

Front Porch

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

DENVER, COLORADO

STAPLETON

JANUARY 2009

Middle School Choices Abound in NE Denver



Rich Harrison, principal of Morgridge Middle School, Denver School of Science and Technology, gives students a tour of their newly completed building. Pictured are (back row, left to right) Suleyma Alcazar, Jaelynn Smith, Imani Baskerville (middle row) Joshua Hernandez, Kivonjay Russell, Conrad Green (front row) Reed Cohen, Dylan Rozansky, and Monica Narona.

By Kathy Epperson

As parents begin to think about middle school options for their kids, the Front Porch has assembled overviews of neighborhood and charter schools serving middle schoolers in the NE Denver area. Some of the following schools

are stand-alone middle schools, some are part of a K-8 program, and some are part of a grade 6 through high school program. More in-depth information can be found on the websites referenced here, by attending open house events, or visiting the schools.

DSST Middle School

On the heels of the successful Denver School of Science and Technology (DSST) High School, the new DSST Middle School welcomed its first class of 140 sixth graders in the 2008-2009 school year. DSST Middle School is taking applications through Janu-

ary 26th for 6th and 7th grade for the 2009-2010 school year and will be fully enrolled with grades 6 through 8 in 2010.

As a tuition-free charter school within the Denver Public Schools system, DSST Middle School program is modeled after the DSST High (continued on page 26)

90-Year-Old Tuskegee Airman "Buck" Newsom Invited to the Inauguration

Editors Note: As a follow-up to our December story about the Tuskegee Airmen, the Front Porch talked to Tuskegee Airman Fitzroy "Buck" Newsom to hear his feelings about being invited by President-elect Barack Obama to attend his inauguration.

By Wallace Yvonne Tollette

President-elect Barack Obama has invited all original Tuskegee Airmen across the country to the inauguration on January 20th to honor them for their work during World War II and to attempt to repay a debt to them caused by institutional racism during that time. Mr. Fitzroy "Buck" Newsom, now



Fitzroy "Buck" Newsom

age 90, says there are 11 Airmen in Colorado, all of whom received the Congressional Medal of Honor. Newsom is unaware of how many of them will be traveling to Washington for the inauguration, but he will be at the head of the line.

He says he's overwhelmed by the invitation to the White House and if he had to, he would "crawl to get there." He feels that it is so

significant that the majority of the country elected Mr. Obama and he feels "the greatest honor to be invited as part of the original Tuskegee group." (continued on page 4)

Stapleton Neighbor of the Year Award



Corby Felsher (center) presents the Neighbor of the Year award to Mike Schindler. Felsher's business, Stapleton Home Services, sponsored the contest. Story on page 10.



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

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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 11.

JANUARY

Saturday, Jan. 3

Denver Art Museum - Free Day

Monday, Jan. 5

Free, Active Minds - Sudan & the Darfur Crisis
7 - 8pm. Stapleton MCA, 2823 Roslyn St.
RSVP Stapleton Fd. 303-468-3223
www.ActiveMindsForLife.com.

Tuesday, Jan. 6

Children's Museum - Target Free First Tuesday,
4-8pm, Cmdenver.org

Wed. Jan 7 & Thur. Jan. 15

DSST Middle School Open House 6:30-7:30pm
2000 Valentia St (arrive by 6pm). (See p. 26)

Saturday, Jan. 10

Denver Zoo - Free Day

Sunday, Jan. 11

Denver Museum of Nature & Science - Free Day

Tuesday, Jan. 13

Odyssey Middle Sch. Open House 6pm, (See p. 26)

Tuesdays, Jan. 13, 20 & 27

Envision Leadership Prep Information Sessions
Park Hill Library 6:30-7:30pm, (See p. 26)

Tuesday, Jan. 13

Free, Active Minds - OPEC and the Oil Economy
12:30-1:30 pm Tattered Cover, 2526 E Colfax

Jan. 13, 27, Feb. 10, 24, Mar. 10

Vanguard Classical School Informational Meetings,
School gym 6:30 pm. 303-691-2384 (See p. 27)

Monday, Jan. 19

Free, Active Minds - How Dr. King's efforts impacted history and how his ideas continue to influence our society today. 7-8pm. Stapleton Master Community Association, 2823 Roslyn St. RSVP: Stapleton Foundation: 303-468-3223

Monday, Jan. 19

Denver Botanic Gardens - SCFD Free Day
720.865.3500 www.botanicgardens.org

Monday, Jan. 19

Denver Zoo - Free Day

Wednesday, Jan. 21

Westerly Creek Elementary
New Student Open House 6:30 pm
erica_bloom@yahoo.com or 303.322.5877

Thursday, Jan. 22 & Feb. 26

Smiley IB Open House for 5th graders (see p. 27)
Tours 5:30 & 6:30pm, Presentations 6 & 7pm
2540 Holly Street, 720.424.1540

JANUARY

Friday, Jan. 23

Magic Show for Families, 7 pm
Merrill Middle School Theater
Odyssey School fundraiser (see p. 12)

Sunday, Jan. 25

Denver International School's 7th Annual
World Tea Fair 1-4pm. \$5/\$10 children/ adults
www.dschool.org 303.756.0381

Wednesday, Jan. 28

Free, Active Minds - Buddhism. 1-2pm.
Generations at Lowry, 8505 Lowry Blvd,
RSVP 303-364-8500.
www.ActiveMindsForLife.com.

Thursday, Jan. 29

Christ the King Roman Catholic School
Open House, 3 yrs to 8th grade, 7-9pm
860 Elm St, www.ckrccs.org 303.321.2123

Saturday, Jan. 31

CIRCLE Conference 2009
Courageous Conversations ~ Vision,
Dialogue & Action 8am-6pm
Stanley British Primary Sch, 350 Quebec St.
www.uccs.edu/~lases/circle.htm

FEBRUARY

Monday, Feb. 2

Denver Museum of Nature and Science -
Free Day 303.322.7009 www.dmsn.org

Tuesday, Feb. 3

Children's Museum - Target FREE First Tuesday,
4-8pm. Cmdenver.org

Tuesday, Feb. 3

The History of Denver
11:00 am -12:00 noon (refreshments served at 10:45)
Temple Emanuel, 51 Grape, RSVP: Jodi: 303-388-4013 x307

Friday, Feb. 6

Montview presch. app deadline for '09 -'10
1980 Dahlia Street 303.322.7296

Saturday, Feb. 7

Denver Art Museum - Free Day. 100 West
14th Avenue Pkwy, Denver. 720.865.5000
www.denverartmuseum.org

Saturday, Feb. 7

Westerly Creek Elementary School
Silent & Live Auction
6:30pm, The Tivoli at Auraria, Denver

Monday, Feb. 9

Stapleton New Resident Orientation 6:30-
7:30pm 2823 Roslyn Street 303.388.0724
jgraham@stapletoncommunity.com

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

(See page 13 for recurring monthly events and meetings)

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

Front Porch

www.FrontPorchStapleton.com

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The Stapleton Referral Program is designed for Stapleton residents who encourage friends and family to move to Stapleton and help make their community feel a little bit closer. Plus, it's a chance for residents to receive **\$500 cash** and be entered to win a **Vespa LX 150 Scooter** from Erico Motorsports.

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- In compliance with the IRS guidelines, any taxable income and sales tax is required to be paid under this Program and is the sole responsibility of the receiving party.
- Referral Program expires on June 30, 2009.
- Scooter winner will be announced on July 6, 2009.
- Scooter winner will be required to sign a release form with additional terms to claim the free Vespa LX 150 Scooter from Erico Motorsports.



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Invitation to the Inauguration

(continued from p.1) After reading in the *New York Times* that Tuskegee Airmen would be invited, Colonel Newsom was contacted by a public relations official in Washington inviting him to attend.

Newsom states that when President Harry Truman desegregated the armed forces in 1948, most of the country didn't know the Tuskegee Airmen even existed. "What a tragedy," he says "that it took so long for the Airmen to get the recognition they deserved." He is appreciative that President Truman acknowledged that they, too, were (and are) Americans, and states that for the first Black American President to invite them to be recognized in Washington is totally remarkable.

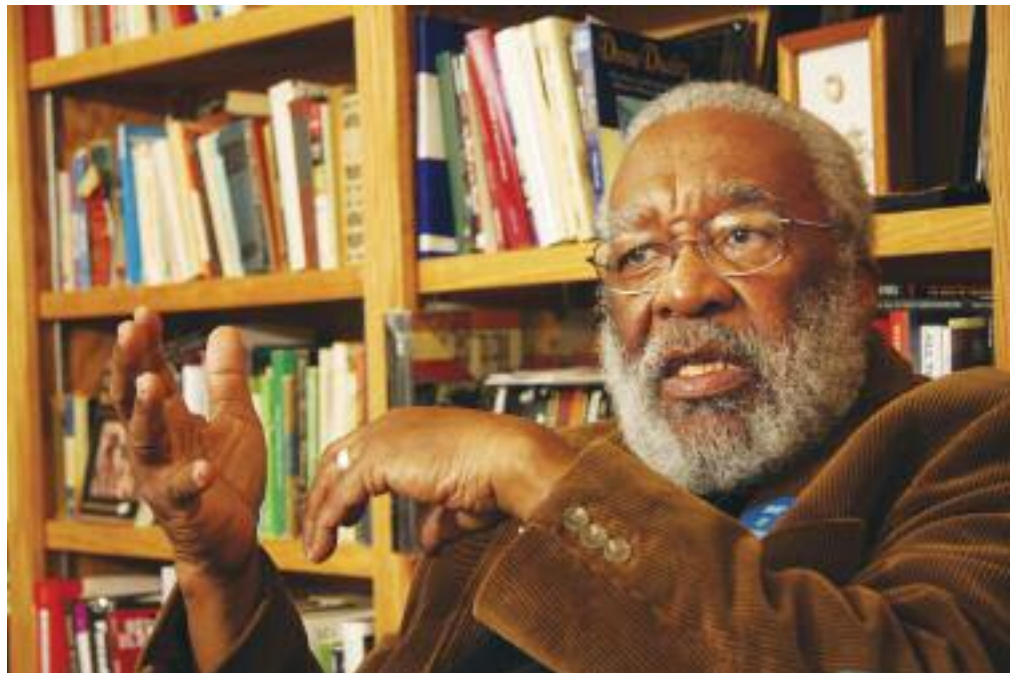
He went on to say, "It was no picnic back then." He sent in an application to go to the Air Corps and was rejected. His third rejection came back with a note that said, "it is not the policy of the Air Corps to mix Blacks and Whites." He was finally accepted into the National Guard in New York which was conveniently located around the corner from where he lived. He was then sent to Hawaii where he became commander of the anti-aircraft missile group. He returned to the states March 23, 1943 and went to Tuskegee, Alabama where the Airmen trained. Mr. Newsom spent thirty years

on active duty and retired as full colonel.

Mr. Newsom was born in Manhattan, New York but was taken to the British West Indies at an early age. He was on the Island of Trinidad when he saw his first airplane, but didn't really know what it was. After the pilot landed and took off, Mr. Newsom ran and stared at it until it disappeared into the clouds. He was ten years old at the time and told his mother that was what he wanted to do. When they came back to the States, he started planning to become a pilot, but there was no money for flying lessons.

When President Roosevelt made the arrangements with the National Guard in New York, Mr. Newsom was told that there would be a good number of Blacks included. Thirty-three Black men took the exam and thirteen passed. They were all admitted to Officers Candidate School, but Mr. Newsom wanted to go to flight school at Tuskegee. He finally got his wish, but he said he had to fight discrimination every step of the way. However, in spite of all the difficulties, disappointments and rejections, he is most proud to be an original Tuskegee Airman and he is looking forward with eager anticipation to his visit to Washington on January 20, 2009.

The Relevance of Dr. King's Message



Dr. Vincent Harding, professor emeritus of the Iliff School of Theology, worked closely with Dr. King.

By Wallace Yvonne Tollette

January 15th will mark the 80th birthday of a great African-American who was born the grandson of a slave in 1929. Martin Luther King, Jr. lived and died a great leader among men. Born to greatness, he was no ordinary child, having graduated from high school at age 15 and earned a Ph.D. in theology from Boston University at age 26.

