summer programs, programs for seniors and the Greater Park Hill News.

Advance tickets are available for \$12 each at area King Soopers, the Park Hill Cooperative Bookstore, Spinelli's Market, the Park Hill Public Library and the Greater Park Hill Community office. The day of the tour prices will be \$15 adult, \$8 senior and \$4 child. Tickets may be purchased at any of the showcased homes or at the Street Fair on the day of the event.  
Homes on the tour include:

The Stenmark Home, built 1913, 1925 Forest St.

The Duncan Home, built 1917, 1960 Forest St.

The Shaw Home, built 2006, 2230 Glencoe St.

The Bradley/Tepp: Home, built 1925, 1759 Grape St.

The Lake/Jazbec Home, built 1925, 1775 Grape St.

The Newman/Bianucci Home, built 1910, 2215 Grape St.

The Finegan Home, built 1918, 1934 Forest Parkway


For more information, go to [www.gphc.org](http://www.gphc.org). To volunteer, contact Michelle Brown at [chellebrown@msn.com](mailto:chellebrown@msn.com).



Caz Liske and his mother Katy Shaw enjoy their courtyard surrounded on three sides by their modern home. The landscaping was done by a friend in trade for a donation to City Park's new Mile High jogging trail.




Top, a high window in the southwest corner of the living room casts a beam of late afternoon light in the spacious modern livingroom that opens to the west side of the courtyard. Above, the Shaw's dining room. Next to it is the kitchen which has a large sliding glass door that opens to the courtyard, and a large butcher block table on wheels that can be rolled into the courtyard.




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# Stapleton Runways Resurrected



By Tom Gleason  
More than 3 million pounds of recycled aggregate from the former runways at Stapleton International Airport have been utilized to construct the outer walls for the office and industrial buildings rising out of the ground now at the new Enterprise Park at Stapleton located on the southern frontage of Interstate 70 west of Havana.

Enterprise Park is a joint venture between the Etkin Johnson Group and Stapleton's master developer, Forest City Enterprises. General Contractor Murray and Stafford, Inc. and concrete contractor CAL Construction are working with Arvada-based ReCrete Materials, Inc. to construct the "tilt-up" wall panels for the 100 acre business park. Recycled aggregates (concrete and asphalt) have been used in ready mix concrete for many years, but mostly on an experimental level or with little industry dedication or success.

"ReCrete spent several months in the laboratory developing the mix designs that we use today. Now, through this project and others, we are changing people's perception of recycled aggregates," said ReCrete vice president of sales and marketing, Jay Hock, a twenty-five year veteran of Colorado's concrete industry.

Etkin Johnson Group plans to seek LEED certification ("Leadership in Energy and Environmental Design") from the U.S. Green Building Council for Enterprise Park, which will include three buildings providing 441,000 square feet of office and industrial space. Energy efficient, green building design will be incorporated throughout.

The decision to use recycled concrete for the project was based on several factors.

"The material was readily available at nominal additional costs, it meets our quality standards and using it has positive environmental impacts," commented Jim Vasbinder, vice president of development for Etkin Johnson Group.

According to the Tilt-Up Concrete Association, the 3.1 million pounds of recycled concrete used on this project is the largest use of recycled concrete in a tilt-up application ever.

Above and left: Workers poured the concrete walls on the ground, then on the same day tilted them up into their vertical position.

Photos courtesy of ReCrete Materials, Inc.



# Central Park Boulevard to Gain New Artwork

By Latrice Norwood  
We are nearly at summer's end and the Stapleton public art program is continuing to move along at a steady pace. The volunteer selection committees along with the Public Art Advisory Committee have had a very busy and productive summer carefully selecting artists and works that they believe will enhance the aesthetic and value of life at Stapleton and surrounding neighborhoods.

One of the latest proposals titled "Prairie Reef" was submitted by artist Erick Johnson of Fort Collins. This \$150,000 commission features five slim aluminum kinetic grass forms 20' high and three calligraphic brushed stainless steel swirls (ranging from 10' to 18' in height) that symbolize wind currents. Both elements represent dynamic characteristics of the Stapleton environment: wind currents and tall prairie grasses. The artwork will be strategically placed in the median along Central Park Blvd. where it is intended to lead the viewer into the Stapleton neighborhood.

There are currently six works of art installed at Stapleton: Founder's Fountain (in the 29th Ave. Town Center); the embellishments on the bridges on Central Park Boulevard and Martin Luther King Boulevard; Eye and the Horizon (After Monet) at East 29th Ave & Xenia St.; the Stapleton Airfoils on Main Street at Northfield and the Denver School of Science and Technology; and Conditional Reflections at 28th & Geneva Court Community Pool. Take the time to enjoy these wonderful works by local and national artists before the weather turns cold!

Anyone who is interested in being appointed to a Project Selection Committee, applying for a public art commission or obtaining information about Stapleton's Public Art Program should contact Barbara Neal @ Barbnear@minspring.com.

Latrice Norwood is a Forest City employee who works with Public Art Consultant Barbara Neal in the implementation of the Stapleton Public Art Program. She may be reached at lnorwood@stapletondenver.com.

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# Dental Tips for Tots

by Jesse Witkoff, DDS  
A Wild Smile Pediatric Dentistry



# Teachable Moments

by Tom Downey  
Children's Museum of Denver



## 5 Ways to Stretch Your Dental Dollar

Now more than ever is the time to plan and think about how to stretch your budget in all areas including dental care. As gas and food prices go up, thinking smarter and more efficiently becomes even more important. The highest costs associated with your dental budget are restorative procedures (fillings for example). Therefore we want to focus on doing everything possible to avoid needing that type of work. Following are 5 ideas on how to do exactly that:

**Concentrate on Preventative Care.** The more your family takes care of their teeth preventatively, the less chance there will be restorative work needed. Statistically speaking, families who commit to routine dental cleanings, fluoride and exams twice per year have far less occurrence of tooth decay than those who don't. For families with dental insurance, knowing and using your benefits is one of the best things you can do to stretch your dollar. This is especially true since most dental insurance policies cover preventative visits at or near 100%. If you don't have dental insurance, the benefits to committing to regular preventative dental visits, are that you can ward off the decay, minimizing not only your child's need for treatment but also keeping your costs down.

**Take advantage of the benefits of sealants.** Sealants are the best 'insurance' against decay on children's molars available since the invention of fluoride. This non-invasive procedure simply paints a layer of clear coating onto the molars to protect those chewing surfaces from bacterial decay. In children, this is the most common area where decay is found since sticky carbohydrates like candy, caramel and even raisins tend to reside there. Sealants have been found to be about 90% effective in stopping decay on these chewing surfaces. Similar to cleanings and fluorides, most dental insurance policies cover this procedure on children's permanent molars up to about the age of 15 – so acting on your benefits becomes an important timeline issue.

**Increase diligence on home care.** I always advocate any excuse possible to increase home dental care habits. As a father of 2 young children myself, I know how difficult it is to keep up with the habits of brushing and flossing twice per day. As an idea, the charts where the kids get stickers each time they brush really do work. Downloadable versions of these charts can be found at [www.awildsmile.com](http://www.awildsmile.com). For the very young, starting the habit early makes life easier later. This preventative effort at home will really make a difference on decay.

