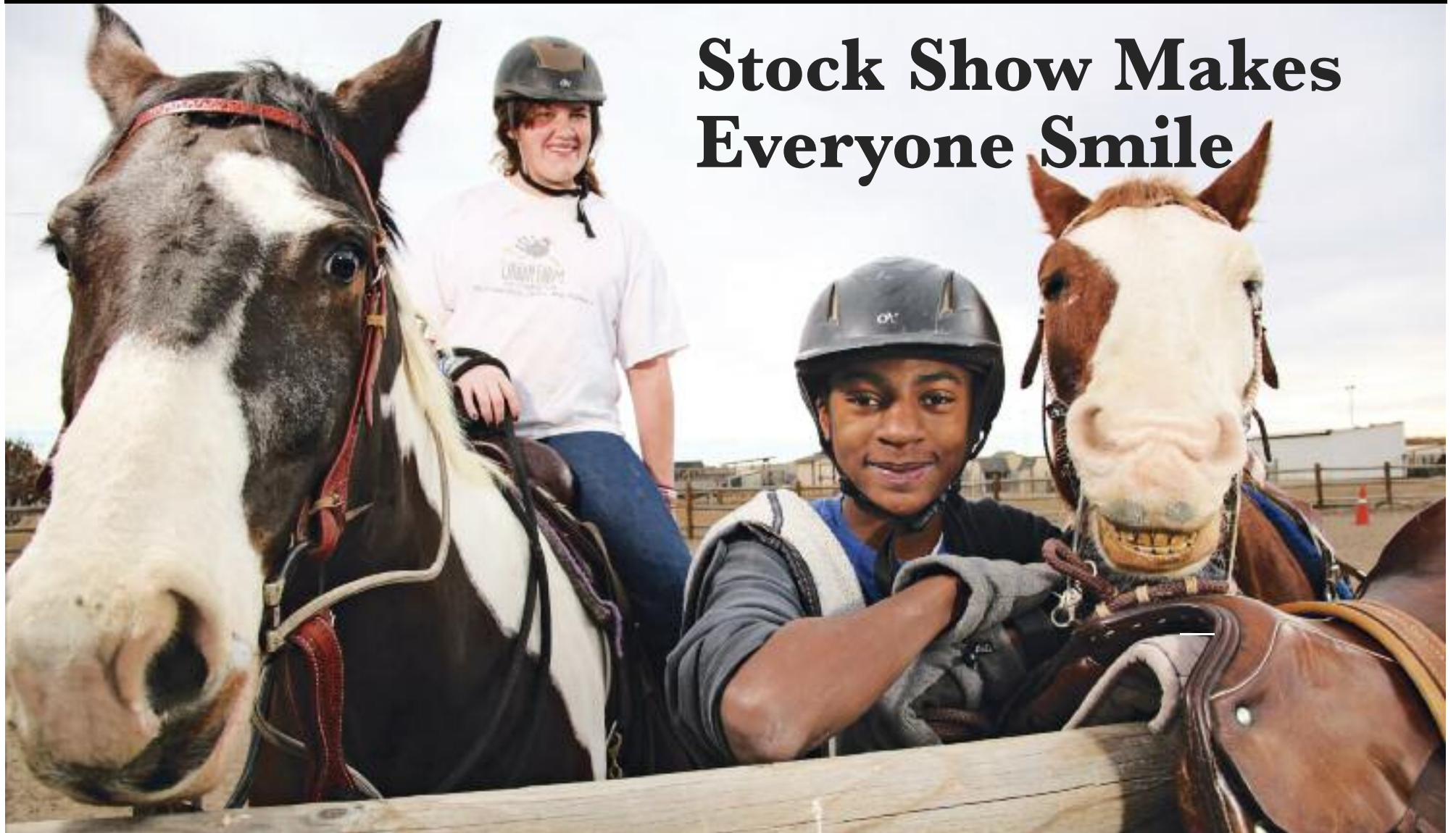


Front Porch

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

DENVER, COLORADO

JANUARY 2013



Stock Show Makes Everyone Smile

Madison Thomas, 15, and Jeremiah Ntepp, 13, will represent The Urban Farm at the National Western Stock Show in Western and English riding. The two made a commitment to care for the horses

from November through May, which requires cleaning their stalls and exercising them every day. Thomas and Ntepp are also focusing on how to mentally deal with the pressures of this competition.

Urban Farm Teens Take "High Heart" Standards to National Western Competition

By Laurie Dunklee

Jeremiah and Madison ride because they love it. But they wouldn't mind winning a ribbon too—especially one from the prestigious National Western Stock Show,

their first professional-level competition.

Jeremiah Ntepp, 13, and Madison Thomas, 15, will represent The Urban Farm (TUF) in both the Western and English riding classes this year. *(continued on page 26)*

Colorado's New Justice Center



From left: Stapleton residents Justice Monica M. Márquez, Chief Justice Michael L. Bender of the Colorado Supreme Court and Judge Steve Bernard of the Colorado Court of Appeals gather in the

atrium of the new Justice Center. The atrium looks out on the Capitol building and puts the three branches of government, legislative, executive and judicial, in sight of each other. Story on page 8.

New Life for Smiley?



Smiley Middle School, located at 26th and Holly in Park Hill, was built in 1928. It sits on about 19 acres, has student capacity for 1,071 and has 45 classrooms. It has two large gyms, an auditorium, a cafeteria, and a large grass area that could accommodate multiple athletic teams.

By Carol Roberts

After evolving separately with distinct community identities—Stapleton with a short history and Park Hill with a long one—the two communities are exploring the possibility of coming together, at least for a middle school. And they are finding that this new togetherness offers benefits to both communities.

Stapleton's third and newest school, Swigert-McAuliffe was built three years ago for 450 elementary students and 540 middle school students. Already the elementary school is using space planned for the middle school. By fall 2014, when the current 6th-graders will be 8th-graders, the school will not have enough seats to accommodate the planned 180 students per grade.

Principal Kurt Dennis spent the 2011-2012 year researching and planning the IB (International *(continued on p. 3)*

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

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Like us at
Front Porch
Newspaper



Sledders in Central Park.



CALENDAR

Events listed below are FREE and OPEN TO THE PUBLIC or support nonprofits.
(Additional events are listed on pages 16-19. Recurring events are listed on page 17.)

JANUARY

Saturday, January 5

Museum of Contemporary Art Denver w/art-making space for children, 1¢ admission on first Saturdays; 1485 Delgany St., MCADenver.org

Saturday, January 5

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

Monday, January 7

Denver Treecycle—Set trees out to be collected this week. Place tree at least four feet from dumpsters.

Tuesday, January 8, 15, 22 & 29

Yoga at the MCA. 5:45–6:45pm. MCA Community Room* events@stapletoncommunity.com

Thursday, January 10

National Western Parade. 12pm. Downtown Denver. Free. www.nationalwestern.com

Thursday, January 10

Active Minds Seminar “Free Speech & the Islamic Faith” 7–8pm. MCA Community Room* events@stapletoncommunity.com

Fri, Jan 11 & Sat, Jan 12

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

Saturday, January 12

Denver Preschool Program—250 preschools eligible for tuition support for any Denver child. Tivoli Student Union, Auraria Campus, 900 Auraria. To attend: ellen@dpp.org or 303.595.4377. DPP.org. (see page 15)

January 12-27

National Western Stock Show
www.nationalwestern.com (story p. 1&27)

JANUARY

Monday, January 21

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

Wednesday, January 23

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

Thursday, January 24

Active Minds Seminar “China: The Superpower” 7–8pm. MCA Community Room* events@stapletoncommunity.com

Monday, January 28

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

Thursday, January 31

Turn in School Choice forms at your first choice school by 4pm. (see page 22)

FEBRUARY

Saturday, February 2

Museum of Contemporary Art Denver w/art-making space for children, 1¢ admission on first Saturdays; 1485 Delgany St., MCADenver.org

Saturday, February 2

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

*More information at Events@stapletoncommunity.com
Stapleton MCA Community Room, 2823 Roslyn St.

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

STAPLETON

Events & Announcements

JANUARY

Active Minds

Free Speech & the Islamic Faith

Join Active Minds as we explore the sometimes violent reaction from parts of the Muslim world to what many deem as “free speech” in other parts of the world. We will seek to understand this complicated issue by examining values held by free-speech supporters and followers of Islam. This event will be held in the MCA Community Room (2823 Roslyn St.) from 7 – 8pm on Thursday, Jan. 10.

China: The Superpower

The world has changed. There is no denying the prominent role of China in the world today. They are a formidable military presence. Their economy is projected to exceed that of the U.S. within five years. Their political influence reaches every part of the globe. Join Active Minds as we seek to understand a shifting world order and what it means for the U.S. This event will be in the MCA Community Room from 7–8pm on Thursday, Jan. 24.

Active Minds events are free and open to everyone. To know more about Active Minds, visit www.activeminds.com.

Yoga at the MCA

Presented by Lora from Love Yoga Colorado

Location: MCA Community Room

Dates (Tuesdays): Jan. 8–Feb. 12

Time: 5:45–6:45pm

Drop-in rate: \$10

Stapleton Residents: 6 classes for \$48

Nonresidents: 6 classes for \$54

Children ages 6–12 free with paying adult

For more about Stress Love Yoga Colorado or to purchase class packages, visit www.loveyogacolorado.com.

SNL...Kids' Night Out

Kids' Night Out is coming back to the Central Park Recreation Center in 2013! The next Kids' Night Out events will be held February 9, March 2 and April 13. All events will be from 6–9pm at the Central Park Rec Center. Kids' Night Out is for kids ages 7–12 and includes a variety of games, activities, pool time and complimentary dinner. Due to the nature of the event and safety of our participants, all must be 7–12 years old on the day of the event. Registration is now open; pre-registration is only \$10/child. To keep this event safe, enrollment will be capped at 200 per event. Register your child today at www.stapletoncommunity.net.

2013 Pool Usage Rates

The 2013 Resident Membership Card rates will remain the same for the upcoming summer season. Daily entrance fees will increase in the coming season. We encourage our residents to renew

their Resident Membership Cards online prior to their card's expiration date to receive a \$10 online renewal discount. If you need help renewing your card or your login information, including login name and password, email frontdesk@stapletoncommunity.com, call the MCA at 303.388.0724 or view the quick reference guides at www.stapletoncommunity.com. If you have lost your membership card, visit the MCA during normal business hours to order a replacement card. 2013 pool usage rates:

Annual Resident Membership Cards: \$20

Online renewal of Resident Membership Card (if renewed prior to the card's expiration date): \$10

Resident discount daily entrance (Mon.–Fri.): \$5

Nonresident daily entrance (Mon.–Fri.): \$8

Resident/nonresident daily entrance (Sat.–Sun. & holidays): \$10

Unlimited Resident Guest and Temporary Resident Cards: \$80

Community Room Rates

The room features a large space to accommodate up to 75 people and Wi-Fi capability. The room is also equipped with a whiteboard and LCD projector. Residents may rent the room for boardroom meetings for \$20/ hour; nonresidents for \$45/hour plus a refundable deposit fee. Residents can manage their reservations at www.stapletoncommunity.net through their ActiveNet account. Nonresidents must contact frontdesk@stapletoncommunity.com or call 303.388.0724 to make a reservation.

Pool Rental Rates

The 2013 pool rental rates are still being finalized. Reservation rates will be posted online on March 1 and reservations will open on April 1 at www.stapletoncommunity.com.

If you have any questions or comments about the information above, please 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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Above: Heather Colliander speaks out at a meeting of Park Hill parents. **Right:** McAuliffe principal Kurt Dennis takes questions at a Stapleton meeting.

McAuliffe to Smiley?

(continued from page 1) Baccalaureate) program offered at McAuliffe. He says it's economies of scale that make his program work, offering art, physical education and a foreign language every day, technology in the classrooms, and a longer school day and longer school year. (At the end of three years, his students will have attended enough hours to have the equivalent of four years on the standard school calendar.)

Dennis says if he stayed in the McAuliffe building, the reduced middle school population that would fit in the school would not allow him to run an IB program with all the features he has put in place. "With the growth of Swigert, we realized before McAuliffe even opened that our current space was not going to be sustainable. And of all the options we've looked into, a move to the Smiley campus offers the best opportunity to run a great IB program and also serve students from both neighborhoods."

Two miles from the McAuliffe building, Smiley Middle School in Park Hill has hundreds of empty seats. The district says 80 percent of families "choice out" of Smiley as their neighborhood school. And on Dec. 20, due to the declining enrollment and low proficiency scores, the school board voted 6-0 to close Smiley. The school was built to hold 1071 students; it currently has about 600 students in Smiley Middle School and Venture Prep Middle School and High School programs.

