

Front Porch

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

DENVER, COLORADO

STAPLETON

JANUARY 2012

Views from the Tower



Photo by Adrian Diabalo

District 11 City Councilman Chris Herndon (right) is working with a group of interested citizens to find a viable use for the old Stapleton control tower and attached 15,000-square-foot building. He, along with Jo-Nell Herndon (no relation), who is chairing the committee, recently took some of their group to view the interior of the building and the tower. Additional photos are on pages 26 and 27.

By Carol Roberts

As Councilman Herndon looks at the old Stapleton control tower and attached building, he says he doesn't have a specific idea in mind, but he "can just

imagine there will be great possibilities with the collection of people we have on this committee. My hope is if we bring so many smart people with different back-

ground experiences together, we can come up with something that can be worthwhile and successful in that space."

Larry Nelson, who with Ruth (continued on page 26)

Getting an Aerotropolis off the Ground at DIA

By John Babiak and Carol Roberts

During our 45th mayor's inauguration speech this past July, Michael Hancock spoke about the "153-year marathon journey" that has led the city of Denver to her present-day greatness. His vision for a 21st-century Denver includes a bustling "aerotropolis" that would envelop Denver International Airport. As Hancock foresees it, the multipurpose airport city would become a "regional economic powerhouse" and pilot growth in northeast Denver.

Hancock has embraced the aerotropolis concept that has been championed around the globe since 2000 by Dr. John Kasarda, who works with regional municipalities and countries to help them leverage their airports and surrounding landscapes to catalyze economic growth. Kasarda views today's airports as "powerful economic engines" that can attract all types of aviation- (continued on page 4)

Senior Living Project Moves Forward in Stapleton



Almost 50 people attended a December 14 meeting where developer Brian Levitt described his idea for a senior-living development in Stapleton. Above, David Kessel (far right) contributes to the discussion of amenities participants would like to see in the development.

By Carol Roberts

As more seniors have moved to Stapleton, many to be near their grandchildren, informal discussions of the desire for a continuing care retirement community (CCRC) have sprung up among them. Ray Kieft took the lead and submitted an article that ran in the November Front Porch—a call to gather a list of people who would like to be kept informed on the subject.

At the same time, Stapleton resident and developer Brian Levitt, who worked 7 years at Forest City and developed the 29th Avenue Town Center, has been immersed in a senior living project in Aurora. After doing (continued on p. 6)

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In 2012 Sleep
More & Better

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A Pediatrician Talks
about Vaccines

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Avoiding
Coach Abuse

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An Official State
Amphibian?

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Stapleton Library
Named for Sam Gary

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A late December snowstorm made for a white Christmas and perfect sledding on the slopes at Stapleton's Central Park.



CALENDAR

Nearby events that are FREE and OPEN TO THE PUBLIC or are nonprofit.
(Additional events are listed on pages 16-19. Recurring events are listed on page 17.)

JANUARY

Tuesday, January 3

Children's Museum, Target Tuesdays, 1st Tuesday nights free, 4-8pm, www.cmdenver.org

Thursday, January 5

National Western Parade, 12pm
Downtown Denver: FREE.
www.nationalwestern.com

Fri. & Sat., Jan. 6 & 7

Denver Zoo - SCFD Free Days
www.denverzoo.org 303-376-4800

Saturday, January 7

Information Session for Parents, Students and Teachers—How Do Kids Get Assigned to DPS Schools?
East High School, 9-10am
erika@getsmartschools.org
720-287-5059 ext. 14 (see page 19)

Saturday, January 7

Denver Art Museum - SCFD Free Day 720-865-5000 <http://www.denverartmuseum.org>

January 7 to 27

National Western Stock Show
NationalWestern.com (see page 19)

Monday, January 9 & 30

Denver Museum of Nature and Science—SCFD Free Day (303) 322-7009
www.dmns.org

Tuesday, January 10

Active Minds Seminar—Martin Luther King Jr., 12:30-1:30pm.
Tattered Cover, 2326 E. Colfax. 303-322-7727

Tuesday, January 10

Venture Prep Open House, 6:30pm
2540 Holly Street, 303-893-0805
bsmiley@ventureprep.org

Wednesday, January 11

Information Session for Parents, Students and Teachers—How Do Kids Get Assigned to DPS Schools?
George Washington High School, 6-7pm
erika@getsmartschools.org
720-287-5059 ext. 14 (see page 19)

Thursday, January 12

Active Minds Seminar, The History of Denver, 7pm. Stapleton MCA Community Room, 2823 Roslyn St.
Events@stapletoncommunity.com
www.ActiveMindsForLife.com

JANUARY

Thursday, January 12

Main Street Chamber Denver Networking Event in Stapleton, SmartSpace, 2373 Central Park Blvd., Suite 100, 5:30-7:30pm
Appetizers, drinks, free to the public
RSVP: www.meetup.com/
MainStreetChamber-SE-Denver
Scroll down to find SmartSpace event

Monday, January 16

Martin Luther King Jr. Parade
Largest in U.S., Gather at City Park; march to Civic Center Park. 9am.
www.drmartinkingjrhc.org

Monday, January 16

Denver Botanic Gardens - SCFD Free Day
720-865-3500 www.botanicgardens.org

Tuesday, January 17

Summer Scholars Volunteer Orientation
Year-round reading tutors and other opportunities. 3401 Quebec St. #5010
303-381-3738 (see page 19)

Tuesday, January 17

Venture Prep Tour, 9:30am
2540 Holly Street
RSVP at 303-893-0805

Wednesday, January 18

Denver Zoo - SCFD Free Day
<http://www.denverzoo.org> 303-376-4800

Tuesday, January 24

Active Minds Seminar
Struggle of Syria, 5:30-6:30pm.
Tattered Cover, 2326 E. Colfax. 303-322-7727

Wednesday, January 25

Venture Prep Open House, 6:30pm
2540 Holly Street, 303-893-0805
bsmiley@ventureprep.org

Tuesday, January 31

School Choice Deadline
Form at <http://schoolchoice.dpsk12.org/>
(see page 19)

The Front Porch welcomes submissions of upcoming local events (see information on p. 17) and story ideas. Deadline is the 15th for the next issue.

EVENTS & ANNOUNCEMENTS

STAPLETON

What is your Community DNA?

We are continuing this segment in our monthly article. This is a little piece to check in with yourself and how you are contributing, or affecting your community. We call this the Community Denver Neighborhood Attitude or the Community DNA. We all benefit by taking stock of our actions and how they impact others.

We want this to be a community-driven portion of our article. The MCA has been creating the topics for the past year and this year we would like to have the community send in suggestions for this piece. If you have an idea you would like to have featured, please send it to StapletonDNA@stapletoncommunity.com. This is meant to provide a monthly topic and action for our community, so feel free to contact us with your ideas!

Active Minds Seminar

The History of Denver

Come learn the stories of the Mile High City. You will learn how our city was founded and the roles played by James Denver, Robert Speer, Ben Stapleton, and others. We will cover the booms and the busts and the story of why the 1976 Winter Olympics were not held here. Bring your favorite Denver trivia to share!

The seminar begins at 7pm on Thursday, January 12, in the Stapleton MCA Community Room. Everyone is welcome. For more information, visit www.ActiveMindsForLife.com.

2012 Usage Rates

The 2012 pool ID cards, entry fees and community room rentals will remain the same as last year. Here are the costs for those items:

Pool ID Cards and Entry Fees

Pool card renewals are \$10 per year
New pool cards will be issued for \$20 per card
Nonresident fees are \$7 per entry
Resident Guests will remain \$5 per entry
Unlimited Resident Guest and Temporary Resident Cards will remain \$60 each.

Community Room Rates

The community room is located at 2823 Roslyn St. behind King Soopers. The room features a large space with Wi-Fi capability. The rates are \$20/hour for residents and \$45/hour, plus a deposit, for nonresidents. For more information, visit our website at www.stapletoncommunity.com.

Positions Open

The MCA is looking to fill three part-time positions this month. Details about the positions and applications are online at www.stapletoncommunity.com and should be received by Monday, January 16, 2012.

If you have any questions or comments about the information above, feel free to contact events@stapletoncommunity.com or call the MCA office at 303.388.0724.

Diane Deeter

Director of
Programming and Events

Sponsored by the
Stapleton MCA



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Babies Need to Be Taught to Sleep

By Nancy Burkhardt

When some babies are born, they automatically sleep 12 hours a night and take several naps a day. However, most children need to learn how to sleep, according to Elizabeth Wasserman, who has an undergraduate degree in psychology and a graduate degree in social work. She is a licensed clinical social worker and certified lactation counselor.

"The reality is that, for most babies, their families aren't going to be the lucky ones whose babies learn to sleep on their own and have good naps during the day," Wasserman said. "A new baby doesn't know about sleep. It's up to the parents to set the routine."

"Most children will fight sleep," she notes. "They get that second wind. If they've gotten to the toddler stage, we will see hyperactivity and rambunctiousness. They will wake up early in the morning and be awake late at night. We want to prevent them from being overtired. Sleeping is the same as learning social skills."

There are many studies that show a connection between a lack of sleep and behavior problems in children from birth through grade school, according to Wasserman. She offers one-on-one family counseling as well as group sessions through hospitals. She also would speak to a group of mothers who are interested in learning about solving sleep problems, she said.

Many of Wasserman's clients are pregnant and may have another child with a sleep problem. They want to help their child and avoid having the same problem with their new baby. She offers lactation counseling only to clients with sleep issues because the two can be connected, she said.

"Everyone expects that a baby will just figure it out on their own, and there's so much more to that," Wasserman said. "You



Elizabeth Wasserman follows a regular routine for bedtime with her 17-month old daughter, Harper, that includes reading. Wasserman says when babies are between 6 months and a year and can turn over by themselves (and with pediatrician approval), parents can start introducing "lovies" to find what their child responds to. That item should then be used only as part of the bedtime routine and not played with during the day—and if the child will be sleeping elsewhere, bring the item along just for bedtime.

need to have a customized sleep plan. "It's helping children sleep the best they can so they can grow up and be healthy. Most clients are really desperate families whose babies didn't figure out how to sleep."

Wasserman's consulting takes place over the phone, by email and via Skype for families living out of state. Usually, counseling only is needed for about two weeks, during which time a sleep plan is developed, she said.

"I can go to their home if they are nearby, or we can talk on the phone," she explained. "I rarely meet the children. I meet the parents. I'm teaching them how to help their children. I prefer if both parents participate in a two-hour consultation because they're such a team, and without both of them understanding the importance of it all, I find it doesn't work well."

Wasserman and her husband, Justin, live in Stapleton with their 17-month-old daughter, Harper. They have taught Harper to sleep well using a sleep plan, she said.

"I've been through the problems," Wasserman said. "I've had all those same struggles myself, and I can let people know it's going to be OK."

Wasserman offers families these tips to avail all family members a good night's sleep:

1. Children should be in bed between 6 and 8pm until they are out of grade school. Most (continued on page 6)

Tips for Better Sleep

By Austin Larson, MD and Natalie Nokoff, MD

Almost everyone knows what it feels like to get too little sleep, but few people know how far reaching the benefits of adequate sleep are. Researchers have shown that subjects getting eight hours of sleep or more are half as likely to come down with a cold when a live virus is squirted into their noses than those who get seven or fewer hours of sleep. A national debate about school start times has sparked numerous studies into the cognitive impairments suffered by the "under-slept." In one study, a group of sixth-graders was instructed to go to bed one hour later for three nights in a row. On the fourth day, a standardized test was administered and the sleep-restricted students scored two grade levels below those who had not been sleep-restricted. A school district in suburban Minneapolis studied the effects of moving high school start times one and a half hours later. At the end of one school year, SAT scores for students in the schools with later start times had improved by over 200 points. In multiple studies, a lack of sleep has been associated with depressed mood and obesity. And yet, the average time spent sleeping dwindles each year.

If sleep is so important, who's responsible for our national shortage? Blame Thomas Edison—or more accurately, the light bulb. The brain calibrates sleep and wake cycles, known as circadian rhythms, primarily with exposure to light. There is a dedicated connection between the eyes and a unique group of cells in the brain responsible for these rhythms that is separate from all other visual functions. Studies that have placed volunteers in environments completely devoid of exposure to clocks, daylight or other cues that would indicate time of day have shown that most people's natural circadian rhythms are longer than 24 hours. Our bodies rely on changes in light and temperature to secrete the hormones that keep us awake and alert during the day and asleep at night.

Researchers have shown that artificial light that more closely replicates the characteristics of sunlight—shorter wavelength or blue light—is a more potent regulator of sleep cycles than longer wavelength or red light. Over time, not only has the amount of light that we are exposed to increased, but it has changed to bluer colors as well. Our technological progression from candles to incandescent bulbs to fluorescent lights and computer monitors has become increasingly disruptive to circadian rhythms.

Though pharmaceutical sleep aids are appropriate in some cases, most doctors will first recommend a set of changes in routines and behaviors known as sleep hygiene. There is good evidence that modification of the environmental factors that interfere with sleep can lead to a (continued on page 7)



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Aerotropolis

(continued from page 1) linked businesses: "As economies become increasingly globalized...air commerce and the speed and agility that it provides to the movement of professionals and high-value goods become an economy's logistical backbone."

Mayor Hancock describes the aerotropolis as "an opportunity to attract a lot of industries that thrive off their closeness to the global markets and their ability to access them conveniently." But beyond those industries, the aerotropolis offers the opportunity to attract a cluster of other industries that are part of the supply chain. "For example," says Hancock, "SMA at Stapleton [the German company that produces solar inverters] has been responsible for no fewer than five new companies that have moved to Denver because they're part of SMA's supply chain. That's important stuff when it comes to developing a cluster."

"There are two things you're trying to do," explains Hancock. "Attract new companies to try to create a cluster, and then attract companies that will thrive because they're part of that cluster and that corporate-communal activity. For example, in Dallas-Fort Worth they created an aerotropolis and the finance industry initially was not their target. But finance became a driving force in the creation of the aerotropolis and a cluster around finance developed around the airport. There are going to be some unexpected things."

Hancock cites examples of industries Denver might

pursue to create clusters: "Biosciences, bioscience devices—so medical equipment being sold and shipped out of Denver, or manufactured. Manufacturing is a new and big area that we are really focused on. Aviation, aerospace, clean energy."

In his recent trip to Japan, Hancock says the largest land-developing company in the country asked for a presentation of the aerotropolis that they'd heard about.