**Free information is available – Take advantage of it.** Many offices, including ours, offer free well baby dental visits which concentrate on providing the parents with education and information for children up to 24 months old. This appointment focuses on getting the child acquainted with the habit of coming to the dentist, teaches the parents what to expect in their efforts of brushing at this age, and offers details on what increases the occurrence of decay, things to avoid and tricks to encourage a fun tooth brushing habit.

**Alternative treatment options are available.** If in the end, no matter how hard you try, your child just seems susceptible to decay then you may wish to discuss alternate treatment options with your dentist. Very often, multiple choices of varying cost are available. In addition, treatment may be able to be phased into multiple appointments of priority in order to help manage the finances. Don't be afraid to talk through your financial situation with your provider. I can assure you it would not be the first conversation of that sort as many people are currently wrestling similar issues.

I know in our household as we battle the frustrations of our current economy, we find ourselves feeling more relaxed with each piece of information we acquire. In other words, "The more you know, the more you glow" – so don't be shy about proactively learning what you can do.

*Dr. Jesse Witkoff's pediatric dental practice, A Wild Smile, is located in the same building as Stapleton Pediatrics at 2975 Roslyn Street, #160. For more information call 720-945-1234 or visit their website at [www.AWildSmile.com](http://www.AWildSmile.com)*

## Are we there yet?

These are the four dreaded words when traveling anywhere with the kids. Whether you're on your way to the grocery store or driving for hours on a family vacation, time spent in the car can be stressful. It can also be a great opportunity to spend some quality time together. Kids in the car are a captive audience, so road trips of any length are the perfect time to play and learn together!

Tried and true car games, such as the Alphabet Game, or Counting Cows, are always a hit. Take turns trying to find all the letters of the alphabet on road signs, billboards and storefronts. This is a great game for short distances! If you have longer distances to travel, count cows or horses! Everyone keeps track of the cows or horses they see on their side and if you pass a cemetery along the way, you start over. The side with the most by the time you reach your destination wins!

For your little learners, play Stop-Go. Each time you're approaching a stop light, ask your child what you're supposed to do. They get to tell you to stop, slow down, or go, depending on the color of the light. To help your child learn their way around town, play Which Way Do We Go? As you're heading home from school or grandma's house, ask your child which direction to go to get home. Let them tell you to turn left or right. This helps teach them directions and to recognize landmarks.

A car ride is a great time to learn about music! You can play Name That Tune with the radio or Name that Instrument. Turn on the radio or pop in a favorite CD. Have the kids identify the different musical instruments they hear. Can they hear a drum? How about a guitar? Make sure to point out the sounds of the different instruments for younger children and make it simple. With your older children, play Name that Music. Radio stations play a variety of music and it's a great way to learn about the different genres of music. Teach your children how to identify pop, jazz, country, blues, rock, classical and rap.

There are hundreds of "teachable moment" opportunities everyday! Some are obvious, and some take a bit of explanation. Now, thanks to incredible research and efforts by Civitas, the Ad Council and United Way of America, these Born Learning Techniques are available to parents in simple forms. Nationally, Born Learning is being permitted through public service announcements and a wonderful website, [www.bornlearning.org](http://www.bornlearning.org). Here in Colorado, Mile High United Way, Anna Jo Haynes of Mile High Montessori, the Children's Museum of Denver and others have partnered to spread the Born Learning concept in our community.

*Tom Downey ([tomd@cmdenver.org](mailto:tomd@cmdenver.org)) is the Executive Director of the Children's Museum of Denver. He lives at Stapleton with his wife, Lori Fox, and daughters Cate, Ella, and Meg.*

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# Views on the Street – What’s Missing in Northeast Denver?



Charlene Shelton

**Charlene Shelton:** The first thing that is missing is a juice place like a Jamba Juice. It would also be really nice to have a medium scale hamburger joint – like a malt shop – where the older kids could go to grab lunch or dinner. A place with some healthy food options that attracts a young crowd and

where the neighborhood kids could hang out and meet their neighbors.

What also would be really fun would be dances or a teen center for the older kids. As more teenagers move into Stapleton, it would be nice to have some established activities that are safe, fun, and hip. This would give the parents a sense of peace and they could volunteer and help plan things that are exclusively for the teens. The Central Park Pavilion would be a great place to do these activities. Maybe local DJs, bands, and celebrities could help sponsor these events. Maybe the Master Community Association could put this out to the community in the Front Porch to see if residents/ parents would be interested in getting these events organized. I would be happy to help with this; I think it would be fun!



Karen and Brett Fuhrman with Hannah, 16 months old

**Karen and Brett Fuhrman:** I would love to see an organic grocery store, preferably Sunflower Market. I drive all the way to the one on Colorado Blvd. and Yale because I love the store. They have great prices and it would be really nice to see something like that a lot closer. I would also like to see another daycare center and another car wash/gas station and more locally owned stores instead of the big chains. Other than that, I think they did a good job. Besides the grocery store, everything I need is between the Town Center, Quebec Square and Northfield.

neighborhood bar that is comfortable and nicely done inside with a good variety of music. Location is key with an embracing environment since people have good taste in Stapleton. Another thing would be smaller, non-franchise businesses that bring character to the neighborhood like in other parts of Denver. We want to support those types of business here rather than drive somewhere else. A gas station that is closer would be nice too. We are looking forward to the new Havana Town Center and think it would bring a lot of business to Stapleton from the Aurora side. It would be good to have that established before everything is developed along Colfax, across from the hospitals and medical center.



Ingrid Crowl with Megan, 4 and Molly, 6

**Ingrid Crowl:** We would like to see a Whole Foods or a Sunflower Market in the neighborhood so that I don't have to drive so far. We go to the Whole Foods in Cherry Creek and the parking is horrible. We would rather just walk and get things here. A great Mexican restaurant would be good too.



Donna McMahon (left) and Pat Garland

**Donna McMahon and Pat Garland:** We need more adult driven things like a wine bar or a jazz club for music that you wouldn't have to drive downtown to. A young,



Bob and Grace Nelson with granddaughter Madeline, age 8

**Bob Nelson:** There should be coffee and doughnuts at the Farmer's Market and there should be another gas station other than the one at King Soopers because it is always so crowded that you can hardly pull in there. We live in Park Hill and don't do all of our shopping here, so I am not really sure what else is missing in Stapleton.

**Grace Nelson:** I'd like to see more local boutiques and a store with clothing for larger women.

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# Sustainability at Stapleton

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



## New Leaf

September's topic:  
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tember issue at:  
[stapletondenver.com/  
Sustainability-New-Leaf.aspx](http://stapletondenver.com/sustainability-New-Leaf.aspx)



Shoppers select fresh produce from the Palizzi Farms stand at the Stapleton Farmers Market. The Stapleton Farmers Market is open every Sunday through Sept. from 8:30-12:30 in Founders' Green.

## Stapleton Farmers Market Continues Through September

The fifth season of the Stapleton Farmers Market has been the strongest season yet, with over twenty vendors showing up bright and early each Sunday morning in Founders' Green to sell the freshest, tastiest local fruit, vegetables and specialty items around! The Stapleton Farmers Market continues through the month of September; the last day of the 2008 market will be Sunday, September 28th.

September produce combines the best of summer and fall. Field tomatoes, sweet corn, Rocky Ford can-

taloupes, peaches, green beans, beets, peppers, broccoli, carrots, cucumbers, and lettuce are all still being picked and are joined by pears, apples, cider and squash. There are tons of goodies to choose from, so please keep supporting your community farmers market by shopping at the Stapleton Farmers Market throughout the month of September!

