

Front Porch

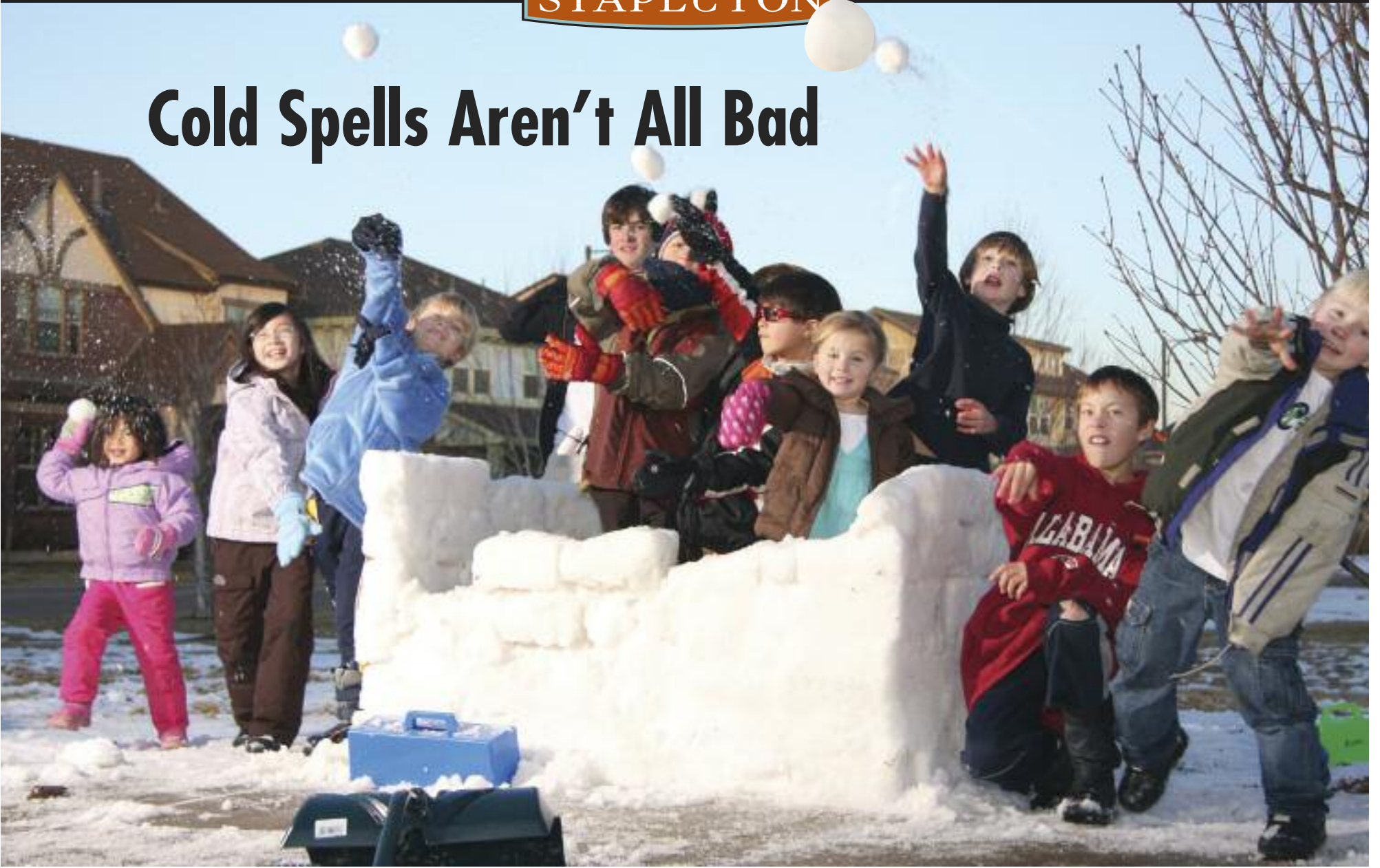
Distributed to the Stapleton, Park Hill, Lowry, Montclair, Mayfair, Hale and East Colfax neighborhoods

DENVER, COLORADO

STAPLETON

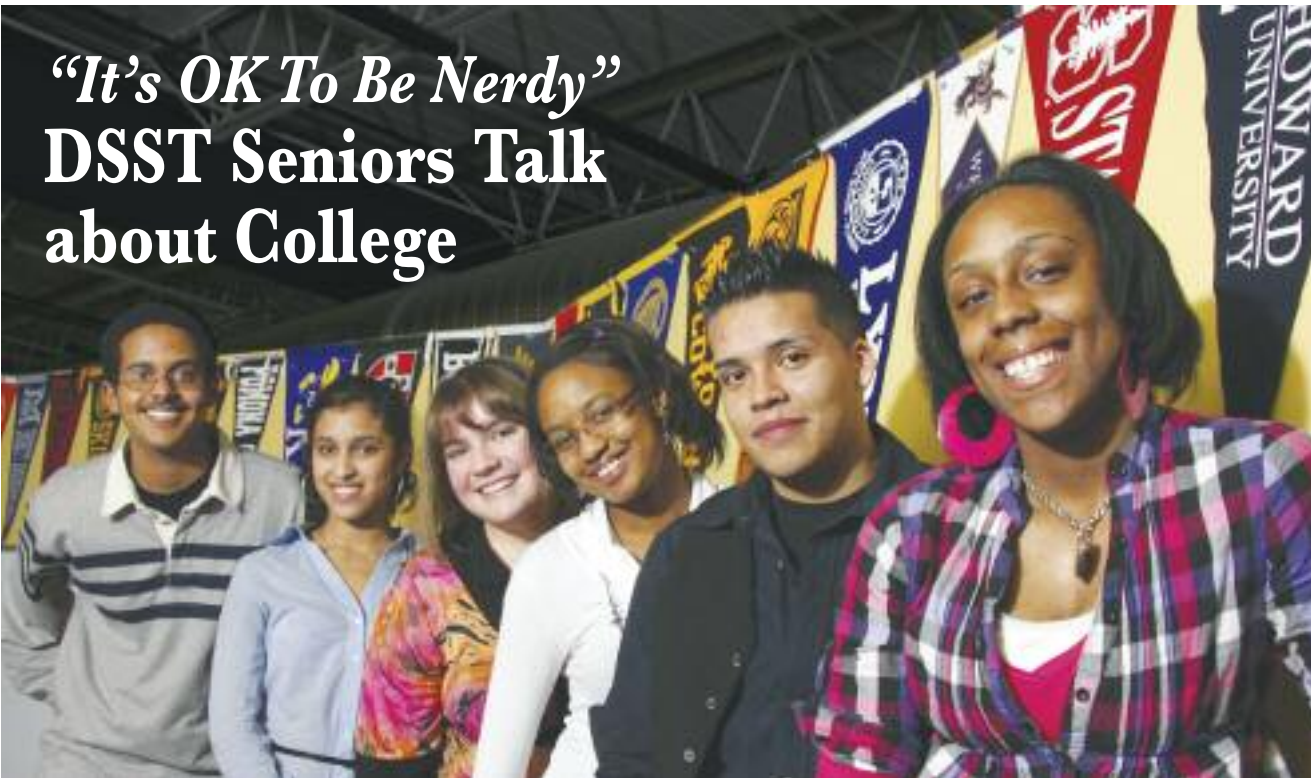
FEBRUARY 2010

Cold Spells Aren't All Bad



The neighborhood gang at the pocket park at East 25th Avenue and Spruce Street launch snowballs from their snow fort during a January cold spell.

"It's OK To Be Nerdy" DSST Seniors Talk about College



DSST intern at the Front Porch Bryce Miller interviewed (from left) Aman Adumer, Taylor Gomez, Raven Krueger, Monique Minter, Jose Campos and Bibiana Brame about getting ready for and applying to college.

By Bryce Miller, DSST Intern

About the Author: I live in Stapleton and am just an average high school junior among a sea of toddlers and pregnant women. I spend my summers as a lifeguard at the F-15 pool and keep busy by playing football or running track at Machebeuf. Although I play sports for a different high school, I am very proud to attend Denver School of Science and Tech-

nology. I can't think of any other school that prepares students like DSST. It requires each of its juniors to complete a trimester long internship in the field of his or her choice. I chose journalism and sure enough, DSST landed me in a spot where I am setting up my own interviews and editing videos for the Front Porch website. When I started this story I was more curious about how these (continued on page 26)

Dispensary Apparently Drops Stapleton Site

Editor's Note: As the Front Porch was preparing to go to press on January 23, we received the following statement from Christie Gosch, a spokesperson for Stapleton Against Marijuana Dispensaries, a group recently formed for those concerned with the location of a dispensary near Stapleton schools. "We just learned that 5280 Wellness has decided not to open a medical marijuana dispensary at 2373 Central Park Blvd. We are pleased that they have decided not to locate their facility less than 1,000 feet from DSST."*

Community Voices Concerns about Marijuana Dispensaries

By Carol Roberts

Most of the people at the January 20 community meeting on medical marijuana had a clear message for the three elected officials who were there—do whatever it takes to prevent marijuana dispensaries from being closer than 1000 feet to schools and keep dispensaries out of neighborhoods. State Senator Chris Romer, City Councilman Michael Hancock and City Councilwoman Carol Boigon were in attendance to hear the community's concerns. With the city's ordinance already in place, much of the focus was on the issues that the state legislature will be deciding soon.

According to Sen. Romer, who has taken the lead in drafting legislation to regulate the dispensing of medical marijuana in Colorado, (continued on page 6)

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

Library—
Community Meeting

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Month

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Local Mom Is Nationally
Known Psychic

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New at
Northfield

15

The Denver Art Museum at dusk — the museum has an SCFD free day for Colorado residents on the first Saturday of each month.



CALENDAR

Events in or near Stapleton that are free and open to the public or are nonprofit events.

FEBRUARY

Fridays and Saturdays

Wine Tasting at Wine Cellars, 4 - 7pm
2955 Ulster St. (see p. 21)
303.780.9463 or Robin@stapletonwine.com

Tuesday, February 2

Children's Museum, Target Tuesday Night
Free Play 4-8pm. 2121 Children's Museum Drive
www.mychildsmuseum.org

Wednesday, February 3

1st Wednesday's Home-based Business Group
Happy Hour 4:30 - 5:30pm, Oblio's Pizza
6115 E 22nd Ave. 303-321-1511. Location
changes monthly. tbrisl@gmail.com (see p. 12)

Thursday, February 4

Community Update on
The Design and Construction
Of the 3rd Stapleton School
Westerly Creek School 7-8pm

Saturday, February 6

Babysitter's Training 8:00am-3:00pm
MCA Community Room, 2823 Roslyn St.
www.stapletoncommunity.com

Saturday, February 6

SCFD Free Day, Denver Art Museum
http://www.denverartmuseum.org/

Sunday, February 7 & Tuesday, February 16

SCFD Free Day, Denver Zoo
http://www.denverzoo.org/

Wednesday, February 10

Stapleton Library
2nd Community Meeting, 6:30pm
Bill Roberts School Cafeteria
720.865.2048

Wednesday, February 10

New Resident Reception 6:30-7:30pm
Community Room, 2823 Roslyn St.
303-888-0724

Friday, February 12

Story time & craft for young children & caregiver
Westerly Creek Elementary library
9:15 - 9:45am. 303-322-5877

Saturday, February 13

Babysitter's Training, 8:00am-3:00pm
MCA Community Room, 2823 Roslyn St.
www.stapletoncommunity.com

Saturday, February 13

Free women's self defense course at
Mike Giles Family Karate, 1-2pm
7506 E. 36th Ave. #480 (Quebec Square).
303-377-KICK (5425)

FEBRUARY

Monday, February 15

SCFD Free Day, Botanic Gardens
http://www.botanicgardens.org/

Friday, February 19

Adult CPR/FA/AED, 8:00am-3:00pm
MCA Community Room, 2823 Roslyn St.
www.stapletoncommunity.com

Sunday, February 21

SCFD Free Day, Museum of Nature & Science
http://www.dmns.org/

Wednesday, February 24

East Side Mobility Plan - Public Meeting to solicit
public feedback on potential solutions to mobility
problems in NE Denver (see p. 22)
Denver School of the Arts, 5:30 - 7:30pm
7111 Montview Blvd. beckykarlin@gbsm.com

Wed. & Thur., February 24 & 25

Adult CPR/FA/AED, 6:00-10:30pm
MCA Community Room, 2823 Roslyn St.
www.stapletoncommunity.com

Thursday, February 25

Play On! presents Alice in Wonderland, 5:30pm.
Superstars drama ensemble. \$2 adults, \$1 students.
Westerly Creek/Odyssey School stage.
executivearts@comcast.net.

Friday, February 26

Play On! presents Not So Grimm Tales, 4:00pm.
All Stars drama ensemble. \$2 adults, \$1 students.
Westerly Creek/Odyssey School stage.
executivearts@comcast.net.

Saturday, February 27

Organize Your Life Workshop, 10:00am
MCA Community Room, 2823 Roslyn St.
kkouba@perryandco.com

Saturday, February 27

Free Public Skate at Big Bear Ice Arena
In Honor of the 2010 Olympics, 4 - 5 pm
Registration required at
www.bigbearice.com -> Events/Public Skate
First come, first served, space is limited,

Saturday, February 27

Grand Opening Carpets N More
Jump castle, clown, balloons, 10am - 6pm
2955 N. Ulster St. 303.321.MORE (see p. 21)

MARCH

Monday, March 1

SCFD Free Day, Museum of Nature & Science
http://www.dmns.org/

Tuesday, March 2

Children's Museum, Target Tuesday Night
Free Play 4-8pm. 2121 Children's Museum Drive
www.mychildsmuseum.org

(See page 18 for recurring monthly events and meetings)



MASTER COMMUNITY ASSOCIATION

Welcome Alec Hill!

We are happy to introduce you to our newest member of the MCA staff, Alec Hill. Alec is our Facilities Manager and you will see him around the pools, at the fountains or even surveying our alleys. We are excited to have him on board and look forward to the expertise he will bring to managing our facilities.

Resident Membership Renewal

This is the year we have all been awaiting!! You will now be able to go online and renew your card!! If you received a new membership card last year, you should receive an email reminder thirty days prior to your membership card's expiration (one year from the date of purchase). If you do not receive your reminder, please call us at 303.388.0724. For details on this process, please go to www.stapletoncommunity.com.

Upcoming Community Guide

The MCA is creating a "Stapleton Community Guide" that will answer many commonly asked questions. This guide will be available after the first of February in the MCA office. All new residents will receive the guide when they close and those of you that would like to read it online, it will be available at www.stapletoncommunity.com.