"But the first step," Hancock continues, "is to come up with a master plan to develop the area and see where

it goes from there. We can predict what kind of clusters we might want to drive out there but the market will dictate that. It's about, 'We have land, we want to develop it, we've got to have a vision for what it might look like infrastructurally. What is the branding of this area of town?' Those are the kinds of things that help drive initial interest and investment."

And sustainable, green communities will "absolutely" be a requirement in the development of the aerotropolis, says Hancock.

The early steps have started through the DIA planning process, reaching out to Aurora, Adams County, Commerce City and Brighton. Hancock says all the areas that are touched by the aerotropolis have been contacted to give their input.

How does the development of an aerotropolis affect Stapleton? Jim Chrisman, senior vice president, Forest City Stapleton, says, "Stapleton can be considered as one of the first phases of the aerotropolis, given its proximity to the airport. We hear anecdotally that there are many residents that chose Stapleton partly because of its easy access to the airport and we believe the same to be true for some of our businesses, such as SMA America, the producer of solar invert-

ers, for example, which benefits from the direct flights to Germany."

Dr. Kasarda believes that if a DIA aerotropolis can lure high-technology manufacturing enterprises, for example, biomedical or electronic, then office, retail, entertainment, hotel, trade and convention complexes, even housing would follow, and fill in the airport metropolis. One premise of the aerotropolis proposition is that an airport can serve not only travelers, but also locals who work within and outside the airport. They would need to travel only a few minutes from their respective workplaces to shop, eat and recreate, just like their inner-city counterparts do. Regional transportation systems like the emerging FasTrack East Corridor could also deliver thousands of consumers from nearby neighborhoods to the DIA aerotropolis.

Kasarda suggests that Mayor Hancock look to Amsterdam's Schiphol International Airport as a role model for DIA's aerotropolis. "Schiphol is Europe's fifth-busiest airport with 45



Mayor Michael Hancock (left) and Dr. John Kasarda, considered the father of the aerotropolis concept, were interviewed by the Front Porch to help readers understand what an aerotropolis is and what it would mean for Denver. Photo of DIA was taken at the groundbreaking for RTD's East Rail Line in July 2011.

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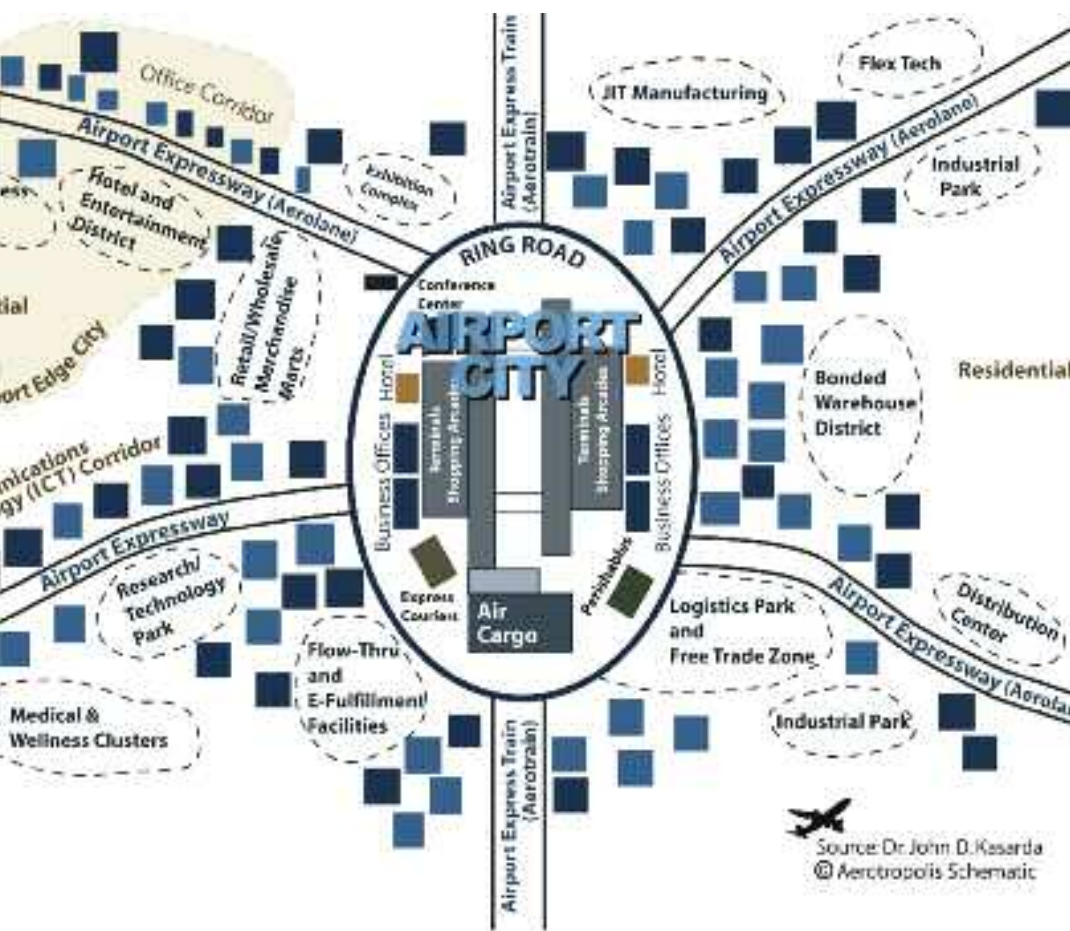
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Aerotropolis schematic by Dr. John D. Kasarda

million passengers traveling through it annually. Nearly 60,000 people are employed on the airport grounds. Its passenger terminal operates as a suburban mall, complete with a full-service grocery store that is accessible to both travelers, airport-area employees and local residents.

"Across from the passenger terminal is the airport's World Trade Center and the regional headquarters of Unilever, a multinational consumer products company, and the electronics and defense giant, Thomson-CFS. Five-star hotels adjoin the Trade Center. Within walking distance is a world-class office building campus that houses businesses that serve the aviation industry. Business parks line several highways that lead to the airport with hundreds of corporations that leverage their proximity to the airport."

With much of DIA's 53 square miles of surrounding land still undeveloped, Kasarda views DIA as an ideal candidate airport for the first U.S. aerotropolis built from the ground up. DIA is the third-largest international airport in

the world (in land area) and has the longest public runway in America. It had over 20,600,000 passengers in the past year and has the capacity to accommodate 50 million passengers per year. He says the key to Denver's success is, "The City of Denver must get their planning of an aerotropolis right. If there is not appropriate planning, airport-area development will be haphazard, economically inefficient, and unsustainable." He added, "The aerotropolis model brings together airport planning, urban and regional planning, and business-site planning, to create a new urban form that is highly competitive, attractive and sustainable."

Dr. John Kasarda is a Kenan Distinguished Professor of Strategy and Entrepreneurship and director of the Kenan Institute of Private Enterprise at the University of North Carolina's Kenan-Flagler Business School. He will chair the 2012 Airport Cities World Conference to be held in Denver in April.



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Senior Housing

(continued from page 1) all the research on that project, Levitt says, "I started walking around Stapleton and thought, 'Something needs to happen here.'" Levitt's parents, who live in Lowry, showed him Kieft's November article in the Front Porch. "I read the article and all the hair on my neck stood up and I thought, 'This is the craziest thing in the world. I'm conceiving of doing a CCRC—in this area.'" Levitt then approached Forest City about purchasing land that would lend itself to a mid-rise building (8–12 stories) and is walkable to both the rec center and the town center. His idea, at this point, is to start with 120–150 independent-living rental units, then subsequently build 60 units for assisted living, and finally 30 memory care units.

Architect David Amalong (standing) speaks to a group of almost 50 attendees at a December 14 meeting about a future senior housing project at Stapleton.

Levitt contacted architect David Amalong of HOK architects, an international and interdisciplinary design firm that works with projects ranging from airports to community planning to interior design. Amalong, who is a Stapleton resident, moved to Denver to work on the development of Stapleton in 2001. "I immediately got excited" about this project, he says, and people in his office "got as excited as we all are." Amalong feels HOK's knowledge and leadership in green building are particularly significant for a senior living project.

Levitt elaborated on the importance of sustainability. "This is going to be a pervasive element of this project. More natural light, better ventilation, better thermal control, safer products that don't



Developer Brian Levitt listens to suggestions from attendees on amenities they would like to see in a senior housing project.

have toxins." He says it has been shown that people who are recovering from procedures or ailments heal better in sustainable spaces.

Levitt and Amalong then listened to the perfect focus group that Ray Kieft had coincidentally organized at just the right time. They asked participants to describe the amenities they would want in a Stapleton CCRC. The discussion included dining facilities, number of bedrooms, balconies, outdoor areas, organic gardening, programming, a business center, laundry facilities, community room, transportation and whether people prefer flat payments for all amenities or payment by options selected.

Levitt says if the project goes forward now, it would be open in three years and it would likely be in the "upper-middle-class" price range. Questions or suggestions for Brian Levitt can be emailed to Brian@IntegralRealEstate.com. To get on Ray Kieft's email announcement list, email sandyraykieft@warp8.com.

Teaching Babies to Sleep

(continued from page 3) children need at least 10 hours of sleep a night.

2. Put your child to sleep in the same place every night. "It's about routine and creating the setting. It helps them know what to expect," Wasserman said.

3. "Create a predictable bedtime routine and make it the same every night." Wasserman advises parents to set a routine that includes bath time, putting on pajamas, reading a story and/or singing songs.

4. "Put your baby to bed when he or she is awake," she said. "If they are asleep, you will have taken away the training to put them to sleep. After the bedtime routine, they do whatever they have to do like suck their thumb, hug their 'love' or wriggle around."

5. Wait 10 minutes after your baby starts to cry in the middle of the night before you go in to comfort him or her. Babies take about 10 minutes to fall asleep again. They need to be allowed this space in order to learn how to sleep.

Wasserman offers free 15-minute information sessions by email or telephone to make sure that counseling would be a good fit.

For information about sleep counseling with Elizabeth Wasserman, call 720.420.0253, go to www.familysleepsolutions.com, or email ewasserman@familysleepsolutions.com.


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What's Happening on the East Rail Line?

By Carol Roberts

On November 15, RTD and Denver Transit Partners presented a community update on the progress of the East Rail Line, their \$1.1 billion, 23-mile commuter rail line to DIA. Early construction work has been underway since spring, and the rail line, which will have trains every 15 minutes in each direction, is scheduled to open in early 2016.

The rail shown in the photo was procured through B&B Diversified, a Disadvantaged



The Brunskill Yard, located along Smith Road at the Sand Creek trailhead, east of Havana, has a stockpile of 160,000 feet of rail that arrived in 300 truckloads from Pueblo where the rail was manufactured. Each of the rail segments is 80 feet long. There will be a total of 408,198 feet of rail on the East Rail Line.

Business Enterprise, and manufactured in Pueblo. The rail will be continuously welded rail, which means better performance and track that is more easily maintained, and the track will have concrete ties.

To date, work has consisted of excavating and relocating underground utilities such as water, sewer and communications fiber-optic lines that cross the path of the

train along Smith Road. In the spring, major work will begin on the path for the commuter rail tracks, including bridges and retaining walls.

To address noise issues, RTD will build the type of crossing gates and roadway configuration that will allow the federal government to exempt both RTD's trains and the Union Pacific freight locomotives from blowing their horns at each street.

The Central Park Station, located at Smith Road and Ulster Street, adjacent to the existing RTD Stapleton Park-n-Ride, will be the largest on the line, with 1,500 parking spaces.

Detour information and maps are available at www.rtd-fastracks.com/ec_14. For answers to specific questions, contact Kevin Flynn, RTD's public information manager at 303.299.2898 or Kevin.Flynn@rtd-denver.com.

Tips for Sleep

(continued from page 3) sustainable improvement in sleep quality and quantity. Somewhat counter-intuitively, an alarm clock may be one of the most effective tools for improving sleep. By waking up at the same time each day, whether weekend or weekday, the circadian rhythm can become more regular—making it easier to fall asleep at the same time each night. In the same vein, exposure to bright light early in the morning and avoiding bright light or wearing sunglasses in the afternoon can anchor circadian rhythms such that the body will be ready for sleep in the evening.

Some aspects of sleep are learned habits. By creating associations that are always related to falling asleep, the same cues can be used nightly to make falling asleep easier. People can strengthen the association between getting in bed and falling asleep by avoiding eating, working or watching television in bed. On the inevitable nights when sleeplessness occurs, getting out of bed and reading in another room will prevent associating one's bed with

insomnia. The bright, blue-tinged lights of TVs and computer screens may be interpreted by the brain as daylight and should be avoided. In addition to light, noise and heat can cause insomnia. Optimal sleeping temperatures are cooler than many people expect and turning the thermostat down by a few degrees before bed can be beneficial. A study published this year found that insomniacs could be returned to normal sleep schedules with use of a "cooling cap" that circulated cool water around the head to lower its temperature.

As the amount of time we spend indoors with artificial lights and computer screens continues to increase, we now have the benefit of a better understanding of sleep and circadian rhythms to fight back against some factors that contribute to insomnia. Small changes in the use of our lights, alarm clocks and thermostats can re-train our brains for better sleeping.

Drs. Austin Larson and Natalie Nokoff are pediatric residents at Children's Hospital Colorado and use many of these tips themselves when trying to create a routine despite a constantly changing sleep schedule.

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THE TRUTH ABOUT VITAMIN D

by Kristine Walsh, MD

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Chances are you have been hearing quite a bit about vitamin D and how it may be the next "wonder drug."

Why do I need vitamin D?

The body needs vitamin D to absorb calcium and promote bone growth. Vitamin D also supports other important body functions including controlling cell growth and immune function, and reduction of inflammation. Recent studies suggest a link between low levels of vitamin D and certain types of cancer and heart disease. However, such a link is not definitive.

How much do I need?

The Institute of Medicine set new guidelines for adequate vitamin D intake in November 2010.

- Infants age up to 12 months: 400 IU/day
- Children and adults ages 1 to 70 years: 600 IU/day
- Age 71+ years: adequate intake, 800 IU/day

Which foods contain vitamin D?

Below is a list of naturally rich vitamin D foods. Nearly all milk products as well as many brands of orange juice and breakfast cereals are fortified with vitamin D. Others include:

- Fish such as salmon or tuna (wild-caught fish has even higher levels)
- Beef or calf liver
- Egg yolks
- Cheese

Can I get too much vitamin D?

