

Front Porch

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

DENVER, COLORADO

STAPLETON

NOVEMBER 2008

A Look at Stapleton's New Recreation Center



Rendering courtesy of Sink Combs Dethlefs Architects, P.C.

Kevin Patterson, the new manager of Parks and Recreation for the City of Denver and representatives from Sink Combs Dethlefs Architects PC updated the audience at a Stapleton Forum in October about the progress on the proposed recreation center. The above rendering shows the west perspective of the proposed building,

The plans are currently being re-bid. Mr. Patterson informed the audience that if any changes to these plans are necessary due to increased costs, they will be discussed at a future community forum. The estimated completion date is the end of 2010. The east perspective and the upper and lower level floor plans are shown on page 31.

Solar Panels Popping Up on Stapleton Homes



Michelle Mang and Mark Koester, with their children Francisco, 6, and Paulina, 8, enjoy a sunny fall day and the energy it produces with their new solar panels.

By Nancy Burkhart

Stapleton residents are among those who have decided that solar power is a way to make the future brighter for their children. However, unless a person works in solar or has scientific knowledge, it can be difficult to choose equipment and companies.

"We've always been interested in alternative energy, but we just decided with the rising prices of energy, the prices of solar and rising rebates for it, it was a good time to do it," explained Scott Mallory, whose wife, Heidi and three sons, ages 2, 3, and 11 live at Stapleton.

Mallory knows a great deal about solar, but did research on solar companies before having it installed.

"We were looking for something to augment our energy usage," he said. "We wanted to bring our energy bill down a bit. We sat down and did the math and figured that it would be economical for us to do it."

Mallory said that he was told that solar would handle about two-thirds of his home's electrical requirements.

"We've had a surplus. It's doing better than we thought," he said.

The Mallorys had not considered installing solar panels on their house when they bought it, but luckily, one side of the house faces south, the optimum location for solar panels to benefit from the sun. The entire side of the roof has about 30 panels, he said, for a total system of 6.9 kilowatts.

(continued on page 4)



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

8

Views:
If You Were
President...

New
Businesses

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New Book:
Hope
Gets the
Last Word

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S.U.N.

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CALENDAR

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

NOVEMBER

Monday, Nov. 3

Active Minds – Suffrage of Women in the U.S.
Stapleton MCA, 2823 Roslyn St. 7 - 8pm
Sponsored by the Stapleton Foundation
303-468-3223

Tuesday, Nov. 4

Denver Zoo – Free day 10am - 5pm

Tuesday, Nov. 4

Children's Museum – Free from 4 - 8pm.
303-433-7444 www.mychildsmuseum.org.

Saturday, Nov. 8

Art for Ethiopia: An Art Sale & Cultural Event
Flash Gallery, Lakewood, 3pm (see p.15)
Tracy_Stevens@comcast.net 303-907-5845

Saturday, Nov. 8

Sustainable Flooring & Bldg Materials 10-11:30am
All Things Renewable Main St, Northfield. RSVP
info@allthingsrenewable.com or 303.307.1317

Tuesday, Nov. 11

Denver Zoo – Free day 10am - 5pm

Tuesday, Nov. 11

St Elizabeth's School Open House 9am -3pm
Kdg, 1st & 2nd grade
3605 Martin Luther King Blvd
www.stelizabethsdenver.org 303-322-4209

Thursday, Nov. 13

Stapleton MCA annual members mtg 6:30pm
Stapleton Community Room, 2823 Roslyn St.
RSVP to: info@stapletoncommunity.com
(see p. 28, Stapleton MCA)

Thursday, Nov. 13

School Options Night, Montview Comm.
Preschool & Kdg. Meet reps from more than
12 schools, no children. 7 - 8:30pm
Montview Fellowship Hall, 1980 Dahlia Street
303-322-7296

Friday, Nov. 14

"Night of the Museums" 5 - 10pm
Free admission at Denver art museums
www.DenverArtsWeek.com.

Friday, Nov. 14

East End Arts District 2008 Winter Art Walk
5 - 9pm (see p. 14)
www.eastendartsdistrict.org 720-276-2335

Nov. 15 - 30

Santa Claus Shop donations accepted at King
Soopers (see page 6)
www.denversantaclausshop.com

NOVEMBER

Saturday, Nov. 15

Scoot for Toys Fundraiser for Ronald McDonald
House. Erico Motorsports, 2855 Walnut St. 9am
www.ericomotorsports.com (see p. 14)

Saturday, Nov. 15

Non-Toxic Living: What to look (out) for when
buying personal care products 10 - 11:30am
All Things Renewable Main St, Northfield
RSVP info@allthingsrenewable.com or
303.307.1317.

Wednesday, Nov. 19

Montview Kindergarten Open House 7 - 8pm
No children, 1980 Dahlia Street 303-322-7296

Thursday, Nov. 20

Bill Roberts ECE & Kindergarten Open House
2100 Akron Way, 6:30 pm. 720-424-2640

Friday, Nov. 21

5th Annual Stapleton Winter Welcome
Celebration 6 - 9pm
Lighting of holiday trees 6:30pm (see p. 28)
303.388.0724 info@stapletoncommunity.com

Monday, Nov. 24

Active Minds – Cuba: Past, Present & Future
Stapleton Master Community Assoc., 7 - 8pm
2823 Roslyn St. 303-468-3223
Sponsored by the Stapleton Foundation

Monday, Nov. 24

Transition Denver informational meeting
Empowering communities to face the
challenges of peak oil and climate change
Stapleton MCA Room, 2823 Roslyn St. 7:30 - 9pm
carrietentori@comcast.net

Wednesday, Nov. 26

Active Minds - Sudan and the Darfur Crisis
Generations at Lowry, 8505 Lowry Blvd, 1 - 2pm.
303-364-8500

DECEMBER

Monday, Dec. 1

Active Minds – Privacy vs Protection
in the War on Terror
Stapleton MCA, 2823 Roslyn St. 7 - 8pm
Sponsored by the Stapleton Foundation
303-468-3223

Thursday, Dec. 4

Greater Stapleton Business Assoc Holiday Party
Courtyard Denver Stapleton, 7415 E. 41st Av
5:30 - 8pm
Loretta.Sanchez@Marriott.com 303-253-7810.

Friday Dec. 5

St Elizabeth's School Open House
8:30am - 1:30pm (see Nov. 11 event)

Friday, Dec. 5

Montview Community Preschool & Kindergarten
application deadline for '09-'10
1980 Dahlia Street, Denver 303-322-7296

(See page 22 for recurring monthly events and meetings)

Happy Thanksgiving from Stapleton Fellowship Church



*"So once in every
year we throng
Upon a day apart,
To praise the Lord with feast and song
In thankfulness of heart."
-Arthur Guiterman, The First Thanksgiving*



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

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Solar Power Comes

(continued from page 1) Mark Koester and his wife, Michelle Mang, bought their Stapleton home in 2002 with the idea that they would do solar.

“We were quite surprised. We thought that with all the sun in Colorado, we just assumed the houses would be solar already,” Koester said.

“We talked to a neighbor who has solar. As we walked the neighborhood, we saw others who had solar and talked to them. Then we looked for three companies who had done solar. Two of them had done homes in Stapleton; one was in Boulder,” he said.

“I think that talking to people who already have solar panels was really important to me,” Koester said. “Just because of the cost of it, people know that it isn’t an investment that’s going to make money. It takes 20 years to recoup your investment. It’s the idea of doing something really im-

portant. I’m an environmentalist. The kids (ages 8 and 6) especially are. They love solar. It’s cool.”

Stapleton residents Tambralyn and Derek Peterson have two children, ages 12 months and 4 years. Tambralyn says Derek is a numbers expert, while she is an environmentalist.

This year they had PV solar panels, or a photovoltaic system, installed on their roof. Many people choose the PV system, which turns the sun’s energy into power. Another system, solar thermal, creates hot water using the energy of the sun.

The Petersons took six months to research solar and checked out eight companies before having panels installed on the roof of their home. Derek is a purchasing manager for a homebuilder, and so is relatively familiar with dealing with contractors. A co-worker of his started doing research with him in order to negotiate a better deal with a solar company to do two houses,

Madison, 4, Tambralyn, Kaila, 1, and Derek Peterson look out of a window below one of two sections of solar panels they recently had installed.



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December 12 – January 4

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The Stapleton community is not typical...



to Stapleton

rather than one.

“I think there are a lot of incentives for buying solar PV systems,” Derek said. “There are large Xcel Energy rebates – about half the cost of your new system. It relates to the orientation of the panels and the amount of productivity the panels will have.

“The best location is on a south facing roof,” he said. “Facing east produces about 10% less than a system facing south.”

Installing solar power enables a homeowner to cut a deal with Xcel Energy. Instead of Xcel supplying the home with power, a solar system on the property is producing power. Therefore, rather than the homeowner paying Xcel for power, Xcel pays the homeowner for the power his/her solar panels produce.

“What you’re actually doing is signing a 20-year contract with Xcel to sell them power,” Derek explained.

Tambralyn and Derek went to home building trade shows and Derek and his co-worker talked with eight different solar firms.

“The gross cost of your system can be \$20,000 to \$30,000 or more,” Derek said. “A lot of people are naïve and think it will cost \$1,000 to \$2,000. Companies try to weed out those people beforehand.”

“Because solar costs so much money, a lot of companies won’t even talk with you,” Tambralyn explained.

The expense of solar makes teaming with other homeowners a real benefit.

“We recommend this for other people, too,” Tambralyn said. “You can get better discounts when you have five houses instead of one house.”

Derek and his co-worker got references and pricing from each of the eight companies they researched.

“The pricing dramatically varied by up to 30%,” Derek said. “We didn’t go with the lowest price, but we narrowed it down to two different companies.”

“We looked at secure companies who had their roots in the ground, so we knew they would be around for awhile,” Tambralyn explained.



Heidi McCotter, Rowen, 3, Scott Mallory, and Ben, 2, have discovered that their solar panels not only meet their entire electrical needs, they produce a surplus.

When the companies supplied references, the Petersons and Derek’s co-worker checked them out.

“One gave us 25 references,” Derek said. “And 23 e-mailed me back. They raved about the company. Two or three took it upon themselves to call us and tell us how great an experience they had.”

“We’d do the same for them,” Tambralyn said of their solar installation experience.

Because of the company’s popularity, it took 8-10 weeks for the Petersons to get their solar panels installed. However, they believed the company to be the best and worth the wait, Derek said.

The Xcel rebate was an incentive for all the Stapleton families to choose solar.

“Companies will ask you to look at your last bills so that you can see how many kilowatt hours you use a month so that the company can install a system that will take care of your use,” Derek explained. “Most of the solar companies are very conservative in saying what you will produce. We’re producing way more than what the company said we would.”

The Peterson’s solar panels produce 98.6% of the power that they use in their home.

President George Bush recently signed a bill that includes an eight-year extension for a

solar power investment tax credit that gives residences a tax rebate for 30% of the cost of installing solar generation, up to \$2,000. For commercial installations, there is no \$2,000 cap.

“Rebates are a big part of getting solar now,” Koester said. “Just start talking to people. If more people do it, prices will go down and more people will be able to do it.

“I want people to think that it’s just the right thing to do. We have this great resource in sun. We need to rely on other than foreign oil. It’s caused most of our difficulties now,” (continued on page 6)

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Solar panels were installed on Mark Koester and Michelle Mang's home in October.

(continued from page 5) he said.

There are some misconceptions about solar power, Derek says.

"Lights don't dim when it's cloudy," he said.

"We have a lot of people saying that if the power goes out, they're going over to the Petersons'. But if the power's out, it's out at our house, too," Tambralyn said.

"Solar should pay for itself in 8 to 10 years, but that is assuming that it adds zero dollars in value to your home," Derek said. "I think most people would say it adds value to the home."

"The house is worth more than what we paid out of pocket for the system," Mallory said. "It puts a lot of equity in the house."

"It kind of makes us feel good to become less carbon users and to help other people figure out the process," Tambralyn said. "We wanted to help out the environment a bit more."

These Stapleton families all urged people interested in solar projects to do their homework before committing to a company and to a system. A website for the Colorado Solar Energy Industries Association provides a list of solar installers, an opportunity to learn more about solar energy and solar energy legislation and news in Colorado.

For solar installation information, go to: www.coseia.org or contact Derek Peterson about his research experiences by e-mailing him at: asuderek@gmail.com.

Donate Toys Nov. 15 - 30

Santa Claus Shop Drop Box at King Soopers



Stapleton's King Soopers store is part of The Denver Santa Claus Shop's 78th annual toy drive. New and gently used toys are needed for children who might not otherwise have a toy to open this Holiday Season. Please drop off toys (for newborns through 11 year olds) in a specially marked box at the King Soopers Stapleton location (2810 Quebec St.) from November 15 - 30. Visit www.denversantaclausshop.com for more information.