Rev. Dr. King first emerged as a leader of national prominence in 1955. As a 26-year-old minister in Montgomery, Alabama, King had adopted the non-violent civil protest philosophy of India's leader, Mohandas Gandhi. He agreed to lead a city-wide boycott against Montgomery's bus system, which required blacks to sit in the back of the bus while whites sat in the front, even though blacks paid the same fare as the white passengers.

How relevant are Dr. King's work and message today? And, who is now carrying the torch? There are those who argue that it is because of Dr. King's legacy and message that the tall, skinny Black man with the big ears and funny name (as the media has referenced President-elect, Barack Obama), was not only able to win the Democratic presidential nomination, but also become the 44th president of the United States. They believe that Dr. King's work, for which he ultimately gave his life, helped to make Obama's election possible by calling to the forefront the deep-seated and divisive issue of race in America.

Dr. Vincent Harding, professor emeritus of

the Iliff School of Theology and founder of the Veterans Of Hope project, worked closely with Dr. King. He reminds us that Dr. King's message was really three-pronged, encompassing not just racism, but materialism and militarism.

Dr. Harding and Dr. King had met when Dr. Harding was participating in a leadership group of a small interracial Mennonite congregation in Chicago in 1958 and they were seeking ways to build their church membership. The question was raised about what would happen if they were in the South and moved across racial lines. They decided to attempt to answer that question by having three whites and two blacks pile into an old station wagon and drive to Little Rock, Arkansas, pledging to each other that they would not allow the group to be separated if they truly believed they were brothers. They had wanted to seek Dr. King's input; however, at the time, Dr. King was still recuperating from a stab wound he had suffered during a book signing.

Subsequently Dr. Harding and his wife moved to the South, and Dr. King and Dr. Harding formed a lasting relationship and worked very closely for ten years.

Dr. Harding shared Dr. King's vehement opposition to the Viet Nam war. When Dr. King was invited to speak to clergy and laymen who had voiced concern about the war and what the Christian response to the war should be, Dr. Harding largely wrote the speech Dr. King gave (continued on page 9)



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By Nancy Burkhart

Hangar 61, built in 1959 as the “garage” for a corporate plane when Stapleton was an airport, has spent the last 20-25 years sitting idle, waiting for someone to recognize its architectural value and give it a new job.

It has taken a while, but finally Hangar 61, located at Montview and Central Park boulevards, has been given a new life.

Three or four years ago, Hangar 61 came to the attention of Colorado Preservation Inc., the state organization “interested in preserving places around the state that have historic significance,” according to its president, Dan Love.

Love is a son of former Colorado Gov. John Love, who resigned his post in 1972 to serve nearly two years as “Energy Czar” in the Nixon Administration. After his stint in Washington, D.C., the elder Love took over as head of Ideal Basic Industries, which principally produced cement and built Hangar 61 for its corporate airplane. Dan Love remembers flying out of Hangar 61 with his father.

When Forest City Stapleton, Inc. and the City and County of Denver began discussing plans for use of the space that the hangar occupied, Colorado Preservation, Inc. took a look at the structure.

“We decided that it was a valuable part of our history and needed to be preserved,” Love said. “We put the building on our Most Endangered Places list, designed to bring attention to places that are in danger of being

lost due to redevelopment.”

Today, Colorado Preservation, Inc. owns Hangar 61 and has put money into it to help stabilize the structure, along with a grant from the State Historical Fund, which is money supplied by gaming revenues that funds grants for preservation projects.

“The objective is to create an environment in which a solution can be found other than demolition,” Love explained. “Typically, we monitor each of the listings. They are classified in three ways: threatened, progress and saved. While we are not yet ready to declare Hangar 61 as saved, it is clearly experiencing a great deal of progress, largely through Ruth Falkenberg’s and Larry Nelson’s efforts.”

Falkenberg and Nelson have formed Hangar 61 LLC, and consider themselves an advocacy group that is a “developer-partner” of Colorado Preservation, according to Falkenberg.

While some other hangars in the Stapleton area were demolished, Hangar 61 remained standing because it was interesting, Falkenberg explained.

“It’s pretty unusual and striking,” she said. “One of the things that’s unusual about it is its engineering. There are no structural supports inside. It is supported by two bulkheads on either end.

Hangar 61 has gone through the Stapleton design review process and has been OKd for use as an office building, she explained.

Work on the building to strengthen its structural support and garner attraction from potential buyers or renters is nearly complete,

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Stapleton's Hangar 61 Given New Future

A photograph of Hangar 61 at Stapleton International Airport. The building is a large, modern structure with a curved, arched roof and walls made of light-colored stone or concrete blocks. The roof is covered in a layer of snow. The building is situated on a dark, flat surface, possibly a tarmac or parking lot, with some snow patches visible. The sky is a clear, pale blue. In the background, other airport structures and a fence are visible under a bright, hazy sky.

according to Falkenberg.

"We're not committed to any use, but have always thought it would be a great office building for an architectural firm or a marketing

"Once we have completed the steps that we are responsible for, we will turn it over to Ruth and Larry," Love said. "They will buy it from us. They will then, hopefully,

The Endangered Places List is created from an annual review of places around Col-

For information about Hangar 61, call 303-446-0422 or e-mail Ruth Falkenberg and Larry Nelson at: 620corp@ecentral.com. For Colorado Preservation, Inc. information, call 303-893-4260, or visit: www.coloradopreservationinc.com.

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Urban Farm Teen Takes Scottish Highland Heifer to Stock Show

By Nancy Burkhardt

Thirteen-year-old David Crawford has been going to the National Western Stock Show since he was one-year-old. In fact, the Stock Show gave him the impetus to keep livestock at the Stapleton Urban Farm, where he works with three Scottish Highland cows, one horse, three goats and three chickens. This year, the 4-H member will show one of his Scottish Highland heifers during the Stock Show to fulfill one of his dreams.

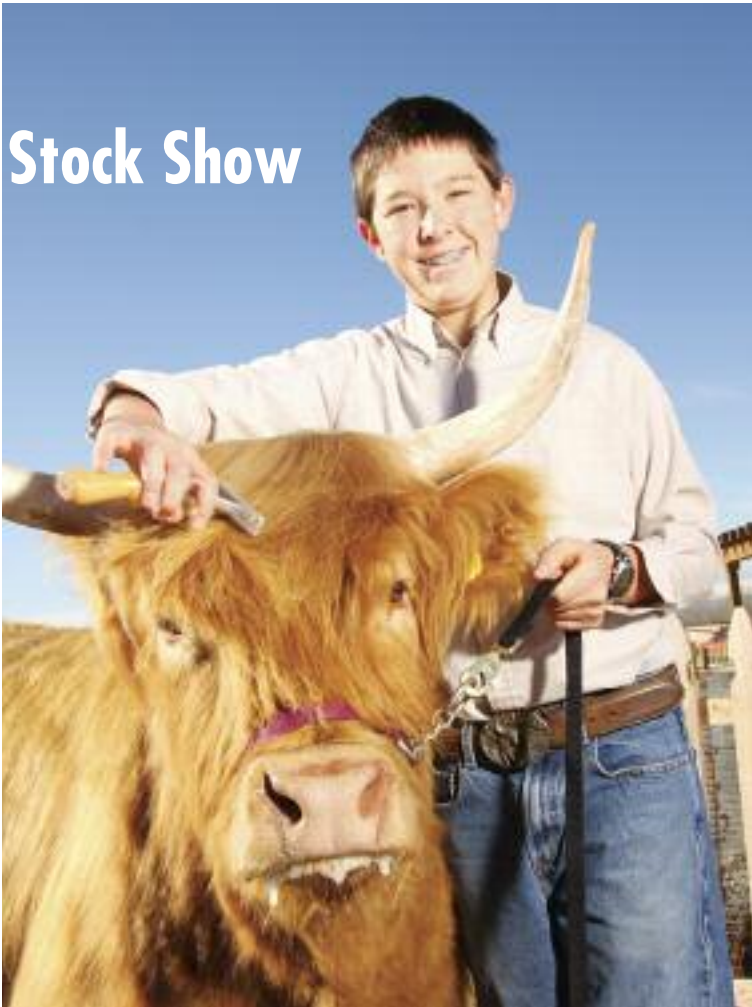
It is a dream that he developed through his mother, Carla Crawford. “One year I started horseback riding at the Urban Farm, and then we came back the next summer and volunteered,” David said. “Mom went to the Stock Show that year and came back and wanted a cow.” “I interacted with a Scottish Highland cow and her calf,” Carla explained. “I thought, ‘I need one of those.’ We were already enrolled in 4-H at that point. I asked if it could live at the Urban Farm.”

Carla and her husband, Roger, grew up in an urban setting. She later gained a passion for livestock, but Roger doesn’t share in it. “He just doesn’t understand the passion for livestock that the rest of us have. We just give him entertainment value,” Carla laughed. The Crawfords bought the Scottish Highland heifer, which has a wooly look, last year at the Stock Show. “One of the other heifers pulls a cart,” Carla said. “She’s like a giant golden retriever. She follows us around like a puppy dog. We have to be careful not to turn around too quick because those horns are long.”

They also have chickens, which David’s 9-year-old sister, Jessica, will show at the Stock Show this year. Both David and Jessica love to ride horses. The Crawfords also have a horse, and David takes classes in team roping. Stapleton’s Urban Farm has enabled the Crawfords to learn about caring for livestock and to share their passion with other urbanites, Carla said. “I think it’s fabulous,” she said. “I so wish that more people knew about it. It’s such a great experience. Kids don’t even know where eggs come from. They’re amazed when I go into the hen house and bring out eggs. That’s something we miss. When we go to the grocery store and buy things, they don’t realize that it has to be grown some place.”

Urban Farm Stock Show Activity for Kids

Carla is one of the Urban Farm volunteers who will help with a game show for 3rd to 7th graders at the National Western Stock Show at 10 and 11am each day in the Beef Palace. “We get kids up on stage. We have farm animals there. We make a statement about an ani-



David Crawford shows the Scottish Highland heifer that he will take to the Stock Show.

mal, and the kids will have to decide whether it’s true or false,” Carla explained. “We talk about how many eggs a chicken can lay in a week, which is about 5. We talk about how many gallons of milk a cow produces, rather than a goat,” she said, adding that Urban Farm animals will be on stage as part of the program.

Stock Show Tips from an Insider

There are many other things to see and do at the National Western Stock Show, Jan. 10-25. “We think that the rodeo is a must-see,” Carla said. “The draft horse show is great. And you have to walk to the stockyards. That’s the history of the whole thing. It’s fun to see the animals out there up close and personal. “Go to a cattle auction. It’s amazing to watch an auctioneer. There are working dog shows – a couple of herding events outside with cattle and inside with sheep,” she said. The best way for a family to plan a trip to the National Western Stock Show is to go to the website to see what family members would like to see and how it might fit into the budget, Carla advised. (continued on next page)

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Front Porch

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- Solera Restaurant & Wine Bar**
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- The Copper Canyon Grill**
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3801 Quebec St / 303.399.7500
Casual, upscale steakhouse in a beautiful atrium environment at the newly renovated Renaissance Hotel. \$\$\$, BLD, *

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- 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
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- Anthony's Pizza & Pasta**
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- Mario N Wongs**
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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 Udifull! \$\$, BL, *



The Front Porch Dining Guide runs six times a year, in Jan., Mar., May, July, Sept, Nov. Ads can start in any issue, but are sold as a one-year package (six times) for \$300. Email advertising@fineprintco.com or call 303-333-0257.

(continued from prior page) Pro-Rodeo tickets start at \$8 apiece, while the Mexican Rodeo Extravaganza is pricier with tickets starting at \$20. Other events include bull riding, world class jumping horse competition, a Wild West show, Super Dogs, an Evening of Dancing Horses, and the National Western Draft Horse and Mule Show. Schedules start at 7 a.m. each day and go into the night. There are booths to visit and

livestock in their stalls. There also is livestock judging, a roping contest, tractor races, an alpaca show and a llama show. For the National Western Stock Show schedule and tickets, go to www.nationalwestern.com or call 303-295-6124 for information. For information about volunteering and housing livestock or attending events at the Stapleton Urban Farm, 10200 Smith Road, go to www.theurbanfarm.com or call 303-307-9332.