Yes, too much vitamin D can cause an abnormally high, blood-calcium level, which could result in nausea, constipation, abnormal heart rhythm and even kidney stones.

However, it's nearly impossible to get too much vitamin D from natural sources. Nearly all vitamin D overdoses result from overuse of supplements. Talk to your doctor about the right amount of vitamin D for you.

If you would like to make an appointment with Dr. Walsh, please contact the Stapleton Family & Occupational Medicine office directly.

Park Hill Entrepreneur Combines a Bright Idea with a Social Conscience

By Jon Meredith

On January 24, 2010, Steve Katsaros, a former competitive ski racer, lay awake in bed, at his Park Hill home, with an idea racing through his head. A mechanical engineer by degree with a zeal for entrepreneurial endeavors, Katsaros did what his creative mind told him to. He jumped out of bed, sat down and designed the solar light bulb, the idea of which had awakened him. Weeks later a prototype was built; by June 1, 2010, a product was on the market and a new company, Nokero, was born. Private investors helped bring the idea out of incubation and into production.

Only 18 months later, the idea has taken Katsaros all over the world, to the Palacio Nacional (house of Mexico's president) and to speak at the United Nations. Nokero has sold 1.3 million units and confirmed orders for many million more.



The product is relatively simple. It is a bulb that looks similar to a small Coleman lantern with a solar panel on top. Leave it in direct sunlight during the day and it will illuminate for six hours

Steve Katsaros, with his wife, Kate Craigmile, and sons Chris, 3, (right) and Thomas, 5, reaches for one of his Nokero solar bulbs outside his Park Hill home.

on a low setting and about two and a half on the brightest. The bulbs weigh 6 ounces and are designed to attach to a rope or string. They will typically last for five years and there are replacement parts available for the battery pack. Currently, there are other solar lights bulbs on the worldwide market, but "Nokero has by far the best solar technology, functionality and lowest cost," says Katsaros.

Katsaros acknowledges that the market for solar light bulbs is certainly, at this point, not in the United States or any first-world country. Although the

product is sold here, the U.S. price is around \$15, more than most U.S. consumers are willing to pay for a solar bulb.

The real market is to the 20 percent of the world's population that lives every day without electricity. In those areas, people burn kerosene lamps for which they pay a large percentage of their income for fuel. In addition, constant burning in small, enclosed spaces creates adverse health issues. Katsaros points out, "In some places, people pay as much as 20 percent of their income on kerosene—and burning a kerosene lamp inside every day has health effects that are similar to smoking 40 cigarettes a day."

The business question Katsaros had to solve became, "How do you get this product to markets where they are needed and how can you make them affordable to people who can't possibly pay for a single bulb?"

Katsaros has not only solved these issues but did so with a social conscience. Around the world, companies and governments can and do buy and sell carbon credits under the Kyoto agreements. By helping to purchase the Nokero bulbs and getting them delivered to those in need, companies and governments receive carbon credits. An Indian company named Eureka micro-finances individual entrepreneurs who then sell the lights door to door. In African countries, scores of women have engaged in similar endeavors, helped by micro financiers from all over the world. The Mexican government is buying two freight containers this month to start a program that replaces kerosene lamps throughout the country—hence, the company's name, Nokero (no kerosene). According to Katsaros, "no kero" doesn't need to be translated; it is understood in most every languages—except Portuguese, where it means "I don't want."

Visit Nokero.com to learn more about the company and its charitable partners around the world.

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Sick Computers Have Nearby Computer Doc

By Nancy Burkhart

Tony Sollenbarger built his first computer in 1993. His dad was in the computer business and Tony picked up on it. He comments, "I decided it would be fun to take things apart and put it back together."

"I work on both Macs and PCs," says Sollenbarger. "I definitely work on more PCs, but the number of Macs is growing, and I see more of them coming through these days."



Tony Sollenbarger, who works on both macs and PCs, offers quick turn-around times on computer repair services.

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Sollenbarger will work on computers in homes or shops, or they can be brought to him.

"It's all about what's best for the client," he said. "I know that everybody's busy. Sometimes it's just easier for the client if I go to their house. Sometimes they're doing errands and it's easier for them to come in. It's such a hassle to take a computer to a store and leave it for three weeks. I'll pick it up at

their home or business and have it back in two or three days. Sometimes it's just a few hours. It depends on the situation, but I'll always do it as fast as I can."

Sollenbarger suspects a lot of new computers were under the Christmas trees. He can set up these new devices, put them on networks and/or transfer their existing data to the new machines.

To access the Stapleton Help Desk, call Tony Sollenbarger at 303.900.3331, go to www.stapletonhelpdesk.com, or email him at info@stapletonhelpdesk.com.

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Redistricting Divides Stapleton into Two House Districts



The above map shows the newly-drawn boundaries for the areas of Districts 6, 7 and 8 that lie within the Front Porch distribution area. Lois Court is the Representative for District 6, Angela Williams for District 7 and Beth McCann for District 8.

By Jon Meredith and Carol Roberts

Every 10 years, the boundaries of legislative districts are redrawn based on changes in population. In a decision approved by the Colorado Supreme Court in December, Stapleton was split, with approximately 1500 residents being placed in District 8, represented by Beth McCann, and the rest remaining in District 7, represented by Angela Williams. The redistricting is effective immediately.

by former mayor Wellington Webb. Webb was appointed by Gov. Hickenlooper to the commission charged with redrawing the boundaries and served as the group's vice chair. He also served in a leadership role for the Democrats on the commission.

Webb's statement goes on to say that the ideal House District size is 77,372 but deviations 2.5 percent above and below the ideal are allowed. With the new boundaries, District 7 still has more population than any other district in Denver.

The group, while mandated to equalize the populations, also attempts to meet their political party's priorities. According to Webb, "The Democrats also attempted to main-

tain the minority community's influence in the legislature as well as for the preservation of Denver's neighborhoods—including Stapleton. In an effort to keep as many neighborhoods whole, the map adopted has one small split that includes a mere 1,500 people in Stapleton in the far southeast corner in House District 7."

Many districts in Colorado have been changed and a split of a neighborhood is not unprecedented. However, the portion of Stapleton that was removed from District 7 has raised some questions as to why that particular segment was removed. The area, bounded by Montview on the south, Central Park Blvd. on the west, 28th Ave. on the north and Beeler on the east, is not directly contiguous to House District 8 and is home to several Democrats who have been politically active in District 7. Mark Mehringer and Jon Golden-Dubois, who both ran for State Representative in House District 7, Pete Maysmith, executive director of Colorado Conservation Voters, and State Senator Michael Johnston all live in the redistricted area. Johnston's senate district did not change and still includes all of Stapleton. Senator Johnston has spoken out publicly against the new map and Angela Williams, who says she pressed Webb to keep Stapleton intact, says, "I do not believe neighborhoods should be broken up during redistricting, if at all possible."

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State Sen. Mike Johnston Anticipates an Active Legislative Session

By Jon Meredith

State Senator Mike Johnston sits back in his chair in his new office at the Capitol that looks out across Civic Center Plaza to the City and County Building. It is a spectacular view, which Senator Johnston will spend precious little time looking out on because he anticipates the upcoming legislative session to be very busy.



State Senate Michael Johnston in the Senate Chamber.

“The legislature needs to do whatever is necessary to help stimulate this economy,” Johnston says, pointing out that the Republicans and Governor Hickenlooper are in agreement. “If we help the economy here, many of the fiscal issues the state faces will

benefit and decisions made here in the legislature will not be as difficult. In several areas, such as education, we have already cut the fat and the meat and are now drilling into bone.” Johnston will sponsor a bill making it easier for employers to hire people from the unemployment ranks. He believes that the up-front cost of unemployment insurance when hiring new employees needs to be reduced or subsidized, so that more employers can be encouraged to hire directly from the ranks of the unemployed. (continued on page 26)

State Rep. Angela Williams Encourages Constituents to Get Involved

By Jon Meredith

After flying in from a family visit in her hometown of Atlanta and being a tad jet-lagged, it doesn't take long for State Representative Angela Williams to get engaged and very excited about the upcoming legislative session. “Government is only as good as those people who get involved. Here, at the State Capitol, if constituents come down and personally talk with a representative, it makes a big impression. It can certainly sway a vote.”



Rep. Angela Williams with her mother, Catherine Williams, attend a holiday party at the White House.

Williams points out that anyone can tes-

tify in committee prior to a bill coming to the floor. “All one has to do is find out when a bill is being reviewed by the appropriate committee—this information is readily available at the House website—come down and sign up to testify. Few citizens do this, yet they have a right to be heard.” As a member of the House, where Democrats are in the minority, Williams tries hard to work (continued on page 26)



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Premium Fishwrap*

by Jon Meredith

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Where Are We Going...Finally?

A dinner with friends, not long ago, got me thinking about something that I have seemingly overlooked. Outside of the box scores, the politics, kids, texts, emails, calls, newspapers, mountain climbing and sitting on the couch, I was asked something I hadn't really thought about. What was going to be my legacy and how was I going to spend the rest of my life in order to have a legacy?

"Are you kidding me," I responded "you know damn well my team won the World Series in 2004 and the Broncos won the Super Bowl twice in the '90s, what else is there? I hardly need more than that!" Being facetious in my response was a defense against my internal gut reaction that I had never really thought about a legacy or what I want to do next weekend, let alone for the rest of my life. Yet, thinking about it caused a great deal of consternation. I could die tomorrow and my legacy would be, "Red Sox and Bronco Fan 1957-2011. He Watched the Teams."

The discussion centered around the women at the table because the thought clearly made the men uneasy. One woman said she would really like to search for her spiritual path. Another said she is inspired to start a kind of co-housing community for parents who have children with learning disabilities. My wife of 29 years chimed in and said she wants to do extended trips, teaching and helping people with her vast knowledge of menopausal issues, herbal medicine, Mayan massage

and ceremony. Basically, she wants to be an elder at her craft. Hmm, I thought, better be facetious again if you have nothing important to say, "I want to sit in front of my TV and see if Tebow can win in the playoffs and if Bobby Valentine can get those over-paid players off the chicken wings and Budweiser between innings." I had clearly shown my lack of comfort with the subject matter and henceforth I was to be ignored by my dining companions. Maybe, I pondered, I could take care of the dogs while my partner is off traveling the world and being an elder instead of just being old. I could go to a few Rockies games too. The kids could ask me to come babysit...no, I really don't want to do that, at least not by myself. Besides they wouldn't have me by myself. I could go out and cause trouble so people would have to pay attention to me. I could be a burden on my kids. I could run down and get one of those pillboxes with the days of the week, just so I would be ready when I actually had to take enough pills to use one of those boxes. I was lost and the prospect of leaving no legacy, nothing people will remember you by, started to bug me. I never should have gone to dinner at that house. If they had come over to my house I could have steered the conversation clear of this kind of deep thinking stuff. Besides, why should I care about a legacy, I'm not going to be around to enjoy whatever is born by its fruits, anyway. I laid awake that night thinking how many years would go by as I get old alone, watching the Red Sox and Broncos eliminated year after year. Wouldn't that become a tad redundant? Besides, I have already been through sports nirvana and I'm not sure that another time will be as good. After a good amount of pondering or pondering thoroughly, I have decided what I don't want. I don't want age to come up behind me and smack me on the back of the head and then tell me "Hey, buddy, you missed it."

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.

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Straight Talk From a Pediatrician about Vaccines

Recently an Associated Press survey determined that Colorado ranks second in the country, behind Alaska, in the percentage of parents who opt out of giving the recommended vaccines to their child.

By Carol Roberts

Dr. Sean O'Leary, a pediatrician and infectious disease specialist from Children's Hospital Colorado, welcomed the opportunity to share his knowledge on the subject, saying, "From the perspective of the people who promote vaccination, we have not done a good enough job communicating vaccination safety to the public."

"I do a lot of things as a pediatrician," says O'Leary, "I treat kids for ear infections; I treat kids for much more severe infections sometimes. But the most important thing I do from an overall child health standpoint is give children vaccinations."

In the past, says O'Leary, there were lower immunization rates in lower-income populations, and there were outbreaks of vaccine-preventable diseases. But as vaccines became available to all children, immunization rates went up through the '90s. Then in 1998, the Wakefield study, "which has been disproven in many studies," raised the fear of autism associated with the measles, mumps and rubella vaccines.

O'Leary believes the Internet has contributed to misinformation and misinterpretation of scientific data. "You hear from your friend down the street who is entirely convinced that their child got something from a vaccine and no amount of scientific studies is going to convince them that it's not true. That presents a real problem." Today, he says, the children who are not vaccinated are often those with well-educated parents who are trying to do what's best for their child. "So that's where it gets hard, sometimes, to talk to parents, because it can be frustrating as someone who cares for children, to convince parents otherwise when they've been led down this wrong path. There really is a problem now with under-immunization in the U.S."

Colorado is one of 21 states that allow a parent to opt out of vaccinations for philosophical reasons. O'Leary explains the three main reasons he believes parents opt out. First, parents have the idea their children aren't at risk of the diseases because immunizations have reduced the risk. But the diseases still exist in the world and they are "only a plane ride away, and for measles, with the rates where they are in Colorado, it's really not a matter of if we're going to get an outbreak, it's when we're going to get an outbreak."

Second, parents seem to believe diseases like measles and chicken pox aren't that severe of a disease. "For measles, in developed countries, prior to the introduction of the vaccine, the death rate was about one in 1,000. And before the introduction of the chicken pox vaccine, there were about 50 to 100 deaths a year in the U.S. So it's hard to tell the parents of those children who died from chickenpox that it's not a serious disease." O'Leary also points out that with better treatments for cancer and other diseases, there are more people whose immune systems are compromised. In those people, chicken pox is potentially a fatal disease—so they need communitywide protection.

Third, parents question the safety of vaccines. O'Leary explains, "Because vaccines are given to healthy people, they're held to a much higher safety standard than other medicines that are tested. There's an incredibly elaborate and complicated vaccine safety surveillance system in the U.S. where all of the vaccines being used are constantly being monitored for potential side effects. So we actually have a pretty good idea of what vaccines do and don't cause. We know they cause lots of local reactions—soreness at the site you get the vaccine; a certain percentage, depending on the vaccine, might get a fever. But in terms of severe reactions, they're actually incredibly rare—the biggest really severe reaction probably being a severe allergic reaction, and those are on the order of one in millions. In terms of severe events, they're really safe."