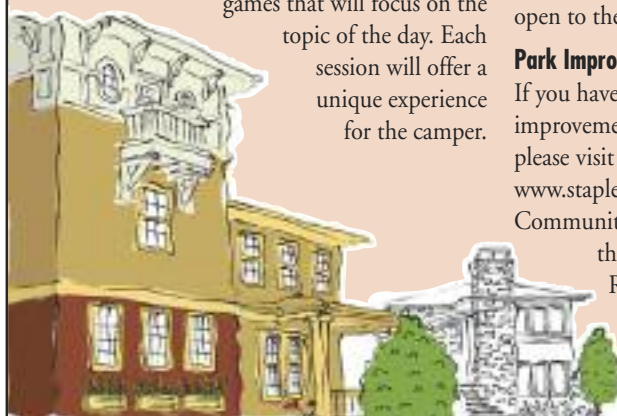
Organize your Life!

Get your ducks in a row with a little help from a professional! Kim Kouba, Realtor with Perry and Co., and owner of the Sweet William Market will be hosting expert organizer, Jennifer Walters at a gathering of very busy people who could use some tips organizing their clutter and their time! You're invited to this FREE workshop! Saturday, February 27th, 10:00am Stapleton Community Room, 2823 Roslyn. Let us know you're coming via email at kkouba@perryandco.com.

Camp Stapleton

It is hard to believe that summer will be here before we know it. This year the MCA is sponsoring a "Sustainability Camp". This camp experience is not just about how we recycle, but about all the ways we can create and maintain a sustainable community. Last year we ran a pilot program that was a huge success.

This year we plan on running two sessions. The sessions have been divided into one week age specific groups. A camper can expect to create their own book of activities, learn from the experts in the field, take field trips to experience sustainability first hand, and play games that will focus on the topic of the day. Each session will offer a unique experience for the camper.



Session I at Northfield will focus on healthy eating and will include an experiential tour of one of the restaurants. The campers will make their own lunch! As a special treat, we might drop into Harkins to see a movie.

Session II at F15 will focus on healthy living and how we can create an environment designed to promote exercise and health. These campers will finish everyday with a jump in the pool.

To receive a brochure about the camp specifics, please email us at events@stapletoncommunity.com. Information is also available at our website at www.stapletoncommunity.com. Registration will begin March 1st, 2010.

SESSION I - Northfield
Kindergarten - 1st Grade June 7-11
2nd - 3rd Grade June 14-18
4th - 5th Grade June 21-25
SESSION II - F15 Pool Park
Kindergarten - 1st Grade July 5-9
2nd - 3rd Grade July 12-16
4th - 5th Grade July 19-23

Aquatics Guide

The Stapleton MCA is putting together a new 2010 Aquatic Guide which will spotlight all programs and activities offered at the pools this summer. This handy guide will list programs and facility schedules in detail, in addition to information about special events, birthday party pads, and after hour rentals. The new 2010 Aquatic Guide will arrive by mail at the end of this month.

Swim Programs - Adult Swim Conditioning

Stapleton is expanding our Master's swim and tri-training program this season. We are excited to announce the opportunity of additional morning lap swim (Mon-Thurs) for those registrants that would like to have the flexibility to drop in for more than the two program day's included in the registration fee.

We will continue to follow the M/W schedule for stroke work (tri-training), while offering workouts that will have a more competitive feel (masters) on Tues/Thurs. Registrants will be permitted to purchase a "swim conditioning" punch card which will allow access to the space and lanes available on the off days of their program of choice. Activity Cards will be available at the time of Registration, or can be purchased throughout the season at Aviator pool.

Stapleton Residents may register on-line beginning March 1st. For additional information and questions please email pools@stapletoncommunity.com or visit the MCA web site for programs fees and start dates. All aquatic programs are scheduled to open to the public March 15th.

Park Improvement Requests

If you have any suggestions or ideas for improvements to our community parks, please visit our website at www.stapletoncommunity.com and under Community News on the home page, go to the Community Parks Improvement Request to submit the online form.

Diane Deeter
Director of
Programming and Events

Sponsored by Stapleton MCA

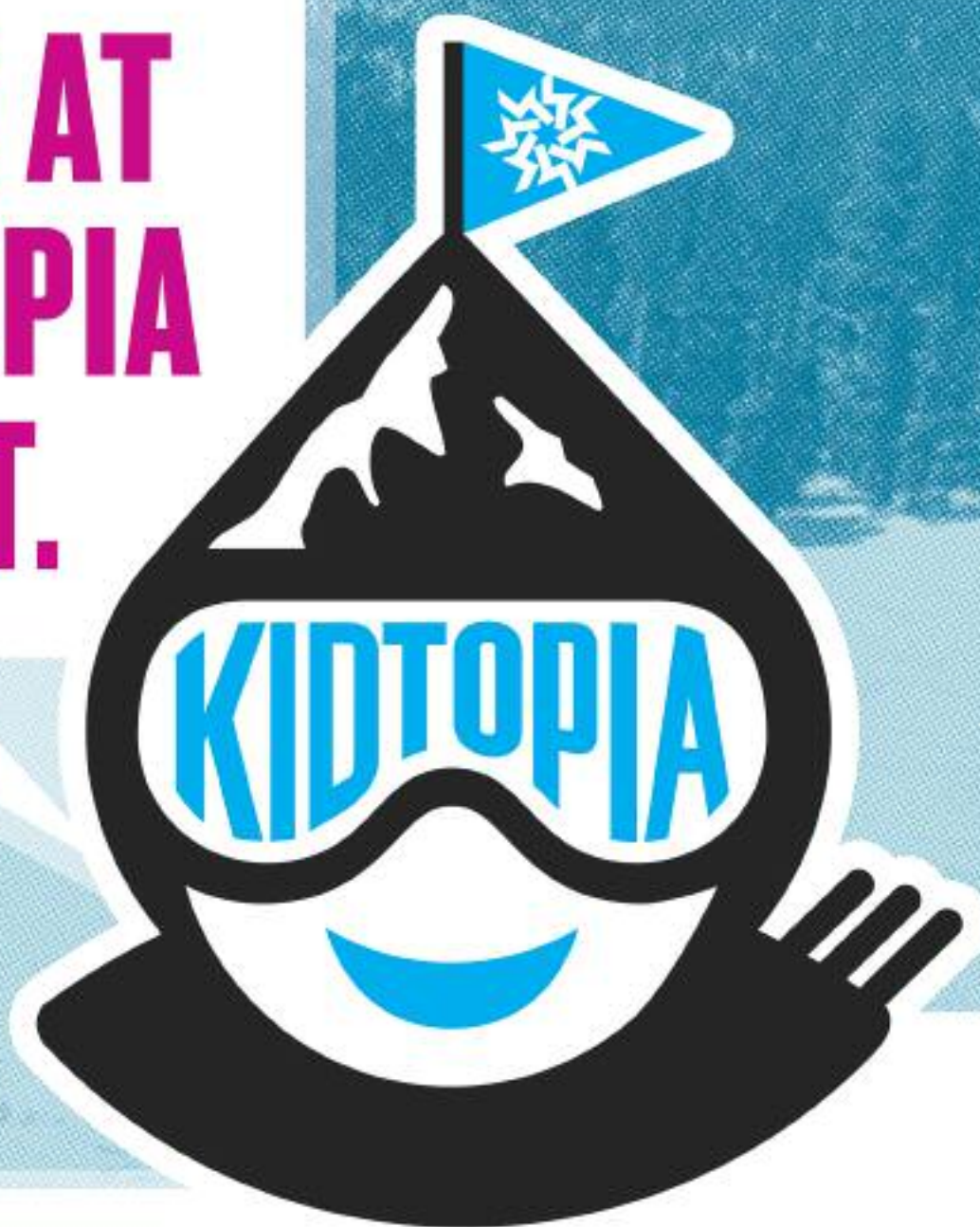
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Front Porch

www.FrontPorchStapleton.com

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Local Students Raise Funds for Haiti



Mrs. Moore's 2nd grade class at Bill Roberts school has been learning about Haiti and organized a bake sale to raise funds for the earthquake victims. The class raised over \$1,700 in a 4-day period. Some of the parents are looking for a local organization to donate the money to, in hopes that the students can maintain an ongoing relationship with that organization.

From left, 2nd grade students Tucker Knop, Alexis Mitzner and Sophia Worth sell baked goods.

By Carol Roberts

Members of the community were asked to dream big and imagine everything they want in their new Stapleton library, scheduled to open late in 2011. On January 14, a team from OZ Architecture met with the community and encouraged creative thinking. Participants watched a slide show that offered a wide variety of interior and exterior building styles and listened to the design team talk about the many possible options to consider.

Should the exterior style of the building be modern? Or perhaps more traditional? Should it have curves and be really unusual? How might it take advantage of natural light? Where should the public art be?

The interior of modern libraries are high energy places with many uses. Study rooms, meeting places, spaces for the teens. Some have cafes.

Today's libraries are high tech. Book returns have conveyor belts that sort the books in the appropriate bins for reshelving. Self check-out and computer stations throughout the facility require complex wiring. Some have video and animation centers. Some libraries have clear panels to show the inner workings that are usually hidden behind the walls.

The building will be a LEED Silver certified building, with sustainability an integral part of the plan. Maybe it will use solar and/or wind power and have energy monitors in the building that can be used to teach about renewable power.

The library will be a single story building located at the intersection of 29th Drive and Roslyn Street, just to the north of the East 29th Avenue Town Center. A shared parking agreement will ensure that the library has sufficient dedicated parking, as well as access to all parking adjacent to the Town Center.

The design will be completed in the late summer of 2010. The construction start date will be approximately October, 2010, with completion by the fall of 2011. Denver Public Library will need a couple of months to move into the new facility, and the anticipated grand opening will be in late 2011.

Armed with the basics and some ideas for inspiration, the participants became the stars of the show. People wrote on sticky notes, sharing their ideas about building character, site opportunities, interior character and amenities, sustainability and technology, and then posted them on big sheets of posterboard mounted on the wall.



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Imagine the Library of Your Dreams—and Put it on a Sticky Note



1



2



3



4

The next step was to meet in groups and share ideas with each other and a member of the Oz team. Following those discussions, a spokesperson from each group presented a summary of their ideas.

Building Character:

Nouveau-traditional, varied elevations (not boxy), transparent (lots of windows), traditional materials such as brick and stone, strong indoor/outdoor relationship, integral sustainable elements, welcoming, unique, neighborhood beacon, protected outdoor space/porch at entry

Site:

Primary entry west facing off parking lot and secondary entry off Roslyn, L-shaped building to maximize site configuration, visibility and good interaction between the building and ex-

terior, safety for kids and pedestrians, green roof, outdoor reading on patio or in courtyard, softscaped outdoor area, shade, secure bike and stroller parking, Wi-Fi access outside

Interior Environment:

Inviting and cozy, homey, build sense of community, dynamic, flexible, movable furniture, convertible to allow the library to change, variety of meeting spaces for groups of 5, 10

and 50+, transitional style (not traditional or too modern), separation of ages and activities, noise containment, interactive/educational. There was a lack of consensus over whether a vending area or coffee shop/café was desirable within the library.

Sustainability:

Efficient, net zero if possible, under floor mechanical electrical and technol-

**Stapleton Library
2nd Community Meeting
Wednesday,
February 10, 6:30pm
Bill Roberts School cafeteria**

OZ Architecture will present proposed options for the site development and building floor plans for community review and comment. These plans are being developed based on the guidance and vision given to the project team by the community.

ogy system, maximize solar panels and day lighting, provide comprehensive HVAC system, water conscious design and landscaping, hands-on, educational with on site system tracking, interactive elements, accessible, healthy building using sustainable products, composting, light shelves, task lighting

Technology:

Apps, genius bar, self service, e-books, RFID technology, interactive, multiplatform, exploit mobile technology and provide Wi-Fi and power for personal lap top use, accessibility 24/7 with pickup and drop off kiosks for books, tech library to check out equipment (e.g. projectors, cameras, video camera's), expand CARL-academic journals, provide technology training for use in low tech meeting spaces, dedicated technology for gaming, music stations, research, and distributed appropriately

Cost and site limitations will surely raise their heads at a later point in the process, but at this stage it's all about getting ideas on the table. Those who missed the first meeting can email ideas to webmaster@denverlibrary.org.

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(continued from p.1) there are currently 19,000 people on the registry and probably another 19,000 to be processed since they are four months behind. It is believed that by the time a law is passed there will be 60,000 people on the registry. Some people believe the 2,000 who were on the registry a year ago represent the true number who belong. Others believe that number was artificially low since many people did not want to be on a registry that left them subject to federal prosecution, though some clearly got on the registry who don't belong there.

Romer described two upcoming bills. The first is to establish that there must be a bona fide doctor-patient relationship in order to get a medical marijuana card. He told of an undercover group who went into a dispensary with an earache and within five minutes got a card. The bill will not allow doctors who are paid to write authorizations for medical marijuana to be at dispensaries. "That bill is the minimum we can get through the legislature unless we get some compromise."

"Compromise," here, refers to the definition of a caregiver and how many patients a caregiver can grow marijuana for, both of which are the subjects of the second bill. According to Romer, law enforcement currently favors a requirement that caregivers can grow medicinal quality marijuana for only five people. He points out that there are

CORRECTION: The correct legal name of the owner of Unit # 103, 2373 Central Park Blvd in the January article about the medical marijuana dispensary should have been listed as Margo Toms.



Upper left: State Senator Chris Romer educated attendees about upcoming state legislation. Upper right: Councilman Michael Hancock responds to a question. Above: Trish Fisher, parent of two DSST students, questions Sen. Romer.

60,000 people on the registry. That would be 12,000 grow operations, which would be an average of four per precinct, or 20 in Stapleton. Romer says there is no way to provide quality control of 12,000 growers, so sick patients may end up getting marijuana contaminated with pesticide and mold.

Romer favors going to a clinic model like Rhode Island, Maine and New Mexico have done, which is to serve demand, rather than the dispensary model, which is to generate demand. He thinks the Colorado Medical Society needs to change marijuana from a Schedule One drug (drugs not available by prescription) to a Schedule Two drug (available by prescription). Romer believes that at this time, the position of law enforcement would preclude passing a law based on a clinic model.

Finally, Romer says, legislatures typically don't step on the local control of cities, though they did it with smoking and liquor stores. "We are capable of stepping in and saying, '1000 feet, no grandfather (provision).'" But he stated City

Council knows better how to handle zoning issues.

