A voiding Coach Abuse 14

In 2012 Sleep More & Better 3

A Pediatritian Talks about Vaccines 13

Avoiding Coach Abuse 14

An Official State Amphibian? 15

Stapleton Library Named for Sam Gary 24

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-Neil Herndon (no relation), who is sharing 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

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

By Carl 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 backgrounds together, we can come up with something that can be worthwhile and successful in that space.”

Larr Nyelson, who with Ruth

(continued on page 26)

Almost 50 people attended a December 14 meeting where developer Brian Levitt described his idea for a senior-living development in Stapleton. Above, David Kassel (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 Kieff 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)
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 Tues-
day nights free, 4-8pm, www.cmconver.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 303-374-4800

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.demos.org

Tuesday, January 10
Active Minds Seminar—Marston Luther
King Jr., 12:30–1:30pm.
Tattered Cover, 2224 E. Colfax. 303-322-7727

Tuesday, January 10
Venture Prep Open House, 6:30pm
2540 Holly Street, 303-893-0805
bemor@ventureprep.org

Wednesday, January 11
Information Session for Parents, Students
and Teachers —How Do Kids Get
Assigned to DPS Schools?
George Washington High School, 4-7pm
erika@getsmartschools.org
720-287-5059 ext. 14 (see page 19)

Thursday, January 12
Active Minds Seminar—The History of
Denver’s 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

2012 Usage Rates
The 2012 pool 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

Positions Open
The MCA is looking to fill
two 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

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.

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@stapletoncom-
unity.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

2012 Usage Rates
The 2012 pool 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

Positions Open
The MCA is looking to fill
two 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

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.
NEW YEAR’S RESOLUTION: GET MORE SLEEP

Babies Need to Be Taught to Sleep

By Nancy Burkhart

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’re gotten to the toddler stage, we will see hyperactivity and rampanceousness. 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 avoid having the same problems 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 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 8 pm until they are out of grade school. Most

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 deprived of exposure to clocks, daylight or other cues that would indicate the 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 resembles the characteristics of sunlight—shorter wavelength or red 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. Through pharmaceutical sleep aids are appropriate in some cases, most doctors will first recommend a set of changes in routines and behaviors known as sleep hygienic. There is good evidence that modification of the environmental factors that interfere with sleep can lead to a... (continued on page 7)
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 inverters, 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 FastTrack 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
Stapleton Front Porch January 2012

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.

Aerotropolis schematic by Dr. John D. Kasarda

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 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-CSF. 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."

"Do you remember seeing these homes in 2011? WE wrapped these up for our Sellers in less than 2 weeks!!

Selling Stapleton since take-off!

Judy Wolfe & Jay Epperson
303.896.6005 | www.wolfe-epperson.com

New Homes for the New Year
by Wolfe & Epperson

2250 Drake St $349,950
5 Br 3 Ba 2,832 sq ft

3638 Yorkshire St $375,000
5 Br 3 Ba 3,260 sq ft

2235 Clarendon $435,000
5 Br 3 Ba 3,730 sq ft

2331 Emerson $218,500
2 Br 2 Ba 866 sq ft

567 E 38th Ave $395,000
2 Br 2 Ba 1,414 sq ft

2558 Plaza St $399,000
3 Br 2 Ba 1,412 sq ft

2335 Roselle St $315,000
3 Br 2 Ba 1,390 sq ft

5057 E 28th Ave $385,000
3 Br 2 Ba 1,281 sq ft

Do you remember seeing these homes in 2011? WE wrapped these up for our Sellers in less than 2 weeks!!

Selling Stapleton since take-off!

Judy Wolfe & Jay Epperson
303.896.6005 | www.wolfe-epperson.com

Denver Jewish Day School...the perfect fit.

For information or to schedule a tour, contact Shayna Friedman, Director of Admission, at 720-449-9550 or sfriedman@denverjds.org or visit us at denverjds.org

Denver Jewish Day School

January 2012
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.

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 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 coincidently 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 ‘lovey’ 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.