Volunteers & Donations Needed

Thanksgiving Baskets To Be Distributed Nov. 22nd

By Tom Gleason

Volunteers from The Epworth Foundation hope to provide 9,000 Thanksgiving baskets to families in need on Saturday, November 22 that will enable an estimated 72,000 people in the Denver metro area to enjoy a traditional Thanksgiving dinner this year.

Donations are urgently needed to make the annual holiday tradition a success. A donation of \$29.00 will provide a Thanksgiving basket to serve a family of eight on Thanksgiving Day and put food in the pantry as well. Donations may be made through the Foundation's website at www.epworthumcdenver.org or by check payable to The Epworth Foundation, 1865 Bruce Randolph Avenue, Denver, CO 80205

Nominations of needy individuals or families to receive the Thanksgiving baskets must be made "on-line" (www.epworthumcdenver.org) no later than Friday, November 14th. Anyone who does not have access to a computer may sign up at The Foundation's offices (1865 Bruce Randolph Avenue) between the hours of 9 am and 4 pm.

Volunteers are also needed for this year's Thanksgiving basket giveaway. To sign up, visit the Foundation's website (www.epworthumcdenver.org) or call the The Epworth Foundation offices at 303.296.6287.

Front Porch

Dining Guide

Average entree:
\$ - less than \$10
\$\$ - \$10 to \$15
\$\$\$ - over \$15
* - Family friendly

Meals served:
B-Breakfast
L-Lunch
D-Dinner

American

The Berkshire

7352 East 29th Ave (Stapleton)
303.321.4010 Serving refined comfort food in a comfortable & relaxed atmosphere. Visit www.theberkshirerestaurant.com. \$\$, LD, *

Casey's Bistro and Pub

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

Einstein Bagel Co

7300 East 29th Ave (Stapleton)
303.322.2585 Not only bagels - also great for pizza. \$, BL, *

Famous Dave's BBQ

7557 East 36th Ave (Stapleton)
303.399.3100 Most lip-smacking, finger-licking BBQ in Denver. Dine-in, take-out or catering. \$\$, LD, *

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

7303 East 29th Ave (Stapleton)
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
Happy Hour 3:30 - 6:30 Daily
Award Winning Menu 5280, ABC's A-List, and Westword. L,D, \$\$, *

Taste of Asia

7505 East 35th Ave (Stapleton)
303.388.8982. Chinese, Thai, Vietnamese cuisine for dine-in, take-out or delivery. \$, LD, *

Italian

Anthony's Pizza & Pasta

7472 East 29th Ave (Stapleton)
303.398.2800. Friendly hometown service with pastas and NY style pizza in slices or whole pies. \$\$, LD, *

Mario N Wongs

6110 East Colfax Ave (Mayfair)
303.393.1888 New concept in Italian cooking - Wok style Italian made with the freshest ingredients. \$, LD, *

The Cherry Tomato

4645 E. 23rd Ave (Park Hill) 303-377-1914 Join us and enjoy great Italian food, wine, and an enjoyable atmosphere. \$\$, D, *

Miscellaneous

Chipotle Mexican Grill

7400 East 29th Ave (Stapleton)
303.316.0469 Food Fast with Integrity. Naturally raised meats. \$, LD, *

Noodles & Company

7401 East 29th Ave (Stapleton)
303.780.0044 Open Sun - Thurs 11am-9pm & Fri-Sat 11am-10pm. Visit noodles.com for more info! \$, LD, *

Udi's Bread Café

7357 East 29th Ave (Stapleton)
303.329.8888 Udi's offers fresh international cuisine for breakfast/lunch. M-F 7a-2:30p, Wkends 8:30a-2:30p. Be Udiful! \$\$, BL, *

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Views on the Street

If you were president, how would you prioritize the issues facing the country?

Lia & Ricci Johnson

Economy first, and changing the tax structure to be more advantageous to the middle class. Bring back deducting interest; it is a win-win situation since people will purchase more.

Next, help people in the tech industry. Nobody supports IT workers because IT doesn't bring a money into companies but IT keeps companies running.

Third would be to bring everybody back from Iraq.

Fourth would be medical. People are dying because they can't afford the procedures they need. All doctors and hospitals should be connected in some way so that the medical staff can pull information about a patient. I would favor a national health care system to make sure that would happen.

Fifth we should be aware of what is happening internationally, but we shouldn't have to be big brother anymore. If they can't help themselves and figure it out or look to us for an example then they shouldn't be able to get payouts from us.



Lia & Ricci Johnson



Bobby Kienast

If I were president, the main issues facing America that I would focus on right now would be the economy first, then education, then healthcare, and then the war. which I would try to get us out of as quickly as I could. I prioritized this way because the economy needs to be first since we are in an economic downfall right now. Next, education is one of the most pressing needs, and I think our children are our future so we need to maintain good education. Then I think everybody deserves healthcare.

Kate Briggs

If I were the new president, I would first deal with the economy because that is in crisis mode right now and Americans need to be calmed in some way about their economic future. After that I would deal with the war because that is another issue hot on people's minds, but it has been going on for so long that I feel like the economy needs to be dealt with first. Going in and immediately withdrawing our troops could be really dangerous so I would work on a plan first. Next I would work on healthcare and then energy.



Kate Briggs



Jim and Eli Paris

were just too greedy. As consumers, we wanted more than we could handle. Lenders wanted to make more and were irresponsible with loans and money. I think a lot of the answers in how we should govern ourselves as a people can be found in the Bible. This would cover a lot of things that we are in crisis over right now like pro-choice/pro-life, the economy, war, and a lot of social issues.

Eli Paris, age 6

If I were president, I would want the world to be candy.

Bobby Kienast

If I were president, the main issues facing America that I would focus on right now would be the economy first, then education, then healthcare, and then the war. which I would try to get us out of as quickly as I could. I prioritized this way because the economy needs to be first since we are in an economic downfall right now. Next, education is one of the most pressing needs, and I think our children are our future so we need to maintain good education. Then I think everybody deserves healthcare.

Aaron and Wendy Vance and Anya, 18 months

Editors Note: The Vances asked for time to think about the question and emailed a more detailed response.

Energy independence, national healthcare, and taxes are the top three issues.

1) Energy Independence has been promised in each presidential election since Nixon and is now more important than ever as emerging economies around the world are competing for more of our world's resources. By leveraging our own natural resources, developing alternative technology, and focusing on conservation we create new jobs that cannot be outsourced, stop funding foreign nations who may be at war with us, and ensure that we will be able to support and defend ourselves for generations to come.

While there is a lot of focus on the development of alternative energy, alternative transportation has received much less attention. The US makes up 4.5% percent of the world population, yet consumes 25% of the worlds oil. The real solution seems to be to use less. Instead of using an alternative fuel, we should focus on developing mass transportation systems that lead to conservation in terms of fuel and real estate.

2) Healthcare costs continue to increase and procuring healthcare is increasingly more difficult for persons who do not work for a large corporation. Ultimately, those without decent benefits forego regular checkups or treatment, which result in more costly treatment later on.

Ultimately, we all bear the burden of health care. We either can't afford it and don't have it, or we are fortunate enough to afford the premiums, but ultimately pay higher costs as costs that are incurred from the uninsured are passed along to the insured.

Some form of a mandatory national healthcare seems to be the solution. However, the question as to whether or not this should be a government run program is less clear.

3) Taxes are always key in a presidential election. No one wants to pay taxes, but they are essential to paying for the benefits we receive from them. In an ideal situation everyone would receive a tax cut in 2009. One key area this year, however, is the business tax. The business tax affects all of us. If we don't provide a tax structure that incentivizes US companies to work in the US, companies are certain to continue to offshore more jobs to countries where the overall cost of operation is cheaper, which ultimately means fewer jobs staying in the US.



Aaron and Wendy Vance and Anya

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Since You've Asked...

Q. When will the three bocce courts in Central Park be finished? Without side rails and a way to level the surface, the courts cannot be used for their intended purpose.

A. Central Park is currently in the final stages of being conveyed by the Park Creek Metropolitan District to the City of Denver's Department of Parks and Recreation for ownership and management of the park. The timetable for completion of the bocce courts is among the final issues that must be resolved before the transfer is complete. Watch future editions of The Front Porch for more information when it becomes available.

Q. Is Stapleton's landscaping company systematically replacing the numerous dead trees in the parks and open spaces?

A. Trees within the public parks and open spaces (as opposed to private property) that fail to survive the warranty period (generally two years) are replaced by the landscape contractor. After the warranty period expires, replacement of the trees is the responsibility of the party that has the management responsibility (most likely either the Denver Parks Department or Master Community Association).

Q. Is there any truth to the rumor that the grocery store in the Eastbridge Town Center will be a King Soopers version of Wild Oats/Whole Foods?

A. As the developer of the Eastbridge Town Center, Forest City has talked to numerous potential anchor grocery stores. The name of a grocery store will not be released until a contract is signed. Watch future editions of The Front Porch for more information when it becomes available.

Q. Is there anything that Forest City or the Stapleton Development Corp. can do to prevent or eradicate the posting of illegal signs on public right-of-ways? Or do we, as a community, simply have to rip these out of the ground and off of telephone poles wherever we see them?

A. Signs posted in public right-of-way areas are in violation of City of Denver ordinances and may be removed by the City of Denver's Division of Neighborhood Inspections or Right-of-Way Enforcement. Dial the City's hotline at 3-1-1 for more information or to report violations.

Responses provided by Tom Gleason, Vice President—Public Relations for Forest City Stapleton, Inc. To submit a question email TGleason@StapletonDenver.com.



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A Friendly Neighborhood Burger Place

By Nancy Burkhart

Burger lovers always seeking out the epitome of hamburgers will have another chance at finding their ideal at Smashburger, located in Quebec Square, Stapleton.

"We built the better burger for burger lovers," explained Joe Hodas, Vice President of Communications for Smashburger's parent company, Consumer Capital.

The burger is 80% lean beef, not frozen, and it is cooked to order, explained Scott Crane, Smashburger President.

"We place it on a flat grill and smash it with a tool for 10 seconds. It seals all the juices as the beef caramelizes on a 450-degree grill. It sears it on the bottom. It also has a proprietary seasoning," Crane said.

Smashburger is a casual restaurant. Orders are placed at the counter and brought to the customers.

The menu is posted on the website. It includes several specialty burgers, create-your-own options, smash chicken sandwiches, salads, French fries, haystack onions and Haagen Das shakes, malts and floats. Beer and wine will be served.

"We try to make it a comfortable place," Hodas said. "You enjoy being there. We straddle the line between quick and comfortable. Customer service is critical for us. We try to make it a positive experience for our customers."



Manager David Wright serves guests at Smashburgers pre-Grand Opening event in October.

Smashburger's atmosphere is important, according to the Quebec Square restaurant's manager, David Wright.

"It's a beautiful restaurant," he said. "My goal is to serve the whole family or help you get something to go if you're on the fly. I anticipate doing a lot of take-out, as well as some dine-in. We've eliminated the host and the server, but everything else is full service. We talk to you. I get to know every guest by name. We'll make it warm and comfortable."

Wright, 53, has lived in the Denver area for 11 years. He teaches marshal arts, runs, mountain bikes, indulges in outdoor sports and loves the mountains. However, he plans to be at Smashburger during a great part of its open hours, 10:00 a.m. to 10:00 p.m. seven days a week.

Smashburger employees plan to be long-term friends of the customers. "We put together interesting and innovative programs to

help us decrease our turnovers," said Crane. "There is more stability in the team the more the guests are associated with the team. The employees get to know the guests by name."

The Quebec Square Smashburger is one of a group of franchises located across the nation. The restaurant started in Glenwood and Applewood and has grown from there.

"The targeted franchisee has been in business 10 to 30 years and is well-capitalized," said Crane. "The state of the economy doesn't affect them as much. We are looking at six to seven markets outside Denver. Real estate is starting to soften, which will give us the opportunity to grow."

Smashburger is located in Quebec Square, facing Quebec Street at 35th Avenue.

Contact Smashburger at: www.mysmashburger.com or call 303-647-1830.

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It's About More Than Nails – It's A Place to Ease Your Tension



Sue Han, owner of 29th Avenue Nails, checks on Bailey Taylor Hale's manicure. Bailey joined her mom for a visit to the salon.

By Nancy Burkhart

Sue Han, who a year and a half ago opened a shop that offers manicures and pedicures at East 23rd and Kearney St, has recently opened 29th Ave. Nails in the Stapleton Town Center.

"My friend said there are lots of young moms in Stapleton who need my shop," said Han, who arrived alone in Denver at the age of 21, leaving behind her mother and seven older siblings, who still live in Korea. Han is married and has two daughters, 21 and 16, and a son, 9.

Han's nail salon is actually more like a spa. She offers waxing, manicures and pedicures, as well as body massages to counteract the stress of daily life. Pedicures can be done with a stone massage on the feet that eases tension and enhances comfort, she said.

