

Front Porch

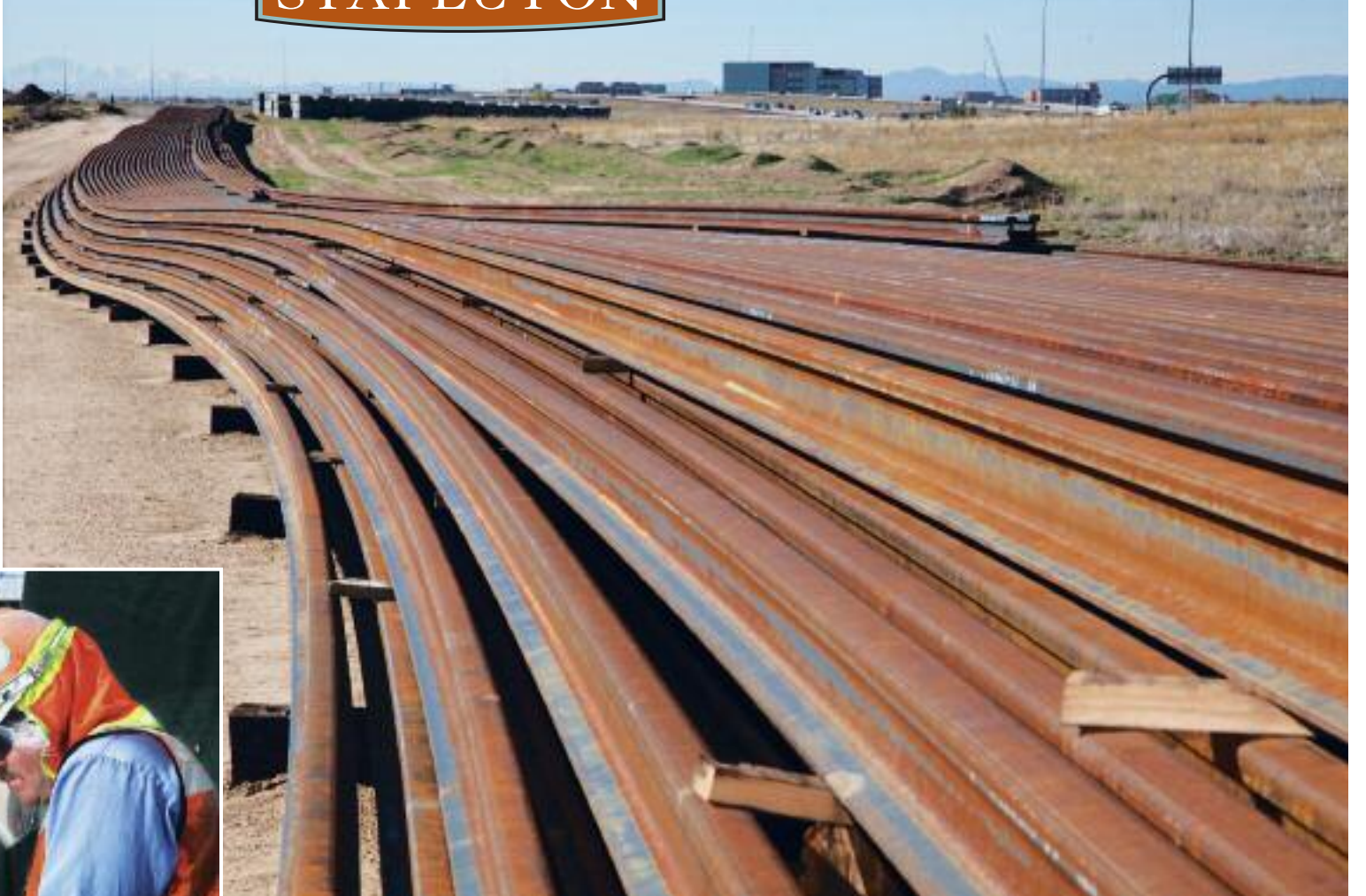
Distributed to the Stapleton, Park Hill, Lowry, Montclair, Mayfair, Hale and East Colfax neighborhoods

DENVER, COLORADO

STAPLETON

NOVEMBER 2012

East Rail on Track



Above: Track for the RTD East Rail Line is stacked near Peña Boulevard and 64th Avenue, ready for future installation. These track segments, called “strings,” are 1,200 feet long after 80-foot pieces called “sticks” are welded together. A stack of 1,600-foot “strings” can be seen at the end of Smith Rd., east of Havana. The process used to join the “sticks” is called “flash-butt welding.”

Left: A technician grinds down joints on the “strings” at a processing area on Smith Rd. near Havana. This process removes ridges at the joints, which gives passengers a smoother ride (not the traditional clickety-clack associated with trains).

By John Babiak and Carol Roberts

The year is 2016. You walk out of your office downtown and take the 16th St. Mall shuttle or the new downtown circulator bus to Union Station. From there your choices are almost unlimited (see the graphic on page 8). Jump on the light rail or get on a bus in the adjoining underground regional bus facility. Or head to DIA for a business trip on the new commuter rail train.

At DIA, after a 35-minute-ride, you'll take

an escalator up to a central area shared by all airlines where you can check in and check bags (no more worries about being on the airline with the longest line). And if your plane is delayed, you can hang out in the open-air public plaza between the new DIA hotel and the terminal (see rendering on page 9).

That all sounds like a dream, but there are many visible signs of it becoming a reality.

At DIA there's a gigantic hole where the commuter train will arrive and a public transit

center/public plaza/hotel will be built (see photo on page 10). So far 800,000 cubic yards of dirt have been moved. “In the end, we will remove a little over one million cubic yards—enough to fill Sports Authority field twice,” says Amy Ford, public information officer for DIA.

At Union Station 363,296 cubic yards of dirt have been excavated—enough to fill the Pepsi Center 9.08 times, says Hunter Sydnor, public information officer for Union Station.

And the East Line is “under full construc-

tion, all the way from Union Station to the DIA Jeppesen South Terminal Redevelopment,” says Kevin Flynn, RTD's public information manager for the Eagle P3 Project. “As of August, we had moved approximately 250,000 cubic yards of dirt along the 22.8 miles of the East Line (not including Union Station or DIA). It would fill a line of dump trucks along the entire length of I-25, from the New Mexico border to Wyoming.”

(continued on page 10)

Presidential Election Comes Close to Home: ★★A Reminder to Cast Ballots★★



With Colorado a swing state in this year's presidential election, both candidates made multiple visits to the state and even came to our northeast Denver neighborhoods. And where the candidates go, the Secret Service follows, ever present in their black suits and dark glasses.

Above left, President Obama held a rally in City Park on October 24, with attendance



estimated by the fire chief at 16,000 attendees.

Above right, Governor Romney made a surprise lunch stop at the Chipotle restaurant in the 29th Ave. Town Center on October 2, the day after holding a rally at Wings Over the Rockies museum in Lowry.

Photo by John Babiak

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The late October snow hastened the end of the fall colors.



CALENDAR

Events listed below are FREE and OPEN TO THE PUBLIC or support nonprofits.
(Additional events are listed on pages 19-23. Recurring events are listed on page 21.)

NOVEMBER

November 1-11

35th Starz Denver Film Festival
Showcasing 225 Films (See page 19)

November 2-10

Denver Arts Week (See page 19)

Saturday, November 3

Central Park Rec Center* "Under the Big Top"
Saturday Night Live 6-9pm. \$10/person, Ages 7-12, both residents and nonresidents.
Register: www.stapletoncommunity.com,
events@stapletoncommunity.com

Saturday November 3

Feather Berkower Parenting Safe Children Workshop. Stapleton MCA Community Room*
\$55/person. To register: Molly Jaques 303.333.9987
Mollyj89@q.com (See page 16)

Saturday, Nov 3 & Dec 1

Museum of Contemporary Art Denver
With new art-making space for children, "The Bubble Garden" 1¢ admission on first Saturdays
1485 Delgany St., MCADenver.org

Saturday, Nov 3 & Dec 1

Denver Art Museum - SCFD Free Day
720-865-5000 www.denverartmuseum.org

November 5, 16 & 28

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

★★Tuesday, November 6★★
Election Day

NOVEMBER

Tuesday, November 6

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

Thursday, November 8

Active Minds Seminar "Van Gogh" 7-8pm
MCA Community Room* events@stapletoncommunity.com

Friday, Nov 9-Sunday Nov 11

Park Hill Art Club Fall Show and Sale
Park Hill United Methodist Church, 5209 Montview Blvd. www.parkhillartclub.org
(See page 19)

Tuesday, Nov 13, 20 & 27

Stress Relief Yoga. 5:45-6:45pm. MCA Community Room* www.loveyogacolorado.com.
events@stapletoncommunity.com
(See info at right)

Friday, November 16

Winter Welcome. Kick off the holiday season from 6-8pm at the 29th Avenue Town Center*

Monday, November 19

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

*More information at Events@stapletoncommunity.com
Stapleton MCA Community Room, 2823 Roslyn St.
29th Avenue Town Center: 29th and Roslyn Street
Central Park Rec Center: Cross streets are Martin Luther King Jr. Blvd and Central Park Blvd. in Stapleton

The Front Porch welcomes submissions of upcoming local events and story ideas (see information on p.21).
Deadline is the 15th for the next issue.

STAPLETON

Events & Announcements

NOVEMBER

SNL...Kids' Night Out!

Under the Big Top (Salida Circus)

Saturday, Nov. 3 from 6-9pm at the Central Park Recreation Center

Salida Circus will be joining us during the next SNL...Kids' Night Out event at the Rec Center! This event is for children ages 7-12. Registration is open to both residents and nonresidents and is only \$10 per child. Salida staff members will demonstrate stilt-walking, balloon animals and all Salida staff will be in full costume. All participants will be divided into stations that will include tumbling/acrobatics, scarf and bean bag juggling, bucket stilt-walking, hula hoop/ baton twirling and plate spinning! Dinner will be provided to all participants. There will be a surprise performance for all parents at the end of the night. To register, visit StapletonCommunity.com.

MCA Annual Meeting

The Annual MCA Meeting of Members is scheduled for Wednesday, Nov. 7 at 6:30pm in the MCA Community Room at 2823 Roslyn St. This meeting will also be available online. For information about accessing it online, go to www.stapletoncommunity.com.

Active Minds

Van Gogh As the Denver Art Museum hosts a special Van Gogh exhibit, join Active Minds for a journey into the life and art of Vincent Van Gogh, whose painting career spanned only 10 years, during which he produced over 900 paintings, selling only one. We will explore the many challenges of his relatively short and troubled life as well as the mystery of his death and lasting impact of his art. Thursday, Nov. 8 from 7-8pm in the MCA Community Room at 2823 Roslyn St. Cost: Free; RSVP not required

Winter Welcome

Come kick off the holiday season in Stapleton. On Friday, Nov. 16 from 6-8pm, the MCA will host a night of festive traditions, including the lighting of the trees and streets at the 29th Avenue Town Center. Holiday lights will be strung along the trees and snowflakes will be installed across 29th Avenue. Participating Town Center retail shops and restaurants will be open and many will feature holiday specials. The streets will be lined with toasty fires for marshmallow roasting and s'mores. Carolers will stroll along the avenue, a jazz band will perform at the crescent, dancing trees will twirl along the sidewalks and the overwhelming scent of roasted almonds will fill the air. An ice-climbing wall will be available for children and all proceeds from this event will benefit DenUM, a local organization that provides a food bank, emergency services and assistance to the Denver-metro area's most economically vulnerable residents.

The 2013 Dogs of Stapleton Calendars will be available at this event. Also, check out the original art made by students from the Denver School of the Arts! The students have created door designs for participating shops along 29th Avenue to contend with

other students for the Annual Door Decorating Contest. Door decorations will be up on Friday, Nov. 9-16. Winners of the contest will be announced online Monday, Nov. 19. The community is the judge of this contest, so we need you to respond! A ballot will be available to vote online at www.stapletoncommunity.com, or pick up a ballot and complete your vote by 7:30pm the evening of the event. You can also email your completed ballot to events@stapletoncommunity.com or bring it to the event on Friday the 18th and put it in the ballot box located in the MCA booth.

Each completed ballot received will be placed in a drawing for great prizes including gift certificates to our local 29th Avenue Town Center merchants. Winners will be notified by email on Monday, November 21. For more, go to www.stapletoncommunity.com.

Stapleton Holiday Cards

The MCA is proud to offer a festive holiday card that supports three local causes. Cards will be sold in holiday variety packs, featuring eye-catching photos taken at 29th Avenue and at the West Crescent. Cards can be purchased at the MCA office during normal business hours (9am-4pm) Monday-Friday and at the Winter Welcome event on Friday, Nov. 16. For more about the cards, call 303.388.0724. All proceeds from the cards will be distributed to Bluff Lake Nature Center, Sand Creek Regional Greenway and The Urban Farm.

Pumpkin Patch

We want to thank our Northfield Church and Blue Creek Spa for helping unload and set up the pumpkins for our annual pumpkin patch last month. Over 1500 pumpkins were given away at our final farmers market.

Stress-Relief Yoga for the Holidays

Location: MCA Community Room (2823 Roslyn St.)

Dates: Tuesdays, Nov. 13-Dec. 18; Time: 5:45-6:45pm

Drop-in rate: \$10; Stapleton residents: 6 classes for \$48; nonresidents: 6 classes for \$54; kids ages 6-12 free with paying adult

Please bring exact cash to class or use PayPal at www.loveyogacolorado.com.

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

Dani Mead
Communications Coordinator



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Front Porch

www.FrontPorchStapleton.com

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2373 Central Park Boulevard Professional Condominium owners gather outside the now almost-filled building.

Left to right, front row:

Alfaiyaz Ibrahim, D.D.S., Stapleton Children's Dentistry
Marty Gregg, ArtHouse Design
Angela Tran, D.O. Medfit Medical Weight Loss
Flora Waples, M.D., Restor Medical Spa
Marissa Micelli, Mici's Italian Restaurant
Crystal Stephen, Plum Consignment

Middle row:

Diane Bilello and Anna Hughes, Sweet Life Nail Bar
Lisa Davidson, M.D., Insight Primary Care
Karen Franz, D.D.S., Stapleton Orthodontics
Dominique Waples-Trefil, Restor Medical Spa
Kristin Robbins, D.D.S., Central Park Dental Medicine
Travis Bischoff, SmartSpace
Brian Fuller, M.D., Mountain Spine and Pain Physicians

Back Row:

Mark Magliery, Mici's Italian Restaurant
Natalie Robbins, Edward Jones

Not Shown:

Stapleton Family Eye Center (pediatric ophthalmologists)
opening Jan. 2013
Tom Cummings, Jerry Spaeth, Derek Watts and Jason Clark,
who just purchased four units that are for lease.