*The Stapleton Farmers Market is held Sundays in Founders' Green from 8:30 - 12:30 through the end of September.*

## Harvest Week - September 6th - 12th

The Denver Independent Network of Restaurants has created the first-ever Harvest Week, a week-long celebration of Colorado's exceptional produce and products, from September 6th - 12th. Harvest Week is presented in partnership with the Colorado Wine Board and Colorado Proud.

"Eating locally not only helps keep the cost of food down because it doesn't have far to travel, but also encourages the production of superior ingredients while benefiting the environment," said Elizabeth Williams, Harvest Week Committee Chair and Events Manager at Highland's Garden Café.

Each participating restaurant will create a menu for Harvest Week that features food and/or beverages grown or produced in Col-

orado and highlights the style of that particular eatery. Several renowned Colorado ingredients are expected to make appearances, such as peaches, sweet corn, chevre, trout and lamb. Other lesser-known Colorado products will also be featured, such as heirloom tomatoes, berries, greens and potatoes.

Restaurants may choose to do a four-course meal with Colorado wine pairings; a selection of local beers to complement its regular menu; or a wine tasting with local wines and cheeses. In addition, several restaurants will host individual programs and events including talks with local farmers; presentations by Denver Urban Gardens; pick and cook events with kids; and much more!

*For more information on Harvest Week, including menus, visit [www.eatdenver.com](http://www.eatdenver.com).*

## September 20th-21st Ninth Annual Sustainable Living Fair

The Rocky Mountain Sustainable Living Association's 9th annual Sustainable Living Fair will be held September 20th-21st at the Rocky Mountain Raptor Center in Fort Collins, Colorado. The Sustainable Living Fair is a solution based, hands-on, family oriented event designed to educate people of all ages and backgrounds about Sustainable Living Practices, Renewable Energy, Environmental & Social Responsibility, Natural Health, Green Building, Alternative Vehicles, Organic Agriculture, Local Economies and more.

Fair hours are Saturday, September 20th from 10am - 6pm and Sunday, September 21st from 10am - 5pm. Fair admission is \$5 per day, and kids under 12 are free. For more information, visit [www.sustainablelivingassociation.org/thefair/](http://www.sustainablelivingassociation.org/thefair/).

## Envirofest 2008 Environment and the Economy: Cents and Sensibility for Colorado

The Rocky Mountain Association of Environmental Professionals presents Envirofest 2008 on September 18th at the PPA Events Center in Denver. Envirofest is an evening of dinner, cocktails and networking with other environmental professionals from engineering organizations, consulting firms, government agencies and academic institutions.

This year's theme focuses on current public and private efforts to reduce the state's environmental footprint and the resulting impact on the economy. Speakers will include members from the Governor's Energy Office, the 2008 Democratic National Convention Committee, Xcel Energy, and the Home Builder's Association. Ticket prices range from \$25-\$80. For more information visit [www.rmaep.org/envirofest.asp](http://www.rmaep.org/envirofest.asp).

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Sept. 6th Opening Event

# New Child Development Center to Open in Stapleton

By Lisa Cybyske

Knowledge Beginnings Child Learning Centers, an early childhood education and care provider, will celebrate the opening of a new center in Stapleton on Saturday, September 6th from 10am to 2pm. The celebration will feature a party with Radio Disney, the Denver fire department, games and prizes and much more. Knowledge Beginnings welcomes area families to attend this event as they prepare to open this new child learning center. Programs will be offered for children ages six weeks through 12 years old.

- Activities will include:
- Visit from Denver Fire Department and tours of the fire truck
  - Big bounce house
  - Refreshments
  - Arts & crafts
  - Staff meet and greet
  - Curriculum and program overview
  - Center tours
- Knowledge Beginnings of Stapleton is located at 10325 East 31st Avenue in Stapleton.
- Lisa Cybyske is the Center Director at the Stapleton Knowledge Beginnings. She can be reached at Stapleton Knowledge Beginnings at 303-329-4405.

Starts September 17th

# Citizens' Academy to Learn What the Police Know

By Technician Mike Rappe

Have you ever wanted to learn about what the police know? Now is your chance.

Join the Denver Police Department's Citizen Academy, a free 12-week program starting September 17th. It is open to the public, helping citizens learn more about the department's programs such as SWAT, K-9, Gang Unit, and Investigations.

Those interested in taking the class are required to fill out an application and sign the Citizen Advisory Form that authorizes a criminal record clearance. All classes are held from 6:30pm- 9:30pm at the Denver Police Department Academy. The fall session ends December 3rd.

For more information or to register for the Academy, contact Technician Mike Rappe at Mike.Rappe@denvergov.org or call 720-913-6878.

# Top Cop Citizens Committee Honors District 2 Officer



By Tom Gleason

Denver Police District Two Citizens Committee has selected Office Mike Torgeson as the "Top Cop" for the month of July.

On July 20<sup>th</sup>, Officer Torgeson responded to a call in reference to a party with a gun. Officer Torgeson contacted the complainant who advised him that a man had come to her house with a gun looking for her brother. The individual was a gang member with two previous weapons charges. When the woman told the man her brother was not home he left the scene.

When the man phoned the woman to say he was going to return to the home and kill the woman and her family, Officer Torgeson had the family go to the District 2 station in order to keep them safe. Officer Torgeson directed other officers into the area and set up a loose perimeter around the neighborhood in order to catch the individual in the event he returned.

A short time later the individual who made the threats and two other people were observed by Officer Torgeson in the area driving through an alley. Officer Torgeson advised the officers on scene that the suspect was in the vehicle and instructed the officers to initiate a traffic stop. At that point, the man was taken into custody without incident. The passengers in the vehicle were also taken into custody. One of the passengers was wanted on a felony warrant for probation violation; another was found to be in possession of a stolen handgun.

The Citizens Committee and Denver Police supervisors applauded Officer Torgeson for preventing a violent situation and his success in getting three dangerous people and a gun off of the streets of Denver.

# Memory Research Study

Participants are needed for a research study to determine improvements in memory using techniques developed by the University of Florida's Everyday Memory Clinic. The study will test the memory of participants who take part in the five-week Memory Action Plan course as well as people who do not take the course. The course is designed to provide lasting improvements in confidence and memory performance among older citizens. The memory course and subsequent testing will take place at the Aurora Center for Active Adults, 30 Del Mar Circle. Courses will be offered Sept. 30 to Nov. 4, Tuesdays 9:30 to 11:30 a.m. and Nov. 18 to Dec. 23, Tuesdays from 9:30 to 11:30 a.m. The cost for the course is \$39 (\$30 Aurora residents). For more information call 303-739-7950.

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Age	\$250,000	\$500,000	\$1,000,000
35	\$9	\$14	\$22
40	\$11	\$17	\$29
45	\$16	\$27	\$47
50	\$22	\$39	\$69
55	\$31	\$58	\$106
60	\$44	\$83	\$158
65	\$70	\$135	\$257

Monthly Rate for Males			
Age	\$250,000	\$500,000	\$1,000,000
35	\$9	\$14	\$24
40	\$11	\$18	\$31
45	\$18	\$31	\$52
50	\$25	\$45	\$83
55	\$42	\$80	\$141
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# Looking to Get Involved in Your Community? Join C.A.B.



CAB chair Justin Ross (right) presides over a recent CAB meeting.