WORKING ON YOUR HAPPILY EVER AFTER
Support your relationship’s strengths and better manage disagreements. Join us for a three-week adult education class taught by Dr. Galena Rhodees from the University of Denver’s Center for Marital and Family Studies.
Beginning Sunday, January 29 from 9:15–10:15 a.m.

VISIT WWW.MONTVIEW.ORG FOR DETAILS.

Montview Boulevard Presbyterian Church is a vibrant, open, intellectually diverse congregation of 1,400 members with great music and education programs for all ages.

EXPECT MORE FROM EDUCATION! Monarch Montessori www.MonarchM.com

Call us at 303.565.4165 to schedule a personal tour!

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 ‘lovey’ 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.
Tips for Sleep

(continued from page 3)

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 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 rail along Smith Road. In the spring, work will begin on 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 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.

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.

Denver information and maps are available at www.rtd-fastracks.com or 1-4. For answers to specific questions, contact Kevin Flynn, RTD’s public information manager at 303.299.2898 or kevin.flynn@rtd-denver.com.

THE TRUTH ABOUT VITAMIN D

by Kristine Walsh, MD

Chances are you have been hearing quite a bit about vitamin D and how it may be the new “miracle 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.

What 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 excessively high blood-calcium level, which could result in nausea, constipation, abnormal heart rhythm and even kidney stones.

However, if you’re really interested to get too much vitamin D from natural sources, nearly all vitamin D overdoses result from abuse 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 already.
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 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 light 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 it 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-funders 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 kerosene” doesn’t need to be translated; it is understood in most every language—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.
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.”

Sollenbarger has opened the Stapleton Help Desk at 2373 Central Park Blvd., Suite 100, to give computer owners a resource for help when their home business or personal computers need some assistance.

“My mission is to serve as a resource for home offices and small-business owners who need their computers up and running affordably and reliably,” he said. “A lot of people wind up taking computers to big stores for help. I found that they are really going to be overpaying, and it takes a long time for them to be fixed. I can be more convenient, more affordable and more reliable.”

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.
Redistricting Divides Stapleton into Two House Districts

"House District 7 experienced explosive population growth since the 2000 Census, leaving it with more than the ideal population. District 7 grew by more than 24,000 people, swelling the district to roughly 101,000 constituents, making it difficult to keep Stapleton whole," according to a statement released to the Front Porch 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 maintain 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 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. 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.”

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 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 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 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.
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.

“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.”

Williams points out that anyone can testify 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 bipartisanly. “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 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)
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, 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 overpaid 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.”

---

Call to make an appointment 720-524-8429
2373 Central Park Blvd #103 next to Sweet Life Nail Bar in the old REMAX building
www.restoredmedicalspa.com

50% OFF
Laser Hair removal in January!
(Regularly $125-$1500)*

*Prices apply to individual session prices, and packages of 6 at individual session amounts, individual sessions must be used in the month of January.

---

Who are you?
Spouse? Partner? Parent?
Ex-spouce? Step-parent?
Professionals? Adult child?
Sibling? All of the above?

Dr. Richard R. Rogers, Licensed Psychologist, will help you examine the roles you fill, the transitions you make between roles, and how managing all of these roles may affect the way you think and feel about yourself.
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 in 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, 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, huge, complex 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—swelling 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 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 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’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.
When a Coach Steps Out of Bounds

By John Babiak

When parents entrust their children (n) 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. Should there be no place for coaches who humiliate, demean, aggressively handle or sexually touch children—yet it does happen and reasons vary wildly. 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 Sirotnak, MD, of the The Kempe Center for the Prevention and Treatment of Child Abuse and Neglect at Children's Hospital Colorado. Dr. Sirotnak 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 and followed by your coaching staff?
• Does your organization teach and enforce positive coaching?
• What policies and safeguards are in place to keep child athletes safe?

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 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 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. Sirotnak.

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 relationship between your child and their coaches.
• Always question a coach who requests a private training session and/or to drive or to 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’s Youth Baseball organization. He supports the Positive Coaching Alliance (PCA) organization.