Business Owners Find Friendship and Support

By Courtney Drake-McDonough

Having neighbors you get along with is a real gift. It means people you can visit with, lend a hand to, and ask a favor of, all while having your little corner of the world in common. For the business owners who share the address of 2373 Central Park Blvd., neighborly relationships and camaraderie are happening where they work.

Central Park Professional Condominiums is the three-story, 44,952-square-foot building at 23rd and Central Park Blvd. Fifteen of the 20 units are currently occupied by companies open for business or almost ready to open. Four of the remaining five units were sold just before this paper went to press. This is reason to celebrate for the owners, since reaching this milestone was a long time coming, with obstacles including a struggling economy and fallout from a medical marijuana dispensary that tried to move in. Through their struggles, the early owners bonded out of necessity to preserve the building. In the process, they developed deep, trusting relationships and now welcome the newer owners into that close-knit fold.

Kristin F. Robbins, DDS, was one of the original owners,

having bought her space in 2007 and opening her dental practice, Central Park Dental Medicine, in 2009. "There was a lag time before people started looking at the building again due to anxiety over the economy and banks refusing to give even legitimate people money for financing," Robbins recalls. "But now, as the economy improves, there is serious interest in the building again."

Robbins is president of the board of directors created to oversee the building and owners. There are covenants and HOA dues like residential communities. While the owners are diligent about being responsible to their building, they are also cognizant of their place within the residential neighborhood around them. For example, they make sure the parking lot lights aren't too bright and that the exterior signage is tasteful.

"We have pulled off an unusual economic feat in these truly difficult times," says Robbins. "People have pitched in and cleaned bathrooms, gone through uncomfortable situations and come out friends. The building is in A+ shape and well maintained and all of the new owners coming in give great life and vibrancy."

One of the more recent additions to the building is Restor Medical Spa, which opened in November 2011, co-owned by sisters Flora Waples, MD, and Dominique Waples-Trefil. This summer, Waples-Trefil sent out an email to everyone in the building suggesting they get together to know each other better. "Everyone was excited to do it," she says. "We're all similar in that we all own our spaces and our businesses, have similar backgrounds, and many of us live in Stapleton or nearby, which is just another tie that binds us."

The group plans to get together regularly to socialize, but the sense of community goes beyond some wine and cheese. "If someone has a baby, we give gifts; if someone's dog is ill, we give flowers," says Robbins, laughing. She notes it's also about getting involved in each other's charitable functions and activities outside of the building to show support for each other and the community.

To Waples-Trefil, the camaraderie between the neighbors "feels like there is a net under me—a safe environment in which I can ask questions or talk about my day." The group has also taken advantage of each other's services, which range from financial planning to orthodontia to pedicures and pizza. Having used those services and knowing and liking each other as they do, both Robbins and Waples-Trefil say they are able to honestly and

(continued on page 5)

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Obesity Expert Offers Prevention Tips

By Laurie Dunklee

One of the energetic bicyclists or walkers going past your door might be John C. Peters, PhD, chief strategy officer of the University of Colorado Anschutz Health and Wellness Center, opened in April. Peters, a biochemist and researcher for 30 years, is a longtime leader in the fight against obesity.

The expert practices what he preaches: that physical activity is essential to overall health and mental development. "Activity not only helps prevent obesity," he said. "It promotes cognitive development in children and cognitive preservation in adults. Exercise may even help prevent Parkinson's and Alzheimer's disease. It stimulates our nerves to make connections, such as when we are trying to develop new habits."

Peters hopes to encourage changed habits on a cultural level in the fight against obesity. Obesity in children is particularly concerning, he said. Fourteen percent of Colorado's children are obese and the numbers are growing. "We need to get our arms around this," he said.

Peters partners with James Hill, PhD, to lead the programs at the Health and Wellness Center. Peters moved here from Cincinnati in September 2011 to oversee the startup and opening of the center. He's been living in

temporary quarters but is building a house in Stapleton, slated for completion in February 2013. His wife, Lynn, a pediatric emergency room doctor, will transition here when their house is finished.

"We picked Stapleton for its great bike trails that connect to everything," Peters said. "I'll be riding my bike to work."

Peters said there are dangerous trends in obesity but provides tools for reversing them. One indication of the dangers of childhood obesity is the risk of type 2 diabetes.

"Type 2 diabetes used to be called 'adult onset diabetes' because people didn't get it until they were older and had put on too much weight, he said. "So it's a new phenomenon to see 10-year-olds faced with the devastating effects of Type 2 for the rest of their lives."

"It's a rallying cry for Colorado to say 'What can we do?'"

Fortunately, the Health and Wellness Center is providing resources to battle the onslaught. The center focuses on preventive care and positive steps to change, reflecting a fundamental shift in the focus of obesity treatment.

"When obesity took off in the 1980s, we thought something was broken with obese people and we tried to fix their biology with metabolism studies and pills. Now we know nothing is broken but our environment: the environment we created when we made the foods that we like readily available."

"We all love sugar, salt and fat because it's hard-

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Obesity expert John Peters, PhD, is pictured in the workout room at the Colorado Anschutz Health and Wellness Center.

wired into our human biology. We go for sugar because it means calories. We need some salt in our diet, but over our 10,000-year history it was hard to get. Now it's sitting on the table like an invitation to use too much."

Peters' approach to helping individuals is to look at the big picture: how the whole person is affected by their environment and how the environment can be changed. Changing environments in a positive way is the result of his work with school systems and workplaces.

Peters works with programs including Take 10, which helps schools incorporate physical activity into classroom work. He also works with companies to put value on employee health by providing paid exercise time and incentive programs.

"It becomes part of the company's mission to promote wellness," Peters said.

As these programs effect changes in the cultures at companies and schools, the larger culture is affected too. "We hope to change the American culture by changing the culture at schools and companies and applying it outward."

Knowing that positive change begins at home, Peters offers two tips to busy parents to help them encourage healthy eating habits.

First, control the availability of certain foods so children will eat healthy when parents are not at home. Take a pantry inventory and limit sugary, salty and fatty options. Put the good stuff, like fresh fruit, front and center, washed and ready to eat. Put the bad stuff on a high shelf, out of sight. Put one cookie in a ziplock bag next to the fruit.

Second, realize that energy and willpower are strongest in the morning and decline during the day. So make decisions about shopping, dinner and exercise in the morning.

"Make a grocery list and pack your running shoes," Peters suggested. "Planning early in the day will reduce the need for you to think when you're tired later on."

"We're 'cognitive misers,' we don't like to spend time thinking," he continued. "So if the decisions are made already, we're far less likely to order pizza and collapse in front of the TV."

New health habits are taught and practiced in the Wellness Center's Colorado Weigh program (www.coloradoweigh.com). The program will be offered free of charge to participants in an upcoming study on diet beverages and weight loss. The year-long study will divide 150 participants into groups of diet beverage-drinkers and water-drinkers. All aspects of the participants' health will be monitored, including their weight. The 150 participants will be chosen from approximately 500 volunteers.

"There's no good science about diet beverages as compared to water, so this is a good opportunity," said Peters. "And for participants, this is an opportunity to enroll in a state-of-the-art weight loss program at no cost." For more information about the study email Gabriela.Aguayo@ucdenver.edu.

Business Condo Owners

(continued from page 3) enthusiastically recommend each other to their clients and patients.

"We're going forward and it's going to be a great asset to the neighborhood," says Robbins. Waples-Trefil agrees. "I used to drive past the building and it was just a shell of a place," she

says. "Now there's an energy and good people here."

The four units just sold went to a group of four local investors who will lease the space. The second floor units range from approximately 2000 to 2800 square feet. Two could be combined to form a 5000+ square foot space or units could be subdivided as small as 850 square feet. Interested parties should contact Tom Cummings at 303-324-8785.



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One Stop Shopping for Groceries and Medical Care

By Courtney Drake-McDonough

Since The Little Clinic opened in the Stapleton King Soopers in July, it has been as convenient to pop in for health care as it has been for a gallon of milk. Now, an affiliation between King Soopers, The Little Clinic and University of Colorado Health Partners takes that convenience a step further.

Effective September 5, The Little Clinic, the King Soopers at 2810 Quebec, and the nearby A.F. Williams Family Medicine Center in Stapleton at 3055 Roslyn Street have a cooperative relationship. The Little Clinic and A.F. Williams bring complementary benefits to the patient: The Little Clinic has extended hours, set prices, walk-in care and a convenient location for basic services such as examinations, treatment of minor illnesses and injuries, vaccinations and health and wellness services. A.F. Williams performs functions that The Little Clinic can't like x-rays, lab work, specialty services such as sports medicine and physical therapy, and access to the A.F. Williams doctors who are affiliated with the University of Colorado.



Nurse practitioner Amada MacDonnell stands at the reception area of The Little Clinic. King Soopers produce department is visible in the background.

"The first part of the (patient) evaluation that is always done is asking questions including whether or not they have a primary care physician. Sometimes the staff can tell, even before checking in a patient, that their needs are outside of the scope of The Little Clinic. Those patients are either referred to their primary care physicians, if they have one, or to A.F. Williams," explains Amanda MacDonnell, advanced practice nurse—certified, at The Little Clinic. For patients referred to A.F. Williams, The Little Clinic will set up an appointment.

The patient isn't charged for services at The Little Clinic if the initial evaluation shows they need treatment elsewhere.

However, if an examination is required to determine whether further treatment or tests are needed, that service would be billed. The Little Clinic's services and fees are all posted on the website, in the brochure and at the clinic—and they are the same regardless of day or time. Outside of A.F. Williams' usual office hours, their patients can be treated at The Little Clinic.

Records are transferred confidentially by fax between The Little Clinic and A.F. Williams or a patient's primary care physician.

This affiliation is the first of its kind for The Little Clinic in Colorado, but they hope to create more in the future. The Stapleton location was chosen, partly because of its close proximity to A.F. Williams. "Because the affiliation is based on increasing access to care and promoting better health within the community, it's ideal for two health-care providers to work together in this manner," says Stephanie Buckley, vice president, marketing for The Little Clinic.

MacDonnell is one of two full-time staffers at the Stapleton location, along with David Rodriguez, family nurse practitioner. The Little Clinic is open Monday–Friday, 8:30am–7:30pm; Saturday, 8:30am–5pm; and Sunday, 10am–5pm. Their website is <http://thelittleclinic.com/>. The A.F. Williams Family Medicine Center website is <http://www.uch.edu/locations/get-care/ufm-af-williams/>.

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Get comfortable.



Lane Meyer, general manager at ABRA Auto Body & Glass on Northfield Blvd.

No More Dents, Dings or Damage

By Nancy Burkhart

What should you do when your car door suffers a ding in the parking lot, or when the car behind you fails to stop? There is a nearby business that can fix those damages. ABRA Auto Body & Glass, Stapleton, at 9255 E. Northfield Blvd., recently celebrated their grand opening.

"We are a full-service auto body and glass shop," said Lane Meyer, the store's general manager. "We do anything from major or minor collision to minor touch-ups. We can replace any type of glass on any automotive vehicle. Our glass division is completely mobile, so they can do a piece of glass at anyone's office or home anywhere from Pueblo to Fort Collins.

"Most of what we do is collision work," Meyer noted. "But people do come in to paint a panel or touch up stuff. And, sometimes people bring in things to be painted to match their car. Somebody took apart a flat screen TV and wanted it painted white. I think they come to us because we deal with paint and we do cool colors on cars. We make any color possible."

ABRA will handle the red tape with their customers' insurance companies, according to Meyer. "The biggest thing is the ease of the process for our customers," he said. "Once they've filed the claim, we deal with the insurance company. We expedite repairs to get people back in their cars as soon as possible. We are

a national company. We guarantee all our work for a lifetime, and we guarantee the paint color and the match to the rest of the car."

"We don't see a whole lot of hard-hit vehicles," Meyer said. "But it goes from the minor ding on the door in the parking lot on up. The cost is across the board from \$50 to major collisions ranging over \$10,000."

The length of time it takes to repair a vehicle depends on the make and model of the car, Meyer said. "Some high-end vehicles take a week to get the parts. But we strive to be the best in the time it takes to fix the vehicle, and we're above the industry on that. We fix all makes and models."

Meyer started working for ABRA Auto Body & Glass as an estimator eight years ago. He has managed ABRA stores, including the stores in Longmont and Boulder, for three and a half years. He and his wife, Laura, were just married in October.

Meyer says, "People are more than welcome to stop by and ask to see the shop."

ABRA Auto Body & Glass, Stapleton, is open from 7:30am to 5:30pm Monday through Friday and from 9am to noon on Saturday. Call 303.800.0143, email stapleton@abraauto.com or visit www.abraauto.com.



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November 2012



Above: The “Train Room” in the historic Denver Union Station building offers a street-level waiting area for passengers. Many of the tall wooden benches and the 2,300 plaster Columbine flowers on archways throughout the room (visible in upper left corner) will remain after the interior of the building is restored to “National Park Service landmark requirements.” Wynkoop Plaza, the grounds surrounding Union Station, will become a landscaped area for public use with adjoining retail and restaurants. The mezzanine will be rebuilt to include a reception and lobby area for a 110-room boutique hotel that will occupy the second and third levels.

Right: The west side of Union Station (right side of photo) opens onto the Commuter Rail Train Hall with eight tracks to serve the commuter rail lines as well as Amtrak and the ski trains. The dramatic architecture calls for a



This and all the oval-shaped renderings are courtesy of RTD.