By Elizabeth Garner

The Stapleton Citizen's Advisory Board (CAB) was very involved in the master planning process. After the process was completed in 1995, the CAB became advisory to the newly formed Stapleton Development Corporation Board. The Board includes 35 members who represent a variety of perspectives and constituencies, including residents, surrounding neighborhoods, cities, and partners like Bluff Lake, District 2 Police, and Stapleton United Neighbors (SUN).

The primary goal of the Board is to review and provide feedback to the SDC and the master developer, Forest City Stapleton, on how the redevelopment is following through with the principles set forth in the "Green Book." These principles include: environmental responsibility, social equity, economic opportunity, physical design, and implementation (create and implement new institutional structures). These principles strengthen the development of Stapleton and ensure the creation of a sustainable urban community.

In order to focus on the principles, the CAB is organized into several sub-committees that meet individually to consider specific issues as determined by the sub-committee, the CAB and the community at large. The sub-committees include: **Membership • Housing Diversity • Work Force and Business Opportunity • Parks Advisory Group • Zoning and Planning • Communications**

The CAB will periodically publish articles in the Front Porch to highlight the mission and current activities of the different committees. The mission of the Membership committee of CAB is to review current membership and to seek and recommend new members for CAB who represent the varying interests of the Stapleton community. Currently the Membership Committee is seeking new members for the CAB who are either residents in Stapleton or residents of neighboring communities. New members are proposed for membership in October and April of each year. In order to be on the CAB members must be willing to attend monthly CAB meetings held on the third Thursday of each month from 7:30 am to 9:00 am at the SDC offices at 7350 E. 29th Ave. Ste. 300. Members must also be willing to participate on one or more of the sub-committees.

*If you have interest in your community and want to be part of the Stapleton redevelopment please consider attending our next CAB meeting on September 18th or contact Elizabeth Garner at [Elizabeth@garnerco.com](mailto:Elizabeth@garnerco.com).*

## Stapleton Walk Aids Huntington's Disease Society



On August 16th, approximately 200 people gathered in Stapleton's Central Park and braved heavy rain to participate in the Team Hope Walk to raise funds for Huntington's Disease.

By Nancy Burkhardt

Stapleton residents who participated in the fourth annual Team Hope Walk on August 16 raised about \$45,000 to support research for finding a cure for Huntington's Disease (HD) and help affected families in the Rocky Mountain Region. The 3K Fun Walk featured food, live music and activities for children.

Huntington's Disease is a hereditary, degenerative brain disorder. There currently is no effective treatment or cure. HD gradually lessens a person's ability to walk, think, talk and reason.

The Rocky Mountain Huntington's Disease Society (HDSA) provides family services, regional referrals, information about care, financial planning and legal support.

Alyson Krivanek of Lakewood has two daughters, Judy and Carissa, who suffer from HD. "I turned to the HDSA and they have been such an amazing support for us," said Krivanek. "I attended my first



support group not long after Judy's diagnosis, and have not missed one since. I have met the most extraordinary people, who took us right in as their own. The social worker has become more than just someone who leads our group; they have all become our family. I know that if I need an ear, I can find one just a call away."

If a person has one parent with HD, the odds of contracting the

disease are 50-50.

When Jeremy Bates of Broomfield learned that his father had HD, he took the test and found that he, too, was an HD victim. "Scientists and doctors seem to be getting closer to a cure," Bates said. "I just hope they figure it all out before my son has to go down a similar path."

Stapleton resident Kendell Aitchison, who is Manager of Special Events for the Rocky Mountain Region HDSA, reports that the 2009 Team Hope Walk again will be at Stapleton next August.

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# Real Estate Corner

Information of interest from local real estate professionals

## Maintenance Must-dos



Samantha Dardano

Home maintenance may not be the most exciting task, but can be the most important when it comes to the health of your home. The following lists are a few maintenance items that compiled by hardware store managers, inspectors and real estate agents. Keeping on top of these important issues can have a huge influence on the value of your home over the long-run.

### Inside Tasks

- Change your furnace filters monthly. This seems like such an easy task, but left unattended can be critical. Clogged filters decrease furnace efficiency and can cause breakdowns.
- Drain your water heater at least once a year. Sediment will drain out along with the water from the water tank. Removing sediment can prolong the heater's useful life.
- Clean the coils. If you have baseboard heating units that use hot water, clear dust from the coils inside the units to maximize heating efficiency. Clean dust whenever you see it accumulating. If you have a hot water boiler/furnace, you should also oil the pump inside the furnace twice a year.
- Check your circuits. Test the performance of the circuit breakers in your electrical circuit box twice a year by flipping them off and back on. If you have a circuit that keeps shutting off with normal daily electrical use, call an electrician. A faulty circuit breaker could indicate a short in the wiring inside your walls.
- Watch out for drips. Check under sinks periodically to look for leaks or water stains that might indicate leaks. Catching a small problem early can prevent water damage. Use a

- plunger to clean out sinks and tubs whenever water doesn't drain normally.
- Replace regularly. Water heaters, furnaces, roofs, and other key components of your home should be replaced before they fail, based on the average useful lives listed below:

Exterior painting	5-10 life span (in yrs)
Furnace	15-50
Roof	13-15
Water heater	7-15
Wood deck staining	4-7

### Outside Tasks

- Keep the wet out. Water is a major enemy of your house. Check each season for signs of water damage to your home. Flashing, the metal pieces used to seal the areas between roofs and chimneys and around doors and windows, are especially vulnerable to damage by wind or age. Loose flashing can let water seep under a roof or inside walls, which in turn can cause mold.
- Get to the bottom of things. Check your home's foundation for cracks or gaps that could let in water or small animals. Also look at the ground around your house. As homes age, they often sink slightly below the surrounding ground. This settling lets water puddle against the foundation and possibly damage it. Doing major landscaping work also can cause changes to the ground's pitch that let water flow toward the house.
- Look up. Chimneys take a great deal of weather abuse. Visually inspect them each year for signs of loose mortar or loose or missing bricks. Have the insides of chimneys cleaned every two to three years. Also check your roof for loose shingles or dangling gutters.

*Samantha Dardano is a real estate broker who owns Metro Brokers-Dardano Properties. She has been practicing real estate for over 16 years. She can be reached at 303-523-0833 or [sdardano@dardano-realty.com](mailto:sdardano@dardano-realty.com).*

## Stapleton Home Sales – Bucking the Trend



Rhett Adams

By Rhett Adams

Every day we hear more in the media about the downturn in our nation's housing market. We know that home sales are off, foreclosures are up and loans are harder to come by. So how is all this playing out at Stapleton? Below is a record of Stapleton home sales comparing activity this year with activity during the same months in 2007. Obviously,

these numbers do not support a gloomy impression of our local market. In fact, they clearly indicate that the market here is much healthier and more stable than we might be led to believe.