Councilman Hancock pointed out that he is aware that other dispensary businesses have been looking at Stapleton, and the challenge will be to find the balance between patients' rights to access their medicine and the community saying, "We need a balance of regulation and safety."

Councilwoman Boigon added, after studying the situation in California, that Denver City Council could have done a few more things to make its Medical Marijuana Ordinance a better fit with neighborhoods, children and families. There wasn't support for those changes at the time the bill was passed, but if problems aren't managed through the licensing rules, City Council can look at those issues again.

Denver Police Sgt. Rick Stern with the narcotics team for NE Denver stated that of the 17,000 doctors in Colorado, 15 have written 76% of the prescriptions. He believes it's imperative to tighten up the legal definition of "significant pain" as the basis for writing prescriptions for medical marijuana.

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4 2964 Elmira St. - \$449,900

5 2326 Akron St. - \$399,900

6 New Listing! 7728 E. 25th Ave. - \$349,900

7 New Listing! 10246 E. 31st Ave. - \$314,900

8 New Listing! 2252 Valentia St. - \$227,000

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Very few studies support the use of smoked medical marijuana.” He also said, “Marijuana can be extremely harmful for adolescents. The adolescent brain is not fully mature yet and so adolescents are very vulnerable to becoming addicted to marijuana... I think what we have here is a back door way to legalize marijuana.”

Bob Homiak, President of Greater Park Hill Community, Inc. said, “We really question the whole dispensary model. I’m gratified to

hear Sen. Romer talk about a clinical model. We thought the 1000 foot limitations in the bill should be expanded to libraries, public parks, rec centers.”

The immediate issue of a dispensary close to a school in Stapleton appears to have gone away, at least for now (see box on page 1), but the state is left with many thorny issues to resolve. The message to the community is, contact your elected representatives and let them know where you stand on these issues.

**Christie Gosch provides layout and design services to the Front Porch as an independent contractor.*

Trish Fisher, parent of two DSST students, pressed Sen. Romer on the issue of removing the grandfather clause that would allow a dispensary closer than 1000 feet to a school. “What steps can we as parents do to ensure that this occurs at the state legislature, right now?” Sen. Romer replied that the legislature needs to balance everyone’s rights, but said she can ask her state senator if he would propose an amendment on that issue.

Psychiatrist Christian Thurstone, medical director of an adolescent substance abuse treatment program, stated, “The science is very shaky right now.

Psychiatrist Christian Thurstone stated it is fairly easy for youth to illegally obtain medical marijuana prescriptions and raised the question of whether it could be dispensed through school nurses.



Destination: Success



Meet Megan, a 2009 graduate of the College of Business. Megan earned her bachelor’s degree in marketing and through our experiential education program, was hired as an intern with the Vail Valley Foundation. Working on substantial projects like the American Ski Classic and the Teva Mountain Games, Megan gained real world experience that other college students only dream about.

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David Suppes speaking at Stapleton in Nov. 09.

By David Suppes, Chief Operating Officer, DPS

The DPS Board of Education voted unanimously on November 30, 2009, to support efforts to fund and construct the third school in cooperation with

3rd School De Plans on Track

Forest City, the City of Denver and DURA. The timeline for development and construction will allow the 3rd school to open for the 2011-12 school year and the project is proceeding according to schedule. The design/build contractor, GE Johnson/Anderson Mason Dale Architects, was approved by the DPS Board of Education on January 21, 2010.

DPS staff and appropriate agencies have been conducting necessary site assessments on the land (located at 35th

Rec Center Expected to Open December



View of Main Entrance

Shown above is the current rendering of the Central Park Recreation Center at Stapleton. Construction is on schedule and the building is expected to be substantially complete by Thanksgiving 2010.

The City of Denver's Department of Parks and Recreation expects to commence operations in December of this year. The building will begin to take shape starting mid-March when struc-

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sign/Construction for 2011-12 Opening

Community Update on The Design and Construction Of the 3rd Stapleton School
 Thursday, Feb. 4, Westerly Creek School, 7-8pm
 (Details of the Jan. 12 meeting about Stapleton's 3rd school are posted at StapletonUnitedNeighbors.com -> Education -> Meetings & Minutes)

and Syracuse) provided by Forest City. The site has passed all initial environmental tests. Absent any requested

changes (from the Staple-ton Zoning board or For-est City) or problematic results with the final test-ing, we will be moving forward with this site.

Design and site prepa-ration have begun, allow-ing for ground breaking and construction to begin in late spring/early sum-mer 2010. Approximately fourteen months later, in August 2011, we antici-pate the school opening for students. Market con-ditions are outstanding for competitively bidding projects of this size and scale, allowing us to build a high quality school on schedule while maximiz-ing the value to taxpayers.

The district will initi-ate the principal hiring process in early February. As described in the Janu-ary 12th community meeting, this process will follow district standards (including local and na-

tional recruitment and com-munity input) and will result in a starting date of July 1, 2010, for the new leader. This will allow the principal to lead the year-long plan-ning process prior to open-ing the school in August 2011. The development of the school program will commence later in the spring (hopefully including the par-ticipation of the selected leader to the extent feasible) and will include community participation. The building is being constructed to serve students in grades ECE to 8, but no final decisions have



After the January 12 meeting, Janice Moloc posts her thoughts on the pros and cons of one of the five options developed by the Joint Planning Committee for the possible configuration of the three schools. (The five options are posted on the SUN website listed above with the meeting announcement.)

been made on the opening con-figuration or the ultimate pro-grammatic use of the space. Those interested in being a part of the initial group when the 3rd Stapleton school opens in 2011-12 need to express that interest to the district. Bill Roberts and Westerly Creek have distributed interest surveys to all current students. If you are not a current parent at either of these schools, an interest form is available on the SUN website at <http://sites.google.com/site/sunwebsite1/education> or for school questions/comments please email: Stapletonschools@yahoo.com

er 2010



tural steel erection is scheduled to get under-way. The building is on track to attain LEED Gold Certification.

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By Wallace Yvonne Tollette

In recognition of Black History month, an article about the nearby Five Points neighborhood and its place in Denver's history seems appropriate. Much has been written about the area, which is one of Denver's early, fairly large, and for many years, segregated black neighborhoods developed outside the original boundaries of the congressional land grant awarded to Denver in 1864.

It has been said that the name "Five Points" came into popular usage in 1881 to denote the intersection where Welton Street, 27th Street, Washington Street, and East 26th Avenue form a five-pointed intersection. (1) Residents initially disliked the name Five Points because it evoked New York City's notoriously violent slum. However, when the Stout Street Herdic Coach Line introduced the name Five Points because there was not enough space on their cars to properly identify the intersection, the name caught on.

Denver's small African American community grew steadily during the 19th century. However, city directories continued to identify residents as "col'd" (colored) through the early 1920s. Black children in Denver had no organized educational facilities until Lewis Douglass, a funeral parlor owner, established a night school for blacks. He began a campaign to integrate the public schools and was part of a group that convinced the school board to at least provide separate facilities for African

Americans. Starting in 1866, classes for black students were held at the African Baptist Church at 21st and Arapahoe until the Denver Public Schools were desegregated in 1873.

The arrival of the railroads in 1870 stimulated industrial expansion within the neighborhood. The City Directory's listing of the occupations of Denver blacks in 1893 shows the railroad's impact, with 354 listings for porters. The most frequent other jobs listed at that time were laborers (351), waiters (112) and janitors (111).

One social impact caused by the railroads was the creation of a segregated housing area for African American laborers. When large numbers of black workers, mostly freed slaves from Georgia, were imported by the railroads in the 1870s to lay track, most whites would not rent to them and the workers lacked funds to purchase homes. The railroads created "a segregated district of their own at the foot of Twenty-Second Street, commonly known as the Deep South." (2)

As the population grew, African Americans began to establish businesses that supported the community. Sarah Breedlove, better known as Madam C.J. Walker, established a beauty parlor in Denver in the early part of the twentieth century and became a millionaire creating hair care products for black women. Other entrepreneurs

ran stores, restaurants, pharmacies and a myriad other businesses, and African Americans began to establish their own financial institutions in the early twentieth century. Five Points also became the base of operations for many black professionals. And, the Casino Cabaret hosted numerous big-time, black, show-business names.

What is the current state of business and cultural life in Five Points? Perhaps it is not as vibrant as it once was, but it is vibrant nonetheless. In May of this year, the production of the 7th annual Five Points jazz festival will be held. In June, to honor the date the slaves learned they had been freed, June 19, 1865, Five Points will host the annual June-teenth celebration. Recently, a Five Points Business Development Office was established, the focus of which will be to provide leadership and coordination of business development for the District which extends from 20th Street to Downing. It will also promote the District as a destination for arts, culture and entertainment, showcasing African American history and the rich jazz heritage of Five Points. New housing at 26th and Welton, anchored by the Blackberries Coffee Shop and the Crossroads Theatre (recently taken over by Theatres and Arenas, City and County of Denver), is just a short distance from downtown Denver.

An article in the Denver Post on March 29, 2009 by Burt Hubbard stated, "In Denver's Five Points area, real estate broker Rebekah Brock

watches the start of a wave of white families moving into the traditionally majority black neighborhood...' and 'I blow people away when I talk to groups and I ask them to point to a physical black community in Denver today,' said Denver City Councilman Michael Hancock. 'It doesn't exist.'"

However, I think an interesting new phenomenon is developing: I have observed a growing conflict between older white people and younger whites. I've seen older whites reacting negatively toward young whites who have the nose rings and other accoutrements that have traditionally been associated with black youth. However, the youth, both black and white, seem to be more receptive to lifestyle changes and the mix of people, particularly along the 16th Street Mall. Older whites seem to have a problem adjusting and are not as tolerant of race mixing. This writer will be watching closely to see how that rolls out since it is so commonplace now to see young blacks and whites interact positively, strolling along together dressed as "funky" as young people can do.

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

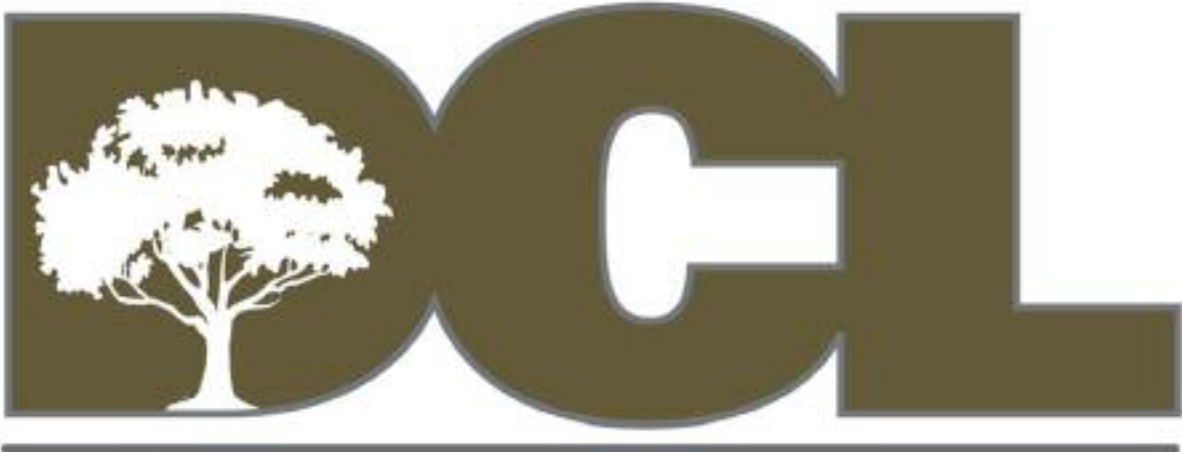
(1) – Phil Goodstein, The Many Faces of Five Points (1985); and Dr. Charles O. Brantigan, editor, 1893 Denver City Directory (1992).
(2) – Forbes Parkhill, Mister Barney Ford: A Portrait in Bistre (biography), Sage Books, 1963.
(3) – Burt Hubbard, "Denver gets whiter; suburbs more diverse," Denver Post, March 29, 2009

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Black History Month Is American History Month

By Nancy Burkhart

Landri Taylor has lived in Denver for 30 years, and during that time he has been a mover and shaker in Democratic Party politics, an executive with Forest City Stapleton, Inc. and one of the guiding lights in the African-American community.

Taylor has been president and CEO of the Urban League of Metropolitan Denver since last May, soon after he was laid off from his position as vice president of community affairs with Forest City Stapleton, Inc.

He went to the Urban League at a time when funding and direction were shaky at the organization whose “mission is to help African Americans and other residents of metro Denver attain social and economic equality and self-reliance.” Today, nearly a year later, things are looking up at the Urban League.

“The current status of the Urban League is very, very good, and it has a strong future,” Taylor said.

He credits the strong conviction of the black community with making a difference.

“It adds to the community. It adds a sense of strength, love and purpose in terms of what the black community has and what we need and how we get there,” Taylor said. “Typically, it’s been an area of civil rights and human rights for all people—fairness in housing, education and jobs.”

February is designated as Black History Month—Taylor noted that its real meaning is American History Month, and he cited the advancements that have been made.

“In 1910, when the Urban League began, there weren’t government agencies to help people find housing and assist people,” he said. “There weren’t nonprofits to help people on that tier of the socioeconomic level. In 1910, we lived in a segregated soci-



Landri Taylor, CEO of The Urban League, meets with Summer Averhart, program coordinator of the NULITES Center at Montbello High School. A variety of community, faith-based, business and civic organizations mentor and tutor students with the goal of helping them become lifelong learners. Behind them Charles Robertson, a consultant to the NULITES program, talks with students.

ety and people couldn’t go anywhere to get clothes cleaned. People needed to know where to go to get shoes shined, clothes cleaned and eat in a restaurant where no signs said ‘Whites only.’

“This country has evolved where those aren’t the types of issues that African Americans have to face,” he added. “The Urban League has evolved to a place where we’re addressing the same kinds of issues, but in a different way today.

“There has been great progress in the local community,” he said. “We live in a society where there is great progress in religious diversity in people elected to office, and there is ethnic diversity. At the local city council level, school boards and commissions like the libraries or water boards, look at who sits on those boards and you see that it represents society in the Denver metropolitan area. There are people of color and women, and we find that they’re a great help. I’m very proud to say that progress has been made here. We probably are well ahead of most metropolitan communities in the United States.

our area looked 80 years ago.”

The community may show great progress, but there is more to come, according to Taylor.

“We recognize that we can be greater than we are today,” he said. “Our goal is to eliminate the achievement gap. We realize that is a high, high goal, but we believe you have to set high goals so that people will see what they are striving for. We believe that it’s much more fun to work on the impossible. It’s possible to achieve the impossible.