Above: An artist’s rendering shows the bi-level 17th Street Gardens and Regional Bus Facility. Commuters will access buses here by way of an underground concourse. Skylights that provide daylight to the bus facility are visible in the 17th Street Gardens. Condominiums and retail stores will occupy the new buildings immediately north and south of 17th Street Gardens. The rendering looks east, showing the interconnected areas for pedestrians to move between different modes of transportation. Just beyond the 17th St. Gardens are Wewatta Street, Wewatta Pavilion, the Train Hall and Union Station—with downtown Denver in the background. The already completed RTD Light Rail Station and plaza (not shown) are just west of the 17th Street Gardens.



Union Station

44,000-square-foot membrane canopy similar to the roof at DIA, with the center area open to the outdoors. As passengers walk toward the west (left side of rendering), they can access the underground Regional Bus Facility or continue walking to the Light Rail Station.

Left: Concrete caissons to support the Train Hall canopy are under construction, with the west side of Union Station visible in the background.



Above: Rendering shows the underground passenger concourse area of the Regional Bus Facility at Union Station. **Right:** Photo shows current construction status of the pedestrian concourse in the bus facility.



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Below: A view from the east toward the Central Park Blvd. (CPB) bridge shows some of the logistics and engineering required with side-by-side tracks for the commuter rail and Union Pacific. At left in the picture is construction of the East Rail line's bridge over Sand Creek and then crossing under the CPB bridge, going toward the CPB station. At right is Union Pacific's current steel trestle bridge, and just to the left of it is construction of the new Union Pacific bridge over Sand Creek and under CPB bridge.



Left: A 1,953-foot bridge will span Peña Blvd. in a north/south direction. The simple design of the bridge is a departure from the more symbolic "Signature Bridge" that was originally designed by architect Santiago Calatrava.

View progress at DIA on next page



Peña Blvd.

Rendering courtesy of DIA South Terminal Redevelopment Program



Above: The East Rail line will end at the airport transit center that is below the 500-room Westin hotel and conference center (left side of rendering). Disembarking passengers will enter the transit center to check bags and get boarding passes, then take an escalator up to the open-air public plaza shown above, which leads to the south entrance of the Jeppesen Terminal.

Below left: Photo shows construction of piers for the I-70 "flyover" bridge that will start just north of Smith Rd., cross over Airport Blvd., and continue over I-70 on the east side of Peña Boulevard, ending at the existing Airport Blvd./40th Ave. park-n-Ride—an expanse of approximately 4,200 feet. In the photo, a technician tests poured concrete for strength and uniformity while in the background crews prepare the steel rebar used in the bridge support columns.

Airport/40th

Below: The rendering shows the flyover bridge going diagonally over Airport Blvd. just south of I-70, looking northwest from the Union Pacific track.



Above: The East Rail will use 85-foot-long heavy commuter trains that hold 90 passengers seated and 142 standing. Travel time from DIA to Union Station will be about 35 minutes. The electric propulsion trains can travel at speeds up to 79 mph and are expected to run every 15 minutes from 6am to 8pm and every 30 minutes at other times.

Peoria

I-70

Airport Blvd.

I-70



I-225 Light Rail

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The Micelis visit their new restaurant Mici's, located at South and Central Parkway. It is scheduled to open in mid October. From left to right are Kim Miceli-Vela, Michael and Monica Miceli, and Jeff Miceli. Jeff and Monica will run the Stapleton location.

(continued from page 1)

Big Projects at Each End of the East Line

The massive interconnected transportation system at Union Station (see graphic on page 8) and the DIA project (shown below and on page 9) are separate from the East Rail construction project.

The DIA project has a \$500 million price tag for a three-part project: a public transit center, a public plaza and a 500-room Westin hotel and conference center. Bus and train passengers will disembark in front of the train hall, where they check baggage and get boarding passes at universal kiosks (for any airline). Passengers will then go up an escalator to the public plaza level, where they will enter the airport at the south side of the Jeppesen Terminal. The plaza, the size of a football field plus two basketball courts, will also be the site

Rendering courtesy of DIA South Terminal Redevelopment Program



The new public transit center at the airport will be on the level where passengers disembark from the train. The hotel and public plaza (behind the hotel) are above the transit center.

of programmed public events such as concerts, art shows or markets. Denver Union Station Multimodal Transit District will bring together regional bus, light rail, commuter rail and Amtrak services, along with the 16th St. Mall bus and a downtown circulator bus. The cost for the transit elements of the project is approximately \$360 million. The redesigned light rail station and plaza opened in 2011. The train hall and regional bus facility will open in 2014, but the only train served will be Amtrak until the East, Gold and Northwest lines open in 2016.

Eagle P3—Bridges Aren't Just Made of Concrete

The RTD Eagle (East and Gold Line) P3 project has required extensive inter-agency co-operation on all aspects of the project, including design, engineering, construction and logistics. The \$2.2 billion mass transit project is the nation's first full "public-private partnership" (thus

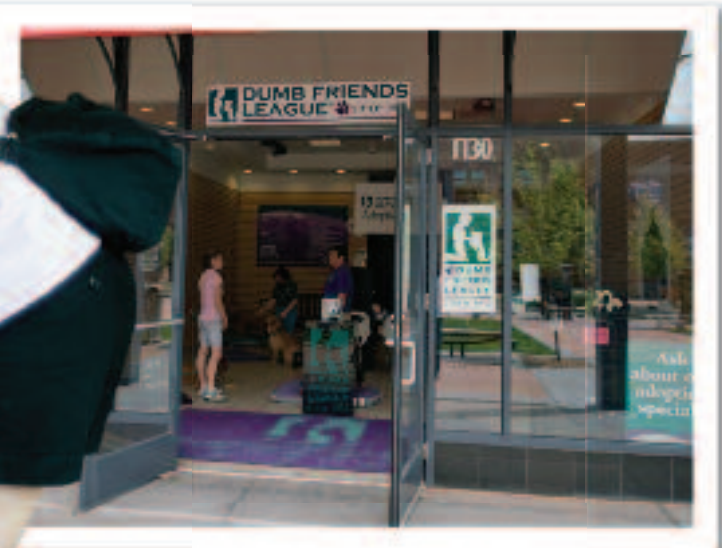
P3 in the name) that entails a private contractor building, operating, maintaining and partially financing a state-of-the-art commuter rail system. The East Line portion of the cost is \$1.057 billion for 22.8 miles of track. The remainder of the Eagle P3 costs are for the Gold Line to Arvada, a maintenance facility, 50 rail cars (\$4 million each), and the Northwest rail to Westminster. All Eagle P3 lines are scheduled to open in 2016. "This is 'design-build,' says Flynn. "We (RTD) didn't do 100 percent design and then put it out to bid. We put 30 percent out for design-build, which is what T-Rex was. So Denver Transit Partners is not just the construction group that's out in the Havana office, they are also the design team that for 18 months worked closely with the people who were going to build it. That meant they could integrate the design, meeting with Denver and Aurora and the Public Utilities Commission while they're designing it and try to coordinate it right from the start." "We get a lot of recognition because we are a district that's 40 municipalities and eight counties. When U.S. Department of Transportation Secretary Ray LaHood was here, one of the things he said was that Colorado and Denver get a lot of recognition because we do work as a district—and

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Matt Cirulli (foreground), project manager at DIA, and Kevin Flynn, public information manager, RTD Eagle Project, stand at the edge of the construction site of the future DIA Public Transit Center, Public Plaza and 500-room Westin Hotel and Conference Center, located at the south end of the Jeppesen Terminal.



As the RTD commuter rail line reaches DIA, it will pass between the two giant retaining walls that support access roads to the terminal building. The center wall that now blocks the path of the train is necessary during construction and will come down once the bridges are complete.

especially this project, which had federal, state and local funding. That doesn't happen a lot of other places," says Ana Mostaccero, public information specialist for the Eagle P3 project. Mostaccero points out that Eagle P3 coordinates very closely with DIA, local municipalities and CDOT. CDOT and the cities of Denver and Aurora have a person assigned to work with the project. Flynn adds, "You have to balance what one of your partners needs with what the other ones need. Sometimes addressing one set of issues creates others. That's why it's advantageous to have everybody at the table."

Long Bridges and Curved Bridges, One-Track and Two-Track Bridges
Currently, 14 bridges along the East Line are under construction. The longest one, the "I-70 fly-over" is approximately 4,200 feet long. "The East Rail line has to turn onto Peña Blvd.

from south of the freight tracks, so we needed a bridge to get us up and over the tracks. Once we got up in the air we also had to cross Airport Blvd., 32nd Ave., Pagosa St. and I-70. So it didn't make sense, in that 4,200 feet of distance, to go up and then down again and again. We didn't want this to be that kind of a ride, so it made sense to keep it up in the air. The result is a 4,200-foot bridge, that has 31 piers and 32 spans connecting them. It's going to be the longest bridge in the RTD system. Flynn goes on to explain this is a single track bridge, which saves a significant amount of money. "With 15-minute service, trains in each direction every seven and a half minutes, it's easy to arrange the schedule so a train is over the bridge and out before the next train comes in the other direction. There will never be a need to add a second track to that 4,200 feet." The bridge over Peña Blvd. is a 17-span, double-track bridge that is almost 2,000 feet long. Flynn explains, "We call it an S-curve because of its shape."
(continued on page 31)



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Chiropractor Offers Options to Help Patients Feel Better

By Nancy Burkhart

Chiropractic treatment is considered by many to be beneficial after injuries. Dr. Brandon Baldwin of Chiropractic Solutions of Denver looks at injured patients' lifestyles and how they can maintain their lifestyle in the future.

"I think everybody needs to maintain their spine like they maintain their teeth," Baldwin explained. "A spine has to move correctly. Muscles and joints need to work correctly together. I look at a spine the way a dentist looks at teeth. I think everybody should maintain their spine for their whole life. Otherwise, as people age and don't move around as much, they will have a lesser quality of life."

Baldwin, his wife, Amy, and their three children, nine-year-old twins Joey and Jenna and 12-year-old Dylan, moved to Stapleton in May because they like Stapleton's active lifestyle opportunities.

"We are active," Baldwin said. "The kids love to play sports. My 12-year-old son and I learned to pitch together this summer. We like to go out on the greenbelt. My daughter and I take our rat terrier to the dog park. And, on weekends we try to find as many prairie dogs as possible."

Being close to the office makes it easy for Baldwin to have accessible office hours. Chiropractic Solutions of Denver, located in Quebec Square at 7505 E. 35th Ave., #302, is open from 9am to 5pm and through the lunch hour Monday through Thursday. Baldwin takes emergency appointments on Friday and Saturday.

"My number one goal is to get people feeling better," he said. "When a patient comes in, I give them treatment options. If they are in a lot of pain, I will try to see them more frequently. My goal is to increase the body's function and the life of the spine."

Baldwin, himself, performs chiropractic



Chiropractor Brandon Baldwin with his wife Amy, who is the office manager for his new practice in Quebec Square.

tic and acupuncture treatments. He sometimes refers his patients for massage rehabilitative therapy. And, he advises his patients on nutritional supplementation.

"I have an extensive background in sports," he explained. "I worked with AA hockey and AA baseball teams, and also worked on the AVP volleyball tour. I am certified in acupuncture. I've been through the University of Beijing and have studied over there multiple times."

"I like to sit down with a patient and find out where they are in their life," he said. "If it's a lot more chronic, it means they will be coming to me for a longer time, but for fewer sessions. We have a course of treatment. I give the patient treatment options. Everybody's different and everybody requires different stuff. I examine and evaluate the injury. From there, you can give a reasonable amount of time that the person will get better in."

There's a reasonable course of treatment. If they need to get well faster, we can do more intensive therapy. I might even give them some range of motion exercise. The body does the best in healing itself. I'm just there to facilitate it."

Sometimes people have been deemed healthy by physicians, but just don't feel up to par. Baldwin will work with them on a nutritional supplementation plan.

"We're a facility that focuses on getting the patient better and keeping them healthy for their lifetime," Baldwin said. "My goal is to get somebody better and keep them better so when they have trauma, their body can recover fast and efficiently."

For Chiropractic Solutions of Denver information, go to www.chiropracticsolutionsofdenver.com or email Dr. Baldwin at bpbalwin@gmail.com. To make an appointment, call the office at 303.647.9196.

Stapleton Mom U

By Courtney Drake-McDonough

A lot of people imagine their dream job but not many actually get it. Maegan Singleton is one of those lucky people, although her path wasn't easy. Singleton, a Stapleton resident, had her first child when she was 16 years old. "I was on a bad path," she recalls. "I wasn't doing well in school. I was hanging around the wrong crowd and wasn't really interested in what my future was going to be."

Feeling very out of place, Singleton transferred from her regular high school to Florence Crittenton School, a Denver public school affiliated with Florence Crittenton Services of Colorado that serves pregnant and parenting girls. There, Singleton says, she didn't feel like she was being judged. "I met other girls like me—I felt like I'd finally found a home there."

Singleton also appreciated the different curriculum. "There was a wrap-around approach to how they dealt with us with education, parenting, full-time mental health counselors as well as academic counselors."

Throughout her pregnancy, Singleton had been in denial about what was really happening to her. "You don't do a lot of future planning (when you are a teen). I knew I'd be having her but it wasn't really real until she was born," says Singleton. Once her daughter, Jade, was born, Singleton says she not only knew she could do this but that she had to "because she was worth everything that I didn't necessarily feel I was worth before I had her."



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nderstands How Young Moms Feel



Florence Crittenton nurse Maegan Singleton holds a baby in the school's early learning center.

After graduating, Singleton attended college and, after trying a few majors, settled on nursing. "From the very first biology class, I thought, 'This is where I am supposed to be.'" She received her associate degree with an RN license and then, this past May, received her bachelor's degree in nursing. Ten days later, her daughter graduated from high school. "It was a big month!" she says proudly. Jade is currently a college freshman in Kansas. Singleton also has a seven-year-old son, David (DJ).

Throughout nursing school, Singleton's dream job was to be the school nurse at Florence Crittenton. When the job became available about a year later, she jumped at it. "I was so excited! What better person to do that job than someone who had been in their shoes!" In her six years at Florence

Crittenton, Singleton's duties have gone far beyond those of a typical school nurse. On any given day, Singleton performs health assessments on the students as well as their children in the early learning center (for the girls' children from newborn through age three); teaches classes about pregnancy and childbirth; provides one-on-one education about everything from nutrition to disease management and how to access and navigate the big health care systems, from knowing who to call to having confidence when going to the doctor. Often, she's also a surrogate mom and a shoulder to cry on, able to say "I understand, I've been there."