School board president (and parent of a McAuliffe

student) Mary Seawell says of that vote, "So many pieces of the resolution were to set up the foundation for these two schools coming together. There's a lot of emphasis on expanding the size of McAuliffe to serve more Park Hill families without taking seats away from Stapleton families. All of those are building to this 2014-15 opening. As soon as the June decision happens, and maybe before, we can start to see these two school communities coming together in not just academic ways but things like sports teams and after-school activities. The priority is not just finding more seats for a Stapleton school, it's really about these two communities having equal ownership over a school and everyone feeling that they're a part of that new school. I want to be sure Park Hill is as honored as Stapleton is."

Dennis, realizing the potential the Smiley facility holds for a comprehensive IB program, has been meeting with Stapleton and Park Hill parents to hear their concerns and help them understand and appreciate the possibilities the move would offer their kids.

Initially the concerns from both neighborhoods were great.

People moved to Stapleton expecting great neighborhood schools. They wish their kids could walk or ride their bikes to school. They're afraid that after buying into the new McAuliffe IB program and working to make it great, there



might not be enough room for Stapleton kids. Or that Park Hill parents won't buy in to the plan because they fear Stapleton's large population of school-aged kids will take over the school (Stapleton's current school age population of 2100 is expected to double by 2015). And they worry that their middle school students will fall through the cracks in a large school.

Dennis believes the program could be structured so each grade is on its own floor at Smiley and would have its own assistant principal. They would not share lunch, passing periods, or classrooms with other grades, so they would maintain the feel of a smaller school.

After listening to the concerns of Stapleton parents at a Dec. 13 community meeting, Kari Cummings, the parent of a McAuliffe student spoke up. "We've been here for about four months now and this is what I want for my son and daughter. I want 180 kids at a minimum. I want a foreign language every day. I want PE every day. I want what we've got. I wasn't sure this was the right thing the first time I heard it. It's not perfect. I've had some not-so-nice conversations with some of my Stapleton neighbors who are saying, 'You need to fight for this middle

school and keep it here.' But I don't think that's the right thing for the neighborhood. There are 24 elementary schools that feed into McAuliffe and it is a really cool environment. My son is having sleepovers with kids who don't live in the bubble. And it's a really cool thing. While it might not be everything we want, it has a lot of what we want. I want my son there if Kurt's going to be there—and his teachers and his counselors." Her statement brought a big round of applause.

A meeting of Park Hill parents on Dec. 18 was similar, starting with their fears and concerns and moving toward what appeared to be almost unanimous support. Even though most families don't currently attend Smiley, they don't want to lose their seats in a neighborhood school due to Stapleton's large school-age population. They expressed concern about keeping a diverse school. They talked about the uncertainty of their school choice this year, not knowing whether this idea would happen and how that affects their immediate decisions. But as they learned more, the thrust of the conversation turned toward how to get it done faster. One parent stated, "We all like the model. Grab lightning (continued on page 26)



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The directory is updated monthly at www.FrontPorchStapleton.com -> Local Business Directory

Kids and Sports—How Much Is Too Much?

By Courtney Drake-McDonough

After four after-school practices, the family is up at 6am on Saturday heading to Colorado Springs for a game. Sunday brings another game, this time up north. With college scholarships in mind, this kind of schedule is the norm for a family devoted to their son's soccer games. Their son is eight.

"Exercise teaches healthy habits, improves body awareness, higher brain functioning and even improves academic performance," says Caleb Sommer, certified CrossFit* Kids Trainer at Bladium Sports and Fitness Club in Stapleton. But when taken to an extreme in terms of amount of time devoted and physical intensity, the negatives start to outweigh the positives. "There's a real danger of over-training and burning out," says Sommer. Part of the problem arises because kids are specializing in a single sport at a much earlier age partly because of peer pressure (all of their friends are doing it) and because some formal sports programs with heavy practice and game schedules are becoming available for younger and younger kids.

Sommer recommends kids do a variety of sports activities they are interested in until around 10 years old. At that point, he says it's okay to start focusing on one, *if* the child wants to be able to compete at a higher level. One of the primary worries then becomes injury, a sure sign that sports activities are getting too intense. While injuries can happen anytime, they are more likely to happen with repetitive use of the same muscles.

Katherine Dahab, MD, clinical instructor in Pediatrics and Orthopedics at Children's Hospital Colorado, has seen in



increase in chronic overuse injuries due to kids specializing in a sport at an earlier age. "There's more risk for injury if a child plays one sport," says Dr. Dahab.

Athletes are often given the message to "play through the pain." Dr. Dahab says there are some conditions that, once diagnosed by a doctor to make sure nothing more serious is going on, can be played through "as long as it's not affecting their overall biomechanics (i.e., no limping)." However, Dr. Dahab emphasizes that readiness to play "should be determined by a sports medicine doctor and not the parent, because we want to prevent growth plate injuries that can alter bone growth."

Dr. Dahab says her patients are often in tears when she tells them they'll have to be out for a certain number of weeks or months in order for their injury to recover. "I tell them they have (years) to play the sport and that this is temporary," says Dr. Dahab, who also points out that they could be out longer if they don't let the injury heal.

Young athletes aren't the only ones



Dr. Katherine Dahab



Standing L to R, Dr Christine Conageski, Dr Stephen Rotholz; Seated L to R, Dr Sarah Appleton, Dr Jaime Arruda, Dr Maryam Guiahi

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Caleb Sommer leads a CrossFit for Kids class at the Bladium.

pushing to play. Coaches and parents are often the driving force behind extreme levels of participation. If there's any doubt that a kid has an injury, especially concussion, Dr. Dahab says they should sit out. "Advocate for your child and pull them out," she says. When faced with a coach who is reluctant to take a child out of a game or even a practice, Sommers suggests parents talk to the coach when their child and the other kids are not present.

Whether a child is gung-ho about a sport or is a reluctant athlete, Nicolle DiPretoro, certified CrossFit trainer and co-owner of CrossFit Stapleton, says she rarely sees younger kids pushing themselves too much. Instead, it's the parents who are pushing their kids toward a sport at an intermediate or higher level they may not be ready for or interested in. "Kids want to please their parents and don't know how to tell them it's too much," says DiPretoro. "When parents start seeing their child being more tired than usual, with suffering grades, obsessing over the sport or saying the sport isn't fun anymore, that's when parents should ask themselves 'Am I doing this for myself or my child?'" she says.

Encouraging the child to pursue other sports or other nonathletic activities altogether can minimize the physical and mental risks. "If you only do one sport, you only get good at one thing. Doing other sports expands on your weaker areas, which translates to life—working on your weaknesses and things you aren't good at," points out DiPretoro. Her husband and partner at CrossFit Stapleton, Emilio DiPretoro, adds that being overly involved in one sport "doesn't lead to a well-rounded athletic experience." However, offering a variety of activities can actually benefit the favored sport. "It helps the child understand balance in their lives and gives them perspective on their game," which can be a win-win for everyone.

To find out more:

Caleb Sommer, Bladium Sports & Fitness Club, www.bladiumdenver.com/;
Katherine Dahab, MD, Children's Hospital Colorado, www.childrenscolorado.org/;
Nicolle and Emilio DiPretoro—CrossFit Stapleton, crossfitstapleton.com.

*CrossFit is a program that works a wide variety of muscle groups and is always changing.

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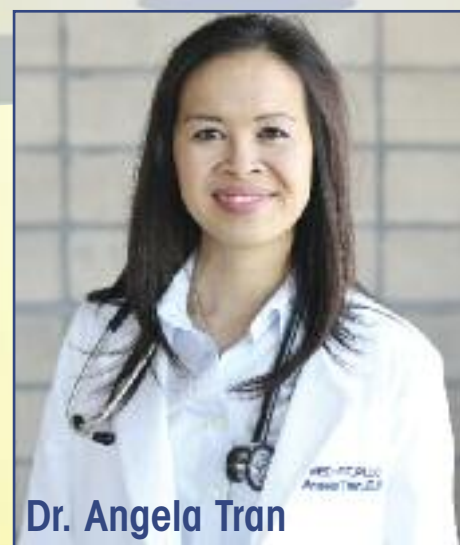
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The Reformer

Chief Elias Diggins is the person in charge of the Denver County jail. Very soft-spoken and mild mannered, he doesn't fit the mold that Hollywood has created for prison wardens. He is a firm believer that while incarcerated, inmates at the county jail should be given the proper tools to find success when they leave. He also doesn't believe that the environment one grows up in necessarily causes them to behave in ways that land them in jail. He knows what he is talking about. While he was growing up, Diggins' own father was frequently an inmate at the jail he is now in charge of.

Jon Meredith: How did you decide to work for the Sheriff's Department?
Chief Diggins: In 1994, I was studying criminal justice at Metro Sate College while working at US West. I saw how much the Sheriff's Department paid at the time, which was \$24,000 a year. I was making \$13,000 at the telephone company so I thought I was going to be rich. When I got here it wasn't about the money anymore; I felt at home and I absolutely loved it.

JM: In Denver, what is the difference between the Police and Sheriff's Department?
Diggins: Denver has a unique situation where you have two law enforcement agencies. The police are responsible for control, patrol, investigative functions and making probable cause arrests. The Sheriff's Department is responsible for oversight of the jails, the courts and serving out civil functions and other duties that may be required by the Manager of



Elias Diggins, Division Chief in the Denver Sheriff Department, stands at the entrance to the secure portion of the Denver County Jail facility that he runs.

Safety, who is the ex officio sheriff of Denver County.
JM: Have you worked in the jails your entire career?
Diggins: I have worked about everywhere in the Sheriff's Department, the academy, internal affairs, the courts, but the jail always feels like home.

JM: That sounds odd. Could you expound on that thought?
Diggins: I love working with people and I really love helping people. As odd as it sounds, I think the primary responsibility for deputy sheriffs working in jails is to help people. We have people who are here and they have a loss of freedom, which to me is their punishment. By us having oversight over their lives while they are in custody, there is no need for further punishment. They are coming back into society someday, so we need to do all that we can to help them rehabilitate or reconnect with their families while they are here.
JM: What is the capacity of this facility?
Diggins: We have the capacity of 1,169, which is

not to say we will ever have that many inmates here at one time. The science of classification of inmates is like schools. You can't put 4th-graders with 8th-graders there and here you can't place certain offenders with others. We have a variety of inmates from drug offenders, DUIs to domestic violence. We really have started to change the way we do business. As I have said, our primary function is helping them prepare for going back into society. We have initiated programs inside the jail including units which are specifically geared towards helping people who have addictions. We have the recovery in secure environments for addicts and a mental health transitions unit for inmates with bipolar disorders. The recidivism rates for inmates who get this type of help are much lower than the nationwide prison population.

JM: Do inmates escape from here?
Diggins: Our last escape was Robert Burze in 2008. We take security very seriously; it is obviously the number one charge we have. I would say that the community of Stapleton should sleep very

well knowing that the Denver Sheriff's Department will do everything in our power to continue in that tradition.

JM: Denver School Board member Happy Haynes told me very succinctly when she won election to the board, "We can spend the money to educate our children now or we can spend a lot more money later on building jails." Do you agree with her?
Diggins: I agree absolutely. The key to the future of our reducing the number of people incarcerated lies in our making sure that we have the best education system in the world.

JM: One of my favorite movies is...
Diggins: Shawshank?
JM: That's it. In every movie and TV show you see, the warden is the worst person. Why do you get such a bad reputation? Is it just that easy to hate people who do your job?

Diggins: I know wardens from across the country who are the nicest guys. You will find most of the people who are in the upper levels of management in jails and prisons are very good people.

JM: Are the problems that these inmates have so deep, due to the messes they were raised in, that helping them is almost impossible?
Diggins: That is a tricky question for me personally. I do think there are some environmental factors which shape who we are, but I would say those factors should not be the reason a person says they stayed in a life of crime. I am the son of an ex-convict. When I was a kid I used to come to this jail to visit my Dad. I was raised by a man who was anti-law enforcement. My mom worked two and sometimes three jobs at a time. I went to six different elementary schools. I witnessed a lot of domestic violence. Statistically, I should be in the criminal justice system. It is a choice as to where you want to take your life.

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Stapleton's Neighbor: The Jail

By Jon Meredith

Just northeast of Stapleton are three Colorado correctional facilities with over 2,700 beds. The Denver County Jail is located at Smith Road and Havana Street. South of the County Jail on Havana is the Denver Women's Correctional Facility, a state prison that can hold up to 976 offenders convicted of felonies that call for extended sentences. East of the County Jail on Smith Road is the Denver Reception and Diagnostic Center. It is the first stop for all offenders sentenced to the Colorado Department of Corrections. The 542-bed maximum security facility is used to process, evaluate and



classify offenders entering the Department of Corrections prior to placement permanently in another Colorado jail.