29th Ave. Nails offers half-hour pedicures for \$35, a honey spa pedicure for \$50, a mud spa pedicure for \$60 and a green tea spa pedicure for \$70. All spa treatments use special, natural products and last an hour.

"A lot of people come in to keep their skin and nails natural and healthy," she said.

When children join their mothers at the salon, they are treated to a sticker/flower design on their nails.

Han's clients receive punch cards which, after 10 manicures and/or pedicures, entitle them to 50% off their 11th visit.

The salon is open seven days a week: Monday through Friday from 9:30 a.m. to 7:00 p.m.; Saturday from 9:30 a.m. to 6:00 p.m. and Sunday from 10:00 a.m. to 5:00 p.m. *Walk-ins are welcome, or call 720-941-0688 to make an appointment.*

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Kite Enthusiasts Gather in Central Park to Promote World Understanding



Above: Boulder resident George Peters launches his kite at the "One Sky One World" event held at Stapleton's Central Park Sunday Oct. 12.



Xavier Singha (right) explains to Robin McCracken of the Foothills Kite Club how he constructs his kites.

By Nancy Burkhart

Xavier Singha learned to fly kites 73 years ago, when he was only 5 years old, at his home in Punjab, India. In Punjab, during the spring, there is a religious festival called Basant. At that time green mustard grows and starts showing yellow flowers. Ladies wear yellow blouses. Men wear yellow hats and fly kites while the women sing songs, Singha explained.

"There is a religious connotation," he said. "You fly and to the kite you are extending your hands toward heaven."

As a child, Singha was fascinated with kites and wanted to learn to make the famous Asian Fighting Kite that was featured in the book and movie, "The Kite Runner."

"I used to go and sit where they made kites," he said. "Sometimes, I would take some sweets to please them so that they would allow me to see what they were doing. I wanted to learn the tricks of the trade. It generally is passed on from generation to generation, and there are family secrets."

Singha says "fighter kite" is a misnomer for the famous kites which he makes and flew during the Oct. 12 "One Sky One World" event held at Stapleton's Central Park. "It does fight, but not all people fly kites to cut another person's kite. I would rather call it an "Indian obedient, maneuverable kite."

To explain his love for kite flying, Singha cited a song that he said is widely sung in all parts of India. Some of the words, he said, are "I have a tiny, small heart, a small little wish, a desire to fly high in the heavens and float."

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Performances & Events in November

Through Nov. 11, John Hand Theater – “Sleuth,” a British “who-dunit” with a myriad of twists and turns. When a mystery writer’s wife leaves him for a younger man, an aspiring actor tries to convince him to go through with a divorce. Fridays and Saturdays at 7:30 p.m., Sundays at 6:30 p.m. 7653 E. 1st Place. For information, go to www.johnhandtheater.com.

Through Nov. 16, Weilworks Gallery – “Dr. Seuss meets Van Gogh,” paintings with landscapes where realism and surrealism meet in a colorful world. 3611 Chestnut Place. For information, call 303-308-9345, or go to: www.weilworks.com/forecast.

Through Nov. 22, Avenue Theater – “November,” a play that involves civil marriages, gambling casinos, lesbians, American Indians, presidential libraries, a desperate turkey and questionable pardons and campaign contributions. 417 E. 17th Ave. Call 303-321-5925 or go to www.avenuetheater.com.

Through Nov. 30, Denver Botanic Gardens – “Connors Exhibition Case in Gates Garden Court” with artful renderings of tropical orchids. 1005 York St. For information, call 720-865-3500 or go to www.botanicgardens.org.

Through Dec. 7, Gully Homestead – “Holidays at the Homestead,” with handmade crafts, gifts, antiques, food, ornaments. 200 S. Chambers Road. Call 303-326-8630 for information.

Through Jan. 4, Denver Art Museum – Discover the work of French sculptor Jean-Antoine Houdon. 100 W. 14th Ave. Pkwy. For information, call 720-865-5000 or go to www.denverartmuseum.org.



Kids enjoy a fall soccer game in Stapleton's Aviator Park.

Nov. 4, 11, Denver Zoo – Free days from 10 a.m.-5 p.m. 2300 Steele St. For information, call 303-376-4800.

Nov. 4-Dec. 12, Aurora History Museum – 9th Annual Festival of Wreaths exhibit. 15051 E. Alameda Pkwy. For information, call 303-739-6666 or go to www.auroramuseum.org.

Nov. 4, Children's Museum – Free from 4 p.m. to 8 p.m. 2121 Children's Museum Drive. For November Daily Programming, call 303-433-7444 or go to www.mychildsmuseum.org.

Nov. 7-22, Denver Arts Week – Denver art museums will have free admission from 5-10 p.m. on Nov. 14 in a “Night of the Museums,” with a full week of events Nov. 7-22. For information, go to www.DenverArtsWeek.com.

Nov. 9, Aurora's Power of One Program – 2 p.m. “Of Maggots and Murder” with forensic entomologist Dr. Fred Baxendale. For information, call 303-739-6600 or go to www.auroragov.org/powerofone.

Nov. 10-12, Royal Canadian Mounted Police – 32 Mounties perform choreographed cavalry maneuvers. At 7:30 p.m. Nov. 10, 7 p.m. Nov. 11, 12. National Western Events Center. Call Tickets West, 866-464-2626 or go to www.ticketswest.com.

Nov. 13-23, 31st Annual Starz Denver Film Festival – Presented by the Denver Film Society. For information go to www.DenverArtsWeek.com.

Nov. 14, East End Applied Arts – Opening reception 4-8 p.m. as part of the Winter Art Walk activities in the East End Arts District. 1556 Florence St. For information, call 720-203-3575.

Nov. 14-16, Denver Botanic Gardens – Holiday Sale 9 a.m.-6 p.m. Friday, 9 a.m.-5 p.m. Saturday and 9 a.m.-3 p.m. Sunday. Holiday plants, crafts, artwork, gourmet food and herb vinegars. Free admission. Members receive 10% off all gift purchases. 1005 York St. For information, call 720-865-3500 or visit www.botanicgardens.org.

Nov. 29-30, Improv Comedy Club & Dinner Theatre – Mike Epps, star of “Next Friday” and “Welcome Home Roscoe Jenkins.” Northfield Stapleton. Call 303-371-1777 or go to www.improv-denver.com.

Dec. 5-6, Four Mile Historic Park – “Sweet William Market at the Park” 10 a.m.-4 p.m. Do your holiday shopping and enjoy goodies by a blazing fire. Call 720-865-0800 or go to www.four-milepark.org.

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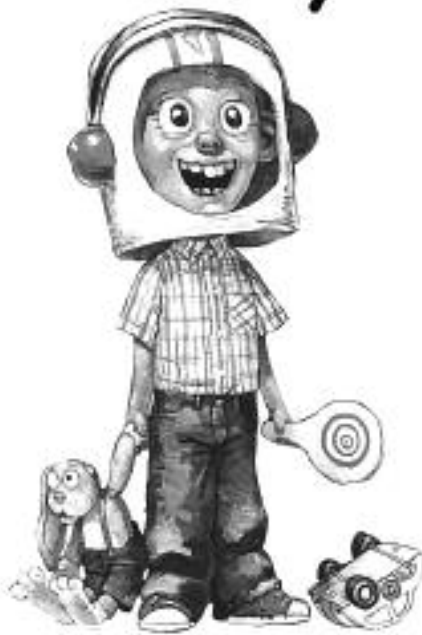
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Botanic Gardens November Events
Holiday Sale & Urban Nature Exhibit

Holiday Sale, Nov. 14, 15 and 16
The Denver Botanic Gardens' annual holiday sale will kick off the holiday season on Friday, Nov. 14. More than 60 vendors will offer custom artwork, hand-knit clothing, handmade bags, natural skin and bath products, gourmet foods, jewelry and folk art paintings as shopping treats to entice holiday gift buyers. Dried flower arrangements, rare collectibles and antiques also will offer gift ideas.

People who lure their friends to their homes for sumptuous culinary displays during the holiday season will find an assortment of homemade gourmet herbal vinegars made from herbs cut at the Botanic Gardens.

Holiday plants, ranging from poinsettias to wreaths will be available for home decorators. Snacks and beverages will be available for shoppers.

The sale will be held from 9 am to 6 pm Friday, Nov. 14 and Saturday, Nov. 15, as well as 9 am to 3 pm Sunday, Nov. 16. Members only can shop from 8 to 9 am on Friday and Saturday. Admission to the Botanic Gardens

will be free during the three-day event. Members receive a 10% discount on all gift purchases. *A list of plants offered at the Holiday Sale is posted online (see below).*

Urban Nature Exhibit through Nov. 30
Urban life and nature are joining forces at the Denver Botanic Gardens in the Gardens' 2008 signature exhibit to demonstrate the manner in which art and horticulture can be used to develop a natural world in the middle of the concrete and steel structures that are beginning to dominate.

The exhibit highlights paintings of more than a dozen street-style artists, including Lady Pink, Mac and Siloette. Lady Pink painted New York City subway trains in the 1970s and '80s, and today creates grand-scale murals throughout the Big Apple and lectures nationally at universities.

Street murals on temporary panels are featured within the Gardens' York Street site.

The Botanic Gardens is located at 1005 York St. For more information visit www.botanicgardens.org or call 720-865-3500.

Saturday, November 15th
Scoot for Toys Fundraiser to Benefit
Denver Ronald McDonald House

The 5th annual "Scoot for Toys" event will start at 9am, Saturday November 15th, with breakfast at Erico Motorsports (2855 Walnut Street). The fun-filled City ride for scooterists and motorcyclists (not bicycles) will begin at 10 a.m., marshaled by Mayor John Hickenlooper and Ronald McDonald himself. The ride will wind through the streets and neighborhoods of Denver, including Five Points, Park Hill and Stapleton, and end at the new Aurora Ronald McDonald House located at 932 Potomac Circle. Food will be provided for all the participants at the end of the ride. "What the Dickens" carolers will provide musical entertainment.

All participating scooterists are asked to make a suggested donation of \$10 and/or give a new, unwrapped toy or both! These toys and donations will be presented to the Ronald McDonald House for use in their Christmas Giving program. The Ronald McDonald House is always in need of basic supplies such as laundry detergent, trash bags, canned food, etc. Participants can view the complete wish list at www.ericomotorsports.com.

To participate, visit www.ericomotor sports.com and fill out the online registration form. Each scooterist will be given one raffle ticket per toy or dollar donated. The winning raffle ticket will receive a new scooter jacket compliments of Corazzo. Prizes will be awarded for the best decorated holiday scooter as well as the best costumed holiday scooterist.



Scoot for Toys is sponsored by Erico Motorsports and SQUEAM Scooter Club to give the residents of the Ronald McDonald House a happy holiday season. Breakfast is provided compliments of Whole Foods of Cherry Creek. The food for participants after the race is being provided by BJ's Restaurant Brewhouse.

About the Ronald McDonald House: The original Denver House, which can accommodate 31 families, has been full every night. In 2008, Ronald McDonald House opened a brand new 76,000 square foot facility near the Fitzsimons medical campus. This second house allows an additional 45 families per night to stay in close proximity to the medical facilities where their children are receiving treatment.

Being far away from home with a seriously ill or injured child is a time filled with many anxieties for families. The high cost of hotel rooms, impossible commutes, sleepless nights in the hospital and lack of support systems take emotional, physical and financial tolls on families already in crisis. The Ronald McDonald House provides a temporary "home away from home" for families to find rest, support and time away from hospital procedures and routines. The Scoot for Toys event will bring some cheer to the families spending their holiday season at the Ronald McDonald House.

For more information visit www.ericomotorsports.com.

East End Arts District
2008 Winter Art Walk Nov. 14th

Discover what's new in Aurora's East End Arts District at the 2008 Winter Art Walk on Friday, November 14th from 5 to 9 p.m. The East End Arts District, a 16-block area, is located along the historic commercial corridor from Clinton to Geneva streets on East Colfax Avenue and houses over 20 venues for the arts.

A gallery map and free pedi-cabs will guide visitors through the district during the evening. You can take a moment to decide your route while sitting on one of the recently placed public art artists' benches scattered

throughout the district. The art walk will feature galleries and studios exhibiting pottery, painting, photography, jewelry, sculpture, fiber arts and performing arts. La Cueva restaurant will also have art walk happy hour specials.

To learn more or obtain a map of the art walk route, call 720-276-2335 or visit www.eastendartsdistrict.org. The Art Walk is sponsored by Community College of Aurora, Citywide Banks, and Art in Public Places, Aurora.

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New Dinosaurs Greet Visitors at the Museum of Nature and Science

Two large-scale dinosaur sculptures have become guides from the parking garage into the Denver Museum of Nature & Science.

