

# Front Porch

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

DENVER, COLORADO

STAPLETON

AUGUST 2013



## New Holly Square Rises From the Ashes

A group of community members pose in front of North Park Hill's revitalized Holly Square. The iconic pillars remaining from the shopping center arson represent its past, and the brand new Anschutz Community Center represents its future. Several community organizations will occupy the space. Front row: Boys and Girls Club summer campers Lushon Norris, Zaernira Savage, Zeaylah

Norris and Jade Norris. Back row: Prodigal Son Initiative members DeShawn Burks and T'ngela Wilhite; Elena Vasonez of Mi Casa; Gerie Grimes of the Hope Center; Boys and Girls Club counselor Lovell Norris; Prodigal Son Initiative Executive Director Terrance Roberts; and Boys and Girls Club Branch Director Jason Torrez.

By Madeline Schroeder

On a recent day, maintenance workers fix lights in the Social Rec Room, volunteers blend smoothies in the kitchen, people meet in the Cultural Arts room, and kids build a garden outside. The Nancy P. Anschutz Community Center in Northeast Park Hill is abuzz with anticipation of its projected opening in September.

The Anschutz Center represents the community rising

from its ashes. The area has been stricken with gang violence, and in 2008, the Holly Shopping Center at 35th Avenue and Holly Street burned to the ground when gang members set it on fire.

For months the site remained rubble, but ex-gang member and founder of The Prodigal Son Initiative, Terrance Roberts, says he never considered leaving. "I shouldn't have to be pushed out of my own community" (continued on page 30)

## First Residents Welcomed to Conservatory Green



Left to Right: Darin Everett and Joe Hall, holding their son, Jaxon, 8 1/2 months, talk with city councilman Chris Herndon at a press conference called by Forest City. The event welcomed some of the first home owners in the Conservatory Green neighborhood being built north of I-70 in Stapleton.

By Nancy Burkhart

Since the Shops at Northfield opened in 2006, they have been surrounded mostly by dirt. But in the six months since sales began on the new Conservatory Green residences, the area has undergone a rapid transformation. The sales numbers are changing daily, but as of the end of June, 145 Conservatory Green homes had been sold, and now residents are starting to move in.

The first Conservatory Green buyers, Joe Hall and Darin Everett, (continued on page 24)



**Coming in September—Front Porch music and art teachers guide for northeast Denver.**

Teachers' information due by August 10. See page 21

**Free and open to the public—Shakespeare to be performed on the Green in Stapleton August 15 & 16.**

See page 10



**Get out and walk with your family and friends at the inaugural NE Walk Fest.**

See page 28



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Like us at Front Porch Newspaper for updates on local news and events.





The 2013 Beer Festival on The Green will feature unique brews, food trucks and live music. Festival is August 17. For ticket information and festival details see MCA column at right.



## CALENDAR

Events listed below are FREE and OPEN TO THE PUBLIC or support nonprofits.  
(Additional events are listed on pages 18- 21. Recurring events are listed on page 18.)

### AUGUST

See additional MCA activities at right.

#### Every Sunday

Farmers Market, 8:30am–12:30pm  
The Green\* events@stapletoncommunity.com

#### Saturday, August 3

Concert on The Green - Soul School, 6–8pm. The Green\* events@stapletoncommunity.com

#### Sunday, August 4

City Park Jazz Summer Concert Series. 6–8pm,  
Henry Butler. CityParkJazz.org  
Last concert of the summer.

#### Tuesday, August 6, 13 & 20

Free Yoga on The Green, 7–8pm. The Green\* events@stapletoncommunity.com

#### Wednesday, August 7

Quebec Alternatives Analysis Kickoff Public Meeting, 5:30–7:30pm. Colorado Free University Ballroom (Inside the John Hand Theater)  
7653 E. 1st Place (see page 21)

#### Thursday, August 8

Active Minds—"Iran," 7–8pm. MCA Community Room\* events@stapletoncommunity.com

#### Friday, August 9

Movie on The Green - "Lincoln," Dusk. The Green\* events@stapletoncommunity.com

#### Saturday, August 10

Denver Days—Stapleton Neighborhood Picnic on The Green at the 29th Ave Town Center, 5–8pm. (see story page 28)

#### Sun, Aug 11 & Mon, Aug 19

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

#### Thur, Aug 15 & Fri, Aug 16

Shakespeare on The Green - "A Midsummer Night's Dream," 6:30pm. The Green\* events@stapletoncommunity.com

#### Saturday, August 17

Stapleton Beer Festival & Concert, 4–8pm. "The Young Austin Band" & "Chris Daniels & the Kings" The Green\* events@stapletoncommunity.com  
(Free concert, tickets required for beer festival)

### AUGUST

#### Saturday, August 17

Chipotle Cultivate Festival, free, 11am - 7pm at City Park. Chef demonstrations, music, artisans and activities to educate attendees on sustainability. (see page 21)

#### Sunday, August 18

Active Minds Music Seminar & Potluck Brunch - Loving Brahms, 9–11am. F15 Pool\* events@stapletoncommunity.com

#### Friday, August 23

Movie on The Green - "Oz, the Great & Powerful," Dusk. The Green\* events@stapletoncommunity.com

#### Saturday, August 24

Inaugural NE Walk Fest—9am–1pm  
Stapleton, Park Hill and Montclair residents walk within and between neighborhoods with activities in three parks. (see page 28)

#### Saturday, August 24

Family Yoga on the Green with Music Together — Fundraiser: \$10/person; \$25 family of four  
10am The Green in Stapleton.\*  
Silent auction to follow.  
Facebook.com/thebarerootsmovement

#### Tuesday, August 27

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

### SEPTEMBER

#### Saturday, September 21

10th Annual Stapleton Kickball Tournament — Between 10am and 2pm at Central Park. Go to www.stapletonunitedneighbors.com/SUNKickball to register.  
(see page 28)

\*Stapleton MCA Community Room, 2823 Roslyn St.  
The Green, E. 29th Ave. and Roslyn St.  
F15 pool: 2831 Hanover St.  
Jet Stream pool: E 36th Pl

**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.**

## Events & Announcements at Stapleton

#### First Friday Flight

The third wine tasting will be held from 6–8pm on Fri., August 2 at the West Crescent and will showcase Latin wines! Tickets are \$15 per person and include wine samples and a complimentary Govino stemless glass. Tickets can be picked up prior to the event (Wed.–Fri., 9am–5pm) at the MCA office or at the will call station at 5:30pm on August 2 at the West Crescent. A valid ID and ticket will be required for entry.

#### Concerts and Movies at The Green

The next concert on The Green will be held at 6pm on August 3 and feature *Soul School*. Neighborhood Music Stapleton will be opening for *Soul School* at 4:30pm on Aug. 3. *Lincoln* will be featured on Fri., August 9 and *Oz, the Great & Powerful* will play on Fri., August 23. All concerts and movies are free and open to the public.

#### Active Minds

##### Iran

This program will be held from 7–8pm on Thurs., August 8 in the MCA Community Room.

##### Loving Brahms

This program will be from 9–10am on Sun., August 18 at the F15 Pool. Join us after the seminar (10–11am) for a potluck brunch—please bring an item to share.

#### Shakespeare on The Green

This event is scheduled for Thurs., Aug. 15 and Fri., Aug. 16 at 6:30pm on The Green. The Colorado Shakespeare Festival and the MCA are proud to host *A Midsummer Night's Dream* at The Green. This play will be performed on both Thursday and Friday. The event is free and open to everyone. Join us for an enchanting evening of romance under the stars and an introduction to Shakespeare for all ages!

#### Stapleton Beer Festival

Purchase your tickets today for the 2013 SBF! VIP and general admission tickets are available. VIP tickets include exclusive craft beer tastings (4–5pm), specialty glass SBF taster, SBF chalice, food truck vouchers and an SBF T-shirt. Tickets are \$50 each—space is limited. General admission will begin at 5pm and includes beer tastings, SBF tasting glass and food truck vouchers. General admission tickets are \$35 each if purchased prior to Aug. 1, \$40 if purchased between Aug. 1 and Aug. 16, and \$50 on August 17. Space is limited for this event. Purchase tickets online at www.stapletoncommunity.com or call 303.388.0724. Please pick up your tickets prior to the event on Wed.–Fri., 9am–5pm at the MCA office or at the

will call station on Aug. 17. Will call opens at 3pm on The Green.

There will also be a free concert at The Green on Aug. 17. The Young Austin Band will kick off the concert at 4pm, followed by Chris Daniels & the Kings at 6pm. Tickets are not required for entry into the concert; only for participants in the Beer Festival.

#### NE Walk Fest—Team Event

The NE Walk Fest is scheduled for Sat., August 24. Participants will be encouraged to walk their choice of a 30-minute, 1-hour or 2-hour loop with festivities taking place at 33rd & Holly St. in front of Hiawatha Davis Rec Center.

Stapleton will house the team registration booth. This event is open to everyone and is FREE. To sign up, create a team of four or more members and head to www.walk2connect.com/trips/ne-walk-fest/ to register your team. Next, check in at the booth on The Green in Stapleton between 9–9:30am on Aug. 24 to enter the drawing for a free After-hours Pool Party for the 2014 season! Each team member will receive an entry into the drawing, so recruit your neighbors and friends to increase your chance at an exclusive party! Participants will also have access to free yoga classes on The Green during the event. Complete the walk with your team and join us back at The Green around noon. The drawing winner will be announced at noon and the winner must be present to receive the prize.

#### Stapleton Kids Triathlon

The Stapleton Kids Triathlon will be held on Sun., August 25. The race will begin at 8am at the Jet Stream Pool. This race will have all of the components of an official triathlon, including timing chips, finisher medals, race T-shirts and a kids' swag bag! Race distances: 6- to 8-year-olds: 25-meter swim, 1-mile bike ride, ½-mile run; 9- to 13-year-olds: 50-meter swim, 2-mile bike ride, 1-mile run.

Registration is \$40 per athlete and each age group will be capped for safety reasons. All athletes must be able to complete the swim portion of the race unassisted. Register today at www.stapletoncommunity.com.

If you have any questions about the information above, please contact the MCA at 303.388.0724.

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# Front Porch

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Jacob Wallace, 9, Aviva Smith, 8, and Amitrius Ricks, 7, visit the Bluff Lake Nature Center to bird watch with Bluff Lake Education Director, Keith Wood (left), and Site Manager, Chris Story (right).

see different birds every day,” Obmascik said. He added that birds’ plumage is most colorful in the spring, “to look good for the girls.”

During migration millions of birds pass over, some travelling from the Arctic Circle to Argentina or Brazil. “Birds the size of your pinky can cross the Gulf of Mexico—300 to 400 miles—in one night,” he said. “How can something so tiny be that strong?”

Migrating birds can be brought down by a storm or a need to rest, Obmascik said. “They get caught in big trees at places like Bluff Lake and the Rocky Mountain Arsenal.”

Dick Conway said the Arsenal is a particularly good place to see birds because it’s farther away from people. Birds to look for at this time include the lark bunting, Colorado’s state bird. Other prairie and woodland birds include western meadowlarks, horned larks, robins, northern flickers, Bullock’s orioles and western wood pewees. Burrowing owls, which raise their young in abandoned prairie dog holes, can be viewed on a tour of the non-public areas.

Great horned owls nested this year near the Arsenal entrance. “Watch the trees for nests and you’ll see



Mark Obmascik

them,” Conway said.

Beginning birders are sure to see the most interesting species if they check with the experts. “It’s a good idea to stop at the visitor’s desk on your way in because birders make a list of what to see at particular times and post it there,” Conway said.

Birders also flock to Bluff Lake and the Sand Creek Greenway, both a short bike ride from Stapleton.

Bluff Lake Center may be small compared to other nature centers, but it has more than 130 species of birds. On a typical day, birders will see 20 to 40 species, according to Chris Story, site manager and self-proclaimed amateur naturalist. Bluff Lake’s most common birds include the American white pelican, Great blue heron, snowy egret, American kestrel and black-billed magpie. The birds are most active in the morning and evening. Eight a.m. the first Saturday of every month, the Bluff Lake Center hosts a bird walk. Story has yet to complete a walk without seeing a new bird he’s never seen at Bluff Lake. For optimal birding, he suggests bringing binoculars, a pocket guidebook and a smartphone. Story says there are now apps that can record bird

calls and identify the species from the recording. The Sand Creek Greenway hosts both shorebirds and raptors, including bald eagles. Birding is becoming a popular pastime. According to the U.S. Fish and Wildlife Service, 50 million Americans report an interest in our feathered neighbors. “Birding doesn’t take a lot except some binoculars and a field guide,” said Obmascik. Obmascik says his three sons enjoy going out with him. “It’s hunting without killing. Kids love it. If they are hot for video games, this game is ‘How stealthy are you?’ They get to sneak up on

the birds.” Obmascik’s interest in birds began when he was a reporter for The Denver Post. “I covered stories about man at his worst.

(continued on page 26) Great horned owl



Photo by Michael Mauro, RMA

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### New Guidelines for Pap Smears

Katie Rustici, MD and Valerie B. Ginsburg, MD, FACOG

It was once recommended that women get a Pap smear every year. The U.S. Preventative Services Task Force (USPSTF) is now suggesting that women have this procedure done every three to five years, depending on age and history. The Pap smear is the most effective cancer screening test for cervical cancer. Cervical cancer is almost always caused by a virus called human papillomavirus (HPV).