Singleton has kept her own experiences and those *(continued on page 30)*

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Take a Hike by Marko and John Babiak

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When Giving Thanks, Remember Our Trees

When I lead my Nature Ranger students on an urban hike, I always make them stop near a cluster of trees. I instruct them to wrap their arms around a tree's trunk, and take a few minutes to give thanks to this precious gift from nature. More often than not, my young rangers will outright balk at my directive. Over the years, I have come to appreciate that they think my instructions are some kind of prank. I kindly ask again, then wait for a comeback response. As predictable as fall becomes winter, someone will speak up and exclaim: "Say thank you for what?" "Precisely" is how I reply. What follows is a run-on contest, where together we think up as many reasons as we can, why we all should be grateful for our Earth's many trees. Here are many reasons why we should all be thankful for our trees. And thanks to my rangers for thinking up most of them!

Thank you, trees, for giving us clean air and oxygen.
Thank you for growing juicy Gala apples, apricots and Bing cherries. Pears, limes, grapefruits and lemons. tangerines and oranges, Palisade peaches, nectarines and plums. Thanks for all the nuts too: acorns, chestnuts, walnuts, hazelnuts, almonds and pecans. Thanks for my mom's coffee beans, chocolate cocoa beans, avocados, bananas and coconuts. Thanks for the scented cinnamon, bay leaves and nutmeg. Thank you for my lunch milk carton.
Thank you, tall sapling, for our baseball bats, skate-

boards and hockey sticks, wooden blocks and doll houses too. Thanks for my chopsticks, toothpicks and sticky Pop-sicle sticks. Thanks for ping pong paddles, golf tees, kites and my dad's rolling pin. Thank you so much for my tree house fort and backyard seesaw.
Thank you, maple tree, for your yummy syrup. Thanks for our kitchen's cabinets and my ballet school's dance floor. Thank you aspen tree for your bright golden leaves. Thank you pine tree for my bedframe, family picture frame and bedroom desk. Thanks for the picnic table in the park and the wooden benches.
Old oak tree, thank you for your thick limbs to climb on, and your slender branches for my favorite birds to nest on. Thank you for your summer shade. And thanks for my dog's house too. Thank you for my living room piano, my guitar, my drum set and sister's violin. Thank you for our kitchen table and chairs. Thanks for the long wooden pews in our church.
Thank you, tree, for construction paper, rulers, pencils, and my report card. Thank you for my diploma. Thanks for lined paper, copier paper and my home computer printer paper. Thanks for the comics books, coloring books, storybooks, chapter books, newspapers and magazines. Thanks for my hamster's wood chip bedding. Thank you for soft toilet paper.
Thank you, tree, for all of the mail, especially the birthday cards and boxed-up presents from my grandma and grandpa.



Another reason to be thankful for trees.
Photo by Marko Babiak

So next time you are out and about, take a moment and hug a tree. Then say thanks for all they give to humankind.
Photo caption: Thank you, tree, for a place to read.

Marko and John Babiak are Stapleton residents. Marko, 12, is an avid wildlife photographer. John teaches Nature Rangers ecology classes to students at Steck, Roberts Westerly Creek and Odyssey. He can be reached at NatureRangerJohn@aol.com.



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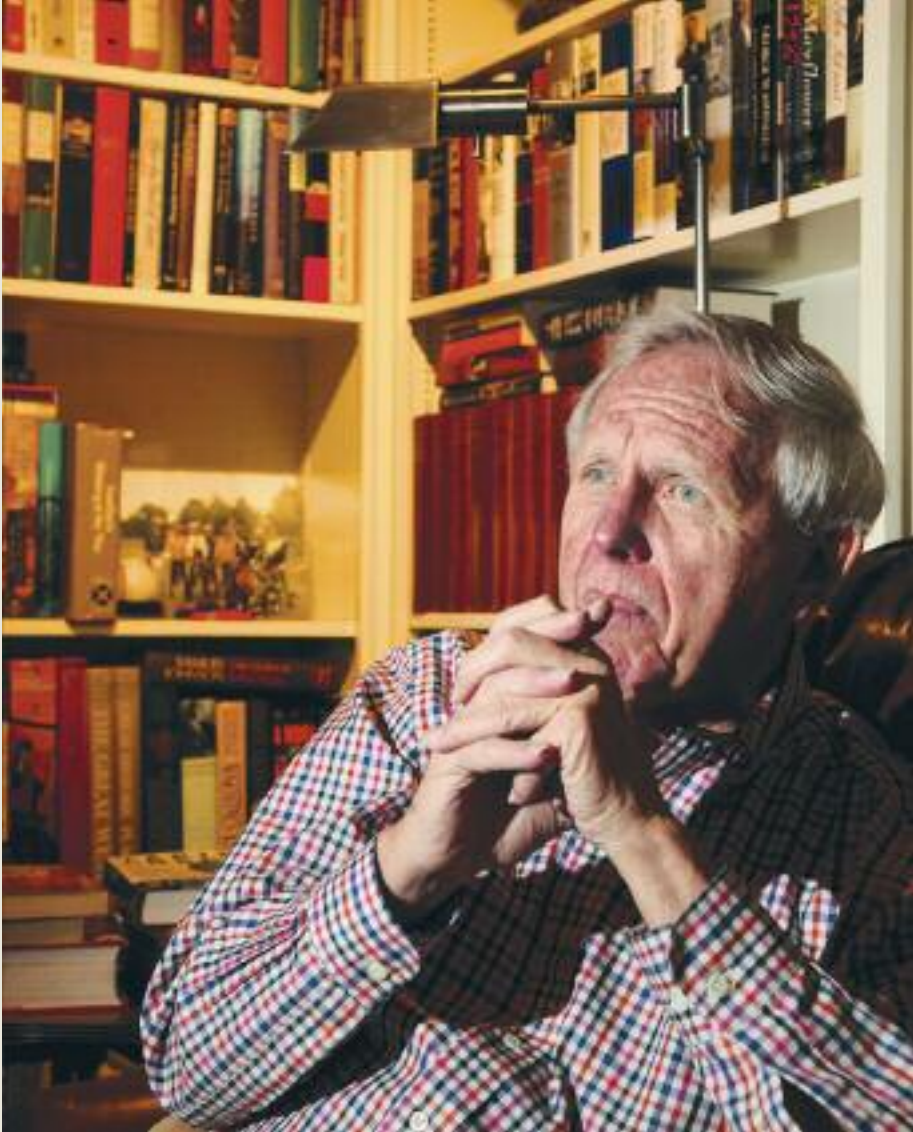
The City Boy

Joe Blake grew up in Park Hill, was head boy at East High, went to Dartmouth where he was president of his class, and then got a law degree. He became an FBI agent for a time, helped develop Highlands Ranch, was then elected president of the Denver Metro Chamber of Commerce and became chancellor of Colorado State University. For almost his entire life he has lived within a few blocks in Park Hill. Asked why he never moved to Highlands Ranch, considering he was a big part of developing it, he replies, “I’m a city boy.”

Jon Meredith: Where did you go to school growing up?
Joe Blake: I went to Park Hill, Smiley and East. East was a fabulous school back then and maintained that tradition all along. When I was going to East, there were only 30 or 40 African-Americans and almost no Hispanics in a class of around 750.

JM: You went on to Dartmouth and law school at CU, then took several jobs in law working for the FBI and then in the mortgage business. Why did you go to work on Highlands Ranch?
Blake: It was a terrific opportunity and I was there for 19 years, from the conception of it until I went to the Chamber in 1999. After Lawrence Phipps died in 1978, his estate needed to sell the land, and after several options were exercised, the Mission Viejo Company bought it and started the plans for development. I did legal work for them and became the public face of the development, working with county and state issues, water issues and community associations. When you think about it, the development is 22,000 acres, a large amount of which is still open space. We had to have very talented people involved, which we did.

JM: How do you compare the HR development with Stapleton?
Blake: In some respects Stapleton is a new town in town while HR was a whole new community from the start. Stapleton did not have to worry about water, infrastructure and schools because it is in the City and County of Denver. HR had to buy their water rights, create the infrastructure, roads, parks and open space and the schools. At the time Douglas County was a rural school district, so we basically had to do everything to bring on the schools.
JM: Being such a big part of this development, why didn’t you end up moving there?
Blake: To me, driving back to Park Hill has always been coming home so I never really considered moving there. It was an interesting point counterpoint.



Joe Blake in the study of his Park Hill home.

JM: National Geographic savaged HR in the ’80s as the quintessential example of urban sprawl. Now the trees have grown up, the schools are good and people really like living there. How did that change?
Blake: Urbanologists and demographers need to use this development as a study. You need to look at it in 1980—I think savage is the right word—and now in 2012. Witness the way trees have grown in, the schools have done extraordinarily well, their scores are very high. The recreation facilities are first class, the community is unincorporated and the taxes are reasonable. It is governed by the community association and metro districts.
JM: The minds that got together and planned Stapleton had one point they

were all in agreement with and that is they didn’t want it to become another HR. Yet 30 years after HR started and 15 years after Stapleton began, we have two large communities that people are very happy to be a part of. Why is that?
Blake: There was a notion when Stapleton got started that they were not going to be another HR because HR was being pilloried at the time. There are not many models of development around the country that are as big as HR; maybe The Woodlands in Houston. Both developments here are now very successful but they became that way with very different plans and issues that needed resolving.
JM: I know your time at the Chamber was a big success. How are the issues the Chamber is dealing with now different than what they were when you took over in 1999?
Blake: We dealt with many issues back then. Stapleton, T-REX bonds (the expansion of I-25 though the city), Referendums C and D (5-year timeout on Tabor Amendment requirements), and many ballot issues deemed bad for business. The job today is to help rebuild this economy, which I firmly believe Kelly Brough has done a terrific job meeting the challenges of this down economy.
JM: Your big accomplishment while chancellor at Colorado State was to bring on their Global Initiative, which is their online university. Now that you are chancellor emeritus, what is your focus?
Blake: I have an office downtown and I am working on donations and alumni relations. CSU has phenomenal leadership and I am glad to be helping as much as I can.
JM: You have been a lifelong Republican and yet you have lived your whole life in Park Hill, which is one of the most diverse, liberal communities in the whole country. Why?
JBlake: Park Hill is comprised of a lot of really interesting characters and we pride ourselves on being a diverse, active, engaged and thoughtful community. There was a time when there were actually Republicans in the state legislature that were from Denver. People here take great pride in this community through good times and bad. I like the thought and engagement here.

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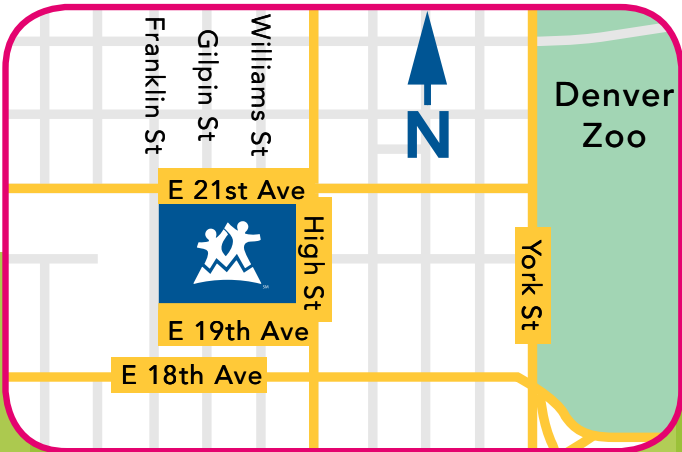


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Parenting Safe Children A Workshop to Prevent Sexual Abuse

By Molly Jaques
As a mom of three boys, I have arranged to bring this class to our neighborhood because I believe this training can protect children from someone who might try to sexually abuse them. My husband and I have been practicing "body safety" with our kids since they were three. We teach kids to look both ways before crossing the street, shouldn't we also teach them how not to become victims of sexual abuse? Instead of saying, "That won't happen to us," I believe strongly that parents need to be pro-active to keep their children safe.

Sat., Nov. 3, 10am–1:30pm at Stapleton MCA Community Room, 2823 Roslyn St.

- Workshop topics include:
- Creating a communication-rich environment for children
 - Empowering children to set and maintain boundaries
 - How sexual predators select children
 - Body-safety rules
 - No secrets
 - Age-appropriate sexual behavior
 - "Teachable moments"
 - Tips for interviewing childcare providers, and more

\$55/person—Presented by Feather Berkower, LCSW
To register contact Molly Jaques at 303.333.9987 or Mollyj89@q.com

Tips for Parents on Stranger-Danger

Dr. Jeffrey I. Dolgan, Ph.D., senior psychologist at Children's Hospital Colorado, offers advice and answers parents' questions about stranger-danger in the aftermath of the Jessica Ridgeway murder.

- Sign your kids up for a self-defense class (if available).
- Reiterate common stranger-danger tips (e.g. don't talk to strangers, stay in a group, always tell your parents where you're going and who you're with, etc.)
- If you give your child a cell phone for emergencies, remember to be clear about how and when to use it.
- Get to know your neighbors, and keep an eye on who might seem suspicious.
- Talk to children about the difference between good touching and bad touching. Tell kids to listen to their instincts. If a situation makes them nervous or scared, leave as quickly as possible. They could go to a house where someone is home, or run into a very public area with lots of people around.
- Work with trusted neighbors to put together a big group of kids who can walk to and from school together.

What are the most important skills for children, when it comes to stranger-danger?
Emphasize the importance of self-reliance,

self-defense, and to scream as loud as possible if your child feels in danger. Also explain how important it is to fight back.

How should I teach my child to react to dangerous situations?

Children, especially young children, don't always know how to apply the things they learned in the classroom to a real-life situation (studies related to gun control have shown this). It's good for parents to role-play with their children. Set up a situation where a fake abductor comes along and see if your child will react the way he or she should. Stop the scenario and ask you child what he should do, and applaud him if he implements the correct behavior. Children learn well in these role-playing situations. Do it a few times to make an impact.

What is the line between protection and over-protection for kids?

Fear can make some parents so uncomfortable that they won't let their kids walk a few blocks or even leave the yard. Monitor your own anxiety as a parent. Realize that it's about empowering your kids to make the right decisions and be self-reliant. Teach children to do the right thing, with the right people, at the right time, for the right reasons.