Dr King’s Message (continued from page 4)

to that group. “Dr. King’s back-breaking schedule did not allow time for him to adequately explore the issues, so by my channeling him, I knew what was on Dr. King’s mind and I was able to record his ideas, sentiments and convictions as we shared the same feelings about the war. It was a real collaboration,” Dr. Harding stated. Dr. Harding maintains that each generation must articulate its own issues and concerns and work for their implementation and decide what the course of action should be. “We must continue to ask the questions,” he says, “what do we believe and where do we go from here?” In his book, *Martin Luther King: The Inconvenient Hero*, Dr. Harding writes that Dr. King’s message not only keeps us moving against all odds, but also moving toward a more perfect union and toward a more just, humane and sustainable world. He quotes Rabbi Abraham J. Heschel who stated that “the whole future of America depends upon the impact and influence of Dr. King.” One of the most poignant stories in his book was about a young boy who asked Dr. Harding why Dr. King didn’t just “chill out” and quit if he knew that his life was in danger. A young female member of the assembly responded emphatically: “Dr. King couldn’t just quit, he had work to do.” Dr. Harding affirms the statement that we still have work to do, emphasizing that Dr. King admonished all to look at the qualifications of the

person rather than just looking at skin color, and not let our religion, social values or other irrelevant issues divide and conquer. Dr. Harding also calls on America to live up to its true creed that all people are created equal. He believes we can all carry part of the load by contributing positively – individually and collectively— simply by getting up every day and going to work, taking care of our families and being active, caring, and contributing members of our communities specifically and to society in general. Dr. King delivered his famous “I Have A Dream” speech in 1963. It was five years later, on April 4, 1968, that his voice was stilled by an assassin’s bullet as he stood on the balcony of the Lorraine Motel in Memphis where he had traveled to aid the city’s sanitation workers as they too pressed for equal rights. In recognition of his work, Dr. King’s birthday was declared a national holiday in 1986, with the 3rd Monday in January designated as Martin Luther King Day. Denver’s celebration to commemorate Dr. King is one of the largest in the nation. (See events on page 12.) To honor Dr. King’s work, his fraternity, Alpha Phi Alpha, is spearheading the building of a statue of him on the national mall in Washington, DC. Organizers are they will be able to raise \$100 million to erect the memorial in 2010.

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AUSTIN SIGNATURE HOMES
3356 Dayton St. - 3,761 SF
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Neighbor of the Year

Neighbors who gathered to celebrate the Neighbor of the Year award hoist winner Mike Schindler on their shoulders. Schindler was described by his neighbors as someone who would volunteer to weatherize a sprinkler system, plow the street or shovel a driveway.

By Nancy Burkhardt

When Corby Felsher, owner of Stapleton Home Services, and his staff sent out requests for nominations for the Stapleton Home Services “Neighbor of the Year,” they expected to get a few glowing remarks about Stapleton residents. But when the responses started coming in, they thought, “Wow! It’s awesome!” Felsher said.

Felsher and his family have been Stapleton residents for six years. “The neighbor idea is so real here,” he explained. “There are people with similar-aged kids. All of us are in the same time of life, basically. I think that creates the camaraderie. We’re all kind of growing up through this together. We have



the greatest neighborhood on earth, and we’ve found the greatest neighbor on earth.” Out of all the nominations for “Neighbor of the Year,” “Mike Schindler stood out by

sheer numbers of neighbors and the words said about him,” Felsher said. “A couple of e-mails stand out, with people pouring their hearts out.”

One e-mail describes Schindler as “the one who comes around to blow out your sprinkler system, plow your street, shovel your driveway, and always there to (continued on page 11)

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Spreading New Year's cheer...

2009



(continued from page 10)

share a cold beer!"

Another message lauds Schindler for "consistently helping out every single family in our neighborhood, without any expectation of reciprocity."

One neighbor remembered that Schindler was the one who took action during a 2006 blizzard when he "came through with his 20+ year-old Suburban to pack down the snow." And, because he was "one of the few people that can make it through the unplowed streets...he was taking a few of the neighborhood doctors in to work!"

As "Neighbor of the Year," Schindler has won one year of home cleaning, window washing inside and out, two house carpet cleanings and upholstery cleaning by Stapleton Home Services.

Stapleton Home Services offers professional house cleaning in the Stapleton neighborhood.

The Stapleton Home Services staff also was "taken" with nominations sent in for Maureen (Rene) Keating and Crystal Stephen, Felsher said. Keating's nominations cited her extraordinary work as grandmother of nine children, including twin babies with special needs. Stephen's neighbors praised her for dedication to her community.

Corby Felsher and Stapleton Home Services can be reached at 303-320-1297 or by e-mail at: customerservice@stapletonhomeservices.com, or visit www.stapletonhomeservices.com.

Performances & Events in January

Through Jan. 31 – Eventgallery 910Arts presents "Outpouring." Colorful acrylic creations of Daniel Berv driven by emotion, mood and passion for color. Rachele Donahoe combines original artwork and writings into vividly colored paintings. Tues – Fri 10:30am to 2:30pm, 910 Santa Fe Drive.

Jan – Feb – Aurora Fox offers multiple theatre classes for young people aged 4 – 17. Visit aurorafox.org or call 303-739-1973

Jan. 6 – Taos Traditions: Artists in an Enchanted Land Symposium - Denver Art Museum. Art gallery owners, scholars and curators discuss the art of the Taos founders. Reservations recommended. 100 W 14th Ave Pkwy. www.denverartmuseum.org

Jan 10-25 – National Western Stock Show. (See story page 8.) 4655 Humboldt St., www.nationalwestern.com

Jan 10 – Park Hill Library – Storyteller and Singer Beth Epley. Featuring comedy, stories, and interactive songs played on the guitar! 10:30 - 11:15am. 4705 Montview Blvd., 720-865-0250. www.denverlibrary.org

Jan. 10 – 31 – Steel Magnolias at the Aurora Fox Theatre. Set in a small-town beauty shop, the realistic and witty characters who share camaraderie in shop face a tragic turn of events. Thur. Fri., Sat., at 7:30, Sun. at 2pm. \$18 - \$24. 9900 East Colfax Ave, 303-739-1970, foxbox@auroragov.org

January SCFD Free Days - Denver Center for the Performing Arts – 1/15 – Inana (Ricketson Theatre); 1/22 – Dusty & the Big Bad World (Space Theatre); 1/29 – Richard III

(Stage Theatre). Available the day of the event at the theatre box office only; Box Office opens at 4:30 (lines form earlier); No reservations; First-come, first-served; One ticket per person; Seating is General Admission; No children under six; House opens ½ hour before curtain 1101 13th Street, Denver. (303) 893-4000 www.denvercenter.org

Jan. 15, Dog Bite Prevention - 7 to 8 pm, Expo Recreation Center. Discussion and videos teach how not to become a statistic. Ages 7 to 15 attend with parent. Parent/child fee: \$20 (\$15 Aurora residents). 10955 E. Exposition Ave., Aurora. 303-326-8650 or www.auroragov.org/recreation

Jan 16 – Mar 7 - The Avenue Theater – "That Woman Show." An evening of laughter for a night out with the girls. 417 E. 17th Denver. 303-321-5925. www.avenuetheater.com

Jan 20 – Schlessman Family Library, Lowry – 2-3pm, Travel Tales: Disappearing Destinations. Author Heather Hanson talks about her new book on amazing travel destinations which are disappearing. 100 Poplar Street, Denver. www.denverlibrary.org

Wednesday, January 21, 7:30pm - Tattered Cover Book Store – 2526 E. Colfax Merrill Markoe, the Emmy Award-winning writer and creator of Stupid Pet Tricks, will read from and sign Nose Down, Eyes Up. 303-322-7727 Call to confirm and ask about other readings.

Jan. 24, Chinese New Year Celebration - 2 to 3:30 pm, Aurora History Museum. Traditional folk dances, storytelling, crafts and

customs in celebration of Chinese New Year for all ages. \$5 (\$4 Aurora residents). 15051 E. Alameda Parkway. 303-739-6666 or www.auroramuseum.org

Jan. 24, Transplantation Science, grades K – 12 - 2 pm, Hoffman Heights Library. Interactive program about organ and tissues as part of The Power of One Book program. Free. 1298 Peoria St., Aurora. 303-326-8620 or www.auroralibrary.org

Jan 24-25 – Denver Kids Expo - Denver Merchandise Mart. There is something for kids of all ages: ride the indoor train, make sand art, face painting, arts and crafts and a great deal more. Adult \$9; Senior (65+) Free; Child (12 and under) Free. 451 E 58th Ave, 303-292-6278. www.denvermart.com

Jan. 25, East Meets West - 2 pm, Aurora Central Library. Dr. Allen Berger from the Confluence Wellness Center in Denver presents the merging and melding of traditional and alternative medicine. Free. 14949 E. Alameda Parkway. 303-739-6630 or www.auroralibrary.org

Through Feb 14 – Vintage Theater – "Barefoot in the Park" by Neil Simon, directed by Sarah Roshan. 2119 E 17th Ave, Denver. 303.839.1361. www.vintagetheatre.com

Through Feb 15 – John Hand Theater – "Mother Hicks" by Suzan Zeder, directed by Kris Hipps. Set in southern Illinois, during the great Depression, this play is about three outsiders including Mother Hicks, who is suspected of being a witch. Lowry. 720-880-8727. www.johnhandtheater.com

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MLK Events

MLK Awards, Jan. 13th

On Tuesday, January 13th, the 19th Annual MLK, Jr. 2008 Humanitarian Awards and Lifetime Achievement Awards featuring the Colorado Symphony Orchestra with the Spirituals Project will be held from 6:00pm -9:00 pm at the Boettcher Concert Hall, Denver Performing Arts Complex, 14th and Curtis St.

The program is free but tickets are required and can be picked up at the Blair-Caldwell Library, 2401 Welton Street. Information, 720 220-9800.

Interfaith Service, Jan. 18th

On Sunday, January 18th at 5p.m. an Interfaith Service will be held at New Hope Baptist Church, 3701 Colorado Blvd. For information call Rev. Paul Burleson at 303 321-5529

Marade and MLK Program, Jan. 19th

On Monday, January 19th, participants will start gathering at 9am in City Park at 17th and Esplanade at the Dr. Martin Luther King, Jr. I Have a Dream Memorial. A program will be held at 10am to lay a memorial wreath.

Marade (march/parade) formation will begin immediately following the 10:00 a.m. program.

The Marade will start at 10:45 a.m. sharp from the Dr. Martin Luther King, Jr. memorial in City Park. It will proceed south out of City Park by way of Esplanade St. to Colfax Avenue; then west on Colfax Avenue to Sherman St into the State Capitol grounds; south to Broadway to Civic Center Park. The total distance is 5k.

The Dr. Martin Luther King, Jr. program immediately follows the Marade, in Civic Center Park's Greek Theater.

Old cell phones will be collected, refurbished and donated to battered woman shelters. Non-perishable food will be collected and donated to local food banks. For more info. contact Vern Howard at 303-696-6397.

MLK Rodeo, Jan. 19th

On Monday January 19th the MLK Jr. African American Heritage Rodeo Champions event will be held at 6:00 p.m. at the National Western Stock Show Coliseum.

DAVA Art Show

The Aurora Art teachers Art exhibit at DAVA (Downtown Aurora Visual Arts) will be open Jan. 16 to Feb. 13 at 1405 Florence St. from 11am - 5pm Monday - Friday. Visit www.davarts.com or call 303.367.5886.



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Magic Show – Jan. 23rd Fundraiser for Odyssey

"The Art of Imagination" features grand illusions, exotic animals, audience participation and comedy magic. This Las Vegas show is in Denver for a special mid-winter family show. Jan. 23rd at 7 pm at Merrill



Middle School Theater (1551 S. Monroe St., near I-25 & Colorado). Proceeds benefit The Odyssey School. Tickets are \$5 for kids (15 & under) and \$10 for adults (available in the office at Odyssey School, 303.316.3944).