*Information was compiled by Rhett Adams using statistics from Metrolist, Inc. and may not reflect all real estate activity on the market. Rhett is a realtor with Metro Brokers - Dardano & Associates in Stapleton's E. 29th Avenue Town Center. She can be reached at [RADams@DardanoRealty.com](mailto:RADams@DardanoRealty.com) or (303) 478-2232. Please call or email Rhett for a free detailed report on July 2008 home sales.*

'07 - '08 Comparison	# Single family homes sold	Avg SqFt	Avg Price	# Condos sold	Avg SqFt	Avg Price
Jan '07	12	2,098	\$459,036	6	1,264	\$240,053
Jan '08	14	2,162	\$482,678	1	1,608	\$339,000
Feb '07	11	2,372	\$550,849	10	1,497	\$258,826
Feb '08	15	2,147	\$464,030	6	1,438	\$276,950
Mar '07	24	2,202	\$487,025	4	929	\$171,069
Mar '08	29	2,089	\$457,500	7	1,562	\$291,950
Apr '07	23	2,281	\$521,857	6	1,132	\$201,200
Apr '08	22	2,209	\$485,374	9	2,061	\$464,609
May '07	27	2,051	\$441,375	10	1,325	\$259,120
May '08	32	2,155	\$478,172	7	1,356	\$270,043
Jun '07	35	2,127	\$463,409	10	1,246	\$241,988
Jun '08	35	2,101	\$455,480	5	1,202	\$252,840
Jul '07	25	2,021	\$467,222	10	1,203	\$232,971
Jul '08	29	2,190	\$475,997	9	1,341	\$269,377

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“The Bison Are Back” Video To Air on Local Channel 8

By Sherry James

Since their reintroduction to the Rocky Mountain Arsenal National Wildlife Refuge

March 17, 2007, the bison have been a huge hit. Visitation to the Refuge has more than doubled since last year, and these majestic creatures are a big reason why. If you'd like to come see them for yourself, but can't make it out to the Refuge, you can now catch them at home, too.

Denver 8 TV will air a video about the bison throughout the metro area that will be repeated periodically as programming permits. According to David DiManna, senior producer at Denver 8 TV, "it's in the regular rotation." This means you'll see it "when other programming ends before a regular hour or half hour start time."

The video was originally produced by the Denver Museum of Nature and Science in collaboration with the U.S. Army, Shell Oil Co. and U.S. Fish and Wildlife Service.



Bison at the National Wildlife Refuge near Stapleton.

It has been airing in the museum next to the bison exhibit for the last several months.

"We're very excited to see the bison on the small screen," said Steve Berendzen, Refuge Manager at the Arsenal. "Of course, we'd like everyone to come see

them in person, but we're thrilled that people can see them on Denver 8 as well."

Unfortunately, the bison could not be reached for comment on their burgeoning television fame.

For more information on the Rocky Mountain Arsenal National Wildlife Refuge or the bison, please visit <http://www.fws.gov/rockymountainarsenal> or call the U.S. Fish and Wildlife Service at 303-289-0930.

*Sherry James, Visitor Services Manager with the U.S. Fish and Wildlife Service has worked at the Refuge for 18 years. She can be reached at 303-289-0659.*

Grieving The End of a Relationship

By Alan Robarge

Perhaps you're stuck wondering whether or not to end your relationship. Will the grass be greener without your significant other? Or possibly the break-up has happened and you're feeling wrecked or numb or relieved. How will you get through all this grief? Regardless if you are questioning the end or if it is already over, break-ups are complicated, confusing, and rarely clean.

My first long-term relationship ended two years ago and I still feel saddened. I also remember other important relationships ending that are now almost ten years past. Break-ups are hard to forget and impact our lives profoundly. There is nothing forgetful or subtle about being crushed and distanced by the one you loved most. It's quite sobering to witness a shared future evaporate. And if you were really committed, then uncommitting feels like reversing your blood flow – it goes against your heart's contract and hope.

Goodbye moments are momentous. They wake us up. They devastate us. They humble our hearts. In the spirit of Hamlet, I rewrite those famous words, "To be loved or not to be loved. Isn't that the question?" After all without love, what's the point? Don't you just want to die? Doesn't suicide suddenly seem plausible? Life as you have known it is over. Hello to grief. Hello to unknown future. Hello to dining alone.

I'm reminded of a line from an Anne Sexton poem, "The end of the affair is always death." I'm not trying to paint a tragic, exaggerated scene about endings. I'm saying break-ups suck and are final! They feel like death.

So how do you move on with life after



Alan Robarge

witnessing your own funeral? First eat many pints of Häagen-Dazs and listen to a few hundred I-can't-live-without-you-because-you're-the-only-reason-I-breathe love songs. Then start accepting reality – it's over!

The first step after a break-up is to be honest with your grief and conflicted feelings. You appreciate him (or her.) You love him. You hate him. You're relieved. You're angry. You're sad. You're regretful. You forgive him. You wish him dead. You wish him well. You don't care anymore. Eventually after the emotions calm, the grief clouds begin to part. There are no guarantees when the sunshine will return, grief is on its own watch; but be assured this process is normal and universal.

Keep in mind if you ignore your grief, you'll seriously limit your chances of ever loving again. Sooner or later the grief will resurface. I encourage all of us to feel our grief now because getting through it has purpose. Think of grieving as joining an emotional gym. Membership builds emotional muscles, stretches you beyond your fears, and tones your capacity for relating to others. Just like Pilates, grieving strengthens your core. And remember like all things impermanent, this too shall pass – the grief will eventually subside. Until then, you'll need to put some effort into caring for yourself and for your broken heart.

*Alan Robarge, Psychotherapist, is a Denver-based clinician in private practice. He is starting Grieving Gallery, a support group that uses artistic presentations to facilitate grieving. Learn more at [www.alanrobarge.com](http://www.alanrobarge.com) or send an email to [alan@alanrobarge.com](mailto:alan@alanrobarge.com).*

Colorado MS Luncheon September 23rd

The Colorado Chapter of the National Multiple Sclerosis Society will hold its 11th Annual "Denver Women Against MS Luncheon" on Tuesday, September 23rd (Noon to 1:30 p.m.) at the Marriott Denver

City Center, 1701 California Street in downtown Denver. The cost is \$125 per person. For more information, call Cheryl Balchunas at (303) 698-5405 or visit [www.cureMScolorado.org](http://www.cureMScolorado.org)

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# Is it Smarter to Pay Off Your Mortgage or Invest Your Extra Cash?



Angela C. Cheeseboro

By Angela C. Cheeseboro

Owning a home outright is a dream that many Americans share. Having a mortgage can be a huge burden, and paying it off may be the first item on your financial to-do list. But competing with the desire to own your home free and clear is your need to invest for retirement, your child's college education, or some other goal. Putting extra cash toward one of these goals may mean sacrificing another. So how do you choose?

**Evaluating the opportunity cost.** Deciding between prepaying your mortgage and investing your extra cash isn't easy, because each option has advantages and disadvantages. But you can start by weighing what you'll gain financially by choosing one option against what you'll give up. In economic terms, this is known as evaluating the opportunity cost. Here's an example. Let's assume that you have a \$300,000 balance and 20 years remaining on your 30-year mortgage, and you're paying 6.25% interest. If you were to put an extra \$400 toward your mortgage each month, you would save approximately \$62,000 in interest, and pay off your loan almost 6 years early.

By making extra payments and saving all of that interest, you'll clearly be gaining a lot of financial ground. But before you opt to prepay your mortgage, you still have to consider what you might be giving up by doing so--the opportunity to potentially profit even more from investing.