“Today 48 percent of minority kids don’t graduate from Denver Public Schools. It will change because the Urban League is going to make it change. It is not acceptable. We aren’t going to take 40 years to do it. We know that once we establish the high expectation of eliminating the achievement gap in our public schools, that will set off a wildfire of people jumping on the bandwagon. That’s where the Urban League comes into play.”

Taylor had some advice for black youth who have personal goals in life.

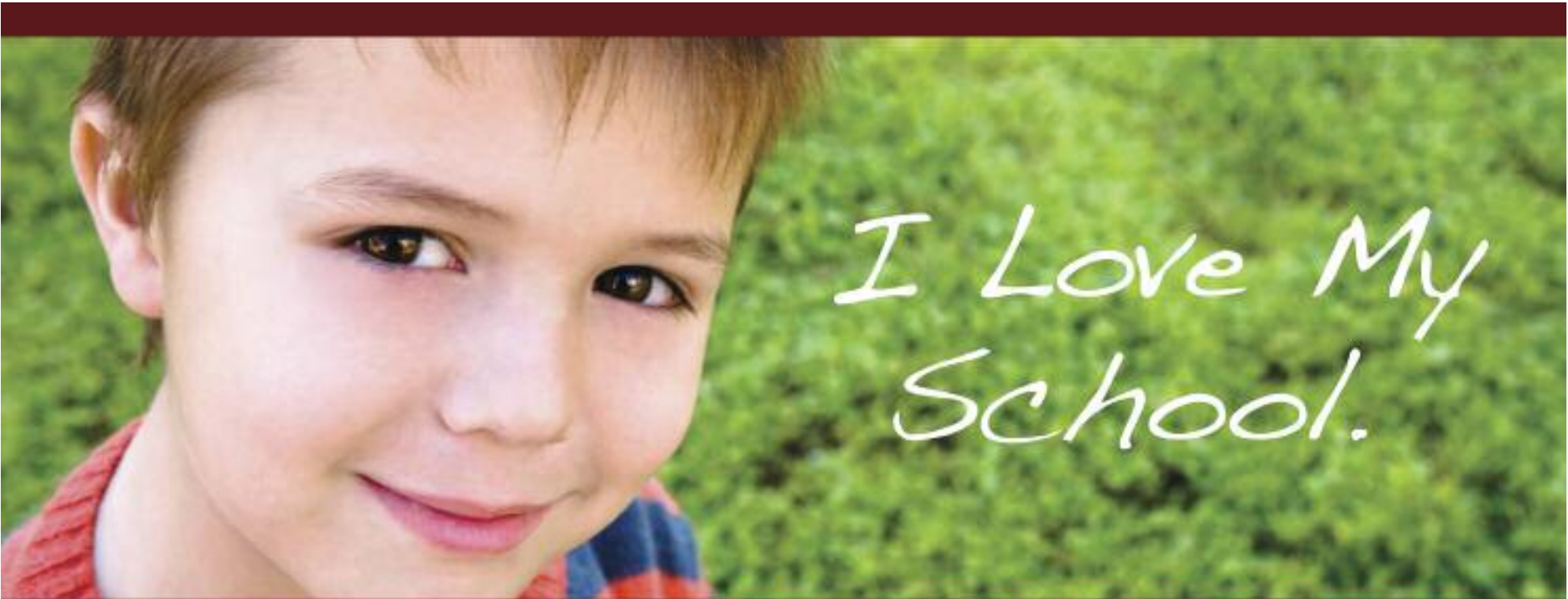
“Love yourself because in loving yourself you realize your own potential,” he said. “Love others because I truly believe the foundation of progress, of advancement, boils down to love. When people love themselves and others, it makes it easier to overcome the challenges in our community—guns, not being educated, dropping out of school, not seeking advancement—whether it’s job advancement or advancement in the community.”



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uncover the genius

By Nancy Burkhardt

Today, doing business from the confines of your home no longer means having to go it alone with no one to bounce ideas or questions off of when they arise. The 1st Wednesdays group meets once a month to bring together people who are going it alone.

"We're trying to make it a better networking and resource group," says Tammy Brislin, a Stapleton resident who has been scheduling the group.

There are no dues. Meeting notices go out in emails, and suggestions are welcome for topics to be discussed that will address up-to-the-minute marketing strategies. Attendees are welcome to bring information about their businesses to share with the group.

"We've talked about Twitter and Facebook," Brislin said. "We're trying to bring topics to lunch that will help people who are working at home."

"We're creating some sort of directory of people who are working at home," she said. "We have graphic artists, mortgage companies, attorneys—I'd like to have a resource for people in the community to use if they want something local. Our goal over the next three months is to figure out how we can create this resource."

1st Wednesdays attendees currently are Stapleton residents. The group is expanding

Business at Home Doesn't Mean Being Alone



Mike and Tammy Brislin meet with Justin Ross at Oblio's Restaurant in Park Hill to plan next month's 1st Wednesdays gathering, which will be held at Oblio's Pizzeria in Park Hill.

into Park Hill and northeast Denver neighborhoods to develop a more collaborative group, and will be alternating between lunch meetings and Happy Hours.

"We can help each other out," Brislin said. "It's good networking. People in the same situation can ask questions of each

other. We can sit around a table and talk and ask questions about all these new out-

lets to advertise ourselves. We can talk about how to get new business in the community."

For information

about 1st Wednesdays, email Tammy Brislin at tbrislin@gmail.com.

The February meeting will be from 4:30 - 5:30pm on February 3 at Oblio's Pizzeria and bar, 6115 East 22nd Ave.

Political "Views

What was your reaction to Gov. Ritter's decision to not run for a second term?

Hancock: Governor Ritter's decision not to run was a total surprise to me, as it was to everyone else. The long hours, fish bowl life style, and challenging issues take their toll, not only on the office holder but on the family as well. As I contemplate the next opportunity in my public service career I have discovered my kids at ages 18, 14 and 11 are fully aware of the stress of the job and internalize most of it. It is both a disappointment that Governor Ritter is not running and an opportunity for the Democratic Party to showcase its deep

bench. The rest of Colorado is about to find out why Denver has been so excited and supportive of John Hickenlooper for over 7 years.

Johnston: I was certainly surprised by the announcement and disappointed, I think Ritter is a fantastic human being and a great public servant. Bill and Jeannie have always been strong



Michael Hancock, District 11 City Councilman, represents Stapleton, some of Park Hill, and farther NE Denver.

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on the Street”

role models for Courtney and me on how to balance public life and private life—and this decision just showed the depth of his commitment to maintaining that balance.

Carroll: Knowing how intensely personal that decision was, I respect his judgment.

Downey: Like most people, I was sad at first, then I was happy for him and his family. It also frees him up this legislative session to focus on the budget without worrying about the implications on his reelection. The crisis is deeper than most people realize, and it will only get worse after the federal stimulus ends next year.

Assuming Hickenlooper is the Democratic nominee for governor, what do you think are his chances to win?

Hancock: John Hickenlooper will be the next governor of Colorado! Though it will be an uphill battle the entire way, I trust his acumen as leader, public servant, businessman and campaigner will place him head and shoulders above the Republican nominee. He is smart, instinctive and, believe me when I say this, having served with him for seven years; Hickenlooper would not have chosen to pursue the office if he did not have a plan for Colorado. I believe you will hear innovative and exciting ideas about creating jobs, expanding on Ritter’s superb leadership on making Colorado the national leader in the New Energy Economy, and strategies for revolutionizing Colorado’s education system.

Johnston: I think Hickenlooper will be a great candidate, he is just the kind of independent-minded problem solver that appeals to the Colorado spirit. He has maintained one of the highest approval ratings of any politician in the country for a reason—he has a great vision, he builds great partnerships and he gets things done.

Carroll: I am confident that Mayor Hickenlooper’s experience and success as a business revolutionary and a pragmatic leader will push him to a convincing victory and the best choice for Colorado.



Mayor John Hickenlooper hugs his wife, Helen Thorpe, after announcing he will run for governor, creating speculation about what will happen in the mayor’s race.

If Hickenlooper becomes governor, what do you think will happen in the mayor’s race?

Hancock: First, there will be plenty of talented people running. Denver has many passionate and committed leaders from various sectors.

Johnston: The mayor’s race will be wide open—there are a number of very qualified candidates and I’m sure it will be the strongest field of candidates Denver has ever seen for a mayoral race.

Carroll: There will be an election, and someone will be elected.

Downey: I think it depends on the kind of election. Mayor Hickenlooper has said that he won’t step down, which means that it would be a regular City election in May. If no candidate receives more than 50%, then a run-off would be held between the top two vote-getters in June. If he were to step down early, there would be a special election with the highest vote-getter becoming mayor with no run-off. If it is a special election, any City Council member could run

without jeopardizing their Council seats. A special election would also be a sprint, rather than a marathon, so fundraising would be less important. All of this would lead many more candidates running in a special election than a regular election, meaning someone could win with a small plurality of 20% of the vote.



Terrance Carroll, Speaker of the House of Representatives, represents Stapleton and parts of Park Hill, Montclair and East Colfax as well as farther NE areas (District 7).

represents Denver’s best opportunity for modeling progress as well. Many of my constituents have heard me say, “Northeast Denver and far

What might these changes mean for NE Denver and Stapleton?

Hancock: The next mayor will be challenged to find that hook that inspires the people of Denver to believe that progress will be gained. Northeast Denver and Stapleton represent a microcosm of the issues facing the City: Job creation, creation of high performing schools, sensible economic development, sustaining affordable and quality housing, and fortifying neighborhood pride and investment. Our area of Denver also

northeast Denver represent the best opportunity for economic investment and expansion in Denver.” With DIA, the fifth busiest airport in the nation and the tenth busiest in the world as the economic engine, our area of Denver will grow and continue to produce more jobs than any area of the metropolitan region. Today, DIA generates over \$22 billion in economic impact and sustains over 30,000 direct and indirect jobs, and growing. In addition, if marketed and planned properly, DIA should be the tool that jettisons Denver back to the global economic stage, attracting investment and jobs from overseas. This will help to stabilize the housing market, schools and neighborhoods. The next administration must commit to northeast Denver’s efforts to innovate and develop sustainable centers of educational excellence. This is a

critical piece of the global economic revolution. Ultimately, all this political maneuvering will benefit northeast Denver and Stapleton.

Johnston: I think there’s a good chance that NE Denver will have one of their elected officials in the mayor’s race. Michael Hancock is one of the best public servants you’ll ever meet—so I know there will be lots of people pushing him to run!

Carroll: All things must eventually change. I don’t see anything drastic or negative in my crystal ball. I think that residents of my district are savvy and strong people, and they make this community flexible and resilient. I am also convinced that any new leadership locally, up to the state level will do their Colorado best to improve the lives of all those they serve.

Downey: It depends on who wins.



Tom Downey is a Stapleton resident. He ran the Gore presidential campaign in Colorado in 2000.

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Lowry mom a nationally-known psychic
Departed Loved Ones Can Lend Advice

By Nancy Burkhart

Loved ones who have passed into another world often can help you through your earth-life trials with advice offered through meditation or psychic mediums like Rebecca Rosen.

The 33-year-old Lowry resident connects with people who have died, spirit guides and angels who relay messages through her. She was 20 years old and an advertising major at the University of Florida when her paternal grandmother, who died when Rosen was 11, helped her through a depression.

“She started writing through my hand,” Rosen said. “An hour later I had all this channeled information. I called my dad and he was floored because there were certain things that he had told nobody. He said I had spoken to his mother.”

At one point, Rosen’s grandmother told her about the soul mate she would meet, including his name and birth date, and lo and behold, she met and married Bryan Rosen. Today they have two boys, Jakob, 5, and Sam, 11 months old.

While Rosen was having difficulty finding a job in advertising after graduation, her grandmother advised her to use her talents as a psychic medium to help other people through their difficulties.

Rosen has appeared on Entertainment Tonight and The Rachael Ray Show. On February 2,

ABC’s Nightline will feature her and her family.

Rosen also has a new book, SPIRITED: Connect to Guides All Around You, on sale in local bookstores and on Amazon.com. She will do a book signing at 7:30pm on February 8 at the Tattered Cover, 9315 Dorchester St., in Highlands Ranch, and at 7pm, February 22 at Barnes & Noble, 8136 W. Bowles Ave., in Littleton.

She wrote the book because as she gave psychic readings to clients, she learned that people would want more and more readings.

“That’s not good,” Rosen said. “It’s disempowering. I only see people once or twice a year. I wanted people to start finding their own answers and truth.

“The dead come in because they see their living loved ones stuck and unhappy. They give guidance. They’re self-help experts because they can tap in and see what’s holding us back, what’s



Rebecca Rosen at her Cherry Creek office.

ment your guides are on at that time of your life. Guardian angels are permanent. A guardian angel is a higher spiritual being that guides, comforts and protects a living person. We all have at least one or two. They are with us from birth until death.”

Rosen cautions against accepting advice from a dead loved one that you didn’t trust when they were alive.

“They are able to advise us, but take what they say with a grain of salt,” she said.

The book is geared for any level, according to Rosen.

“If nothing else, it’s to learn how to breathe and be present and meditate,” she explained. “It’s for people to get out of their head, quiet their mind and be more still. I do not think everybody is meant to be a psychic medium. While we can all do this for ourselves, we can’t do it for other people.”


Rosen also does readings with audiences. The people with the strongest need to hear from their dead loved ones will be read. She gives validation (specific information) so that the people getting a reading will know who is talking to Rosen. There will be A “Spirited” Evening with Rebecca Rosen at 7pm on Wednesday, February 24 at the Denver Marriot Tech Center, 4900 S. Syracuse St. Advance tickets purchased before February 17 will cost \$49. Tickets will be \$60 at the door.

For more information about Rebecca Rosen, her book and A “Spirited” Evening with Rebecca Rosen, go to: www.rebeccarosen.com.

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February 2010

14

Stapleton Front Porch

New at Northfield

Bookstore Location Changes From Books to Beer

As Borders is preparing to close their Stapleton store, a new and vastly different use is being planned for that space. Music superstar Toby Keith will open his restaurant and entertainment venue, Toby Keith's I love This Bar and Grill, in that location this summer.

Named after Keith's hit single "I Love This Bar," the 22,000 square-foot restaurant will seat 650 and serve as an enter-

Photos from one of Toby Keith's I Love This Bar locations (courtesy of Toby Keith).



tainment venue featuring live music and dancing. It will have 50 HDTV monitors for viewing sporting events, "Toby," a mechanical bull; and home-cooked Southern style fare from pulled-pork sandwiches and meatloaf to southern fried Twinkies.