The inmates in the two state prisons are serious criminals doing no-nonsense time. They are never released to work and are always under armed guard.

The Denver County

Chief Diggins shows a solitary confinement room called "the hole" that is no longer used—he believes that approach was inhumane. The jail now offers mental health and other services to "try to return folks to the community better than they came to us."



Right: The recently completed jail at Smith Road and Havana, called Building 24, was voted on by taxpayers. It has allowed Denver to have a more modern approach to incarceration.

Left: Chief Elias Diggins stands in a common living area for 64 inmates who live eight to a room. **Below left:** Photo shows a portion of an eight-person room that opens to the common area. **Below:** A poster reminding inmates that counseling is available illustrates the current focus on rehabilitation in the jail.

Jail houses up to 1200 men and women (separately) for less serious crimes. Typically inmates are either convicted of misdemeanor charges (such as DUI or failure to appear) or they are awaiting trial for a more serious crime. Inmates tend to stay no longer than six months. Often, this

confinement is the inmate's first encounter with the adult criminal justice system. Because so many of the inmates are first offenders, the City and the Sheriff's Department are trying to do everything possible to prevent these inmates from becoming repeat offenders.

In 2005, Denverites voted to build the new \$159 million downtown jail and court house as well as spend \$27 million to renovate the existing jail on Smith Road. The improvements to the old jail were extensive, with the goals of promoting rehabilitation and providing maximum security in a humane manner.

A new seven-story jail opened to inmates on December 15. The inmates' rooms have eight beds, and the rooms open onto "blocks"—common areas where the inmates can gather. Previously, inmates had been housed in dormitory-like rooms with bunk beds and up to 150 inmates per room.

The prison now has a central security area that opens and closes all the doors throughout the entire facility. The inmates learn culinary skills in a new large commercial kitchen that provides all the meals for this facility and the jail downtown. This food preparation system creates huge savings for the county.

County Jail inmates differ from state prison inmates in that their sentences are shorter. Since they will be returning to the community soon, the jail facilitates prisoner contact with their families and offers programs to assist them in getting back on their feet so they can go back to their lives drug- and alcohol-free and with a skill to help them find employment. They provide the resources for getting a GED, domestic violence counseling, drug and alcohol counseling, aptitude and vocational testing, career counseling, RISE Program (Recovery in a Secure Environment) and the Denver Homeless Transition Program.

Close to 100 prisoners are on work release. They leave the jail in the morning, catching a ride or the bus along Smith Road, and are required to return at night. Once back, they are subject to a strip search and the threat of a drug test. Qualifying for work release is rigorous and only applies to sentences for certain offenses.



Check out the interview with Elias Diggins at www.FrontPorchStapleton.com

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The Taj Mahal of Law

By Dick Kreck

The Ralph L. Carr Colorado Judicial Center Is the Taj Mahal of Law. From massive pillars at the entrance to the giant marble columbine in the atrium to the delicate columbines in the courtroom carpets, it is a sight to behold. The granite building at Broadway and East 14th Ave. is a tribute to the majesty of the law. “We wanted to create something that represents the face of the judiciary in Colorado,” said Chief Justice Michael Bender during a recent tour.

Financed with Certificates of Participation, Build America Bonds and on-hand cash outlays, the \$258 million judicial center is scheduled to be paid for in 2048.

The cavernous four-story atrium features a massive glass dome and

a wall of glass that looks out on the state Capitol two blocks away. The latter is no accident. The intent is to tie the judicial branch of state government to the legislative and executive branches just up the hill. “The judiciary is a co-equal branch of government

in our society today,” Bender said. “But education has taken a back seat. The public doesn’t know what judges do.”

Bender is a great believer in the “rule of law” and the building, which he and a dozen others helped design, reflects that. A wall at the entrance will carry the words of Martin Luther King Jr.: “Injustice anywhere is a threat to justice everywhere.”

One of the unusual features is the 3,800-square-foot Learning Center, just off the lobby, which opens to the public on April 1. It will contain educational aids, including a theater



All four stories of the atrium look down on a giant tiled columbine (note the size relative to the person walking by it).



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Left: The new Justice Center, designed by Fentress Architects, features two domed ceilings: one over the main atrium (far right) and one over the Supreme Court chambers (right and below).
Below: Chief Justice Michael Bender (left), Appellate Judge Steve Bernard and Justice Monica Márquez are shown in the Supreme Court chambers.



explaining how the judicial system impacts the lives of citizens; an examination of the legal system through an interactive exhibit; and a chance for visitors to act as judge in a hypothetical proceeding. The center, designed for students eighth grade and above and for the general public, will be free and open to the public. It is designed, said Bender, “to teach everybody to access the role of courts in society (and) how it relates to state government.”

Like any new father, Bender, chief justice since 2010, is proud to show off every nook and cranny—when he can find them. The 695,767-square-foot building is so large it’s easy to get lost in its corridors and offices that hold the Supreme Court and the Appellate Court of the state and the offices of the attorney general and the public defender, among others.

As he cruises the labyrinth of hallways, Bender is frequently greeted as “Chief.” Though the fact that he is “Chief Bender” is a joke many won’t appreciate, Bender is a history

buff who knows that the original Chief Bender, one of the most prolific pitchers in baseball history, was inducted into the Hall of Fame in 1953. The current Chief’s athletic career ended when he was cut from the freshman basketball team at Dartmouth.

Prior to his appointment to the state Supreme Court by Gov. Roy Romer in 1997, Bender worked in the Denver Public Defender’s office and in private practice.

Some of the justices could carpool to work because three of them—Bender, Justice Monica Márquez and Judge Steve Bernard of the Colorado Court of Appeals—all reside in the Stapleton neighborhood. Bender

and his wife, psychologist Helen Hand, moved to Stapleton seven years ago.

The first trial in the new building begins Jan. 23, but the official dedication by U.S. Supreme Court Justice Sonia Sotomayor takes place on May 2. He chose her, said Bender, in part, because she was both a trial judge and a trial lawyer, the only U.S. Supreme Court justice with that background. In addition, the center will be open for public tours from 3 to 4:30pm on Monday, Jan. 14.

The judicial center is named for Ralph L. Carr, the Colorado governor who took a stand against incarcerating Japanese-Americans in internment camps during World War II. Fentress Architects and Mortensen Construction put it together, and the project was managed by Trammell Crow Co.



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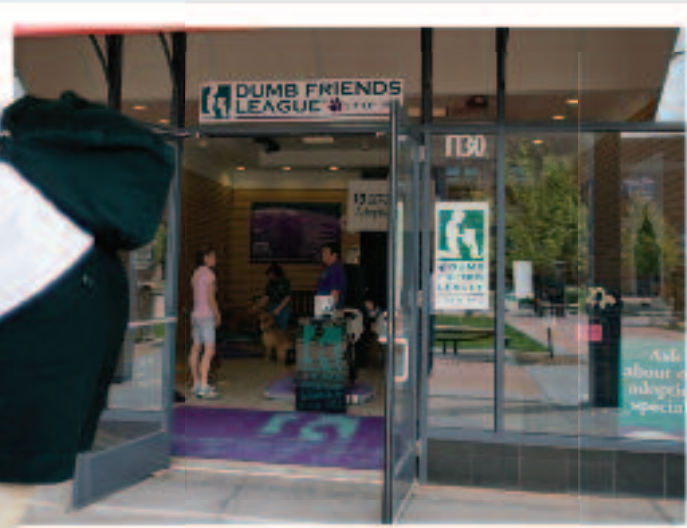


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Lois Court

“I teach what I do and I do what I teach,” says Lois Court of her dual roles as American government instructor at Red Rocks Community College and as State Representative. “My knowledge of the way government is supposed to function, based on the scholarship that I bring to being a college instructor, certainly helps inform the way I function at the Capitol.”

Court is passionate about protecting the constitution. As a scholar of our government, Court firmly believes our founders, both state and federal, intended that the constitution be a foundational document, not an instrument of ongoing, issue-of-the-moment policy change.

Currently, Court says, only 24 of the 50 states even have citizen initiatives and, of those, only 14 allow constitutional changes through citizen initiatives. And Colorado is the only state that has the same process and threshold for changing the constitution as for changing a statutory law. She points out that an amendment to the U.S. Constitution takes a two-thirds vote from each chamber and then three-quarters of all state legislatures to ratify. “That’s a huge threshold,” she says.

Court points out that hog farms and coyote traps are examples of items regulated through the Colorado constitution that should instead be in our statutes. “We are called ‘law makers,’ and our job is to look at things that ought to be changed in the law.”

Court says for the past four years she has tried, and will continue to try, to raise the standard for changes in the constitution. She proposes that signatures must be representative of the entire state and 60 percent of the vote should be required to pass. She believes people should be required to “leave the heart of Denver and get signatures proportionately from the various congressional districts...to spread the conversation about something that is going to the ballot further into the rest of the state.” Currently, someone could conceivably gather all necessary signatures at one location.



State Representative Lois Court

statutory laws put on the ballot by citizen initiatives. “For example,” she says, “recreational marijuana went into the constitution with 55 percent. If my proposal had been in place, it wouldn’t have passed because it would have taken 60 percent to put it in the constitution, which I think is a more valid threshold.”

“The initiative process became what it is in Colorado because the progressive movement felt that special interest groups were having way too much effect in the legislature and wanted the citizens to have more access to make law,” says Court. “The irony is that it’s 99.9 percent special interest groups driving constitutional ballot issues in Colorado now.”

“We think our elected officials are making the decisions about law, but then we have this citizen initiative process that makes it easy to turn everything on its head and do it differently.” Court believes this creates a situation in which it is difficult for legislators to do their jobs—and that, in turn, leads to mistrust from the citizens.

Court’s bottom line is that our system is designed as a democratic republic, not a direct democracy. When we try to function with both elected representatives and an easy citizen initiative process, neither system functions as well as it could. They are competitive, rather than complementary in Colorado. Her goal is to make them function more smoothly together—which is why she wants to change the process for amending our state constitution.

State Representatives Share Their

Angela Williams

With the 2013 legislative session starting on January 9, we asked our state representatives to share with readers who they are and what they’re passionate about. The Front Porch distribution area includes parts of three state house districts. The portions of their districts in our distribution area are listed below.

Lois Court represents district 6, which includes all of Lowry, East Montclair, Montclair and Mayfair.

Angela Williams represents district 7, which includes all but two Stapleton precincts and Park Hill from Quebec to Monaco (south to Montview).

Beth McCann represents district 8, which includes all of Park Hill from Locust to Colorado Blvd., Hale, East Colfax, and two precincts in Stapleton just north of Montview and east of Central Park Blvd.

Court’s other concern is that once constitutional changes make it to the ballot, they can pass with just 50 percent plus one vote—the same level required for

When she ran for office, State Representative Angela Williams felt there was a need to diversify the range of experience our legislators have. For her part, Williams

brought past experience in corporate America, current experience as a small business owner, and an understanding of the every day difficulties faced by single parent families.

Williams believes her business acumen is the biggest attribute she brings to the legislature. As the owner of an insurance agency for the past 12 years, she understands first-hand what small business owners go through, including “hiring, firing, marketing and customer service.” She is particularly interested in what she can do as a legislator to reduce unemployment and bring more jobs to the state.

Williams has learned that under current law, employers can ask for social network user names and passwords to view information posted on the internet and use that information as the basis for not hiring a person. She believes this is prohibiting some people from getting jobs they are qualified for and is proposing a social network privacy bill that prohibits employers from asking for user names and passwords. She hopes to bring in college students to learn about the legislative process by participating in the process of moving this bill through the legislature.



State Representative Angela Williams



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Passion for Their Work

By Courtney Drake-McDonough

Telecommunications reform is another bill Williams is working on. “Colorado is on the cutting edge in a lot of areas, but as important as telecommunications and technology are in our lives, I’m frustrated that Colorado hasn’t updated its laws since 1996. I’m running a bill called IP (Internet Protocol)-Enabled Services Protection to de-regulate IP-enabled services. Currently, our laws reduce our flow of traffic and what a company can do. By de-regulating, companies that use internet services will be able to provide more services and products. That will open up competition and help us lure more companies and create jobs here.”

Williams is passionate about justice for those who get sentences that are disproportionate to their crime or who are wrongly sentenced to prison. She had a friend in high school who committed a crime and spent time in prison and says when he returned home he had a great deal of difficulty readjusting. Remembering that, Williams went and talked to Colorado resident Robert Dewey, who was recently found innocent through a DNA test after spending 18 years in prison. At age 51 he has no education or training to do a job, no money, no home, no health care, and no life skills to help him get by in today’s world. Williams is proposing a bill that will assist citizens who are wrongly imprisoned and subsequently found innocent. The bill will compensate them for time wrongly served, provide counseling, financial literacy and assist them with jobs, housing and other essentials of getting their lives back on track. She also believes the state needs to provide services that will help people coming out of prison live productive lives, though that is not part of the current bill she is proposing.