FUN JUNGLE ATMOSPHERE
• Eliminates fear
• Encourages great lifetime habits
• Specializing in infants thru teens
• New patient Passport creates a fun incentive based dental experience

PHENOMENAL SMILE CARE
• Board Certified Pediatric Dentist: Yvonne Welkuff, DDS
• Prevention focused, giving you education for informed decisions
• Most insurance and PPO’s accepted
• Payment plans available

LATEST TECHNOLOGY
• Child sized instruments & chairs
• Digital x-ray and cephalometric image exposure, maximizes accuracy & comfort

SAPPHIRE PEDIATRICS

Please welcome our newest addition
Sarah C. Humphreys M.D.
Accepting pediatric patients of all ages
720.941.1778
4500 E. Ninth Ave, Ste 740, Denver, CO 80220
www.SapphirePediatrics.com

PARKWOOD HOMES

Make your 2012 New Year’s resolution come true...Create YOUR one-of-a-kind dream home! To help you get started, here’s your list!

1. Meet with the Parkwood Sales Team
2. Select one of Parkwood’s 18 unique homesites
3. Discover our perfect plot that plan
4. Work with Parkwood’s home designer to customize your home for the way YOU live
5. Enjoy watching your home take shape from dream to reality

NEW HUSBAND VALDEZ & CUSTERVIEW MODEL HOMES OPEN DAILY 10-5 | SUNDAY & MONDAY NOON-5
8474 E. 35th Ave, in Stapleton’s Center Park West Neighborhood
303.300.6938 | www.parkwoodhomes.com | PHONE #5130

January 2012
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 spokesperson 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-onion; bird: the lark bunting; grass: blue gramagrass; reptile: the Rocky Mountain bighorn sheep. Missing is a state amphibian. This will achieve another goal.

There are three tiger salamander subspecies that reside in Colorado. 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 predominantly under cool and moist leaf litter piles and logs, or underground in burrows they dig out or take over. Wherever the salamander’s natural surroundings are located, this amphibian needs a body of water, whether a cattle trough, wetland, 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, blunted-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 larvae 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. Marks, 11, is an avid wildlife photographer. John is an enrichment teacher and teaches ecology classes. He can be reached at NatureRangerJohn@aol.com.
Discover Our Middle School

January 12
Why International Baccalaureate?

Middle School Showcase Event
7–8:30pm in the DMIS Gym
With Special Guest Suzanne Geimer, IB Diploma Program Coordinator at George Washington High School

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.

Single Volunteers of Greater Denver: Visit www.svdg.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 15-20 hours/week. Small stipend given; transportation reimbursed. www.vocalcolorado.org. 303.297.0048 (Niamas Taggart)

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


Denver 2 for 1 is proud to provide weakness for 2 for 1 ticket and admission dis- count 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. 1–3pm. Thursday monthly.
4545 E 16th Ave, #120. 303.393.8050, Adriano Piras

LECTURES AND DISCUSSIONS


1/13 Monday: Suffrage of Women in U.S. 10:15–11:15am Jewish Community Center, 250 S. Dahlia St. Lil Shaw: 303.316.6359

1/16 Tuesday: Martin Luther King Jr. 12:30–1:30 pm Tattered Cover, 2326 E. Colfax. 303.322.7277

1/17 Thursday–History of Denver. 7pm, Stapleton Master Community Assoc., 2823 Rosly St. RSVP: 303.388.0724. Repeats various dates, venues.

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

1/24–25 Tuesday–Struggle of Syria. 5:30–6:30 pm Tattered Cover, 2326 E Colfax. 303.322.7277

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.


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, Smoky Cherry Creek, Schlessman or Broadway branches. Bring entry to any of these branches between 1/13 and 1/13. Judging/prizes awarded at Bear Valley branch, Saturday, 1/14, 12pm.


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 at- tend only ONE session per week.