**What are the new recommendations?**

Previously, the Pap smear was recommended every one to three years. New recommendations from the USPSTF indicate:

- Women under the age of 21 do not need a Pap smear, regardless of sexual history.
- Healthy women ages 21 to 29 only need a Pap smear once every three years.
- Healthy women between the ages of 30 and 65 need a Pap smear only once every five years, IF they combine it with an HPV test.

**Does this mean I can skip my annual OB-GYN visit?**

No, it is still very important for all women, regardless of their age, to visit their OB-GYN for annual exams including a blood pressure check, breast exam, etc. However, you may not need a Pap smear or swabbing of the cervix every year.

**What if I have had abnormal Pap smear test results?**

These guidelines are for most women, but not all. Talk to your doctor about which types of screening and frequency are right for you.

**Why the change in recommendations?**

The change in recommendations is meant to reduce the rate of false positive findings, which can lead to unnecessary interventions and emotional distress.

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If you would like to make an appointment with Dr. Ginsburg or Dr. Rustici, please call Stapleton OB/GYN at 303-403-6333.

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# Still a Matter of Debate Are Golf Carts Legal on Denver Streets?

By Carol Roberts

“It’s fun to drive a golf cart and feel the wind in your face,” says Stapleton resident Jason Masek, who has many opportunities to do so—he owns a golf cart (aka “car”) dealership. He can explain the differences between golf carts, personal transport vehicles (PTVs) and low speed electric vehicles (LSV); he can tell you what safety features the Denver ordinance on neighborhood electric vehicles requires; and he can tell you exactly what it takes to drive a golf cart legally in Commerce City, where he worked with city council when they approved their golf car ordinance. But he can’t tell you, for sure, what a Denver police officer would consider legal.

That’s because there’s a disconnect between the Denver ordinance and the state’s definition of a golf car versus a motor vehicle. The Denver ordinance says an electrically powered, self-propelled neighborhood electric vehicle that does not exceed 35 miles per hour and meets the equipment standards set by both the state and the city is legal in Denver.

Michael Joyce, a Denver city attorney, says under the city’s ordinance it doesn’t matter whether the vehicle is a golf cart that has been upgraded to meet all safety requirements or is

an LSV that was originally manufactured to meet street-driving requirements. His concern is that the vehicle has the required safety equipment, it is driven on streets with a speed limit of 30 or under, and the driver is licensed and obeys all traffic laws.

Joyce explains that Denver’s ordinance on golf carts was written in 1998 and preceeds the state law on golf carts and LSVs that was passed in 2009 (SB09-075). That state law defines a golf car as “not designed primarily for operation on roadways and designed to have a speed of less than 20 mph.” The same law says, “This article shall not be deemed to prevent local authorities... from authorizing and regulating the operation of golf cars on roadways by resolution or ordinance of the governing body...” The law also specifically states circumstances when operation of a golf car is not authorized, including by a person under 14 years or on a state highway.

By law in Colorado the state registers and licenses vehicles—and Joyce explained that the city leaves that function to the state.

Kyle Boyd, Communication Specialist for the Title and Registration Section of the Divi-

sion of Motor Vehicles, however, says, by law, they cannot register a golf cart because it was not originally manufactured as a motor vehicle. Golf carts have serial numbers, which are not accepted in the DMV system. The VIN (vehicle identification number) on motor vehicles certifies a manufacturer’s compliance with safety regulations. Since a vehicle without a VIN won’t be accepted by DMV’s system it can’t be registered or licensed. And state insur-

ance requirements are attached to vehicles at registration, so there is no state mandated insurance requirement for a vehicle that can’t be registered.

What does all that mean to the Denver police? District 5 Commander Les Perry says he understands that if there’s no state category for licensing golf carts, there’s no law on which to cite a person for not having a license plate. On the other hand, he understands that having unlicensed and potentially uninsured golf carts on





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Left: Jason Masek, Stapleton resident and owner of Masek Golf Cars in Commerce City, shows one of his street legal golf cars near his home in Stapleton.

the streets presents a safety hazard—and a police officer’s job is to ensure public safety.

Jason Masek says once a golf cart has been upgraded with all the required safety equipment, it’s virtually the same vehicle as an LSV (except an LSV can go up to 25 and a modified golf cart can only go to 19.9). The Denver Police Traffic Operations Department suggested that once a golf cart is upgraded it could be licensed as an LSV, but Motor Vehicles says that’s not possible. “What a vehicle is made as is what it stays,” says Kyle Boyd. “You can’t change a truck to a car and you can’t change a golf cart to an LSV.”

What’s the answer to the conundrum? Numerous cities have made golf carts legal and have created ordinances to address the issues of registration and licensing. Englewood, for example, requires that golf carts have proof of insurance consistent with state motor vehicle limits, they require a slow moving vehicle emblem and they must display a City of Englewood Golf Car permit sticker. Golf carts must be inspected by the police every three years to get the city golf cart sticker. The permit fee is \$20.

Copies of the applicable laws for Colorado and Denver, as well as the Englewood ordinance on electric cars are posted at [www.FrontPorch-Stapleton.com](http://www.FrontPorch-Stapleton.com), along with additional information for readers who may be interested in purchasing a golf cart or LSV.

## Sign by Aug. 5 To Put School Finance Reform on the Nov. Ballot

By Carol Roberts

If you think school finance reform should be on Colorado’s November ballot, you just have until August 5 to sign the petition. The initiative, if successful, will ask voters to approve a tax increase for preschool through 12th grade education. The measure calls for 43% of the state’s tax revenue to go to K-12 schools, and would repeal a section in Amendment 23. State Sen. Mike Johnston, who sponsored the legislation that calls for the initiative, says the protection Amendment 23 was meant to provide didn’t hold up because of the way it was interpreted. As a result, a billion dollars a year has been taken out of K-12 education. He believes the 43% formula provides a more sustainable source of funding for education.

The initiative calls for the tax rate to increase from 4.63% to 5% on the first \$75,000 and 5.9% on income over \$75,000, for a two-rate graduated tax. The measure is projected to raise \$950 million. Currently Colorado is one of only six states that has a flat tax; 35 have graduated tax brackets.

Petitions can be downloaded from [greateducation.org](http://greateducation.org) and delivered to 3890 Quebec St.

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Mayor Hancock reacts to the crowd's applause as he ends his State of the City address at the Forney Museum.

## Mayor's State of the City Speech

By Madeline Schroeder

On July 15, Mayor Hancock shared his love for Denver at the State of the City Address. "Our city has come so far, and our future is as bright as our determination is strong," he said.

Hancock spoke to a crowd of citizens and leading Denverites at the Forney Museum, which celebrates historical transportation and antique cars.

It was a very proud American scene as the mayor stood in front of an old train car and enthusiastically described why Denver is a "smart cutting-edge city" and a great place to live.

This past year the budget deficit was eliminated, and essential services like street paving, park maintenance, library hours and safety were restored.

Denver is becoming a player in the global market, and Hancock says this coming year he will continue working toward the creation of an aerotropolis at Denver International Airport. "From horse-drawn carriages to 21st century jet liners, Denver has grown from an isolated mining town to an up-and-coming metropolis," Hancock said.



After the speech, the mayor held a Q&A.

Last month, Denver celebrated the first direct flight to Tokyo, and Hancock spoke about another project to continue making strides toward strong international presence—a new International Welcome Center for foreign

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He also talked about the importance of

Later in the day of the speech he invited community newspapers to his office to answer questions and discuss local issues.

Hancock reiterated the importance of the entire community working together to provide affordable housing: the financial community and private sector, the developers, the city and to some extent, the federal government.

## Knop says Staple- (continued on page 11)



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## Shakespeare Comes to

By Madeline Schroeder

Giant butterflies, fairies, puppets, passionate lovers chasing each other around in a forest, and bursts of jazz are coming to The Green August 15 and 16.

The Colorado Shakespeare Festival's production of *A Midsummer Night's Dream* is set in the 1920s and recounts the challenges and strengths of love with hilarity and magic intertwined.

Arguably one of Shakespeare's most easily understood and possibly funniest plays, Director Geoffrey Kent says kids can understand the story and laugh at jokes, parents can enjoy the beauty of the language, and young couples on dates can be challenged by the story of love.

"There's a little bit of something for everyone in this play," Kent says. "It's very family-friendly."

Despite a 450-year-old script, Kent calls *A Midsummer Night's Dream* timeless. "Shakespeare was writing to the human condition and the humor, the tragedy, the pathos and the passion of it. I think love will always be tested."

Kent has acted with the Colorado Shakespeare Festival for more than a decade, and this is his first time directing for the festival, which he says was a delight.

Collaboration is key in this production, and Kent loves to collaborate with a talented cast. *A Midsummer Night's Dream* is an ensemble play, meaning there isn't one star but a group of equally important roles. "Every-

body has part of the rope to pull, and my job was just to keep them headed in the right direction," he says.

Jenna Bainbridge, who plays the young and beautiful Hermia, calls Kent "effervescent and wonderful to work with."

Bainbridge, a 21-year-old senior at the University of Denver relates to her character Hermia. "She is so competent, but she has been coddled for most of her life," Bainbridge says. "So she realizes her independence and her own power throughout the show. I relate to that because I am so incredibly headstrong. I think it's really important for young girls watching to see if you believe in love, then



Watch a video of Jenna Bainbridge at [FrontPorchStapleton.com](http://FrontPorchStapleton.com)

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# Stapleton's Green



Photos by Glen Asakawa, University of Colorado

Fairies, fantasy and fun. *A Midsummer Night's Dream* has something for the whole family. Left: Jenna Bainbridge plays Hermia and Sean Scrutchins plays Lysander in the 20s-themed production. Above: Jamie Ann Romero as Titania, Queen of the Fairies, in the Colorado Shakespeare Festival's production coming to The Green at Stapleton.

fight for it.”

Bainbridge had challenges to get here.

At 18 months she became paralyzed from the waist down. She walks with a limp and typically uses a wheelchair or crutches. Many directors could not see past her disability, and most would turn the lights off when she entered or exited the stage, and she never walked across stage. “I found it so narrow-minded,” Bainbridge says. “It was infuriating because everyone knows at least one person with a disability and then at least one person with a disability who is intelligent, talented, or beautiful, yet we can’t let that translate into our arts.”

For a long time Bainbridge thought no one wanted to see a disability on stage, but Kent approached her about playing Hermia after seeing her in a Phamaly Theater production, a theater company entirely of performers with disabilities. After casting he told her there was no point in ignoring her disability and asked if she wanted to incorporate her crutch into the role. “It’s the first time I’ve really showed the audience my crutch on stage,” Bainbridge says.

Bainbridge believes this role has helped her confidence and improved her acting, which is also thanks to the “magnificent and talented cast.” She believes *A Midsummer Night's Dream* truly has something for everyone and encourages everyone to come see the production this August.

The play will be performed August 15 and 16 at 6:30pm on The Green in Stapleton. The event is sponsored by the Stapleton Master Community Association and is free and open to the public. This the first Shakespeare Festival production at The Green.

## Affordable Housing

(continued from page 9) ton is “an awesome place to live,” with good schools, pools and other amenities. And he wants people who earn less than the median income to have the opportunity to live in Stapleton.

The affordable housing group has been working together for a year to improve the affordable housing program at Stapleton. Representatives of the City, Forest City, the Stapleton Development Corporation and concerned citizens have come to agreement on recommendations to improve the program at Stapleton.

One of the problems was if a homeowner’s life circumstances changed and their home didn’t sell, they weren’t allowed to rent it out. The new recommendations create more flexibility for those who need to sell or move.

Knop believes the changes will mean more buyers will be interested in the program since they’ll have more confidence that they could sell the home if they needed to. However, he is con-

cerned that although Forest City’s contract calls for 10% of all for-sale homes to be affordable, as of April 30 the number of affordable homes was only at 5%. With the increased sales of market rate for-sale homes, Knop fears Forest City may continue falling behind and even get to the end of their contract without building the required number of affordable units.

Councilman Chris Herndon believes that won’t be a problem. “The Green Book states that it’s 10% by the end of the term, Forest City has land set aside and Forest City has a commitment to fulfilling the obligations of their contract. That leads me to believe that this is something that we are going to do. The mayor is focused on affordable housing. City Council is as well. We are having dialogues about how we can fix the affordable housing issue in Stapleton. All parties are focused on ensuring that we fulfill the dream of the Green Book. I am confident that we’ll be able to do that.”



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# **New Gym Combines Yoga & High Energy**

Stapleton resident Robert Klamser lifts weights during his CrossFit workout at the new Pando CrossFit located in The Shops at Northfield.

By Laurie Dunklee

Stacy Read and Michael Hughes want to share their passion for fitness with their community. The eight-year Stapleton residents—and owners of Digstown Doggie Day-care—opened Pando CrossFit and Yoga at Northfield May 28.

“We live here and we’re looking to build a community place for our friends and everyone’s health,” said Read.

Pando, at 8216 Northfield Blvd., is a 5,500-square-foot space with a workout area, private heated yoga studio, kids’ playroom and changing rooms. Seventeen instructors teach CrossFit, yoga and TRX classes.

“We’re different than other fitness places because we offer all of these modalities under one roof,” said Read. “They are meant to complement one another. CrossFit builds muscle strength, while yoga works on lengthening muscles and increasing mobility.”

CrossFit is a mix of aerobic exercise, body weight exercise, gymnastics and Olympic weight lifting. Hughes is a certified CrossFit trainer who has taught for eight years. Read has taught for four years.