Williams says jobs and the economy are the biggest issues she hears about at town hall meetings, but she also is hearing there’s a need for homeowners association (HOA) reform. “There needs to be more consumer protection around HOAs,” Williams says, explaining that a big part of the problem is that HOAs are generally driven by volunteers who live in that particular community but don’t have any legal training on the pertinent statutes. “If we can pass a piece of legislation for licensure, that will give the property managers the tools to operate the HOAs and deal with the homeowners more effectively.”

Education is another big concern of constituents, says Williams. “Ensuring the children in our district have the resources they need to be the best students and providing teachers with the resources needed to deliver that education is critically important to the success of our children. We need to ensure that the Colorado State Legislature looks at funding schools properly and that we continue to invest in our future—our kids.”

Beth McCann

Beth McCann’s legal background is extensive. She was the deputy attorney general in charge of civil litigation and employment law at the Colorado Attorney General’s office. She is also a former Denver prosecutor and was Mayor Wellington Webb’s first manager of safety in the early 1990s. Now in her third term as State Representative in District 8, McCann says having that background is a mixed blessing.

In her first year, it was difficult for McCann to adjust to the speed at which decisions had to be made, often without adequate staff or time to do the necessary research. “It’s very difficult to come from a background where you would never go into court unless you really knew what you were doing,” she says. “And here, people will get up and say things and you think ‘Really? Do you have anything to back that up?’” On the positive side, McCann’s legal background means she is familiar with courts, law and statutes and how they are interpreted. “It’s easier for me to understand the impact laws will have and why it’s so important to get it right,” she says.

In this session, McCann predicts that the Civil Unions and ASSET* bills will pass, a sentiment echoed by both Court and Williams. McCann also believes a good budget will pass “now that our revenues are better.” McCann says the legislature will also be looking at school finance, the health benefits exchange (McCann is on the oversight committee) and economic development. Two issues of particular interest to McCann in this session are foreclosure and gun violence.

McCann hopes her foreclosure bill, which did not get out of committee, will pass this session. The goal is to provide more protections for borrowers who are victims of “Dual Tracking” (when a borrower is attempting to modify their loan while the bank is simultaneously going forward with foreclosure proceedings). McCann feels there is a stronger likelihood of success during this session due to the change in House leadership, and she is working with the banks and lenders to come up with a bill that “won’t be as bad as they fear.”



State Representative Beth McCann

McCann, along with others, will be introducing legislation to address access to guns by those who should not have them, including those who present a substantial probability that they would cause harm to themselves or others because of a mental health issue. As part of that process, McCann wants to engage the public health and mental health communities and have them more involved in the conversation about such a bill. The issue gets complicated, according to McCann, because although the ultimate goal is public safety, there are issues concerning civil liberties, doctor/patient confidentiality and cost issues for additional tracking mechanisms. While an assault weapons ban is one potential outcome, a complicating factor McCann sees is the definition. “Because many of these are high-powered rifles are used in hunting, it becomes difficult to craft a definition that doesn’t restrict people’s use of weapons in hunting. And hunting is, of course, a big part of our culture and economy in Colorado. There are lots of concerns but the potential for preventing the kinds of incidences we’ve had is so great, we have to have the discussion and decide how important gun control legislation is.”

McCann is optimistic that this session will be a positive and productive one. “We (Republicans and Democrats) get along, even when we (Democrats) are in the minority.” However, she predicts that some of the individual bills the Republicans bring forward may suffer the same fate the Democrats’ bills did in previous years, “not so much because of partisan bickering but because we have fundamental differences in what we believe about government.” On some issues, such as civil unions, there will likely never be agreement but on other issues such as jobs, McCann feels there is room for agreement. “Fortunately for Colorado we do work pretty well together.”

*The ASSET bill would create a new category of tuition (lower than out-of-state and higher than in-state) for undocumented college students who meet certain criteria.

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Premium Fishwrap*

by Jon Meredith

Moms—Only You Can Stop Gun Violence

When I wrote last summer regarding the massacre in Aurora, I asked if we could at least have a national conversation about

doing something regarding these killing sprees that are occurring ever more frequently. My question was answered during

the presidential election. No we can't. A mother, at the debate on Long Island, asked about trying to curb these killings. The answers from both candidates did not assure me they ever intend to take on the gun lobby.

So now we have moved to Sandy Hook, the outrage of which will make it harder for the gun lobby and those politicians beholden to them to change the conversation. Unfortunately, they will try. The National Rifle Association is a master of threatening politicians with being in a primary if they even breathe a word on gun control. They stop conversations by their mantra that only more guns will stop mad men with guns. The problem is always elsewhere: the liberal politicians who want to take away guns, video games or Hollywood.

NRA Executive Vice President Wayne LaPierre waited a week before making any statement regarding the massacre. The statement that he did make was nothing short of pathetic. He blamed unarmed teachers, the lack of armed guards in schools, "gun free" zone signs and a lack of a national database for the mentally ill (what good would that do if the NRA is adamantly opposed to any background checks). He is quoted as saying "The only thing that stops a bad guy with a gun is a good guy with a gun." I can't seem to comprehend the image of kindergarten teachers with Glockes in their desks, adequately trained to mow down a heavily armed classroom invader in front of a room full of six-year-olds.

I ask now, when do your Second Amendment rights trample my right to life, liberty and the pursuit of happiness? My right to live is more important than your right to own guns with large capacities designed for military use. I do not have an issue with anyone who wants to carry a handgun or hunting rifle. I think that right is very secure and very much a

part of our national heritage. However, why does any civilian need military-style weaponry that can fire large amounts of ammunition in short order. The only purpose for weapons like these is killing on a large scale and I have never heard a good reason for average citizens to have them. Yet, the primary weapon used at the Sandy Hook school was available at over 1700 Walmart stores prior to December 14.

What we need is an entire cultural shift. The NRA is very powerful but not as powerful as mothers. Mothers who I know are not afraid of anything when it comes to their children, certainly not some lobbyist group supporting the gun industry.

In 1980, Candice Lightner's 13-year-old daughter was killed by a drunk driver. She dedicated her life to stopping drunk driving and started Mothers Against Drunk Driving. She hasn't stopped drunk driving but she has certainly changed the country's consciousness about getting in your car after having too much to drink. MADD worked with the alcohol industry to reduce underage drinking and drinking and driving. The NRA would benefit greatly from doing similar programs as its image now is of intolerance. The Komen Foundation is another example of women getting together and taking a stand to make a difference. Now it has become a universal symbol of the fight against breast cancer.

The NRA and politicians need to know that weapons designed for the battlefield are not acceptable in our society. Who is better to deliver that message than a nationally organized group of mothers determined not to lose this important fight

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 nature of yesterday's newspaper.*

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Manley’s Mission: Make Health Care Accessible in Denver and Around the World

By Judith Schwartz

Whether around the world or in the neighborhood, Manley Daniel has never met a health program he didn’t want to become involved with.

Daniel spent seven years as a community health worker in the U.S. and overseas, ran a family literacy program for DPS and taught ESL (English as a Second Language) in Aurora schools. When he “retired” from teaching in 2009, he says, “My goal at that time was I just wanted to become involved with community health again. I saw an announcement in the *Front Porch* and Park Hill newspapers saying *be well* wanted block captains. I said wow, what a great way to become involved in health in my neighborhood.”

He not only became involved, he was recently honored by *be well* as the Community Advocate of the Year.

On the second Saturday of every month, he can be found at the Hiawatha Davis Rec Center from 10am to 1pm, asking, “Do you have a doctor?” “Insurance?” “A clinic to go to for care?” “How about information on nutrition, shopping for healthy foods?” “What questions do you have?” His role: making sure everyone understands their test results and what to do next to be healthy as they leave their free *be well* health screening.

The screenings, sponsored by *be well*’s five-neighborhood health initiative of the Stapleton Foundation, offer free tests (blood pressure, cholesterol, etc.) at the Hiawatha Davis and Central Park recreation centers.

“After I did *be well*, I decided let’s take this a step further.” He completed the Community Health Certification class at Community College of Denver and shadowed Denver Health patient navigators. “We went into correctional facilities and homeless shelters and talked to people about accessing health care. I knew I wasn’t going to retire. I would transition into something else. This was perfect—



Manley Daniel meets with Carmelo Perez during a *be well* clinic at Hiawatha Davis Rec Center. Perez’s nephew Carlos Fernandez translated for his uncle.

what I wanted to do, where my heart is.”

Daniel then found a volunteer position in an Americorps project for Boomers Leading Change in Health, and “worked with resident doctors, coaching patients with diabetes, high blood pressure and cardiovascular conditions in the ‘medical home model,’ where overall care is provided. I loved it, dealing with doctors and patients, learning about different types of medicines and medical conditions.”

“When I was teaching in Aurora, looking at the breadth of poverty I saw in the classrooms, so many kids in perpetually bad shape, physically and mentally, that pointed me in the direction of the health field in the community and what I now do.”

Today, at 59, Daniel is a full-time, paid patient navigator with Denver Health Healthy Communities. He provides outreach for pregnant women, young mothers and families needing assistance with benefits, Medicaid and resources. Daniel says he is optimistic about trends in health care and nutrition, focusing on the whole person’s needs, better food options and follow-up care.

Daniel and his wife, Nicole Lewis, have called Park Hill home for 20 years, but his Denver roots go back to childhood. He grew up in SW Denver and was “bused” to East High

School during court-mandated desegregation. He calls East the best school in the country; his teachers, “brilliant professors.” After college, he served with VISTA (Volunteers in Service to America) and the Montana Migrant Council, helping families get health services. Not content with the “domestic Peace Corps,” he joined THE Peace Corps in 1977 and was assigned to the Philippines, where he worked in the areas of nutrition, health and sanitation.

From 1975 to 1990, an estimated 1.5 million people fled Communist Vietnam, mostly on flimsy fishing boats. The “boat people,” fearing retribution for having supported South Vietnam in the war, washed up on the shores of nearby countries. Many refugees drowned or were attacked by pirates and murdered or sold into slavery and prostitution. Daniel stayed on in the Philippines as a United Nations volunteer, performing medical clearance tests (TB, STD, etc.) for boat people so they could emigrate to the U.S. and elsewhere.

He then studied at Vermont’s School for International Training and went back to Indonesia to run an ESL, cultural orientation and prevocational training program for refugees, Vietnamese and Khmer, boat people who had floated to Indonesia.

In 1985 he returned to the U.S. to run a family literacy program for DPS, but, he says, each time he came back to America he had trouble adjusting. “It’s difficult when people here just don’t care about the people I was involved with from these countries, so it seemed to always send me back overseas.”

His last overseas assignment took him to Thailand from 1990 to 1993 with the State Department. He interviewed refugees in Vietnam for resettlement to the U.S. and other countries, including Amerasians (children born to U.S. soldiers and Vietnamese women during the war, often discriminated against) and reeducation detainees (survivors forced to renounce their former lives in horrific camps). His wife worked in Thai refugee camps with SE Asian hill tribe peoples, who were also victims of the Vietnam War.



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

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New Stapleton Practice Opens for Cosmetic & Reconstructive Surgery

By Nancy Burkhart

Plastic surgery is defined as “a medical specialty concerned with the correction or restoration of form and function.” It includes both reconstructive surgery and cosmetic surgery. Many people think of comedienne Joan Rivers and Phyllis Diller, who both are famous for multiple forays into the realm of plastic surgery. There also have been many stories about teenagers, especially young women, who are unhappy with their growing bodies and want to sculpt themselves to fit their dreams.

Stapleton plastic surgeon Nathan Roesner knows the danger of people making uneducated decisions with regard to reforming their bodies, so he gives his patients counseling about their choices.

“One of the most important things to consider is what they really want,” Roesner said. “What people think they want and what they really want is different. My goal is to restore them to a natural look so that people don’t look at them and say, ‘Oh, they had plastic surgery.’”

“In my opinion, the mark of a good plastic surgeon is talking people out of having plastic surgery. When we’re talking about an adolescent or younger than that, I have no problem refusing to do that service. If there’s a young patient who’s wanting plastic surgery, I talk with them at length. Education and power allows you to make appropriate decisions. If you can educate them, they can make the decision to postpone until an appropriate time. It’s important to counsel the patient and spend time talking to them and their parents. Otherwise, they will go to someone else and have it done and regret it.”