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CALENDAR (Continued from page 2)

RECURRING EVENTS

Every Thursday
(when school is in session)
Bill Roberts Ele Sch Tour, 10am
2100 Akron Way, 720-424-2640

First Thursday
(Jan. will be 2nd Thurs.)
Bill Roberts Middle Sch Tour 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 Your Neighbors
If interested in upcoming events email meighanm@aim.com

MONTHLY MEETINGS

Every Tuesday
Stapleton Rotary Club – Noon
Stapleton Radisson Plaza Hotel
3333 Quebec St [Michael@Kearn-
sTeam.com]

MONTHLY MEETINGS

Every Tuesday
AA Open Discussion Mtg
7:30pm
MCA Community Room, 2823
Roslyn Street [Joe
303.912.7075]

Every Wednesday
Weekly Weeders, Bluff Lake Na-
ture Center
9am-12pm. 303.945.6717

1st Tuesday
Breast Cancer Support Group
5 - 6:30pm AF Williams Family
Medicine Clinic, Conference Rm
(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

MONTHLY MEETINGS

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
[stapletonneigh-
bors@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]

Feb 7th HomeStart Conference
Targets First-time Homebuyers

Qualified buyers may receive up to \$3,500 toward closing costs
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American Sunrise Communities (ASC), a nationwide non-profit organization working with Forest City Stapleton, Inc., is educating potential homebuyers on the affordable home buying process, and urging prospective buyers to register now for a free February 7th conference to learn about affordable home buying opportunities at Stapleton.


The HomeStart Conference will be held on Saturday, February 7th from 10:00 a.m. to 2:00 p.m. in the Denver Improv Theatre, located at 8246 E. 49th Avenue, across from Borders Books in Stapleton's Northfield Retail Center. The HomeStart Conference will educate potential buyers about Affordability and Deed Requirements, Money Management, and Home-buyer Counseling programs, as well as



provide information about Stapleton's 29th Drive Row Homes, which feature all new designs consisting of one, two and three bedroom units with attached garages. The 29th Drive Row Homes are priced from \$113,800

to \$169,400 (prices and specifications subject to change without notice.) These "income-qualified" homes may only be purchased by individuals whose annual household gross income (before taxes) does not exceed \$40,200 for a household of one person to a maximum of \$66,650 for a household of six people.

In order to attend the free conference, interested buyers must register either by calling 1-888-AM-SUN-CO (888-267-8626) or on-line at www.stapletondenver.com or www.americansunrise.org. Space is limited and participants must arrive between 9:30 and 9:50 a.m. on the day of the conference to be admitted.




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An Urban Getaway

By Monika Reitmeyer

Steaming bowls of spaghetti and marinara sauce.

Juicy, hand-rolled meatballs. Plump clams glistening with herbs and white wine. Crisp Caesar salads adorned with salty anchovies. A bountiful glass of Barbera. Now these are a few of my favorite things.

Some call Shells and Sauce “urban-Italian” or American-Italian. Yet, what seems like a quiet corner restaurant on the outside is far more than what first meets the eye. With its 15 foot ceilings, butternut squash and terra cotta splotched walls, trendy glowing lights, built-in garage door and full bar, Shells and Sauce is the quintessential neighborhood eatery: perfect for a quick, late night dinner, a casual drink at the bar, a lazy Sunday brunch or a mid-afternoon glass of wine.

Plus, dinner for two (including tax and tip) can leave patrons feeling completely satisfied for \$40 or even \$30 with some creative pairing. Whereas many restaurants

Where do upcoming young chefs on a

The Front Porch has asked recent Johnson and Wales graduate Monika Reitmeyer to share with our readers her favorite restaurants for a great meal on a budget.

can leave diners in the hole after the first bottle of wine, Shells and Sauce offers a great selection of by-the-glass bargains, starting at \$6.95. Be sure to check out the ever-changing chalkboard, which lists the daily antipasti specials. At \$4, these small-plate-inspired bites are perfect palate sparkers. Take the calzone de pesce, juicy caramelized pieces of salmon enrobed in provolone, piquant marinara and a thin crispy-chewy layer of pizza dough. Truthfully, one is able to have a full meal sharing a variety of appetizers alone.

Each time friends and I have gone to Shells and Sauce, the menu seems to be getting bigger. However, here are a few must-have entrée suggestions. Lasagna (\$12.95): blankets of pasta, ricotta and provolone, marinara, oregano, ground sirloin and Italian sausage—a piping-hot behemoth of saucy, creamy delights. (And, leftovers a plenty are even better the next day). Gnocchi



(\$10.95): house-made potato dumplings, toasted walnuts and a surprisingly light gorgonzola sauce. Each meal begins with pillowy-soft bread and a balsamic and oil dipping sauce. Therefore, you are lucky if you still have room come dessert time.

By sharing an appetizer, indulging in a glass of wine each and sharing an entrée, my dinner date and I kept

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budget go to eat?



Gathered around the bar at Shells and Sauce Restaurant, are (from left to right) Alex (Zorba) Pappas, founder of nearby Zorba's restaurant (and father of George Pappas, owner of Shells and Sauce), Jeremy Stinson, bartender-manager, Omar Ortiz, chef, Caesar Ponzi, chef, and George Pappas, Owner.

our total bill under \$40. Skip the entrees and opt for a mix of apps and a dessert with drinks for just over \$30. Or, make it out under \$30 with a glass of wine and a heaping pasta bowl. Any way you choose, Shells and Sauce is a comfortable and soul-satisfying way to share a meal among great company especially when the weather is chilly and wallets are tight.

The restaurant is located at 2600 East 12th Ave. and is open Sunday & Tuesday-

Thursday from 3 -10 pm; Friday & Saturday from 3 -11 pm; and for brunch on Saturday and Sunday from 10 am-2 pm. Call 303.377.2091 or visit www.shellsandsauce.net

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.

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Local Second-Grader Takes International Photography Prize

By Nancy Burkhart

Eight-year-old Stapleton resident Joshua Soda spends his free time wandering around with a camera in his hand. His cat, Jingle, is one of his favorite subjects. So, when the Bill Roberts Elementary School second grader took a striking photo of Jingle, his mother, Sonya Erickson, started looking for a contest in which to enter it.

"I started looking online for a kids' photography contest and found two," Erickson said. "Photography is a hobby and I, personally, have always wanted something to be good enough to enter, but never have."

Joshua's photograph of Jingle took second place in the Animal Category of the



Joshua Soda, 8, takes a photo of his twin sister Madison holding their cat, Jingle. The photo of Jingle placed second in the US/Canadian International Photography Contest.



Joshua's mom and dad, Ken Soda, gave Joshua and his twin sister, Madison, their own cameras during the past year, Erickson said.

"I got them the cameras because every time we went on vacation, we spent a lot of time negotiating time with my camera, and I thought it was time for them to have their own cameras to stop the negotiation," she said.

"They take a lot of pictures of the cat. She's a very compliant subject," Erickson said.

"And they take a lot of pictures of each other."

If the twins decide that they want to go to a photography class, they will be able to go, Erickson said. In the meantime, they will enter other contests only if one of them shoots another striking photo, she said.

U.S./Canadian International Photography Contest for Kids.

"The way Joshua was standing, he had the light behind him so all the light in the photo falls on the cat's face," Erickson said as she described the winning photo. "In the original color photo, you could tell that the

whiskers were going to be pretty dramatic. And, when we made a black and white, the whiskers really popped out."

Jingle is orange and white, but in the photo, she is gray and white. The ground behind her is almost black, Erickson said. Joshua used a Polaroid I-634 digital camera.



By Jon Meredith

I am a member of the International New Year's Eve Curmudgeon Club. This is a very intense group of killjoys and wet blankets who you

would never want to celebrate the New Year with. Mostly, we are intent on being fast asleep by midnight. We will exhort to anyone that will listen about what time we intend to go to bed that night as if we are better people because we are not out partying. Whoever goes to bed the earliest gets a New Year's Day supply of milk and

Join the Curmudgeon Club

cookies. We use lines like New Year's is for amateurs. As if we are somehow professionals on another day and December 31st is the only day we go to bed before the nine o'clock news. Right now, I am the only member in Stapleton (my two black labs signed up because I bribed them with a treat) but I am sure there are more of you out there, so let's form a club and do nothing on New Year's Eve.

I really do have some legitimate questions about New Year's celebrations. I know people like to party but being happy the year is over? Did everyone really have that bad a

year? Do all those people crammed into Times Square really think that this New Year will be that much better? Do you look into your partner's eyes and say "thank goodness that year is over". What about all the single people who have no one to be with? They have to go around kissing strangers.

For most celebrations we celebrate an accomplishment such as winning the Super Bowl or the World Cup. A birthday is a right of passage and therefore an accomplishment and should be recognized. St. Patrick's Day is a day to drink and get drunk but it is not a holiday. Now the beer companies have taken

over and any Hallmark holiday is a reason to buy more beer. The one exception is Mother's Day. I think they are coming around to that. "Happy Mother's Day, Mom, I got you a case of beer." "Great honey, instead of planting the petunias, let's get sloshed".

New Year's Eve is somewhat of a hypocritical celebration. First of all it is at the wrong time- it should really be on December 21, the winter solstice, because that is when the sun naturally turns around. I was recently speaking with an English friend and he said that New Year's is a Scottish holiday and that Robert Burns the Scottish poet wrote "Auld Lang Syne", so it all started there. (continued on page 20)

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Eating For Health

By Elizabeth Yarnell

Did You Get Your Vitamin D Today?

You might already know that vitamin D is essential for healthy bones and teeth, but did you realize that it plays a role in maintaining a healthy immune system, too?

In fact, current research findings suggest that vitamin D may positively influence the immune system.

Vitamin D is considered a hormone as well as a vitamin for its role in body processes. It works together with calcium and phosphorus to strengthen bones and teeth, and aids in assimilation of vitamin A. Vitamin D may also help eye problems such as conjunctivitis, Myopia, and cataracts as well as auto-immune diseases like multiple sclerosis and rheumatoid arthritis.

The “sunshine vitamin” can be manufactured by the body out of sunlight when the energy in the sun’s rays initiates a chemical reaction in exposed skin. Here in Denver we are blessed with over 300 sunny days each year – more than Miami! –which gives us lots of opportunities to get outside and absorb some sunshine.

Just five to 30 minutes of casual sunlight exposure each day is enough to provide most people with the vitamin D they need. Because clothing and sunscreen can affect vitamin D absorption, the benefits of sun exposure have to be balanced with the risks, so be aware of how long you’re exposed.

When you can’t get outside, be sure to eat foods that contain vitamin D (see below). An easy and delicious recipe for dinner, Sesame-Soy Salmon delivers a good load of vitamin D along with unsaturated fats, omega-3 essential fatty acids, whole grains, and lots of vegetables to support and maintain not only the immune system, but the nervous system and digestive systems, as well.

Sesame-Soy Salmon (Serves 2)

- | | |
|--|-----------------------------------|
| 1 tablespoon sesame oil, divided | 1 teaspoon grated fresh ginger |
| 1 cup dry parboiled, precooked brown rice (usually sold as “Instant Brown Rice”) | 2 garlic cloves, minced |
| 1/2 to 3/4 pound salmon fillet or steak | 1 teaspoon red pepper flakes |
| 2 carrots, cut into julienne strips | 1/2 teaspoon sesame seeds |
| 2 tablespoons low-sodium soy sauce | 1 tablespoon lemon juice |
| 1 teaspoon rice wine vinegar | 1/4 head purple cabbage, shredded |
| 1/8 teaspoon sugar | 1 avocado, sliced |

Cooking instructions:

Preheat the oven to 450° F.

Coat the inside of a cast iron Dutch oven and lid with one teaspoon sesame oil or spray with canola oil.

Scatter the rice in the pot and add one cup plus one tablespoon water. Place the salmon in the pot (it is okay if it’s slightly submerged in water) and scatter the carrots on top.

In a small bowl, mix together the soy sauce, vinegar, half-teaspoon sesame oil, sugar, ginger, garlic, red pepper flakes, sesame seeds, and lemon juice. Stir until sugar is dissolved. Pour half of the mixture over the fish.

Layer in the cabbage shreds and any other vegetables and top with avocado slices.

Pour on the rest of the mixture.