O'Leary points out that in the scientific community there is no controversy about vaccines. "In almost every article I read in the newspapers or see on the news about



Sean O'Leary, MD, PhD, a pediatric infectious disease specialist and pediatrician at Children's Hospital Colorado, is pictured in his home with his wife, pediatrician Sonja O'Leary, his daughter Luz, 3 1/2 and son Myles, 8.

there and they'll put a parent of a child with autism or a parent who feels like their child has been harmed by a vaccine. The audience is going to relate much more to the parent than they are to the scientist. In those settings, the emotional appeal wins out every time. That's a really hard problem to combat.

"Anybody who really has a background in science and studies this, it's not a controversy in that community. It's very hard to convince people once they have an emotional tie to an idea that it's not correct. But the data just don't support that. Vaccines are effective and they are safe."

"Parents are just trying to do the best they can for their children, and understandably, they have questions. As a parent myself, I vaccinate my children on the recommended schedule, as I have no doubt that the benefits of vaccines far outweigh the risks."

Dr. O'Leary reports that he has no financial conflicts of interest.

vaccines, people will say it's a controversial topic. It's not controversial in the scientific community. It's really a controversy of science vs. emotion.

"Parents are very often persuaded by the emotional argument as opposed to the scientific argument. For example, on Oprah Winfrey or on TV shows they'll put a scientist out

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When a Coach Steps Out of Bounds

By John Babiak

When parents entrust their child(ren) to a coach, they do it with certain expectations about that person, the organization and the overall experience. Sadly, our local and national news sources are reporting incidents where that trust has been broken and the well-being of child athletes is compromised.

Every child athlete, whether recreational or competitive, has the right to be treated with respect and dignity. The reason we enroll our children in sports is for their physical, social and psychological growth and health. If they come home from an organized athletic activity feeling ashamed, sad, anxious, guilty, hurt or angry, something is very wrong. As adults it is our responsibility to step in and investigate.

According to the National Center for

Chronic Disease Prevention and Health Promotion, there are approximately 2.5 million adults in the U.S. who volunteer their time to coach each year. Countless others are paid professional coaches, the majority of whom are associated with schools or neighborhood-based clubs. Those who serve as conscientious teachers and good role models are performing an invaluable service in the development of our youth.

However, I have seen coaches step out of bounds and I believe the level of abusive coaching, whether verbal, physical and/or sexual, is growing. There should be no place for coaches who humiliate, demean, aggressively handle or sexually touch children—yet it does happen and reasons vary widely. Some coaches are poorly trained, have limited knowledge of child development, or have had poor coaching role models in their

lives. Others place too much emphasis on winning.

“Extreme cases like those we have heard about on the national scene are, fortunately, rare,” said Andrew Sirotinak, MD, of the The Kempe Center for the Prevention and Treatment of Child Abuse and Neglect at Children’s Hospital Colorado. Dr. Sirotinak added, “The public hears the details, but we rarely get to know why offenders who are in a position of trust make the decision to act. Furthermore, their background or psychological profile is rarely made public. Low self-esteem, anxiety and depression are examples of some of the effects of negative coaching on children.”

Whether safeguards by the coach’s organization are not in place, not followed or not enforced, the outcome is that such abuse to young athletes can cause long-term damage into their adulthood, adversely shaping their future experiences and relationships, both in and out of sports.

Questions Parents Should Ask

Before signing up a child for organized sports, whether through schools, clubs or private instructors, parents should ask the person in authority:

- How are your volunteer or paid coaches selected?
- Are all or some coaches subjected to background checks?
- What youth coaching education requirements/credentials are expected of your coaches?
- What continuing education is provided to your coaching staff?
- Are age-appropriate practice plans provided to and followed by your coaching staff?
- Does your organization teach and enforce positive coaching?
- What policies and safeguards are in place

(e.g., to never have a child be alone with a coach)?

- How are safeguards enforced and by whom?
- If a parent has an issue with a coach, what is the procedure for raising those concerns?

The Need for Reporting

If a parent or spectator witnesses abuse, he/she should take ownership and report it to the person in the charged with ensuring that child athletes are afforded safe and rewarding athletic experiences. Desmond Runyan, MD, director of The Kempe Center, reiterates the importance of taking action. “We are a very sports-oriented society and glory in athletic accomplishment. I think the most abusive of situations are when the coach gets the child’s peers to join in or allows them to join in emotionally abusive situations. Speaking up as a parent is necessary when the victim is not your child as well.”

When reporting an abusive situation, the time and date of the abuse should be submitted in writing. If a complaint is not resolved in a satisfactory manner, witnesses can contact the next level of authority (board of directors or the state’s athletic association, which are responsible for the oversight of appropriate conduct by coaches). In addition, community and school police should be notified immediately of any indication or witness of physical or sexual abuse and a police report should be filed. “The message, like ANY type of abuse, physical, sexual or emotional, is that it is not ever something to turn away from and think someone else will deal with it. Stand up and speak out,” emphasized Dr. Sirotinak.

How Parents Can Help

Parents need to take an active role in advocating for positive coaching and making their child’s sports experiences positive and enjoyable.

- Be involved by familiarizing yourself with school or sports organizations policies.
- Attend and watch practices and games. Take notice of the relationships between your child and their coaches.
- Always question a coach who requests a private training session and/or to drive or otherwise be alone with your child.
- And finally, ask your child for feedback about their experiences.

John Babiak is a youth soccer and baseball coach. He earned his soccer coaching licenses through the U.S Soccer Federation, and holds a certificate in coaching from the Cal Ripken Youth Baseball organization. He supports the Positive Coaching Alliance (PCA) organization.

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Take a Hike by Marko and John Babiak

Nature Ranger's Call to Action:

Together, Let's Make the Tiger Salamander Colorado's State Amphibian

December 16, the last day of DPS classes during the 2011 year, marked a date of personal achievement for this neighborhood spokesman for our natural world. When I concluded my Junior Nature Rangers enrichment class for ECE-4 students at the Bill Roberts School, I had also wrapped up my 1,500th "class" on a subject very dear to my heart: nature. A pretty solid accomplishment, I thought, for this one-time biotechnologist turned stay-at-home dad of three and part-time enrichment teacher.

I said good-bye to my gaggle of young Rangers, their parents and nannies too, and then toasted my small success by chugging down a carton of cold chocolate milk. I reflected on my now eight-year odyssey, and then vowed to set and achieve another goal.

I resolve, along with each and every interested Nature Ranger throughout our state, to designate the tiger salamander as Colorado's official state amphibian. This will be our 2012 Nature Rangers' New Year's Resolution, and also that of Colorado House District 7, State Representative and Stapleton resident Angela Williams. Representative Williams has enthusiastically agreed to lead us in the legislative process.

The State of Colorado has many official emblems and symbols. Many include specimens from nature. Our state flower is the white and blue Columbine; fish: the green cutthroat trout; insect and tree: the Colorado hair-streak butterfly and blue spruce; fossil: the Stegosaurus; bird: the lark bunting; grass: blue grama grass; reptile: Western painted turtle; and finally, our state animal: the Rocky Mountain bighorn sheep. Missing is a state amphibian.

So why the tiger salamander? According to the Colorado Division of Wildlife and the Colorado Herpetological Society, *Ambystoma tigrinum* is the only native amphibian to be documented in all 64 Colorado counties. Even fossil remains of an ancient tiger salamander were recently uncovered during the Denver Museum of Nature and Science's Ice Age-era dig at the Ziegler Reservoir, near Snowmass Village. More so, this docile, always grinning, yet reclusive creature deserves some visibility.



Left to right, Nature Rangers Brandon Vaught and Max Epperson from Westerly Creek Elementary School join Madison Soda and Owen Mahony from the Bill Roberts School and study a full-grown adult tiger salamander.

Photos by Marko Babiak

There are three tiger salamander subspecies that reside in the Centennial state. They vary slightly in size and in the coloration of their yellow, olive or black stripes, spots or blotches. With total lengths as long as 13 inches, this tiger claims the honor of being the world's largest terrestrial salamander. Their habitats range from elevations up to 12,000 feet in Colorado's southwest alpine tundra mountains, the Great Sand Dunes National Park on the state's high desert terrain, and all throughout our Great Plains region to the east.

Adult tiger salamanders are shy and live out their life predominately under cool and moist leaf litter piles and logs, or underground in burrows they dig out or over take. Wherever the salamander's natural surroundings are located, this amphibian needs a body of water, whether a cattle trough, wet-

land, pool, pond, stream or lake of any size. The best time to cross paths with a tiger salamander is at night and after the first spring rain. As these water reservoirs swell, they lure the salamanders to wake up from their winter slumber and come out of their shelters. If you are fortunate, you may find a band of smooth skin, stocky, flat head, blunt-nosed salamanders waddling on over to their ancestral watering hollow where spring fever takes over and they proceed to court and mate.

Females will deposit fertilized gelatinous eggs on plants and rocks. Just like most amphibians, they will evolve into aquatic, limbless larva complete with feathery gills. Over the next three months they will voraciously dine on a variety of insects, grow a thick tail, air-breathing lungs and limbs with web-less feet. By summer, the juvenile salamanders will emerge from the water and find suitable abodes. If their habitat allows and we humans do not meddle, tiger salamanders can live in wild Colorado for up to 15 years.

To join fellow Colorado students and Nature Rangers and follow our campaign to make the tiger salamander Colorado's State Amphibian, please visit: www.angela4colo.com and Colorado for the Tiger Salamander Facebook page.

Marko and John Babiak are Stapleton residents. Marko, 11, is an avid wildlife photographer. John is an enrichment teacher and teaches ecology classes. He can be reached at NatureRangerJohn@aol.com.



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DISCLAIMER: The Front Porch obtains event information through websites and press releases and cannot guarantee that events will occur as listed. Please use contact information to check for updates.

DENVER METRO EVENTS

Art Walks and Exhibits:

- 1/6 Friday- Santa Fe Arts District.** Santa Fe Dr. between 10th and 6th. www.artdistrictonSantaFe.com
- 1/6 Friday- North Denver's Tennyson Art Walk.** Tennyson St. and 44th Ave. www.denverartwalk.squarespace.com
- 1/6 Friday- Old South Pearl Art Walk.** www.oldsouthpearl-street.com
- 1/6 Friday- Cherry Creek Arts District.** www.cherrycreeknorth.com
- 1/6 Friday- Highlands Square First Friday.** 32nd and Lowell, North Denver. www.highlands-square.com
- 1/13 Friday- Aurora's East End Second Friday Art Walk.** Gallery openings, music, theater, food and more. 5-8pm. Map to all venues at Fletcher Plaza/MLK Library (E Colfax at Elmira).

Looking for what to do in Denver? Visit www.denver.org/what-to-do or new www.GalleryGuideDenver.com. Search art galleries by district, medium and style; info on nearby points of interest, First Friday Art Walks, exhibition openings, maps of Denver's Public Art collection, links to recommended cultural itineraries.

Free Wednesday Activities for Seniors. 1st Wed., 10am, crafts/light lunch; 2nd Wed., 12pm, big lunch/entertainment; 4th Wed., 12pm, light lunch/ bingo. RSVP: 303.439.7554 for big luncheon, 303.807.0619 for other services. Bosworth House, 1400 Josephine St. Sponsor: Assistance League of Denver

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January 12
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Middle School Showcase Event
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January 29
Open House & World Tea Fair

Open House 10am-1pm
World Tea Fair 1-4pm

DMIS offers full-immersion, bilingual education in French, Mandarin and Spanish to students 3-years-old through 5th grade. Our middle school is an IB Candidate School implementing the Middle Years Programme in grades 6 and 7.

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1/5 Thursday- National Western Parade. 12pm. Downtown Denver. FREE. www.nationalwestern.com

1/5 Thursday to 1/8 Sunday- Denver International Sportsman's Expo. Colorado Convention Center, 700 14th, Downtown Denver. Thursday/Friday 12-9pm; Saturday 10am-8pm; Sunday 10am-5pm. Tickets: \$15/adults; 15 years and under, free with paid adult. www.sportsexpos.com

1/6 Friday to 1/8 Sunday- Cirque du Soleil: Michael Jackson the Immortal. Pepsi Center. Tickets: \$80-\$175. www.pepsicenter.com

1/7 Saturday to 1/22 Sunday- National Western Stock Show and Rodeo. National Western Complex, I-70 and Brighton Blvd. Tickets/events: www.nationalwestern.com

1/8 Sunday- Living History Day. Historic demonstrations, sewing, quilting, blacksmithing, wagon rides, etc. General admission applies. www.fourmilepark.org

1/13 Friday to 1/15 Sunday- Denver Boat Show. Colorado Convention Center, 700 14th St, Downtown Denver. \$7.25 adults; \$4.25 students 12-17; under 12 free. Friday 12-10pm, Saturday 10am-10pm, Sunday 10am-5pm. www.denverboatshow.com

1/15 Sunday- Creative Sunday Writing Workshop. For adults. Mizel Museum, 400 S. Kearney St. 10am-1:30pm. \$41.25 members/\$55 nonmembers; includes lunch/snacks. www.mizelmuseum.org

1/16 Monday- Martin Luther King Jr. Parade. Largest in U.S. Gather at City Park; march to Civic Center Park. 9am. www.drmartinlkingjrhc.org

1/19 Thursday- Brain Health Education Series: Mental Motivation: Winning the Battle of the Brain. Lecture at 7pm. Come early for hors d'oeuvres and wine. FREE. Hosted by LearningRx, 88 Steele St. #50. RSVP to Debra: 303.284.6105

1/19 Thursday- Colorado Federation of Garden Clubs. January meeting 1/19; normally 3rd Monday. For all gardeners. Glenda: 303.377.3580.

1/20 Friday- Tea in Wyman Historic District. Colorado History Museum presents afternoon walking tour of Wyman Historic District, then tea at Denver Tea Room. Cost: \$52 general public, \$42 members. Reservations required. 303.866.4686, www.historycolorado.org

1/20 Friday to 1/22 Sunday- 30th Annual Colorado Indian Market and Southwest Showcase. Friday 1-8pm; Saturday 10am-7pm; Sunday 10am-5pm. Admission: \$12; under 13 free; good for entire weekend, all shows, performances, demonstrations. Denver Merchandise Mart, 451 E 58th Ave. www.indianmarket.net

Single Volunteers of Greater Denver. Visit www.svgd.org for volunteer opportunities for singles: local projects, charitable social events and working vacations abroad.