The centerpiece of the restaurant will be an 85-foot guitar-shaped bar. It will also feature two VIP rooms, an exclusive private dining room available for rental, an



outdoor patio and a gift shop. Keith's seventh restaurant, and his first in Colorado, is expected to provide jobs for 200.

"Northfield Stapleton is working to be pro-active in a retail environment that is always changing," said Diana Fiore, director of marketing for The Shops at Northfield Stapleton. "We think Northfield's partnership with Toby Keith's I Love This Bar and Grill offers the community an exciting new concept in dining and entertainment."

Toby Keith has been among the top musical performers in any genre throughout this decade. Forbes named him the Top Earning Male Musician of 2008. His business ventures include

restaurants, movies, a clothing line and his own record label, Show Dog Nashville. His tours are among the top-drawing concerts and he has had 25 number one singles.

2010 Summer Camp Guide for Kids in NE Denver

The March issue of the Front Porch will include the annual Summer Camp Guide. Please submit camp information by Feb. 15 to FrontPorch2@gmail.com, formatted as follows:

Name of camp, ages, dates, cost, one-sentence description, contact information, address.

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Denver Montclair International School
To learn more call 303-340-DMIS (3647)
or visit www.dmischool.com
206 Red Cross Way in Lowry, Denver, CO 80230

Photo by EricBakken.com

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ADULT CLASSES AND SEMINARS

2/12 Friday and 2/13 Saturday- Discover Daniels Weekend. Learn more about MBA and MS degrees at the Daniels College of Business.. 5:30pm Friday; 8:30am Saturday. Shannon Banks at 303.871.4212 or <http://www.daniels.du.edu/newsevents/events/admission/index.html>.

2/27 Saturday- Thinking Outside the Classroom, "Connecting Creativity to Curriculum." A professional development mini-conference for educators. 8:30am or 11:30am. \$110 before Feb. 5; \$140 after. PPA Event Center, 2105 Decatur St, Denver. www.thinkingoutsideclassroom.com.

Colorado Free University. Details at www.freeu.com or 303.399.0093.

Classes held near 1st and Quebec. Feb. classes include:

- 2/6 Saturday- Strategies for Better Business Writing;
- 2/6 Saturday- Mega-Profits from the Commodities Super-Boom
- 2/10 Wednesday- Everything You Wanted to Know About Blogging
- 2/20 Saturday- Is Anyone Listening to Me? Solving Communication Problems in Relationships
- 2/25 Thursday- Cooking for Your Dog; Food Not Feed

DENVER EVENTS

2/13 Saturday and 2/14 Sunday- Bourbon Street Brass: Carnival! Rhythmic magic of everything Cajun and Latin—from blues to Dixieland, calypso and mambo with the Denver Brass. Newman Center for the Performing Arts, University of Denver. Tickets \$43–\$22, 303.832.HORN or www.denverbrass.org.

2/14 Sunday- Hearts of All Ages: University of Colorado Cancer Center Fundraiser. Fun for the whole family. 4:30–8:00pm. Wings Over the Rockies Air and Space Museum. www.uch.edu/heartsofallages

2/13 Saturday through 2/21 Sunday- Colorado Garden and Home Show. Colorado Convention Center, Downtown Denver. 1300 booths on landscaping, patio and outdoor projects for spring. www.gardeningcolorado.com or 303.932.8100.

2/20 Saturday through Friday 3/05- Denver Restaurant Week 2010. More than 200 restaurants offer multi-course meals for the mile high price of \$52.80 for two; tax and tip not included. www.denverrestaurantweek.com

HEALTH AND WELLNESS

2/09 Tuesday- Herbs and Essential Oils for the Immune System. Learn to boost your immune system naturally, make delicious syrup, hand cleaner and immune-nourishing smelling salts. 6:30–8:30pm. \$39 member; \$44 nonmember. Denver Botanic Gardens, 1005 York St. www.botanicgardens.org

2/20 Saturday- Aromatherapy Basics and Beyond. Learn aromatherapy history, use and safety, blending and recipes. Take home products. Noon–2pm. \$49 member; \$56 nonmember. Denver Botanic Gardens, 1005 York St. www.botanicgardens.org

2/21, Sunday- Car Seat Safety Check. Noon–2pm. FREE. Stapleton Women's Center, 2975 Roslyn, Ste 140, Stapleton. 303.320.2578.

2/27 Saturday- All Natural Skin Care. Learn to make your own natural creams, masques and more. 11am. \$54 member, \$61 nonmember. Denver Botanic Gardens, 1005 York St. www.botanicgardens.org for addl info.

KIDS AND FAMILIES

2/05 Friday and 2/06 Saturday- Disney Live! Rockin' Road Show! Classic Disney characters in a brand-new. Wells Fargo Theater at the Denver Convention Center. \$15–\$26, 1.800.745.3000 or www.ticketmaster.com.

2/06 Saturday- Jewish Children's Activities. First Saturday of every month, little ones can dance, sing, hear a story, do a craft and play at a monthly Shabbat experience, Me'at Shabbat. 9–10am. FREE. Temple Micah, 2600 Leyden St, Park Hill. 303.388.4239 or www.micahdenver.org.

2/06 Saturday- Tiny Tots Love Music, Denver Brass. A special concert for tiny tots and their parents. 3pm. Montview Presbyterian Church, 1980 Dahlia St. Additional Feb. dates and locations and tickets at www.denverbrass.org.

2/07 Sunday- Beauty & The Beast with the Colorado Ballet at the Children's Museum. The Colorado Ballet presents excerpts from *Beauty & The Beast* and other fairy tales and kids can try on costumes and meet the dancers. Free with museum admission; 1pm and 2pm. www.mychildsmuseum.org.

2/09 Tuesday- Tiny Tots, Inside the Orchestra. 45-minute concerts by the Colorado Symphony for children 6 and under. Kids sit next to the musicians and hear classical music they may recognize! 9:30 and 10:30am. Various venues and dates through mid Feb. including concerts 2/09 and 2/10 at Temple Emmanuel, 51 Grape St. Sponsored by the Junior Symphony Guild and the Colorado Symphony. \$5; children under 2 are free. www.jrsg.org for tickets.

2/10 Wednesday- "Create Playdates" at the Denver Art Museum. Kids 3–5 are invited to roar, bang and stomp the second Wednesday of every month for artmaking, story times and scavenger hunts. Included in museum admission; 5 and younger are free. Denver Art Museum, 100 W 14th Ave Pkwy, Denver. www.denverartmuseum.org or 720.865.5000.

2/12 Friday- Tales from the Jungle. Monthly storytime at the JCC with professional storytellers and entertainers for children 1–5. FREE. Reservations requested. 303.316.6336 to reserve; www.jccdenver.org. 350 S Dahlia St.

2/18 Thursday through 3/20 Saturday- Prairie Playhouse Production of Annie. Prairie View High School Auditorium, 12909 E 120th Ave, Henderson. Tickets \$5 in advance, \$7 at the door. www.prairieplayhouse.com.

Through 2/15- Louisville Winterskate. Old-fashioned outdoor ice-skating with traditional holiday music and free Friday night carriage rides. \$3–\$5; skate rental \$3. Call for hours: 303.449.3137. 824 Front St, Louisville. www.bceproductions.com

Through 2/15- Flatiron Crossing Winterskate. Rink outside the mall with holiday music. \$3–\$5; skate rental \$3. Call for hours, 303.449.3137. www.bceproductions.com

Through March 2010- Tropical Odyssey at the Butterfly Pavilion. Experience a journey in conservation while following the life of a butterfly. 12 interactive exhibits. Regular admission: \$4.95–\$7.95. 6252 104th Ave, Westminster. www.butterflies.org

3/07 Saturday- Target Family Fun Forum. Shakespearean-inspired Family Fun Forum. Participants learn to sing opera, recite Shakespeare, dance hip-hop and walk the balance beam among a number of other activities. Noon–2pm. FREE. Newman Center for Theatre Education, 1101 13th St. RSVP: 303.446.4892 or www.denvercenter.org/education.

LECTURES AND DISCUSSIONS

2/03 Wednesday- Al Qaeda. In-depth look at Al Qaeda, historical origins of the organization, the role of Osama Bin Laden and other leaders and the impact of U.S. military and diplomatic efforts in Afghanistan and elsewhere in the Muslim world. 10–11am. FREE. Generations at Lowry, 8505 Lowry Blvd, Denver 80231. RSVP: 303.364.8500. www.ActiveMindsForLife.com.

2/08 Monday- Water in Colorado. Understand our water history, the current challenges and what the future holds. 2:30-3:30pm. Springbrooke, 6800 Leetsdale Dr, Denver 80224. FREE. RSVP: 303.331.9963. www.ActiveMindsForLife.com.

2/16 Tuesday- Abraham Lincoln. A look at the man and legend. 11am–noon (refreshments served at 10:45). Sponsored by JFS at Home. Temple Emanuel, 51 Grape St. FREE. RSVP: 303.388.4013 x 307. www.ActiveMindsForLife.com.

2/23 Tuesday- Benjamin Franklin. Trace the life of this extraordinary man and tell some of the stories that mark his legacy. 5:30–6:30pm. Tattered Cover, 2526 E Colfax (2 blks east of York). FREE. www.ActiveMindsForLife.com.

3/09 Tuesday- The Future of Iraq: A Path to Self-Sufficiency. Join Active Minds as we look at the potential path for Iraq to stand on its own and the challenges that may be encountered along that road. 12:30-1:30pm. Tattered Cover, 2526 E Colfax (2 blks east of York). FREE. www.ActiveMindsForLife.com for addl info.

LIBRARIES

For more information on these and other programs at all libraries, check the events calendar at denverlibrary.org.

Blair Caldwell African American Research Library, 2401 Welton St, 720.865.2401. The Blair Caldwell Library is closed on Tuesdays, Thursdays and Sundays.

Through 2/12 Friday- Lincoln, The Constitution and the Civil War. The



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- Jr. Nuggets basketball: Kindergarten through 7th/8th grade divisions / *Deadline is Feb. 26th*
- Lacrosse clinic: K – 2nd grade divisions / *Deadline is Feb. 26th*
- High school basketball: *Deadline March 19th, Season dates 3/27 – 5/16*

Sports Camps

- Jr. Nuggets Spring Break Basketball Camp: March 29th – 31st / *Registration Deadline is March 26th*

Go online to register at www.DenverYMCA.org or call Schlessman Family YMCA at 720-524-2750

Denver library is one of only 25 host sites on the national tour of this compelling exhibition about Abraham Lincoln and the Civil War.
<http://history.denverlibrary.org/news/lincoln>

2/01 Monday- Black History Month Film Series: *Glory*. Oscar-winning 1989 film based on the letters of Robert Gould Shaw during the American Civil War. 6pm.

2/08 Monday- Crafts for Kids: Building a Log Cabin. Learn about young Lincoln and make his log cabin with a shiny penny in the window. 5:30-6:30pm.

2/08 Monday- Black History Month Film Series, *Buck and the Preacher*. 6pm.

2/10 Wednesday-Lincoln: The Escalating War and the Slavery Question. Alecture on the tensions Lincoln had to wrestle with as he considered the institution of slavery and the Emancipation. 6:30pm.

2/12 Friday- Happy Birthday Mr. Lincoln! Celebrate Mr. Lincoln's birthday and the last day of the Lincoln exhibit with a presentation of The Gettysburg Address and Lincoln's 2nd inaugural speech and light refreshments.

2/22 Monday- Black History Month Film Series, *Race to Freedom: Story of the Underground Railroad*. 6pm.

Park Hill Library, 4705 Montview Blvd,, 720.865.0250. The Park Hill Library is closed Mondays, Wednesdays and Sundays.

Thursdays- Storytime with a Craft. 10:30am.

Thursdays and Fridays- Book Babies. For infants ages 6 to 23 months with their parent or caregiver. 11:15am.

Fridays- Tales for Twos. Storytime for two-year-olds and their caregivers. 10:30am.

Schlessman Family Library, 100 Poplar St, 80220 (1st and Quebec), 720.865.0000. The Schlessman Branch is closed on Tuesdays and Fridays.

Thursdays- All Ages Storytime. Stories and songs. 10:30-11am.

Thursdays- Book Babies. Stories, songs and games for babies birth to 24 months and their caregivers. 3-3:20pm.

2/05 Friday- Singles Mixer. By RSVP only, enjoy a fast-paced evening with other book-loving singles. Coffee and light refreshments.

2/06 Saturday- Colorado Authors Series Presents: Leslee Breene. "A Touch of Romance: Writing Historical Women's Fiction in the 21st Century." Ms. Breene's latest book is *Hearts on the Wind*. 11am-noon.

2/11 Thursday- Travel Tales: India. Kristin Grabarek's

January 2009 trip to India, Mumbai, Pune and the Arabian coast. 1-2pm.

2/20 Saturday- Colorado Authors Series Presents: Carleen Brice. *Orange Mint and Honey* has been made into a movie for the Lifetime TV network, scheduled to air this month. Her most recent book is *Children of the Waters*. 11am-noon.

MUSEUMS

Through February 18- IMAX movies *Sea Monster* and *Wild Ocean*. Denver Museum of Nature and Science. www.dmns.org.

Through February 7- Genghis Khan. Tickets \$20/\$11, includes museum admission. Denver Museum of Nature and Science. www.dmns.org.

NORTHFIELD EVENTS

2/04 Thursday through 2/07- Improv Comedy Club & Dinner Theatre: *Cowboy Bill Martin*. Tickets at www.improvdenver.com or 303.307.1777.

2/05 Friday- Harkins Theatres New Releases: *From Paris with Love* and *Dear John*.

2/11 Thursday through 2/14- Improv Comedy Club & Dinner Theatre: *Dean Edwards*. Tickets at www.improvdenver.com or 303.307.1777.

2/11 Thursday- Harkins Theatres Opera: *Othello*. 7pm.

2/12 Friday- Harkins Theatres New Releases: *The Wolfman* and *Valentine's Day*.

2/18 Thursday through 2/21- Improv Comedy Club & Dinner Theatre: *DeRay Davis*. Tickets at www.improvdenver.com or 303.307.1777.

2/19 Friday- Harkins Theatres New Release: *Shutter Island*.

2/25 Thursday through 2/28- Improv Comedy Club & Dinner Theatre: *Steve Byrne*. Tickets at www.improvdenver.com or 303.307.1777.

2/25 Thurs.- Harkins Theatres Opera: *Don Quixote*. 7pm.

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Reservations required, 303.289.0930. Take I-70 and exit north on Havana St and enter at 56th and Havana.