“Workouts are not the same day to day. It shocks your body so it doesn’t know what’s coming next,” said Read.

Daily workouts for the week are posted on their website. “We program and post workouts ahead of time so people know how to dress,” she said.

The CrossFit program emphasizes functional movement, building the capacity to do normal activities.

“It helps me when lifting my kids or reaching a heavy item on a high shelf. It’s very practical, using muscles we use in real life. In the long term, it helps prevent injury and keeps us moving and active longer in our lives.”

Current Pando members range in age from 25 to 60.

Read emphasized that all activities

can be modified to accommodate various skill levels. “Our classes are accessible and not intimidating,” Read said. “We don’t push if you’re not comfortable. We also discourage working out seven days a week; it’s important to give our bodies a break.”

Yoga classes offered include yoga sculpting with weights and Vinyasa yoga, practiced in a warm, humidified room. Read, who has taught yoga in Denver for 10 years, says the Vinyasa approach is beneficial.



Owner Stacy Read leads a stretching session.

(continued on page 24)

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Rare Finds Warehouse owners L to R: Administrator Mary Rockwell-Wilson, General Manager/Co-owner Tony Wilson, Sales Person Aheischel Langston, and Co-owner Brad Grunewald.

# Rustic Decor for the Modern Home

By Nancy Burkhart

Brad Grunewald and Tony Wilson have been running a wholesale company called New Rustics Home at 6500 Stapleton Drive South, Suite A, for the past three years. But, now they have opened a retail showroom called Rare Finds Warehouse to offer homeowners and renters an opportunity to jazz up their home décor with one-of-a-kind items.

“We started New Rustics Home as a wholesale company to create a line of sophisticated rustic furniture and accessories to brick-and-mortar retailers and to e-retailers,” Grunewald explained. “We designed and hired designers for furniture collections and put together a product line.

“We felt that there was a niche, an opportunity to create a direct-to-the-public retail showroom and an opportunity to update our building,” he said. “We created a retail showroom to sell directly to the public and have a showroom to work with local artisans, furniture designers and makers.”

Rare Finds Warehouse offers rare finds “from 10 countries, from Egypt to the U.S. to Mexico to Germany,” Grunewald said. “We have antiques, vintage one-of-a-kind pieces to new pieces. There is an 1890s old antique icebox made in the USA, as well as brand-new glazed ceramic mosaic tables. We offer items that you would never find in any

of the ‘big box’ stores.”

Grunewald has a passion for unique finds, particularly Asian-inspired decor.

He previously worked at a telecommunications company but craved a more creative profession. When the company went bankrupt he and with his wife moved to Vietnam where they sourced stone for umbrella stands for hotel chains and Starbucks. Inspired by the Asian decor, they built what he describes as a “tropical Colorado bungalow with open air and a fireplace.” From then on, there was no turning back; Brad was hooked on home decor.

Grunewald now shares his unique finds at the Rare Finds Showroom.

“We have items from \$10 to \$3,000 or more,” he said. “We are a manufacturer and design and manufacture some of the items ourselves, but we import many items. Some designers use beetle-kill pine, and some of our furniture is made from recycled shipping pallets. We try to reclaim old wood and repurpose. We regularly receive new shipments, so people should shop often to see our new arrivals.”

Rare Finds Warehouse is open from 10am to 6pm Tuesday through Saturday and by appointment on Sunday and Monday.

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# Spanish for Tots

By Madeline Schroeder

Music and singing can be heard outside the house. Enter, and find a pile of shoes both little and big. Turn right and discover a group of young moms sitting barefoot in a circle on the living room floor. Happy toddlers squirm in their laps. One woman with dark hair and a wildly vibrant smile leads the group in a Spanish song. Everyone sings along in Spanish and mimics her hand motions that match the words.

This is Samantha Cox's Spanish class for children. She teaches out of her Stapleton home and uses a unique teaching program called Music Lingua that combines music and language.

The program is 10 weeks long. Classes are once a week for 45 minutes, most of which is spent singing and using toys.

"It doesn't feel like learning; it feels like play. There is no stress at all," Cox says, and flashes another firecracker smile.

Cox has always loved language and travel. She lived in Rome for five years and traveled extensively in Spain and Mexico. She is not native to any other language but is now fluent in Spanish and Italian, and strives to raise her son to be trilingual.

Cox teaches Spanish at Jefferson High School. In January she became inspired to start teaching young children Spanish, but in a fun alternative way. During her research she



Samantha Cox leads a boisterous Spanish class of parents and their kids.

Every parent receives a CD of Spanish songs with the class. Most parents play the CD at times throughout the week. After the 10-week session, parents in the class have said their toddlers now use Spanish words to refer to objects. Samantha's curly-haired son, Charlie, now says "agua" when he wants water.

Since starting Music Lingua in Stapleton, Cox's class has grown to 20 students.

She will start a 9-week course beginning in September, which will be African safari-themed. Classes will

be Saturdays at 9, 10 and 11am. She is also open to brainstorming other types of language classes based on people's interests and has taught private adult classes like "Spanish and Vino."

Visit [www.musiclingua.com](http://www.musiclingua.com) to find out more about Music Lingua. To contact

Samantha Cox directly with questions about the program or other language classes, email [samanthabensoncox@gmail.com](mailto:samanthabensoncox@gmail.com).

stumbled upon Music Lingua.

Although widely unheard of, Music Lingua has been around for more than 10 years. Two moms in Montana conceived the idea. Their shared love of languages and dedication to raising their children bilingual sparked visions of a teaching program that is both fun and effective for kids and parents. After seven years of development, they created a program that is now practiced around the world.

Rather than focusing on technical grammar, Music Lingua emphasizes hearing the spoken language through activities, singing songs and learning gestures to match words. The program bases its research on linguists' proven value of exposing children to foreign languages early on, even if they are just listening to music.

"When they start now at a young age,

they will speak with the accent of a native speaker," Cox says.

The program is designed for children up to age 6, but Cox thinks the younger the better. "Anyone can learn a language, but it's best to start when young," she says. She believes mere exposure to other languages has an effect.



Preview a session led by Samantha Cox at [FrontPorchStapleton.com](http://FrontPorchStapleton.com)

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Each month, the Indie Prof reviews a current film in the theater and a second film that is available on DVD or an instant-streaming service.

Follow “Indie Prof” on Facebook for updates about film events and more reviews.

## The Hunt

Okay, so I might be a bit obsessed with Danish film. This will be the third Danish film I’ve reviewed in as many months. But I promise it’s worth it—of all the films I reviewed this month (about 20), *The Hunt* was by far the best. It tells the story of Lucas (a wonderful Mads Mikkelsen), a kindergarten assistant in a small Danish town whose life is torn apart by a simple lie.

Lucas is a lonely man when we first meet him: he lives alone in a big house, his ex-wife refuses to talk about sharing custody of their son, and his former school was shuttered, forcing him to take a job as a kindergarten helper. He has bawdy and beer-filled fun with his friends, and he spends much of his time walking his dog. But suddenly his life improves: he begins an affair with a sweet co-worker, the kids adore him, and his son asks to live with him full-time. Because of Mikkelsen’s wonderful and touching performance, we root for Lucas from the very start. Mikkelsen is the rare actor who can play a Bond villain and then a small, emotional part, such as Lucas. His performance is worth the price of admission.



A scene from *The Hunt*

Life turns sour, however, on the thinnest of threads. How it all goes down is frightening, but even more frightening is the realization that he may never get his life back (even if the lie is revealed). Some things, especially when said by certain people, can never be retracted. Once a deer becomes the object of the hunt, it will always be the object of the hunt. Lucas is the deer.

Director Thomas Vinterberg lays bare the human condition: how we love, how we hate, and how we judge. Once we make a determination about something, it is nearly impossible to undo it. How the story plays out is sad, brilliant, and honest. And most of all, human. This is a melancholy and poignant film, and one of the best I’ve seen in a while.

Starts August 2 at the Sie Film Center. You will like this film if you enjoyed *A Hijacking*, *In a Better World* and *Doubt*.

## Chasing Ice

It is hard to stare at a glacier. You can watch it for hours, days, weeks, and it doesn’t do a thing. But every once in a while, patience and intuition pays off, and a chunk the size of Manhattan breaks apart in front of your eyes. This very scene in *Chasing Ice* (2012), a documentary directed by Jeff Orlowski and featuring Extreme Ice Survey founder James Balog, can change the way you think about the world.

*An Inconvenient Truth* succeeded in opening our eyes to the urgency of global warming, but it lacked something. That “something” shows up in *Chasing Ice*: video documentation of receding glaciers around the world. We don’t just get the still pictures of then and now; we get real, live video of massive ice sheets breaking apart. The cinematography is not only beautiful, it is breathtaking. The overall effect is staggering—a testament to the power of the moving image.



A scene from *Chasing Ice*

James Balog, a Boulder resident, started the Extreme Ice Survey in 2007 to give a “visual voice” to our changing world. He deployed cameras on glaciers scattered around the globe to document changes in the glaciers, in real time. The film itself is a story about not only the Extreme Ice Survey, but a story about Balog himself. We follow him as he experiences devastating physical and professional difficulties, we root for him to succeed,

and we root for his colleagues to get the footage they desire. Ultimately, the team gets the footage they covet, and in just a few short minutes of film our collective hearts sink as we truly understand the magnitude of the problem.

At a screening of the film back in February at the Museum of Nature and Science, Balog addressed what other people can do. “I’ve devoted my life to this project,” he said, “Now it’s time for you to figure out what to do.” And there it is for us: What will you do? Sit around and wait for someone to tell you what to do? Or just DO SOMETHING?

Available on Netflix instant queue or at the Sam Gary Library. You will like this film if you enjoyed *An Inconvenient Truth*, *Food Inc.* and *The Cove*.

Vincent Piturro, PhD, teaches Cinema Studies at Metropolitan State University of Denver. He can be reached at [vpiturro@msudenver.edu](mailto:vpiturro@msudenver.edu).

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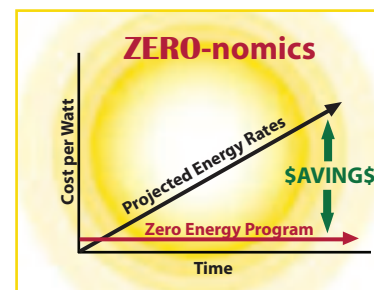


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# Just the Facts

## The Skinny on Sunscreen

by James Hagadorn



As a kid, I remember my first pool party. I also remember lying in a lukewarm bathtub the next day, with 2-inch blisters on my shoulders. If only I'd taken better care of my skin. Skin is our protector—it maintains our temperature and moisture, generates vitamins, and is a sun-warning system. Many of us don't think much about these aspects of skin—we care how it looks or if it grows cancer.

Thus we slather and spritz sunscreen to keep our skin in good shape. But as we've learned with DDT and BPA, some product ingredients, including those in sunscreens, can have side effects that rival the very risks we're avoiding.

What is it about sunlight that makes us need sunscreen? Sunlight has different rays, including invisible ultraviolet (UV) rays, visible light, and infrared (or heat) light. Most UV rays are a form called UVA. UVA zooms through glass, through clouds, and deep into your skin—it gives you a tan. It wrinkles and prematurely ages skin, facilitates cellular damage and increases the risk of the most serious of skin cancers—melanoma.

A small fraction of UV light is called UVB. These rays penetrate and cause thickening of your skin's upper layer. UVB radiation helps vitamin D production but also burns skin, damages cellular structures and leads to skin cancers.

Broad-spectrum sunscreens aim to protect us from both UVA and UVB light. They employ "Active Ingredients" that fall into two categories based on how they work: 1) "physical blockers" scatter and absorb UV rays, and 2) "chemical blockers"

other.

Two physical blockers are commonly used: zinc oxide (ZnO) and titanium dioxide (TiO<sub>2</sub>). ZnO retards the full range of UVA and UVB rays, whereas TiO<sub>2</sub> blocks about a quarter of them. Physical blockers don't significantly penetrate intact skin to migrate into your blood or internal organs. Toxicology and epidemiology studies of these substances are in their infancy, but thus far little suggests

that they're harmful to humans except when inhaled, such as from household dust or sunscreen sprays.

Chemical absorbers include all the other unpronounceable substances on sunscreen's "Active Ingredients" list. Each one absorbs a fraction of the UV spectrum—so they're used in combination with each other to block all the different types of UV rays. For example, avobenzene retards the UVA spectrum but none of the UVB spectrum. It's often combined with a UVB-absorbing agent, like oxybenzone, to cover the gap in UV radiation reaching your skin. One

reason chemical sunscreens have proliferated is because they're easy to spread, invisible, and aren't greasy-feeling. Many of these chemical absorbers, including oxybenzone, easily pass through your skin and into blood, organs and breast milk. Of greater concern—some chemical absorbers may behave as endocrine disruptors. Much like bisphenol A (BPA), a compound that was recently removed from clear, hard plastic bottles, these sunscreen ingredients may impact production of hormones such as estrogen or testosterone. This endocrine disruption affects reproductive systems at all

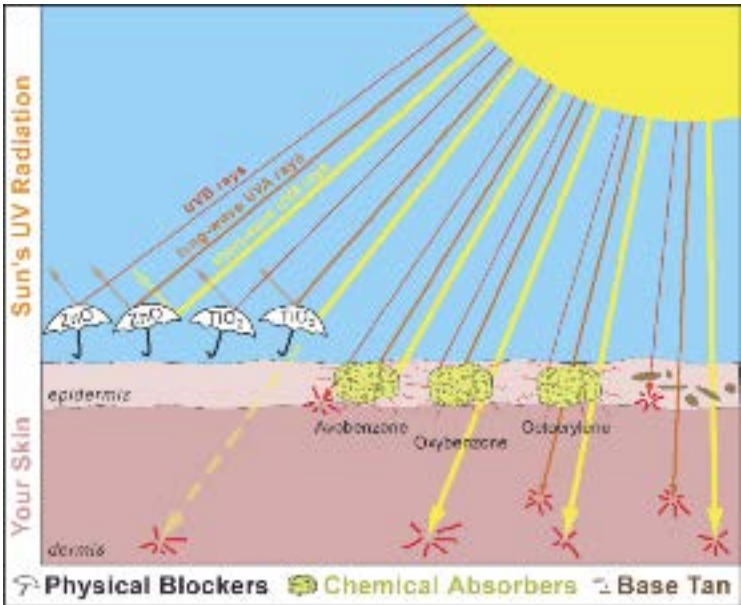
scales—from female fetal development to sperm production in grown males.