Volunteers of America Foster Grandparent Program- Seeking adults 55+ with lower incomes who love working with kids and can give 15/more hours/week. Small stipend given; transportation reimbursed. www.voacolorado.org, 303.297.0408 (Naomi Taggart)

Live Music at The Soiled Dove. 7401 E 1st Ave, Lowry. Tickets: www.soileddove.com

Denver Public Art Tours. FREE Public Art Tours by foot, bike, scooter, for art and architecture lovers. Reservations required. Schedule/signup: www.denvergov.org/publicart. Also download PDF of Denver's Public Art Guide.

Denver 2 for 1 Tix provides weekly 2 for 1 ticket and admission discounts for metro Denver arts and entertainment. www.denver2for1tix.com

HEALTH AND WELLNESS

1/19 Thursday- HIV testing at Rocky Mountain Cares non-profit for holistic HIV care. FREE. 1-5pm. 3rd Thursday monthly. 4545 E 9th Ave, #120. 303.393.8050, Adrian Pilarski

LECTURES AND DISCUSSIONS

Active Minds – Info on all sessions: www.ActiveMinds.com. FREE.

1/3 Monday- Suffrage of Women in U.S. 10:15-11:15am. Jewish Community Center. 350 S. Dahlia St. Lil Shaw: 303.316.6359

1/10 Tuesday- Martin Luther King Jr. 12:30-1:30 pm. Tattered Cover, 2326 E. Colfax. 303.322.7727

1/12 Thursday- History of Denver. 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. RSVP: 303.388.0724. Repeats various dates, venues.

1/17 Tuesday- South Africa: Journey from Apartheid. 11am-12pm (10:45 refreshments). Temple Emanuel, 51 Grape St. RSVP: Jodi, 303.388.4013 x307

1/24 Tuesday- Struggle of Syria. 5:30-6:30 pm. Tattered Cover, 2326 E. Colfax. 303.322.7727

LIBRARIES

For more library programs, check events calendar at denver-library.org. All branches closed Sunday Jan. 1 and Monday, Jan. 2 for New Year's and Monday Jan. 16 for Martin Luther King Jr. Day.

Art Contest
Denver Public Library art contest for teens 6th-12th grades to create original artwork for 2012 Summer of Reading bookmarks/posters. Artwork to reflect theme "Night Vision." Any kind of 2-dimensional art: color; black/white, digital, photo, collage. Must reproduce well on copy machine. Entry forms at libraries or <http://teens.denverlibrary.org/art-contest>. Due at any library by 1/13.

Winter Lego Contest
Use imagination, creativity and Legos to create a "Supersonic World: 2012 and Beyond!" scene. Contest rules/entry forms at Bear Valley, University Hills, Smiley, Cherry Creek, Schlessman or Broadway branches. Bring entry to any of these branches between 1/3 and 1/13. Judging/prizes awarded at Bear Valley branch, Saturday, 1/14, 12pm.

Park Hill Library, 4705 Montview Blvd. 720.865.0250. Closed Mondays, Wednesdays and Sundays.

Thursdays- All ages storytime. For kids who can sit, listen to stories and participate in songs. 10:30am.

Thursdays and Fridays- Book Babies. Babies 6-23 months with parent/caregiver. Share books, songs, finger plays. 11:15am. Please attend only ONE session/week.

Fridays- Tales for Twos. Storytime for 2-year-olds and caregivers. Stories, songs, movement activities. 10:30am.

1/31 Tuesday- Park Hill Teen Advisory Board Open House. Library invites Park Hill teens 6-12th grade to get involved. Check out upcoming teen programs. 4-6pm. Snacks served. 720.865.0250

Schlessman Family Library, 100 Poplar St (1st and Quebec). 720.865.0000. Closed Wednesdays and Fridays.

1/7 Saturday- Colorado Authors Series: Stephen Singular: *The Wichita Divide*. 2pm.

1/8 Sunday- Stars in Khaki. Slide show at Wings Over the Rockies of movie stars who served in WWII by Hugh Greenwood.

1/9 Monday- Intro to Herbal Medicine for Health and Wellness. Why/how to use herbs as daily tonics or for acute situations. All levels of knowledge welcome! By herbal experts from Apothecary Tinctura. www.apothecarytinctura.com

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KIDS AND FAMILIES

Thursdays in January- Star K Kids. Puppets, stories, activities, outdoor explore for ages 5 and under. 9:30 & 11am. Morrison Nature Center, 16002 E Smith Rd,Aurora. 303.739.2428, www.auroragov.org/nature

1/7 Saturday- Home Depot Kids Workshop. 9am-12pm. FREE how-to clinics first Saturday of month for ages 5-12. Each child gets Home Depot apron, wooden project and project pin. Metro-area Home Depot stores. www.homedepot.com

1/8 Sunday- Junior Rangers. 1:30-3:30pm.Ages 6-12. Morrison Nature Center, 16002 E Smith Rd, Aurora. Reservations required. 303.739.9428, www.auroragov.org/nature

1/9 Monday- H.E.L.P.: How to Enjoy Living with a Preadolescent. Educator Judith Baenen presents for parents of 3rd-8th graders how to enjoy your preadolescent. 7-8:30pm. Free, open to public. Denver Jewish Day School, 2450 S.Wabash St. Donna Martin: 720.449.9522.

1/9 Monday- Stick Horse Rodeo at Children's Museum. 9:30-11am. Celebrate Western Month and kick off National Western Stock Show, western dress-up, pics with NWSS mascot and rodeo queens. Included with admission. www.mychildsmuseum

1/11 Wednesday- "Create Playdates" at Denver Art Museum. Kids 3-5 roar, bang, stomp 2nd Wed./month, 10am.Art making, story times, scavenger hunts. Included in museum admission; 5 and under free. 100 W 14th Ave Pkwy. www.denverartmuseum.org or 720.865.5000

1/14 Saturday and 1/28 Saturday- Lowe's Build and Grow Kids Clinics. Bring kids to a Lowe's store to build FREE wood project: free apron, goggles, project-themed patch, certificate of merit on completion. 10am. www.lowesbuildandgrow.com

Through 1/15 Sunday- The Snow Queen and 1/18 Wednesday to 2/26 Sunday- Silly Jack. Denver Puppet Theatre, 3156 W 38th Ave.Tickets: \$7 ages 3 and up. 303.458.6446, www.denverpuppettheater.com

1/18 Wednesday- Summer Planning Tips/Camp Preview. Learn to plan for your child's summer activities. Directors from Altogether Outdoors Summer Camps answer questions and assist with registration. 7-8pm. FREE. Stapleton MCA Community Rm. Contact Tommy Feldman at 720.249.2997.

Denver Museum of Miniatures, Dolls and Toys Workshops- Ages 4 and up. Cost from \$5. Museum adm: \$6 adults, \$4 children 5-16, under 5 free. 1880 Gaylord St. www.dmmdt.org

Tiny Tots Love Music, Denver Brass. Special concert for tiny tots and parents; introduce little ones to magic of live music.Variou dates/locations.Tickets: www.denverbrass.org

Tiny Tots, Inside the Orchestra. 45-minute concerts by Colorado Symphony for kids 6 and under who sit next to musicians and hear classical music they may recognize! Various venues/dates through mid-February. Concerts: 9:30 and 10:30am. \$5; children under 2 free. Tickets: www.jrsg.org

Through 1/31- Southwest Rink at Skyline Park. FREE ice skating in Downtown Denver. Bring skates or rent for \$2. Mon–Fri 12-10pm; Sat/Sun 9am-10pm. Reduced hours on holidays. www.downtowndenver.com

Through 3/11- Louisville Winterskate- Outdoor ice skating and Friday night carriage rides. Call for hours, 303.449.3137. 824 Front St, Louisville. www.bceproductions.com

Through 3/11- Flatiron Crossing Winterskate- Outdoor rink outside the mall. Call for hours, 303.449.3137. www.bceproductions.com

KIDS CAMPS AND CLASSES

January–March- Stapleton All Sports Winter

Programs. Basketball Skills and League Play, Cheer/Dance, and Wrestling. Kids 2½-11. www.stapletonallsports.com or contact Gabe Hurley: stapletonallsports@gmail.com or 720.985.6642.

Aurora Fox Theater- Drama classes ages 4 and up. Lisa Mumpton: 303.739.1573 or www.aurorafox.org

Art Students League of Denver- Programs for kids and teens. 303.778.6990, www.ASLD.org

Small Hands Art Studio- Art classes. Stapleton location! www.smallhandsart.com

Start Art- Art classes. Startartkids.com

The Art Garage- Classes ages 4 and up. 6100 E 23rd Ave, Park Hill. www.artgaragedenver.com

The Urban Farm- Embracing Horses; info@theurbanfarm.org

Club J- After-school programs at Jewish Community Center for kids grades K-5. www.jcc.org

To submit information for the Front Porch “Local Event” Listings

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 FrontPorchStapleton@gmail.com

DENVER MUSEUM OF NATURE AND SCIENCE Montview and Colorado Blvd. www.dmns.org

Through 1/8 Sunday- T-REX Encounter. Full-size animatronic dinosaurs. (continued on page 18)

RECURRING EVENTS

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

Every Tuesday
Stapleton Rotary Club – 7:30am
Stapleton Community Room
2823 Roslyn St.
www.denverstapletonrotary.org
AA Open Discussion Mtg.
7:30pm. MCA, 2823 Roslyn St
303-912-7075
AA Open Meeting 6:00pm
St.Thomas Episcopal Church
22nd and Dexter: For info call
Shirley at 303-726-2998

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

2nd Tuesday
Parks Advisory Group, 7:30am,
7350 E. 29th Av, 3rd fl.
Lcorrell@dotnet.net

3rd Tuesday
Greater Stapleton Business
Assoc. 8am MCA, 2823 Roslyn
St www.stapletonbusiness.com
303-393-7700

4th Tuesday
Adoptees in Search General
Meeting, 7:30 - 9pm; Montview
Presby. Church, Study Group
Room.AISCTC.org 303-232-
6302

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

2nd Wednesday
Adoptees in Search Support
Group, 7-8:30pm; Montview
Presby. Church, Robinson Rm.
AISCTC.org 303-232-6302

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

2nd & 3rd Wednesday
Lowry Peak Speakers Toast-
master Club. Noon–1 pm, Pin-
nacol Assurance: 7501 E.
Lowry Blvd, Denver 80203
lowrypeak.freetoasthost.org
lpstoastmasters@gmail.com

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

1st Saturday
Bluff Lake Birders, Nature
Center 7–9am. [BluffLakeNa-
tureCenter.org](http://BluffLakeNatureCenter.org). Neighbor-
hood Partners Environmental
Team 9am–Noon. Contact
Lcorrell@dotnet.net for info.


2nd Saturday
NE Denver/Park Hill MS Self-
Help & Support Group, Dist. 2
Police Station, 10:15–11:45am
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LOCAL EVENT LISTINGS

(continued from page 17) **1/19 Thursday- Science Lounge.** Cocktails/entertainment every 3rd Thurs. of month. 6:30-9:30pm. \$8/members; \$10/nonmembers

Planetarium- *Journey to the Stars; Black Holes; Cosmic Journey; One World, One Sky; Big Bird's Adventure.* www.dmns.org/planetarium/current-shows

IMAX Movies- *Born to Be Wild 3D; Dino MAX 3D Double Feature; Under the Sea 3D.* Various times. Tickets: \$8/3-18; \$10/adult

NORTHFIELD EVENTS

Events at The Shops at Northfield Stapleton- 303.375.5475 www.NorthfieldStapleton.com

Bass Pro Events- 720.385.3600, www.BassPro.com
Hunting, fishing and marine seminars offered throughout the month.

Harkins Theatres 18- 720.374.3118, www.HarkinsTheatres.com

Improv Comedy Club and Dinner Theatre-Tickets: 303.307.1777, www.ImprovDenver.com
Ticket prices based on comedian and show time.
1/4 – Future Legends of Comedy
1/6-1/8 – Earthquake
1/19-1/21 – Jamie Kilstein

Toby Keith's I Love This Bar and Grill- 303.728.9468, www.countrybarco.com
Local and regional live music acts Wed.-Sat.
1/11 – Roger Creager

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Reservations required for events marked** at 303.289.0930. Free unless noted. Hours: Tues.-Sun., 7am-5pm. Visitor Center: Tues.-Sun., 9am-4pm. Refuge closed all

federal holidays. Directions to Refuge: www.fws.gov/rockymountainarsenal/

Wednesdays, Saturdays, Sundays- Wild Rides.** 9:30-11:30am Wed and Sat, 1-3 pm Sun. 2-hour guided viewing tour.

Saturdays- "Wild" Talks. 1pm. Join a naturalist every Saturday for 10-minute mystery "wild" talk.

Sunday Matinees: Nature movie every Sunday at 1:30 pm. Families welcome.

SPORTS AND FITNESS

1/14 Saturday- 16th Annual Quaker Oatmeal Festival and Quicker Quaker 5K Walk/Run. Downtown Lafayette. www.lafayettecolorado.com

NORTHEAST DENVER EVENTS

1/4 Wednesday- Prayers for World Peace. Interfaith prayers to create peace in world. 7:30pm. Free Center of Light, 2300 Forest St. Denver@CentersOfLight.org or 720.308.9944

1/6 Friday to 1/8 Sunday- Antiques at Wings. Antique Show and Sale, Wings Over the Rockies Air and Space Museum. 10-6pm; Sunday 10-5. Specialty antique dealers from throughout USA. \$7/adult & senior; under 12 free with paid adult/senior; includes exhibits of Air & Space Museum. Download coupon at www.antiquesatwings.com. 303.595.0812

1/7 Saturday- Create Your Vision for 2012. Afternoon of creativity and community with Jane Diamond, owner Memory, Magic and More. Bring photos, magazines or images to use. Frames cost extra. 2-4pm. \$20. Dancing the Soul, 950-C Jersey St. Register: www.dancingthesoul.com or 303.502.4586

1/8 Sunday- Being Okay Being Away. Workshop for new moms returning to work after maternity leave. 2-4pm. Naturally Loved, Stapleton Town Center. \$15. RSVP: Megan Nyce, 303.728.9441, megan@spingroupdenver.com, www.spingroupdenver.com

1/14 Saturday- Awareness (Feldenkrais) through Movement Workshop. Put more hip in your ZUMBA, coordinate arms/legs for Nia, lubricate spine for yoga. Three short movement lessons to dance, twist, walk with ease. 2-4pm. \$20. Dancing the Soul, 950-C Jersey St. Register: www.dancingthesoul.com or 303.502.4586. Call for other classes.