Cover and bake for 45 minutes, or until three minutes after the aroma of a fully cooked meal escapes the oven. Fluff the rice as serving, and serve immediately.

Nutritional Information: Calories 874, Protein 33g, Carbohydrates 100g, Fat 59g, Cholesterol 59mg, Sodium 1346mg, Fiber 8g

Foods High in Vitamin D: Cod liver oil, Salmon, Mackerel, Herring, Tuna fish packed in oil, Sardines packed in oil, Dairy products, Fortified cereals, and Egg yolks.

Elizabeth Yarnell’s new cookbook, *Glorious One-Pot Meals: A Revolutionary New Quick and Healthy Approach to Dutch Oven Cooking* (January 2009, Broadway Books) includes this and more than 100 other unique and delicious one-pot meal recipes. See GloriousOnePotMeals.com for book signings and other events beginning in January, including a book launch party at the Tattered Cover in Highlands Ranch on January 10th at 1pm.

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Family Game Night

When the cold winter sets in, it can be challenging to get outside and exercise. But you can exercise both your body and your mind indoors. A family game night is a great way to get your brains and your bodies moving. Make some snacks and invite everyone to bring their favorite board games for a night of family fun!

Start your adventure by preparing fun and healthy snacks together. Make mini pizzas with a variety of toppings and let the kids choose what goes on top. Provide choices like colorful veggies and encourage your child to turn their pizza into a piece of art. Ask them to spell their name with tomatoes or make a smiley face with olives and green peppers.

Now, let the games begin! You can always count on the classics like Candyland and Boggle, but you can also try some homemade games. Family Trivia is a great way to engage all ages! Everyone takes turns asking questions about each other, pets, the neighborhood, likes and dislike. Your 4-year-old might ask what Grandpa’s favorite color is, or you might quiz mom about the family vacation last summer. Ask your children about what country their great grandparents are originally from or if they knew their uncle used to be a circus clown. This is a great way to teach your children about family history, learn more about one another, and get their brains going!

Animal Charades is fun way to keep you physically active and can be played with children as young as 3-years-old. Brainstorm a list of animals from the zoo, the farm, animals in the wild or even family pets. Write the name of each animal on a piece of paper and place it in a hat. Players take turns selecting and acting out their animal with sounds and movement while everyone tries to guess which animal they are. For children who are too young to read, a grownup can whisper their animal in their ear or have pictures for them to choose from. If you’re playing with older kids, try traditional charades with book and movie titles, songs, actors or anything you can think of! Family game night reinforces manners, being a good sport, taking turns, and other social skills that children need as they grow up and go out into the world.

There are hundreds of “teachable moment” opportunities everyday! Some are obvious, and some take a bit of explanation. Now, thanks to incredible research and efforts by Civitas, the Ad Council and United Way of America, these Born Learning Techniques are available to parents in simple forms.

Nationally, Born Learning is being promoted through public service announcements and a wonderful website, www.bornlearning.org. Here in Colorado, Mile High United Way, Anna Jo Haynes of Mile High Montessori, the Children’s Museum of Denver and others have partnered to spread the Born Learning concept in our community.

Tom Downey is the Executive Director of the Children’s Museum of Denver, tomd@cmdenver.org. He lives at Stapleton with his wife, Lori Fox, and daughters Cate and Ella.

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Orthodontia is for Both Children and Adults



Dr. Karen Franz's new orthodontic office is decorated with "scooter art." Dr. Franz and her husband worked at Vespa and are Vespa enthusiasts.

By Nancy Burkhardt

Orthodontia no longer is primarily for children. It is for "anyone looking for correction of bite or teeth, either for function or aesthetics," according to Dr. Karen Franz, an orthodontist whose office, Stapleton Orthodontics, is located in Stapleton on the corner of East 23rd Avenue and Central Park in the ReMax Building.

"More and more adults every year are getting orthodontia," she said. "There are so many more options.

"Some patients do notice that they're not as pleased with their teeth or bite and call on their own. Some are referred by their dentist. It's really both," she explained.

Franz, herself, had orthodontic work done about three years ago, wearing braces on both her upper and lower teeth.

"It's really a new trend that adults are getting braces now," she said. "It really depends on individual needs of patients. Invisalign: a lot of adults will opt for that treatment. But, if there are more complex needs, we use more traditional orthodontic wires. There are traditional brackets made of ceramic, and they're tooth-colored, so you really don't see them on your teeth."

Franz was born in Fort Collins and attended Colorado State University. She went to the University of California, Los Angeles (UCLA), where she found a love for a specialty in the field of orthodontics.

"When I was in dental school, I started

volunteering on UCLA's cleft lip and palate team," she explained. The team included a plastic surgeon, pediatrician, speech therapist, audiologist and orthodontist who all worked together to treat children with cleft lip and palate and other cranial conditions of the lip and mouth.

"I saw the difference it was making in children's lives," she said. "I like doing work on young children. Children who need teeth straightened are the main portion of my patient population."

"I think probably the main thing about my office is that I really make an effort to spend one-on-one time with the patients," Franz said. "I always try to educate my patients because what I'm seeing as an orthodontist may be different than what they are seeing. I want them to be educated about their teeth and what can be done to benefit them."

"I want people to know that orthodontics can benefit a wide range of ages of people from age 7 on. At age 7, we want to make sure their teeth are growing properly. Some children can benefit from orthodontia."

Franz is married and lives in Park Hill. She and her husband returned to Colorado about six months ago and are eager to ski again, she said. She also enjoys biking and swimming, and is a frequent traveler. Her last major trip was to New Zealand and Fiji last year.

For an appointment to see Dr. Karen Franz for an orthodontic consultation at Stapleton Orthodontics, call 303-316-7846.

Preschool Fosters Children's Love of Learning



Lisa Cybyske is the director of Knowledge Beginnings

By Nancy Burkhardt

Knowledge Beginnings at 10325 E. 31st Ave. is a new preschool in Stapleton with a philosophy to provide children with a safe, secure, stimulating environment, according to the center's director, Lisa Cybyske.

"It's a perfect place for children to develop their unique talents," Cybyske said. "It's so important for them to discover the world around them. We foster children's true love of learning. It's a lifetime foundation that they need."

Cybyske, herself is a former kindergarten teacher, who has been with the Knowledge Learning Corp., of which Knowledge Beginnings is a branch, since 1994. Before that, she worked for Knowledge Learning's predecessor, Kindercare. She has three children, ages 22, 18 and 12.

"When I worked in my centers for Kindercare, my kids all came through Kindercare," she said. "They all love kids, too. When my 22-year-old son first came home from the army, I took him out to the Knowledge Beginnings center and the first thing he did was get down on the floor and start playing with the kids."

Knowledge Beginnings is licensed to have 153 students. Today, there is a staff of 22, but Cybyske says that as she enrolls students, she continues "adding quality staff."

"We have great teachers. We start with

experienced and quality teachers that like to work with children. Then we support them with continuing education," she said.

Early education involves teamwork, according to Cybyske.

"We make a partnership with a family," she explained. "What's important is that we recognize that early childhood education is a program that we build with each family. We focus on the whole child and we lay the building blocks for a lifetime of loving learning."

"We understand that children need to be children. Our education needs to be play-based. They're learning, but it's fun for them to learn."

Knowledge Beginnings offers enrollment to children from 6 weeks to 12 years old. There are before- and after-school programs. Breakfast, lunch and two nutritious snacks are served every day. Cybyske said that a registered dietician provides menus designed to exceed the national standard for a daily allowance of vitamins.

Enrichment programs for students include mathematics, physical fitness and foreign languages. Flexible schedules are offered.

For information on Stapleton's Knowledge Beginnings visit www.knowledgebeginnings.com, call Lisa Cybyske at 303-329-4405 or e-mail her at lcybyske@klcorp.com.

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Sustainability at Stapleton

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

2009: New Year, New Sustainability Programs at Stapleton!

Many sustainability programs at Stapleton have been active since the redevelopment of Stapleton began almost 8 years ago. I am excited to tell you about how two of our programs will be growing and evolving in 2009. The world is changing rapidly and it is time to update our approach with our education programs. What was cut-

ting edge and unique when we started, now needs a fresh look and feel.

The New Leaf for Kids publication is available online at StapletonDenver.com for all past issues, though we will not be producing new issues. Instead, an exciting partnership has been established with FrontRange Earthforce to bring a more dynamic and interactive component to sustainability education within our schools. Please read the article on this page to learn more about this important program.

And, New Leaf, our monthly on-line publication is being replaced with the new Stapleton Green Bean Award! This monthly award is intended to recognize real people and their real sustainability stories making a difference in and around Stapleton. This will be a more personal and fine-grained look at sustainability within our community. Please read about the first Green Bean Award recipient on this page and contact me with any other individuals that you think would be appropriate for this recognition.



Recycle Your Tree After the Holidays
January 5th – 16th
Treecycle
It's as easy as can be!

1. Remove all tinsel and decorations from your tree. NO artificial or flocked trees, tree stands or trees in plastic bags. Christmas trees only.
2. Manual & Barrel customers: Set your tree out on your trash collection day near your manual set-out location during the two week period starting Jan. 5th. Dumpster customers: Set your tree out for collection on Jan 5th or Jan. 12th.
3. Be sure your tree is set out by 7 AM and at least 4 feet away from any containers, bags, dumpsters or other obstacles.
4. Do not place trees in dumpsters.


720.295.6800
DenverGov.org/DenverRecycles



FrontRange Earth Force Comes to Stapleton!

FrontRange Earth Force, in partnership with Bluff Lake Nature Center and Forest City Stapleton have launched a program at Stapleton, starting with Bill Roberts K-8 that uses environmental service-learning as a vehicle for spearheading school-based, student-driven involvement.

Primary outcomes for the Greenprint School Initiative are:

- 1) Develop and pilot a student-driven program, aligned to the city's Greenprint Plan, that results in tangible environmental improvements in the school and surrounding community.
- 2) Use this initiative as a strategy to increase the environmental knowledge of teachers and their students, thus encouraging them to make a personal commitment to improving/protecting the environment.
- 3) Build a community of schools at Stapleton that are working together and sharing in the environmental stewardship of Stapleton and its natural resources.
- 4) Serve as a model for curriculum development within Denver Public Schools focused on sustainability.

To date, the entire Bill Roberts Middle School has launched this new and innovative program with nearly 200 students.



From one bean, thousands may grow.

What's it mean to be a Green Bean?

This monthly award is bestowed upon the individual who most exemplifies sustainable living at Stapleton... inspiring others to put their green foot forward, thereby shrinking the collective carbon footprint, improving the lives of others and generally making the world a better place. The bean is small. The significance, however, is huge.

Meet David Levi, the very first recipient of the Stapleton Green Bean Award! He has lived in Stapleton for a little over one year and in that time, has made a very big impact.

Whether he's walking his neighbor's dogs or picking up trash along 29th Avenue a couple days a week, David is making a huge contribution in the Stapleton community with his actions.


David walks regularly along 29th Avenue and picks up the trash he sees along the way. He doesn't understand why people don't pick up the trash right outside their own front door. A good day for David is a "3-bagger day" (3 bags of trash and recyclables). While David says he's "just trying to clean up the place" we think his acts are a vital part of the community, and his legend is starting to spread.

Even though he doesn't get paid for this work, he does seem to get something out of it. This is a hobby he has adopted while he's out getting some exercise. It's also a way for David to meet neighbors. "He talks to anyone and everyone," says his wife Cindy. When asked by local residents why he's doing this, his responses usually have a comical slant to the tune of, "It's job security. There will always be trash." However, he does draw the line at cigarette butts and dog waste.

What a tremendous contribution to his immediate neighbors and the entire Stapleton community! If you see David out picking up trash along 29th Avenue, please join us in saying "thank you!"



David Levi



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Views on the Street – How is your business adapting to the economic downturn?

Katie Vacek
Manager, Papa Johns Pizza

The biggest thing I have seen is that our sales have been higher than last year's. I think with the economic downturn, people who would normally go out to nice restaurants are stepping down on their choice of food and how much they spend but still have money to buy pizza for their family. We are also still doing a lot of big orders during the day for meetings and special events.