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

1/13 Tuesday- Park Hill Teen Advisory Board Open House. Lib- rary invites Park Hill teens 16–12th 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.

1/17 Saturday–Colorado Authors Series: Stephen Singular: The Wi- chita Divide. 1pm

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 welcomed! By herbal experts from Apothecary Tincture. www.apothearytinctures.com

Discover Our Middle School
KIDS AND FAMILIES


1/10 Monday- Stick Horse Rodeo at Children’s Museum. 9:30-11am. Celebrate-Winter Month and kick off National Western Stock Show, western style. Included with museum admission; 5 and under free. 720.865.5000.


1/14 Saturday and 1/28 Saturday- Lowe’s store to build FREE wood project: free merit on completion. 10am. www.lowesbuildandgrow.com

PROGRAMS, EXHIBITS, WORKSHOPS


1/18 Wednesday- Summer Planning Tips/Camp Preview. Learn to plan for your child’s summer activities. Directors from Allograft Outdoors Summer Camps answer questions and assist with registration. 7-8pm. FREE Stapleton MCA Community Room. Contact Tommy Feldman at 720 249.2997.


Tiny Tots, Inside the Orchestra. 45-minute concert 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 10:30 am; $5; children under 2 free. Tickets: www.jw.org.

Through 1/31- Southwest Rink at Skyline Park, 6pm. 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.


KIDS CAMPS AND CLASSES

January–March- Stapleton All Sports Winter


2nd Thursday Stapleton All Sports Winter Camps answer questions and assist with registration. 7-8pm. FREE Stapleton MCA Community Room. Contact Tommy Feldman at 720 249.2997.


2nd Wednesday Denver Hoop City Boys Basketball Skills and League Play. 3:30pm, Morrison Prexy Church, Robinson Room. ASCC.org. 303.233-6302.

2nd Wednesday Denver Hoop City Boys Basketball Skills and League Play. 3:30pm, Morrison Prexy Church, Robinson Room. ASCC.org. 303.233-6302.

303.399.1488

stapletondentalt.com

DENVER MUSEUM OF NATURE AND SCIENCE


Every local event listing is balanced. All events are balanced. All event listings are balanced.
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 200 breeds of cattle, horse show classes, stock dog trials, goats, llamas, bison, yak, 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 200 breeds of cattle. Horse Show—One of the top five American Quarter Horse shows, American Paint Horse Show, Draft Horse Show and shows for hunters and jumpers. Mutton Bustin’—Children 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 Sinon, 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, PRB Bull Riding, PBR 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 Sale.

Exhibit Hours: Sun.–Thurs. 9am–9pm; Fri.–Sat. 9am–9pm, Closing Day 9am–6pm. Tickets: 12 years and older: $8–14 (varies weekdays, weekend, holiday); Children (Ages 3–11): $3–$12. Tickets may be purchased at 888.551.5004 or at Front Range-area King Soopers, at the National Western Stock Exhibit and online at www.NationalWestern.com. The Stock Show is located at 6655 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 Stithmore

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 unified, single 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 transitional student (incoming K, 6th and 9th grades and any student who wants to choose 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/ CompletedSchoolChoice 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 parents and families to navigate.

Amy Stithmore 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. 11—George Washington High School 6–7pm

Hosted by Get Smart Schools
For more information contact Erika Meyer at 720-287-5009 or erika@getsartschools.org

Start 2012 with Faith!

Sunday Worship Services:
9am-Contemporary Gospel, 11am-Traditional
Children’s Sunday School during Both Services
5209 Montview Blvd. • 303-322-1867 • www.phumc.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 Shiias, 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 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 Iraqi 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 Buddies 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 to 6:30pm at Summer Scholars’ central office, 3401 Quebec St. #5010. For more information or a list of schools and volunteer opportunities description, 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.

Start 2012 with Faith!

Sunday Worship Services:
9am-Contemporary Gospel, 11am-Traditional
Children’s Sunday School during Both Services
5209 Montview Blvd. • 303-322-1867 • www.phumc.org

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. 11—George Washington High School 6–7pm

Hosted by Get Smart Schools
For more information contact Erika Meyer at 720-287-5009 or erika@getsartschools.org

Start 2012 with Faith!