Roesner does both reconstructive and cosmetic surgery.



“I do wounds, facial fractures and hand surgery,” he said. “I also do breast reduction for people with cancer. I also do head-to-toe cosmetic procedures. I perform liposuction on patients. I have training in advanced techniques where we do advanced body contouring. We work on anyone who is skinny but with love handles, or those who need a jump-start to get them back into the place where they feel they have the confidence where they can return to an active lifestyle.”

“If you have a question, please come and ask,” Roesner said. “We offer complimentary consultations, no strings attached. We want to inform people about what their options are. A lot of people may not know that insurance may cover their breast reduction or tummy tuck—or at least partially assist. People who have excess skin on their eyelids don’t know that insurance will cover that.”

Roesner and his wife, Nicole, live in Stapleton with their 4½-year-old son, Jackson, and 22-month-old daughter,

FRIDAY
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Plastic surgeon Nathan Roesner, DO, has recently opened a Stapleton office for his practice of reconstructive and cosmetic surgery.

Ryan. Roesner's Stapleton office is located at 2975 Roslyn St., where he shares offices with the Rose Midwifery Clinic. He is at this office Mondays from 1 to 5pm. Currently, Roesner also has offices in Thornton and Lakewood. However, he hopes to make Stapleton his only office within the next year.

For information about Mile High Plastic Surgery and Dr. Nathan Roesner, go to www.milehigh-plasticsurgery.com or Nathan@milehigh-plasticsurgery.com. For appointments, call 303.909.6977.

Denver Preschool Program Presents First Preschool Showcase

The Denver Preschool Program will showcase 250 metro-area preschools at a free family event on Sat. Jan. 12. Free haircuts, tuition support tips and educational health activities will be provided. Location: Tivoli Student Union on the Auraria Campus, 900 Auraria. The Denver Preschool Program is a tax-funded initiative providing tuition support to ALL Denver families, regardless of income, with a child in their last year of preschool before kindergarten. The money can be applied at any of the 250 preschools. To attend: email ellen@dpp.org or call 303.595.4DPP (4377). More at DPP.org.

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Parent Information Meetings

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Saturday, January 26th 10:30am -11:30am

Deadline for First Round picks is January 31, 2013.

Tours are available on Monday and Wednesday mornings from 9am-10am in January. Call the school to set up your tour!

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

DENVER METRO EVENTS

Art Walks and Exhibits:

- 1/4 Friday- Santa Fe Arts District.** Santa Fe Dr. between 10th and 6th. www.artdistrictonSantaFe.com
- 1/4 Friday- North Denver’s Tennyson Art Walk.** Tennyson St. and 44th Ave. www.denverartwalk.squarespace.com
- 1/4 Friday- Old South Pearl Art Walk.** www.oldsouth-pearlstreet.com
- 1/4 Friday- Cherry Creek Arts District.** www.cherrycreeknorth.com
- 1/4 Friday- Highlands Square First Friday.** 32nd and Lowell, North Denver. www.highlands-square.com
- 1/11 Friday- Aurora’s East End Second Friday Art Walk.** Gallery openings, music, theater, food, etc. 5-8pm. Map to

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- 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 1/20- Becoming Van Gogh.** 70+ paintings by Vincent Van Gogh and artists who inspired him. Denver Art Museum. Ticketed exhibit. www.vangoghdenver.com
- 1/4 Friday and 1/5 Saturday- Michael Jackson Tribute.** Bluebird Theater.Tickets: \$20/advance; \$25/door; 2-day pass \$35. 9pm. www.bluebirdtheater.net
- 1/5 Saturday- Harlem Globetrotters.** Pepsi Center. 1pm. Tickets from \$20.50. www.pepsicenter.com
- 1/7 Monday- LIVE from Governor’s Residence presents For the Love of Opera.** Governor’s Residence at Boettcher Mansion, 400 E 8th Ave. Doors: 6pm (cocktail reception in ticket price)/Show: 6:45pm. \$45. www.coloradoshome.org
- 1/9 Wednesday- Colorado’s Constitution Walking Tour.** \$4 members/\$5 nonmembers. 10:30-11:30am. Reservations not required. Meet in Col. History Museum lobby, 1200 Broadway. 303.866.4686, www.coloradohistory.org
- 1/9 Wednesday to 1/12 Saturday- Colorado RV Travel Show.** Tickets: \$8/online, \$10/door; cash only. 11 and under free. Colorado Convention Center, 700 14th St. www.gsev-ents.com
- 1/10 Thursday- An Evening with Avi Avital.** Mandolinist Avi Avital and Colorado Symphony. Mizel Arts and Cultural Center. 7:30pm. www.coloradosymphony.com
- 1/10 Thursday- National Western Parade.** 12pm. Downtown Denver. FREE. www.nationalwestern.com
- 1/11 Friday to 2/23- Rethinking Western.** Gallery 1261. Contemporary takes on realities of life in western U.S. Opening reception, Fri. 1/11, 5-8pm. 303.571.1261. 1261 Delaware St.
- 1/11 Friday to 1/13 Sunday- Denver Boat Show.** Colorado Convention Center, 700 14th St, Downtown Denver.Tickets \$10; 11 and under free. Friday 12-10pm, Saturday 10am-10pm, Sunday 10am-5pm. www.denverboatshow.com
- 1/12 Saturday to 1/27 Sunday- National Western Stock Show and Rodeo.** Denver Coliseum and National Western Complex. www.nationalwestern.com
- 1/14 Monday- Stick Horse Rodeo.** Children’s Museum. 9:30am. www.mychildsmuseum.org
- 1/16 Wednesday and 1/17 Thursday- Denver Brass and an Evening of Dancing Horses.** 7:30pm.National Western Complex. www.nationalwestern.com or 303.295.2979
- 1/17 Thursday- Theatre at Four Mile.** Colorado’s Ghost Towns. 715 S. Forest St.Adults \$15; students 7-17/seniors 65+ \$12; FMHP/CHC members \$9; kids 6 and under free. www.fourmilepark.org
- 1/17 Thursday to 1/20 Sunday- Denver International Sportsman’s Expo.** Colorado Convention Center, 700 14th, Downtown Denver. Thurs./Fri. 12-9pm; Sat. 10am–8pm; Sun. 10am–5pm. www.denverconvention.com

- 1/18 Friday- Shuffle II.** Boettcher Concert Hall, 1000 14th St. 7:30pm. Tickets: www.coloradosymphony.org
- 1/18 Friday to 1/20 Sunday- 32nd Annual Indian Market and SW Showcase.** Fri. 1-7 pm; Sat. 10am-7pm; Sun. 10am-5pm.Admission: \$12; under 13 free; good for all shows/demos entire weekend. Denver Merchandise Mart, 451 E 58th Ave. www.indianmarket.net
- 1/19 Saturday- Ann Hampton Callaway Presents the Barbra Streisand Songbook.** Boettcher Concert Hall, 1000 14th St. 7:30pm. Tickets: www.coloradosymphony.org
- 1/21 Monday- Martin Luther King Jr. Marade.** Largest in U.S. Gather at Colfax and Columbine, program and march to Civic Center Park. 8:30am. www.drmartinlkingjrhc.org
- 1/25 Friday- American Cowboy.** 1-2pm. www.coloradohistory.org
- 1/25 Friday- Denver Winter Brewfest.** 7pm. Mile High Station. \$40-\$45. Benefits Swallow Hill Music. www.denverbrewfest.com/winter
- 1/30 Wednesday to 2/2 Saturday- Mile High Snowfest.** Music, art shows, demonstrations. www.milehighsnowfest.com
- 2/1 Friday and 2/2 Saturday- Disney’s Phineas and Ferb Live, Best Tour Ever!** Bellco Theatre, Colorado Convention Center, 700 14th St.Tickets from \$16. www.ticketmaster.com
- Through 2/14- Southwest Rink at Skyline Park.** FREE ice skating in downtown Denver; bring skates or rent: \$2/pair. www.downtowndenver.com
- Tiny Tots Love Music, Denver Brass.** Special concert for tiny tots and parents; introduce little ones to magic of live music.Variou s dates/locations. Tickets: www.denverbrass.org
- Tiny Tots, Inside the Orchestra.** 45-minute Colorado Symphony concerts for kids 6 and under who sit next to musicians and hear classical music they may recognize! Various venues/dates. Concerts: 9:30 and 10:30am. \$5; children under 2 free. Tickets: www.jrsg.org
- Denver Film Society.** Daily movies/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.denverurban-homesteading.com for classes/seminars
- Denver IDEA Café.** FREE startup workshop and speakers presented by Small Business Chamber of Commerce. 2-4pm, 2nd & 4th Fridays, Tony’s Market, 950 Broadway. 303.861.1447 or www.SmallBizChamber.org
- 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.GalleryGuideDenver.com.**

HEALTH AND WELLNESS

- 1/17 Thursday- Free HIV testing at Rocky Mountain CARES nonprofit for holistic HIV care.** 1-5pm, 3rd Thursday monthly and by appt. 4545 E 9th Ave, #120. Shannon Southall: 303.951.3694
- 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.Wed. 1-3pm, Sat. 9am-12pm. Schedule appointment: 720.777.4808

LECTURES AND DISCUSSIONS

- 1/10 Tuesday- How Children Succeed**-Author Paul Tough discusses his book that explores how character traits—grit, self-control, optimism—are success predictors in students. Free. 6:30pm. St. Mary’s Academy, 4545 S. University Blvd. 303.762.8300; register: www.smanet.org.
- Active Minds – Complete listing/info on all sessions: www.ActiveMinds.com. FREE.**
- 1/8 Tuesday- A Century of Women’s Progress.** 12:30-1:30pm. Tattered Cover, 2526 E. Colfax. 303.322.7727
- 1/10 Thursday- Free Speech and the Islamic Faith.** 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. RSVP: 303.388.0724
- 1/22 Tuesday- Indonesia: A Functional Islamic Democracy.** 12:30-1:30pm Tattered Cover, 2526 E Colfax. 303.322.7727
- 1/22 Tuesday- Kashmir.** 10:15-11:15am. Jewish Community Center: 350 S. Dahlia St. Lil Shaw: 303.316.6359
- 1/24 Thursday- China: The Superpower.** 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. RSVP: 303.388.0724
- 2/5 Tuesday- The National Parks.** 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.
 - 1/26 Saturday- How to Shop for Groceries on a Dangerous Planet.** 1:30-3pm.
 - 1/26 Saturday- Tea Party.** 2-3:45pm. Children’s Pavilion.
- Park Hill Library,** 4705 Montview Blvd. 720.865.0250. Closed Mon. Wed. and Sun.
 - 12/6 Thursday and 12/13 Thursday- Storytime with a craft.** 10:30-11am.
- Pauline Robinson Library,** 5575 E. 33rd Ave. 720.865.0290. Closed

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Mondays- Computer Basics. Teens and adults, 6-7:30pm.

Sam Gary Library, 2961 Roslyn St. 720.865.0325. Closed Tues., Thurs. and Sun.

Mondays- Tales for Twos Story Time. 10:30-11:00am.

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

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

1/5 Saturday- Easy Homemade Bread. 2-3pm.

1/12 Saturday- Blogging 101. 2-3pm

1/26 Saturday- Ebooks. 9:30-12pm.

To submit 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

1/30 Wednesday- Teen Gaming. 4-5pm.

2/2 Saturday- Make and Take Studio, Hand Sewn Plush Heart. 2-3pm.

(continued on page 18)

RECURRING MEETINGS

Business Groups

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

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

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

Civic Groups

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

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

R.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

Interest Groups

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

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

COLORADO SYMPHONY GUILD. Every 3rd Thur. at St. Luke's Church, 13th & Quebec, 10am-12pm. macregar@gmail.com or 303.333.2707

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

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

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

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

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

Stapleton Groups

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

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

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

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

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

Support Groups

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

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

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

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



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(continued from page 17)

Schlessman Family Library, 100 Poplar St (1st and Quebec). 720.865.0000. Closed Wed. & Fri.

1/5 Saturday- Make and Take Studio: Upcycle: Men's Shirts. 10-11am. Adults.

1/14 Monday- Make Your Own Juice and Milk. 6:30-7:30pm.

1/19 Saturday- Make and Take Studio: Upcycle: Men's Shirts part 2. 10-11am.

1/20 Sunday- Ebooks 101. 2-4:30pm

2/4 Monday- Celebrating Jewish Cooking. 6:30-7:30pm.

NORTHEAST DENVER EVENTS

1/12 Saturday- Cockpit Demo Day. Wings Over the Rockies Museum, Lowry. 10am-12pm. www.wingsmuseum.org

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

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

January events- Center of Light, 2300 Forest

St. Denver@CentersOfLight.org or 720.308.9944

1/20 and 1/27 Sundays- Urban Sketching. Hone *plein air* drawing skills weekly at different central Denver locations. 3-6pm. \$71 or \$59/CFU members. Colorado Free Univ. www.freeu.com or 303.399.0093 ext 0.