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by Jon Meredith



Hey, Exercise Freaks, When is Enough, Enough?

I was lying in the dentist chair in Stapleton last summer, telling my doctor that I was planning on climbing Mt. Whitney a few weeks later. Lots of people climb that mountain, even though it is the highest summit in the lower 48. It is no more than a really long walk (22 miles) with 6,000 feet of elevation gain. I must say, I was pretty impressed with myself for even attempting the feat.

The doc stuffed some instruments and his hand into my mouth (I assume because he was sick of hearing about the lameness of my exploits) and immediately said he had run up Mt. Evans the previous weekend. Running up to the top of a 14er is something I have never considered mainly because I have a fairly darn hard time walking up any of them.

On the way up Mt. Whitney, an extraordinarily fit gentleman was running down the trail. I stopped him and asked if he had run to the top, which (duh) of course he had. He then said he would do the round trip again later that afternoon. He was very nice about answering my questions, like: how far was it to the top (a long way), does the altitude affect you (not me, but it will you) and don't you have anything better to do than run up and down this mountain all day (I didn't really ask that)?

The runner did tell me about the just completed Badwater Marathon. Runners start at Badwater, the lowest point in Death Valley, run 127 miles over three mountain passes in oppressive heat to the start of the Mt. Whitney Trail in less than a day. Runners have their shoes melt and are often required to immerse themselves in ice baths to avoid heatstroke. I had heard enough and hiked on, feeling depressed about the insignificance of my own accomplishment and the struggle I was having completing it.

Last winter, I decided that my dentist and the runner on Mt. Whitney were pretty much freaks and I could once again be proud of the small successes I have had climbing mountains and exercising in general. A player on my ice hockey team (yes, I play at my old age) said his wife was getting ready to do the Ride Across America. She is exactly my age and about five feet tall. At the end of June, she finished riding her bike from Oceanside, California, to Annapolis, Maryland, in 7 days and 39 minutes—3,000 miles on a bike with three other women, two of whom had to be on a bike at all times. They ended up winning the race for their age and group. To me, this accomplishment makes the Badwater boys and my dentist look like wimps.

Colorado is the least obese state in the country and East Denver is probably the least obese area in the least obese state. People here run marathons (as noted by the plethora of the 26.2 stickers on cars), ride their bikes all over the Rockies, climb mountains, work out constantly, join Cross-Fit clubs, ski and are about as physically active as a commu-

nity can be. All of that is, for the most part, a good thing.

I do ask myself, when is enough, enough? Is it when someone runs back and forth across the country, like Forrest Gump, or swims across the Atlantic, or rides their mountain bike up Mt. Everest?

This year's dental visit brought more humiliation to me and my so-called "athletic" pursuits or my paltry endeavors to stay in shape. This year, the doc ran down the Grand Canyon to the Colorado River and up the other side. He then turned around and did it again. I have learned to keep my own athletic achievements in perspective and certainly to myself whenever I go to the dentist. Learning about his freakish pursuits only makes the visit that much more painful.

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

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

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Left and far left: Tyrone Beverly leads a free yoga class in the Stapleton Wal-Mart.
Below: P.J. Damico steadies his daughter Francesca, 3, while waiting for the class to start.



Yoga at Walmart

By Carol Roberts

The racks in the ladies wear department at Wal-Mart were pushed together on October 20 to open up a wood floor perfect for a yoga class. About 60 people gathered to breathe, stretch and bend as shoppers stopped and stared at this unusual sight at noon on a Saturday in Wal-Mart.

Tyrone Beverly, who has offered free yoga classes throughout Denver (including on the Green at Stapleton), has started “Im‘Unique,” a community or-


ganization with the mission of uniting the community and fostering healthy lifestyles. Beverly believes his organization's Illustrating Union Yoga Tours are the most diverse yoga classes in all of Colorado, attracting people of all ethnicities and income levels.

With the rise in obesity, diabetes and heart disease, Beverly believes it's important to bring the message of holistic healthy living to the communities Wal-Mart serves—and at the conclusion of the class, he offered a free healthy cooking demonstration. For more information and current class schedule visit www.ImUniqueUnited.com.



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

HOLIDAY EVENTS

11/2 Friday and 11/3 Saturday- 39th Annual Holiday Festival and Doll Tea. Highline Community Church, 3651 S Col. Blvd. 303.703.4848. Admission \$3; 5 and under free.

11/4 Sunday to 11/10 Sunday- Denver Assistance League Holiday Boutique. Bosworth House, 1400 Josephine St. Hours/admission varies by day. www.denverassistanceleague.org or 303.338.1014

11/9 Friday to 11/11 Sunday- 26th Annual Holiday Food and Gift Festival. Colorado Convention Center, 700 14th St, downtown Denver. Adults \$10; seniors and 12+ \$8; under 12 free. www.hfgf.com

11/11 Friday-11/13 Sunday- Botanic Gardens Holiday Sale. 9-5 Fri. and Sat.; 9-2 Sun. \$8/adults \$6/children 3-15. Under 2 free. www.botanicgardens.org

11/16 Friday and 11/17 Saturday- L'esprit de Noel Holiday Home Tour and Holiday Boutique. Tour homes in 7th Ave. Pkwy Historic District, 10am-4pm. Holiday Boutique Fri. and Sat. 10-4:30pm, Christ Church United Methodist, 690 Col. Blvd. Tickets: \$18. Benefits Central City Opera. www.centralcityopera.org

11/16 Friday to 11/18 Sunday- World Gift Market. 1st Universalist and 1st Plymouth churches host alternative gift show. Artisan handcrafts from developing countries, fair trade and local nonprofit aid groups. Reception Fri., 5-8pm: 1st Universalist only. Sat., 9am-4pm, Sun., 9am-2pm, both churches. Free admission. NE & SW corners of Hampden & Col. Blvd. www.firstuniversalist.org or www.firstplymouthchurch.org

11/17 Saturday and 11/18 Sunday- Sugar Plum Bazaar. Handmade, vintage, boutique market with 50+ artisans/vendors in historic Denver mansion. Free admission (donations at door benefit Ronald McDonald House). 11/17 10am-5pm; 11/18 10am-4pm. 1859 York St. www.sugarplumbazaar.com

11/23 Friday to 12/22 Saturday- Christkindl Market. 11am-7pm Sun-Wed; 11am-9pm Thurs-Sat. Denver Skyline Park. www.denver-christkindlmarket.com

11/23 Friday- Downtown Denver's Grand Illumination. Kick off holidays with lighting of downtown. FREE. 5:30pm. Union Station and 16th Street Mall. 720.865.3500, www.downtowndenver.com

11/23 Friday- 9News Light the Lights. City and County Building. 6:30pm. www.downtowndenver.com
11/23 Friday to 2/14, 2013- Southwest Rink at

Skyline Park. FREE ice skating in downtown Denver; bring skates or rent: \$2/pair. www.downtowndenver.com

11/24 Saturday-12/24 Sunday- The Nutcracker. Presented by Colorado Ballet. Tickets: www.coloradoballet.org

11/30 Friday and 12/1 Saturday- 9News Parade of Lights. Marching bands, giant balloons, floats. Friday 8pm and Saturday 6pm. FREE. Parade info: www.downtowndenver.com

11/30 Friday-11/2013 Monday- Denver Botanic Gardens Blossoms of Light. 5:30-9:30pm. Denver Botanic Gardens. 1007 York St. 720.865.3514, www.botanicgardens.org

12/1 Saturday- A Colorado Christmas. Four Mile Historic Park decked out for holidays. 12-4pm 715 S. Forest St. www.fourmilepark.org

12/1, 12/2, 12/8, 12/9 Saturday and Sunday- 52nd Annual Georgetown Christmas Market. European-type market: handcrafted gifts, carolers, horse-drawn wagon rides, roasted chestnuts, and St. Nicholas. 10am-6pm. FREE. www.historicgeorgetown.org/Christmas_Market

12/8 Friday and 12/9 Saturday- Denver Gay Men's Chorus Holiday Concert. Sing We Merry, Gentlemen. Fri., 4pm; Sat. 2pm. Repeats 12/20 7pm. L2 Arts and Culture Center, 1477 Columbine St. Tickets: www.rmarts.org

DENVER METRO EVENTS

Art Walks and Exhibits:

11/2 Friday- Santa Fe Arts District. Santa Fe Dr. between 10th and 6th. www.artdistrictonsantafe.com

11/2 Friday- North Denver's Tennyson Art Walk. Tennyson St. and 44th Ave. www.denverartwalk.squarespace.com

11/2 Friday- Old South Pearl Art Walk. www.oldsouthpearlstreet.com

11/2 Friday- Cherry Creek Arts District. www.cherrycreeknorth.com

11/2 Friday- Highlands Square First Friday. 32nd and Lowell, North Denver. www.highlandssquare.com

11/9 Friday- Aurora's East End Second Friday Art Walk. Gallery openings, music, theater, food and more. 5-8pm. Map to venues at Fletcher Plaza/MLK Library (E Colfax at Elmira).

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

Through 11/15 Thursday- Miller Farms Fall Harvest Festival. Corn maze, petting zoo, fire truck, tractor rides, harvest vegetables included in admission (see website). 9040 Hwy 66, Platteville. www.millerfarms.net

11/2 Friday to 11/4 Sunday- Colorado Ski and Snowboard Expo. Tickets \$12, under \$12 free. Col-

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orado Convention Center, 700 14th St, downtown Denver. Tickets: www.skisnowboardexpo.com

11/2 Friday to 11/10 Saturday- Denver Arts Week. Celebrates Denver-area cultural scene and vibrant arts with over 200 events. Art walks; 12+ museums host extra hours /FREE admission Sat. night, 11/3; weeklong deals, Film Festival, discounts and special performances. www.denver.org/DenverArtsWeek.

11/2 Friday- 1st Annual “One Tail at a Time” Art Show and Pet Adoption Fair. Presented by Denver Animal Shelter. Woof in Boots, 719 W 8th Ave. <http://tinyurl.com/8cbcf74>

11/4 Sunday- Victorian Tea at Four Mile Historic Park. 1-3pm \$25 members/\$30 nonmembers. Tickets: www.fourmilepark.org

11/7 Wednesday- An Evening of Claude Debussy: Claire de Lune, Fireworks and Beyond! Featuring master pianist Jeffrey Siegel. 7:30pm. Arvada Center. Tickets \$29-\$34. 720.898.7200 or www.arvadacenter.org

11/7 Wednesday to 11/11 Sunday- Cirque du Soleil: Quidam. 1st Bank Center, Broomfield. www.cirquedusoleil.com

11/7 Wednesday to 11/10 Saturday- Denver International Wine Festival. 4-day wine/food celebration; 400 wines from around the world. 303.664.5700, www.denverwinefest.com

11/10 Saturday- Denver Veterans Day Parade. 10am. Civic Center Park. Broadway and Colfax Ave. 720.913.0630

11/10 Saturday- Denver Veterans Day Celebration and Fireworks. 3-7pm. Presentation of colors, music, flyover, fireworks at dusk. Auraria Campus. www.denerveterans.org

11/10 Saturday- Mile High Magicians Society presents Magic-Beyond Belief VII. Nationally recognized magicians provide magic, merriment, mystery for the entire family. 7pm. Lakewood Cultural Center 470 S. Allison Pkwy. \$20 adult; \$15 senior/students/child. 303.987.7845 or www.lakewood.org

11/11 Sunday- Athena Festival 16. Creativity, spiritual sciences, women’s issues, healing arts, psychology and mysticism. \$5. Ramada Plaza, I-25 at 120th Ave, Northglenn. 11am-5pm. www.athenafestival.com

11/11 Sunday- Mizel Museum’s 2nd annual Gathering Sparks. 1-6pm at Congregation Rodef Shalom, 450 S. Kearney St. Celebrates light of winter season by visual art and music. Art for sale by Mizel Museum member artists at Art Market pre show. www.mizelmuseum.org

11/11 Sunday- 24th Annual Brown Palace Champagne Cascade. 12pm. Champagne poured from top of 12-story tower of 6000 glasses. Floors 4-7 open to public. FREE. VIP packages available. www.brownpalace.com

11/12 Monday- LIVE from Governor’s Residence presents Central City Opera Cast in Love Notes, Cabaret Night. Governor’s Residence at Boettcher Mansion, 400 E 8th Ave. Doors: 6pm (cocktail reception included in ticket price)/Show: 6:45pm. \$45. www.coloradoshome.org

11/13 Tuesday- What’s Old is New, Canning in Colorado. Explore home and industrial canning in Colorado. \$4 members/\$5 nonmembers + museum admission. 1-2pm. www.historycolorado.org or 303.866.2394

11/14 Wednesday- Colorado’s Constitution Walking Tour. \$4 members/\$5 nonmembers; 10:30-11:30am. Reservations not required, Meet in lobby of Col. History Museum 1200 Broadway. 303.866.4686, www.coloradohistory.org

11/14 Wednesday- 2012 Chipotle Sustainable Food Film Series presents Cafeteria Man. 6:30pm. Doors open 6pm. Mitchell Hall, Denver Botanic Gardens. FREE. (\$10 suggested donation) Event repeats 11/28 showing *Queen of the Sun-What Are the Bees Telling Us?* www.botanicgardens.org

11/23 Friday to 11/25 Sunday- Rocky Mountain Rod and Custom Car Show. Colorado Convention Center. Adults \$15; kids 6-12 \$5; under 6 free. www.greybeardpromotions.com

11/23 Friday to 11/25 Sunday- Sesame Street Live: Elmo’s Super Heroes. Wells Fargo Theatre, Colorado Convention Center. www.sesamestreetlive.com

11/24 Saturday and 11/25 Sunday- Rocky Mountain Toy Train Show. Denver Merchandise Mart I-25 and 58th Ave. \$8 kids under 12, military and scouts in uniform free. 10am-5pm. www.rockymountaintoytrainshow.com

12/3 Monday- An Evening with President Bill Clinton. 8pm. Wells Fargo Theatre, Colorado Convention Center. Tickets from \$45. www.uniquelives.com

Through 1/20/2013- Becoming Van Gogh. Features 70+ paintings by Vincent Van Gogh and artists that inspired him. Denver Art Museum, Ticketed exhibit, www.vangoghdenver.com

Denver Film Society- Daily movies and programs. Lowenstein Complex, 2510 E Colfax and various locations. www.denverfilm.org

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

Denver Urban Homesteading Farmers Market. Indoor, year-round farmers market and homesteading school with local/organic foods. Thurs./Fri. 3-7pm, Sat. 9am-3pm. 200 Santa Fe Dr. FREE. www.denverurbanhomesteading.com for classes/seminars

Denver IDEA Café. FREE startup workshop and speakers presented by Small Business Chamber of Commerce. 2-3:30pm. Fridays. Panera Bread, 13th and Grant. 303.861.1447 or www.SmallBizChamber.org

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

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

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

Press releases for suggested stories should be sent separately to FrontPorchStapleton@gmail.com

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

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

More ideas on what to do in Denver: Visit www.denver.org or www.GalleryGuide-Denver.com.