2/02 and 2/23 Tuesday Tots: *Whooo Goes There?* Fun facts about the Refuge's earliest nester. 10-11am. FREE.

2/06 Saturday- *Winter Trek*. Guided trek to scout the landscape for some of the more active winter residents. 2-4pm. FREE.

2/07 Sunday- *Symbols of the West*. History of the bison, the "Symbol of the West," and the important role the bison play at the Refuge. 1-3pm. FREE.

2/13 Saturday- *Sky Tigers*. The great horned owl will attack prey two to three times heavier than itself. Explore this owl's softer side as it prepares for baby sky tigers! Binoculars recommended. 4-6pm. FREE.

2/14 Sunday- *The Dating Game*. Which Refuge animal mates for life? Wildlife version of the popular TV game show. 1-3pm. FREE.

2/20 Saturday- *Ghosts of the Prairie*. Multiple partners have worked since 1981 to conserve the black-footed ferret, one of the most endangered mammals. Recommended for adults. 7-8pm. FREE.

2/25 Thursday- *Sunset Photo Tour*. A rare opportunity to snap shots while the sun dances over the Refuge horizon. 3-6pm. FREE.

2/27 Saturday-*Tricksters*. The coyote is considered by many Native Americans to be one of the smartest animals on earth. We'll get on a bus to catch a glimpse of the tricksters at work. 4-6pm. FREE.

THEATRE

Through 2/27 Saturday- *Secrets of a Soccer Mom*. Avenue Theater, 417 E 17th Ave, Denver 80203. Tickets \$17 and \$20. 303.321.5925 or www.avenuetheater.com for tickets and more info.

Through 2/13 Saturday- *I Love You, You're Perfect, Now Change*. John Hand Theater, 7653 E 1st Place in

To submit information for the Front Porch "Local Events" section...

Email information in the following format by the 15th of the month to frontporchevents@gmail.com. Events will be run subject to space available.

Date in numerical format (mm/dd), day of week- Name of Event. A one- or two-sentence description. Time. List cost or if free. Location. Contact information.

Press releases for suggested stories should be sent separately to frontporch@fineprintco.com.

Lowry, 720.880.8727 for tickets; www.john-handtheater

Through 2/21 Sunday- *Auntie Mame*. Vintage Theatre, 2119 E 17th Ave. 303.839.1361 or www.vintage theatreproductions.com.

(continued on page 18)

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Stapleton Front Porch

17

February 2010

THEATRE (continued)

2/02 Tuesday through 2/14 - *Legally Blonde the Musical*. Tickets start at \$20. Buell Theatre, Denver Center for the Performing Arts. www.denver-center.org

2/06 Saturday through 2/14 - *The Barber of Seville Opera*. Tickets \$30-\$160, Ellie Caulkins Opera House, Denver Center for the Performing Arts. 1.800.982.ARTS or www.operacolorado.org.

2/12 Friday through 3/14- *The Graduate*. Aurora Fox, 9900 E Colfax. 303.939.1970 or www.aurorafox.org.

2/19 Friday through 3/14- *Zora*. Aurora Fox, 9900 E Colfax. 303.939.1970 or www.aurorafox.org.

2/27 Saturday through 3/27- *And Then There Were None*. John Hand Theater, 7653 E 1st Place in Lowry. 720.880.8727 for tickets; www.john-handtheater.com.

DENVER ZOO

2/01 Monday- Registration for Summer Safari 2010 (Zoo Camp!) opens. 6am. Visit www.denverzoo.org and click on Education for camp descriptions, dates and registration.

Navajo Basketry Evolves into Modern Art



By MaryJane Valade
Visitors to “Dine Bits’aa’ Bahane: The Story of Navajo Baskets” at the Aurora History Museum can learn about a craft that was both functional and an art form. Although it is an ancient craft, it continues today for a very different reason. Navajo baskets, created from young stalks of sumac, were traditionally used for wedding ceremonies to hold and serve cornmeal. Today, the weaving of baskets in Navajo culture has evolved into a contemporary community-art movement, with baskets featuring many colors, patterns and figures visually illustrating the myths and legends of the Navajos.

Admission is free. The museum, located at 15051 E. Alameda Parkway, is open from 9am to 4pm Tuesday through Friday and from 11am to 4pm Saturday and Sunday. For more information, call 303.739.6666 or visit www.auroramuseum.org.

MaryJane Valade is the curator of exhibits for the Aurora History Museum.

BODY WORLDS Studies the Heart’s Depths

The BODY WORLDS & The Story of the Heart exhibit will open at the Denver Museum of Nature and Science on March 12. Visitors will learn how the heart nourishes, regulates and sustains life, while gaining insight into the body’s health and disease. More than 200 human specimens will demonstrate the body’s locomotive, nervous, reproductive, digestive and cardiovascular systems.

“Visiting BODY WORLDS & The Story of the Heart is a compelling experience that makes us appreciate the complexity and beauty of the human body,” said Dr. Bridget Coughlin, the museum’s vice president of strategic partnerships and programs and curator of human health.

“Not only is the exhibition awe-inspiring, it transforms us, increasing our understanding of health issues and motivating us to make healthier life choices,” she said.

The exhibit will continue through July 18. General public ticket sales start on February 1 at www.dmns.org. Prices are \$25.50 for adults, \$16 for children and students ages 3 to 18 years, and \$19 for seniors over the age of 65. Museum members receive a discount on admission.



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RECURRING EVENTS

4th Monday
SUN Board Mtg. 7:30pm, MCA Comm. Rm., 2823 Roslyn St. stapletonunitedneighbors@gmail.com

Every Tuesday
Stapleton Rotary Club – 12pm
Stapleton Radisson Plaza Hotel
3333 Quebec St.
Michael@KearnsTeam.com

Every Tuesday
AA Open Discussion Mtg. 7:30pm
MCA Community Room, 2823 Roslyn Street 303-912-7075

1st Tuesday
Breast Cancer Support Group
5-6:30pm AF Williams Family Medicine Clinic, Conference Rm. (west entrance) 3055 Roslyn (at MLK) 720-848-9000

3rd Tuesday
Greater Stapleton Business Assoc.
8am MCA Comm. Rm., 2823 Roslyn Street 303-393-7700

Every Wednesday
Weekly Weeders, Bluff Lake Nature Center 9am-12pm, 303-945-6717

1st Wednesday
“1st Wednesdays” Home-based businesses. 11:30am-1pm tbrislina@gmail.com, www.StapletonLife.com

2nd Wed. (Odd-numbered mos.)
SUN Transportation Committee
6:30pm MCA 2823 Roslyn St. stapletonneighbors@msn.com

Every Thursday
(when school's in session)
Bill Roberts Elementary School Tour, 10am, 2100 Akron Way, 720-424-2640

First Thursday
Bill Roberts Middle School Tour, 10am
2100 Akron Way, 720-424-2640

3rd Thursday
Stapleton Citizens Advisory Board Mtg, Stapleton Development Corp (SDC)
7350 E. 29th Ave.
7:30-9am 303-393-7700

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

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

Periodically
Stapleton Wine Appreciation Group
e-mail meighanm@aim.com

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Help for Haiti

By Ellen Kerber and Lucia Correll

Area residents are invited to participate in a drive for supplies to be sent to Haiti. The need for basic first aid and hygiene supplies is great, and will continue for many months.

It is estimated that as many as three million people may have been affected by the quake, and the death toll may reach into the thousands. Haitians, most of whom already live on less than \$2 a day, are now contending with recovery from the strongest earthquake the region has seen in more than 200 years. PROJECT C.U.R.E. (Commission on Urgent Relief & Equipment) is currently accepting donations of supplies for delivery to Haiti as soon as possible. The organization will prepare at least two 20-ft. "disaster-relief" containers, which are valued at more than \$175,000 each. These first two containers have been sponsored by Newmont Mining Corporation.

C.U.R.E. has provided the following list of items that are needed. If you would prefer to make a monetary donation, PROJECT C.U.R.E. welcomes your assistance in paying transportation costs (U.S. and international air or ocean freight) for additional containers. Donations, of all sizes, are welcome and appreciated, and they will directly benefit the people of Haiti in their time of need.

Donations may be dropped off on Saturday, February 20 at 2847 Akron Street and 2721 Clinton Way from noon to 4pm. If you would like to drop off items prior to Feb.20, please contact us by email at ekerber@live.com or 1corollary@gmail.com. Project C.U.R.E. will send a truck to Stapleton on February 20 at 4pm to collect all donations. Let's try to fill it with caring, generosity and much-needed supplies.

Ellen Kerber and Lucia Correll are Stapleton residents.

Items Needed

Disinfectants / antibacterial solutions (peroxide)	Tape	Baby formula
Hand sanitizer	Antibiotic ointment (Neosporin)	Personal care items
Masks	Analgesics (Tylenol, aspirin, Advil)	Toothbrush/ toothpaste
Sterile gloves	Splints	Feminine hygiene supplies
Bandages	Infant rehydration (Pedialyte)	Adhesive bandages (Band-Aids)
Wraps/rolled bandages	Diapers	Water purification tablets
Gauze and dressings	Baby bottles	Crutches

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Since You've Asked...



The new construction on 29th Drive near the future site of the Eastbridge Town Center is the Central Park Row Homes by New Town Builders.

Q. What is the construction work going on along 29th Drive across from the future site of the Eastbridge Town Center?

A. New Town Builders has begun work on "The Central Park Row Homes," twenty-two market rate homes that are expected to start at less than \$200,000, and six income-qualified homes that are expected to start at less than \$150,000. The attached homes feature outdoor living areas at the entry of every unit, a deck off the second floor living area, and have two and three bedrooms, with a single car oversized or two-car garage. Pre-sales will begin the end of February when pricing is finalized, and models will open toward the end of June. Visit www.newtownbuilders.com for more information.

(Answer provided by New Town Builders.)

Q. What new homes in Stapleton are available for less than \$250,000 and which ones will be completed in time for the homebuyer's tax credit?

A. Homes in that price range include KB's Paired Homes

(303-333-1007); Wonderland's Artisan Plaza (303-393-9099); New Town Builders' Central Park Row Homes (described above) and 29th Drive Row Homes (income-qualified) (303-320-3800); and the McStain Casitas (303-333-0024).

Homes between \$250,000 and \$300,000 include KB's Coach Homes and Wonderland's Denver Traditions.

Home inventory changes continuously, so builders must be contacted individually to see if homes are available that will meet the guidelines for the homebuyer's tax credit.

(Answer provided by Tasha Jones, director of marketing, Forest City Stapleton, Inc.)

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Premium Fishwrap* by Jon Meredith

Smile, It's Tax Time!

You think to yourself, "the Fishwrap scribe has lost his marbles—no one is ever happy that tax time has come around once again!" Maybe those who are entitled to big refunds are happy. That is until they realize they have just given the government an interest-free loan for up to sixteen months. The rest of us pour through our piled-up papers and stay up nights trying to pay the smallest amount possible or we take everything to a preparer who then charges more money to present us with the bad news.

There was an old cartoon going around offices which showed a 1040 IRS Form in which the top line asked "How much did you make?" and the bottom line said "Send it in!" Most Americans feel this is true about their personal taxes.

We all have to file. To take the drudgery out of it we should stop being grouches and begin to think it is our civic duty, which it really is. We all pay other bills and I always feel better when I put mine in the mail.

We just don't feel the same with the tax man's bill. Everyone can think of things they don't like about the way the government spends money. Entitlements, art endowments, grants, wars people like, wars people don't like, foreign aid, corporate aid, studies of small native creatures in some Senator's state, expensive toilets. I can keep going ... bridges to nowhere.

It just does not have to be this universally painful. We owe what we owe and there really is not much we can do about it by the time this April 15th rolls around. It is an American tradition to figure out exactly how little one can pay. I assert that

is true, yet it is very patriotic to pay what you do owe and not a penny more.

Since the original Boston Tea Party, Americans have constantly grumbled about taxes. Today's Tea Partiers are no different except that they are well financed by very high-income individuals who stand to pay significantly more if some current legislative proposals are passed.

Recently, I have had the personally excruciating experience of having to go into the IRS offices to straighten out some old returns. I found everyone in their offices to be very accommodating and courteous. Yes, they want their money but they are very nice about it. They also passed along that the absolute worst thing you can do is avoid them because like death, they will find you. If you don't feel like socializing at a cocktail party, just introduce yourself as an IRS agent and watch folks scatter. Think about that if you really were an IRS agent.

If you believe we pay too much now, wait, I am absolutely certain we will pay more in the near future. This is because our deficit is growing by the trillions and due to exactly how the country's budget is made up, with ongoing programs like Medicaid and Social Security and more people, i.e., baby boomers, entitled to those entitlements, there is not a lot that can be done.

Economists, bankers and the Congress throw out numbers with trillions in them as if they are reaching for the tab at Applebee's. A trillion is an interesting number, yet it is almost incomprehensible. A dollar is six inches long. Two equal a foot. \$10,560 lined up straight is a mile. If you kept lining up the dollars it would take \$263 million to go around the world. A trillion dollars lined up one after the other would wrap the globe 3,802 times.

There are two ways to help solve this deficit. One option, which no one likes, is to raise taxes. The other is to get this economy roaring again and make it a matter of American pride and tenaciousness to do so.

Jon Meredith lives in Stapleton. He can be reached at jon.meredith@q.com.

**Fishwrap is a slang term that started in the '30s and refers to the transient value of yesterday's newspaper.*



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New Floor Covering and Design Center



Kevin Vogel, Director, Steve Cosgrove, General Manager, and Renae Parks, Sales and Design Specialist, show samples from their new Carpets N More store scheduled to open February 27.

By Nancy Burkhardt

Kevin Vogel had lived in Stapleton about two years when the owner of Carpets N More in Nevada told him he was interested in expanding his business into the state of Colorado. Vogel immediately saw an opportunity for the Stapleton community. "I know that there are no flooring companies located in the Stapleton or Lowry communities," he said. "You have to go to Aurora or downtown or to one of the surrounding cities. I wanted to allow the local folks to shop where they live. The homes in Stapleton are two to seven years old and need some updating. In these economic times, most folks have come to realize that they're going to be in their houses for a while, so they have chosen to update their homes to make their stay more comfortable." Carpets N More offers all kinds of flooring, including hardwood, tile, laminate floors, vinyl, cork, natural stone and carpet. The firm also supplies and installs solid surface and granite counter tops, as well as window coverings. "We're not just there to sell some carpet for the house," Vogel said. "We have design

services. The designers bring all the finishes in the home together. "You aren't just going to the same carpet store you've always gone to," he added. "You're going to a design center that's going to operate as a showroom." Carpets N More offers services to homeowners, home builders, home contractors and apartment companies. Vogel and his wife, Shannon, have a 10-year-old daughter, Taylor. You might run into Vogel on one of the local golf courses, where he loves to spend time. But, when the family is at home, Vogel admits to being an aspiring chef. Carpets N More is located at 2955 N. Ulster St. in the Extra Space Storage retail center. Call 303.321.MORE or go to www.carpetsnmorecolorado.com. You can email Kevin Vogel at kvogel@carpetsnmore.com. The store's grand opening will be February 27 from 10am to 6pm featuring a jump castle for kids, a clown making animal balloons, a raffle for prizes (grand prize will be a 3 day vacation, location TBD, hotel, transportation, accommodations).