To determine if you would come out ahead if you invested your extra cash, start by looking at the after-tax rate of return you can expect from prepaying your mortgage. This is generally less than the interest rate you're paying on your mortgage, once you take into account any tax deduction you receive for mortgage interest. Once you've calculated that figure, compare it to the after-tax return you could receive by investing your extra cash. For example, the after-tax cost of a 6.25% mortgage would be approximately 4.5% if you were in the 28% tax bracket and were able to deduct mortgage interest on your federal income tax return (the after-tax cost might be even lower if you were also able to deduct mortgage interest on your state income tax return). Could you receive a higher after-tax rate of return if you in-

vested your money instead of prepaying your mortgage? Keep in mind that the rate of return you'll receive is directly related to the investments you choose. Investments with the potential for higher returns may expose you to more risk, so take this into account when making your decision.

**Other points to consider.** While evaluating the opportunity cost is important, you'll also need to weigh many other factors. The following list of questions may help you decide which option is best for you.

- What's your mortgage interest rate? The lower the rate on your mortgage, the greater the potential to receive a better return through investing.
- Does your mortgage have a prepayment penalty? Most mortgages don't, but check before making extra payments.
- How long do you plan to stay in your home? The main benefit of prepaying your mortgage is the amount of interest you save over the long term; if you plan to move soon, there's less value in putting more money toward your mortgage.
- Will you have the discipline to invest your extra cash rather than spend it? If not, you might be better off making extra mortgage payments.
- Do you have an emergency account to cover unexpected expenses? It doesn't make sense to make extra mortgage payments now if you'll be forced to borrow money at a higher interest rate later. And keep in mind that if your financial circumstances change--if you lose your job or suffer a disability, for example--you may have more trouble borrowing against your home equity.
- How comfortable are you with debt? If you worry endlessly about it, give the emotional benefits of paying off your mortgage extra consideration.
- Are you saddled with high balances on credit cards or personal loans? If so, it's often better to pay off those debts first. The interest rate on consumer debt isn't tax deductible, and is often far higher than either your mortgage interest rate or the rate of return you're likely to receive on your investments.
- Are you currently paying mortgage insurance? If you are, putting extra toward your mortgage until you've gained at least 20% equity in your home may make sense.
- How will prepaying your mortgage affect your overall tax situation? For example, prepaying your mortgage (thus reducing your mortgage interest) could affect your abil-

ity to itemize deductions (this is especially true in the early years of your mortgage, when you're likely to be paying more in interest).

- Have you saved enough for retirement? If you haven't, consider contributing the maximum allowable each year to tax-advantaged retirement accounts before prepaying your mortgage. This is especially important if you are receiving a generous employer match. For example, if you save 6% of your income, an employer match of 50% of what you contribute (i.e., 3% of your income) could potentially add thousands of extra dollars to your retirement account each year. Prepaying your mortgage may not be the savviest financial move if it means forgoing that match or shortchanging your retirement fund.
- How much time do you have before you reach retirement or until your children go off to college? The longer your timeframe, the more time you have to potentially grow your money by investing. Alternatively, if paying off your mortgage before reaching a financial goal will make you feel much more secure, factor that into your decision.

**The middle ground.** If you need to invest for an important goal, but you also want the satisfaction of paying down your mortgage, there's no reason you can't do both. It's as simple as allocating part of your available cash toward one goal, and putting the rest toward the other. Even small adjustments can make a difference. For example, you could potentially shave years off your mortgage by consistently making biweekly, instead of monthly, mortgage payments, or by putting any year-end bonuses or tax refunds toward your mortgage principal. And remember, no matter what you decide now, you can always reprioritize your goals later to keep up with changes to your circumstances, market conditions, and interest rates.

*Angela Cheeseboro is a Park Hill resident and a financial advisor with Waddell & Reed. She can be reached at (303) 770-5511 or Acheeseboro@wradvisors.com. The information provided is for educational purposes only, it is not tax or legal advice. Each person should discuss their individual circumstances with their financial and/or tax advisor.*

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Richard Wisniewski



# Are You Gonna Eat That? Five Habits of Healthy Eaters

By Maria T. Anderson, MD

The most important contributors to your weight are what you eat and drink. Even regular exercise won't offset chronically high calorie intake. Daily decisions about food overwhelm any other factor affecting your weight. The first step in reaching a healthy weight is to recognize what you are putting into your mouth and to develop lifelong healthy eating habits.

Here are five habits of people who eat well. Integrating these changes into your life can start you on the path to lifelong wellness.

**1) If you need a chemist to tell you what it is, don't eat it.** What is partially hydrogenated soybean oil anyway? What about modified corn starch, hydrolysate blend, or the ominous-sounding mechanically separated chicken? They are common ingredients in chicken nuggets and other processed food. These substances don't contribute to a healthy diet and can pack on calories. Stick to food made with ingredients your 7 year old could draw a picture of.

**2) You are what you drink.** You may be drinking more calories than you think. You could guess that soda's not so great. But consider the unnecessary calories in coffee drinks, bottled iced tea, your third beer, or a 16 oz. smoothie. In kids, juice intake is a major factor leading to obesity. Try for two weeks to drink nothing with high fructose corn syrup (see number 1). You may lose your taste for its unnaturally sweet flavor along with several pounds.

**3) Shop the perimeter.** Find the good stuff around the sides of the market: fruits, vegetables, meat, fish, poultry, milk. Processed, high calorie, high fat, and high carbohydrate foods lurk in the middle. Try to make your grocery list with predominantly perimeter items, and a natural side effect will be healthy eating.

**4) Your plate should have colors other than tan.** Don't be tempted by the fish sticks, pasta with butter, or french fries you cooked for your preschooler. When your food is entirely builder's beige, it's time to add some color. Eating a varied, colorful diet is more fun and assures that you get the right combinations of nutrients. Try food of every color with ingredients that don't come from a lab. It looks and tastes better, and is better for you.

**5) Eat in.** Restaurant portions are typically three times healthy meal portions. Getting visually used to huge meals will add weight faster than anything else. Shop for the week, stock your pantry, and get what looks good at the Farmer's Market. Having food at home will make you less reliant on take-out. When you do eat out, have them package up half of your plate at the offset and you'll be less likely to overeat.

The simplest way to achieve durable lifestyle change is to pause to think about what you take in. Make it a habit to ask yourself, "Am I gonna eat that?" That alone will help you eat healthy and stay well.

*Dr. Anderson is a cardiologist who lives and works in Stapleton. She owns Medical Mentors, LLC, which provides in-home health and wellness consultation.*

# SUDC Similar to SIDS, but Strikes Older Children

By Nancy Burkhardt

Parents have been aware of Sudden Infant Death Syndrome (SIDS), unexpected infant death, for a long time. However, Sudden Unexplained Death in Childhood (SUDC) only came into existence in 2000.

SUDC represents toddler deaths when the child is over the age of 12 months, when there is no apparent cause for the death upon performing autopsy and after an extensive investigation of the scene.

"It's not a disease or a phenomenon; it's not a condition. It's basically saying, 'We have no idea why your perfectly healthy child died in their sleep,'" explained Lunden MacDonald.

Lunden and her husband, Pat, lost their son, Gus, in 2003 when he was 18 months old. They now have three children: Murphy, 5 ½ years; Maeve, 3 years; and Declan, 6 months.

"Can parents or doctors predict the possibility of SUDC occurrence? At this time, no. That's what's so shocking and horrible," Lunden says. "Every single one of these families had a perfectly healthy child. None of the children were sick. We found them dead, whether from a nap or overnight sleep. This makes the comprehension of it and the grief process very difficult. There was no information given to us and no information to be had."