Although the FDA scrutinizes sunscreen's effects on skin, most sunscreen ingredients haven't been tested or regulated for larger-scale human health impacts. Yet there is growing data on their influence. Some starting points for more information are at [skincancer.org](http://skincancer.org), [ewg.org](http://ewg.org), and [ncbi.nlm.nih.gov/pubmed](http://ncbi.nlm.nih.gov/pubmed).

In Colorado and for kids, sun is a pivotal part of an outdoor-oriented existence. Sunscreens permit us to cope with UV rays, so we can spend more time outdoors, living in places we're not genetically equipped to live in, and doing activities that we're not evolutionarily adapted to. Sunscreen's rewards come with risks, but sunscreens are getting better and better.

What does my family do? We mitigate risk by making shade and strategizing our sun-time. We hedge our bets by using sunscreens that only contain ZnO or ZnO plus TiO<sub>2</sub>. We favor ones that apply easily to squirming kids and don't make us look like Casper the Friendly Ghost. We wear hats outside, and being real pale, I wear a ridiculously huge one. We have fun in the sun, knowing that UV risks come with rewards. And a few wrinkles.

James W. Hagadorn, PhD, is a scientist at the Denver Museum of Nature & Science. Suggestions and comments welcomed at [jwhagadorn@dmns.org](mailto:jwhagadorn@dmns.org).



How ultraviolet (UV) rays interact with skin's melanin granules (i.e., your tan), and sunscreen's active ingredients (i.e., physical blockers & chemical absorbers). Thin red lines represent heat. Thick red lines indicate skin damage.

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## “The Conversation”

Rep. Angela Williams reflects on the Trayvon Martin murder trial

By Carol Roberts

What parent hasn't felt the pain when their child is, in some way, treated unfairly at school, among friends or by strangers who cross their path out in the world?

For Stapleton's State Representative Angela Williams, as for many other African American parents, the Trayvon Martin case brought to the forefront the pain and fears she feels for African American young men who live with unfairness every day. In the news coverage since the verdict, there has been a lot of talk about “the conversation” black parents have with their sons to address this issue.

Williams grew up with five brothers and remembers well the messages her father instilled in her brothers.

“Kids are going to be kids. But if you're a kid and a black male, you have even more challenges because you can't be that normal teenager and do what normal teenagers do,” she says.

Williams remembers when her son was involved in “some crazy kind of teenage stuff,” and she realized, “Whoa, I have got to stop and have ‘the conversation.’”

The conversation was, “Just because you see your peers getting away with it doesn't mean you can.” Williams, whose son grew up in the suburbs and attended a majority white school, says as her son got older and went to the mall with friends, she told him, “You are the only African American male in this group. If something goes down, you're going to get the finger pointed at you. You're going to be the one that they haul off.”

She reiterated this type of message for almost any environment he was in. “And thank

goodness he listened,” she says. “That's the kind of day-to-day coaching that as black parents we have to do with our kids to keep them safe. He thought he could go see his friends, and I had to rule him out of a certain county in this state because he was being racially profiled, pulled over, constantly harassed. These are tough conversations as a

parent. Why can't our black males do what everybody else is doing?

“One day when he was 16 or 17, something had happened at school and he said, ‘Mama, I saw it coming. I could see this certain group of kids, what they were doing, and I just immediately removed myself from the situation.’ Then I knew he got it. That he had paid attention. The poor kids who maybe have not gotten that type of guidance, those are the ones that are in jail. Those are the ones that are getting into trouble.

“They say it takes a village to raise a child. It really does. It takes a lot to raise a child. But it takes more, I think, watching over our black males.”

Williams wrote about her feelings after the Trayvon Martin verdict:

As the mother of a black man and the aunt of a 2-month-old nephew, I can tell you how this most ancient and primal fear sets in after a verdict like this. It is a fear far removed from politics or the pointed calls for civil and human rights. It is the fear of the world they are growing up in. It is a sharp fear we have felt for so many hundreds of years for our black sons, very much like mothers of sons at war who dread that fateful call or knock at the door.

Somewhere in the valley of the shadow of death (that is, this verdict) there must be an opportunity for healing. A moment where we can be honest with ourselves about what has happened, but compassionate with each other about how we move forward.

“Trayvon could have been my son. Like the president said, it could have been him. It could be any black male that's born into this country. That's just (continued on page 24)



Rep. Angela Williams

## More people in the pool, but still a great time to jump in!



Denver Metrolist has been reporting significant increases in ‘For Sale’ inventory this past month. That and some upward movement in those interest rates has cooled down our housing market a bit. Yet summer isn't quite over. Our inventory is still down 16% over last year and rates are still giving buyer's a great place to start!

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

### RECURRING ARTWALKS

#### First Fridays

**Santa Fe Arts District.** Santa Fe Dr. between 10th and 6th. 5-8pm. [www.artdistricton-santafe.com](http://www.artdistricton-santafe.com)

**North Denver's Tennyson Art Walk.** Tennyson St. and 44th Ave. 6-10pm. [www.denverartwalk.squarespace.com](http://www.denverartwalk.squarespace.com)

**River North (RiNo) Art District.** 6-9pm. RiNo starts at Broadway and Walnut St. [www.RiverNorthart.com](http://www.RiverNorthart.com)

**Golden Triangle Museum District.** 5-9pm. [www.goldentriangleofdenver.com](http://www.goldentriangleofdenver.com)

**Navajo Street Art District.** 5-9pm. [www.navajostreetartdistrict.com](http://www.navajostreetartdistrict.com)

#### Third Friday

**Santa Fe Arts District.** Santa Fe Dr. between 10th and 6th. 5-8pm. [www.artdistricton-santafe.com](http://www.artdistricton-santafe.com)

### DENVER METRO EVENTS

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

**Through 8/11 - Colorado Shakespeare Festival.** CU Boulder campus. Various plays, times. [www.coloradoshakes.org](http://www.coloradoshakes.org)

**Through 8/25 - Arvada Center Summer Gallery Exhibitions.**

"Perception/Color/Line/Pattern"; 21 artists. FREE. [www.arvadacenter.org/galleries](http://www.arvadacenter.org/galleries)

**8/2 Friday - Concerts at Clyfford Still Museum.** Oak Creek. FREE. 5:30-7:30pm. [www.swallowhillmusic.org](http://www.swallowhillmusic.org)

**8/3 Saturday - Festival 38.** 38th Ave to Quivas. Street festival bands, kids' activities, more. [www.w38avedenver.com](http://www.w38avedenver.com)

**8/9 Friday to 8/11 Sunday - Denver County Fair.** National Western Complex. [www.denvercountyfair.org](http://www.denvercountyfair.org)

**8/10 Saturday to 8/11 Sunday - Colorado Scottish Festival & Rocky Mountain Highland Games.** Highland Celtic celebration with pipe bands, drumming, Scottish athletic competitions, highland dancing and folk music. Heritage Park, Highlands Ranch. [www.scottishgames.org](http://www.scottishgames.org)

**8/10 Saturday - KUVU's Jazz at the Vineyard.** Baliestre Vineyards, 1946 E 66th Ave. KUVU Jazz 89 Radio's fundraising event. 6-10pm. [www.balistrerivinyards.com](http://www.balistrerivinyards.com)

**8/10 Saturday - 4th Annual Cherry Creek North Food/Wine Festival.** Grand tasting 5-9pm. [www.cherrycreektoday.com](http://www.cherrycreektoday.com)

**8/10 Saturday - Denver Tomato Battle.** National Western Complex. Bands, costume contest, games, 100,000 lbs. of tomatoes to throw. 12-6pm. Tickets: [www.tomatobattle.com](http://www.tomatobattle.com)

**8/10 Saturday - Cockpit Demo Day.** Wings Over the Rockies Museum, Lowry. 10am-2pm. [www.wingsmuseum.org](http://www.wingsmuseum.org)

**8/15 Thursday - Denver Film Society Raise the Roof Block Party.** FREE. Live music, entertainment; food and drink for purchase. 6-10 pm. Lowenstein Complex rooftop, 2510 E Colfax. [www.denverfilm.org](http://www.denverfilm.org)

**8/16 Friday and 8/17 Saturday - Arts and Crafts on the 16th Street Mall.** 11am-7pm. FREE. [www.coloradoevents.net](http://www.coloradoevents.net)

**8/16 Friday to 8/18 Sunday - 2012 Rocky Mountain Airshow.** Rocky Mountain Metro Airport in Broomfield. [www.RMAirshow.com](http://www.RMAirshow.com)

**8/16 Friday and 8/17 Saturday - Wheat Ridge Carnation Festival.** Midway, parade, Zoppe Italian Circus. [www.wheatridgearnation-festival.org](http://www.wheatridgearnation-festival.org)

**8/17 Saturday and 8/18 Sunday - Golden Fine Arts Festival.** 11th and Arapahoe St., Golden. [www.goldenfineartsfestival.org](http://www.goldenfineartsfestival.org)

**8/17 Saturday - Belly Up to the Bar Shindig.** In spirit of *Unsinkable Molly Brown*, great food and live entertainment! 6-10pm. Reservations required. \$42/person. Molly Brown House Museum, 1340 Pennsylvania St. 303.832.4092 x16 or [www.mollybrown.org](http://www.mollybrown.org)

**8/17 Saturday - Taste of Highlands.** Cuisine from 12 local restaurants, live music, wine and beer garden. Benefits Edison and Brown Elementary schools. 32nd and Osceola. Tickets \$20. 3-8pm. [www.tasteofhighlands.com](http://www.tasteofhighlands.com)

**8/17 Saturday - Cultivate Festival Sponsored by Chipotle.** Food, entertainment, kids' zone and music to create change to better foods. Denver's City Park, 11am-7pm. [www.chipotle.com/cultivate](http://www.chipotle.com/cultivate)

**8/23 Friday to 8/25 Sunday - 2013 Denver Modernism Show.** Mid-century, Art Deco, Retro, Pop furnishings/objects from vendors nationwide. National Western Complex Expo Hall. Tickets: \$8. [www.denvermodernism.com](http://www.denvermodernism.com)

**8/23 Friday to 9/2 Monday - Colorado State Fair.** Pueblo Fairgrounds, Pueblo, CO. [www.coloradostatefair.com](http://www.coloradostatefair.com)

**Monday Movie Madness at Infinity Park.** FREE movies at Infinity Park in Glendale. 8pm. [www.infinityparkatglendale.com](http://www.infinityparkatglendale.com)

**Wednesdays in August - Shady Grove Concert Picnic Series at Four Mile Historic Park.** 6:30-8:30pm. \$10/adults; \$7/members, seniors, cyclists; \$2/kids 12/under. Swallow Hill Music Assoc. [www.swallowhillmusic.org](http://www.swallowhillmusic.org)

**Mile High Movies in Skyline Park.** FREE. Saturdays. Skyline Park, 16th St Mall at Arapahoe. At dusk. [www.denvergov.org/parksandrec](http://www.denvergov.org/parksandrec)

**Free Bowling for Kids-** Up to 2 games per day, Monaco Lanes. [www.amf.com](http://www.amf.com)

**Civic Center Bike-In Movie Series.** FREE family-friendly movies in downtown Denver's Civic Center Park. [www.civiccenterconservancy.org](http://www.civiccenterconservancy.org)

**Tuesdays through 8/20 - Free Tours of Governor's Residence at Boettcher Mansion.** 1-3pm. 400 E 8th Ave. No reservations required. [www.colorado.gov](http://www.colorado.gov)

**Denver Film Society.** Daily movies/programs. Lowenstein Complex, 2510 E Colfax and various locations. [www.denverfilm.org](http://www.denverfilm.org)

**FREE Wednesday Senior Activities.** 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

**Tuesdays through 8/13 - Film on the Rocks.** Open 6:30pm. Live music 7pm. Movies at dusk. [www.redrocksonline.com](http://www.redrocksonline.com)

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

**Live Music at The Soiled Dove.** 7401 E 1st Ave, Lowry. Tickets: [www.soiliddove.com](http://www.soiliddove.com)

**Denver Botanic Gardens Summer Concert Series.** Tickets: [www.concerts.botanicgardens.org](http://www.concerts.botanicgardens.org)

**Denver 2 for 1 Tix.** Weekly 2 for 1 ticket and admission discounts for metro Denver arts and entertainment. [www.denver2for1tix.com](http://www.denver2for1tix.com)

**More ideas on what to do in Denver:** Visit [www.denver.org](http://www.denver.org) or [www.GalleryGuideDenver.com](http://www.GalleryGuideDenver.com).