Sunday Worship Services:
9am-Contemporary Gospel, 11am-Traditional
Children’s Sunday School during Both Services
5209 Montview Blvd. • 303-322-1867 • www.phumc.org

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. 11—George Washington High School 6–7pm

Hosted by Get Smart Schools
For more information contact Erika Meyer at 720-287-5009 or erika@getsartschools.org

Start 2012 with Faith!
Montclair Home A Haven for Greeters

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 co-founder, hoped Montclair would attract wealthier residents turned off by Denver’s “400 saloons and forty Market Street bordello.” His vision was for a community in which “only tasteful houses of $1,000 will be allowed...Calix Avenue will be graded and improved like Broadway...shade trees will be planted throughout...an artisan 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 new City and County of Denver and had less water...light towers will be erected...the town will be the pride of all Denver.”

Montclair incorporated in 1888. Baron von Richthofen, a co-founder, hoped Montclair would attract wealthier residents turned off by Denver’s “400 saloons and forty Market Street bordello.” His vision was for a community in which “only tasteful houses of $1,000 will be allowed...Calix Avenue will be graded and improved like Broadway...shade trees will be planted throughout...an artisan 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 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 postal card. 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...unlike 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. In 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 Greeter magazine notes the home then had four paid employees, including a physician who daily visited the 16 residents of the 1924 building designated a Historic Landmark in the 1990s. Many gaps exist in the story of this Greeter of America home was dissolved 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 believe 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 constantly visiting back and forth. Evelyn insists that whoever passed through over those 30 years left behind “good spirits.”

Facts presented here come from early copies of The American Greeter, archival information from a former neighbor and hotel workers-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.

Montclair Home A Haven for Greeters

Judith Schwartz at judschwartz@msn.com.

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 Vanish 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 was a wonderful institution— or rather a wonderful home...Why, I’d like to live there myself.”

The Greeters of America home was dissolved 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 believe 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 constantly visiting back and forth. Evelyn insists that whoever passed through over those 30 years left behind “good spirits.”

Facts presented here come from early copies of The American Greeter, archival information from a former neighbor and hotel workers-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.

Montclair incorporated in 1888. Baron von Richthofen, a co-founder, hoped Montclair would attract wealthier residents turned off by Denver’s “400 saloons and forty Market Street bordello.” His vision was for a community in which “only tasteful houses of $1,000 will be allowed...Calix Avenue will be graded and improved like Broadway...shade trees will be planted throughout...an artisan 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 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 postal card. 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...unlike 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. In 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 Greeter magazine notes the home then had four paid employees, including a physician who daily visited the 16 residents of the 1924 building designated a Historic Landmark in the 1990s. Many gaps exist in the story of this Greeter of America home was dissolved 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 believe 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 constantly visiting back and forth. Evelyn insists that whoever passed through over those 30 years left behind “good spirits.”

Facts presented here come from early copies of The American Greeter, archival information from a former neighbor and hotel workers-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.
A 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. Funds 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. Seaowell and the rest of the board, 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 of 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 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 cornerstone 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 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 education 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 even 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 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.

**Collar a little SNUG after the holidays?**

Join our Pet WeightLoss Challenge. See our website for details. www.RisingSunAnimalCare.com

Budget Blinds – custom window coverings that fit your style and budget!

- Personal Style Consultants
- Thousands of samples from the best brands
- "Expert Fit" measuring and installation

FREE In-Home Consultation & Estimate

25% OFF

Home or Office Window Treatments
Call today for details! 303-321-4404 or visit us online at www.budgetblinds.com

**Happy New Year!**

Thanks for making me your Stapleton real estate expert!

Stacy Main
720-280-3004

www.neiteam.com

Stapleton Front Porch

January 2012
“Stapleton Cares” Brings Gifts to Parkside Kids

Habiba Taksuow, Symphony Bailey, 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 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 do 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 and events may include diaper bags for single moms and an event for Ashley schoolchildren.