HEALTH AND WELLNESS

11/15 Thursday- HIV testing at Rocky Mountain Cares nonprofit for holistic HIV care. FREE. 1-5pm. 3rd Thursday monthly. *(continued on page 22)*

RECURRING MEETINGS

Business Groups

GREATER STAPLETON BUSINESS ASSOC. 3rd Tuesday, 8am. MCA, 2823 Roslyn St. 303-393-7700 www.stapletonbusiness.com

WORK-FROM-HOME GROUP. 1st Wednesday, 12-1pm. Smartspace, 2373 Central Park Blvd #100. Brown bag or group order for lunch. www.stapletonhomebusiness.com

STAPLETON AND BEYOND LEADS & NETWORKING GROUP—First Tuesday, Smart Space, Aaron.Ktafoya@farmersagency.com, 303-955-0861

Civic Groups

P.E.O. INTERNATIONAL LOCAL CHAPTER MEETING. Supporting women’s educational opportunities. 2nd Thursday, 7pm. copeojc@gmail.com

STAPLETON ROTARY CLUB. Every Tuesday, 7:30am. Stapleton Community Room, 2823 Roslyn St. www.denverstapletonrotary.org

NEIGHBORHOOD PARTNERS ENVIRONMENTAL TEAM. 1st Saturday, 9am-12pm. Clean up Westery Creek. Contact Lcorrell@dotnet.net or CFry@Sandcreekgreenway.org for location and other info.

BLUFF LAKE SITE STEWARDS. Every Wednesday, 8-11am. Bluff Lake Nature Center. 303-945-6717

Interest Groups

STAPLETON WINE APPRECIATION GROUP. Periodically. stapletonswag@gmail.com

LOWRY PEAK SPEAKERS TOASTMASTER CLUB. 2nd and 3rd Wednesday, noon- 1pm. Pinnacle Assurance, 7501 E. Lowry Blvd, Denver 80203. lowrypeak.freetoasthost.org lpstoastmasters@gmail.com

CYCLETON BIKE REPAIR CLINIC. 2nd Tuesday, 6pm. 7480 E. 29th Ave. www.cycleton.com 303.329.0069.

BLUFF LAKE BIRDERS. 1st Saturday, 7-9am. Nature Center. BluffLakeNatureCenter.org

DAUGHTERS OF THE AMERICAN REVOLUTION . 3rd Saturday. Adagio Bed and Breakfast, 1430 Race St. Prospective members welcome- rsvp to Helen Strader, 303-997-6788

COLORADO FEDERATION OF GARDEN CLUBS. 3rd Thursday, Grace, 303-455-0839

HOUSE DIST 7 REPUBLICANS. 7pm, 1st Mon. after 1st Tues. Islamorada Fish Co (inside Bass Pro). chrismaj@gmail.com

Stapleton Groups

SUN BOARD MTG. 4th Monday, 7:30pm. Central Park Rec Center, 9651 MLK Jr. Blvd. stapletonunitedneighbors@gmail.com

STAPLETON CITIZENS ADVISORY BOARD MTG. 3rd Thursday, 7:30-9am. 7350 E. 29th Ave., 3rd fl. 303.393.7700

SUN TRANSPORTATION COMMITTEE. 2nd Wed. (odd-numbered mos.) 6:30pm. MCA 2823 Roslyn St. stapletonneighbors@msn.com

STAPLETON DEVELOPMENT CORPORATION MTG. 4th Thursday, 7:30-9am. 7350 E. 29th Ave., 3rd fl. 303.393.7700

PARKS ADVISORY GROUP. 2nd Tuesday, 7:30am. 7350 E 29th Ave, 3rd Fl. Lcorrell@dotnet.net

Support Groups

PARKINSON SUPPORT GROUP IN NORTHEAST DENVER. 4th Saturday, 9:30am. Hiawatha Davis Recreation Center, 3334 Holly St. www.parkinson-rockies.org Regina Jones 720-298-5760

NE DENVER/PARK HILL MS SELF-HELP AND SUPPORT GROUP. 2nd Saturday, 10:15-11:45am. Dist. 2 Police Station, 3821 Holly St. 303-329-0619

AA OPEN DISCUSSION MTG. Every Tuesday, 7:30pm. MCA, 2823 Roslyn St. 303-912-7075

AA OPEN MEETING. Every Tuesday, 6pm. St Thomas Episcopal Church, 22nd and Dexter. Shirley 303.726.2998

ADOPTEEES IN SEARCH SUPPORT GROUP. 2nd Wednesday, 7-8:30pm. Montview Presby. Church, Robinsom Rm. AISCTC.org 303-232-6302.

ADOPTEEES IN SEARCH GENERAL MEETING. 4th Tuesday, 7:30-9pm. Montview Presby. Church, Study Group Room. AISCTC.org 303-232-6302.

BREAST CANCER SUPPORT GROUP. 1st Tuesday, 5-6:30pm. AF Williams Family Medicine Clinic Conf Rm. (West entrance) 3055 Roslyn (at MLK). 720-848-9000.

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Stapleton Front Porch

21

November 2012

(continued from page 21)

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FREE Car Seat Inspections. Most car seats are used incorrectly. Children's Hospital Colorado offers free inspections at Aurora Main Campus by child passenger safety professionals. Wednesdays 1-3pm, Saturdays 9am-12pm. Schedule appointment: 720.777.4808

LECTURES AND DISCUSSIONS

Active Minds – Complete listing and info on all sessions: www.ActiveMinds.com. **FREE.**

11/6 Tuesday- California. 10:15-11:15am. Jewish Community Center. 350 S. Dahlia St. Lil Shaw: 303.316.6359

11/8 Thursday- Van Gogh. 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. RSVP: 303.388.0724

11/13 Tuesday- Cuba: Past, Present and Future. 12:30-1:30pm. Tattered Cover, 2526 E. Colfax. 303.322.7727

11/20 Tuesday- The American West. 11am-12pm (10:45 refreshments). Temple Emanuel, 51 Grape St. RSVP: Jodi, 303.388.4013 x307

11/27 Tuesday- Van Gogh. 5:30-6:30pm. Tattered Cover, 2526 E Colfax. 303.322.7727

12/4 Tuesday- Gold! 10:15-11:15am. Jewish Community Center. 350 S. Dahlia St. Lil Shaw: 303.316.6359

LIBRARIES

Visit www.denverlibrary.org for children's story hours, book club info, library crafts sessions and complete program list. A few selected library programs are shown below.

Central Library, 10 W. 14th Ave. Pkwy, 720.865.1111.

11/13 Tuesday and 11/27 Tuesday- Novel Destinations with Victoria Hanley. Author of *Seize the Story: A Handbook for Teens Who Like to Write*, Hanley finds joy in nurturing emerging writers. 5:30-7:30pm. Registration required.

12/1 Saturday- Fresh City Life Holiday Open House. 1-5 pm

12/1 Saturday- Baby, It's Cold Outside: A Holiday Concert with Reveille 3. Big band songs from holidays past. Cookies after the concert. 2-3pm. Level B2 Conference Center

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

11/3 Saturday- International Games Day. 2-3:30pm. Board games, Wii and iPad gaming.

11/24 Saturday- Lit Wits. 4th-6th grade book talking club.

11/26 Monday- After School Is Cool. Cupcake decorating. 4-5pm.

Pauline Robinson Library, 5575 East 33rd Ave. 720.865.0290. Closed Fridays, Saturdays and Sundays.

Monday to Thursday weekly- After School Is Cool. 4-5pm. Crafts, games and more. See website for specific daily programming.

Sam Gary Library, 2961 Roslyn St. 720.865.0325. Closed Tuesdays, Thursdays and Sundays.

Mondays- Tales for Twos Story Time. 10:30-11am.

Wednesdays- PJ Story Time. 7-7:30pm.

Fridays- Book Babies. 10:30-11am.

11/3 Saturday- Ghosts of Colorado. 2-3pm.

11/17 Saturday- Make and Take Studio; Recycled Book Wreath. Adults, 2-3pm. Registration required 720.865.0325 or fclmybranch@denverlibrary.org

12/1 Saturday- Introduction to Feng Shui. 2-3pm.

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

11/10 Saturday- Army Bicycles: The Ride Stuff

11/17 Saturday- Make and Take Studio: Pillow-cases

12/1 Saturday- Make and Take Studio: Cloth Gift Bags

12/3 Monday- Holiday Cookies

NORTHEAST DENVER EVENTS

11/3 Saturday- Puppy Up! Walk and Festival. 8am-2pm. Stapleton Central Park. www.puppyupdenver.kintera.org

11/9 Friday- Book Signing and Painting Class. Author Paula Mitchell signs *Exploring Colorado Wineries* guidebook 6-6:30pm. *Paint by Wine* class paints "Table for Two" from 6:30-8:30pm. Class/signed book: \$45; book only: \$20. Stapleton Art & Framing, 7483 E. 29th Pl. Registration required: www.PaintbyWine.com, 303.534.1979

11/10 Saturday- 3rd Annual Run for Remembrance. 10K run, 5K military-style ruck march and 1-mile fun run. Check in: 7am; race: 9am. Lowry Air Force Base, 8400 E Lowry Blvd. Post-race expo at Wings Over the Rockies

and Lowry Beer Garden. Register: www.active.com

11/10 Saturday- Cockpit Demo Day. Wings Over the Rockies Museum, Lowry. 10am-12pm. www.wingsmuseum.org

11/13 Tuesday- Lowry Speaker Series. Andrew Romanoff. 7-8:30pm. FREE. Eisenhower Chapel, Lowry. smhittman@aol.com, 720.838.8330

11/17 Saturday- American Safety and Health Institute (ASHI) Babysitting Class. Ages 11-14. 8:30am-12:30pm. \$65. Unity on the Avenue. 4670 E 17th Ave. 303.322.3901, www.unityontheavenue.org. Register: Jean Lesmeister at 303.997.9327 or <http://safety.jeanlesmeister.com/>

11/19 Monday to 11/21 Wednesday- Air and Space Camp at Wings Over the Rockies Museum. \$90/half days, \$180/full day. Ages 8-12. www.wingsmuseum.org

12/1 Saturday- Lowry Family Center's 4th Annual Kathy Hill-Young Community Spirit Award Celebration. Tivoli Student Union on Auraria Campus. Celebrates intrinsically motivated unsung heroes who dedicated their lives to community service/development. Tickets: \$20. latoya@lowryfamilycenter.org, 303-641-8759

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

November events- Unity on the Avenue, 4670 E. 17th Ave. www.unityontheavenue.org or 303.322.3901.

November events- Center of Light, 2300 Forest St. Denver@CentersOfLight.org or 720.308.9944

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

Through 11/13/2013- A Day in Pompeii. Ticketed exhibit.

11/15 Thursday- Science Lounge. Cocktails/entertainment every 3rd Thurs. of month. 6:30-9:30pm. \$8/members; \$10/nonmembers

Planetarium- Wildest Weather in the Solar System;

Super Volcanoes; One World, One Sky, Realm of Light. www.dmns.org/planetarium/current-shows

IMAX Movies- Deep Sea 3D, To the Arctic 3D, Space Junk 3D. Various times. Tickets: \$8/3-18; \$10/adult

NORTHFIELD EVENTS

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

11/23 Friday- Horse and Carriage Rides. From Bass Pro to Main St. 1-9pm.

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

Harkins Theatres 18- 720.374.3118, www.HarkinsTheatres.com

Improv Comedy Club and Dinner Theatre- Tickets: 303.307.1777, www.ImprovDenver.com

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

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Reservations required for events marked* at 303.289.0930. Free unless noted. Hours: Mon.-Sun., 6am-6pm. Visitor Center: Tues.-Sun., 9am-4pm. Directions/all events: www.fws.gov/rockymountainarsenal/

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

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

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

11/3 Saturday- Big Buck Photo Tour.* 9:30-11:30am.