The CJ Foundation for SIDS has a program for SUDC, which includes research headed by Dr. Henry Krous at Children's Hospital in San Diego, according to Lunden. Dr. Hannah Kinney at Children's Hospital in Boston, through Harvard University, is a pediatric neuropathologist who concentrates on brain development in post-mortem children.

Kinney is studying the possibility that the cause of SUDC might be connected to an abnormality in the hippocampus, above a person's ear, which helps with breathing and cardiac function. In a small group, this is asymmetrical, Lunden explained. She said that Dr. Kinney's theory is that the SUDC children experienced fever and suffered a seizure while they were asleep, and then died due to the abnormality of the hippocampus.

Research has shown that SIDS and SUDC are two different physiological events, Lunden said.

Pat and Lunden MacDonald are joining with Tami and Jake Gove to host the 5th Annual Josh and Gus's Run for a Reason on Sunday, September 21, in Clement Park in Littleton. It includes a 2K family walk and lots of entertainment for the children. Donations will go to fund research and support services in the area of SUDC.

*For SUDC information, go to: [www.sudc.org](http://www.sudc.org). For information about the Run for a Reason fundraiser, go to [www.josandgus.com](http://www.josandgus.com). To contact Lunden MacDonald, e-mail her at: [mrsmack2001@hotmail.com](mailto:mrsmack2001@hotmail.com).*

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**S.U.N. Meetings are open to the public**  
 The SUN Board meets at 6:30pm  
 on the 4th Thursday of every month at the  
 Stapleton Community Room, 2823 Roslyn Street.

## Rich Harvest from Stapleton's Community Gardens

By Chris Adams

What's the connection between the new community garden at 23rd and Spruce and the fourth grade girl who just had breakfast with my family?

Two months ago our families didn't know each other—hers is from Africa and mine Denver. But the connection is that both of our families tend garden plots together at Greenway Garden. Through this connection, we discovered that their fourth grader would be attending the same school as my fourth grader in the upcoming school year.

This is just one of the many community connections that the garden has helped to create in what just last year was something landscape designers refer to as a "negative space." Now this negative space is a bustling spot on a summer evening with gardeners dropping by during "watering rush hour" (we observe the same restrictions as everyone else regarding times of day when we can water). It is a busy site that includes walkers, bike commuters, dog owners at the off-leash park, kids scooting and skating around a huge loop, and gardeners exchanging tips on

how to deal with the tricky soil and climate. Many of the African families are experienced arid climate gardeners and amaze visitors at how much they are able to produce from a small plot.

Gardening is big this year at Stapleton. Denver Urban Gardens, in partnership with many others, has helped to develop two new gardens in the area. In addition to the one on the west side, there is also one in the east at the Denver Urban Farm. This cooperative effort rounds out the agricultural experience by adding farm animals into the mix.

One gardener, Ben Valore-Caplan, says, "Having the animals around is phenomenal." When he takes his three kids to the garden they immediately go off to the hen house to check for eggs. If they find them they wash them and then, if the family wants, they can buy them and take them home.

On the vegetable front, he says, "It is shocking how green it is." Gardeners there are growing corn, melons, tomatoes, onions and more. The special setting at the farm

also allows for some great ecological opportunities. They use the sheep manure to amend their soil and easily accessible straw for mulching. When weeds are pulled the goats make short work of them.

They too have an international garden, including a woman from Korea who takes the time to share her gardening techniques and the different plants she grows.

Gardening is also happening less formally in Stapleton. Walk down an alley and there is a good chance you will see a few tomato and squash plants, and maybe even a pumpkin ripening for the fall. Many neighbors have discovered that the space between their backyard fence and the alley is an excellent place for their own community garden. Some alleys have even developed plans to organize their alleys into virtual community gardens with families specializing in certain crops. Want a salad? Just take a walk in the alley and get what you want.

Greenway Garden has another link to the community—art. Currently the garden is bounded by wonderful, handmade banners created by kids at Westerly Creek, Bill Roberts and Odyssey Schools. If you have not seen them yet, take a look. Each one is a treasure.

In a few months, the art theme will be continued. Earlier this summer Lars and Laura Stanley of Austin Texas were selected to receive a \$75,000 commission to build "story poles" that will depict human interaction with plants

and garden tools. The Stanley's are blacksmiths who have a rich understanding of the relationship between humans and nature and have designed a project that will make the space fun and interesting for all.

If final approvals are secured the art will likely be installed in late winter, 2009.

While it is a great opportunity to have such high-quality art at the garden, it also poses a fundraising challenge to secure resources to finish construction. Funds still need to be raised for a fence, benches, shed and a shade structure. Gardeners are working on funding ideas—so don't be surprised if you are presented with an opportunity to help enhance this wonderful public site.

So far, Stapleton United Neighbors has contributed \$1,000 and The Metropolitan Community Association has added \$2,500. Another \$500 has been offered by Forest City, Stapleton's master developer, and from the proceeds of a penny harvest at Ebert Elementary School. Thanks to all for their support.

Chris Adams is a Stapleton Resident who happens to be the president of the board of Denver Urban Gardens, a non-profit devoted to "Building Community one Urban Garden at a Time." For information on the Greenway Garden, go to [stapletongarden.com](http://stapletongarden.com). For information on the Denver Urban Farms garden, contact Talai Franz ([taloolibell@hotmail.com](mailto:taloolibell@hotmail.com)) 303-388-6269. They have plots available. For alley gardening, you know who to contact.

### Questions about the rec center, library, or traffic?

**Come to the Stapleton Forum with  
City Councilman Michael Hancock**

**Thursday, Sept. 11th, 6:30 pm**

**Bill Roberts School, 2100 Akron Way**

Mark your calendar for this important forum and town hall meeting with our District 11 Councilman Michael Hancock. Officials from the city will be on hand to answer to questions, and to give updates on important city projects relating to Stapleton, including the rec center and library. This is also a perfect opportunity to ask questions about traffic lights, stop signs, park maintenance, snow plow policies, crime, or any other city related issue.

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### Letters to the Editor

The Front Porch will publish letters to the editor as space allows. Please mail your letters to: Tom Gleason, editor, The Front Porch, Forest City Stapleton, Inc., 7351 E. 29th Ave., Denver, CO 80238. Or email: [TGleason@StapletonDenver.com](mailto:TGleason@StapletonDenver.com)

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Keven A. Burnett,  
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**Colorado Rapids Jr. Academy**  
Colorado Youth Soccer League at Stapleton inaugural season will begin this fall. This community based recreation program will be organized under the Colorado Youth Soccer (www.csysa.org) and will consist of an 8

week season with games beginning on September 7. Games will be held on Saturdays with start times between 9:00am and 1:00pm. All games and practices will be held in various Stapleton neighborhood parks. Teams will practice 1-2 times per week, depending on age group with 5:00 or 6:00 start times. Divisions will be created for Under 6, Under 8 and Under 10 boys and girls. Registration will be \$75 for U6 and U8 players and \$85 for U10 players. Players will be provided with team shirts. As with all youth sports organization volunteer coaches and team managers are vital to the success of our program. If you would like to be involved as a coach or administrator please see that section of the registration form or contact the Rapids Jr. Academy office directly at 303-727-3575. To register, go to www.coloradorapids.com/Academy/JAProgram.aspx or pick up a registration form at the Stapleton MCA office or at Dick's Sporting Goods Park.