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 answered 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 Ruden, Chris Ruden, Amy Marks, Adam Jaster, Maddie Amick-Kehoe and Sara Yates from Park Hill; James Dunahay and Audrey Preston from Stapleton; and Ryan Cruise from Fairview. The team’s coach is Mark Thalhofer, 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.colo-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 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.

Family Law Attorney

Divorce & Legal Separation, Paternity & Custody, Modification of Existing Court Orders, and Mediation

28 years family law & litigation experience
10 years collaborative law involvement
Attorney input mediation available

Karen B. Best, Attorney at Law
303-708-1300
karen@bestfamilylaw.net
Appointments in Stapleton or Centennial

Stapleton Front Porch

Do you or a member of your family have difficulty concentrating or focusing? Are you concerned about hyperactivity or impulsive behavior? Now there is a clinically proven alternative to medication.

Research shows Neurotherapy to be an effective, safe, non-invasive way to work with children and adults—without resorting to psychotropic medication. Help you or your child utilize and train the brain to improve performance. NeuroAgility provides diagnostic evaluations for ADHD and Brain Injury. We offer state-of-the-art training that is research-based and non-pharmacological we build on your strengths leading to sense of self mastery.

Kerri Honaker, LPC, Chief Director
303-417-1797
www.neuroAgility.com

By Karen Babiak and Kim Babiak: Insurance coverage may apply

Family Law Attorney

Divorce & Legal Separation, Paternity & Custody, Modification of Existing Court Orders, and Mediation

28 years family law & litigation experience
10 years collaborative law involvement
Attorney input mediation available

Karen B. Best, Attorney at Law
303-708-1300
karen@bestfamilylaw.net
Appointments in Stapleton or Centennial

Stapleton Front Porch

Do you or a member of your family have difficulty concentrating or focusing? Are you concerned about hyperactivity or impulsive behavior? Now there is a clinically proven alternative to medication.

Research shows Neurotherapy to be an effective, safe, non-invasive way to work with children and adults—without resorting to psychotropic medication. Help you or your child utilize and train the brain to improve performance. NeuroAgility provides diagnostic evaluations for ADHD and Brain Injury. We offer state-of-the-art training that is research-based and non-pharmacological we build on your strengths leading to sense of self mastery.

Kerri Honaker, LPC, Chief Director
303-417-1797
www.neuroAgility.com

By Karen Babiak and Kim Babiak: Insurance coverage may apply
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 townhouse 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

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.
Mile High Squash

By Jeffrey Barron, SUN Board

T he sport of squash has its roots in 12th-century France, was refined in 1875 in Scotland before being played on the courts in 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 Khan, who won seven British Open championships, and is considered the patriarch of the sport. The sport of squash has its roots in 12th-century France, was refined in 1875 in Scotland before being played on the courts in 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 Khan, who won seven British Open championships, and is considered the patriarch of the sport.

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 college, 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 Hispanic, and 94 percent participate in DPS5 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 200–250 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.

Bridging the Chasm: Academy Brings Community and Police Together

Imagine your workday: you are called to a scene and heroically rescue a criminal. 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, discrimination and the police today. Of major concern is the 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 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 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.

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.
Transportation Planning

The Transportation Planning Committee plans to hold regular meetings with residents, the City, Forest City, and other stakeholders in the community to further expand and enhance all modes of transportation within the neighborhood and to play an active role in the implementation of future changes. Dates for those meetings are pending and will be announced to the community as soon as they are finalized.

For additional information about the ongoing efforts of the Transportation Committee, please contact the committee chair, David Vogel, at acomman@bghglobal.net, or visit the SUN web site at http://sites.google.com/site/sunwebsite/transportation.

The Commission agrees that Sam Gary is an outstanding champion 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 plan to the forefront of the old Stapleton airport.” He is an upstanding member of the old Stapleton community to further refine ideas for improving all aspects of Stapleton. Dates for those meetings are pending and will be announced to the community as soon as they are finalized.