### HEALTH AND WELLNESS

**8/3 and 8/10 Saturdays - Bluff Lake NaturallyFit Outdoor Fitness Classes.** 8:45-9:45am. 3400 Havana Way. \$15/class. Benefits Bluff Lake. <http://NaturallyFitChallenge.eventbrite.com>, 303.503.9335

**8/4 Sunday - Tri for the Cure.** Women's sprint triathlon race benefits Susan G. Komen Foundation. Cherry Creek State Park. [www.triforthe-cure-denver.com](http://www.triforthe-cure-denver.com)

**8/10 Saturday - 26th Annual AIDS Walk Colorado.** Cheesman Park. [www.aidswalkcolorado.org](http://www.aidswalkcolorado.org)

**8/10 Colorado Adult Field Day.** Field day games, sweet corn cookout, concert and camp fest at May Farms. <https://adrepoductions.webconnex.com/ColoradoAdultFieldDay>

**8/10 Saturday - City Solve Urban Race.** Scavenger/adventure race through downtown Denver. [www.citysolveurbanrace.com](http://www.citysolveurbanrace.com)



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**8/12 Monday- Ideal Life JumpStart.** 7-8:15pm. Free class with life coach to inspire positive changes. Greenwood Athletic & Tennis Club. Register: [www.myideallife.com](http://www.myideallife.com) or 303.321.0783

**8/15 Thursday- Free HIV testing at Rocky Mountain CARES nonprofit for holistic HIV care.** 1-5pm, 3rd Thurs. monthly and by appt. 4545 E 9th Ave, #120. Shannon Southall: 303.951.3694

**9/28 Saturday- 1-mile Fun Run & 5k to Support AIDS Care in Africa.** Stapleton Central Park. 9am 5k, 10am fun run. \$15/person, \$50 max for family. Register: [www.denverpres.org/kids4kits](http://www.denverpres.org/kids4kits)

**9/29 Sunday- Race for the Cure.** Registration now open. [www.komendenver.org](http://www.komendenver.org)

**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

**Base Fitness Denver.** Boot camp classes, indoor/outdoor. 7565 E. Academy Blvd., Lowry. [info@basefitnessdenver.com](mailto:info@basefitnessdenver.com), 303.539.4877

**LECTURES AND CLASSES**

**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](http://www.SmallBizChamber.org)

**Active Minds – Info on all sessions:**  
[www.ActiveMinds.com](http://www.ActiveMinds.com). FREE.

**8/6 Tuesday- The Evolution of Libya.** 10:15-11:15am. Jewish Community Center, 350 S Dahlia St. 303.316.6359

**8/8 Thursday- Iran.** 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. 303.388.0724

**8/18 Sunday- Loving Brahms.** 9am program, 10am potluck brunch. Stapleton F15 pool, 2831 Hanover.

**8/27 Tuesday- Affirmative Action.** 5:30-6:30pm. Tattered Cover, 2526 E Colfax. 303.322.7727

**9/3 Tuesday- Lewis and Clark Expedition.** 10:15-11:15am. Jewish Community Center, 350 S Dahlia St. 303.316.6359

**LIBRARIES**

Visit [www.denverlibrary.org](http://www.denverlibrary.org) for children's story hours, book club info, Summer of Reading programs, crafts sessions and complete program list. All branches closed 9/2 Labor Day.

**Summer of Reading through 8/10. Read and win prizes! Sign up at any DPL branch.**

**Park Hill Library,** 4705 Montview Blvd. 720.865.0250. Closed Sun.

**Pauline Robinson Library,** 5575 E. 33rd Ave. 720.865.0290. Closed Sun.

**Sam Gary Library,** 2961 Roslyn St. 720.865.0325.

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

**NORTHEAST DENVER/AURORA EVENTS**

**Tuesdays through September- Lowry Farmers Market.** 4pm-dusk at Hangar 2, 7581 E. Academy Blvd.

**8/3 Saturday- CPR Training.** Potluck follows. Love offering. Unity on the Avenue, 4670 E. 17th Ave. 303.322.3901 [www.unity-ontheavenue.org](http://www.unity-ontheavenue.org)

**8/10 Saturday- Lowry Wine Walk and Concert.** Lowry Town Center, 7-10pm. tickets \$15 in advance/\$20 day of. [www.lowry.org](http://www.lowry.org)

**8/15 Thursday- Hamburger Day/Car Show.** 11:30am-1:30pm. Park Hill United Methodist Church, 5209 Montview Blvd. [www.phumc.org](http://www.phumc.org), 303.322.1867.

**8/18 Sunday- Dardano's Gymnastics 30th Anniversary Open House.** 11-3. Entertainment, jumpy castles, gymnastics, food for purchase. FREE. [www.dardanosgym.com](http://www.dardanosgym.com)

**8/31 Saturday- Meditation Workshop:** Vegetarian lunch follows. 11:30 am. Free. Unity on the Avenue, 4670 E. 17th Ave. Presented by Science of Spirituality, 720.234.0546, 303.903.3776

**Mondays in August- Laughter Yoga.** 7, 8 or 9am. Email 1st and 2nd time pref to [kohlmanhealth@aol.com](mailto:kohlmanhealth@aol.com). FREE. Unity on the Avenue, 4670 E. 17th Ave.

**Fridays and Saturdays- Wine Tastings.** Wine Cellars, the Bottle Shop of Stapleton. 4-7pm. FREE. [www.facebook.com/WineCellarsatStapleton](http://www.facebook.com/WineCellarsatStapleton)

**Central Park Recreation Center.** Info: [www.denvergov.org/recreation](http://www.denvergov.org/recreation), 750.865.0750 or Facebook Central Park Recreation Center. Registering for sports programs.

**To submit Front Porch “Local Event” Listings**

Email information in the following format by the 15th of the month to [FrontPorchEvents@gmail.com](mailto: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](mailto:FrontPorchStapleton@gmail.com)

**BLUFF LAKE NATURE CENTER**  
**3400 Havana Way, Denver.** [www.blufflakenaturecenter.org](http://www.blufflakenaturecenter.org)

**8/8 Thursday- Fireside Chat “Going Batty.”** 6–7:30 pm. Plus marshmallow roast. Suggested \$1 donation. [keith@blufflake.org](mailto:keith@blufflake.org). Repeats Thurs. 7/25 with “Dino-Mite!”

**DENVER ART MUSEUM**  
100 West 14th Ave Parkway, [www.denverartmuseum.org](http://www.denverartmuseum.org)

**Through 9/8- Rocky Mountain Majesty: Paintings of Charles Partridge Adams**

**Through 9/22- Spun: Adventures in** (continued on page 20)

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(continued from page 19)

**Textiles**

**Final Friday at Denver Art Museum.** 6-10pm. *Untitled* is museum's Final Friday series, Jan.-Oct. Music, cash bar, munchies, offbeat art encounters, unique de tours of DAM collection. General admission applies; members free. [www.denverartmuseum.org](http://www.denverartmuseum.org)

**DENVER MUSEUM OF NATURE AND SCIENCE Montview and Colorado Blvd.** [www.dmns.org](http://www.dmns.org), 303.370.6000

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

**Planetarium-** *Passport to the Universe; Realm of Light, Black Holes, One World, One Sky, Cosmic Journey: A Solar System Adventure.* [www.dmns.org/planetarium/current-show](http://www.dmns.org/planetarium/current-show)

**IMAX Movies-** *Titans of the Ice Age 3D, Flight of the Butterflies 3D, Galapagos 3D, Hubble 3D Deep Sea 3D, Great White Shark 3D, Rocky Mountain Express 2D.* Various times. Tickets: \$8/3-18; \$10/adult

**NORTHFIELD EVENTS**

**The Shops at Northfield Stapleton:**

**8/3- Saturday- 37th Annual Horse-feather Classic Car Show.** Main Street DJ, silent auction and Northfield Stapleton giveaways. 10am-3pm

**Bass Pro Events- 720.385.3600, [www.BassPro.com](http://www.BassPro.com)**

Hunting, fishing and marine seminars offered throughout month.

**Harkins Theatres 18 – 720.374.3118**

New Releases

8/7 – 3D *Percy Jackson: Sea of Monsters*, We're

the Millers

8/9 – *Elysium, 3D Planes, Blackfish*

8/21 – *The Mortal Instruments: City of Bones*

8/23 – *Scenic Route, The World's End, Ain't Them*

*Bodies Saints*

8/28 – *Closed Circuit*

8/30 – 3D *One Direction: This Is Us, Getaway*

**Improv Comedy Club and Dinner Theatre- Tickets: 303.307.1777, [www.ImprovDenver.com](http://www.ImprovDenver.com)**

Prices vary based on comedian and show time.

**Toby Keith's I Love This Bar & Grill – 303.728.9468, [www.countrybarco.com](http://www.countrybarco.com)**

Local and regional live music nightly.

**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 federal holidays. Directions/ events: [http://www.fws.gov/refuge/rocky\\_mountain\\_arsenal/](http://www.fws.gov/refuge/rocky_mountain_arsenal/)**

**8/3 Saturday- Birding for Beginners.\*** 8:30-11:30am.

**8/11 Sunday- Art Safari Sunday.** Kids' art projects in Discovery room from 9am-3pm.

**8/16 Friday- Disappearing Treasures: National Eagle and Wildlife Property Repository Tour.\*** 10-noon.

**Self-guided Wildlife Drive Auto Tour Route.** Daily 6am-6pm

**2013 Fishing Season- Catch and Release.** Tuesdays, Saturdays, Sundays, 6am-6pm. \$3 fee.

**3rd Annual Refuge Amateur Photo Contest.** Entries due 9/29.

**THEATRE**

**Through 8/3- Minimum Wage.** Avenue Theatre, 417 E. 17th Ave. [www.avenuetheater.com](http://www.avenuetheater.com)

**Through 8/17- Sordid Lives.** By Illumination Theatre Productions at John Hand Theater. [www.johnhandtheater.com](http://www.johnhandtheater.com)

**Through 8/25- RFK.** Vintage Theatre, 1468 Dayton St, Aurora. 303.856.7830, [www.vintagetheatre.com](http://www.vintagetheatre.com)

**8/16 to 9/22- Metamorphoses.** Aurora Fox Arts Center, 9900 E Colfax Ave. [www.auro-rafoxartscenter.org](http://www.auro-rafoxartscenter.org)

**VOLUNTEER OPPORTUNITIES**

**Cooking Matters-** Kids/families free course on budget shopping and preparing healthy, affordable meals. Volunteers needed. [covolunteer@strength.org](mailto:covolunteer@strength.org).

**Project Worthmore.** Volunteers to assist Burmese refugees. [www.projectworthmore](http://www.projectworthmore)

**Single Volunteers of Greater Denver.** Visit [www.svgd.org](http://www.svgd.org) for volunteer opportunities for singles: local projects to working vacations abroad.

**Volunteers of America Foster Grandparent Program.** Seeks adults 55+ with lower incomes; 15/more hours/week. Small stipend; [www.voacolorado.org](http://www.voacolorado.org), 303.297.0408 (Naomi)

**Assistance League of Denver.** Help underserved in metro Denver. [www.denver.assistance-league.org](http://www.denver.assistance-league.org) or 303.322.5205

**Reading Volunteers Needed.** At Odyssey School or Venture Prep Middle School for 2013-2014 school year to share one-on-one reading. Email Julie at [Julie@PartnersinLiteracy.org](mailto:Julie@PartnersinLiteracy.org)

**Summer Scholars.** Volunteers needed to read with students/assist in office. [www.summerschol-](http://www.summerschol-)

[ars.org](http://ars.org), 303.381.3738

**KIDS AND FAMILIES**

**Through 8/22- Just Add Water at Children's Museum.** Swirling, geyser-filled adventures [www.mychildsmuseum.org](http://www.mychildsmuseum.org)

**Through 8/25- Aesop's Fables.** Denver Puppet Theatre, 3156 W 38th Ave. Tickets: \$7 ages 3 and up. 303.458.6446, [www.denverpuppettheater.com](http://www.denverpuppettheater.com)

**8/4 Sunday- Teddy Bear Cream Tea.** Teddy Roosevelt tells of his adventures during family-friendly tea at 1pm and 3pm. RSVP: \$20/ Molly Brown House Museum, [mollybrown.org](http://mollybrown.org)

**8/10 Saturday- 3rd Annual Schoolfest.** School supply and backpack giveaway. Denver Coliseum. 9am-12pm. FREE. [www.denvercoliseum.com](http://www.denvercoliseum.com)

**8/11 Sunday- Junior Rangers.** 1:30-3:30pm. Ages 6-12. Morrison Nature Center, 16002 E Smith Rd, Aurora. Reservations required. 303.739.9428, [www.auroragov.org/nature](http://www.auroragov.org/nature)

**8/14 Wednesday- Create Playdates at Denver Art Museum.** Kids 3-5, 2nd Wed/month. 10am. [www.denverartmuseum.org](http://www.denverartmuseum.org)

**Through 8/31- Cadillacs of the 1960s at Forney Transportation Museum.** \$6-\$8. 303 Brighton Blvd. [www.fornymuseum.org](http://www.fornymuseum.org)

**Thursdays in August- Star K Kids.** Outdoor activities, ages 5 and under. 9:30 & 11am. Morrison Nature Center, 16002 E Smith Rd, Aurora. 303.739.2428, [www.auroragov.org](http://www.auroragov.org)

**8/23 Friday- Denver Botanic Gardens Family Fun Night.** 4th Friday explore nature at night. Monthly themes with performers, snacks by campfire, etc. \$20 member/family of 4, \$25 nonmember family [www.botanicgardens.org](http://www.botanicgardens.org)

**RECURRING MEETINGS**

**Business Groups**

**GREATER STAPLETON BUSINESS ASSOC.** 3rd Tuesday, 8am. MCA, 2823 Roslyn St. 303-393-7700 [www.stapletonbusiness.com](http://www.stapletonbusiness.com)

**STAPLETON AND BEYOND NETWORKING GROUP.** First Tuesday, 8:30-10am. 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](http://www.stapletonhomebusiness.com)

**Civic Groups**

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

**NPET: First Saturday Clean Up Activities.** 9am-12noon. Contact Caroline Fry, Sand Creek Regional Greenway CFry@Sandcreekgreenway.org or Lucia Correll Lcorrell@dotnet.net for place each month.