11/13 Saturday- Gobble, Gobble, Gobble.* 10-11am. Recommended for ages 3-6

11/24 Saturday- Holiday Tour.* 9:30-11:30am

SPORTS AND FITNESS

11/3 Saturday- Home for the Holidays 5K. 9-11am. Denver City Park. Benefits Colorado Coalition for the Homeless. www.coloradocoalition.org/events

11/10 Saturday- Denver Veterans Day 5K. 8am, Auraria Campus. www.DVD5K.com



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11/22 Thursday- Mile High United Way Turkey Trot. Washington Park, 10:15am. Register: www.unitedwaydenver.org

THEATRE

Through 11/4- The Value of Names. Presented by Theatre Or and Mizel Arts and Cultural Center. 350 S. Dahlia. www.theatreor.com

11/2 Through 11/17- Rock of Aging. Presented by Firehouse Theater Company at Eisenhower Chapel in Lowry. www.firehoustheatercompany.com

11/9, 11/10, 11/16 and 11/17- Joseph and the Amazing Technicolor Dreamcoat. Northglenn Youth Theatre at D.L. Parsons Theatre, Northglenn. Matinees 11/11 and 11/18. 303.450.8800, www.northglenn.org/theatre

11/15 to 12/31- Our Christmas Carol. Heritage Square Music Hall, Golden. www.hsmusichall.com

11/16 to 12/15- A Doll's House. Byers-Evans House Theatre Company, 1310 Bannock www.byersevanhousemuseum.org

11/23 to 12/16- A Christmas Carol. Aurora Fox, 9900 E Colfax Ave. www.aurorafoxartscenter.org

11/23 to 12/16- The Man Who Wanted to Be Santa. Festival Playhouse, 5665 Olde Wadsworth Blvd, Arvada. www.festivalplayhouse.com

11/23 to 12/23- Miracle on 34th Street, the Musical. Arvada Center, 6901 Wadsworth Blvd, Arvada. www.arvadacenter.org

11/23 to 12/24- Santa's Big Red Sack. Avenue Theater, 417 E. 17th Ave. www.avenuetheater.com

11/23 to 12/24- Irving Berlin's White Christmas. Buell Theatre, Denver Center for Performing Arts. www.denvercenter.org

Through 11/11- Sweeney Todd-The Demon Barber of Fleet Street. Presented by Ignite Theatre. Aurora Fox, 9900 E Colfax Ave. www.aurorafoxartscenter.org

November and December- The Man Who Came to Dinner. Presented by Spotlight Theatre Company at John Hand Theater. www.johnhandtheater.com

Through 12/2- Kiss of the Spider Woman. Vintage Theatre, 1468 Dayton St, Aurora. 303.839.1361, www.vintage theatre.com

Through 12/28- How I Became a Pirate. Arvada Center, 6901 Wadsworth Blvd, Arvada. www.arvadacenter.org

Through 10/14- I Love You, You're Perfect, Now Change. Galleria Theatre, 14th and Curtis. Denver Center for Performing Arts. www.denvercenter.org

VOLUNTEER OPPORTUNITIES

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

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

Assistance League of Denver. Seeks members to help underserved in metro Denver. Programs for victims, students, children and seniors. www.denver.assistanceleague.org or 303.322.5205

KIDS AND FAMILIES

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

Thursdays in November- Star K Kids. Puppets, stories, activities, outdoor explore, ages 5 and under. 9:30 & 11am. Morrison Nature

Center, 16002 E Smith Rd, Aurora. 303.739.2428, www.auroragov.org/nature

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

Mile Into The Wild Walkway at Wild Animal Sanctuary. Largest carnivore sanctuary in Western Hemisphere: 300 lions, tigers, bears and mile-long, 30-foot-high walkway gets you up close. \$10/adult, \$8/kids. Keensburg, CO. www.wildanimalsanctuary.org

11/2 Saturday- Home Depot Kids Workshop. 9am-12pm. FREE how-to clinics first Saturday monthly for ages 5-12. Get Home Depot apron, wooden project and project pin. Metro-area Home Depot stores. www.homedepot.com

11/10 Saturday and 11/24 Saturday- Lowe's Build and Grow Kids Clinics. Bring kids to a Lowe's store to build FREE wood project: free apron, goggles, project-themed patch, merit certificate on completion. 10am. www.lowesbuildandgrow.com

11/11 Sunday- Junior Rangers. 1:30-3:30pm. Ages 6-12. Morrison Nature Center, 16002 E Smith Rd, Aurora. Reservations required. 303.739.9428, www.auroragov.org/nature

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

Through 11/25 Sunday- Little Red Riding Hood. Denver Puppet



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Theatre, 3156 W 38th Ave. Tickets: \$7 ages 3 and up. 303.458.6446, www.denverpuppettheater.com

12/1 Saturday- Young Entrepreneurs Marketplace. 10am-2pm. 3550 E First Ave. FREE. www.yacenter.org Repeats 12/8 401 S. Pierce, Lakewood.

KIDS CAMPS AND CLASSES

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

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

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

Start Art- Art classes. Startartkids.com

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

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

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

Stapleton All Sports- www.stapletonallsports.com

Sol Vida Dance Studio and Dance Camps- Kid and adult classes, workshops, camps, etc. www.solvidadance.com




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DPS Launches “SchoolMatch”— Online Tool Helps Families Find Schools

SchoolMatch, DPS’ new online tool to help families find the right school for their students, was unveiled at Westerly Creek Elementary on October 17. Superintendent Tom Boasberg demonstrated the website.

Users simply go to schoolmatch.dpsk12.org and enter name, address, grade and school year, then start selecting factors of importance in the school they want. Choices include School Performance Framework (SPF) ratings; special programs (such as arts, International Baccalaureate, Science, expeditionary, dual-language); college & career readiness, athletics (with selection of specific sports), and after school programs.

SchoolMatch then presents a list of the schools in order of the strength of their match. Note the list is alphabetical and users may need to choose “Show All” to see all choices.

Enrollment for school year 2013-2014 begins in early December and the first round of SchoolChoice ends on January 31, 2013. SchoolMatch can help parents learn about options outside their neighborhood boundary for atten-

dance through the SchoolChoice program.

The district also publishes SchoolChoice Enrollment Guides each fall. These guides, available at all DPS schools, give families detailed information about all the elementary, middle, and high schools available in DPS.



Venture Prep HS Gets High Marks on DPS Ratings

CORRECTION: Venture Prep High School's School Performance Framework (SPF) ratings were inadvertently omitted from the October Front Porch list of Northeast Denver schools. The Front Porch sincerely apologizes for the omission. In 2012, Venture Prep High School's SPF percentage was 52.17 and the school had a "Meets Expectations" rating. The 2012 growth percentage was 51 and also had a "Meets Expectations" rating.

By Judith Schwartz

Venture Prep Principal Ken Burdette is very clear when he speaks about the pupils under his care: the students are all “scholars.” He, the teachers, staff and scholars are part of a crew; no one is just a passenger.

Containing both a middle and high school, Venture Prep is a three-year-old DPS charter school located at 2540 Holly Street in Park Hill. Enrollment presently is 210 for the middle school; 220 for the high school. In May 2012, all 43 high school seniors in the first graduating class were accepted into college. The school grew from 180 last year to 220 this year—and as the school grows the goal remains the same—100 percent college acceptance.

Burdette points out that Venture Prep High School was “in the top three in DPS for high school growth and number one in the state for high school math growth.” This is a high accomplishment for such a new school because ratings are based on sustaining the requisite measures for a two-year period. He attributes the school’s success to his staff. “I know all principals say their teachers are the best, but ours truly are phenomenal.” In addition, class sizes are small: 21 to 22 scholars, with a teacher ratio of 15:1. And the class day is a full 45 minutes longer than is typical for DPS, allowing for more language arts and math instruction.

Parent satisfaction rated “exceeds expectations” on the DPS performance framework. Parents tell staff that they value the personal attention given each child, small class size, close-knit culture and student/teacher/parent communication. Parent and child must attend quarterly conferences with the crew (homeroom) teacher and a 24/7 online “grade book” ensures quick access to how things are going. Burdette’s vision is for this high school to eventually serve 400 high-achieving, college-bound scholars.

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Denver Civic Center Designated a National Historic Landmark

Secretary of the Interior Ken Salazar, on October 17, designated Denver's Civic Center as a National Historic Landmark (NHL), marking it as the City and County of Denver's first NHL and one of two civic centers in the country to achieve this prestigious recognition. Celebrations of the honor will take place in Denver's Civic Center in 2013.

The National Park Service defines NHLs as "nationally significant historic places designated by the Secretary of the Interior because they possess exceptional value or quality in illustrating or interpreting the heritage of the United States." Presently, NHLs comprise less than 3 percent of all properties listed in the National Register of Historic Places. Other NHLs include the Empire State Building, the Alamo and the Library of Congress.

Senator Michael Bennet called the Civic Center "one of the premier civic and cultural gathering places in the Rocky Mountain region," noting, "It has played host to historic and momentous events, served as a gathering place in times of collective sorrow and provides a home to annual celebrations."

The NHL designation extends from the State Capitol to the Denver City and County Building and includes both state and city properties. The recognition includes its role as a western example of a fully realized City Beautiful-era civic center and an exceptional late American Beaux-Arts design representing the work of prominent planners, architects, artists and landscape architects. For more on the City Beautiful movement and Civic Center, view the article by Stapleton's art consultant Barbara Neal in the Front Porch September 2012 online issue at www.frontporchstapleton.com.



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A map of the United States with several red pushpins placed in various states, including California, Texas, Florida, and the Northeast. A white star is placed in the center of the map, over the Great Plains region. Below the map is a brown tag with the text: "Kim Kouba Broker Associate Perry & Co. A Denver Tradition. 303.204.8215". To the right of the map is a small portrait of a woman with blonde hair, wearing a green shirt.

— Kim Kouba
Owner of the Sweet William Market and a Broker Associate with Perry & Co.

Coordinating an interstate or even an international move can be tricky. I've enjoyed relocating a number of buyers to Denver, leveraging the broadest possible marketing exposure for my sellers and even lending a hand to connect my clients with top notch agents outside Colorado. Give me a shout if I can help you too!

Nov. 1, 8 & 15—Free AARP Finance Workshops Help Those 50+ Struggling to Make Ends Meet

According to AARP research, more than 20 million Americans over age 50 face economic hardship, having been hit especially hard by the economic downturn and job loss. The new AARP Foundation Finances 50+ program, developed with the Charles Schwab Foundation, addresses the distinct needs of low-income workers and job-seekers in this age group, such as: mounting debt, poor credit, insufficient savings, loss of family homes, and pressures of caring for adult children and aging parents. Three free sessions will be held for Denver residents at the Seniors' Resource Center, 3227 Chase St. , Denver, CO 80212 (303.238.9151) on Thursdays, Nov. 1, 8 and 15 from 4–5:30pm. Register for the sessions at <http://aarp.cvent.com/SeniorsResourceCenter110112> or call 303.235.6946. Visit www.srcaging.org to find out about the many services offered by Seniors' Resource Centers.

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Left: Mateo and Sebastian Manago-Aranda play with Monarch Montessori's educational toys while their father Mark talks to Juli and Chad Pearson at the Education Expo.

By Carol Roberts

Education Expo Oct. 4

An estimated 350 people attended the Education Expo at Swigert-McAuliffe School on October 4. The event, sponsored by Stapleton United neighbors, brought together representatives from 28

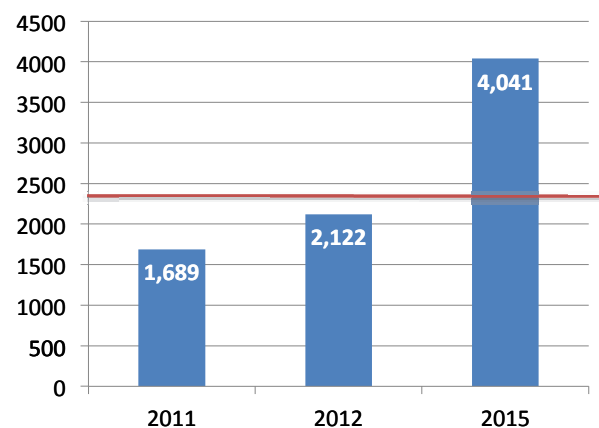
schools from preschool to high school for parents to gather information.

Shannon Fitzgerald from DPS described the school choice process. Step one is "Don't panic." Step two is research schools. Step three is fill out the school choice form and submit by January 31, 2013. Forms will be available the beginning of December. Families will be asked

to list their top five school options.

Will Lee-Ashley, Director of Planning and Analysis, showed the slide at left with the recent and projected growth at Stapleton. By 2015, DPS expects almost 2,000 additional students in Stapleton. The numbers show the need for an additional elementary/middle school on the south side of Stapleton. Ash-

EC - 12 DPS Enrollment in Stapleton



Red Line shows current capacity of 2,361

Numbers include Westerly Creek, Roberts, Swigert and McAuliffe only; 2015 is a DPS forecast of enrollment

Questions or comments?
Visit Facebook at FrontPorch
Newspaper, email FrontPorch
Stapleton@gmail.com, or
call 303-526-1969.

Stapleton Update



Cheryl and Todd Herrington (left), Ron Trujillo (behind) and Maria Hicks listen to McAuliffe Principal Kurt Dennis talk about the school.

ley stated that the goal is to open a TIF-funded (Tax Increment Financing) school in the Eastbridge area for 500-600 students by 2014. In addition, another TIF-funded elementary/middle school with a capacity of 900-1000 is projected for North Stapleton to open in the fall of 2014 or 2015.

As described previously in this paper, a bond-funded high school with an initial capacity of 900 seats is on the Nov. 6 ballot and scheduled to open in 2015 if the bond passes.



At the Stapleton Development Corporation's October meeting, Will Lee-Ashley presents DPS projections on the need for additional Stapleton schools. At right are King Harris and Councilman Chris Herndon (far right).

Equestrian Trails at Stapleton

Parks consultant Dennis Piper pointed out at the October Citizens Advisory Board meeting (10/18) that Denver Parks staff have told horse back riders in Westerly Creek that riding is not permitted. He cited documents approved by the city that mention or show drawings of soft-surface trails for horses. Bar Chadwick, a representative of the city suggested that with staff turnover, Parks employees may not be familiar with the Stapleton plans that allow horses on specific trails.

At the 10/18 Stapleton Development Corporation (SDC) meeting, Chadwick reported that the parks administration is now aware that the figure eight trail within Westerly Creek was specifically built for horses and will move forward with appropriate signs for that area. Sand Creek, which is not owned by the city, also has trails where horses are allowed.



Bar Chadwick

New RTD Bus Route Connects Anschutz/Fitzsimons Campus to Stapleton Transfer Center

Angie Malpiede, an RTD Board Director, reported at the 10/24 SDC meeting that the RTD board's executive committee approved a new route, #89, that will go from Fitzsimons, to Moline, to MLK, to Central Park Blvd. and the Stapleton Transfer Center. The route not only provides public transportation to Stapleton



Angie Malpiede

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Winter Welcome Nov. 16



The Winter Welcome is a free and open to the public evening of festivities in the 29th Avenue Town Center at Stapleton on Friday, November 16 from 6-8pm. Events will include lighting of the trees and lighting of the holiday decorations along 29th Avenue. Carolers will sing, a jazz band will perform and dancing trees will join the fun.

New RTD Line (continued)

residents who work at Fitzsimons, it offers transportation to residents of the Bluff Lake Apartments and it has a stop at the Central Park Rec Center. The initial service is proposed to operate weekdays only, every 30 minutes from 6am to 9:30pm.1

Prairie Dogs

With all the talk about prairie dogs... some who want to keep as many as possible... others concerned about the damage they do... we asked parks consultant Dennis Piper for his thoughts on having designated places for prairie dogs.