1/25, Wednesday- Total Food Makeover, 6-8pm. Dr. John Steffens, chiropractor, presents a 2-hour lecture on "a practical, sustainable nutrition program for life." Cost is \$25 and includes book. Central Park Rec Center, Stapleton. RSVP 303-377-6137.

1/27 Friday- Free Conscious Movie. I AM. 7:30pm. Center of Light, 2300 Forest St. Denver@CentersOfLight.org, 720.308.9944

1/27 Friday- Drumming Circle. Join the circle, wear something green; bring item connecting to your heart, hand drum, shaker, rattle, cowbell or use ours. 7-9pm. \$10. Dancing the Soul, 950-C Jersey St. Register: www.dancingthesoul.com or 303.502.4586

2/2 Thursday- Spiritual Seminar "The Broken Heart" with international Spiritual Master Mother Clare Watts. 7:30pm. \$25. Center of Light, 2300 Forest St. Denver@CentersOfLight.org or 720.308.9944 Call for other events.

2/4 Saturday- The Bid Easy. Park Hill School's Annual Party & Silent Auction. 6-10pm. Proceeds support the school that's supported Park Hill for 100+ years. FREE. Park Hill Golf Club, 4141 E 35th Ave. www.parkhillelementary.org

Fridays- i Play- 5:30-7pm. Open yoga; instructor present. Kids welcome. Donation only. 2212 Kearney St. www.mysacred.com

Denver School of the Performing Arts- Various dance and music performances; many free! See website for details. Quebec and Montview. www.dsa.dpsk12.org/performances

Central Park Recreation Center

Info: www.denvergov.org/recreation, 750.865.0750 or Facebook Central Park Recreation Center. Registering for sports programs.

THEATRE

1/7-2/11- Dearly Departed. Spotlight Theater Company at John Hand Theater, 7653 E 1st Pl. 720.880.8727, www.johnhandtheater.com

1/10-1/21- Bring It On, the Musical. Buell Theatre, 14th and Curtis, Denver Center for Performing Arts. www.denvercenter.org

1/12-2/5- The Elephant Man. Presented by Phamaly. Aurora Fox Theatre, 9900 E. Colfax. www.aurorafoxartscenter.org, 303.739.1970

1/13-2/19- The Whale. Ricketson Theatre, 14th and Curtis. Denver Center for Performing Arts. www.denvercenter.org

1/20-2/25- String of Pearls. Avenue Theater, 417 E. 17th Ave. www.avenuetheater.com, 303.321.5925.

1/20-2/19- The Importance of Being Earnest. Arvada Center, 6901 Wadsworth Blvd. 720.898.7200, www.arvadacenter.org

1/20-2/19- Becky's New Car. Vintage Theatre, 2119 E 17th Ave. 303.839.1361, www.vintagetheatre.com

1/26-4/19- How I Became a Pirate. Arvada Center, 6901 Wadsworth Blvd. 720.898.7200, www.arvadacenter.org

1/27-2/26- Taming of the Shrew. Stage Theatre, 14th and Curtis, Denver Center for Performing Arts. www.denvercenter.org

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Stock show—Jan. 7 – 27

The National Western Stock Show will be held January 7 to 27. Tickets include free grounds admission to the 100-acre National Western show grounds. National Western, one of the world's largest livestock shows, hosts nearly 20 breeds of cattle, horse show classes, stock dog trials, goats, llamas, bison, yaks, pigs, alpacas, poultry and rabbits. The trade show offers numerous food and shopping opportunities. Grounds admission also includes the Activity Pavilion, Ag Adventure and evening entertainment.

Activities that are free with grounds admission: Cattle Show—one of the world's largest cattle shows with nearly 20 breeds of cattle.

Horse Show—One of the top five American Quarter Horse shows, American Paint Horse show, Draft Horse, Mule show and shows for hunters and jumpers.

Mutton Bustin'—Kids 5–7 under 55 pounds ride a sheep out of a bucking chute and cling to the back of a thickly coated lamb as long as they can.

Art Exhibit—The Coors Western Art Exhibit and sale includes photography, painting, drawing, sculpture and printmaking. The featured artist, Don Stinson, is known for his

panoramic vistas that explore the physical and cultural landscapes of the West.

Special Events require purchase of a separate ticket. Purchase of admission to ticketed events includes a free grounds admission for the day of the ticketed event. Ticketed events include Mexican Rodeo, PBR Bull Riding, PRCA Rodeo, Martin Luther King Jr. African-American Heritage Rodeo, Dancing Horses, Gambler's Choice, Wild West Show, RAM Invitational Freestyle Reining, Grand Prix, Super Dogs and Draft Horse and Mule Show.

Exhibit Hours: Sun.–Thurs. 9am–8pm; Fri.–Sat. 9am–9pm; Closing Day 9am–6pm

Tickets: 12 years and older: \$8–14 (varies weekdays, weekend, holiday); Children (Ages 3–11): \$2–3. Tickets may be purchased by phone at 888.551.5004, at Front Range-area King Soopers, at the National Western Box Office or online at www.NationalWestern.com. The Stock Show is located at 4655 Humboldt St., Denver.

Christmas Tree Recycling

Place trees out on normal trash days between Jan. 3 and Jan. 13. For info. visit Denvergov.org/DenverRecycles.

New School Choice System at DPS

Completed forms due by 5pm, Jan. 31, 2012
By Amy Slothower

Denver Public Schools (DPS) has improved the way that it enrolls students in its schools for the 2012-13 school year. This December, the district moved to a single, unified enrollment system.

The new process came in response to feedback from DPS and community leaders. Ten local organizations, led by Get Smart Schools, collaborated with DPS and local and national enrollment experts on the development and implementation of the new system.

All traditional, innovation, charter and magnet schools are participating in the new system. Previously, there were more than 60 different enrollment processes with different forms and due dates for public schools in Denver.

Every transitioning student (incoming K, 6th and 9th grades and any student who wants to choice into a different school) is encouraged to indicate their school preferences on the SchoolChoice form, which is available at any DPS school and online at <http://schoolchoice.dpsk12.org/2012-13-school-year/forms-and-documents/>. Families can also access the helpful enrollment guides online at <http://schoolchoice.dpsk12.org/enrollment-guides/>.

Completed SchoolChoice forms are due no later

than 5:00 PM on January 31, 2012. Forms can be turned in at any DPS school or at 900 Grant Street. During the month of February, the district will work to collect and process all SchoolChoice forms in an attempt to get each student into his/her most highly preferred school. SchoolChoice applicants will be notified in writing of their 2012/13 school assignment on or around March 1, 2012.

Putting into place one process for all district schools and one form and timeline per grade simplifies what has been a confusing process for students and families to navigate.

Amy Slothower is the executive director of Get Smart Schools, a nonprofit organization in Colorado dedicated to dramatically increasing the number of new, public, high-quality, autonomous schools serving low-income students.

How Kids Get Assigned to DPS Schools

Free and open to the public informational sessions for parents, students, and teachers to give them a better understanding on how students get matched with schools.

Saturday, Jan. 7—East HS, 9-10am
Wednesday, Jan. 1—George Washington High School 6-7pm

Hosted by Get Smart Schools
For more information contact Erika Meyer at 720-287-5059 or erika@getsmartschools.org

As U.S. Troops Pull Out, Councilman Herndon Reflects on His Service in Iraq



By Carol Roberts

District 11 Councilman Chris Herndon was in Iraq from December 2003 to March 2004. With the troops just home, he shared his reflections on his time there. “One of the things that I realized, which I knew before, is you have a great appreciation for how good it is to be an American. For those who are familiar with the religious factions in Iraq, you have the Shias, you have the Sunnis and you have the Kurds. Saddam Hussein was a Sunni, and for literally generations the Sunnis ran Iraq. They oppressed the Kurdish community and they oppressed the Shia community.

City Councilman Chris Herndon, front, who was a Captain in the Army, is shown with the Service Battery, 3rd Battalion, 18th Field Artillery Regiment in Northern Iraq. The Service Battery provided logistical support to troops. The photo was taken in Dec. 2003 when Herndon had just taken command of that unit.

You would meet people of those communities that just have had a very rough life—children that are uneducated and people that have really been oppressed. It makes you very grateful that you live in the country that you live in and have the opportunities that we have. It's very eye-opening to see how good we have it in America when you deploy to another country.”

Asked about his preparation for his experiences, Herndon says West Point prepared him to handle a level of stress in both Kosovo and Iraq that he had never experienced previously and that “West Point is one of the best leadership institutes in the world.”

“As an Iraq veteran, I applaud President Obama for bringing our troops home. The servicemen and women of our armed forces have served with dignity and honor and it is time for them to come home.”

Make a Difference to a Child, Be a Reading Buddy

By Kathleen King

Everyone knows that reading aloud to young children builds a strong foundation for later reading success. But many people are not aware that the need for reading aloud is also critical for older readers who are struggling. Because read-aloud is so important in helping children become successful readers, Summer Scholars is seeking volunteers to work with students after school as Reading Buddies.

“Reading aloud to children helps them learn that letters on a page correspond to words and spoken language,” says Linda Abeyta, Summer Scholars' co-director of curriculum. “Through reading aloud, students hear vocabulary that's higher-level than what they can read on their own, they hear what reading fluency sounds like, and they experience reading as a pleasurable activity. All of these things combine to increase students' desire to learn to read.”

Summer Scholars Reading Buddy positions offer scheduling flexibility—Reading Buddies are asked to commit to a regular schedule, but it can be from as little as one hour a day, one day a week, to several times per week, for up to two hours per day. Because Summer Scholars serves 15 different elementary schools, numerous locations are available.

Summer Scholars provides training and ongoing coaching, and volunteers get the opportunity to participate in a meaningful activity that makes a difference in the lives of at-risk students.

Other Volunteer Opportunities

Summer Scholars, which works with students year-round, provides reading, writing and math support to students performing below grade level. Other volunteer opportunities include:

- Work with elementary students as a math buddy.
- Assist adult English language learners and their preschool children.
- Help with homework, games and crafts, or hands-on science in the Summer Scholars recreational program.
- Provide administrative support, including materials preparation, data entry and phone communication.
- Spanish-language speakers and writers are also needed.

Upcoming Volunteer Orientation Sessions

Orientation sessions will be held Tuesday, Jan. 17, and Feb. 8, from 4:30–6:30pm at Summer Scholars' central office, 3401 Quebec St. #5010. For more information, a list of schools and volunteer opportunity descriptions, go to the Summer Scholars website at www.summerscholars.org or call Jennifer Agnew at 303.381.3738.

The Summer Scholars volunteer application is posted at www.summerscholars.org/get_involved/volunteer.html.

Kathleen King is the president of Summer Scholars.

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By Judith Schwartz

South of Montview Blvd., at 1760 Ulster Street, a brick home with a wide front porch sits quietly back from the road—except GREETERS OF AMERICA is boldly carved into its front entry.

Its story unfolds this way.

Montclair incorporated in 1888. Baron von Richthofen, a cofounder, hoped Montclair would attract wealthier residents turned off by Denver's "400 saloons and forty Market Street bordellos." His vision was for a community in which "only tasteful houses of \$1,000 will be allowed...Colfax Avenue will be graded and improved like Broadway...shade trees will be planted throughout...an artesian well will provide water...light towers will be erected...the town will be the pride of all Denver."

In 1902, Montclair became part of the new City and County of Denver and had less than 100 homes. One built in 1899, now 1740 Ulster, was situated on five acres that included an apple orchard. It became the



Montclair Home A Haven for Greeters

property bought by the Greeters of America in 1921.

Who were the Greeters? National hotel front-desk employees formed the Hotel Greeters of America in Denver in 1910 as a fraternal organization. Before interstate highways and mass car ownership, people traveled primarily by train. In the early 1900s, hotel clerks served as travel directors. The

best way to exchange guests with clerk friends at other hotels was by personal telephone, telegram or postcard contact. Hotels advertised in *The American Greeter*, the organization's magazine. Published in Denver, it distributed over 5,000 monthly copies nationwide plus Canada (1921-23 stats). Approximately 50 chapters existed in 1924.

"Greeterism" was their creed; to serve their guests in every way. Organization goals were to: encourage better acquaintance and good fellowship among greeters, remove dishonest and unreliable hotel clerks, enhance their skills and, as a fraternal organization, assist their members in need.

A national home was authorized at the New Orleans 1921 annual convention "to provide a haven for its aged and infirm members without home ties... unable to care for themselves, and for the further purpose of affording a refuge in the dry climate of Colorado." In 1922, construction began on a building on the previously acquired property with a breezeway connecting it to the existing building. On May 1, 1924, Mayor Stapleton conducted opening ceremonies. Financed and maintained by dues and donations from Greeter chapters (e.g., \$1.50/year per member, 25 cents/year from women's auxiliary, etc.), prominent Denver figures also donated money, furniture and other items. Residents cared for the orchards, gardens and chickens for healthy exercise.

The December 1937 Greeters magazine notes the home then had four paid employees, including a physician who daily visited the 16

Two homes in Montclair were used by the Greeters of America "to provide a haven for its aged and infirm members without home ties." They operated from 1924 until the 1950s, when they became private residences.

guests. One guest was expected to recover from his TB and six young men cured while at the home were back in responsible hotel positions; "29 guests have passed to the Great Beyond." Most who died there were buried in a section of Fairmount Cemetery. Arrangements were made for members with extreme health conditions to be treated at more appropriate facilities.

Miss Bess Wilson, "the beautiful and charming traveling saleswoman for the Ohio Varnish Company of Cleveland" visited Lindsey Sims who was "incapacitated from work." He had shown her "many favors" when she stayed at the Waldorf Hotel in Dallas. She stated, "It is a wonderful institution—or rather a wonderful home....Why, I'd like to live there myself."

The Greeters of America home was dis-

solved in the 1950s and converted into two private residences. The 1924 building originally had no kitchen. It has a long corridor with eight bedrooms, four on each side, and contains 50 windows. A bathroom had a line of urinals.

Present residents of the two homes be-

lieve food was prepared at the older building, which has a 600-square-foot living room and four bedrooms. The Greeters home was designated a Historic Landmark in the 1990s.

Neighbors Evelyn Pryor and Britta Singer are exuberant about living with such an interesting heritage. The two households act as if the breezeway connector still exists, constantly visiting back and forth. Evelyn insists that whoever passed through over those 30 years only left behind "good spirits."