**P.E.O. INTERNATIONAL LOCAL CHAPTER MEETING.** Supporting women's educational opportunities. 2nd Thursday, 7pm. [copeojc@gmail.com](mailto:copeojc@gmail.com)

**STAPLETON ROTARY CLUB.** Every Tuesday, 7:30am. Stapleton Community Room, 2823 Roslyn St. [www.denverstapletonrotary.org](http://www.denverstapletonrotary.org)

**Interest Groups**

**BLUFF LAKE BIRDERS.** 1st Saturday, 7-9am. Nature Center. [BluffLakeNatureCenter.org](http://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](mailto:macregar@gmail.com) or 303.333.2707

**CYCLETION BIKE REPAIR CLINIC.** 2nd Tuesday, 6pm. 7480 E. 29th Ave. [www.cycleton.com](http://www.cycleton.com) 303.329.0069.

**DAUGHTERS OF THE AMERICAN REVOLUTION.** 3rd Saturday. Adagio Bed and Breakfast, 1430 Race St. Prospective members welcome- [rsvp](mailto: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](mailto:chrismaj@gmail.com)

**LOWRY PEAK SPEAKERS TOASTMASTER CLUB.** 2nd and 3rd Wednesday, noon- 1pm. Pinnacle Assurance, 7501 E. Lowry Blvd. Denver 80203. [lowrypeak.freetoasthost.org](http://lowrypeak.freetoasthost.org) [lpstoastmasters@gmail.com](mailto:lpstoastmasters@gmail.com)

**STAPLETON WINE APPRECIATION GROUP.** Periodically. [stapletonswag@gmail.com](mailto:stapletonswag@gmail.com)

**Stapleton Groups**

**PARKS ADVISORY GROUP.** 2nd Tuesday, 8:30am. 7350 E 29th Ave, 3rd Fl. [Lcorrell@dotnet.net](mailto: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](mailto:stapletonunitedneighbors@gmail.com)

**SUN TRANSPORTATION COMMITTEE.** 2nd Wed. (odd-numbered mos.) 6:30pm. MCA 2823 Roslyn St. [stapletonneighbors@msn.com](mailto: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 & Dexter. Shirley 303-726-2998

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

**ADOPTES 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. AFWilliams 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](http://www.parkinsonrockies.org) Regina Jones 720-298-5760



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10977 East 26th Avenue  
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\$474,000



3442 Central Park Boulevard  
3 bedroom/4 bath  
\$465,000



2687 Xanthia Court  
3 bedroom/3 bath  
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FOR MORE INFO ON THESE AND OTHER HOMES FOR SALE CALL:

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**899 Logan St, Ste 203, Denver, CO 80203 – [hdlipon@gmail.com](mailto:hdlipon@gmail.com)**

# Women's Health Research

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For more information about Women's Health Research contact Anne:

**Phone: 720-848-6399**

**Email: [Anne.Stavros@ucdenver.edu](mailto:Anne.Stavros@ucdenver.edu)**

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COMIRB Protocols: #06-0512; #12-1157; Principal Investigator: Wendy Kohrt, PhD





KIDS CAMPS AND CLASSES

**Aurora Fox Theater-** Drama classes ages 4 and up. Lisa Mumpton: 303.739.1573 or [www.aurorafox.org](http://www.aurorafox.org)  
**Art Students League of Denver-** Programs for kids/teens. 303.778.6990, [www.ASLD.org](http://www.ASLD.org)  
**Spark It Studios-** Art classes in Stapleton. [www.sparkitdenver.com](http://www.sparkitdenver.com)  
**Start Art-** Art classes. [Startartkids.com](http://Startartkids.com)  
**The Art Garage-** Classes ages 4 and up. Now offers adult evening classes. 6100 E 23rd Ave, Park Hill. [www.artgaragedenver.com](http://www.artgaragedenver.com)  
**Saturdays through 8/24- Tribal Tots Camp.** 10-10:45am. [www.solvidadance.com](http://www.solvidadance.com)  
**Western Tennis Academy (WTA) Summer Program.** Through 8/12 M/W/F 3-6pm. Ages 10-18 Smiley Middle School. Kerry Nash: 303.322.912, [kerrynash@gmail.com](mailto:kerrynash@gmail.com)

**8/3 Saturday- Home Depot Kids Workshop.** 9am-12pm. FREE how-to clinics first Sat. monthly for ages 5-12. Get Home Depot apron, wooden project and project pin. Metro-area Home Depot stores. [www.homedepot.com](http://www.homedepot.com)

**8/10 and 8/24 Saturdays- Lowe's Build and Grow Kids Clinics.** Bring kids to Lowe's store to build FREE wood project: free apron, goggles, project-themed patch, merit certificate on completion. 10am. [www.lowesbuildandgrow.com](http://www.lowesbuildandgrow.com)

**9/7 to 10/26 Saturdays- Broncos Flag Football.** A noncontact, rec league for kids 5-12 with focus on fun and safe play. Congress Park. \$99 through 8/15 (Reg \$120). [www.BroncosFlagFootball.com](http://www.BroncosFlagFootball.com)

**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](http://www.dmmtdt.org) for current workshops

**The Urban Farm- Embracing Horses.** [info@theurbanfarm.org](mailto:info@theurbanfarm.org)

**Neighborhood Music Stapleton-** Private and group instruction, piano, voice, guitar, ukulele, mandolin, violin and drums. Ages 3 and up. Skye Barker Maa. 720.353.6622, [www.neighborhoodmusicstapleton.com](http://www.neighborhoodmusicstapleton.com)

**Music Lingua Musical Spanish Classes-** Ages newborn-6 years. Learn Spanish with your child in interactive parent/tot classes. [samanthabensoncox@hotmail.com](mailto:samanthabensoncox@hotmail.com), [www.musiclingua.com](http://www.musiclingua.com)

**Jewish Community Center-** Variety of camps and other programs for kids grades K-5. [www.jcc.org](http://www.jcc.org)

**Stapleton All Sports-** Registering for summer tennis, multi-sports, golf. [www.stapletonallsports.com](http://www.stapletonallsports.com)

**Sol Vida Dance Studio and Dance Camps-** Kid/adult classes, workshops, camps, etc. [www.solvidadance.com](http://www.solvidadance.com)

Aug. 17—Don't miss the Free Cultivate Festival in City Park

Cultivate Festival will return to City Park on Saturday, Aug. 17. The free all-day event hosted by Chipotle focuses on great flavors, good music, and encouraging people to think differently about food. People can sample local brews and wines, including the Cultivate Farmhouse Ale, a fruity and slightly tart limited-time brew created by Chipotle and Denver's Great Divide Brewery. It will also feature celebrity chef demonstrations, local artisans and activities focused on sustainability, including shorts films about a healthier environment and education on local farming. Free performances from artists will include Cold War Kids, Blitzen Trapper, Chipotle's DJ, Chris Golub, and more. And, there's even options for kids; activity Kid Zones will feature games, food, and art projects. The festival is for a good cause. \$5,000 from sales at the festival will go to Chef Ann Cooper's Food Family Farming Foundation (F3) to help transition school lunchrooms from processed foods to made-from-scratch meals. Visit <http://chipotle.com/cultivate/> to learn more.



Front Porch Guide to Music & Art Teachers

The *Front Porch* will print a guide to local music and arts teachers in our September issue. All teachers who live or teach in our distribution area can submit information at no cost. Please include: business name (if applicable); teacher name; instruments taught;

a brief description of your philosophy, expertise and credentials; whether child/adult lessons or both; pricing; and contact information. If you don't receive a confirmation within three days, please re-send. Email to: [FrontPorch3@gmail.com](mailto:FrontPorch3@gmail.com) by August 10.

ANNOUNCEMENTS

Denver Preschool Program Offers Over 250 Schools and Tuition Support for All

Parents in search of preschool options can find over 250 schools in the Denver Preschool Program's (DPP) online Find a Preschool tool at [dpp.org](http://dpp.org). All Denver 4-year-olds—regardless of family income—are eligible for tuition support from DPP. Parents can find out how much their family will receive with the online Tuition Credit Calculator.

The Denver Preschool Program (DPP) is a sales tax-funded initiative that generates about \$11 million annually to fund preschool tuition support for all Denver's 4-year-olds. *Information provided by Denver Preschool Program.*

August 7—Denver Public Works Kicks Off Quebec Alternatives Analysis

Denver Public Works will host a public meeting on Wed., August 7 to launch the Quebec Alternatives Analysis effort to identify and implement transportation solutions for immediate and phased improvements on Quebec St. between 26th and 6th avenues, with a larger public outreach

area between I-70 and 6th Ave., west to Monaco St. and east to Central Park Blvd/Yosemite St. The first session, 5:30–7:30pm, will relate the study's purpose and begin gathering public input on road reconfiguration, intersections, congestion, etc. Location: Colorado Free University Ballroom (inside John Hand Theater), 7653 E. 1st Place. More info: [www.denvergov.org/QuebecAlternatives](http://www.denvergov.org/QuebecAlternatives).

Mentors Needed to Work with East HS Students

The A+Angels mentor program seeks to narrow the "achievement gap" by pairing struggling students at East High School with adult volunteers. A mentor can make the difference between students graduating or dropping out of high school. Mentors meet with their student once a week and help students learn how to advocate for themselves, mobilize school resources and apply for jobs and internships. They may also visit college campuses with students. **The next mentor training program will be on Saturday August 24, 8:30am–1pm.** For more information, contact Jessica Pearson ([jpear2071@msn.com](mailto:jpear2071@msn.com), 303.250.0214) or Denise Gomez ([denise.gomez11@gmail.com](mailto:denise.gomez11@gmail.com), 720.217.3985).

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## Recognitions

By Madeline Schroeder

### Michael Carrigan Re-elected Chair, CU Board of Regents

The University of Colorado Board of Regents recently re-elected Stapleton resident Michael Carrigan as its chair.

"I'm honored to be elected a second year as chair of regents," Carrigan says. "It's an important opportunity to help lead the state's largest employer at this critical time."

The University of Colorado is facing a number of challenges with lack of funding. The university ranked 48th in the nation (near the bottom) in per-student higher education funding in 2011.

As part of a family of CU graduates, Carrigan believes it's important that CU remain an affordable and outstanding university. "When my four- and six-year-olds go to college, I want them to have the option of a great university," Carrigan says.

A board member since 2004, Carrigan says confidently that all board members want the same thing: a great university. "We have very few issues. Of course we have disagreements, but we work well together," he says.

A Republican-majority board, Democrat Carrigan's re-election received a lot of attention, but Carrigan says the board works well across party lines. "I support a tradition of having a best-qualified person serving," he says. "One's party affiliation doesn't really matter."

All board members are volunteers and dedicate hundreds of hours. Carrigan respects that his colleagues don't serve just because they are appointed but because they want to help the university.



2012 photo of Michael Carrigan and his wife, Sarah, and two kids Daniel and Ellie.

During the day Carrigan is a litigation partner at the Holland & Hart law firm. In the evenings and on weekends he works for the university. He says he doesn't golf or fish, but rather the university is his hobby; his spare time is spent helping the Board of Regents. "I'm grateful to my family for understanding that it takes extra time to do all this," he says.

He believes the chair position also makes him a better lawyer. He has learned how to resolve disputes, manage organizations and people, create teams, and has testified for the university at trial.

Moving forward, Carrigan plans to focus on university funding and integrating technology into education, such as adding more online courses and bringing technology into classrooms to track student progress. He says chair of regents is a lot of work, but he wants to make sure that the University of Colorado is at the forefront to better serve students and the state.

### Bill Fulton Honored for His Nonprofit, The Civic Canopy

*"Many working as one for the good of all."*

Stapleton resident Bill Fulton recently received the Livingston Fellowship for his non-profit organization, The Civic Canopy.



Bill Fulton

The Livingston Fellowship strives to unite and develop non-profit organizations. The fellowships award up to \$25,000 to promising leaders in the field to advance research and development.

Fulton is among the ninth class of Livingston Fellows. "It's a truly humbling gift from an extraordinary foundation," he said. "And it's confirmation of the work we've been doing, and that we

are moving in the right direction."