Wine and Beer Go Eclectic



Liza Graziano, longtime Stapleton resident and now wine buyer at the new Wine Cellars at Stapleton, gives Stapleton residents Carrie Horton and Rebecca Apter a taste of local wine, "Infinite Monkey," made by Ben Parsons, seen in the background.

By Nancy Burkhardt

Got a nose for the grape? Perhaps your tailgate party is known for your eclectic taste in beer. Then a trip to Wine Cellars at Stapleton is in order so that you can maintain your reputation for selective beverages. "Our main thrust is a wine boutique," explained Lisa Graziano, the wine buyer and sommelier at Wine Cellars. "Our whole thrust is good value, good wines and beers and liquors that you can't find anywhere else. We're eclectic. We have cool, interesting wines that nobody else has." Graziano has been in the business four years, but she has spent her 50 years learning about wines and beers. She grew up with California wines, sold Italian wines and morphed into retail sales of wines. Since her father came from Germany, she garnered an education in beers. "I look for wines that are really good, well-made wines that are true to the earth and the grapes and that are good value," Graziano explained. "I taste a lot of great wines that are overpriced for what they are."

The Wine Cellars staff is adept at recommending wines in the \$25 range to replace your favorite wines in the \$70 range. "We recommend wines that are comparable and less expensive," Graziano said. Graziano and her husband are Stapleton residents. One of her hobbies is making wine in her basement. Wine Cellars beer buyer Scott Finn also makes his own beer. He can talk about all the details of a beer, from the hops through aging, Graziano said. Wine Cellars offers wine tastings every Friday and Saturday from 4 to 7pm. They will email you the list of wines that will be tasted each time. Graziano also will do off-site wine tastings for customers. She will pair wines with your dinner and talk about the wines with each course. Wine classes will be offered in the future, she said. Wine Cellars at Stapleton is located at 2955 Ulster St., in the Extra Space Storage Retail Center. Call 303.780.9463 or email Lisa Graziano at ldg@viawest.net.

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Create a Relationship That Thrives:
The Power of Positive Emotions



By Elizabeth Taeubert

Most couples enter their relationships with the best of intentions. However, many break up or stay together but experience very little satisfaction. Yet, some do stay happily together and continue to thrive. What is their secret?

In the past few years, researchers have discovered that thriving couples accentuate the positive in life. They not only cope well during hardship, but also celebrate the happy moments and work to build more joy into their lives.

It turns out that how couples handle good news may matter even more to the health and sustainability of their relationship than their ability to support each other under difficult circumstances. Research shows that happy couples experience a greater number of upbeat emotions as compared to negative ones. Here are some tips for injecting positive emotions into your relationship.

Offer a supportive response to cheerful statements.

How partners reply to good news may be a stronger determinant of relationship health than their reactions to unfortunate incidents. Fixing a problem or dealing with a disappointment, though important for a relationship, may not make a couple feel joy, the currency of a happy pairing.

Couples who answer good news in an active-constructive way scored higher on almost every type of measure of relationship satisfaction than those who responded in a passive or destructive way. A passive reply indicates a lack of interest, as in changing the subject, and destructive responses include negative statements such as “That sounds ridiculous to me.”

Individuals who respond actively and constructively are more likely to experience fewer

conflicts and are more likely to remain together.

Share your own positive experiences.

Positive events happen at least three times as often as negative ones. Just as responding enthusiastically to your partner’s good news increases relationship satisfaction, so does sharing your own positive experiences. A recent study found that on days when couples reported telling their partner about a happy event, they also reported feeling a stronger tie to their partner and greater security in their relationship.

Express gratitude.

According to Dr. Barbara Fredrickson, the 10 most frequent positive emotions are joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe and love. Of all of these, gratitude may be one of the most important for relationships. In a study conducted by Sara Algoe, it was found that when people felt and expressed gratitude toward their partner, they felt better about the relationship and experienced more connection. They also experienced greater relationship satisfaction the following day. In addition, their partners were more satisfied with the relationship and felt more connected.

All healthy relationships include some negative or difficult feelings. However, positive emotions are a basis for a strong relational connection. Life presents many opportunities to be supportive and respond enthusiastically to positive events. Sharing your own positive experiences as well as a sense of gratitude toward your partner helps to create an atmosphere where your relationship can not only survive the challenges, but also thrive through the years!

Elizabeth Taeubert, LCSW, is a psychotherapist in private practice in Stapleton. If you have questions, she can be reached at 720-949-1194.

Seeking the Stapleton Neighbor of the Year

By Nancy Burkhart

Do you have a neighbor who has gone out of his or her way to help everyone who lives in your neighborhood? Is there someone who always is there with a snow shovel, a rake or a lawn mower when you are stuck? Is that person always there when you don’t know what to do with an unruly sprinkler system?

If any of these things ring a bell for you or bring other deeds to mind, then you should nominate that person for the 2010 Stapleton Neighbor of the Year.

Corby Felsher, owner of Stapleton Home Services, started the honor a year ago. This year the award has grown.

Felsher, along with principals from Amore Fiori, Showcase Landscaping, Inc., and Natural Balance Integrative Health, will judge the entries and name the winner.

The winner must be a Stapleton resident, and there is no age limit. It takes only one nomination to produce a winner, although last year at least 15 neighbors nominated the winner, Michael Schindler.

“Michael is the quintessential neighbor,” Felsher said. “I’m not sure we’ll ever top him. He was far and away the winner. He’s just a wonderful guy.”

This year’s winner “will win a year of awesomeness,” according to Felsher. Gifts will include monthly fresh flowers for a year from Amore Fiori; one year of lawn service and snow removal from Showcase Landscaping, Inc.; a \$500 gift certificate for massage, acupuncture, chiropractic, hair removal or skin care from Natural Balance Integrative Health; and one year of home cleanings, carpet cleaning and window washing from Stapleton Home Services.

In order to nominate your neighbor for 2010 Stapleton Neighbor of the Year, go to www.stapletonneighboroftheyear.com. There you can write a great letter about your neighbor. It will be sent from the website as an email.

Nominations are due by March 5. The winner will be announced on March 14 when the honoree’s neighbors will gather at his or her home to make his/her day.

Finding Solutions to Mobility Issues in East Denver

The City and County of Denver will hold a public meeting on Wednesday, Feb. 24 from 5:30 - 7:30pm at the Denver School of the Arts (7111 Montview Blvd.) to solicit crucial public feedback on potential solutions to mobility issues. These issues were identified at an earlier public meeting. The session will include briefings by the project team and interactive displays that will help individuals identify potential solutions, which range from upgrading sidewalks to improving roadways and transit.

The City and County of Denver’s Public Works Department is conducting the East Side Mobility Plan. The plan will evaluate and make recommendations for improvement to vehicular, pedestrian, bicycle and transit movement in the city’s East Side Travel Shed, which includes the area between Monaco Parkway and Yosemite Street, between I-70 and Leedsdale Drive. For more information or to be added to the project mailing list, visit www.denvergov.org/east-side.

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Odyssey Annual Fundraiser—Back to the FOO-ture

The Friends of Odyssey (FOO) are paying homage to an iconic film of the 1980s for the school's auction. The 2010 Odyssey Benefit Auction's theme of "Back to the FOO-ture" follows other plays on words in previous years: "FOO-esta" (2009) and "Studio Fifty-FOO" (2008).

Odyssey's auction will be Saturday, March 13, from 5:30-10 p.m. at the Kamsy Event Center, 10190 E Montview Blvd.

This annual spring fundraiser provides critical dollars to the school's budget. Raised funds will go towards:

- * Technology updates (sorely needed)
- * Transportation (always in need, because of heavy use for field work and adventure, hallmarks of Odyssey's Expeditionary Learning model)
- * Tutoring for low-income students (for those needing to catch-up academically)

The goal is to raise \$25,000 for our school. Tickets are \$15/person and available at the Odyssey office (8750 E 28th Ave.), but also will be available at the door that evening.

The Sky's the Limit at the 2010 Bill Roberts Auction

The fourth annual Bill Roberts school auction will be March 20, 2010 at Wings Over the Rockies Museum in Lowry. As one of the most important fundraising events of the year, the auction marks a significant opportunity for the community, parents and supporters of the school to become involved and make a difference for the children of Bill Roberts. Last year the event generated more than \$68,000 for the school. The Bill Roberts PTA and the auction committee hope to exceed that amount this year.

Many parents are surprised to learn that money raised from the auction goes directly back to support school services not paid for by Denver Public Schools. Some key programs funded with auction proceeds include the staffing of para-professionals in every classroom, music, art, PE, drama and scholarship programs. These resources are critical for the school and help the children thrive in the classroom.

Tickets are now available for purchase at the early bird rate of \$20.00 per person. Tickets will be \$30.00 at the door. Please visit <http://billroberts.maestroweb.com> to purchase tickets and learn more about this year's event. This year's auction is presented by Nick's Garden Center.

Baby Power Opens New Preschool Program

Baby Power & Forever Kids in Quebec Square is starting a new preschool program for 2- and 3-year-olds. While the official preschool schedule will begin in August (the same week that DPS starts school), they will launch the preschool curriculum this spring with a 3-year-old afternoon class on Monday, Wednesdays and Fridays. The preschool classes will include, among other activities, center time, music, crafts, gym time, snack, and story time.

The curriculum, called Creative Curriculum, will allow the staff to regularly evaluate each child's progress and post results online for parents to access. Sarah Lowenstein will be the preschool director. The class will run through the school year with all DPS breaks. Classes will be available during the breaks for an additional cost. The program will also be offered during the summer.

For more information visit www.BabyPowerCo.com, email Babypowerco@msn.com or call @ 303-377-8855.

Letter to the Editor:

Census 2010: It's in Our Hands, Colorado

By Susan Kirkpatrick

I feel strongly about how important the Census is, and I'd like to share some information with you.

The U.S. Census Bureau has been conducting population counts since 1790. In fact, it's mandated by the U.S. Constitution that the population be counted once every decade. The Census counts every person living in the U.S.—every race, every ethnicity, citizens and noncitizens alike. This count is conducted mostly through questionnaires that are mailed to each housing unit, although in certain communities Census Bureau employees go from home to home collecting information. When a household doesn't return their questionnaire, the Census Bureau follows up with additional mailings and visits.

Each year the federal government allocates from the federal taxes we have paid more than \$400 billion to states and communities for important programs like schools and libraries, road improvements, parks and health services. This funding is allocated in large part based on Census data. In Colorado, it is estimated that we receive \$880 per person counted, or a total of \$4.27 billion per year. These are dollars that Colorado needs, which is why it's so very important that each household takes the time to complete and return its census questionnaire.

There are just 10 questions, and it will only take about 10 minutes to fill out and drop back in the mail. The only information collected on the questionnaire is your name, address, race and ethnicity, whether you rent or own your home, the number of people currently living there and their relationship to the householder. They do not ask for your Social Security number. Once the information has been collected, it remains safe. Your answers are protected by the U.S. Constitution, and no government agency, court of law, or even the president can get access to your information. In fact, all Census Bureau employees are subject to a \$250,000 fine and/or 5 years in prison if they share any of your information.

Achieving an accurate Census count in 2010 will help to define the future of our state. Every single one of us needs to do our part, so when that questionnaire shows up in your mailbox in March, please complete it and mail it back. Colorado is counting on you!

For more information, visit http://www.dola.state.co.us/dlg/demo/census2010/census_2010.html.

Susan Kirkpatrick is the executive director of the Colorado Department of Local Affairs.

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SUN Meetings are held on the 4th Monday of every month at 7:30pm in the Stapleton Community Room, 2823 Roslyn Street. For information about SUN, visit www.stapletonunitedneighbors.com. To contact SUN or confirm meeting time, email stapletonunitedneighbors@gmail.com or call 720-840-8492.



Sustainability in Stapleton

By Amanda Allhouse

In 2004, the Stapleton Sustainability Master Plan was written by Forest City (see link below). The plan features 11 areas of focus: Education, Land Use, Parks and Open Space, Lighting, Residential Building, Commercial Building, Recycling, Transportation, Energy, Water Management and Healthy Living. Now, over five years later, we will look at what was planned, as well as what else residents can do to foster the spirit of sustainability in the community.

Education. The existing schools in Stapleton were built with several green principles, and the curriculum of the Odyssey charter continues to include a focus on sustainability. Seminars for children are regularly hosted at nearby Rocky Mountain Arsenal National Wildlife Refuge, The Urban Farm and Bluff Lake Nature Center. In 2009, the SUN Sustainability Committee hosted a Sustainability Seminar Series to highlight the plethora of resources available to Stapleton residents. The Farmers Market is an opportunity for residents to learn about where their food comes from, straight from the source. The New Leaf Sustainability Newsletter was published by Forest City through 2008. Sustainability will continue to be a component of existing events hosted on the Founders' Green. What you can do: learn tips for planning events while embracing concepts of sustainability or suggest improvements for Stapleton events (website below).

Land Use. Recent discussion about the location of the third school has addressed a land use-related issue: connect schools to greenway areas to ensure safe walking commutes for children. As the planned location for the third school does not meet this criterion, neighbors and city officials are working together to produce an amicable outcome. Other aspects of land use have been adhered to: avoidance of cul-de-sacs, plans for a transportation hub, preservation of natural areas and maintaining mountain and downtown skyline views. What you can do: spend one day a year picking up trash in Westerly Creek, Sand Creek or Bluff Lake to help protect and preserve these resources.

Parks. Throughout the year, and particularly on the SUN-sponsored block party day, many blocks utilize their nearest pocket park for gathering. Children play on Central Park's playground equipment, runners enjoy jogging its 1.8 mile perimeter, and an ever-increasing number of people participate in SUN's annual one-day kickball festival. Residents across the city and beyond come to Central Park during its larger events such as One Kite One World and Taste of Puerto Rico. Recently, ground has been broken for the Westerly Creek Recreation Center and Stapleton pools were named the best in Denver by Westword. Some items remaining to be completed: Stapleton Golf Course, dual pavement/dirt path completion of Sand Creek, the intersection of Sand Creek and Westerly Creek, and the parks and community garden along 26th Avenue. What you can do: enjoy the parks and trails, report busted sprinkler heads and dead trees and utilize trash receptacles.