1/26 Saturday- An Introduction to Sketchup Interior, Home, Landscape Design for Everyone. Easy-to-use free software program to build 3D architectural/design models for visualizing home/landscape projects. 9am-4pm. \$141 or \$129/CFU members. Colorado Free Univ. www.freeu.com or 303.399.0093 ext 0.

2/8 Friday- Visions of Love Chocolate and Wine Pairing Event benefits Anchor Center for Blind Children. Explore fine wines, decadent chocolates and hors d'oeuvres at Anchor Center's Stapleton magical learning facility. 5:30-8:30pm. www.anchorcenterevents.com

DENVER MUSEUM OF NATURE AND SCIENCE Montview and Colorado Blvd. www.dmns.org, 303.370.6000

Through 1/13 Sunday- A Day in Pompeii.

1/17 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; Black Holes, One World, One Sky, Realm of Light, Cosmic Journey: A Solar System Adventure. www.dmns.org/planetarium/current-shows

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

NORTHFIELD EVENTS

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

Bass Pro Events- 720.385.3600, www.BassPro.com

Hunting, fishing and marine seminars offered throughout the month.

Harkins Theatres 18- 720.374.3118,* www.HarkinsTheatres.com

Improv Comedy Club and Dinner Theatre - Tickets: 303.307.1777

www.ImprovDenver.com

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. Refuge closed all federal holidays. Directions/all events: www.fws.gov/rockymountainarsenal/

1/5 Saturday- Bald Eagles in Your Backyard.* 9:30-11:30am. Cameras/binoculars recommended.

1/18 Friday- Disappearing Treasures: National Eagle and Wildlife Property Repository Tour.* 10am-12pm

Last Saturday of month- Wild Rides.* 9:30-10:30am. 1-hour guided viewing tour.

Self-guided Wildlife Drive Auto Tour Route. Open daily 6am-6pm

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

SPORTS AND FITNESS

1/12 Saturday- 17th Annual Quaker Oatmeal Festival and Quicker Quaker 5K Walk/Run. Downtown Lafayette. www.lafayettecolorado.com

THEATRE

1/4 to 1/27- RFK: A Portrait of Robert Kennedy. Vintage Theatre, 1468 Dayton St, Aurora. 303.856.7830, www.vintagetheatre.com

Through 1/6- Wooden Snowflakes. Presented by Ignite Theatre. Aurora Fox Theatre, 9900 E Colfax Ave. www.aurorafoxartscenter.org

1/8 to 1/20- Warhorse. Buell Theatre, Denver Center for Performing Arts. www.denvercenter.org

1/11 to 2/9- Boy Gets Girl. Presented by Firehouse Theatre Company at John Hand Theatre. www.johnhandtheater.com

1/18 to 2/2- The Foreigner. Presented by Phamaly. 9900 E Colfax Ave. www.aurorafoxartscenter.org

1/18 to 2/17- Blithe Spirit. Arvada Center, 6901 Wadsworth Blvd, Arvada. www.arvadacenter.org

1/18 to 2/23- Motherhood Outloud. Avenue Theater, 417 E. 17th Ave. www.avenuetheater.com

2/8 to 2/17- Taking Stock. Festival Playhouse, 5665 Olde Wadsworth Blvd, Arvada. www.festivalplayhouse.com

VOLUNTEER OPPORTUNITIES

Single Volunteers of Greater Denver. Visit www.svgd.org for volunteer opportunities for singles.

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)

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KIDS AND FAMILIES

Through 1/31- GTOs at Forney Museum. Forney Transportation Museum, \$6-\$8. 24+ of America's hottest muscle cars. 4303 Brighton Blvd. www.forneymuseum.org

Thursdays in January- 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. Museum adm: \$6/adults, \$4/kids 5-16/under 5 free. 1880 Gaylord St. www.dmmtdt.org for current workshops

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

1/5 Saturday- Home Depot Kids Workshop. 9am-12pm. FREE how-to clinics first Sat. monthly for ages 5-12. www.homedepot.com

Through 2/24- Coyote Tails. Denver Puppet Theatre, 3156 W 38th Ave. Tickets: \$7 ages 3 and up. 303.458.6446, www.denverpuppettheater.com

1/9 Wednesday- Create Playdates at Denver Art Museum. 2nd Wed/month. 10am. Art, story times, scavenger hunts for kids 3-5. 5 and under free. 100 W 14th Ave Pkwy. denverartmuseum.org

1/12 Saturday and 1/26 Saturday- Lowe's Build and Grow Kids Clinics. Bring kids to a

Lowe's store to build FREE wood project: 10am. www.lowesbuildandgrow.com
1/13 Sunday- Music Train Family Concert Series- African Katandara. Presented by Swallow Hill. 4pm. Daniels Hall, 71 E. Yale. Tickets from \$3. www.swallowhillmusic.com

1/13 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

KIDS CAMPS AND CLASSES

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

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

Small Hands Art Studio- Art classes in Staple-ton. 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/adult classes, workshops, camps, etc. www.solvi-dadance.com

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Just Roll With It—Seven Battle-Tested Traits for a Successful Life

Stapleton resident Sarah Plummer recently published her first book, *Just Roll With It*. Kristine Carlson, Co-Author of the New York Times Best-Selling *Don't Sweat the Small Stuff* book series *In Love, for Women, for Moms* says of the book: "Sarah Plummer's must-read book will inspire you to personal greatness, challenge you to transform absolutely every area of your life, and dare you to love the life you live! Life rarely meets our expectations, but with a positive attitude, there can be some great surprises along the way. Sarah's friendly voice will encourage you to change what you can, as she has, and then let go enough to live life resiliently and magically because sometimes, it's true, you gotta just roll."



Sarah Plummer, right, recently published *Just Roll With It*.



Plummer says she went from atheist Air Force brat to Marine Corps leader and Christian, Intelligence-Officer, Military Sexual Trauma survivor, combat experienced veteran, and Military Olympic Soccer player in just a few short years. Since leaving the military, Plummer has become a certified yoga instructor and integrative nutrition coach, as well as a speaker, trainer, author, and advocate.

Plummer says after research and consulting experts, she decided to take the self-publishing route for her first book, which offers suggestions for coming back from difficult or traumatic experiences—turning tragedies into triumphs instead of staying stuck in difficult circumstances.

The book is available on Amazon.

Recognitions

N. Park Hill Poet Publishes New Book

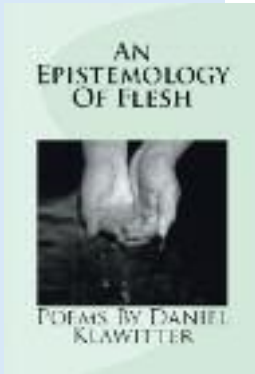
North Park Hill resident Rev. Daniel Klawitter, an ordained deacon in the United Methodist Church and a community organizer with a Denver-based nonprofit group, has published a poetry chapbook entitled *An Epistemology of Flesh*. Robert King, director of the Colorado Poets Center, says of the book, "Poets,' Klawitter writes, 'are as slippery as porpoises—skimming the surface, then diving to the depths' and this book proves his metaphor. Some poems slide on shining water, a kind of witty light verse in which cats know that 'Dogs are prose, and prone to please.' Others dive into well-thought and unconventional religious considerations finding the importance of doubt inside of faith. This energetically slippery poet offers a swim over the waves of language to delve into a felt philosophy of living and we are drawn along with him."

One of the poems in the book is about Corafaye's Soul Food Restaurant on Colorado Blvd.

Lunch at Corafaye's

The tongue is tied to recollection, as thick as the good gravy and as secretive as the collection of recipes handed down like Scripture from matriarch to daughter in her family's ancestral tree. Believe me when I tell you It's food that can make you cry. This delicious genealogy of fried okra; sweet potato pie. Every taste is true: from the black-eyed peas to the candied yams, the catfish and the "recession special" Spam sandwiches. It's just like I remember in my grandmother's kitchen: from the wood-paneled walls to the sound of fried chicken splattering in the pan. If love can be measured by food for the soul, then we have been expanded by a love so large some may call it gluttony, but I prefer abundance. A feast with the fixings free of charge.

The book is available on Amazon.



North Park Hill resident Daniel Klawitter recently published *An Epistemology of Flesh*.

11th Annual World Tea Fair Sunday, Jan. 27, 1–4pm at DMIS



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By Jack Gurr

“We made these bones for a reason,” stated Westerly Creek fifth-grader Jacahri Lawson after he and his classmates created a display of nearly 100 clay bones. The students made the bones for a project called One Million Bones in an attempt to raise awareness about genocide. On June 8–10, these bones will be part of a one million bones display, with bones like Jakari’s laid out end to end on the National Mall in Washington, D.C. For over two years, students from all around the nation have been making bones and sending them to Washington, and when all of the bones are put down, they will span the nearly two-mile length of the National Mall.

The One Million Bones organization sends people into schools to talk about the “why” behind genocide. Marianne Beard, a CU Boulder student and Colorado state coordinator for One Million Bones, came to Westerly Creek Elementary and talked to the fifth-graders about the project. She focused on intolerance in all of its forms as one of the main causes for genocide and pointed out that bones illustrate our common humanity—we all have the same bones—rather than focusing on how many people were killed or how they died.

Fifth-graders Parker Goff-Chrisbens and Trisha Iyer both created and laid out bones for the One Million Bones proj-



Bones for a Cause

ect. Patricia said she “learned mostly about what people in other countries are dealing with.” Another goal of the project was to prompt change. “It did prompt some change,” said Trisha, “because it actually raises awareness of genocide and what people are dealing with right now.” Pattie Glassick,

Westerly Creek 5th-graders create a display of the bones they made as part of the One Million Bones project in which they learned about genocide.

Check out the video on the One Million Bones project at www.FrontPorchStapleton.com

fifth-grade art teacher at Westerly Creek, added that other outcomes of the project, according to the students, were that students learned what genocide is and that it happens to innocent people, and that their efforts on the One Million Bones project were a way to show survivors that people care and want to help.

All money donated for the bones goes to CARE, a worldwide organization that is trying to end poverty and offer people dignity and security. The One Million Bones project is raising money for relief efforts in the Democratic Republic of the Congo and Somalia. One of the programs in the Congo is to provide education for children to help prevent

them from becoming child soldiers.

The Bezos Family Foundation sponsored the One Million Bones project and is donating one dollar for every bone up to \$500,000. There was no cost for the students to participate in the project, but donations are being accepted at www.onemillionbones.org.

Jack Gurr, a junior at DSST, is an intern at the Front Porch.

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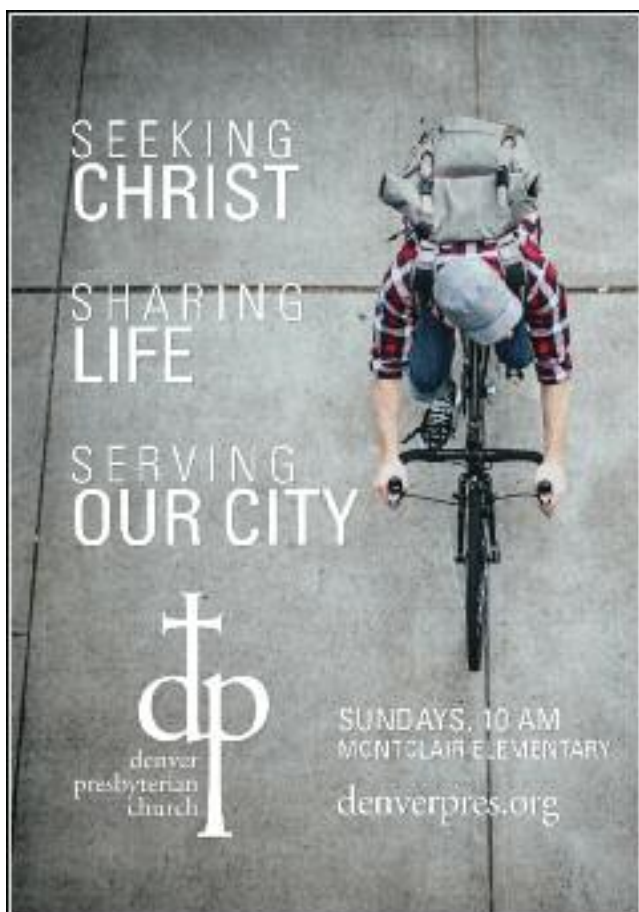


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Visit soco.dpsk12.org for DPS School Choice information and to download forms. Completed forms must be turned in to the most-preferred school by Thursday, Jan. 31 at 4pm. In March 2013, all students will be notified of the school in which they have been enrolled.