Paleoartist Gary Staab drew from his extensive knowledge of paleontology and his consultations with working scientists to create the full-scale models of Camarasaurus and Ceratosaurus.

Both dinosaurs lived between 155 and 145 million years ago, during the Late Jurassic Period. Their fossils were found near Canon City in 1877 and Delta in 1883.

The artworks were acquired through the Denver Office of Cultural Affairs' Public Art Program at a cost of \$132,000.

The long-necked Camarasaurus appears on its hind legs, looking as if it has been startled by the smaller, predatory Ceratosaurus on a nearby ledge.

Free Seminars on Sustainable Building Materials & Non-toxic Living

Saturday, Nov. 8, 10-11:30am
Sustainable Flooring & Building Materials

David Adamson, owner of Boulder based EcoBuild, will provide insight on the value of using sustainably harvested and reclaimed materials for flooring, and an overview of highly efficient home building products. Discussion will include Cork & bamboo flooring, Natural fiber carpeting, Flooring materials from reclaimed sources, SIP (Structural Integrated Panels) and more.

Saturday, Nov 15, 10-11:30am – Non-Toxic Living:
What to look (out) for when buying personal care products

Did you know the FDA doesn't require safety data on ingredients used in personal care products, including cosmetics, shampoos, hair dyes and nail polish? Yet over one third of these products contain at least one ingredient classified by the government as potentially cancer-causing. Pam Lambert of Novaurora, will talk about how to avoid toxic ingredients and choose healthier, sustainable personal care products.

The free seminars will be held at All Things Renewable, located just south of 47th Ave. on Main Street in the Shops at Northfield. Seating is limited; RSVP at info@allthingsrenewable.com or call 303.307.1317.



Stapleton Residents' Concern for Ethiopian Orphans Inspires Nov. 8th Art Show & Sale

Stapleton resident Tracy Stevens learned last spring about the plight of orphans in Ethiopia and the work of Hanna Fanta, an Ethiopian woman who is dedicating her life to helping teen girls who have been orphaned. (Ethiopia has an estimated 6 million orphans.) Tracy, together with a group of others who wanted to help, have organized "Art for Ethiopia," an art sale in which hundreds of artists around Colorado and beyond will sell their work to benefit Children's Heaven, Hanna Fanta's organization.

The event will also be a celebration of Ethiopian culture including a coffee ceremony, Ethiopian art, jewelry and crafts for sale, live music, food and wine. Children are welcome. Suggested donation of \$5 - 10 at the door.

"Art for Ethiopia" will start at 3pm on Saturday, November 8th at the Flash Gallery, Working with Artists, 445 S. Saulsbury Street in Lakewood (Belmar Shopping Center). For more information visit ethiopianorphanrelief.org, email Tracy_Stevens@comcast.net or call 303-907-5845.

Local Library Programs in November

Commerce City Library
Weekly programs for children at the Commerce City library branch.
Mondays 10:00-10:30 am – Lap Sit Story Time for infants to two-year-olds and
Tuesdays and Fridays 10:00-10:30 am – Pre-School story time.
There is no registration required so moms can drop in and check it out.

Park Hill Library
Mondays, 10:30 and 11 am - Storytime for two-year olds and their caregivers (22 children per session).
Thursdays, 10:30 am - Storytime With a Craft for children who can sit and listen and participate in songs and a simple craft (craft for the first 30 children).
Thursday and Friday 11:15 am - Bookbabies for infants

ages 6 - 23 months with a parent or caregiver – books, songs and fingerplays (choose one session)
Fridays 10:30 am – Park Hill Preschool Storytime for 3 - 5 year olds.

Super Saturday Programs:
Saturday, November 15, 10:30 am, "Wild West Show" with the Play-Ground Theatre – Howdy, partners! Saddle up for riding, roping, singing and fun. Join Jeff and Mia for western music, audience participation and hilarious comedy.
Saturday, November 22, 10:30 am, "Sing-a-long with Mary Sue & Cari" – Mary Sue and Cari share fun, interactive music with kids of all ages. Come clap, stomp and giggle with us!
For more information on all of these programs please call the Park Hill Library at 303-331-4063.

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New Location and Hours for Northfield Stapleton Guest Services

Northfield Stapleton's Guest Services has relocated to the former Stapleton Home Finding Center kiosk on Main Street in front of La Sandia Mexican Kitchen. Guest Service's new hours of operation will be:
 Thursday: 11am – 8pm
 Friday: 11am – 9pm
 Saturday: 10am – 9pm
 Sunday: 11am – 6pm

Monday through Wednesday from 8am – 5pm, Guest Services questions and needs will be handled by calling 303-375-5464.

- Services provided by Northfield Stapleton's Guest Services are:
- Northfield Stapleton Gift Cards
 - Strollers
 - Wheelchairs
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 - Employment Listings
 - Fax Machine
 - Photocopying
 - Lost & Found
 - Bus Schedules
 - Taxi Phone
 - Parking Lot Escort

Planned Parenthood Opens in Park Hill

By Tina Garbin

Planned Parenthood of the Rocky Mountains recently opened a new state-of-the art health center in North Park Hill that offers affordable and confidential services including: all birth control methods, emergency contraception (no prescription needed for women and men 18 and older), annual exams, cancer screenings, STD testing and treatment, HIV testing with results in as little as 20 minutes, pregnancy testing and information about all options, and surgical and medication abortion services. Services are provided to women and men of all ages. Walk-ins are welcome for emergency contraception, pregnancy testing and birth control supplies. For all other services,

appointments are suggested, which can often be made within a day.

Planned Parenthood of the Rocky Mountains, founded in 1916, provides high quality, affordable health care services, as well as education and information people need to make responsible choices. The clinic is located at 7155 E. 38th Avenue (at Pontiac Street) in North Park Hill. Hours are Monday and Friday from 9 a.m.-5 p.m.; Tuesday and Wednesday from 9 a.m.-7 p.m.; Thursday 10 a.m.-7 p.m.; and Saturday from 8 a.m.-2 p.m. Call 303.321.2458 or visit www.pprn.org to make your appointment.

Tina Garbin is the Director of Marketing for Planned Parenthood of the Rocky Mountains. She can be reached at 303-321-7526.

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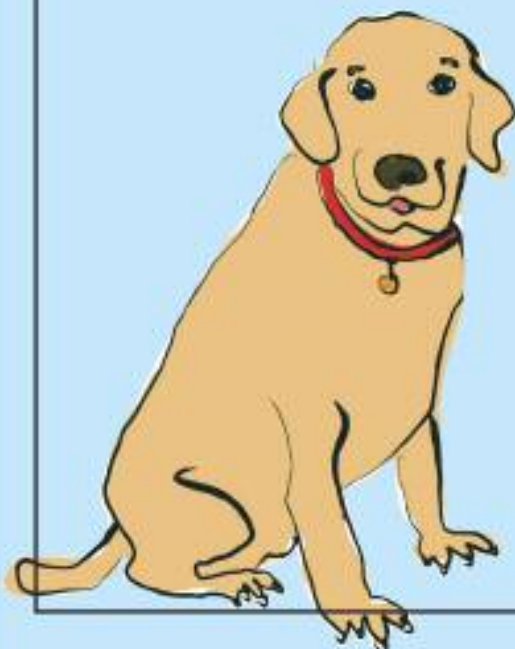
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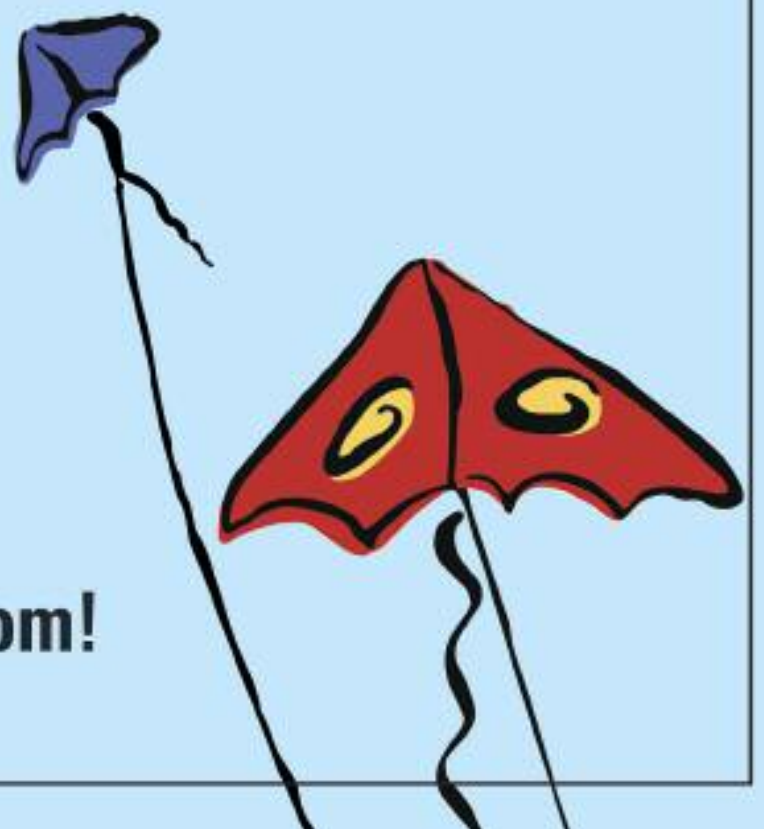
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Healing in the Aftermath of Tragedies

By Nancy Burkhart

Before the September 11 tragedy occurred in New York City, Robin Finegan and her co-worker, Krista Flannigan, were two of only a handful of people whose job was to work with the victims of disasters, helping them to grieve and recover emotionally.

Finegan and Flannigan worked to support victims' families and survivors of the Oklahoma City bombing while they were in Denver for the McVeigh and Nichols trials. They were also there for families and victims whose lives were changed forever by the Columbine shootings, 9/11 and Hurricane Katrina.

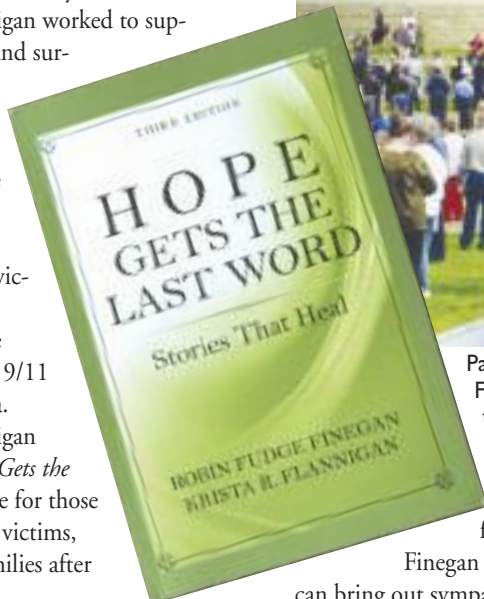
Finegan and Flannigan wrote the book, *Hope Gets the Last Word*, as a resource for those who rescue and/or aid victims, survivors and their families after major disasters.

"It has to do with recovery and how we cope with life," explained Park Hill resident Finegan. "It's not about tragedy as much as what happens to us in life. It's all about life and saying that we became part of a relationship with the victims."

The book contains stories told by Finegan and Flannigan about the people they worked with following disasters. Each story is prefaced by an explanation, such as how knowing the phases of grief can help people to understand what is happening to them and how to deal with it. "Stories were told with the intent of the



Park Hill resident and author Robin Finegan (right), her friend and co-author Krista Flannigan, and Chaplain Jack Poe of the Oklahoma City Police Department meet at the memorial site on the 5th anniversary of the Oklahoma City bombing, one of the tragedies discussed in Robin's just published book, *Hope Gets the Last Word*.



reader filling in how it fits for them," Finegan said.

Finegan talked about how tragedy can bring out sympathetic people who want to connect so badly that they have a negative impact on a recovery operation. Therefore, it sometimes becomes necessary to set parameters that may keep "do-gooders" from interacting with the workers.

One of the stories told in the book is about a woman who each day started bringing a pie to the lunchroom for construction workers and firefighters who were working through the rubble of 9/11. The woman's actions were based on her personal needs, rather than what would help the workers, Finegan said. Finally, one of the workers asked the woman not to return.

Despite her intentions, her presence there was not helping.

"We all participate in large community-type disasters," she explained. "What we do matters. Generally it's about our own personal needs, and we need to be careful there. We are all the pie ladies. We are all the onlookers. We need to have a sense of the different roles (in the rescue effort) and how our behavior affects others."

While the book was meant to be a resource for first-responders and others who work on disaster mitigation, it became an important piece in the healing process for the authors. Working with people who have suffered great loss leaves an emotional scar on the helpers as well.

"I had to search for what this means to me," Finegan explained. "The book forced me to put words to it. It became more about all of us in relationship to tragedy."