He first imagined starting a non-profit organization while studying at Brown University. Most simply, he wanted to help people work together. In 2003, he founded The Civic Canopy and is now co-director. The organization believes in "many working as one for the good of all." It catalyzes a statewide network of people working to build stronger neighborhoods, healthier communities and a more civil society. They facilitate public meetings and track community progress. For example, they helped different groups work together during the contentious decision to move the popular McAuliffe International School in Stapleton to Smiley Middle School in Park Hill.

"We show up when people are trying to figure out how to work together to accomplish something... We want to show what it means to have a truly inclusive community by providing an environment where everyone can thrive," Fulton said.

Fulton believes Stapleton is an example of this. He says he feels lucky to live in Stapleton, and the community's development from the ground up helped inspire The Civic Canopy. He moved to Stapleton with his family when the first 100 houses were built. For years he was president of Stapleton United Neighbors (SUN) and helped build closer connections among neighborhoods. Although he is no longer involved in SUN, he says The Civic Canopy affects Stapleton. "My passion as a Stapleton neighbor and passion as a professional align nicely," he said.

This summer Fulton will plan how to use the fellowship money. He wants to learn Spanish and might use the fellowship to travel to Central America. He also envisions traveling to other cities to see other models of how people are working together.



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# Beaver Family Upgrades...



By Madeline Schroeder

On July 24, a local beaver family explored their new home at a privately owned ranch near Colorado Springs. The mom, dad, and four kits lived in Lower Westerly Creek but needed to be relocated due to an upcoming Lower Westerly Creek Improvement Project. The project, funded by a \$3-million FEMA grant to Aurora Water, will make several improvements to the channel. The current structure, which is only five feet wide at parts, causes what Aurora Water consultant, Mark Donelson, calls a backwater effect. Sections of the channel that are too narrow clog, creating water buildup and flood risk. “A new structure will relieve that backwater effect so more water can flow and there’s less buildup,” Donelson says. Aurora Water will significantly widen the channel and add a 60-foot bridge across Montview Boulevard. Aurora Water also bought a plot land just east of the channel and north of Montview where there is currently a gas station. Owning the land allows them to create a wider, more open area around the bridge. The opening will be large enough to also include walking



Photos 1,3,4,5 courtesy of Aurora Water

## ...To New Lodging



and cycling paths for direct access between Stapleton and Aurora, according to Brian Hyde, a local activist for urban drainage and trails. “A safe and attractive greenway crossing of a major barrier like Montview Boulevard is a major accomplishment,” he says. Other improvements will be made along 2700 feet of the channel, from 17th to 23rd Avenues. The wider channel will lower the water level, disrupting the beaver’s habitat. The beavers also contribute to the backwater effect. Donelson says, “If beavers are not causing disruption or tearing trees down we allow them to live there. We have a management program not an elimination program.” Donelson believes the beaver relocation is a positive thing. Aurora Water worked with Wildlife 2000 to relocate the beavers. Wildlife 2000 is a beaver management practice that has promoted coexistence with beavers since 1985. Founder, Sherri Tippie, is the only person in the state licensed by Colorado Parks and Wildlife to perform beaver re-

locations. She is a beaver advocate. She believes the relocation was best for the beavers because of upcoming changes to the Lower Westerly Creek Channel. Tippie built traps baited with bark that beavers eat for protein and sugar. She camouflaged the traps with leaves and placed them where the beavers had both air and water. Beavers are nocturnal so she set the traps in early evening and returned the next morning. She caught the mom, dad and two kits the first night and two more kits the next night. Beavers are monogamous so it’s crucial they are relocated as a family unit. The Lower Westerly Creek beavers were moved together to the Colorado Springs ranch. After the beavers were removed from the channel, their lodge was removed to discourage other beavers from moving in before Aurora Water finishes construction.

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# Conservatory Green

(continued from page 1)

moved into their new home on June 27. Hall and Everett say they are eager to provide their 8 1/2-month-old son, Jaxon, with neighbors who have children and look forward to the planned swimming pool and new school. Their fourth family member is their Shih Tzu, Humphrey.

"We were looking for outdoor opportunities in a neighborhood," Hall said.

"We knew they were going to be building walkways and parks here. We like being close to Northfield with the shopping and entertainment there."

Hall and Everett lived in Stapleton's Eastbridge neighborhood for about five years before moving to Conservatory Green.

"We outgrew our old place," Hall explained. "We love Stapleton and the community. We even looked at some resales across Denver and we realized we didn't want to leave. When we heard about Conservatory Green, we checked out the model homes and found one that suited our needs."

Wonderland Homes built the home that Hall and Everett chose. The location will make it easy for them to commute to work. Hall teaches 2nd grade in Cherry Creek, and Everett is Human Resource Manager for Denver Public Schools.

Marty Hebel and her husband John Brask also outgrew their first Stapleton home, where they lived since 2002. They now have three children, Hayden, 9, Logan, 6, Ronan, 2, a baby on the way and a Samoyed named Sam.

"Now we live three blocks from Town Center," Hebel said. "We love being close to everything that goes on there." But, Hebel says, that same closeness to the community action is what helped them choose to live at Conservatory Green.

"Parks were a big factor," she said. "There is a park on one side of the house, and it's facing a park. Our children are growing, and we liked the idea of being on the same side of the freeway as a high school."

Infinity is building their home, which will be ready for occupancy in December.

"We were attracted by more space – more bedrooms, a main floor guest room because we have aging in-laws, a large lot that is almost double that of our current home, and a larger garage that will account for scooters, strollers, wagons, bikes and two cars," Hebel explained.

"Conservatory Green will just enhance our lifestyle. We're very much looking forward to the new adventures," she said.

New to Stapleton are Terry and Daphne Manns, who are moving from Lakewood to a Conservatory Green home that will be completed in December. They have just moved to a temporary rental in Stapleton. They look forward to the walkability to restaurants and shops, parks and having children in the neighborhood to play with their 4-year-old, Makenna.



Terry and Daphne Manns, center, and John Brask and his wife Marty Hebel get acquainted at a reception held in early July for new homeowners in the Conservatory Green neighborhood near The Shops at Northfield.

"We were able to customize what we wanted to customize. We like the size, the formal dining room, patio and front porch. The big thing that attracted us was the parks and being on the green and having a sense of community, not just living in your back-

They also chose an Infinity home, and are eager to experience a new, modern home that won't require the high maintenance of an older house.

"We like the modern look," Terry explained.

yard. We like to get to know our neighbors.

"Conservatory Green is close to downtown, close to the airport and close to the mountains," he added, noting that location also was part of the reason for their choice to make their home in Conservatory Green.

The first 500 lots in Conservatory Green (just north of the Shops at Northfield) have already been designated for specific builders and home models—and in the next couple months, Forest City expects to start selling lots to builders for another 300 homes just east of the current construction.

Homes are not the only additions to the Northfield landscape. Construction will start soon on an elementary/middle school-shared campus (High Tech Elementary and DSST: Northfield) scheduled to open for the 2014 school year. In addition, The Goddard Schools are pursuing a site along Northfield Blvd. between Verbena and Wabash for an early childhood development program (ages 6 weeks to 5 years) with a projected opening in August 2014. The Aster at Conservatory Green apartment complex, which will have 352 units when fully built, is now leasing for occupancy in September. They offer one- and two-bedroom apartments and three-bedroom townhomes. And two hotels are currently under construction—Extended Stay on Northfield Blvd. and the Drury Inn at I-70 and Central Park Blvd.

Stay tuned, changes are happening fast.

## Crossfit/Yoga

(continued from page 12) "In a room heated to between 90 and 95 degrees, with 50 to 60 percent humidity, muscles warm up faster. It's less stressful on the body because you don't hold poses. Vinyasa moves through the poses like dance."

TRX uses resistance bands to leverage gravity and body weight. The exercises help develop strength, balance and flexibility.

Read and Hughes have a son, as well as two daughters from a previous marriage. They are expecting another child. Calling themselves "family people," they offer childcare at Pando. "We promote families, so we have a childcare room that is staffed for the 9 and 10am classes," said Read. "The classrooms have couches, so kids can watch their parents work out. This fall we hope to be certified to teach CrossFit Kids classes."

Read and Hughes plan to host community events, including barbeques with family games.

"We are genuinely interested in helping develop a happy, great community. Already the people who work out here are starting to feel like family," Read said.

For more information visit [www.pandodenver.com](http://www.pandodenver.com).

## The Conversation

(continued from page 17) too close to home. This case happened to get a lot of media attention. But this is still happening every day out there. Think about the ones that aren't making the news. I see them in my district every day. All of us have to have a conversation to bring more equality to everyone in this country, but our black males are the most vulnerable of the population."

Williams asks the question, "How do we make Colorado better and combat inequality?"

She says education is "the basis of everything and where our lives take us or don't take us." She believes the process that brought together the Stapleton and Smiley middle-school attendance areas was "an incredible environment," where everyone respected others' views.

"Imagine if everybody started at the same point in the type of education they received and the type of job opportunities they received. It would make the world a better place. I think we have a huge opportunity for our country to stop and realize what's really going on and let's improve and move everyone forward."

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# Stapleton Author’s Book Aims To Help Readers Find Fulfillment

By Courtney Drake-McDonough

Michael Dinneen just wants to help you help yourself. To that end, he has written a different kind of self-help book that applies the concepts of addiction recovery to the everyday issues of people who do not have addictions. Out August 6, *The Gift of Fulfillment: Living the Principles of Healthy Recovery* is geared toward people who may have achieved the life they thought would bring happiness only to find themselves feeling empty and unfulfilled.

The idea to write the book came from a workshop he led for patients in his role as team leader at CeDAR, the Center for Dependency Addiction and Rehabilitation at the University of Colorado Hospital. A group of students from a nursing college were in attendance. The purpose was to teach the patients how to identify and work through resentments, fears, sexual intimacy issues and secrets they were avoiding with the use of alcohol and drugs. After the workshop, several nursing students pointed out to Dinneen that his principles really applied to anyone.

Dinneen didn’t want the book to be about the dark side of his own addictions, which were at their worst in his early 20s. Instead, he wanted to use the journey of his two-decade recovery, as well as clinical stories, to help people learn how to become happy and fulfilled no matter what they are dealing with.

“We all know shame, guilt, fear, anger and hurt—it’s the human condition,” says Dinneen. “Most people feel the formula to happiness is to have more of what they *think* they want—success, influential friends, money, a good body, etc.” He adds that the formula usually includes other people changing (“If my wife was just...” “If my kids were more...”). “Everyone is dealing with the notion that if the rest of the world just acted right, they’d be happy,” he explains. Dinneen says the goal should be being at peace with oneself and knowing what their purpose is and “not, what does my neighbor think of my lawn?”

He adds that the journey to happiness is only achieved from within but, at the same time, can’t be done in isolation. The book gives challenges and tasks that follow traditional 12-Step programming (for addiction recovery) including finding a spiritual community (which Dinneen says doesn’t have to be religious and could be any group of people you can open up to), finding a mentor, becoming a mentor, healing and then to use that healing to help others.

Dinneen knows the path well. The Stapleton resident and husband to Jill, and father to Cadin, 8, and Samantha, 6, recalls the beginnings of his own addictions. In his early 20s, fresh out of college, earning a six-figure salary in the computer industry, Dinneen says, “I looked fairly put together on the outside but on the inside I was dying. I didn’t know who I was or what my purpose was. I didn’t feel any sense of true fulfillment or direction. I just thought I was supposed to make money and have fun.” That led to heavy drinking, promiscuity and trouble with the law. One day, Dinneen hit a “hellacious spiritual bottom and felt completely empty.” In the book, he talks about a moment of complete surrender in which he had an overwhelming feeling that everything was going to be okay. “That changed me and I haven’t looked back since.”

By telling his own personal story, Dinneen knows he is subject to some criticism and certainly surprise from people who don’t know about his past or his journey. He doesn’t mind. His goal is to help people find their path to being happy within,



Michael Dinneen with his wife Jill and daughter Samantha, 6 1/2, and son Cadin, 8, both of whom go to Swigert International School.

first, and then in the rest of their lives using practical concepts. “It’s simple but it’s not easy,” he says.

Dinneen recognizes that the process of leading a truly fulfilling life takes work but says the results are surprising and

worth it. He adds, “You cannot *think* yourself into right living, but you can *live* yourself into right thinking.”

- Three tips to start finding inner happiness and fulfillment:
- Take 10 minutes every morning to get centered through breathing, affirmations and trying to connect with spirit and self. You won’t realize how much this is helping you until you stop doing it.
  - Put your focus completely on yourself. Stop blaming everyone else for your unhappiness. Take your power back by asking yourself what part you’re playing in the process, to whatever degree, and then change it. Friends who commiserate with you are not helpful. It’s better to have someone help you question yourself.
  - Once a week, at least, find a way to be of service to someone other than your own family.



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By Carol Roberts

Aug. 15—Groundbreaking & Reception for Age 55 and Over Apartments at MLK & Ulster

The construction activity at Martin Luther King and Ulster is a 108-unit 55+ independent living apartment building called Greenways at Stapleton. It has a projected opening date of June 1, 2014. Representatives will be at the Central Park Rec Center at 10:30am on August 15 to provide additional information and answer questions about the apartments. The public is invited, but RSVPs are requested by calling 303-860-7885 x7104.

One- and two bedroom units from 700 to 1200 square feet will be offered with rents starting at \$1000/month. All units will have a full kitchen, 9-foot ceilings, a private balcony or patio and underground parking. Community amenities will include: a club-room with a kitchen, an outdoor terrace, a fitness room, an activity room, an on-site manager, and planned community events. The apartments are being constructed by Horizon Construction Group, Inc., a company that has been specializing in senior housing since 1984.