Ralph Williams
AKA The Entertainer and
The Limo Driver
LimodriverTV.com

My business is Internet television. What I have seen is that businesses that used to have big advertising budgets are now limited in what they can actually do. They want more information as to the impact of their advertising dollars so that is making our job harder and we need to offer more incentives to get their business. People used to be more willing to put money toward hunches and ideas and now the guidelines for their budgets are stricter. I am hoping that some of our new programming, like The Barrel Man Show, will get us more viewers and therefore more advertisers.



The Greater Stapleton Business Association (GSBA) held its annual holiday party at the Courtyard hotel on Dec. 4.

The GSBA is an association of businesses in the Stapleton Area whose purpose is to support each other and their neighbors with local goods and services. The mission of the GSBA is to foster relationships within the businesses in the Stapleton Community while working together to benefit local organizations and agendas. Membership costs \$100 a year. Meetings are held the 3rd Tuesday of the month at 8am in the MCA community room (2823 Roslyn St.). The public is invited to attend.



Matthew Richards
Manager, PostNet,
Stapleton Town Center

We have been seeing declining numbers starting from mid-summer till now and it hasn't recovered like it usually does in the fall when we usually hit a peak. There has been no peak this year. Holiday shopping and shipping are down so far, but it

usually picks up some by now. We were hoping that with the higher gas prices, people would want to ship more instead of travel, but with the lower gas prices, that hasn't happened. We are pretty much relying on our bread-and-butter customers.

Tony Sena
Manager, Anthony's Pizza

I have been noticing that restaurants in general are not as busy as they were this time last year and the holidays are usually the industry's busy time. Fortunately, at the price bracket we are in, people are still coming in to get a pizza, especially in this area of town. It really has not affected us that I have noticed; our business has been pretty steady.



Lyn & Bob Reinert
Owners, Instant
Imprints of Denver

Our business is doing fairly well. We are feeling the economic downturn a little bit but we are doing ok. We are below where we were last year and that is because we lost one major customer at the

beginning of the year. It has been hard to make up for that. Our location has been good for us - you can't find a better place for our style of business than Quebec Square in Stapleton. We are looking forward to a new regime in the country because we feel every time there is a changing of the guards, the economy perks up. I am sure it is going to get better after the first of the year. It is good to see that a lot of businesses around us are weathering the storm. It is tough, but if it were easy, everybody would be doing this. Succeeding in a downturn can also be attributed to our strong husband and wife team – we have been married for over 40 years.

Justin Ross
Owner, Stapleton Mortgage

The single most important thing that has kept us afloat in our six years of business has been staying in contact with our existing client base as well as providing good service and great attention to detail. This business philosophy has kept our clients loyal, so they haven't gone to big box retail outfits. The second most important thing has been our patience. It is easy to get panicked and feel like we need to change or readjust instead of holding our course and sticking to our core values of honest, personal service. These are the things that will keep us going during this turmoil.



City of Denver Snow Removal Policies

Most main streets with stripes are the number one priority for Denver Public Works. During major snow events (12" or more of snow from Nov 15 - Mar 15), pick up trucks with plows will simultaneously plow residential streets. They will plow one lane down the center of neighborhood streets. Pushing snow onto sidewalks and driveways is an unfortunate consequence of plowing.

Homeowners are required to clear their walkways within 24 hours and businesses/apartment building owners are required to clear walkways within four hours after snow stops falling. Residents are asked to check on elderly or disabled neighbors and make an extra effort to be sure the sidewalk on your block is clear and be sure trash containers are visible.

For road conditions dial 511. For Denver city services dial 311. For details on Denver's snow removal plan visit: www.denvergov.org/street_maintenance

Shopping Locally Pays Dividends

Many people find it convenient to shop locally during the holiday season, but it is a practice that makes good sense year-around because it is an investment in the community.

Sales tax collected by local retailers helps to fund schools, parks and recreation, road maintenance, police and fire departments, hospitals, and a lot more. Equally important, local retailers provide jobs and often support local charities and civic organizations.

Curmudgeon Club

(continued from page 16) However, the proper English don't see fit to celebrate the New Year. People there have to work New Year's Day and they probably had their fill on Christmas and Boxing Day (December 26).

The idea of resolutions is odd to me as well. Fitness clubs are fanatical about signing up new members by convincing them that they overindulged during the holidays, knowing full well most will stop going to the club regularly by the middle of February. My idea is don't regret what you did over the holidays, because that only spoils the fun you already had.

If you join the curmudgeon club you should not have any fun so you won't have any regrets.

Jon and his family currently reside in Stapleton and have lived in East Denver for 26 years. He is currently working on a non-fiction book. You can contact him at jon.meredith@earthlink.net.

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Stapleton Homebuilder Weathers a Tough Economy

Editor's Note: The severity of the economic downturn of recent months has challenged homebuilders across the nation, including those who have been building at Stapleton. We asked Gene Myers of New Town Builders how his business has been faring during the downturn and what he envisions for the future.

By Tom Gleason

Gene Myers, president of New Town Builders, a prominent

homebuilder at Stapleton, has seen the ups and downs of residential homebuilding for more than 25 years, an experience that has led his company to make timely adjustments to weather the difficult economy while still maintaining values that have made his company successful.

"We reacted to the downturn earlier than most builders and have 'right sized' ourselves with staffing and main office overhead," said Myers. "During this difficult economy, we have invested in new systems to streamline our company and make it more 'user friendly' for our customers and trade partners." He said those new systems include a "punch list manager" that organizes warranty work orders and eases communication between New Town, its homeowners and the subcontractors performing the work to improve tracking and speed up warranty repairs.

"Even without improvement in the overall market, we are able to continue to build homes for new customers and be there for our existing home owners," he added.

In addition to the single family homes New Town offers at Stapleton from the high \$300s, the builder has also achieved recent success in working with Forest City in the development and sale of affordable homes. In the past year, New Town worked successfully to sell-out the Roslyn Court and Syracuse Village affordable homes adjacent to the E. 29th Avenue Town Center and realized strong sales in the first phase of the 29th Drive Row Homes, located on Havana just east of the planned Eastbridge Town Center.

Myers said New Town Builders has "sharpened" its empha-



Gene Myers, President of New Town Builders, stands in front of the 2009 Challenge House at Stapleton, which will be sold to benefit inner city education.

sis on "green building," a commitment it combined with it efforts to serve the community in building the "Challenge House" at Stapleton. Constructed on land donated by Forest City Stapleton, Inc. and utilizing a donation from New Town's subcontractors and the com-

pany's own profits, the sale of "Challenge House" is anticipated to result in a contribution of approximately \$300,000 to an effort to send inner city children to college preparatory middle and senior high schools throughout the metro area. "Challenge House" is a LEED (Leadership in Energy and Environmental Design) Silver Prototype home with innovative energy efficiency, indoor air quality, water conservation and home technology features.

Looking ahead, Myers said New Town Builders would offer home buyers a "Future Proof" option in a state-of-the-art home with 2" by 6" exterior walls and features that will make incorporating future technology easy, without costing a lot today.

"With rapidly changing technology, we can foresee the time when solar and wind will become viable energy options for our homes and standards will be developed for indoor air quality and water conservation," Myers said. "Since a home is our customers' largest investment, it is important that it not become obsolete as technology and building standards advance."

Myers said he maintains a strong sense of optimism about the future, in spite of the uncertainties of a difficult economy. "Home values have held firm at Stapleton which is good for us and good for Stapleton residents," Myers noted. "We have continued to sell at a good rate, because Stapleton has remained an attractive location, even during this downturn."

Metro Builders Named Harvard Communities "Green Builder of the Year"

By Tom Gleason

The Homebuilder's Association of Metro Denver has given Harvard Communities its "Green Builder of the Year" Award in recognition of the builder's success in providing environmentally friendly homes that also make economic sense for their reduced energy consumption and increased cost savings.

"Not only are we at the forefront of green building in Colorado, but our homes are among the most energy-efficient being built anywhere in the country," said John Keith, president of Harvard Communities. The builder's homes at Stapleton and elsewhere in the Metropolitan Denver area use approximately 40 percent less energy than a "typical" Denver house, emitting about 20,000 fewer pounds of carbon into the atmosphere each year. Keith added that, for the homeowner, that translates into a cleaner environment and hundreds of dollars in utilities cost-savings.

Keith said that despite the troubled housing market, Harvard Communities' homes have not experienced a sales decline in 2008, like most other home builders in the nation. "Green homes have moved from 'fringe to mainstream' in part due to the long-term financial benefits energy-efficient homes provide their owners. Our houses make economic and environmental sense," Keith said.

For more information about Harvard Communities, please visit www.harvardcommunities.com.

Harvard Communities' Open House for State-of-the-Art "Green Home" in Stapleton

Harvard Communities will host an open house in Stapleton on Saturday, January 24th and Sunday, January 25th from 11:00 a.m. to 3:00 p.m. to showcase its "Near Zero Energy Home." Located at 9126 East 35th Avenue in the Stapleton neighborhood, the home incorporates a wide range of state-of-the-art energy efficiency features and renewable energy systems in a house designed to have utility bills of just a few hundred dollars per year. The home will be a LEED Gold or Platinum certified home built in conjunction with The Department of Energy's "Building America" program..

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Stapleton Front Porch

21

January 2009

Pay Attention to Parents' Investment Strategies

By Natalie Robbins

If your parents are getting older, you may have to assist them in various aspects of daily life — one of which may be their *investment strategies*. And by being “proactive,” you may be able to make things much easier for Mom and Dad in their retirement years.

One of the best things you can do for your parents is to find out if they are investing in a way that's appropriate for their situation. As many people age, they tend to become more financially conservative, choosing investments that offer significant protection of principal, such as certificates of deposit (CDs) and U.S. Treasury securities. And of course, this is understandable, because your parents, like many people at their stage of life, probably don't want to take too many financial risks. And yet by “taking no chances” with their money, they could actually be taking on *more* risk than they think.

Why? Because by investing too conservatively, they might not be able to afford the lifestyle they've chosen, given the importance of two factors: *longevity* and *inflation*.

Let's consider longevity first. The average 65-year-old man is expected to live 16.5 more years, while the average 65-year-old woman has 19.1 more years of life expectancy, according to the Social Security Administration. And these figures, as noted, are averages, which means that half of all men and half of all women can expect to live *longer* than 81.5 years and 84.1 years, respectively.

Consequently, your parents could easily spend two or three decades in retirement. And if they're investing predominantly in fixed-income vehicles, their returns may not even keep up with inflation. For example, suppose your parents' total cost of living is currently \$80,000 per year. If inflation were to

average 3 percent annually over the next 20 years, your parents would then need more than \$144,000 per year just to maintain the standard of living they enjoy today.

So, given the possibility of a long retirement combined with the cumulative effects of inflation, your parents will likely need at least some *growth* potential in their investment portfolio. A reasonable percentage of quality stocks may be able to provide them with that potential, but their mix of investments really depends on their individual needs, lifestyle choices and risk tolerance.

Here's one other investment-related question you may want to raise with your parents: *How much should they take out each year from their 401(k) and IRA?* It's essential that they neither withdraw so much that they deplete their accounts nor so little that they can't afford the things they enjoy. Yet because the ideal withdrawal rate depends on several factors — among them investment mix, risk tolerance, life expectancy and other sources of income — it's not always easy to determine the appropriate amount.

You might not have the expertise to help your parents address these two issues — choosing the right investments during their retirement years and taking out the right amounts from their 401(k) and IRA. And that's why you may want to encourage your parents to work with a professional financial advisor, if they don't already have one. At their stage of life, they need to make the right moves with their money — so do all you can to help. You'll be glad you made the effort.

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

Changing Unwanted Behaviors Through Hypnotherapy

By Heather Fralick

Every year, the holidays seem to creep up a little faster than the year before. For many of us, shopping, airports, tricky weather, and late nights cooking and celebrating with family and friends are a recipe for stress. And then before we know it, New Years is here and we are promising ourselves that next year, we are going to change lifelong habits, slow down and enjoy life more. But without additional help, this can be a set-up for failure.

Today, more and more people are turning to alternative medicine to help with a variety of ailments. Hypnotherapy, a guided visualization technique, is fast becoming a popular tool for changing unwanted behaviors and reactions like stress and anxiety, fears and phobias, low self esteem, chronic pain, smoking, and weight management. Although hypnosis has been around for centuries, modern hypnotherapy has only found its way into mainstream health care in recent years.