SchoolChoice assesses a student's top five preferences relative to each school's admissions priorities and available space.

Announcements

For schools that have more interested students than available space, students will be randomly assigned a lottery number that will determine the order in which they are enrolled.

There is no advantage gained by turning in forms earlier than that date.

Listing only one preference does not increase the chances of being assigned to that school.

Students who reside in an enrollment zone are guaranteed enrollment at one of the schools within the zone.

Students who are transitioning into their neighborhood boundary school should choose that as their no. 1 choice. Transitioning students are guaranteed enrollment at their neighborhood boundary school, and do not need to indicate other school preferences.

George Washington High School Reunion

The 40-year reunion of George Washington High School's 800-member class of 1973 will be held Sat., Aug. 10, 2013, at the Downtown Aquarium in Denver. The reception will run from 6-9pm. Cost will be \$42. A free Sunday casual picnic is also being planned.

Family, friends and neighbors are being asked to help bring the group together again. Members of that class and others who can provide contact information should visit www.gw40reunion.com or email Kip Cheroutes and John Bershof at gw40reunion@gmail.com.

Venture Prep Middle School to Be Phased Out; High School to Continue

By Ken Burdette, Venture Prep High School Principal

Venture Prep has made a decision to focus solely on the continued success of its 9th-12th-grade program since the middle school's performance fell short of the expectations of both Venture Prep and DPS. The middle school will be phased out beginning in the 2013-14 school year. Venture Prep will continue to serve all currently enrolled middle school students and will guarantee them a space in Venture Prep high school, but the middle school will not accept any new students for the 2013-14 school year.

Venture Prep's high school is among the highest-rated high schools in Denver. The high school provides a rigorous, college-preparatory education for families and students. In addition, Venture Prep's high school has been recognized for achieving one of the highest growth rates in Colorado in math and is among the highest growth of all high schools in Denver. Students in its inaugural senior class had a 100 percent college acceptance rate. For more information, contact Alyssa Whitehead Bust at 720.423.2581 or Ken Burdette at 303.893.0805.

Charitable Food Collection Contest in January

Join the Colorado Genetics Lab in a competition to see which northeast Denver organization (business, church, school) can collect the most nonperishable goods per person during the month of January. The Colorado Genetics Lab team will pick up and deliver the collected food to Agape Christian Church or the Colorado food pantry (your choice). For more, call Susan at 303.724.5703.

Goodwill Outlet Opens Near I-70 & Kearney

In November, Goodwill Industries of Denver opened a new Outlet World store that sells gently used goods by the pound. Shoppers select items from bins of clothing and other items that are then weighed at checkout and purchased at deeply discounted rates. The more that is purchased, the lower the cost per pound.

According to Goodwill, this outlet store model gives goods that have not sold in their traditional retail stores one more chance to be purchased, giving them the most value from each donation and keeping as many goods as possible out of landfills. Each year, Goodwill Denver recycles or repurposes 74 million pounds of donated goods. Proceeds from all Goodwill thrift stores fund local programs that seek to reverse the cycle of poverty through career preparation and skills training for at-risk youth, struggling adults and individuals with disabilities. To learn more, visit www.goodwilldenver.org.

Green Builder Home of the Year Award Goes to New Town Builders

Green Builder magazine named Denver-based New Town Builders (NTB) "Green Builder Home of the Year/Production Builder."

The distinction was based on the way NTB constructed the home in Stapleton for top energy efficiency at an affordable price. The "zero-energy" distinction means that the home produces as much energy as it uses over the course of a year.

"It's fairly easy to improve HERS (Home Energy Rating System) ratings with better windows, higher efficiency furnaces and other bells and whistles," said Green Builder magazine, "but New Town Builders wanted to develop a replicable strategy for hitting net-zero-energy using (mostly) standard materials. They achieved that using simple but effective techniques, such as staggered 24-inch, on-center stud framing to allow for more insulation, and use of a "California Corner" that allows for insulation at corners—a common weak point in many stick-framed homes."

In its award application, NTB explained that the goal with this zero-energy home was to "mainstream" it into the Denver market, just as they had mainstreamed the concept of energy efficiency as a primary "selling point," along with making photovoltaic energy a standard feature and using Colorado Pine Beetle (Blue Stained Pine) lumber.

Gene Myers, chief executive officer of NTB gave recognition to the National Renewable Energy Laboratory, which consulted with NTB on this project.

2013 Century Ride To Be June 15 — Will Start and End in Stapleton

The fourth annual Coldwell Banker Denver Century Ride benefiting BikeDenver will be held Sat., June 15. This year, the ride's single point start/finish line and post-ride party will be on Main Street in The Shops at Northfield. The ride was changed from Sunday to Saturday to allow a "recovery day" before returning to work. The Northfield location has ample free and close-by parking. The post-ride street party will be free and open to the public and include a live band, kids' activities and other attractions from 12-4pm. The Century Ride will offer routes from 1 to 100 miles. For more about routes and registration, go to www.DenverCenturyRide.com.

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January 2013

22

Stapleton Front Porch

Stapleton Update

Jan. 28—Aurora Municipal Center at 7:30pm Public Hearing on Adoption of Urban Renewal Plan for NW Aurora

In 2010, the EPA awarded a Brownfields Planning Grant to the city of Aurora to help revitalize the NW Aurora. (Brownfields are abandoned or underused industrial and commercial facilities that could be re-used.)

The grant funded a series of public workshops in 2011 where members of the community shared their vision for the NW Aurora neighborhood. In February 2012 Aurora adopted an amendment to their Comprehensive Plan for the area they named “Westerly Creek Village & Montview Corridor” Strategic Area. The area is bounded by Westerly Creek, Montview, Dayton and 26th Ave and also includes the empty Aurora land in Stapleton that runs east to Peoria St. (see map below). The amendment recommended a strategy to pursue urban renewal as a redevelopment tool for the area.

The Colorado Urban Renewal Law states for an area to be eligible for urban renewal funding (primarily Tax Increment Financing [TIF]), it must be declared blighted. At least four specific blight factors must be present in the area, and must substantially impair or arrest the sound growth of the municipality, retard the provision of housing accommodations, or constitute an economic or social liability, and be a menace to the public health, safety, morals, or welfare.

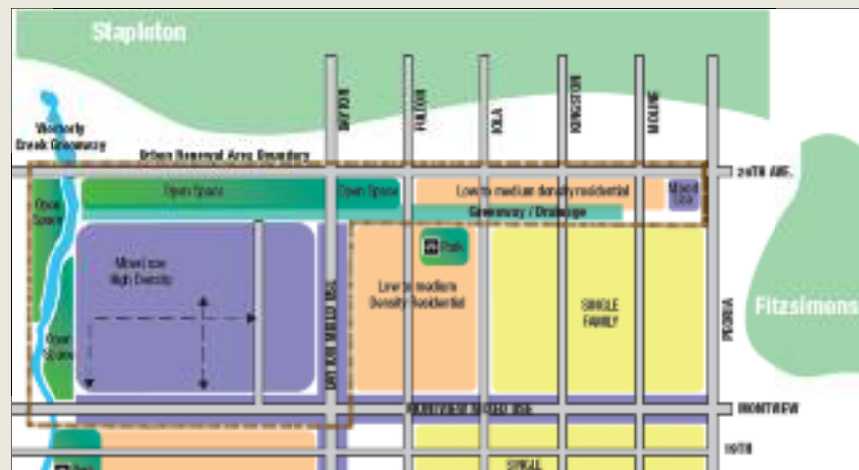
The blight study found five of 11 blight factors exist in the area: slum, deteriorated, or deteriorating structures; deterioration of site or other improvements; inadequate public improvements or utilities; environmental contamination of buildings or property; and substantial underutilization or vacancy of sites, buildings, or other improvements; site requires high level of municipal services.

In April 2012, an EPA grant-funded blight study was completed and in August, the City Council approved a resolution designating the Westerly Creek Village Blight Study Area as blighted and appropriate for urban renewal to eliminate blighting conditions and stimulate redevelopment.

In December the City Council adopted a resolution to set a public hearing on January 28, 2013 to consider adoption of the Urban Renewal Plan and Area. The meeting will be held at the Aurora Municipal Center, 15151 E. Alameda Pkwy., Aurora, CO, 80012.


Chad Argentar of the Aurora Planning Dept. said the undeveloped Stapleton land was included in the blight designation “to leave open the possibility to using Urban Renewal to help stimulate the completion of the Stapleton component.” However, he also said, “There are no plans or projections or any way of knowing whether urban renewal will be able to do that, but we included it in there just to leave open the possibility.”

The Westerly Creek Village Urban Renewal Plan is posted at www.auroragov.org/wcvplan. The area designated as blighted and potentially eligible for Urban Renewal funding is shown below. Westerly Creek and Dayton are the boundaries of the commercial area between 26th Ave and Montview. Undeveloped Stapleton land between 25th and 26th stretching east to Peoria is also included.



Westerly Creek Village Urban Renewal area land use plan.






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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



SUN Announces 2013 Board Elections

By Mark Mehringer and Steve Lawrence

Are you new to Stapleton or a long-time resident looking for an opportunity to contribute to the neighborhood?

Have you hoped that more voices from the community would be represented in development or government decisions?

Do you want to help make Stapleton a better place to live and work?

Do you want to put your talents and skills to good use for the benefit of Stapleton?

If your answer is "yes" to any of these questions, please consider running for a leadership position on the Stapleton United Neighbors Board of Directors.

The first SUN Board of Directors was elected in the spring of 2004. During the past nine years, a lot has changed in our community. SUN continues to organize the annual Block Party Day and the Kickball Tournament to help bring neighbors together and to build the bonds that are critical to strong communities. SUN's committees have also played key roles in the development and layout of new schools, streets, buildings, blocks and parks, and that will continue to be the case as long as Stapleton grows. After

10 years of neighborhood growth, new issues have sprouted regarding our parks, traffic, school space, businesses, and more. Our neighborhood's successes largely result from the leadership of committed residents, and the willingness and desire of the vast majority of Stapletonites who want thoughtful decisions, based on what is best for the long-term interests of Stapleton and our neighbors. Our failures and frustrations generally occur when no one steps up to provide leadership and help keep SUN and other Stapleton residents informed about plans, decisions and community needs.

Now it is time to make plans for another year of progress with the election of members to the SUN Board of Directors. Of the 15 seats on the SUN Board, eight are up for election this spring for a two-year term. SUN is committed to a diverse board with residents from all areas and parts of our neighborhood.

A nominating committee will be formed to identify members of the Stapleton community who are interested in becoming more involved in the effort to organize the neighborhood. Please consider sharing your voice and experience by becoming a candidate for the SUN Board of Directors.

Stapleton United Neighbors Board Election FAQs

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

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

viding: (i) a forum for residents living within the boundaries of SUN to discuss and resolve issues; (ii) a network of communication; and (iii) a means of acting on matters of importance to the community as a whole. Check out the SUN website at www.stapletonunitedneighbors.com for more information.

What do SUN Board members do?

SUN board members are responsible for helping bring the mission of SUN to life. This entails at least the following responsibilities:

Attendance at eight or more of the 10 SUN board meetings each year;

Chairing or serving on at least one SUN committee or serving as a SUN liaison on a Stapleton Citizens' Advisory Board (CAB), or Stapleton Development Corporation (SDC) committee (parks advisory group, zoning and planning, housing diversity, community communications and design review), or serving as a SUN liaison to Inter-Neighborhood Cooperation (INC);

Authoring at least one article per year for the SUN Spot section of the *Front Porch*; and

Attending and helping out with SUN-sponsored community events and forums.

What is the time commitment involved?

Monthly board meetings typically last an hour and a half to two hours. SUN, CAB and SDC committee meetings are usually once a month (or less) and run about an hour to an hour and a half, and INC meetings are the second Saturday of the month for three hours. Beyond that, keeping up with voicemail, email, authoring a SUN Spot article and attending other events and meetings can add as little as a few minutes to as much as several hours per week. As a general rule, SUN will involve about 10 hours a month of time commitment, depending on the calendar of events.

What do I need to do to run for the Board?

The application process entails submitting a 200-word statement of interest and bio to SUN (StapletonUnitedNeighbors@gmail.com) and attending the SUN Forum and Election in the spring. Statements of interest and bios will be published in the April issue of the *Front Porch*; they will also be posted online on SUN's website at www.StapletonUnitedNeighbors.com.