Piper says he did a survey in 1999 and found there were about 225 acres at Stapleton where there were prairie dogs, almost completely south of I-70. Now a minimum of 500 acres at Stapleton have prairie dogs. "We did a Prairie Dog Plan (that was never approved), but we were looking for places where they could live long term without being disturbed by development. At this point only one location is viable, that's the 20 acres of open space east of Bluff Lake that adjoins Sand Creek. Our goal is to preserve prairie habitat where we can, but one of the problems is if you just have prairie dogs and no predators, they'll just go everywhere. You try to establish an area that's a wildlife habitat that includes prairie dogs—and then you have to manage it." Piper explained that the goal is to preserve a larger native habitat and the prairie dog species would be one part of that effort.



Dennis Piper

26th Ave. Park

At the 10/25 SDC meeting, Heidi Majerik reiterated the 26th Ave. Park plan described in the October issue of the Front Porch (a finished two-acre park bounded by Fulton, 26th Ave., Florence and 25th Ave., with the remainder of the 25-acre plot left as is, but with the addition of a loop trail around the property.)

She added that a member of the Parks Advisory Committee does greenway design and that person will go out with Forest City's landscape consultant and figure out "what makes sense to complete the trail loop."

In addition to the playground, Majerik says there will be a large sodded area, play mounds (grassy hills) and pedestrian lighting will be provided along the trail system. A change from the original plan is to move the playground further to the south to allow a larger play lawn on the northern side of the property.

Forest City has met with Aurora to figure out the development process. They are expecting it will be an administrative process, but will hear from them on Nov. 9. "We'll go



Heidi Majerik presents 26th Ave. Park info to SDC

in for our pre-application meeting Nov. 15 and by that time we'll be pretty far along on our plans. By mid-December I expect to have a more complete plan set," says Majerik. They hope to be under construction in the spring and completed by fall. The budget is \$1.5 million for the park, street, trails, cleanup and seeding.

(Stapleton Update continued on page 28)

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SUN Meetings are held on the 4th Monday of every month at 7:30pm at the Central Park Recreation Center, 9651 MLK Jr. Blvd. For information about SUN, visit www.stapletonunitedneighbors.com. To contact SUN or confirm meeting time, email stapletonunitedneighbors@gmail.com

Be Visible. Be Safe

By David Vogel,
SUN Transportation Committee

If you're one of the many people who head out each day for an early morning walk, jog or bicycle ride, you have no doubt found yourself doing those activities in total darkness, as sunrise has come later and later. And drivers embarking on their morning commutes have probably noticed that it has become more and more difficult to see those people. Fortunately, this potentially dangerous scenario can be remedied with a few simple measures.

Anyone who will be using the streets in darkness or around sunrise or sunset, whether on foot or on a bicycle, needs to make him or herself visible with both active and passive lighting. Active lighting for walkers and joggers can be as easy as carrying a small flashlight, wearing a headband-mounted light, or using illuminated wristbands or anklets. Passive lighting can be easily achieved by wearing clothing that is integrated with reflective material or by putting reflective stickers made for that purpose on your clothing. Fortunately, it is easy to find all those things without breaking the bank.

For bicyclists, as with everything, this is a more complicated (and expensive) subject. This is not the time to look for the cheapest option. Anyone bicycling in darkness needs a high-powered headlamp that emits approximately 1,000 lumens. A good rule of thumb is that if it takes AA batteries, it almost certainly isn't bright enough. Having a "flash" setting is a big plus for riding at dawn and dusk when it

can be even harder for motorists to see you.

After finding the right headlight, you'll still need at least one very bright, red flashing taillight. The more obnoxious, the better, as the idea is to get drivers' attention. Better still, try to find two or three different locations (including the back of your helmet) for taillights. That takes care of the front and back, but you need side visibility as well. LEDs in a variety of sizes and colors are available for your spokes or for mounting directly on your frame. They don't cost much, so go crazy with them. Remember, you want to make it impossible for motorists to fail to notice you.

Finally, you need reflectors. You'll be amazed by how much light is bounced back by even just a small set of orange reflectors that come standard on many bicycle pedals. All bicycles leave the store with reflectors installed, but the first thing many bicyclists do is remove them. Big mistake. If anything, you need to add even more. At the very least, you need them on the front and back, as well as in the spokes. A great way to improve on that configuration is to add reflective tape to various parts of your frame. And you don't need to worry about ruining the appearance of your investment, because reflective tape is available in a wide range of colors, including black.

Ironically, owners of the most expensive road bicycles often seem to be the ones who spend the least on safety measures. While the desire for less weight and a reluctance to clutter your beautiful investment with reflectors and lights might be understandable, it's not worth risking your life for.

It's great to live in a place where so many people remain active even in the shorter, colder months of the year. By taking the time to make yourself visible to motorists, you can ensure that your exercise remains not just healthy, but safe too.

Stapleton Residents Fear Their Streets

My name is Morgan Ward and I am a Girl Scout and Stapleton resident. I recently read the article, "Why Stapleton Residents Fear Their Streets," in the most recent issue of the Front Porch.

As a kid, I don't pay much attention to the community issues, but I do pay attention to the traffic. I think there should be more awareness of the bikers biking to school.

Some of my best friends bike to school and the traffic is so terrible, that they are tardy half of the time. More importantly, I think the drivers should be more careful and aware of the kids biking to and from school so the streets can be safe. If you have any input, please let me know.

Best regards,
Morgan Ward

Residents' Questions About Plans for 26th Ave. Park

An open letter to the Stapleton Development Corporation and Forest City Enterprises:

We are writing to learn more about the proposed plan for the park at 26th Avenue and Fulton Street and the balance of the planned 25-acre park extending westward to Westerly Creek. We are writing to you in this public forum and hope and expect that you can answer the following questions:

- The current plan as presented in the Front Porch, October 2012, page 30:
 - What approvals are needed ? Costs? How will it be funded?
 - By turning over the entire 25-acre parcel to the MCA, will Forest City then terminate its responsibility for completing the full park area?
 - What is the process for the MCA to accept responsibility for the 25-acre parcel and who is ultimately responsible for making that decision?
 - What community input was used to develop this plan? If there was market research, a survey or focus group research, can you please provide those?
 - Is there a best management practices (BMP) plan to handle the drainage and riparian landscapes/habitat on the site; a plan that pursues water quality, stream aesthetics, and wildlife habitat?
- How does the proposed park and other improvements along 26th Avenue relate to the plans presented and approved for the same area, 5 years ago, and outlined in the Green Book?
 - Is this new plan in line with the old plan?
 - Is it a departure from the old plan? In what ways?
 - Who, if anyone, is required to approve changes to agreed-upon plans for In-Tract development?
 - Who, if anyone, is required to approve departures from the Green Book?

Letters to the Editor

• With the new plan, can the original plan still be implemented?

3. Who is responsible for building curbs, sidewalks and fencing along the south side of 26th Avenue from Fulton Avenue west to Westerly Creek? What sources of funding are available to do this?

4. What In-Tract parks are planned for the next three years in Filing 16, Filing 18 and Stapleton North?

- What is the timetable?
- What is the approximate estimated cost of those parks?

Sincerely,

Eastbridge Residents and Property Owners: Tim Rooney, Rachel Brand, Meredith Tennis, Tristan Hule, Eileen Hunt, Dara Aisner, Chuck Montera

Residents' Questions to Mayor Hancock about Preservation of Wildlife Space and the City's Oversight of Stapleton Redevelopment

As a veterinarian and Stapleton resident, I have been attempting to gather information for the past several months on issues of concern for my community. Answers to the questions cited below are not only important for specific areas of interest: open space, wildlife preservation, prairie dog conservation and public safety, but also to better understand overall governance of the City and County of Denver with respect to oversight of the Stapleton Redevelopment Plan. A group of Denver residents, including myself, would appreciate your answers to the following questions:

What is the process whereby Denver City/County approves urban development plans?

Does the City of Denver have a person to oversee citywide environmental planning?

How does the Denver City/County ensure that wildlife surveys (e.g., Western Burrowing Owls) are completed and available for expert review? Western Burrowing Owls, a protected state and federal species, have been documented to exist in several areas on the Stapleton redevelopment site.

Does the City/County of Denver issue permits for the extermination of prairie dogs? We are concerned about accidental exposure to children and pets by a product known to be potentially lethal.

Since the City of Denver owns Denver International Airport (DIA), and the airport transfers land to developers, how does DIA ensure that proper procedures are in place to comply with appropriate federal, state, county and city oversight for wildlife preservation and human safety?

As a Denver citizen, I feel an obligation to work on behalf of my community's health and well being. This issue is of great concern to many Stapleton residents, and I sincerely thank you for answering these questions.

Patricia N. Olson, DVM, PhD

People who want additional information on how they might help our community efforts could contact patricia.olson@comcast.net or bgrey@executiveboard.com.

LETTERS 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.

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Stapleton Update

(continued from page 28)

A Chilly Evening for Final "First Friday Flight"



Photos by Joe Hancock



The last in a series of first Friday wine and cheese pairings was held Friday night October 5 at the West Crescent in the 29th Ave. Town Center in Stapleton. Participants gathered around the fire and *Casablanca* played in the background.

Final Farmers Market of the Season Oct. 14 Featured the Annual Pumpkin Patch



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Helping Young Moms

(continued from page 13) of her students in mind while parenting her children. She has clearly established rules and teaches Jade and DJ that it's okay to make mistakes as long as you learn from them and own up to them.

Singleton says one of the most difficult obstacles she, and most parents, have to deal with is exposure in the media to the wrong messages about sexuality without being backed up by education or the willingness to talk openly about sex. "I was completely open and honest with Jade about sexuality, drugs, alcohol and peer pressure. Because of that, she knew she could come to me and was able to make good, educated choices," says Singleton, who often took Jade to meet her students to show that they, too, can have a great re-

lationship with their children, telling them "put in the hard work now and it will pay off."

Since Singleton's time as a student at Florence Crittenton, she feels the program has grown and evolved. "When I was there, it was great, but now it's even better including more rigorous curriculum for the girls and a fabulous Qualistar-rated early learning center. We're approaching it as a multigenerational impact on the students and their children."

Singleton's belief in the value of Florence Crittenton inspired her to testify at a recent hearing about the school bond coming up for a vote in November. Florence Crittenton stands to receive \$6 million that would provide an ADA-accessible multipurpose room to



Maegan Singleton blows bubbles with children in the early learning center at the Florence Crittenton school.

function as the gym, lunchroom and area for assemblies. In addition to the bond and mill funds, Florence Crittenton Services would also take on a capital campaign to fund the renovation of the Early Learning Center, build a school-based health clinic and redo administrative offices.

Singleton says she often wishes she could wave a magic wand and make it all better for them. What she is able to do is be a positive, stable role model and to be "proud to have been in their shoes, seeing where I am now, seeing how they are growing," she says. "They are doing everything they can to provide for their kids. I am so lucky to have the job that I have because they inspire me on a daily basis."



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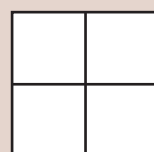
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Managing the Exhaust in the Underground Regional Bus Facility



To manage exhaust in the underground Regional Bus Facility, an extensive fan system pulls air from below and blows it out exhaust stacks, shown above.



Members of a tour group pass housings for giant exhaust fans as they approach the bus ramp that exits to the ground level.

Located in the bus bay is an overhead exhaust ventilation system that includes sensors that monitor the bay's carbon monoxide and diesel fumes level as well as temperature. The sensors trigger ventilation dampers to open and close. High-powered fans with noise abatement attenuators draw exhaust air out of the bay at rates between 10 and 22 mph.

East Rail On Track

(continued from page 10)

The girders have been set on the north side and will be set on the south side, but the girders over Peña Blvd. won't go up until the spring of 2013.

What if a train gets stuck?

Flynn explains that the next train along pushes it out of the way until they come to a switch. Regarding the possibility of collisions, he says, "This will be the first transit system in the nation to have positive train control, which is a system that uses signals and GPS to prevent trains from even being in the same location at the same time. It'll stop or slow down the train without the operator's input if there's another train approaching." Mostaccero adds, "It's another level of security over and beyond the operator. If something happened to the operator, the system would recognize the problem and brake the train."

Cohabiting with a Freight Train

29,300 feet (5.55 miles) of Union Pacific freight track will need to be relocated to allow the East Line commuter rail to run next to it.

"Throughout the freight line, Union Pacific has a number of sidings and storage yards along Smith Road that are on the south side of the track where we're going to put the commuter train," says Flynn, "so we have to physically relocate those tracks. We've consolidated them for Union Pacific (UP) at a new yard called the Stapleton yard, between the Sand Creek bridge and Havana Street. In addition, for safety, UP wants a 50-foot separation between their nearest track and ours. In order to achieve that separation we have to physically move some of the UP freight track to the north.

"We can't start laying track until we have replaced Union Pacific's tracks because they have to maintain their operations while we're in construction," says Flynn, "and that takes a lot of coordination."

Questions or comments?
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DMIS is Now Enrolling for the 2013-14 Academic Year



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May 13, 2013

Class Descriptions & Program Calendar

Physical Fitness Sessions

A 6-week physical activity program packed with fun
& energizing activities. Reach your fitness goals fast.
Must register for entire 6 week series at one Center.

Location

Days/Frequency

Times

Hiawatha Davis

Mondays

6 - 8 PM

Central Park

Wednesdays

6 - 8 PM

Nutrition Sessions

A 6-week nutrition program will teach low-cost and
healthy cooking to individuals and families. Must
register for the entire 6 week series at one Center.

Hiawatha Davis

Wednesdays

6 - 8 PM

Central Park

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A guided grocery store tour to help families by
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store.

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monthly. Call a
Center to register.

10 AM - 11:30 AM

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Hiawatha Davis

2nd Saturday Monthly

10 AM - 1 PM

Central Park

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10 AM - 11:30 AM

be well centers are closed the following weeks: 2012: July 1, September 2, November 18, December 23 2013: January 30, May 26

The be well Centers are a free public service. Participants engage in all activities at their own risk. The Stapleton Foundation for sustainable urban communities, its be well Health and Wellness Initiative, the City and County of Denver, nor any of its partners or affiliates will be responsible for any liability related to or arising out of participation in any of the activities of the be well centers.



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