How does it work? In a hypnotherapy session, the certified practitioner uses a series of relaxation techniques to quiet the busy conscious mind and send positive messages directly to the client's subconscious. By repeating positive suggestions while in a relaxed state, clients are encouraged to “re-program” their belief systems with healthier messaging. This technique allows clients to become “unstuck” and develop better thought patterns and behaviors.

For example, in a study reported in the *Journal of Clinical and Experimental Hypnosis* (vol 55, number 2), cognitive behavioral therapy that included hypnosis showed a significant decrease in depression, anxiety and hopelessness compared to treatments using cognitive therapy alone. The National Institutes of Health has concluded that hypnosis effectively decreases tension headaches and chronic pain associated with different types of cancers (Oct 1995, NIH). The *Journal of Clinical Psychology* (41, (1), 35-41) indicated that subjects who underwent hypnosis were more effective in slimming down - and staying slim! - than participants who relied on behavioral tools alone.

In addition to altering lifelong beliefs and reaction patterns, hypnotherapy works by reducing blood pressure, muscle tension and lowering the production of stress hormones.

Heather Fralick is a certified hypnotherapist with the highest level of training from the Colorado School of Counseling Hypnotherapy and a BA in Psychology. Ms. Fralick is a member of the Colorado Association of Psychotherapists and the American Council of Hypnotist Examiners. She can be reached at info @denverhypnosis.net or visit www.hypnosis-byheather.com

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Rocky Mountain Arsenal National Wildlife Refuge

The Eagles Have Landed!

Photo by Rich Keen/DPRA. Property of the U.S.Army



Eagles at Rocky Mountain Arsenal National Wildlife Refuge

Winter tours, photography programs spotlight national symbol

By Sherry James

The arrival of our national symbol, the American bald eagle, is a sure sign that Old Man Winter has returned to the Rocky Mountain Arsenal National Wildlife Refuge. Bald eagles migrate to the Refuge when the weather north of Colorado turns colder, freezing the water and making it difficult for the eagles to catch fish and find food.

The RMA National Wildlife Refuge provides a winter haven for bald eagles. With diets consisting mainly of fish and small mammals, bald eagles enjoy the healthy food supply provided by the lakes and natural prairie habitat of the Refuge. For the past decade, eagles have returned each winter to the large cottonwood trees along the eastern shore of one of the lakes. Over the past seven winters, a resident pair has fledged eight eaglets at the Refuge.

As part of the U.S. Fish and Wildlife

Service's commitment to biomonitoring at the Refuge, biologists conduct regular roost counts. The numbers have reached into the high 30's over the past few years during peak eagle viewing season. The roost counts are conducted when the eagles settle in for the night, and up to a dozen eagles have been found in a single tree.

Refuge visitors can view and photograph these magnificent birds by participating in tours and programs, such as "Where Eagles Soar" and the very popular "Frosty Photo Tours." Sightings have also been reported along the hiking trails or during other nature programs offered throughout the winter months.

Bald eagles can be seen at the Refuge from December through early March. So don't let Old Man Winter keep you inside. Bundle up, enjoy the great outdoors and catch a glimpse of our wintering raptors as they fly the skies on their daylight hunts.

The U.S. Fish and Wildlife Service offers nature programs about these cold-weather stars of the refuge, and

you can find a complete program listing by calling the Visitor Center at 303-289-0930, or checking online at <http://fws.gov/rockymountainarsenal>.

Visitor Services Manager, Sherry James has worked at the Refuge for 18 years. She can be reached at 303-289-0659.

Since You've Asked...

Q. Are there any plans to place a "Yield" sign at the northeast corner of Montview and Central Park for westbound traffic turning north onto Central Park?

A. Stapleton's registered neighborhood organization, Stapleton United Neighbors (SUN) has a Transportation Committee that works with the City of Denver to address issues related to signage and other traffic control issues. Contact Dennis Hanson at denverdenn@comcast.net to register your support for the sign.

Q. The composite faux light pole bases have fractured or shattered throughout Stapleton. Can those be replaced?

A. Replacement of the light poles, including the bases, is the responsibility of Xcel Energy. Jot down the number on the pole and call Xcel Energy (800.895.4999) or email www.xcelenergy.com to report the problem.

Q. Can you address the safety of the asbestos reclamation (at the future construction site east of Havana, south of MLK) for Stapleton residents and our neighboring communities?

A. The environmental remediation of that parcel is being conducted by the City and County of Denver's Department of Aviation (DIA) according to standards set by the Colorado Department of Public Health and the Environment. Contact Greg Holt of DIA at greg.holt@diadenver.net for more information.

Q. When is the third elementary school scheduled to open?

A. The third school at Stapleton has been designed and was planned to be an ECE (Early Childhood Education) to grade 8 school for approximately 750 students located in the eastern portion of Stapleton. The construction of the school is contingent on enrollment demands. The Denver Public Schools (DPS) planning department estimates that there will be more students than there is capacity at William Roberts and Westerly Creek schools possibly in 2010 or 2011, although the pace of residential building will determine the actual timing and it is difficult to predict when there will be sufficient students in the ECE-8 range to warrant building a large school. DPS is currently revising enrollment projections and expects to have new projections in February 2009, but it could take longer.

DPS intends to develop options to address whatever capacity issues emerge over the next year or so and the District plans to discuss those options with the community. DPS officials plan to communicate with the principals and Collaborative School Committees at Westerly Creek and Roberts schools in the early months of this year about future school construction.

(Response provided by Brian Weber, Vice President, Education/Workforce Initiatives of the Stapleton Foundation. He may be reached at bweber@stapletonfoundation.org.)

Foreclosure Hotline

Facing Foreclosure? Don't wait to find out about your options! Contact the Colorado Foreclosure Hotline (1-877-601-HOPE) to receive information from local housing counseling agencies approved by the U.S. Department of Housing and Urban Development.

The Colorado Foreclosure Hotline is the first statewide hotline in the United States.

It provides an easy way for homeowners who may be in danger of delinquency or foreclosure to talk directly with a trained, professional housing counselor. Counselors offer free assistance to help homeowners understand their options, negotiate solutions, and find the best resolution for their particular circumstances. Financial assistance is not available through the Hotline.

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The SUN Spot

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



S.U.N. Meetings are open to the public
The SUN Board meets at 7:30pm on the 4th Monday of every month at the Stapleton Community Room, 2823 Roslyn Street. Please confirm by email at stapletonunitedneighbors@gmail.com

SUN Board Meetings Have a New Date & Time: The 4th Monday

With the new year, comes a new date and time for the monthly SUN Board Meetings. These meetings, which are always open to the public, especially members of the Stapleton Community, will now be held on the 4th Monday of each month at 2823 Roslyn St., starting at 7:30pm, immediately after the SUN Outreach Committee Meetings, which will be held from 6:30 to 7:30.

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What is SUN, and what role does it play in the neighborhood?

The mission of SUN is to work for the betterment of the Stapleton neighborhood and the City and County of Denver by providing:

- (i) a forum for residents living within the boundaries of SUN to discuss and resolve issues;
- (ii) a network of communication;
- (iii) a means of acting on matters of importance to the community as a whole.

To accomplish this mission, SUN organizes annual events, including Block Party Day and the Stapleton Kickball Tournament, and also holds community wide forums 2-3 times a year. SUN Board Members also sit on at least one committee in the neighborhood, to help foster communication throughout the area.

The SUN Board also serves as the voice of the community, speaking on behalf of Stapleton residents, and assisting Stapleton residents in communicating with the City and County of Denver and other area organizations.

SUN Needs Your Help: Join The Board Today or in the Spring

The Board of the Stapleton United Neighbors, Neighborhood Association has one vacant position. If you would like to jump right in and help build this development into the community you hoped it would be when you moved here, please email us at StapletonUnitedNeighbors@gmail.com with a brief statement of interest and biography (up to 300 words) and plan on attending the January 26 SUN Board Meeting.

If you are interested in joining the SUN Board, but are not able to attend the January 26 meeting, consider running for a position when SUN holds its annual elections in the Spring. You will need to

submit a letter of interest by mid-March, which will then be published in the April SUN Spot, in advance of SUN's Spring Forum and Annual Meeting and Elections. Once again, a letter of interest should be emailed to StapletonUnitedNeighbors@gmail.com. Exact dates and deadline for the Spring SUN Election and Annual Meeting will be announced at a later date, and posted on SUN's website at www.StapletonUnitedNeighbors.org. SUN will form a recruitment committee soon to manage the election process, and recruit a slate of interested candidates.

Those interested in helping to foster this sense of community, but who do not have the time to commit to being a SUN Board Member can also sign up as a block captain. Anyone interested in joining the SUN Block Captain Network should also send an email to StapletonUnitedNeighbors@gmail.com.

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3 overnight stays on the CTRC research unit at University Hospital. Compensation will be provided upon completion of study. Please call Karen at 303-399-8020, ext. 3535, for more information and study procedures. (PI: Boris Draznin, MD, PhD; COMIRB #07-1203) Approved 9/30/08.



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Keven A. Burnett,
Executive Director

Stapleton Aquatics Director Named

The Stapleton MCA would like to announce the addition of Paula Deorio as Stapleton's first Aquatics and Recreation Director. Paula will be joining the MCA Staff full time as of December 1,

and will be focused on organizing and delivering high quality aquatics programming at all of Stapleton's outdoor pools. Paula brings 13 years of management experience directing aquatics programs for the City of Denver. Most recently Paula served the City of Westminster as their Aquatics specialist managing the hiring and training of their aquatics staff. Paula can be contacted for any and all questions at the MCA office or by email at pdeorio@stapletoncommunity.com. Please look for Aquatics updates about registering for summer lessons and programs in January's Front Porch.

Stapleton Snow Removal

Winter snow removal throughout Stapleton is the responsibility of many different entities including individual property owners and sub-associations. Sidewalks are to be cleared from snow within 24 hours by the adjacent property owner. Where there is an adjacent sub-association, it is the sub-association's responsibility. The MCA clears snow from all sidewalks that are not adjacent to private property. This includes all the neighborhood parks and parkways. Denver Parks

and Rec is responsible for snow in and around the regional parks. Major roadways and arterials are the responsibility of Denver's department of Public Works. For a diagram of these identified roads please visit our web site. Neighborhood streets are not cleared unless a "major" snow event of one foot or more occurs. Neighborhood alleys are to be routinely cleared of snow by the adjacent property owner or sub-association.

In the event of a "Major Snow Event" (as defined by the City of Denver), the Stapleton MCA will initiate the emergency snow removal plan. The plan includes continuous use of heavy equipment, light equipment and hand work to remove snow from alleys, some intersections and major pedestrian paths. Alley work is limited to the removal of enough snow so residents can get to their alleys (this requires residents to participate by removing snow from each of their drive aprons to get from the alley to their garage). The MCA's goal is to only open up a single drive lane through each alley. Alley drive lanes will not be scraped down to pavement to eliminate the need to truck any snow off site. This allows us to expedite the process ensuring that we can get to all alleys in the shortest time possible and decrease potential damage to the alley surface. Community paths and parks will be addressed as equipment and personnel become available as to provide for safe pedestrian access. Individual snow removal concerns can be directed to 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 management of parks and recreational facilities, community events, cultural programming. 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

Letter to the Editor

I have to say I was a bit put out by the Q&A about bike parking in the latest Front Porch. I've been riding my bike around Denver for over 40 years, commuting, going to the library, etc. and don't think I've ever damaged a tree. My lock, like most good bike locks, is covered with vinyl to prevent that.

I do agree that if racks are available, we cyclists should use them. I think

availability is the problem alluded to in the question--particularly during events on the Green. When I've gone to the Farmers Market, for example, the vendors park right in front of the bike racks, or their stands are blocking the racks. The racks that aren't blocked are usually full of bikes. So I use whatever else I can find--street signs, trees, etc.

— Sarah McGregor

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Letters to the Editor

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

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(continued from page 1) School, with a college preparatory focus and an emphasis on developing core liberal arts skills in reading, writing, mathematics and science.