A person's life history can direct the way he or she deals with a personal tragedy, she said. A victim of child abuse, a person who has experienced loss through divorce or one who has known the death of a parent will find that their coping resources will be different from someone who has a great marriage, thriving children and a happy life.

"A personal disaster is when normal coping mechanisms are suddenly overwhelmed," Finegan said.

"This book is how I recovered," she said. "For me, it was a cathartic experience."

"This isn't our story to tell. This is someone else's. We were lucky enough to be sharing the experience with those who were struggling. There are some things that we're learning here

that should be passed on.

"It was risky to write this book," Finegan said. "We were worried that a few victims with anger might feel someone is taking advantage of them. We tried to be careful."

The Office for Victims of Crime in the Department of Justice provided a restitution fund that assisted the Oklahoma City bombing victims, survivors and their families. When it was determined that Denver would be the location for the McVeigh and Nichols trials, Mayor Wellington Webb's office and many non-profit organizations joined the ranks of those paid through this fund to help the victims' families during the trial.

Finegan explained the reasoning behind the effort to care for Oklahoma City's victims. "The justice system, even at its best, is re-victimizing because it forces people to revisit those really difficult experiences in their lives. As a community, we've got to do more than the U.S. Attorney's office can do. There were 900 primary victims."

Despite Denver's effort to aid the bombing victims during the trials, no one really knew the result it would have, according to Finegan.

The book describes how Finegan and Flannigan helped people move through the healing process that took them from "victim" to "survivor." She describes how, at the end of the Oklahoma City bombing trial, "As the verdict of McVeigh was read in the Denver courtroom, the individual grief became a collective strength."

"What we do is to set in place something that gives victims what they need – a compassionate standard, not vicarious trauma," Finegan said. "There is a time when you need to be given permission to be traumatized and it's OK to feel the grief of victimization. We have the right to live in that moment of sadness and grief. No matter what happens to you, you've made it to the other side. At some point a person makes a choice to become a survivor. Hope gets the last word, not the first word."

Finegan travels to other cities with a plan for disaster response developed from her experiences, giving seminars and speeches. Although Finegan and Flannigan started their disaster work as consultants, today Finegan also works part time at the Denver District Attorney's Office as director of consumer fraud prevention. She says that her job's focus on seniors who are the victims of fraud is similar to working with victims of large-scale disasters.

Robin Finegan's book, *Hope Gets the Last Word*, can be purchased from the Colorado Bar Association, on www.thehopebook.org and other internet book sales websites, as well as in local bookstores.

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Runners Raise Almost \$3,800 for Westerly Creek School



Team Central Park, organized by John Carranza (front right with sunglasses) runs at Stapleton's Greenway Park prior to the Denver Marathon, in which their team raised \$3,795.20 for the Westerly Creek School PTA.

Thirteen runners joined Team Central Park for the Denver Marathon on Oct. 19th and raised a total of \$3,795.20 for the Westerly Creek PTA. Participating marathon runners were: John Carranza, Jon Ahern, Katy Hoops, and Kristi Ward. Half marathon runners were: Tracy Perez, Ansley Young, Pete DellaFlora, and Michele Smith. Relay team participants were: Joe Slowey, Robin Richardson, Lori Fisher & Todd Vollme. The following businesses made donations: Central Park Realty, LLC; 29th Avenue Animal Hospital; The Carpet Studio; Houghton Mifflin; EyeCatcher Photography.

Denver School of the Arts Carolers Sing at Holiday Events to Raise Funds for Training & Travel

Groups of three to five high school students from the Denver School of the Arts (DSA) vocal music department are available for Christmas Caroling at corporate events, private parties or other gatherings. Songs are traditional Christmas selections and are performed a capella. All performances are fundraisers for the students' vocal training and trips. The recommended contribution is approximately \$250 for two hours of singing. All honorariums to DSA are tax deductible. DSA students develop their creative abilities through a combined academic and arts curriculum and have the opportunity to be mentored by professional artists and scholars. Students are accepted into the program based on their audition in an artistic specialty. Denver School of the Arts is located at 7111 Montview Blvd. For more information or to book a group, contact Michelle at 303-455-5232 or michelle_crdn@yahoo.com.

New Phone Store Opens in The Shoppes at Stapleton

Cricket Communications, Inc, which provides unlimited wireless phone services, opened a new retail store in The Shoppes at Stapleton on September 15th. The grand opening celebration was held on September 20th. Cricket provides unlimited wireless services, with monthly rate plans that include unlimited anytime minutes, unlimited U.S. long distance, unlimited text and picture messaging, unlimited 411, unlimited Mobile Web, and the latest ringtones, games and more – all with no signed contracts. The store is located at 3535 Quebec Street. For more information on Cricket, visit www.my-cricket.com.

New Resource for Small Business Owners in Northeast Denver

By Nancy Burkhart
The Small Business Administration and Johnson and Wales University are uniting to offer northeast Denver business owners an opportunity to get advice on better ways to do business. Johnson and Wales University, 1900 Olive St., is the new home for a Small Business Administration satellite Small Business Development Center (SBDC). The center will offer unlimited, free, business consultation, said Tameka Montgomery, Executive Director for the Colorado SBDC Network in the Denver metropolitan area.

Consultation will include such topics as human resources, finance, loans, marketing and understanding cash flow, according to Montgomery. Free in-depth strategic analysis may be performed for business owners because Johnson and Wales students will be doing the research, she said. Business seminars also will be offered. For Small Business Development Center information, go to: www.denversbdc.org or call 303-256-9665.

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Mike Giles Family Karate



Turkey Schmurkey

Ever wonder how Thanksgiving would have been different if Ben Franklin had his way and named the turkey as the National bird?

For many people, Thanksgiving is all about tradition. Deviation from the customary turkey, mashed potatoes and gravy, stuffing, and pumpkin pie is not too frequent. In fact, one-sixth of the turkeys raised in this country are destined for the dinner plate on Thanksgiving Day (ref: Wikipedia). This year, why not give those turkeys a break, hang up the potato masher, dump the gravy boat and start some new traditions of your own?

Following popular ethnic food trends is a good way to incorporate unique Thanksgiving menu ideas into your meal using flavors, techniques, and traditions from across the globe. For example, replace the staples of mashed potatoes and yams with red beans and rice or creamy mushroom risotto. If you don't want to venture away from turkey, try *cooking* it a different way. Buy a turkey fryer, season it with a spicy rub, use a meat injector with a citrus marinade, or douse it in a thick BBQ sauce.

If you're feeling more adventurous, replace the traditional American bird altogether. Duck or goose are popular substitutes. My vegetarian friends tell me tofurkey is wonderful. Why not ham, beef, pasta, seafood, fish? Childhood Thanksgivings for my family were spent on the OuterBanks of North Carolina dining on the fresh blue crab and oysters. And my wife recalls her favorite Thanksgiving was spent hiking in the beautiful Rocky Mountains eating nothing more than Clif bars and dried fruit. Whatever the menu, the spirit of Thanksgiving shouldn't be focused solely on food but on giving thanks and celebrating with family and friends.

Stuffed Salmon

Stuffed Salmon is a great alternative to turkey, yet still has all the presentation WOW as a whole bird. Try this simple recipe if you're feeling adventurous this Thanksgiving.

Ingredients:

7-9 pound Salmon, clean w/head on
(for presentation purposes)

1 tsp salt
white pepper
1 lemon, sliced very thin
3 carrot, thinly sliced
2 ribs celery, thinly sliced
2 shallots, thinly sliced
2 lbs fingerling potatoes, thinly sliced
1 bay leaf
3/4 tsp dried marjoram
1 1/2 cups champagne
4 Tbsp butter, melted

Celery Stuffing:

3/4 cup chopped celery (4 ribs)
1/2 cup bread crumbs
salt and fresh black pepper
1/2 chopped onions
4 tbsb butter
1/4 cup chopped celery tops
1 1/2 cups roughly torn fresh bread
Crumbs

Method of Preparation:
First make the celery stuffing for the salmon. Sauté the chopped celery and onions in butter in a small skillet for 15 minutes, until tender but still with a little bite. Add the chopped celery tops and the bread crumbs. Season to taste with salt and pepper.
Next, salt and pepper the salmon inside and out, then stuff it and sew up or skewer the opening. Place in a buttered pan and lay lemon slices along its length. Stick a toothpick in each slice. Add the vegetables, marjoram, bay leaf, and champagne to the baking dish and bake, uncovered, for about 35 minutes in a 400F oven, basting first with the melted butter and then with the liquid in the pan.
Serve the whole stuffed salmon on a large platter and surround it with the roasted vegetables for a beautiful presentation.

Rich Marks is a Stapleton resident and classically trained chef. His career has taken him through fine kitchens in restaurants, hotels, and catering services. Opting to spend more time with his family than in the kitchen, Rich now works for Atlanta Foods International, a supplier of gourmet and specialty foods to King Soopers, Whole Foods, and other markets throughout Colorado. Contact Chef Rich at 303-717-5451 or ramarks3@gmail.com.

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You're running in the park and the sun has gone down, there's a strange man that appears to be following you and there's no one else around, he's getting closer and closer. What do you do?

I know these things are not supposed to happen, but the reality of it is, it really could happen, and it could happen to you. Being prepared for emergency situations is more than having the right camping gear when you're having some family outdoor fun. It's being ready to protect you and your family in instances where you or your family may be physically harmed.

When we opened our family martial arts center it was with the intention of empowering and preparing all family members with the tools they need to defend themselves. And it is incredible to see the children train and in a blink of an eye their younger sibling grows up and wants to do karate as well. We love teaching children and nurturing their already brilliant nature.

But what really warms our heart is when Mom or Dad, after watching class after class start to believe that they can do this as well. Their reasons may be just wanting to get in shape, relieve stress, or seeing the opportunity to learn karate with their child, or realizing that this a real skill and knowing how to defend themselves just might come in handy one day.

We are all so thorough in Colorado when it comes to preparing for emergency snowstorms. We have these great lists, flashlights, shovels, 4 wheel drive vehicles, emergency radio systems you name it. So why not make a check list for protecting our families in case of potential physical harm as well.

Your list should include:

- Using your common sense
- Avoiding potentially dangerous situations
- And learning to defend yourself.

It's a short but simple list and if you put limitations on yourself, such as "I'm too out of shape," I'm too old to learn that," "and I can't afford anything like that," you will remain in the group of possible victims. The one that the burglar and criminal may choose to attack one day, "why you," you ask; because you look like the house with no alarm.

It is our goal to help our community become safe and stay in shape. We believe you should learn some martial arts and self defense, so in the case of an emergency, you don't have to ask "What do I do???"

Mike Giles Family Karate is located at 3577 Syracuse St. #460 – Quebec Square. For more information visit mikegileskarate.com or 303-377-KICK (5425).

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Police Officer a District 5 Native



Officer Vanita Warren gives a young visitor to Northfield shopping center a stuffed “crime dog” at Target’s National Night Out, a neighborhood crime and drug prevention event held annually in August.

By Nancy Burkhart

Police Officer Vanita Warren has a history in District 5 that spans her entire life. A daughter of an Air Force lifer, she was born at Fitzsimons Hospital. Although her family lived in Germany twice, Africa and several places in the United States, she always returned to Denver. In 1976, she graduated from Thomas Jefferson High School before joining the Air Force herself. In 1990, she became a police officer in District 5.

“In 1996, I resigned from the department to home school my son, Samuel, for 10 years,” Warren explained.

Her husband, David Warren, carried on the police officer tradition and still is in District 5, where they met and served as partners on the force. The Warrens also have a daughter, Angela, and two grandchildren.

“I came back to the Denver Police Force in 2007. I wanted to get back to work,” Warren said. “I was gone so long that I had to go through the Police Academy again at age 47. The good thing was that I finished No. 1 in my class at the Academy.”

Warren asked to be in District 5 because it was home.

“We had moved to Montbello when I was in high school. I know the community. I’ve watched it grow over the past 16 years. I still live out here, in Green Valley,” she said.

District 5 covers Northfield Stapleton, Montbello, Park Field and Green Valley Ranch.

The most frequent crimes in District 5 include residential burglaries and disturbances and shoplifting at businesses, Warren said. She advised community residents to work together to help the police keep the peace.

“Neighbors are the best eyes in their own community,” Warren said. “Get more Neighborhood Watch programs and get to know your neighbors. Take the time to meet your neighbors, know their children so that you can recognize when something wrong is happening. Don’t be afraid to get involved, and get the police involved. Talk to us. Community service is for the good guys.

“Continue the belief in your community and never lose hope that things can and will change for the better,” Warren advises.

Citizens Select Top Cops for Dist. 2



Rhoderic Patrick



Derek Hancock



Jacob Robb



Tyson Worrell

By Tom Gleason

The Top Cop Citizens Committee for Denver Police District Two has honored four officers for their outstanding contributions to public safety in Northeast Denver.