Facts presented here come from early copies of *The American Greeter*, archival information from a former neighbor and hotel-worker-related publications through the 1950s. Many gaps exist in the story of this organization and the home. If you have information on The Greeters of America, contact Judith Schwartz at judschwartz@msn.com.



Greeters' President W.E. Defenbacher in the mid-1920s just before taking off from the Denver airfield for a bird's eye view of Denver. The composite photo from the Rocky Mountain News also shows the Greeter committee that showed Defenbacher the Greeter home.

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Mary Seawell Elected DPS Board President

By Jon Meredith

At-large Representative Mary Seawell was elected the new president of the Denver Board of Education at the November meeting where new members Happy Haynes and Anne Rowe were sworn in. Incumbent President Nate Easley stepped aside, saying the issues facing the board and Superintendent Tom Boasberg are too numerous for the board not to be working together to find solutions. “I do not have the patience necessary to implement school reforms. Mary does. Besides, I have a full-time job.”

“I believe I have a good relationship with Tom Boasberg and the whole board,” Seawell states, “and a new leader may be able to heal past board issues.” Asked what her priorities will be, she replied, “We need to implement additional reforms where necessary and we need to give the reforms we put in place last year in Northeast Denver everything necessary to make them successful. Finances will continue to present tough choices. It is disheartening Proposition 103 not only lost statewide but lost by a considerable margin in Denver.”

A bond issue to build additional schools in Denver could be on the ballot as soon as November 2012, despite the loss of Proposition 103. Seawell, a Stapleton resident, makes a strong case for a new bond issue now.



DPS Board President
Mary Seawell

“East High School currently has a waiting list of over 700, Denver School of Science and Technology will soon no longer have to admit Stapleton residents and the Odyssey School wants to double in size. It is time to build the new high school in Stapleton, and without passage of a new bond issue, it will not happen.” Whether the bond issue is on the November 2012 ballot or some time further in the future depends on the political climate; however, Seawell believes “the need for these facilities is here, now.”

The recent decision by Denver District Court Judge Sheila Rappaport in the Lobato case concerns Seawell and the rest of the board. It makes future funding for education in Colorado a guessing game. Rappaport ruled, in the six-year-old case, that “Colorado’s level of funding for education is unconscionable.” The basis of the ruling is that Colorado ranks ninth in the country in per capita income and 48th in per student education funding. The final outcome in the case may be years away, but Seawell warns that “legislators and school districts [need] to prepare for higher courts to rule the same way the Denver Court did. If it were implemented now, all state revenues would have to go for K-12 education, leaving nothing in the budget for anything else.”

Former Board President Reflects on Education

By Nate Easley, DPS Board Member

Education is a deeply personal issue. We have all been students. For me, education has been a barrier I needed to overcome, and formed the core of my career, including service leading the Denver school board.

Last fall, I joined a small group of educators meeting with President Obama at Lincoln High School. In the days before, I thought on the similarities and differences in our educational paths.

Both President Obama and I were raised by single mothers. We both grew up in families with modest means, both children of color in diverse communities. We both attended public elementary and middle schools.

Then, our paths diverged. After moving to Hawaii, President Obama received a scholarship to attend a private, college-preparatory high school. He went on to prestigious institutions: Occidental College, Columbia University, and Harvard Law School.

Soon after President Obama left high school in Hawaii, I entered Montbello, where far more students dropped out than went to college. I became a teenage parent, and, at times, my future was uncertain. But I persevered, graduated near the top of my class, and was accepted into Colorado State University.

At CSU, I was shocked at how poorly I was prepared. I finished near the top of my class at Montbello, yet in college I needed remediation. It took years of effort to correct this deficit. My shock gradually turned to anger — I had been held up as a model, on a path to success. Adults expected so little of my peers and me that our most modest achievements were considered extraordinary.

As I prepared to meet the President, I found myself newly angry, keenly aware of how many kids can still fall victim to the fate of low expectations. In Denver, far too few students are graduating on time, and of those who do graduate, far too many of them are facing remedial classes upon entering college. Last year Montbello graduated just 59 percent of the students who had started there four years earlier. Twenty-eight years have passed since I was a student in Denver, and far too little has changed.

The President and I are examples of how educa-

tion can change the trajectory of personal circumstances—and of how the quality of that education matters. We took different routes to our destinations; however, I stand squarely with President Obama in our belief of what we need next:

First, we must provide families with school choice. We must continue to strengthen our existing schools and create new high-quality options of every school type - traditional, innovation, charter and magnet — and let parents choose what is right for their kids.

Second, we must improve the way we develop, support, and differentiate our teachers. With the passage of SB 191, we have started the long and slow process of building on and rewarding the strengths of our best teachers, as well as identifying and supporting those who aren’t serving their students well enough.

Third, we must use different enrollment strategies to create quality options for all children — especially those in our most troubled neighborhoods. Education must be limited only by our children’s imagination and dedication, and not their street address.

I can say first-hand that our public education system too often crushes the best hopes of our children before they ever have the chance to take root.

The truth is we need more people to be outraged by what is happening every day in our schools. We need collective anger about our children’s future—before they grow older and turn angry with us, trapped in a present for which they are not prepared, with no hope for a brighter future.

The education reform policies in Denver and across our country are critical to moving us forward. They are not all easy. Not all of them will work the first time, and some may take us years to reap the benefits. But it is essential that we try new approaches.

Each student deserves not just a child’s whispered promise that they can be President, but the educational opportunities that make this future possible. We have all been students, and we need to give each and every student a chance to be any one of us. It’s personal, and it’s the best thing we can do for our kids.



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"Stapleton Cares" Brings Gifts to Parkside Kids



Photo by Adrian Dibaldo

Habiba Takasow, Symphony Batie, 10 months, and April Evans selected gifts from the "toy store" holiday event at Mercy Housing's Parkside apartments organized by the new group, Stapleton Cares.

By Carol Roberts

In the aftermath of discussions on the Stapleton Moms Yahoo site that the prairie dogs were exterminated as a first step toward connecting Stapleton with the neighborhoods to the south, Mary Ellen Olsen came up with the idea to "connect with surrounding communities with generosity and compassion." She put out a message looking for others to join her in doing something positive. An "overwhelming" response came back from about 50 people, and a core group, most of whom didn't know each other, (including Jessica Noble, Stephanie Johnson, Maegan Brooks, Sherri Newell, Mary Janiszewski and Erin Oltersdorf) met and planned to collect gifts for

the 57 children who live in Mercy Housing's Parkside apartments. As it turned out, the funding had run out for a resident assistant position to plan activities there, and no holiday event had been planned. The Stapleton Cares group set out the toys like a toy shop so parents and children could choose what they want—and every family also received a donated gift certificate to the grocery store or Target. "Everyone said, 'I feel like I didn't do anything,'" says Olsen, "but there were 100 people who did something little and it makes a huge difference. And we got it done."

The group plans to stay together—future events may include diaper bags for single moms or an event for Ashley schoolchildren.

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Recognitions

East HS Constitutional Law Team Is State Winner, Again

The East High School Constitutional Law team topped eight other high schools on Dec. 12 to win the Colorado state finals and progress to the national We the People: The Citizen and the Constitution competition in April in Washington, D.C. The victory marked the 22nd time East has won the state championship and are four-time national competition winners.

Student panels from each school answer questions about the U.S. Constitution in historical and modern-day contexts presented by judges who are college professors, government policy makers and state and federal judiciary members.

The competition was held in the state Capitol. Awards were presented in the old Supreme Court chamber.

Among the 25 winning-team participants (all juniors) are Ben Rudeen, Chris Rudeen, Amy Marks, Adam Jaster, Madie Amick-Kehoe and Sara Yates from Park Hill; James Danahey and Audrey Preston from Stapleton; and Ryan Cruise from Mayfair. The team's coach is Mark Thalhoffer, who teaches the Advanced Placement U.S. Government and Politics course at East.

Park Hill Resident Joins Ovarian Cancer Board

Katie Reinisch has joined the Colorado Ovarian Cancer Alliance (COCA) Board of Directors as chair of the Outreach Committee. The mission of COCA's governing body is to promote awareness about ovarian cancer through advocacy, education and support.

A Park Hill resident and activist, Reinisch has three decades of professional experience in a variety of community outreach, management and public relations work, primarily with women's health groups and progressive organizations. She recently left her role as State Capitol communications director to open

several Red Mango frozen yogurt shops and spend more time with her family.

The daughter of an 81-year-old, 16-year survivor of stage III ovarian cancer, Reinisch's sister is a breast cancer survivor. Half of her family carries the BRCA gene, as do many Jews of Ashkenazi descent. She hopes to raise awareness of this genetic killer, especially within the Jewish and Latina communities. For more on COCA, visit www.colorado-ovarian-cancer.org

Stapleton Youth Wins Ski Race Poster Contest

Eight-year-old Nick Babiak of Stapleton won the World Cup Birds of Prey racecourse art contest, which aimed to get school-age children involved in the World Cup ski races held at Beaver Creek Ski Resort in December. Babiak and his poster were recognized at the race course finish-line stage, where Alpine ski team members participated in the award ceremony. He won a \$50 gift certificate to a Vail Valley business and a pizza party for all 57 second-graders at Steck, his DPS elementary school. The poster was displayed for the duration of the races.



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Letters to the Editor

Prairie Dogs

It was reported in the Stapleton paper that the prairie dog colony located just south of 26th Avenue between Clinton and Iola was exterminated on November 1. These were my neighbors for the first two years I lived in Denver. They lived one house away from the carriage house I rented. Their constant chatter and activity was always the background noise for the rest of my life at home. When I would open the window in the spring and listen to the chirps, barks, and squeaks as dogs, people, hawks, or coyotes wandered into their yard. I miss their voices in my new place near Central Park.

To have pellets shoved down their burrows, the opening stuffed with newspapers, then covered with dirt is no way to respect one's neighbors. They were minding their own lives, but often sharing their families, opinions, and movement with us as part of the social environment they inhabited. Just

like a townhome row, or stacked apartments, we all try to be respectful while living our own lives, but I don't think any neighbor would say they were always perfect.

I know this decision to exterminate the colony stems from a historical thought process in the West, but to remove neighbors because they don't fit the idea of how the land should be used should make us examine ourselves a little more closely. Why was it so important to extinguish these lives for a fence or a running trail, when there are other places in Stapleton where these two things co-exist.

A toast and several moments of silence for my old, entertaining, active neighbors that weren't given a choice. And I am not even commenting on the other animals that relied on this colony for housing, food, or protection. Winter is coming and it feels a little colder in Stapleton this year.

Diana Boon, DVM

Stapleton resident sadder for the news

Bill Roberts School Charity Day



Photo by Adrian Duhailo

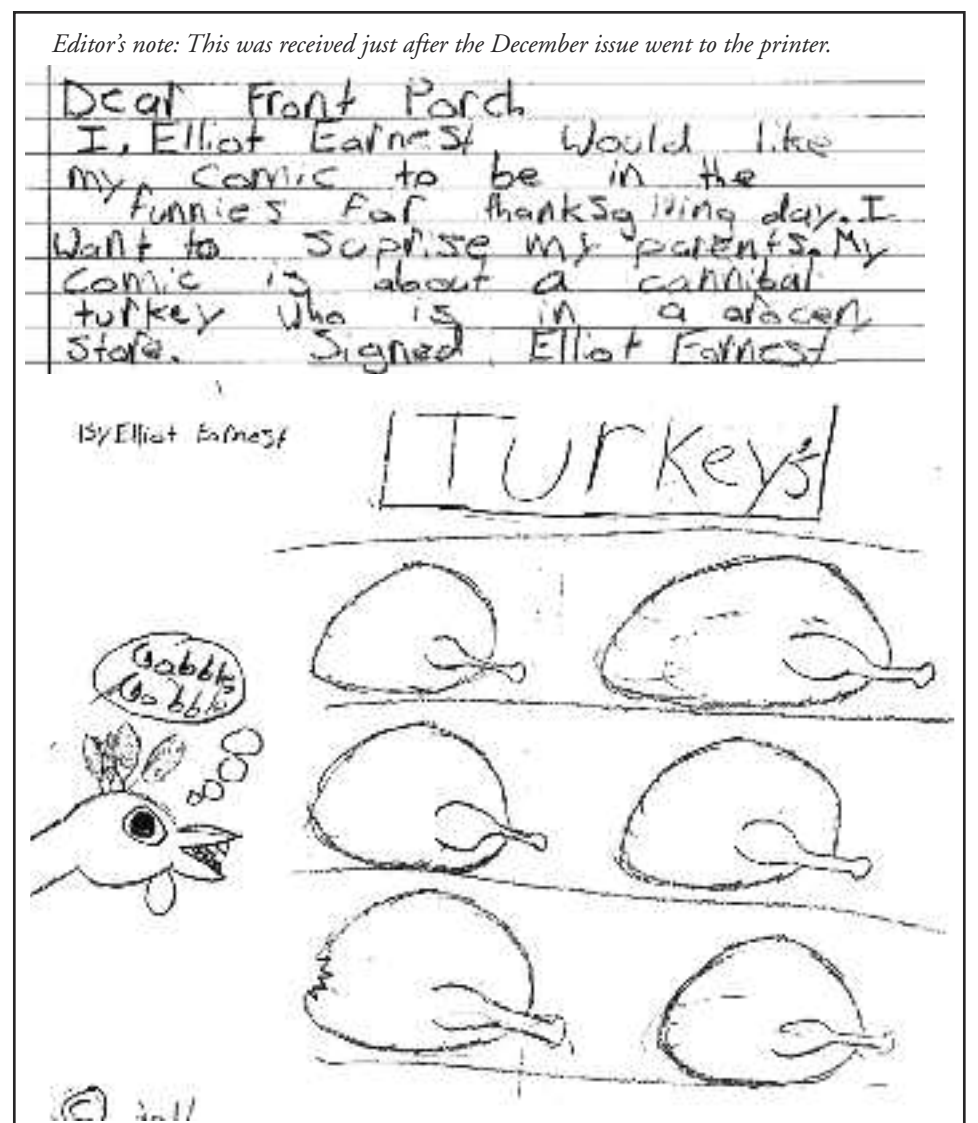
Sixth grader Alexis Sams, 11, helps kindergartners Shelby Sams, 5, (her sister) and Molly Kaplan, 5, wrap and decorate presents that will be donated.

Friday, December 16, was the culmination of Bill Roberts School's December Giving Celebration in support of Aurora Warms the Night homeless shelter, local schools, and CASA, an organization that advocates for abused and neglected children.