Principal Rich Harrison says DSST Middle School uses a curriculum it developed after looking at the best charter schools across the country. Applicants come from all over the city, from all ethnicities and economic and educational backgrounds. "We are a liberal arts school with a math and science focus," he says. "We feel we have a program that reaches a wide range of students, and we want to close the gap. All our students take 1.5 hours of math and science each day, and we have phenomenal math and science teachers plus a strong intervention program for those who are behind." He says students do not have to have demonstrated a special talent for math or science to apply.

During the first part of this school year, DSST Middle School operated out of Westerly Creek Elementary in Stapleton, but will move in early 2009 to its permanent location in the new building adjacent to the DSST High School.

Admission to DSST is granted through an open lottery process and maintains a diverse population of approximately 30% black, white and Hispanic students. Interested students must complete an admission application by January 26, 2009. The remaining Open House dates are scheduled for January 7th and 15th from 6:30-7:30pm at 2000 Valentia Street (please arrive by 6:00pm).



Bill Roberts ECE - Grade 8

Bill Roberts School

William "Bill" Roberts is a DPS school in Stapleton offering grades ECE through 8. Currently there is a total student population of about 650 kids, with 130 of them in middle school.



Cal Barr, grade 6, studies Video Cinema at Denver School of the Arts

Roberts middle school aims to provide growth opportunities for each student. The schools utilizes "tiered" instruction levels that are determined through assessment, teacher observation and student input. The tiers help build basic skills, reinforce concepts, and extend learning in each subject area. Sixth grade students currently have one teacher for all core subjects. When there are more students, the school will be able to offer more opportunities for 6th graders to progress within or ahead of their grade level. Seventh and 8th graders follow a block schedule.

"Bill Roberts is a middle school where we have exceptional teachers and we really get to know your child," says Principal Trish Lea. This past year Bill Roberts' middle school students outscored the district average in 8 out of 9 CSAP test areas and showed the highest growth among DPS K-8 schools.

Students currently attending 5th grade at Bill Roberts as an "attendance area" student or as an "approved choice" student will automatically get into 6th grade at Roberts. Students who are new residents in Roberts' attendance area will need to complete a pre-enrollment form and provide the same required documents as for elementary enrollment. Students outside the attendance area may apply to "choice in" to Roberts, with the first round application deadline of January 31. If an "attendance area" or "approved choice" student accepts admission to a magnet or charter school, then that school becomes the student's home school and nullifies Roberts as the home school; if a student who has accepted enrollment at another school would like to re-

turn to Roberts, they would need to reapply.

Roberts offers middle school tours at 10am on the first Thursday of the month (Jan. will be the 2nd Thursday).

Denver School of the Arts

The Denver School of the Arts is the only comprehensive secondary arts magnet (grades 6-12) in the Rocky Mountain region. In addition to a rigorous academic program, students engage in intensive studies in Creative Writing, Dance, Music, Stagecraft and Design, Theatre, Video Cinema Arts, and Visual Arts. DSA is committed to fostering a lifelong love of the arts in a culturally diverse, academically challenging environment. In addition to these areas of programming, the curriculum also includes language arts, math, science, social studies, and world languages.

Emily Barr, mother of two DSA students (Maddie, grade 10, who studies Theatre, and Cal, grade 6, who studies Video Cinema Arts), says DSA is a wonderful choice for children who are devoted to their chosen art form. She cautions it might not be the best choice for students who don't love their area of focus since they spend 2 periods a day in their major and don't have much time for other electives.

"We never even imagined that Cal would go to DSA because he is a bit of a jock and plays a number of sports, and they don't have any athletics at DSA," Emily goes on to say. "But when Cal visited the Video Cinema Department for a morning, he was so excited and has not wanted to do anything else since then. I imagine he will do sports at East High while staying at DSA for high school like many other students do."

The deadline for application and audition for 2009-2010 school year was Dec 12th, but there is a wait list for those who would still like to apply. Academic and admission details are on the school website.

Envision Leadership Prep

The first of six Envision Schools Colorado,

NE Denver Midd

Envision Leadership Prep will open as a DPS charter school for the 2009-2010 school year and will share space in the Smiley Middle School building in Park Hill. Based on the same model as the Envision Schools California, which began operations in 2002, Envision Leadership Prep believes that all students, regardless of their race, ethnicity or economic background, are entitled to attend schools that prepare them for college success and democratic citizenship in the 21st Century. Envision schools are designed to be true communities, marked by intentional diversity, rigorous academic discipline, and excellence at every level.

"When fully built-out, each Envision Schools Colorado school will serve about 700 students in grades six through 12," says Envision Schools Colorado CEO Yee-Ann Cho. "However, we will open each school intentionally small, with about 100 sixth graders and 100 ninth graders, in order to focus on creating a strong, positive culture of learning and respect. Over the next several years we will add the same two grades until the fourth year, at which point we will admit only sixth graders."

Because Envision Leadership Prep is a charter school, students can "choice in" from across the district and even across district lines. "Given our location in NE Denver," Ms. Cho says, "we hope the majority of our students will come from Park Hill and the communities immediately bordering that community."

Information sessions will be held at various elementary and middle schools in the area and at the Park Hill Library on January 13th, 20th and 27th from 6:30-7:30pm, with more dates that will be announced for February. Students should complete an application form (available on the website) and either fax or mail it in by 5:00pm February 26th; an online application process is planned. If more students apply in each grade than the school can accommodate, Envision will hold a lottery on February 27. Students who are not selected in the lottery or who apply after February 26th will be put on a wait list for the fall.

The Odyssey School

The Odyssey School is a DPS K-8 tuition-free Expeditionary Learning charter school based on the Outward Bound design principles. These educational principles provide a powerful framework for personal growth through physical challenge and service. The curriculum is designed around rigorous, purposeful, project-based learning expeditions tied to Col-

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le Schools



Smiley Middle School

orado State Standards. The Odyssey School's learning experience includes a focus on reading and writing through literature, a rigorous math program, computers to develop students' research and thinking skills, fine arts, documentation of students' work through portfolios, regular out-of-school fieldwork, and adventures with environmental education.

"Odyssey's middle school is very strong, and our model stands out as different," says Executive Director Marcia Fulton. "If a parent wants a school that focuses on intellectual achievement, social responsibility, a strong culture of learning, environmental awareness and stewardship, leadership, learning beyond the classroom walls, and depth vs. breadth, then Odyssey is the right place."

The middle school, which has a student population of about 70 out of a total student body of 220, recently ranked 'high' in Colorado's School Accountability Reports. Fifty percent of the students are students of color, with most being African American. All teachers are Colorado State certified, with 60% holding graduate degrees. Odyssey is located in Stapleton in a shared building with West-

erly Creek Elementary.

Enrollment is determined by a lottery system, and applications are due by February 25th. Odyssey offers a middle school open house on January 13 at 6:00pm, and several general open house events in January and February. While there is high competition for available spots in the elementary grades, there is greater opportunity for enrollment in grades 6 and 7.

Smiley Middle School

Located in Park Hill, Smiley Middle School offers an International Baccalaureate Program (IB) and has about 400 students in grades 6 through 8. Starting in the Fall of 2009, Smiley will also share its facilities with Envision Leadership Prep, a new DPS charter school.

Now in its first year, the school-wide IB program at Smiley brings together the best qualities of a neighborhood middle school and a tried and proven academic program: IB works for the accelerated and challenged student alike. Smiley IB offers not only the 21st Century academics of the IB, but arts, music, theatre and athletic programs, and a strong Parent Teacher Student Association (PTSA). The program, which prepares students for high school IB program or for advanced placement courses, includes a mandatory tutoring program for kids who are not meeting the standards.

Smiley IB is hosting two open houses for families with 5th grade students to explore the program: Thursday Jan. 22 and Thursday, February 26, with tours at 5:30 and 6:30, and presentations at 6 and 7pm. All students interested in attending Smiley must take placement assessments and have an interview.

Morey Middle School

Morey Middle School, with over 800 students, is located approximately 14 blocks west of York Street on 14th Ave. Morey has a traditional middle school program, a High Strides program

in which students are expected to master the regular DPS curriculum in greater depth and at a more rigorous pace, and a Highly Gifted and talented program (HGT). Visit the website to find information on scheduling a visit. "Choice" applications for High Strides are due in January. Choice applications for the traditional program are due February 28, 2009.

Hill Campus of Arts and Sciences

Hill Campus of Arts and Sciences shares a campus with Steck Elementary 5 blocks east of Colorado, near 4th Ave. The school offers Honors, Special Education and Traditional programs and has a balanced population of approximately one third Caucasian, one third Hispanic and one third African American. Students with their parents may visit Hill Campus Tuesday-Thursday and tour the school. 5th, 6th and 7th-grade students can schedule a day to "shadow" a current Hill Campus student (Tuesday-Thursday).

Vanguard Classical School

An Aurora Public Schools tuition-free charter, Vanguard Classical School is located in Lowry. Vanguard uses the Core Knowledge Curriculum and a co-teaching model that maintains an approximate 15:1 student-teacher ratio.

Vanguard opened in a new facility in August 2007 and currently serves students through grade 7. The school will also serve grade 8 in 2009-2010, bringing the total middle school population to about 180.

The lottery for enrollment for the 2009-2010 school year is March 15th. Informational meetings will be held January 13 and 27, February 10 and 24, and March 10 at 6:30 pm in the school gymnasium. Details of the school's program and registration are available on the website.

Public Middle Schools near NE Denver

Bill Roberts (DPS ECE – 8th)
2100 Akron Way, Denver 80238
720-424-2640
<http://billroberts.dpsk12.org>

Denver School of the Arts (Magnet Gr. 6-12)
7111 Montview Blvd., Denver, CO 80220
720-424-1700
<http://dsa.dpsk12.org>

DSST Middle School (Charter Gr. 6 - 8)
2000 Valentia Street, Denver CO 80238
303-320-5570 Ext. 812
<http://www.scienceandtech.org>

Envision Leadership Prep (Gr 6 - 12 when full)
2540 Holly Street, Denver 80207
(shared building with Smiley Middle School)
Mailing Address until move to Smiley:
730 17th Street, Suite 940, Denver, CO 80202
www.envisionschoolscolorado.org

Hill Campus of Arts and Sciences (DPS Gr. 6-8)
451 Clermont Street, Denver, CO 80220
720-423-9778
<http://hill.dpsk12.org>

Morey Middle School (DPS Grades 6-8)
840 East 14th Avenue, Denver, CO 80218
720-424-0700
<http://morey.dpsk12.org>

The Odyssey School (Charter K-8)
8750 E. 28th St., Denver, CO 80238
303.316.3944
www.odysseydenver.org

Smiley Middle School
2540 Holly Street, Denver 80207
720-424-1540
www.smileymiddleschool.com

Vanguard Classical School
(Aurora charter - Grades K - 8)
801 Yosemite Street, Denver 80230
303-691-2384
<http://vcsk8.org>

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Winter 2009 Class Schedule

Learn Easy to Duplicate Recipes!

Saturday, January 24th – 9 a.m.

Happy Whole Grains - Learn techniques that use 100 percent whole grain flour yet make breads so full of flavor that your friends and family will begin to prefer them to white bread.

or Piece of Cake - Cake decorating made easy. Learn to make flowers and frills, frosting and flourishes to create a special cake as well as different decorating styles using pastry bags and tips.

Saturday, January 31st – 9 a.m.

Romantic Valentine's Dinner for Two - Let one of our experienced chef instructors teach you how to create an elegant and romantic four-course dinner. You will thrill your Valentine as you recreate this simple yet impressive feast.

or Warming Winter Soups - Warm up your winter with soups from around the world including clam chowder, borscht, and hot and sour. In this class you will learn how to make your own stocks, how to "jazz up" purchased broths and how and when to use bouillon cubes.

Saturday, February 14th – 9 a.m.

Italian Table - Take a journey into the one of the premier cuisines of the world. We will highlight the rich nature of Northern Italian cuisine as well as the Mediterranean influenced south. Experiment Italian food the way it's supposed to be.

or The Brunch Bunch - Take your brunch menu from basic to brilliant! Whether preparing for holiday guests or simply looking for a special family treat this class will focus on the culinary skills needed to present a sumptuous brunch.

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.