Sharing the honor as the “Top Cops” for the month of August were Officers Rhoderic Patrick, Derek Hancock, Tyson Worrell and Jacob Robb. On July 23rd, the officers responded to a residence where they had reason to believe there was an admitted gang member who was wanted for Probation Violation on a charge of possession of a weapon by a previous offender. After a perimeter was established around the duplex, Officers Hancock and Worrell approached the door and contacted the man. When Officer Hancock advised him that there was a valid arrest warrant for him, the wanted individual reached down and unlocked the door. When Officer Hancock opened the door and reached for the party’s arm and wrist, he charged Officer Hancock and then “head butted” Officer Worrell in the face. Seeing the struggle, Officers Robb and Patrick ran through the open rear door to the front of the house to assist with the arrest just as the

struggle spilled out in to the front yard. After Officer Patrick grabbed the man’s leg as he was taking him to the ground, the officer was kicked in the face and the wanted man yelled “you are going to have to kill me!” When the man bit Officer Worrell on the right forearm, Officer Hancock sprayed the party in his eyes with his department issued chemical spray. During this time, the man continually reached towards his waistband and front pocket. The officers were finally able to cuff the party’s hands and a search revealed he was in the possession of a medium sized pocket knife and a baggy of suspected ecstasy pills. As the individual was being placed in the police cruiser, he kicked the rear door shut and placed his foot against the door until the officers were able to subdue him. Because two of the officers received bruises and abrasions during the scuffle, the District Attorney’s office accepted two counts of assault to a peace officer.

These officers were commended by the Top Cop Committee and District Two supervisors for their quick, tenacious, and assertive action in the face of an assault by a notorious and armed gang member.

CALENDAR

(Continued from page 2)

RECURRING EVENTS

- Every Thursday**
(when school is in session)
Bill Roberts Elementary School Tours, 10am
2100 Akron Way, 720-424-2640
- First Thursday**
(Jan. will be 2nd Thurs.)
Bill Roberts Middle School Tours, 10am
2100 Akron Way, 720-424-2640
- 2nd Friday**
Story time & craft for young children & caregiver
Westerly Creek Elementary library 9:15 - 9:45am
303-322-5877
- 1st Saturday**
Bluff Lake Birders, Nature Center – 7-9am
[BluffLakeNatureCenter.org]
- Periodically**
Meet Stapleton Residents
If interested in upcoming events contact
Meighan at 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]

MONTHLY MEETINGS

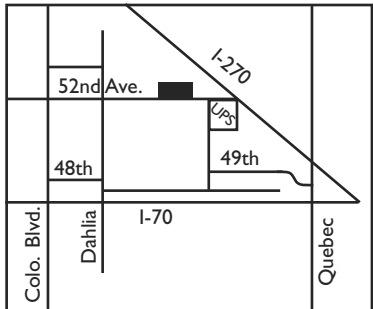
- Every Wednesday**
Weekly Weeders, Bluff Lake Nature Center
9am-12pm. 303.945.6717
- 1st Tuesday**
Breast Cancer Support Group 5 - 6:30pm
AFWilliams Family Medicine Clinic
Conference Room (west entrance)
3055 Roslyn (corner of MLK) 720-848-9000
- 3rd Tuesday**
Greater Stapleton Business Assoc. 8am
MCA Community Room, 2823 Roslyn Street
303.393.7700
- 1st Wednesday**
“1st Wednesdays” Home-based businesses
StapletonLife.com – most mtgs 11:30am - 1pm
- 2nd Wednesday**
(Odd numbered months)
SUN Transportation Committee 6:30pm
MCA Conference Rm, 2823 Roslyn St.
[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]
- 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]

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So All May Eat



Monika Reitmeyer

By Monika Reitmeyer

Brad and Libby Birky, owners of S.A.M.E. Café have something worthy of celebration. As of last month, the café is two years old—a giant feat for any restaurant operation—and continues to grow in popularity. Located among a strip of small stores on East Colfax and Race, S.A.M.E., with its tiny sidewalk

patio and bright, cheerful interior is in fact very, very different.

At So All May Eat there are no set menus. The kitchen is front and center. There is no wait staff. And, there is simply no cash register.

What Brad and Libby do offer is an unforgettable experience to anyone that walks through the door. They believe that regardless of economic status, every person deserves the opportunity to eat wholesome, organic foods prepared fresh in an atmosphere of dignity.

Diners enjoy bountiful portions of seasonally perfected salads of farm fresh greens, crisp carrots and chopped walnuts; or house made pizzas with barbeque chicken and mozzarella or roasted garlic and creamy white sauce. Fluffy couscous with tomatoes and basil lights up the palate with simple, clean flavors. Soups are phenomenal here. Gorgonzola cheese crumbles complement a rustic tomato stew and baked potato soup is hearty and soothing on a rainy day. As the seasons change, so do the daily offerings. In fact most of the food arrives through the back door still encrusted with dirt from local farms. Ingredients are organic whenever possible and vegetarian options are available.

At the end of one's meal, sugar cookies or a beautiful fruit tart are sure to satisfy a sweet tooth.

The Birky's business success relies on the "pay what you can afford model". Each diner therefore donates with cash or check for what they feel the meal was worth, and a little more to help out those less fortunate. If someone cannot donate, Brad and Libby ask for an hour of service in exchange.

According to HomeAid Colorado, over 15,000 people are homeless in Colorado alone; 60% are part of households with children. In a city where hunger is a prevalent issue, S.A.M.E. Café is a safe haven and a helping hand. In addition volunteers are always welcome. By spending an hour or two as a volunteer you can see for yourself why the S.A.M.E. idea is changing lives and making a difference in the Denver community everyday.

What started as a selfless plan to help build a healthy community, has, two years later, blossomed into contagious success, influencing more and more people to fight for the cause.

Brad and Libby Birky are the transformational change they wish to see.

The S.A.M.E Café is located at 2023 East Colfax Avenue. They are open Tuesday-Friday 11 a.m. - 2 p.m., and Saturday 11 a.m. - 8 p.m. Visit www.soallmayeat.org or call 720.530.6853 to schedule a time to volunteer.

Monika Reitmeyer recently graduated from Johnson & Wales University in May 2008. She is now working as a pastry cook for Food Network chef Keegan Gerhard and his wife Lisa Bailey's new dessert restaurant, D Bar on 17th Avenue and Humboldt.



A S.A.M.E. Cafe customer enjoys a meal at a sidewalk table.



Libby and Brad Birky prepare a salas of fresh greens at The S.A.M.E. Care where diners pay as they are able or work in exchange for a meal.

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Stapleton Education Forum – “Music is the Math You Hear”

By Julia Thompson

With over 50 attendees and 15 invited guests and speakers, the Westerly Creek and Bill Roberts PTAs hosted a successful forum on October 2nd at the Denver School of Science and Technology, despite the conflict with the Vice Presidential Debate.

After receiving a warm welcome from Bill Kurtz, Head of DSST, Brian Weber from the Stapleton Foundation informed the audience regarding the new Language Immersion Program slated to open in the Park Hill area in the fall of 2009. Velma Rose, the CFO of Denver Public Schools, explained how the school system is funded and the impact the current credit crunch can have on its function. Attendees were urged to vote yes on 3A by Bill Mosher, Co-chair of Citizen’s Committee for Capital Needs, who explained that \$300 million of the \$454 million is needed for critical maintenance. A statement opposing 3A by Councilwoman Jeanne Faatz was read which included criticism that the bond amount was too high. (Consistent with CRS 1-45-117, the PTAs paid for the rental of the DSST space).

Tonette Salazar, of Salazar & Associates, explained the ins-and-outs of CSAP and no Child Left Behind, and emphasized that CSAP will continue as most of it is federally mandated. Andrew Romanoff, Speaker of the House, provided an overview of the SAFE Amendment and informed the audience that Colorado is the 47th state in education spending, and that we currently have very little in reserves for lean economic times.

The Forum moved to a panel format for public officials and candidates to speak about their agendas to further education. Josh Raines, current Republican candidate for House District 7, spoke about his mother’s education in a one-room school house, and emphasized his support for public education, school vouchers and focus on obtaining input from teachers and parents in education decisions.

Terrance Carroll, candidate for House District 7, and current Asst. Majority Leader in the Senate, spoke about the fact that his mother only had a 3rd grade education yet was president of his elementary school and city wide PTAs. Carroll emphasized the need to move our educational support into the 21st century and the importance of providing adequate and equitable funding to each school.

Michael Hancock, Denver City Council Representative and former President, also emphasized the need to bring Denver public schools into the 21st century and his support for the “Zone of Innovation” which allows groups of schools to act autonomously.

Doug Linkhart, Denver City Council At-large Representative, stressed his commitment to “Pre-school matters” and providing students support outside the schoolhouse.

“Music is the math you hear,” was emphasized by Kevin Patterson, Denver School Board Representative, while discussing how music develops both sides of the brain.

The panel ended with Elaine Gantz Berman, candidate and current State School Board Representative, who discussed her goals to improve the nutritional options in schools, and the need to have more physical education.

Julia Thompson is the parent of two elementary school children and the Legislative Liason for the Bill Roberts PTA.

Winter Activity Wellness

By The Health Practitioners at Natural Balance Integrative Health

The falling temperatures are leading the way for the falling snow, which means the skiing and snowboarding season is upon us. Preparation is essential to skiing/riding longer, harder and safer this winter, and training should occur at least 4-6 weeks prior to indulging in your favorite sporting events. These efforts should focus on building your stamina and endurance, improving your balance and co-ordination, and adapting your flexibility and agility. The following sample exercises are specifically designed to improve strength, flexibility and muscle response or balance for the major muscle groups necessary in crushing any mountain terrain.

Prior to performing any of the stretches or exercises in this article, complete a 15-minute warm up with light cardio, keeping breaks between sets to 10 seconds or less.

Front to Side Planks

Balance on your toes and elbows, with the elbows directly aligned under the shoulders and the forearms flat on the ground. Keep the hips even and the back flat, while drawing the naval into the spine and bracing the abdominal core.

Maintaining abdominal core strength, rotate body to the side, stack the feet, and balance on one elbow. Feet should be stacked one on top of the other, knees should be extended, and a straight line should be drawn from the top of the head, though the spine and hips, to the ankles. Return both elbows to the floor and repeat plank on the opposite side.

Hold each position for 15-30 seconds, repeating for 3 sets

One Leg Lunge with Bicep Curl

Using a fit ball, weight bench, or chair, prop the right lower leg behind you. Bend the left knee, slowly lowering into a lunge. Making sure the left knee remains directly above the ankle, squeeze through the heels back to standing. Contract through the abdominal core and pelvic floor while both lowering and rising from the lunge. For added intensity, add a bicep curl using dumbbells as you deepen into the lunge.

Complete 10-15 lunges on each side, repeating for 3 sets

Speed-racing Triceps Curl

Squat into a speedy tuck position with feet hip width apart, knees bent to 90 degrees, back flat and parallel to the floor. Look forward and keep your hips down. Maintaining a tucked position, squeeze upper arms into the side of the ribcage while extending the elbows toward the ceiling, contracting into the triceps.

Perform 10-15 triceps extensions, repeating for 3 sets

One-legged Airplane Squats

Stand on one leg, kicking the opposite leg straight behind you, while leaning the torso forward. Head, neck, back, hips, and extended leg should remain in one straight line, and body should remain parallel with the floor. Send both arms back along the torso, 45 degrees away from the body (like airplane wings). Balancing on one leg, lower down into a one-legged squat position. Rise back up, keeping strength in the abdominal core and the body parallel to the floor.

Squat 10-15 times per leg, repeating for 3 sets

We all know that no matter how fit and strong we are, we are all susceptible to injury. The foundations of addressing injury and stress to the body include increasing circulation, decreasing inflammation, increasing the immune system and releasing toxins and tension from those well-used muscles. To achieve these results, Acupuncture, Chiropractic and Massage Therapy are treatment options to optimize your health. Used individually and in combination, these tools will keep you shredding the slopes.