For additional information about the ongoing efforts of the Transportation Committee, please contact the committee chair, David Vogel, at acomman@bghglobal.net, or visit the SUN web site at http://sites.google.com/site/sunwebsite/transportation.

The photo of this Sam was taken in March 2010. It appeared on the cover of the April 2010 Front Porch as part of the Front Porch’s ten-year anniversary story about the people who made Stapleton happen. A PDF of that issue is posted at www.FrontPorchStapleton.com.

HELP WANTED

LETTESR TO THE EDITOR

The Front Porch will publish letters to the editor as space allows—they may be edited for length. Please email FrontPorchStapleton@gmail.com. Submit by the 15th for consideration in the following month’s issue.

ASSESSMENT

n the public’s knowledge of the available programs and services, land use and transportation planning, and the implementation of future changes.

The photo of this Sam was taken in March 2010. It appeared on the cover of the April 2010 Front Porch as part of the Front Porch’s ten-year anniversary story about the people who made Stapleton happen. A PDF of that issue is posted at www.FrontPorchStapleton.com.

HELP WANTED

LETTESR TO THE EDITOR

The Front Porch will publish letters to the editor as space allows—they may be edited for length. Please email FrontPorchStapleton@gmail.com. Submit by the 15th for consideration in the following month’s issue.

ASSESSMENT

n the public’s knowledge of the available programs and services, land use and transportation planning, and the implementation of future changes.

The photo of this Sam was taken in March 2010. It appeared on the cover of the April 2010 Front Porch as part of the Front Porch’s ten-year anniversary story about the people who made Stapleton happen. A PDF of that issue is posted at www.FrontPorchStapleton.com.
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 our schools and tax revenue and helps kids get ahead in college.”

A number of his efforts have been thwarted by the times when Colorado has not passed key legislation. Johnston anticipates a civil union bill coming 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 reform. “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.

Markets Change. Are You Prepared?

When you stop and look back at what’s happened in the markets, it’s easy to realize how quickly things can change. That’s why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a free portfolio review to help you decide if you should make changes to your investments and whether you’re on track to reach your goals.

Stop by or call today to schedule your free review.

Netaile J Robbins
Financial Advisor
Edward Jones
2575 Central Park Blvd
Coe Rd.
Denver, CO 80211
303-202-7792

www.edwardjones.com/MemberSIPC
Mem bers of SIPC
Foster Parents Needed...

Savio House is looking for temporary foster homes for teens with a troubled background. Training, 24 hour support and $1900 per month provided.

Call Michelle Johnson at 303-225-4073
www.saviohouse.org

Nanna’s Teas

50% off Dinner with Nanna at Dunwoody House, a $45 value
Reservations ONLY online www.nanneteas.com
Expires January 31, 2012
2637 W 33rd Ave. Denver, 80211 • 303-647-8327

Catholic Futures

Caring and orderly environment.
Safety in a community of faith.
St. Fia X Catholic School
11446 E. 14th Place, Aurora, CO 80011
(303) 764-4216
St. Therese Catholic School
1800 Keating Street, Aurora, CO 80011
(363) 264-7849
www.saviohouse.org

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 60s 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

Deep Carpet Cleaning Satisfaction and value are locally guaranteed

Stapleton Home Services
303-320-1297
Stapleton Porch


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 tower, the part of the stairwell is lit by daylight through vertical windows in the tower.

Change or add window to it. But 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. One, partially because of its central location could be very attractive office space for somebody. But you could fix it on the outside 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 a wonderful relic of the past.”

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 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. The Second and third floors of the three-story building at Stapleton, and is kind of an iconic building at left in the photo to the right. 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 a wonderful relic of the past.”

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-Net Herndon, Billy Brown, Dennis Scott, Ruth Falkenberg, Larry Nelson, Sean O’Hara and Harold Skramstad.

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 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 stapleton tower@gmail.com.