Lighting. Plans involved supplying an appropriate light quality throughout the community, while minimizing light pollution and maximizing energy efficiency. The dark sky is still visible while walking at night, yet adequate light exists for visibility. What you can do: use natural lighting indoors during the day, replace burnt-out bulbs with CFLs and keep front porch and alley lights on at night.

Residential Building. All homes in Stapleton meet the standards of Built Green Colorado (website below) and many exceed them, including solar homes and zero energy homes. What you can do: when doing home improvement projects, strive for better efficiency and limit pollution generation, reduce water usage and preserve natural resources.

Commercial Building. Much of the office space available in Stapleton is LEED certified at the silver level; some at the gold level. If you own a business and are looking for additional office space, consider the options available across Stapleton.

Recycling. Materials from the former airport were recycled and reused as often as possible. Stapleton residents participate in the Denver Recycles program at a high rate compared to other neighborhoods in Denver. What you can do: since the city of Denver does not provide recycling receptacles in public places, you can avoid disposing of recyclables until back at home or somewhere with recycling pickup.

Transportation. Within the neighborhood, Stapleton's wide sidewalks and well-connected trails are very pedestrian and bike friendly. For connecting to other parts of Denver, the FasTracks East Corridor will have a rail stop at Central Park along its route from downtown to DIA. According to the RTD website, construction is scheduled to begin on the East Corridor in 2011, with opening day in 2015. What you can do: cut back driving a motor vehicle by one day per week, utilize public transportation options when possible, and combine errands and shop at local stores to minimize driving.

Energy. The earliest homes in Stapleton achieved 20-60 percent energy savings compared to industry standards. Currently, many builders offer solar systems for new homes. What you can do: find out how to reduce the energy that your home consumes through an in-home energy audit (website below). If your home doesn't already have them, add solar panels to further reduce your energy needs from the grid (check with Xcel and the federal government for current incentives. For energy that you purchase from the grid, opt to purchase 100 percent of your energy from wind through Xcel's Windsource program.

Water Management. Rainwater is managed to provide natural irrigation, help break down pollutants in root systems, be absorbed in pocket parks and channeled into retention ponds. Residential water consumption is minimized through the standard use of low-flow fixtures and plumbing devices, and via the design of smaller urban lots. What you can do: visit Denver Water's xeriscape demonstration garden and reduce the consumption in your own backyard by choosing landscaping designs that require less water.

Healthy Living. Stapleton 2040 was established to help residents of Stapleton and surrounding communities lead healthier lives. Through cooperation with the University of Colorado, research is ongoing to document changes in health status after moving into Stapleton. What you can do: eat well from our Farmers Market, exercise on our trails, get to know your neighbors or volunteer to be a SUN block captain if your block is not organized (www.stapletonunitedneighbors.com).

For additional information, please visit: The SUN Sustainability web page: www.stapletonunitedneighbors.com/sustainability Sustainability Master Plan: stapletondenver.com/data/uploads/Stapleton_Sustainability_Plan.pdf Built Green Colorado: www.builtgreen.org In-home energy audit: www.lightlytreading.com/home-owners/services/xcel_audits.htm

Amanda Allhouse is chair of the SUN Sustainability Committee.

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Letters to the Editor:

Unshovelled sidewalks

I walk through my neighborhood in the early morning. Frequently, the streets are very icy so I walk along the sidewalk. However, some people do not shovel their property after a snowstorm. The snow becomes packed down, icy, dangerous and very slow to melt. The law is that sidewalks are to be cleaned within 24 hours after a snow. That means all of the property, even around a

corner if that is part of a person's property. Frankly, if someone is hurt because a homeowner has neglected to clear their walk, it becomes a liability issue. Let's hope that doesn't happen. It won't if everyone takes responsibility and cleans their sidewalk whenever it is needed.

Lee Kayser

Stapleton Residents Need to Support its Businesses

I totally agree with Jon Meredith's excellent article regarding the need for Stapleton residents to support its businesses. One thing that is particularly puzzling to me is why these "neighbors" aren't patronizing the shops at Northfield? After all, they're such a short distance away and easily accessible. In addition, Stapleton is growing by leaps and bounds. Circuit City closed and now the

beautiful Borders Bookstore is going out of business too. One of its employees believes that the lack of sufficient publicity and "hard times" combined with very little foot traffic might be the cause. Whatever the reason, it's such a shame, as I loved this store! I hope this trend won't continue.

Rosemary McManis

Thank you to Jon Meredith

I want to send a response and a thank-you to Jon Meredith for voicing his thoughts in last month's "Premium Fishwrap" article in the Front Porch. I am a struggling business owner in the Town Center and I think it is important for the residents of Stapleton to understand that the merchants in the Town Center need their support to stay alive. It is difficult to see the loss of PostNet, adding to the vacancy of the south side of the Town Center, not knowing what—if anything—will move into that space. I know the economy is hurting many people and when someone is worried about losing their job or have lost it already, it is not possible to spend money on luxury items such as art and custom framing. Keeping that in mind, I select items at all price points to show in my gallery, especially for the holiday gift-buying season. My artists are all local artists, some even Stapleton residents, because it is important to me to practice what I preach and support local. People have the perception that original art is expensive, so they go to a chain store and buy a framed print to put on their walls for perhaps \$75 to \$150. I have original art, by exceptionally talented artists, for that price point and lower.

I also know that custom framing is more expensive than going to Hobby Lobby and buying a ready-made frame—I get that. I have worked with my vendors to bring in

lower-priced framing stock. I have put together standard-size frames to sell at a lower price point. Whenever possible I try to pass on any discounts I receive from my vendors. I do this all to yes, try to stay in business; however, I also know it is a struggle for many people right now. After working hard to find artists with items at lower price points, working with my vendors to lower material costs and sending out direct mail with an offer of 20 percent off, I still ended the holiday season as the worst holiday season for me in the four years I have been in Stapleton.

I love the Stapleton community and I am very grateful for the clients who do support my business and for supporting all the independent business owners in the Stapleton community. I would encourage all of you to keep the 3/50 project in mind—look it up at www.the350project.net/home.html. And remember, for every \$100 spent in locally owned independent stores, \$68 returns to the community through taxes, payroll and other expenditures. If you spend that in a national chain, only \$43 stays in the community; spend it online with a national chain and nothing stays in the community.

Keep it in the community—it helps all of us.

Lin Clark, Owner
Art & Framing at Stapleton

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The Front Porch will publish letters to the editor as space allows. Please email Carol Roberts, editor, The Front Porch at carol@fineprintco.com.

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Stapleton Front Porch

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February 2010



Dr. John Medina, shown speaking at DSST, uses a commanding voice and expressive gestures to hold the attention of his audience. He presented information in a series of 10-minute chunks, and asked often, “Do I have your attention now?”

By Nancy Burkhart

Anyone who ever has been a middle school or high school teacher knows that getting a teenager to pay attention and to remember the lesson being taught is a major feat – and one that is not always successful.

About two years ago, teachers at the Denver School of Science and Technology were introduced to a book by Dr. John Medina called “Brain Rules: 12 Principles for Surviving and Thriving at Work, Home and School.”

Medina is a developmental molecular biologist and is the director of the Brain Center for Applied Learning Research at Seattle Pacific University. He has developed “Brain Rules” in 12 areas: Exercise, Survival, Wiring, Attention, Short-Term Memory, Long-Term Memory, Sleep, Stress, Sensory Integration, Vision, Gender, and Exploration.

Using these Brain Rules and six questions that he says cycle almost instantly through the brain whenever information is presented, Medina has worked, both in his book and in seminars, to show teachers how to control their students’ attention level.

The six questions the brain uses to process new information are: 1) Can I eat it? 2) Will it eat me? 3) Can I mate with it? 4) Will it mate with me? 5) Have I seen it before? 6) Have I never seen it before?

The four main Brain Rules that the teachers at the Denver School of Science and Technology have worked with are Wiring, Attention, Short-Term Memory and Long-Term Memory.

“People don’t pay attention to boring things. Be compelling,” Medina said in a recent seminar. “You have a generator that affects your arousal state. The brain wants its information delivered in discreet chunks. Then get off it.”

The brain wants its information input in 10 minute segments before it loses interest, according to Medina.

“Never do one 30-minute talk,” he said. “Do three 10-minute ones.”

Everyone’s brain is “wired” differently and, therefore, each person has a different way of learning, Medina teaches.

Seventh grade math teacher Kathy Zolla says that Medina’s book has completely changed her teaching method.

“I feel like when I’m planning in 10-minute intervals, it keeps the students’ attention,” she said. “I can intentionally focus to improve retention and attention in my classes’ engagement.

“I teach 90-minute classes daily. The kids respond very well to the 10-minute segments and pushing for further depth of knowledge,” Zolla said.

The new teaching methods have produced significant results. Zolla said 50 percent of the 6th grade Colorado State Assessment Program (CSAP) testing students at the Denver School of Science and Technology scored in the advanced category in math.

Christa Jimenez teaches 10th grade Spanish and has had success using Medina’s Brain Rules.

“I use many of the principles, but the main one is ‘repeat to remember and remember to repeat,’” she said. “Repetition moves things from short term to long term memory over time. I do a lot more repetition in short bursts than before Medina.”

Jimenez said she uses an attention grabber or a hook in the first three minutes to gain her audience.

“You grab their attention by giving them something that relates to everyone and then you apply it to Spanish. It seems like they retain it longer because they have a personal interest,” she explained.

“I have taught Spanish II from the same book for eight years now, and I have never had students until now retain information and understand it so deeply over time,” she said. “Now I can present a verb tense and at the end of the period they can use it. It’s phenomenal.”

Jimenez said that she already had discovered the need to keep her students moving and working in shorter segments before she was introduced to Medina’s Brain Rules.

“But I think that reading the book and putting it into practice allows that to come about faster,” she said. “I could figure it out, but it’s faster and more streamlined having it encapsulated by him.”

Formerly a 75-minute lecturer in the classroom, ninth grade math teacher Megan Garmane said Medina’s methods allow her to grab her students’ attention much

faster with a hook. Today, she only gives her class brief notes before she moves into activities to reinforce the day’s topic.

“I think kids are more engaged, and I don’t have as many kids who want to sit in the back and sleep,” she said. “I think they’re doing better on assessments than before we started Brain Rules.”

For information about Dr. John Medina’s book, “Brain Rules,” go to: www.brainrules.net.



Aman Adumer

(continued from page 1)

our seniors selected their colleges, but during the interviews I found it was far more interesting to hear where these seniors had come from and how they ended up where they are today. I learned more from these six seniors than I would from any college guidance book.

How did you come up with the subject for your college essay?

Monique: Find out what makes you, you. What sets you apart from him or her? What can you bring to any college you are going to?

Raven: Don’t be afraid to try an interest you like. If you like reading, write about something that initiated your love for it. Don’t be afraid to scare the college away.

Jose: Be honest with yourself.

Amman: It’s the essay that takes a lot out of you. I can say personally I’ve done many essays at night, and at a certain point it’s like, where is my creativity? When is it going to strike? When is the inspiration going to hit me? I need something to blow the colleges away, and you don’t know what that is.



Taylor Gomez

What motivates you to go to college?

Taylor: Ever since I was little my parents would come home and be really tired from work. It took my mom 10 years to graduate from college because she had to raise my brother and me. Growing up, she



Raven Krueger

would always say, “Go to college and get that education so you don’t go through life as hard as your dad and I do.” Ever since I was little it was never “if” I’m going to college, it’s “I am” going to college...

Based off of how I look, people expect me to be a mess-up or to not like learning or to not do work. I like constantly proving them wrong. I want to show that

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Kevin D. Tafoya

Teens Talk about High School and College

it's ok to be nerdy and to be into school and to love learning.

Bib: I want to further my education because I found something that I am passionate about (forensic science, biochemistry, and might minor in sociology).

Amman: I have younger siblings who haven't gone to college, so I can lead the way and make it something that isn't totally foreign to them although it is pretty foreign to me. At this school they also bombard you with college. You're going to go to college. You don't have a choice, and that's a good thing. Getting out of my parent's house is also pretty motivating.

Raven: I want to go to college because I don't want to be stuck with a job. I want to love what I'm doing every single day.

Jose: I know my dad works his butt off for me, all night and day, and all he expects from me is to do my homework and try my hardest. For me, going to college is my way of paying them back.

What do you want to accomplish after college?

Monique: First and foremost, despite what gender I am and what color I am, I can do what I want. Over my whole lifetime I've been judged for reasons that I can't control. Some people have low expectations of me because of those reasons. I feel that in the future I want to show everybody like me that they can do just as they want. When I broaden my horizons even more (I hope to study pre-med



Bryce Miller, DSST intern at the Front Porch, edits video of interviews with high school seniors to be posted on the Front Porch website (www.FrontPorchStapleton.com).

in college), I want to give back since I got here because of other people.

Bib: I don't want to be seen as just a girl. I want to be one of the most phenomenal women in science. I want to have a Nobel Prize.

Did you ever feel that you couldn't finish at DSST?

Amman: When I came here in sophomore year, it was as if I walked in the door and someone just punched me in the stomach with books, homework, tests, college prep. What is all this stuff? It was insane, and once I started to get a hang of it, I felt a little more comfortable. I walked in the door 11th grade, someone punched me again, but this time I knew how to take the punch, I felt ready and had friends who would help me with my work. You build a little strength once you become more accomplished. Then senior year I walked in the door and no one punched me in the stomach. I feel like I can take on more things. I want more people to punch me in the stomach. I feel that when I go to college I don't have to worry that anything will be too unmanageable.



Jose Campos



Bibiana Brame

Who are the people that are most responsible for getting you to where you are today?

Jose: For me, it is hard to choose just one person. Everyone in this building (DSST) has changed me in some way.

Amman: My dad with his speeches about different topics—college, high school—they seem like torture when I'm listening to them, and I try to not to listen to them, but I'm starting to realize that they have a lot of meaning. I just probably will not tell him that.

Where do you think you would be without DSST? Would you be in the same position you are now?

Jose: Without DSST I wouldn't be going to college.

What was your best moment at DSST?

Raven: For me it was opening up that letter from DU that said, "Raven Kruger, congratulations. You've been accepted," and to read on and for it to say you've also been offered the dean's scholarship Darn it, they (DSST) were doing something right! There is a method to

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