For any questions regarding this article, the exercises or treatment options, please call Natural Balance Integrative Health at 303-355-0363 or visit www.nbih.com



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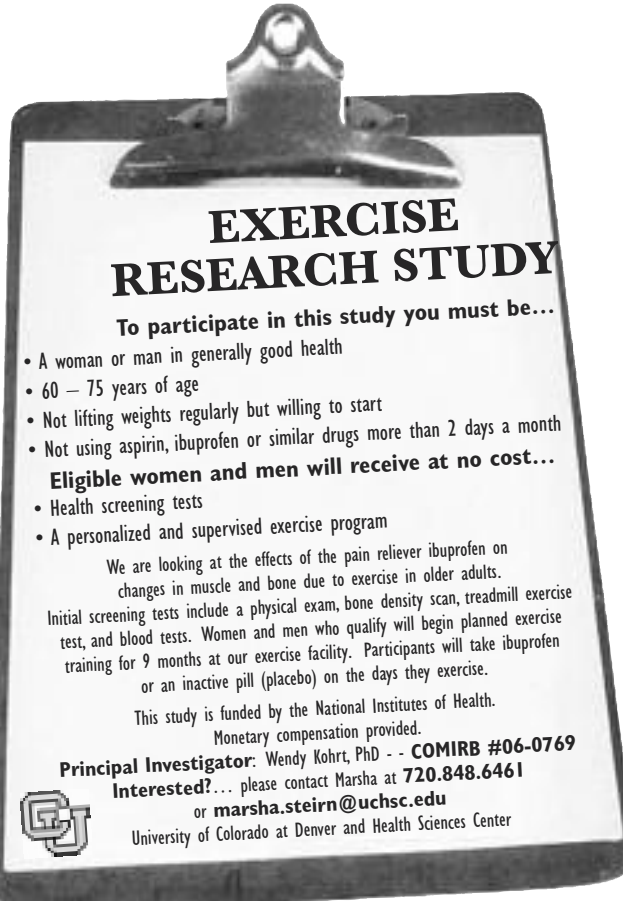
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EXERCISE RESEARCH STUDY

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We are looking at the effects of the pain reliever ibuprofen on changes in muscle and bone due to exercise in older adults. Initial screening tests include a physical exam, bone density scan, treadmill exercise test, and blood tests. Women and men who qualify will begin planned exercise training for 9 months at our exercise facility. Participants will take ibuprofen or an inactive pill (placebo) on the days they exercise.

This study is funded by the National Institutes of Health. Monetary compensation provided.

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University of Colorado at Denver and Health Sciences Center



Lunge! Parry! Thrust!!!

continue fencing into adult-hood. For several young students fencing has even led them to other sports like Modern Pentathlon, which includes running, shooting, fencing, swimming, and horseback riding.

In the past year, the Cheyenne Fencing Society and Modern Pentathlon Center offered demonstrations at local schools including Roberts Elementary and The Odyssey School.

Fencing is one of the fastest growing sports around the country. In fact there are over 450 competitive fencers in the state of Colorado. Around the country there are over 20,000 fencers in clubs and competitions. Fencing is also a popular NCAA sport, more than 80 different Universities and Colleges have varsity or club programs for fencers.

Cheyenne Fencing offers after school and weekend classes for children, as well as camps during school holidays (including the winter holiday break). They also offer adult fencing classes. For more information visit [www.col-](http://www.col-oradofencing.com)

oradofencing.com or contact the Cheyenne Fencing Society at CFSMPC@aol.com or (303) 321-8657. They are located at 5818 Colfax Ave. (Colfax and Ivy).

Brianna Ferrara, has a Bachelors of Science in Kinesiology. She has been a competitive fencer for the last decade, including being a member of the Division I Varsity fencing team at Temple University from 2004 through 2008 and competing in the 2006 NCAA Finals for fencing. She finished in the top 32 in the 2006 World Cup. Brianna learned to fence at the Cheyenne Fencing Society. She can be reached at Brianna.Ferrara@gmail.com



Left: Elaine Cheris works with a young fencer at her Colfax Avenue studio.

Below: Elaine Cheris practices with her assistant coach, Maciej Czyzowicz.

Above: Elaine Cheris, shown with her head coach Janusz Peciak, is a former Olympic fencer and owner of the Cheyenne Fencing and Modern Pentathlon Center.

By Brianna Ferrara

Everyone remembers swashbuckling swords from several old movies- Wildly garish accents and costumes complemented by an exciting chase or fight in every scene. As cool as those memories are, a number of local children are learning how to play with swords in a different way: as the competitive sport of fencing.

The Cheyenne Fencing Society and Modern Pentathlon Center has been right around the corner from Stapleton since 1981. Owner and three-time Olympian Elaine Cheris says "Fencing is a great way to increase agility and strength, or just get healthy and lose weight!" The US Fencing Association also points out that fencing improves balance, coordination and sportsmanship.

Along side of Cheris are two other Olympians as Coaches: Maciej Czyzowicz, an Olympic Gold Medalist the 1992 team event in Modern Pentathlon, and Janusz Peciak, the 1976 Olympic Champion for Modern Pentathlon and current US Olympic Coach for the Modern Pentathlon team.

Cheris says that many of her fencing students learn to fence at a young age (like five or six years old), and continue fencing from elementary school to college, and even



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Create a Year-end Financial Checklist



By Natalie Robbins

Natalie Robbins

Now that we're in the holiday season, you probably have much to do. Still, you may find it worthwhile to take on one more task: drawing up a year-end financial checklist.

What should go on your list? Consider the following:

Sell your losers

From late 2007 through much of 2008, the stock market has gone through some rough times. Consequently, you may now own some stocks that are worth less than what you originally paid for them. While this fact may not thrill you, there is a bright side: By selling some of your losers, you can offset capital gains you may have realized elsewhere in your portfolio. If you didn't sell any winning stocks this year — and thus had no capital gains — you can use your losses to reduce up to \$3,000 of ordinary income for 2008. And if your losses exceeded \$3,000, you can carry them forward indefinitely and use them to offset gains or ordinary income in the future.

Observe "wash sale" rules

One drawback to selling your losers is that you may have wanted to keep these stocks in your portfolio, despite their decline in value. Can you buy them back? You can — but you need to follow the "wash sale" rules. If you want to claim your loss as a deduction, you can't buy the same stock during the "wash sale" period — the day of the sale, the 30 days before the sale and the 30 days after the sale. (See your tax advisor for more information on wash sale rules.)

Put more money into your 401(k)

Your 401(k) is a great retirement-savings vehicle — for several reasons. First, you typically contribute pre-tax dollars, so the more you put in, the lower your taxable income. Second, your earnings can grow on a tax-deferred basis. And third, you may have a dozen or more investment choices, so you can build a portfolio that reflects your risk tolerance, time horizon and retirement goals. So, if you haven't exceeded the contribution limit (which, in 2008, is \$15,500, or \$20,500 if you're 50 or older), ask your employer to adjust your remaining paychecks to boost your contribution. Also, if you receive a year-end bonus, see if you can put some or all of it into your 401(k).

Add to your IRA

You actually have until April 15, 2009 to fully fund your traditional or Roth IRA for 2008, but if you can avoid waiting until the last minute, you might not have to come up with a big lump-sum payment. For the 2008 tax year, you can put up to \$5,000 into your IRA, or \$6,000 if you're 50 or older.

Make charitable contributions

When you contribute to a charitable organization — one that has received 501(c)(3) tax-exempt status — your donations are generally tax-deductible, provided you itemize your tax return. Plus, if you decide to donate a stock or other appreciated asset, you can avoid capital gains taxes when the asset is sold.

If you can check most of these items off your year-end "to do" list, you'll close out 2008 on a high note — and position yourself for success in 2009 and beyond.

Natalie Robbins is an Investment Representative for Edward Jones. She may be reached at 303.320.7752 or at Natalie.Robbins@edwardjones.com.

Physical Therapy: It's All About Movement

By Anne Keil

October was National Physical Therapy Month. This year's theme was "Physical Therapy: It's all about movement," which draws attention to the fact that the human body is designed to move, not to be sedentary like so many of us tend to be in today's world when spending a lot of our time driving, sitting using the computer, or watching TV.

What are some of the risks of being sedentary?

- Joints get stiff and become less flexible when they are not moved to their full range of movement.
- Muscles in the legs, back, neck, and arms become weak due to lack of physical activity.
- Decreased endurance for activities such as prolonged walking when the cardiovascular system is not challenged when sedentary.
- Circulation is impaired with lack of movement for periods of time.
- Less physical movement means fewer calories used which can result in weight gain.

What if I can't exercise due to health problems?

- Generally, there is a type of exercise for every body. People with limited mobility or pain find exercise in the pool to be helpful. Modified stretching or gentle yoga can be helpful if muscles and

joints are stiff and tight. Resisted exercise using hand weights or weight machines is a good way to maintain strength and muscle tone even if the weight is light. Walking or using a stationary bike is of great benefit for endurance and strength.

How do I know what type of exercise is right for me?

- The general rule is to let pain be your guide and start out slowly and gradually build up intensity or resistance...if the activity causes pain then stop or modify it. If the activity causes muscle soreness, that's usually a good thing meaning that the muscle is weak!
- If you have health problems, consult your doctor prior to beginning an exercise program. A physical therapist can also be helpful in assessing which areas of your body need to be stretched and strengthened and can make exercise modifications to accommodate most health problems

Anne Keil PT DPT is a Physical Therapist at the Stapleton Physical and Aquatic Therapy Clinic, one of the outpatient clinics of the University of Colorado Hospital. This clinic offers Aquatic Exercise classes, Pilates Classes and Individual Exercise Program sessions which are available to the public. For questions, call 720-848-9010.

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Tips to Help You Get Organized for the Holidays

By Meighan Meeker

Decorating and Greeting Cards:

Keep your holiday treasures stored safely in clear plastic bins that are labeled on shelving so that you can easily find what you are looking for. Buying end of the year bargains are great if you are able to remember and locate them 12 months later. Try not to buy any new decorations unless you are certain that you need them and have a place to display them without your home looking too cluttered. Determine who you will send cards to and try to pre-address them well in advance. As you receive a card from someone you can send one back, or simply try to send a certain number of cards each night from your list. Adding a photo or personal message makes it more meaningful. Trying to do it all in one sitting can take away the joy.

Buying and Wrapping Gifts:

Shopping year round eliminates the need for last minute, stressful trips to the mall during the crowded holiday season. Gifts bought while on vacation or weekend trips can be great and helps spread out the fiscal toll on your bank account. Wrapping gifts as you buy them is the most efficient way, but remember to keep a list of what you bought and for whom. Try to limit the amount of tissue and boxes that are used in an effort to save on the recycling and trash accumulated. Designate an area of the house where you can keep your wrapping supplies and store your gifts. As you shop for the holidays, keep an eye out for clever, multi-purpose gifts that can be given in the event you are caught off guard or empty handed by a neighbor, friend or relative.

Preparing for a Party:

Send out invitations with plenty of notice for people to find baby sitters or manage other social obligations. In advance, assess that you have enough place settings and proper seating to accommodate the number of guests. Plan your menu, then make sure you have all the platters, bowls and utensils you'll need for serving each appetizer or entree. Flowers and candles make any room feel festive year round. Limit your furnishings on tabletops to allow plenty of room for guests to place their drinks and small plates. Add extra tables strategically throughout and do not forget to have enough coasters to protect your furniture. Place your garbage can in a visible spot in the kitchen so trash does not get stockpiled on countertops. Remember to charge your digital camera in advance and take photos. Organize your favorite memories in an album or archival box that is labeled and stored to easily share for many seasons to come.

Get Rid of the Clutter:

The entrance to your home is the first thing guests will see so keep it orderly and festive. Designate a nearby place for coats and potentially an area to dry off snowy shoes. The kitchen is another area of your house that will be a focal point during the holidays and should be kept tidy at all times.

Meighan Meeker is a Stapleton resident and owner of Simply Put Organizational Solutions for the Home, LLC. Gift Certificates make the perfect holiday gift. For more information: email, meighanm@aim.com, or call, 303-321-2692.

Bringing the Spirit of Giving to Life

By: Megan Anderson

As many children in homes and stores across the country create increasingly long wish lists filled with the latest gadgets and toys (many of which are not environmentally friendly), you can choose to teach your children something more valuable this holiday season. With your guidance, they will learn that we are all connected and that concern for the well-being of others not only helps those individual people, but our society as a whole.

Here is what you and your family can do:

- **Create a sense of gratitude rather than entitlement.** Encourage your children to express what they are thankful for by talking about it, drawing pictures, creating books, taking photos, including what they're thankful for in their prayers, etc.
- **Turn philanthropy into an everyday occurrence rather than a holiday activity.** Teach your children about interdependence, giving, and empathy by connecting on a daily basis with others through small, basic acts of kindness and a resolve for treating others with respect.
- **Make a philanthropy plan.** The sheer amount and variety of opportunities to give are often overwhelming for families. Take the time to decide which issues your family members are most passionate about and make a plan that includes to whom you will devote your resources and how you will achieve this.

Easy ways to get started:

- **Donate items.** Ask your children to sort through their things and choose items in fair condition or better to give to local service organizations. Don't forget to do the same yourself!

- **Shop at stores that help support service organizations.** Many stores from resale outlets to national chains will provide all or a portion of their proceeds to organizations in need. Examples include Goodwill and Target.
- **Organize fundraisers.** Gather forces and head a fundraiser in which you collect items to give to a chosen charity. Involve your children by enlisting their help in choosing which organization will receive your donations or by putting them in charge of sorting and packing donations.