Intermediate and middle school students assisted primary students in packaging meal

bags and wrapping presents; students then helped deliver the meal bags to Aurora Warms the Night. Prior to the event, students and their parents collected food, toiletries, and gifts to distribute to the charities.

The Giving Celebration was an all-day event, with hundreds of students, teachers, and parents participating.



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Stapleton

By David Vogel

On December 7 the Stapleton United Neighbors Transportation Committee conducted the second in a series of meetings focused on transportation issues in the neighborhood. Brian Mitchell, the Director of Traffic Engineering Services and Denver City Traffic Engineer, responded to a wide range of questions and proposals from residents based on ideas generated at the first meeting, held in November.

Stapleton residents have raised a number of concerns about traffic volumes and speeds and how vehicular traffic can be managed in a way that is consistent with the neighborhood's stated goal of providing a safe environment for pedes-

Mile High Squash

By Jeffrey Barron, SUN Board

The sport of squash has its roots in 12th-century France, was refined into the game it resembles today at Harrow School in England, and came to North America in 1884. In the United States, it is often compared to its cousin, racquetball, but is played on a smaller court with a softer ball and longer racket. Denver boasts one of squash's greatest legends, Pakistan's Hashim Kahn, who won seven British Open championships, and is considered the patriarch of the Denver Athletic Club squash program—where the Mile High Squash students play twice a week.

Denver's own Mile High Squash is part of a growing number of Urban Squash programs throughout the U.S., starting in Boston in 1995 with Squash-Busters, and now reaching minority youths in New York, Philadelphia, Chicago, New Haven, San Diego and Baltimore. The Urban Squash movement currently includes over 700 students across 10 programs, a 90 percent success rate of program graduates attending col-

lege, and nearly 80 students admitted to selective private schools with full funding. "Mile High Squash brings access to resources and opportunities together into one community," says Eric Eiteljorg, executive director of Mile High Squash, and a Stapleton resident. "Our program opens doors for students and gets them to and through college. Our kids don't need to be fixed; they need a program that keeps them busy and healthy."

Mile High Squash was founded in 2008, with Eiteljorg joining the program in early 2011. He has a dual PhD in cognitive science and education from CU, and he, his wife, Jennifer, and their two children have lived in Stapleton since 2004. Eiteljorg sees a lot of similarities between the Stapleton community and Mile High Squash: "Mile High Squash promotes community much in the way Stapleton has evolved into a place where parents are involved in the lives of their kids. Our volunteers do everything from helping the kids with homework to speaking with teachers." All 46 Mile High Squash students are self-identified His-

panic, and 94 percent participate in DPS's reduced and free lunch program. The kids typically join the program in sixth grade, and stay with the program through the first year of college. Each student interacts with the program for 425–450 hours per year, including 200–225 hours playing squash. Eiteljorg hopes to one day grow the program to 130 kids.

In addition to the three staff members at Mile High Squash, the program relies on over 60 volunteers who contribute 2,500 hours a year. While the kids do play squash, the goal of the program is not to produce top-tier squash players. The primary emphasis of the program is to help students develop an identity as a successful learner. Eiteljorg believes that if students can play a sport in a disciplined way, then they can develop skills that will translate into success in other areas. "With only 56 percent of Hispanic students graduating on time, we believe our nexus of school, family and Mile High Squash can make a difference," says Eiteljorg.

For more information about Mile High Squash, visit www.milehighsquash.org.

Denver Public Library Co after Sam Gary

By Diane LaPierre

Denver Public Library asked the community to put forward names for the new branch in Stapleton in mid-October, and received approximately 50 suggestions for consideration. At their December 21 meeting, the Library Commission voted for the new branch in Stapleton to be named after Sam Gary. The Commission based its decision on the overwhelming number of nominations that spoke to Mr. Gary's contributions to the original vision of the Stapleton redevelopment plan and his long history of community support.

Bridging the Chasm: Academy Brings Community and Police Together

By Melissa K. Thompson, SUN Board

Imagine your workday: you are called to a scene and heroically rescue a crime victim. While on-site, you receive another call and speed to the new location to help. There, you are cursed and spit upon, for no other reason than showing up in a police uniform to do your job. Officers from District 2 of the Denver Police Department (DPD) have described this as a common experience. They were voluntary and plain-clothed participants in a daylong "Community Academy" held at Manual High School on December 10. They were there to discuss directly and openly the relationship between the police and the citizens they serve, as well as important issues like trauma, mental health, police training, diversity and how we all see each other.

The police are an everyday part of our lives, whether we realize it or not, and they

perform a difficult and often dangerous job. Post-traumatic stress disorder (PTSD) affects crime victims, witnesses and police officers alike. Dr. Anthony Young, president of the Black Psychologists Association, defined trauma and addressed the issues associated with PTSD in the first presentation. In a panel discussion on mental health issues afterwards, Denver police officers noted a marked decline in the stigma associated with counseling services in their internal department culture. Also, we learned that DPD has a peer-to-peer support program to help officers handle both personal and professional issues.

Support services for police officers help them to do their jobs better, and we are safer for it. Safety for individual police officers and citizens alike was a major theme at the conference. One attendee

asked insightfully, "Who do the police represent?" African Americans have a shared historical and cultural experience of oppression and violence at the hands of the police. That legacy of well-founded mistrust, as well as recent incidents of racial profiling and discrimination, inform the relationship between people of color and the police today. Of major concern is the fact that DPD has not provided or mandated training for its officers on issues of unconscious bias, or privilege based on race, gender, class, sexual orientation, or ability. Starting in January 2012, DPD plans to offer a course titled, "Perspectives on Policing," which is intended to begin to address diversity issues.

One of the conference's most contested topics was whether school resource officers (SRO) belong in our schools. Community members raised the question: are our chil-

dren more secure, or are they being criminalized? The data show an increased number of referrals to law enforcement from schools with SROs. But officers and school administrators alike insisted that school leaders determine the role for an SRO as either an integrated, mediating resource, or as an outside enforcer.

During lunch at the conference, youth from the Children's Performance Workshop sang Make Us Instruments of Peace. Their performance is emblematic of the Community Academy's objectives: having direct, open dialogue, raising difficult issues in a comfortable, safe environment, and bridging the gaps to find our common ground.

District 2 expects to host a second Community Academy in 2012 to meet with citizens and continue the meaningful dialogue initiated on December 10. We hope to see you there.



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trians and bicyclists. Those concerns are compounded by the anticipated increase in traffic after the I-70 interchange is completed, which will provide motorists with direct access to the interstate using Central Park Boulevard.

The December 7 meeting helped highlight both opportunities and challenges presented by various transportation issues. Residents discussed a number of creative ideas for dealing with traffic concerns and heard directly from the City on the practicality of those ideas in terms of feasibility, logistics, and costs. Ultimately the goal is to ensure that existing and future transportation infrastructure in Stapleton stays true to the important principles of walkability and livability that the neighborhood was founded on.

Commission Names New Branch Library in Stapleton

The Commission agrees that Sam Gary is an outstanding choice for the name of the new branch library. Mr. Gary, who was featured in the April 2010 issue of the Front Porch, has been dubbed “the key community member in Denver who brought the new-urbanism planning concept to the redevelopment of the old Stapleton airport.” He is an upstanding citizen and philanthropist who dedicates much of his life to help economically challenged inner-city children through his foundation, the Piton Foundation, as well as contributing to early childhood education and healthcare programs.

The Sam Gary Branch Library is located at the southeast corner of Roslyn Street and 29th Avenue in the Stapleton Town Center and is scheduled to open mid-2012.

To learn more about the new branch library, visit denverlibrary.org/bond.

Individuals, families and businesses can buy engraved pavers. Costs range from \$125 to \$1000 and may be eligible for a state tax credit of 25%. To purchase a paver visit http://www.dplfriends.org/donate/stapleton_pavers.html or call Brenda Ritenour at 720-865-2046.

Diane Lapierre is the Director of Community Relations for the Denver Public Library.

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Johnston

(continued from page 11) The senator is aware that he will have to work closely with the federal government in order to structure language that does not violate federal unemployment insurance laws. Yet, he is optimistic that this can be accomplished and gives employers a great incentive to hire from the ranks of the unemployed.

"I also feel strongly that a citizen's right to vote by mail should not be contested if they did not vote in the previous election. Our attorney general is trying to restrict Colorado clerk and recorders from sending out mail-in ballots to individuals who did not vote in the last election. There is no voter fraud problem in Colorado and I do not want to see Coloradans disenfranchised." He will sponsor legislation that clearly structures mail-in ballot rules.

Johnston will also support another attempt to allow in-state tuition for illegal immigrants. "This is not a partisan issue. This is good education policy and good fiscal policy. It brings in good money for colleges and tax revenue and helps kids that want to get ahead in college go." After years of trying, the bill passed last year in the Democrat-controlled Senate and died in the Republican-controlled House. Johnston anticipates a civil union bill will come up in the Senate again this year, which he intends to support and hopes that it can get passed in the House.

After the Senate adjourns in May, Johnston will have to run again for re-election for the last time in the Senate. In the event he wins, he will then be term-limited.

Williams

(continued from page 11) with Republicans. In Colorado, she notes, "It is vastly different than in Washington. Here we are required to pass a balanced budget each year." So she prides herself on her ability "to work across the aisle to get good legislation passed."

This year Representative Williams wants to continue the Mortgage Foreclosure Prevention Fund, which, with a rather small budget, gives homeowners impartial advice on how and if they can save their homes. The fund supports a foreclosure hotline. "The foreclosure rate in Colorado has not subsided at all; we are going to have 25,000 foreclosures this year, which is almost the same as 2010," says Williams. Last spring, she worked with Wells Fargo Bank to have a seminar for their customers who were in foreclosure. More than 150 people showed up from her district, which includes Stapleton, Montbello and Green Valley Ranch.

As a member of the economic and business development committee, she is co-sponsoring a bill that will enact telecommunications reforms. "This is the first time since 1984 that we have looked at any of the telecommunications laws. I believe this is an opportunity to help bring broadband Internet to rural areas and underdeveloped areas like Green Valley and Montbello." That committee will also look at increasing the business relocation expense allowance. When a business property is condemned by the state for a highway or other reason, the business owner is now only given \$10,000 to relocate the business. The committee would like to increase that to \$50,000, which is much more in line with the actual cost.



(continued from page 1) Falkenberg, led the effort to save and renovate Hangar 61, says he has been involved in development for a number of years, and "more often than not it's been with adaptive re-use of existing buildings, often historic properties. We've done a number of projects using tax credits and worked in historic districts."

Nelson said it appears the building is relatively sound structurally, and notes that the less money that has to be spent on structural issues, the more will be available

on things that will enhance its value. (Forest City has contracted for a structural report and expects to get the outcome in January.) "It's interesting. It has a little bit of the style of 60's architecture. It could certainly be office space. It's of a size that maybe it's a single tenant on each floor, which would be pretty cool space—wonderful views, relatively small. It could be divided, but if it were one tenant it would be nicer in that you would have windows on at least three sides of the building. You'd probably either need to

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Tower Tour

The view at left looks west and shows Martin Luther King Blvd. just outside the tower, with Stapleton homes at left, and downtown Denver and the snow-capped mountains in the background. The foreground shows the stairwell at the top of the tower, which, for the final flight, is narrow and dark, though the lower part of the stairwell is lit by daylight through vertical windows in the tower.

Councilman Chris Herndon (shown at left in the photo to the right) speaks to a group of people who have indicated an interest in helping find a viable future use for the tower. The room is an octagon shape, with an interior dimension of 20 feet across. The stairwell opening is visible at left behind Councilman Herndon. Pictured next to Councilman Herndon are Jo-Nell Herndon, Billy Brown, Dennis Scott, Ruth Falkenberg, Larry Nelson, Sean O'Hara and Harold Skramstad.



Photos by Adrian Dubaldo

change or add windows to it. But I think it could be very attractive office space for someone, partially because of its central location for Stapleton but also because it's so unique and has the views... you'd find somebody who thinks it's pretty wonderful I think."

Nelson adds that he thinks a restaurant would make sense on the ground level, maybe with a patio outside, if market research shows the area would support it. "The building is sort of a sign all by itself."

Regarding the area at the top, Nelson notes, "Hard to say if it's usable in any form whatsoever. The code issues and the (limited) amount of space that is up there are pretty daunting. The cost to make it usable may very easily outweigh any benefits you could get out of it. But you could fix it on the outside so it looks like it used to and it's a nice reminder of

the building's past. Sort of a historic monument all by itself. It would be very challenging to make that space so that it could be occupied. When you're done, you'd only have 300 and some square feet usable. So it's probably not an occupied space in the end. It's just a wonderful relic of the past."

Harold Skramstad, who has been involved with historic preservation and museum work for the last 35 years, says, "The tower is the most obvious landmark in Stapleton and is kind of an icon of the area—and for that reason it's a very important structure." His first thought as he looked out from the top of the tower was, "It's amazing to have Canadian geese flying in formation below you instead of above you. It's an extraordinary perspective on the Front Range, on Denver, on Stapleton, and on the area to the east—the new airport and all that. Being on top is an incredible perspective."

"I've always thought it was quite a handsome building on the outside and the lower floors are quite flexible. I was taken by how much usable space there is—so the potential for adaptive use is very very high. There are all kinds of things that could go in there and could help give some new life to that building. But, the tower area is problematic. With health and safety regulations, I think it's a tough issue. It would seem that there needs to be some provision made for limited access to the tower. My sense is there really isn't much that you can do

up there except use it as kind of an observatory. I know a number of buildings have done that, where you can see forever. And then you can see the same view 50 years ago or 100 years ago. But it's not going to make a great rooftop restaurant unless you're willing to have four couples that can each spend \$3,000 for dinner."

According to Forest City, the land around the tower is currently zoned for high density. Skramstad points out that zoning of building heights around the tower is, "sort of a public policy issue that has to be looked at. To see that tower sort of enclosed and hidden would be a great tragedy."

"I was very heartened by the multiplicity of possibilities for potential mixed use of the building or single purpose use. To see a landmark as iconic as that put to new use is a very exciting prospect."

To contribute ideas or attend tower committee meetings email stapletontower@gmail.com.



The second and third floors of the three-story building at the base of the tower are alike, as pictured above. When the airport was at Stapleton, these rooms were filled with air traffic controllers and monitoring equipment.

Each of the three floors in the building has 5,000 square feet, but the ground level (left), in its current condition, is dark and has partitioned areas, making it appear smaller than the upper two levels.

An exterior view of the tower is shown at right.



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