Letters

New Bus Route 89

After we first read of this new bus route, we stopped in at the Stapleton MCA office for more information. We were informed that 29th Ave. was a "collector street" making it an "obvious" choice for a bus route. The receptionist promised to forward our concerns to RTD, and gave us Angie Malpiede's contact info: Amalpiede@Stapleton-Foundation.org [Stapleton Transportation Management Association].

Ms. Malpiede's response had three main points. 1. #89 had been on the Master Transportation Plan since before she arrived in 2002. 2. The TMA website has it shown for at least the last 10 years. 3. There have been six public hearings between 9/27 and 10/5 where this issue was brought up and there was no opposition.

We stay pretty closely attuned to local issues and cannot recall hearing about public hearings concerning sending buses down 29th Ave. We understand and agree with the need for mass transit from the Park and Ride to the Medical Center but our argument is that a direct route down MLK is the only logical solution! There will be NO demand along 29th Ave. for passenger pickup and drop-off. The VERY FEW potential riders would almost certainly PREFER to walk the two short blocks to MLK rather than have buses transiting 29th Ave. Contact with our immediate neighbors has been 100% against this illogical proposition.

Respectfully, Janet and Michael Sennett

Response from Stapleton Transportation Association (TMA)

The TMA website has had the map outlining the route that is being implemented in January for over ten years. In addition, potential buyers who visited the Stapleton Visitor Center would have seen all the graphics available including the plan for transportation. The route was chosen to make the bus more readily available to a greater number of homes in the community—a decision that had the support of Forest City and Park Creek Metropolitan District.

RTD provided the following response: "During proposed service changes RTD schedules meetings to receive input from the public. Two weeks prior to the scheduled hearings, RTD [posts] signs on all RTD vehicles and at the Market Street, Civic Center, Boulder and DIA stations, brochures are placed on all vehicles, ads are placed in local community

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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AVON

to the Editor

newspapers, an article is written for the RTD Read-n-Ride e-newsletter, and information is provided on the RTD website, Facebook and Twitter accounts. Six public meetings were held in September and October to solicit public comment regarding the January 2013 proposed service changes. The service changes can be accessed online at www.RTD-Denver.com.

Because the service changes affect the entire RTD system, which spans eight counties, RTD does not provide targeted information for each neighborhood which a change may affect. RTD encourages riders and non-riders to subscribe to the Read-n-Ride e-newsletter to stay abreast of proposed service changes.

In addition, the Stapleton TMA provided information to the Stapleton United Neighbors, the Stapleton Citizen Advisory Board, Greater Stapleton Business Association, local businesses and the Stapleton Master Community Association so folks could attend the public meetings, one which was held at the Central Park Recreation Center. *Angie Malpiede, RTD Director and TMA Director (Editors' note: The Front Porch did not receive an ad or announcement about the public meetings for #89.)*

Stapleton Community Schools

I have been a member of the Stapleton community since 2003. I have watched it grow and care deeply about its future. I moved to this community because I was attracted to the idea of a group of people being able to help form a close-knit community resting on principles that embrace education, environmental sustainability and neighborly interaction. I have two small children who we will be enrolling in the Denver Public School system in the 2013 school year. Currently there are not boundaries drawn for the schools that exist within Stapleton. Meaning any child of Stapleton, regardless of their proximity to a certain school, is not guaranteed a spot at a particular school. I have been looking into this issue and I have always gotten two answers from DPS: 1. There are no boundaries because according to a survey that was taken three years ago, the majority did not want boundaries; and 2. It would be unfair to the residents living in the Eastbridge neighborhood. As for issue number 1: The data that is constantly being referred to is outdated. It is ridiculous to assume that old data is still relevant given this growth. Especially since the margins in the old data were so close. I have heard an uproar in my community about the unwillingness DPS has shown to revisit this issue and when I am in the

community I have only heard that people DO want boundaries. As for issue number 2: This is a non-issue given the planning and projected building of the Eastbridge school. Why do elected officials continue to ignore the requests of those who elected them? The people of Stapleton moved to that community, because they were sold on ideas (that) include a community committed to environmental sustainability and one that is pedestrian/bike friendly. Now that we have schools planned to be in and to serve each neighborhood in Stapleton, it makes no sense

why these ideas should not be actualized. I live within walking distance to my school. My child should have a guaranteed spot in that school (not a choice of 4). The community of Stapleton is no longer itself a neighborhood but has smaller enclaves within it. It is time that DPS makes boundaries within Stapleton. I encourage the members of the community to contact the Denver Public School Board members at 720.423.3210 or board@dpsk12.org and make their voices heard on this issue.

Thank you, Alison Macklin

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McAuliffe to Smiley?

(continued from p. 3) in the bottle when you can. If you hold out for something greater, the grass is always greener and it never happens. The capacity is 450 at McAuliffe now. That's what they would get if it's 50 percent. They (Stapleton) are not losing anything and they're gaining the diversity of what Park Hill has to offer."

An hour and a half into the meeting, the statement that brought a full round of applause from Park Hill parents came from Helen Thorpe. "I share the anxiety that the choice process brings up. It is an uncomfortable experience looking at school after school and wondering where your kid is going to want to go. But as I looked at the different middle schools, the thing that has become really clear to me is that what matters most is leadership—and you (Kurt Dennis) are the best leader I've seen. So I'm excited that you're here tonight and that we have this choice in front of us and I hope we can unite around the possibility of bringing you to Smiley."

State Sen. Michael Johnston, a former school principal and Stapleton parent, strongly supports the idea. "There is not yet a really good example in the country of a place that's sustaining a truly high-quality, truly integrated public school district. When most people talk about what the ideal structure would look like, it looks something like NE Denver. It's a good representation of a cross section of America and it's a group of engaged and committed parents, so I think we have a really unique opportunity to say, 'Is there a possibility of truly working to bridge these neighborhoods into one shared neigh-

borhood that has really great schools for all kids?' I feel like NE Denver is in the best position of any place I've seen or visited to be the first to do that.

"What do you want NE Denver to look like in 10 years? Do you want it to be a place where there are racially and socioeconomically isolated populations on one side of the street from the other, or do you want a place where people work and live and go to school all in an intermingled or shared space?"

Principal Kurt Dennis has started the process of bringing the communities together by offering information that enables families to make an educated decision. He is happy to answer further questions about the McAuliffe program and the possible move to Smiley. He can be reached at 720.424.4790 or kurt_dennis@dpsk12.org. For future info and updates check <http://mcauliffe.dpsk12.org>.

What next? DPS says the community process cannot be speeded up, it will run from January until June. Mary Seawell explains that there are many factors to consider (including what middle-school program will use the space that McAuliffe vacates). "They're totally doable, but it's not something I think it makes a lot of sense to rush through." She says the school board needs to hear from parents throughout the region and suggests that people can immediately start sending emails to board@dpsk12.org, which will go to all the board members.



Smiley Middle School

300 current 5th-graders live in the Smiley boundary. Approximately 250 5th-graders live in the Stapleton boundary.

• Across the two areas, about 20-30% of students get free and reduced lunch (FRL) North Park Hill is about 87% FRL, South Park Hill about 20%, Stapleton about 13%. McAuliffe is 21.8% FRL.

• Next year (2013-14) Smiley attendance-area students will have 2nd priority for seats at McAuliffe, after Stapleton students. Other students would come after.

• DPS keeps close tabs on demographic trends in Stapleton. There will be more than enough seats across the schools that serve the two areas to serve needs, though not every student may get their first choice.

• In 2013-14, 6th-grade students in the Stapleton area are guaranteed a spot at Bill Roberts or McAuliffe. Smiley area students are guaranteed a seat at one of five DPS middle schools: McAuliffe, Bill Roberts, DSST:Stapleton, Morey or DSST: Cole.

Facts about the Stapleton and Smiley attendance areas (provided by DPS):

• There are currently 180 sixth-graders at McAuliffe; 90 from Stapleton, 60 from Park Hill, 30 from other areas.

• Approximately 300 current 5th-graders live in the Smiley boundary. Approximately 250 5th-graders live in the Stapleton boundary.

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Questions or comments? Visit Facebook at Front Porch Newspaper, email FrontPorchStapleton@gmail.com, or call 303-526-1969.

Stock Show

(continued from page 1) Their participation is the culmination of years of hard work, dedication and teamwork.

"Madison and Jerry really worked hard to earn the privilege of representing the farm at the Stock Show," said Donna Garnett, executive director of the Urban Farm, a nonprofit organization in the Stapleton area that teaches hundreds of urban children about agriculture and the environment.

"Both kids are committed to taking care of their horses every day from November through May, which means cleaning their stalls and exercising them every day. They put a lot into it," said Garnett.

Jerry and Madison are two of the farm's TUF Kids, a group of 25 young stewards of the farm's mission and facilities. "TUF Kids is our ambassador program," said Garnett. "They are partners in keeping the farm going. They are devoted to the farm and they volunteer above and beyond the other kids until they graduate from high school. The TUF Kids help with everything from fundraising to being here to break up the ice after a blizzard. They are the ones who show at county fairs."

Jerry and Madison are no tenderfeet when it comes to riding, having competed at the Adams County Fair for the past two years with their horses, Moonie and Dandy.

But the National Western is the big league and participating there requires more preparation—and nerves of steel.




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CONTEMPORARY GOSPEL 9AM, TRADITIONAL 11AM



“There’s more hard-core training, both mental and physical, for us and the horses,” said Madison, a sophomore at Hinkley High School who has ridden at The Urban Farm for eight years. “A trainer who’s been at the stock show comes out each week and puts us through intense exercises to get physically fit. The judges look at physical fitness.”

The riders also prepare mentally. “It’s stressful because the trainer tells you a lot that you have to remember,” said Madison. “All of it going through your mind is tiring. I was advised to take meditation classes and that helps me get away from the pressure for a while.”

“I sit down with my parents and they help me prioritize and set daily goals so I know what to think about and get done,” said Jerry, who attends Morey Middle School and has been riding horses for seven years.

Jerry and Madison will show (the term used for competing) in the Open Horse Show January 22 and 23. They’ll compete against 15 to 20 riders in their age group, in both the English



and Western classes. As they put their horses through various moves directed by the judges, they’ll be judged on how compliant the horse is, as well as their seat position, posture and accuracy in executing the moves. What do these two determined teens hope to gain from participating in the Stock Show?

“I’m doing it to get experience,” said Madison. “Because if I say I want to win a ribbon but I don’t win, I’ll be disappointed in myself. So I just want to get out there and get the learning experience and see what it’s like to go out into the bigger leagues.”

Jerry agrees. “We ride because we love it. A first place ribbon is nice but the experience is better.”

A perk of riding in the Stock Show is access to college scholarships offered by the National Western Stock Show. Participants



For people who have lived in Denver a long time, going to the Stock Show isn’t just about the rodeo and other arena events—it’s a chance to explore the world of Western ranching. Eating the food, seeing the people, walking through the pens of the old Stock Show yards, and, yes, smelling the livestock is a fundamental Denver experience. Denverites should be happy that the decision has been made to keep the show right here in Denver.

trust each other.”

“When I get to the Stock Show, I’ll be thinking about what I stand for,” said Jerry. “I stand for the farm, my 4H family and Madison. I stand for all our animals.”

“Most of the competitors are high-class barns,” said Madison. “We’re not a high-class barn; we’re a high-heart barn.”

Jerry and Madison’s favorite activities as Stock Show visitors include the Mexican Rodeo and the food.

Garnett recommends several Stock Show activities for families:

Fabulous Farm Animals— The Urban Farm’s own game show for children, using real animals Ponytrails— Horse exhibitors The CSU Scavenger Hunt— A search for clues at the Ag Adventure exhibit Superdogs— Dog trick show

Wild West Show— Patterned after the great Buffalo Bill shows of yesteryear

The National Western Stock Show will start Sat., Jan. 12 and end on Sun., Jan. 27. It’s open from 9am–9pm on Friday and Saturday and until 8pm on other days, except the last day closes at 6pm. Grounds admission varies by the day and ranges from \$13 to \$19 for adults. Rodeos and other events are additional. www.nationalwestern.com or 303-297-1166



are eligible to apply directly to schools that offer National Western scholarships ranging from \$2,500 to \$6,000. Seventy-four scholarships are offered in agriculture and medicine at Colorado and Wyoming colleges.

The Urban Farm raised \$1,200 to send Jerry and Madison to the Stock Show. “The fees are expensive and the kids’ families can’t afford the cost,” said Garnett. “So the kids wrote short essays and a few of us on the board went out and asked folks to help. It was a group effort.”

Teamwork is highly emphasized at The Urban Farm, where everyone depends on everyone else to keep the farm going.

“The farm taught me how to take care of things and take care of myself,” said Madison. “We depend on each other for rides, and to clean someone else’s pen or exercise their horse when they can’t be there. We

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