As you make plans for creating a giving spirit in your family, remember to share it with others around you. Let them know how they can get involved in your projects or how they might start a few projects of their own. Over the next couple of months, we'll all watch as decorations emerge, wish lists lengthen, and stores fill with shoppers. However appealing all those things seem, remember why we celebrate the holidays in the first place and keep the spirit of giving alive. That's what will truly warm the hearts of those in our community throughout these cold winter months and beyond.

Megan Anderson is the Marketing Manager and Staff Writer for Primrose Schools at Stapleton, Thornton, and Reunion. For more information about Primrose Schools, please visit our website at www.primroseschools.com. Thanks to Rhonda Aronwald's "Creating a Family Spirit of Giving" for providing inspirational stories related to this article.



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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.

Please confirm by emailing stapletonunitedneighbors@gmail.com or calling 720-840-8492.

Veterans Day

By John Keene

This November 4th will mark a historic time in America. The presidential election season will finally come to a close and, no matter who wins; our country will be changed forever. Yet it is the following Tuesday that marks another day in which our Nation, and the world, was changed.

Veterans Day is November 11th but it was originally known as Armistice Day in commemoration of the end of World War I. However, over the years, and with the passing of World War II, President Dwight Eisenhower officially changed Armistice Day to Veterans Day in 1954 in order to honor all military veterans.

Denver, in particular, has a proud history of supporting veterans. In fact, veterans of the Spanish-American War established the very first Veterans of Foreign Wars post in Denver in 1899. Furthermore, one of the founders of the original VFW post was

Sgt. Benjamin Stapleton, whom our great community is named after.

Denver's commitment to democracy, which is the legacy of all veterans, was further on display this year in the hosting of the Democratic National Convention. And Colorado's designation as a "swing state" in this year's election emphasized the importance of remembering those who have served. Voting is one of the single most patriotic acts we as Americans can take. It is an act that has been defended by millions of Americans through the years, in places around the world, as members of our Armed Forces.

Hopefully, we, as a community, will not only honor veterans this year with a holiday, but with our participation on the electoral process. By having volunteered. By having engaged in meaningful discussion about the candidates and the future of our country. But, most of all, by voting.



Keven A. Burnett,
Executive Director

Annual Members Meeting Scheduled

The Stapleton MCA will hold its annual members meeting of all delegate districts on Thursday November 13th. The meeting will begin at 6:30 pm in the Stapleton Community Room located at 2823 Roslyn St. Please RSVP your atten-

dance by emailing info@stapletoncommunity.com. All residential and commercial property owners are urged to vote to appoint a delegate to represent the district in which they live or own a business. A current copy of the district boundaries is available online or by calling the MCA office. In addition to the annual election, a recap of 2008 and the proposed 2009 budget will be presented. Come meet MCA staff and ask questions current MCA priorities and plans.

If you are unable to attend this annual meeting, each household will receive a proxy ballot the first week of November which can be filled out and returned to the MCA office prior to the annual meeting. A copy of the proxy ballot will also be available online. Each proxy ballot returned will be counted towards the selection of nominated delegates or "write-in" nominees and will count towards the established quorum requirements of the organization.

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Holiday Lighting and Winter Welcome

The 5th Annual Winter Welcome and Holiday Lighting Celebration will be held on Friday November 21st from 6 – 9 pm. Enjoy seasonal entertainment while experiencing the excitement of lighting the 29th Ave Town Center. This event signals the start of the holiday season and welcomes the coming winter season. Even though the nights get longer and the temperatures are colder, the 29th Avenue Town Center continues to offer a great place to enjoy a night out, a family dinner, unique gift buying opportunities in addition to enjoying the wonderful sights and sounds of the season. This community celebration begins at the west crescent, with lighting of the trees at 6:30pm. Following the lights, participating town center retailers and restaurants will host individual specials and to sign ups for great Stapleton raffle prizes and gift certificates.

Annual Alley Repairs

November is the month the MCA focuses on its alley maintenance program. We will be moving through a majority of the blocks with the goal of sealing the larger

cracks. Alleys with significant damage will be identified for panel replacement. It is our goal to have as minimal of an impact on residents' alley access as possible. We will deliver flyers to impacted residents detailing when we will be in their alley performing this work with as much advanced notice as possible. We will also keep the web updated with current information. If you have any questions in regards to alley repair projects please call or email the MCA office.

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

Stapleton Design Review Committee

By Laura Edler

I have been asked to explain the purpose of the Stapleton Design Review Committee. All my attempts so far have resulted in a very dry, boring school style report. Something that would put all of you to sleep. First off, I am a community member of this committee and represent the residents of this area for the Stapleton Citizen's Advisory Board. I report back to the board on a regular basis what the committee is reviewing and the results of the reviews.

More than anything else, this group is a huge influence on the appearance of Stapleton.

The committee reviews commercial and public projects, using the guidelines set up at the beginning of the development process. There are no exceptions to this and all projects must have committee approval to complete their development. Unlike many other developments, Stapleton has a commitment to create pedestrian friendly neighborhoods. In trying to reach this goal, businesses are mixed into the neighborhoods with the intent that residents can walk to these services. There is also a standard of building and design guidelines that must be followed. This is in addition to whatever standards the cities (Denver, Aurora) may have for new construction.

Well, I am getting a bit boring. Anyway, it means that we look at the building in terms of usage, materials used, and placement in the neighborhood and the building site. It can be an exciting process or it can be deadly dull. (Ever looked at a lighting plan for a parking lot? I still don't understand all those funny little marks.) It is fun to see the plans on paper turn into a new building.

The guiding hands for this committee, from the very beginning, have been Mark Johnson of Civitas, Inc. and John Rogers of RNL Design. Their award-winning experience in all aspects of architecture is impressive. They keep the committee focused on what Stapleton should look like now and in the future. There are 4 to 5 other architects from various firms that are members of the committee and lend their expertise to the process.

The result is a neighborhood of homes and businesses that is warm and friendly to live in.

Laura Edler is the East Montclair Representative to the Stapleton Citizens Advisory Board.

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Make Your Next Party a “Green” One

By Nancy Burkhart

The next time you invite guests to a get-together at your home, be it a Christmas holiday soiree or a birthday occasion, try making it a “green” gala that is eco-friendly. It is easier than you think, according to Stapleton resident Nico Nagel.

In the last few months, Nagel has held an eco-friendly birthday party for her 5-year-old daughter and a “green” shower for herself just before her second daughter was born.

“My college major was political science, and I had a lot of teachers focused on the environment,” Nagel explained her interest in ecology. “I have always been really passionate about the environment from my first memory. College made me an environmental fundamentalist.”

Nagel suggests that being environmentally conscious with your shindig depends on how open to suggestion you and your guests might be.

“I think people are used to going to WalMart and buying the first thing that’s on sale, but I found some great websites for buying alternative products that are just as nice and really fashionable,” she said.

At www.eco-products.com Nagel said she found plates made of recycled paper that can be purchased in quantities of 200 or 2,000. There also are corn-based cups that look like plastic.

“They melt into the ground. They are 100% biodegradable,” Nagel said. “Do not buy Styrofoam! I hate plastic and I hate Styrofoam!”

“The coolest accessory is a spoon that’s also a fork – called a spork,” she said.

“It’s made of bamboo, so it’s environmentally friendly wood. It’s biodegradable. They are the highlight of the party.”

Sporks can be purchased at the All Things Renewable shop in Northfield and at www.branchhome.com.

Nagel sends her guests their invitations via www.evite.com in order to avoid using any kind of paper products.

If it’s a party that calls for gifts, Nagel says the host/hostess should advise the guests to forego wrapping paper and get creative. Her shower invitation read, “Make a note that this is an organic, **no plastic and no tissue paper zone.**” Some guests wrapped gifts in newspapers, using sections that had personal meaning for the gift-receiver.

“My mother-in-law wrapped her gift in the comics section,” Nagel laughed. “Another gift I received was wrapped in a baby blanket and tied with string.”

For decorations, Nagel relies on huge clear glass vases, which she fills with whole fruit or during the holidays, greenery and ornaments that the guests can take home with them as party favors.

Nagel also recommends going to www.freecycle.org for reusable decorations.

“If you want to give something away instead of wasting it, you can put it there,” she explained. “It limits consumerism. Everything has to be given for free.”

Nico Nagel can be reached at niconagel4@yahoo.com.

Sustainable Thanksgiving Tips

By Melissa Knott

- When you make your Thanksgiving shopping list, buy items in bulk quantities and use the surplus for your Christmas, Hanukkah or Kwanzaa menus. This helps eliminate extra trips to the grocery store, reduces excess packaging and saves money!
- Compost your food waste. Fruits and vegetables are perfect ingredients to add to the compost pile.
- Fill your dishwasher to capacity before running it. You will run fewer cycles, which reduces energy use.
- Save leftover containers, foil trays, roasting pans and pie pans to use again. If they are on their last legs, remember that you can throw clean and rinsed aluminum foil, trays, and pie plates into your recycling bin!
- Need extra tables and chairs? Consider borrowing or renting items that you don’t have and would only use occasionally.
- If you are going away from home for the holidays remember to turn down your thermostat and put lights on timers to save energy!
- Make your Thanksgiving meal special by using china, glassware and cloth napkins instead of disposable plates, cups and napkins.



Visitors to the proposed Stapleton Recreation Center enter the building on the upper level from either the east or the west public entrance. As they check in at the front desk, visitors will have a view of the mountains out the large windows on the west side of the building.

The Multi-purpose room on the south side of the building, which can be rented for private events, was designed for maximum flexibility. It has a movable partition so it can be divided into two smaller areas. The flooring will be an attractive material for events, but also suitable for exercise or other classes. The room adjoins a kitchen that can be used for catered events and some light cooking, and it opens to a covered patio.

A child care room with a fenced outside play area is at the east side of the building, and a vending area with seating opens to a patio on the west side of the building.

The family lounge has windows that look down on the gym and pools on the lower level, and it also has a window into the cardio fitness area.

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Renderings courtesy of Sink Combs Dethlefs Architects, PC.

Stapleton Rec Center

Architect's rendering – east perspective



Exterior building specifications:
 Total square feet: 56,786
 Parking Spaces: 223 (7 ADA spaces)
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 Street entrances: N. Dayton St. and
 Martin Luther King Blvd (at Emporia)

*All information is subject to final
 bidding. Any changes required by
 budget constraints will be presented
 at a community forum.*

At the base of the stairs on the lower level will be: an information desk with a place for visitors to save records of their individual exercise work; the circuit training area; entrances to the men's and women's locker rooms; and family changing rooms.

The leisure pool has windows with a view to the west and doors to an outdoor patio area. Adjoining the pool is a party room available for private rental. The leisure pool has a zero depth entry – a gradual slope instead of stairs, and it will have a “lazy river,” a current for children's play, or for exercise walking against the current. A bridge with play features is planned between two sides of the pool and there will be a small children's slide into shallow water. A larger slide into deeper water for teens and adults is planned for the lap pool.

Also on the lower level are the gym with a full sized basketball court (or two short basketball courts, or two volleyball courts), an aerobics room with a wood floor and mirrors, an open space for stretching, and a room full of stationary bikes for spinning classes. The lower level also has restrooms with a changing area separate from the pool locker rooms.

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JOHNSON & WALES UNIVERSITY PROUDLY PRESENTS:



Recreational Cooking Classes

LEARN THE BASICS FROM THE BEST

The global leader in culinary arts, business and hospitality education is pleased to offer Chef's Choice® recreational cooking classes. All classes combine hands-on experience with demonstrations under the direction of our professional chef-instructors. These classes are open to the public and appeal to all culinary skill levels. From novices who prefer to learn through demonstration, to intermediate level cooks, this program offers something for everyone.

Fall 2008 Class Schedule

Saturday, October 25th

9 a.m. – noon

Vegetarian Cuisine or
Pies, Pies, Pies

Saturday, November 1st

9 a.m. – noon

Home-style Stews or
Mixology

Saturday, November 8th

9 a.m. – noon

Easy Chicken Dishes or
Pastabilities

Saturday, November 22nd

9 a.m. – noon

Mixology

Saturday, December 6th

9 a.m. – noon

Pies, Pies, Pies or
Vegetarian Cuisine

Saturday, December 13th

9 a.m. – noon

Soups & Sauces

Our three-hour classes are a fun way to learn new techniques, and easy to duplicate recipes in world class facilities for only \$80 per person.

Be sure to ask about our team building classes! Chef's Choice activities are perfect for celebrating a company's achievements, entertaining clients, or rewarding employees!

Gift certificates are available and make a great gift for friends. For additional information or to register for classes, please visit www.jwu.edu/denver, call 303-256-9694 or e-mail gpicinini@jwu.edu.

Complimentary Chef's Choice apron for the first ten registrations for our November 8th and November 22nd classes!

Johnson & Wales University is a private, nonprofit, regionally accredited institution offering bachelors degrees in business, hospitality and culinary arts. For more information about the campus visit www.jwu.edu/denver.