#### Stapleton District Delegates for 2009

To effectively manage the ongoing operation of the community Stapleton has been divided into 7 distinct districts each which are represented by a single elected delegate. District



delegates are residents who are elected annually by their neighbors to represent the interests of that district to the Stapleton MCA Executive Board. Delegates must consider and approve the annual operational budget. District delegates act as an advisory committee to the MCA Board and Executive Director, giving input on a variety of community matters such as events, programs and capital improvements. In addition delegates serve on the Stapleton Design Review Committee for renovations and remodeling. Individuals wishing to be nominated as potential delegates must send a letter of interest to the Stapleton MCA Executive Director to be received by October 15th. Email letters to delegates@stapletoncommunity.com.

The Stapleton MCA is a 501(c) 4 Non Profit Community Development Organization whose mission it is to create and sustain a sense of community at Stapleton through comprehensive parks & recreation management, supporting community events, programs and cultural facilities. We are located at 2823 Roslyn St. and can be reached by phone (303-388-0724) or email (info@stapletoncommunity.com) for public comment and concerns. Additional community information is continually updated at www.StapletonCommunity.com

# CLASSIFIED ADS

## EVENTS

**LAWYERS WHO CALL** Stapleton "home" are invited to the first meeting of the Stapleton Lawyers' Social Club on Thursday, September 18, 2008 from 5:00 to 8:00 pm at Casey's. Drinks and appetizers provided. Get acquainted with your neighbors, colleagues and fellow counselors. See you there!

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#### H Mart (Han Ah Reum Asian Mart)

H Mart, located at 2751 S. Parker Road, looks like a combination of an Asian bazaar and a modern supermarket with lots of Asian foods. The TVs in the household section were tuned to the Olympics, where shoppers watched the Korean baseball team.



### International Markets (continued from page 1)

her 14-year-old daughter and 8-year-old son.

"I introduced them to international foods so that they would have a broader palette," she said. "We live in an ever-smaller world. I want them to appreciate and be exposed to other ways of life and other tastes. It's a way of encouraging adventure and thought."

Kelley has no particularly favorite food, but enjoys cooking Thai, Vietnamese and Mexican dishes. Her favorite shopping markets include: the H Mart (Han Ah Reum Asian Mart) and Rancho Liborio.

**The H Mart**, located at 2751 S. Parker Road, is similar to a WalMart, with a full-sized supermarket, stalls with furniture, linens and clothing, an optical store and a sushi restaurant.

"I like it very much because I find the articulation of produce to be wonderful," Kelley said. "They have fresh kimchi, dried and crushed noodles, vegetarian dumplings, pastes and sauces. There's a Korean pastry there. They offer 40-50 kinds of rice. It is definitely a building block of my larder. It's kind of one-stop shopping. It's a much more fun experience than going into a King Soopers. I'm always learning something new."

The Asian market has a huge seafood department with both fresh and frozen fish, including many unusual types.

Rabbit, quail, Cornish Hens and whole ducks await the role of entrée on a dining room table. Many kinds of rice and grains are available in bulk. There is a large selection of videos, dinnerware, small appliances and cookware, along with regular grocery store aisles of paper towels and toilet paper.

**Rancho Liborio**, 10400 E. Colfax Ave., offers Mexican food choices on a mega-store scale. At the front door is a food court area where shoppers can purchase prepared foods, salads, sandwiches, ice cream, coffees and juices to eat there or take home.

"Their prepared foods are great," Kelley said. "They have different kinds of tamales – Guatemalan, Ecuadorian, etc. You could have a wonderful meal."

The massive butcher shop features a large section for meat, another for chicken and a third for seafood. An oversized produce section offers many different kinds of fruit. "Their fruit really has a very good price point," says Kelley.

A few other international food stores in the area include:

**International Market**, 2020 S. Parker Road – A gigantic spice selection is featured, along with countless kinds of non-alcoholic fruit juices to serve customers preparing Indian, Iranian, Pakistani, Turkish and Greek meals. There is a

glassed-in meat locker that features lamb hung from the ceiling to ensure that the meat is blood-free. There is a large choice of rices, beans, teas and grains, along with some fresh fruit.

**Merkato Market**, 7227 E. Colfax Ave. – They specialize in Ethiopian cuisine, featuring bulk spices and lentils, rices, juices, flour and teas.

**Jerusalem Market**, 4101 E. Evans Ave. – It offers Middle East and Persian products, including modestly priced fresh meat, vegetables and spices, along with bulk nuts, breads, packaged cheeses, dates and rice. They also have gifts of brass and porcelain.

**Meerhaba International Market**, 6879 Leetsdale Drive – This is a small shop that carries beans, teas, flour, rice and a selection of peppers and spices. It caters to African, Balkan, and Middle Eastern cuisine.

**Nazar International Market**, 1842 S. Parker Road – This Turkish market focuses on fresh meats such as goat ribs and goat legs, olives, spices, beans and jars of vegetables and peppers. There also is a small selection of ethnic dresses and jewelry.

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Self assessment creates greater student buy-in



Top:Teacher Jeanne Boland, right, (along with L.J. Johhson, left, and Andy Hatman) works on as-  
sessment techniques in a workshop with a pro-  
fessional trainer and, below, puts those  
techniques into practice with students Radiance  
Bukari and Garron Durocher-Harleman.



Odyssey teachers (from left) Emily Bremer, Julie Neitz-Wielga and Lori Labberte participate in a  
teacher training session before school started. Odyssey's teacher development time is focused on  
mastering the techniques required for their assessment approach to teaching.



Top: Odyssey teachers, including Jon Exall (center) Eva Hadadd (left) and Liza Eaton, develop  
character and educational goals to be presented  
to students this school year. Below: Jon Exall  
guides his students in an exercise to develop  
trust between classmates.

(continued from page 1) that helps students reach a learning goal is seeing a model that gives them a visual image of the desired result. Sometimes teachers also present a weak model. Research has shown that when students understand the target and regularly analyze how close they are, they learn more. Once students understand the goal and how to get there, they need to know whether they have succeeded. By having a concrete way to track their own progress, students can both identify where they need more instruction and enjoy the satisfaction that comes with successfully meeting their goals.

Abby, as a 7th grader, described what it is like to be involved in assessment. "I like that we talk about it (the learning goal) at the beginning of class, and then if we

don't learn something we notice that. At the end of class we come back to it and talk about what we learned and how it connects to the big targets. I like it because I know what we are doing everyday. I know what we are going to learn and then I can find the details."

According to Fulton, an additional benefit of teaching students to self-assess is that it has been shown to create greater student buy-in – they become more committed to their own learning.

Teachers evaluate the students' work to be sure they are meeting the standards and give feedback on their self-assessments. The assessments are also used to make instructional changes, not just measure for a grade. Teachers determine if additional whole group, small group, or individual instruction is needed based on information

gained from the assessments.

Researchers Paul Black and Dylan Wiliam of Kings College in London determined that having students involved in the assessment process was a common component of many programs with achievement gap gains. The Assessment Training Institute (ATI) in Portland, Oregon has identified specific student involved assessment strategies and helps teachers implement them across the country. Educational Testing Service (ETS) purchased ATI in 2006 to integrate these assessment methods into their testing and measurement systems. (The Educational Testing Service is the world's largest testing and measurement organization. They develop standardized tests including the Graduate Record Exam and some states' tests for educational accountability.)

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