Forest City Explores Having Outlet Stores at Northfield

Word is out that Forest City is considering bringing outlet stores to Northfield, but Tom Gleason's only comment, made at a CAB meeting, was "With all of our retail centers, we're always looking for ways to bring new products to the market so we'll have what people want to have. One of the things we are exploring—and I emphasize 'only exploring'—is there is the potential to bring new retail

there (Northfield) in the form of outlet retail. We haven't made that decision yet. It's a long process. We have marketed it for that purpose but we don't know yet."

Goddard School Pursues Site in Northfield

Goddard Schools representatives reported at the July Zoning and Planning meeting that they will be pursuing permits for an early child development center in Northfield at Northfield Blvd. and Wabash. In the first phase, the center would take 136 students, ages 6 weeks to 5 years old. A future second phase would add two classrooms and a gym. The philosophy of Goddard's curriculum is learning through play. The Goddard Schools franchise provides support to new schools including assistance with startup, security and IT. Goddard requires that an owner be on-site. The school will be a single story building on a 1 1/2-acre plot, and it is projected to open in approximately one year.



Top: NW elevation drawing of the Greenways at Stapleton. Below: The Greenways patio.

Progress on a Grocery Store in Eastbridge?

At the July Zoning and Planning Meeting Tom Gleason indicated Forest City is in talks with a particular grocery store about the Eastbridge site. "As we've been talking to a number of potential grocery anchors for Eastbridge, I think we're getting a more serious response from one in particular. We don't have an announcement we can make just yet but we are making some progress... As soon as we can say something, we'll be very happy to announce it. We're trying to be as honest as we can and not suggest that we're actively soliciting (others) when we're getting close on what we think is one. But I remind people that when King Soopers came here, the rumor was, 'It's going to be Albertsons.' Until we make an announcement you should not count your chickens."

The rumor in the neighborhood is that Lucky's independent grocery store in Boulder may be interested. In response to an inquiry by the Front Porch, Lucky's communication department replied, "Yes, we would consider that a potential site and feel that we could become a great neighbor to the folks at Stapleton." They added that right now they are focused on opening a new store in Longmont.

City Encourages Volunteers to Remove Graffiti

By Madeline Schroeder

With warm summer days, more people are outside and noticing graffiti. The Denver Police Department encourages residents to quickly report and remove graffiti they see in the neighborhood. Filing reports helps the police track the frequency of vandalism and keep Denver a safe and beautiful city.

Citizens willing to volunteer their time to paint over graffiti can visit a local paint bank that supplies paint free of charge for that purpose. Permission from the owner must be granted in order to remove graffiti on private property.

Paint is available in seven standard colors. The Stapleton Hub at 29th Ave. and Roslyn St. is the nearest location that supplies paint. It's best to call ahead at 303.382.1800 to make sure they have enough paint. The Hub is open 10am–3pm, Monday through Thursday and 9am–12pm Saturdays.

Citizens can also report graffiti by going online to [denvergov.org/graffiti](http://denvergov.org/graffiti), calling 720.913.2000, calling the 3-1-1 non-emergency Denver information line, or submitting a report via the 311 Denver App. A Denver City and County Waste Management employee will be sent out to remove reported graffiti. However, any report to have graffiti removed from private property requires authorization from the homeowner/tenant. That form is found at [denvergov.org/graffiti](http://denvergov.org/graffiti).

The Denver Police Department emphasizes that quick removal is necessary to prevent more graffiti because vandals are discouraged when their tags are removed. Not all graffiti is gang related, but if it does appear gang related the police will visit the site and take photos before the removal.

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**Birding**  
*(continued from page 5)*

When I was a lead reporter on the Columbine shootings, I needed relief.

He found the American Birding Association in Colorado Springs and interviewed three birders. "These guys were smart, fun, obsessed and driven," he said. "I felt so lucky when I found them."

"They were three grown men like Tom Sawyer; their sense of adventure was thrilling to me. Most people live their lives in check, but these guys surrendered to their obsession. I thought 'What if you could do exactly what you want for a year?'"

His experiences with the birders inspired him to write

*The Big Year: A Tale of Man, Nature and Fowl Obsession*, a nonfiction book about competitive birding that became the basis for the movie starring Jack Black, Steve Martin and Owen Wilson.

"I got sucked into birds. Now I don't view the world the same." Birds provide a broader view. "Birds shrink the world," said Obmascik. He said their numbers reflect what people do.

"Every bird is a canary in a coal mine. If we clear-cut in Brazil, fewer birds will be here in Colorado. If we bulldoze wetlands, fewer birds will show up down there. They are global residents. Birds teach us our relationship with the places we live and visit, and the consequences of our actions."

**Blue heron**  
By Laurie Dunklee

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MAKING SENSE OF INVESTING



Denver Days is being launched this year as one of the mayor's initiatives to encourage people to be connected with their neighbors and participate in volunteer efforts such as removing graffiti to keep their neighborhoods safe and vibrant.

Stapleton May Be a Model for Redeveloping London's Heathrow

Tom Gleason, Forest City Vice President for PR, reported at the July Community Advisory Board (CAB) meeting that a writer from London called to talk to him about redeveloping a decommissioned airport. The mayor of London has proposed that Heathrow Airport be closed. Gleason said, "The questions she asked were the same kinds of questions that were asked here in the 1980s. Can we build a community here? What does it look like? Will there be opposition? What are the expectations? How will it be funded? It was everything we went through. She told me one of the first questions they asked the mayor was, 'Has this ever been done before?' And the mayor said, 'Well, they've done it in the states, in Denver,' so that's why she called us."

CAB members familiar with the project and news sources reported that one plan calls for developing 100,000 units in a land area smaller than Stapleton. (3,000 acres reportedly would be redeveloped in London; Stapleton is approximately 4,000 acres with 1,000 acres of parks and open space and approximately 12,000 homes (8,000 for sale/4000 apartments) when fully developed.)

MCA Continues to Assess Eastbridge for Community Center

The community center committee continues to evaluate whether the Eastbridge site near Knowledge Beginnings is THE place for them. A one-story building is the least expensive construction and they have determined that a 35,000 square foot structure will fit on the lot. There will be two parts to the facility, one will be the community space, MCA offices and classrooms that can be rented out. The other space will be for performance and theater. The current thought is that the parking will be on the north side, behind the building and the back



London's Big Ben and Stapleton's control tower.



side of the structure will face MLK. The next step is to price the structure, which is basically the same amount of space as when they evaluated using the tower. With a one-story building they may be able to build in some rooftop access. Diane Deeter, Community Director, and Keven Burnett, Executive Director say one of the things they like about the Eastbridge location is "it triangulates our big community spaces for the MCA."

The 29th Ave. Town Green, Conservatory Green in the north and Eastbridge Community Center give the MCA a connection to three areas that extend into all of Stapleton.

Deeter says their study showed there is a need for this facility and they would like to move forward now, rather than waiting for more population in the north and building there at a later date.

Burnett points out that since the MCA will be around as long as Stapleton is around, it is in the interest of the community to own the facility rather than lease it for many years. The committee is working on cost projections to determine how much MCA fees would have to be increased and they will make a recommendation to the MCA board (which is majority Forest City until Stapleton is further built out).

Stapleton Parks Construction

In response to the Parks Advisory Group's efforts to weigh in on future park construction, Dennis Piper, parks consultant for the Park Creek Metro District (which is responsible for the construction of Stapleton infrastructure), drew up a map showing his understanding of the timetable for future parks development and funding. The drawings are posted at [www.FrontPorchStapleton.com](http://www.FrontPorchStapleton.com).

NY Times Calls Stapleton Mom about Her Workout Class in the Park

Caren Elenowitz was surprised, not long ago, when she picked up the phone and it was a New York Times writer. Elenowitz was featured in the September 2012 issue of the Front Porch in an article about her Stroller Strides business. She meets up with moms at the park and leads the group in a workout, moving around the park with their babies in strollers. The New York Times writer had heard that after the story appeared in the Front Porch, Elenowitz received a call

from a Denver Parks employee. The message was, her boss had seen the article and Elenowitz was breaking the law and could no longer run classes in the park. Elenowitz says she then participated in a committee that made a recommendation about fees. When Denver Parks announced the fees, they were much heftier than the group had recommended—about \$7,000 for her business. She believes a fair fee would be about \$250/yr or \$150/season.

With the permission of the Stapleton MCA, Elenowitz ran her class at The Green for awhile. Now, she says, Denver Parks has backed off the big fees and is reassessing their position. Elenowitz says, "Whether we're there or not, they have to maintain the park." And her group does not stake out an area, as some other fitness classes do. They move around along the paths. For now, Denver Parks is allowing the exercise classes to use the parks while they reassess their fee structure.

Denver Parks did not reply to attempts by the Front Porch to talk to someone about this issue.

Court Ruling About Innovation Schools Affects Swigert & McAuliffe

The Denver Classroom Teachers Association brought a suit against Denver Public Schools for what they considered to be improper use of innovation status in 14 DPS schools. The judge ruled in favor of DPS on 12 of the schools but determined that Swigert and McAuliffe need to have the teachers take another vote—and she gave them until the end of the 2013-14 school year for that vote.

The Innovation Schools Act (ISA) was passed in 2008 to give schools a way to gain waivers from some provisions of state law, collective-bargaining agreements, and school-district policies to gain flexibility in staffing, scheduling and spending to best meet the needs students at that particular school.

Superintendent Boasberg explained that most innovation schools have been "turnaround" schools, so there were not well-established precedents for precisely how a new school goes about getting innovation status. However, he says, they did follow the opinion of the attorney general during the process of gaining innovation status for Swigert and McAuliffe. And, he adds, the teachers voted in favor of innovation status by an almost 90% majority.

Regarding future new schools at Stapleton, Boasberg says, "Should the school seek innovation status and the teachers vote in favor, we will strongly support the school in becoming innovation schools. I personally strongly support schools becoming more innovative and more flexible to better meet the needs of kids."

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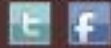


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**SUN Meetings** are held on the 4th Monday of every month at 7:30pm at the Central Park Recreation Center, 9651 MLK Jr. Blvd. For information about SUN, visit [www.stapletonunitedneighbors.com](http://www.stapletonunitedneighbors.com). To contact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



## 10th Annual Stapleton Kickball Tournament—September 21

By Bryan Penny, SUN board member, SUN treasurer and kickball committee chair

The 10th Annual Stapleton Kickball Tournament, presented by SUN and the MCA is just around the corner. The tournament will be held in Central Park on Saturday, September 21, between 10am and 2pm. This is a great way for Stapleton residents to get some exercise while enjoying the company of their neighbors and friends. Players of all abilities are encouraged to sign up; it is all about having fun!

To sign up a team, go to [www.stapletonunitedneighbors.com/SUNKickball](http://www.stapletonunitedneighbors.com/SUNKickball) and register. Teams can have up to 20 people; 9–14 players can be on the field at any time. There must be four males and four females playing at all times. Registration for each team is \$175 (including 10 T-shirts and lunch for all participants; each additional T-shirt is \$10). Because SUN is a 501(c)(3), this is a tax-deductible donation. There is only room for 20 teams, so sign up today to ensure your spot.

This year all proceeds of the tournament will be used to support the Friends of Denver Fire, specifically at the request of Fire Station 26 in Stapleton, to improve the landscaping at the Stapleton firehouse. SUN will be working with our local firemen to provide funds and sweat equity in the spring to spruce up the landscaping at the station.

SUN is still soliciting sponsors for this event. If you are interested in joining the MCA in helping the firemen who risk their lives for us, please check out our sponsor page with information at

[www.stapletonunitedneighbors.com/SUNKickball/kickballsponsors](http://www.stapletonunitedneighbors.com/SUNKickball/kickballsponsors). There are various sponsorship levels, so please contact SUN at [stapletonunitedneighbors@gmail.com](mailto:stapletonunitedneighbors@gmail.com) for information.

In addition to kickball, a DJ and fun activities for kids will be there for entertainment. Whether you choose to play in the tournament or just want to bring the family out to watch and participate in the other festivities, this is a great community event.

The Stapleton Kickball Tournament is one of Stapleton's oldest traditions. In its first year, the tournament began with funding from the Stapleton Foundation intended to help motivate people to be active. Over the years, the tournament has taken shape as both motivation to get people moving and to raise funds for a different charity in or around Stapleton.

### Denver Days Stapleton Neighborhood Picnic

Stapleton United Neighbors is organizing a neighborhood picnic Saturday, August 10, 5–8pm on The Green at the 29th Ave. Town Center to celebrate Denver Days. Denver Days is a new citywide tradition to help neighbors get to know each other and get involved with their communities. At the picnic will be a neighborhood DJ, neighborhood food to purchase, and neighborhood groups to support—helping to connect neighbors with each other, local businesses and nonprofit organizations—including our Stapleton fire fighters. Come on out and get to know your neighborhood even better! Get together with your Stapleton neighbors and neighborhood groups for Stapleton's first-ever Denver Days neighborhood picnic.

## Get to Know Your Neighborhood Inaugural NE Walk Fest

By Madeline Schroeder

Although basic and fundamental, walking is a forgotten practice, according to Jonathon Stalls, a walking enthusiast.

"We get in our cars," he says. "We don't walk anymore; people want instant gratification. We have lost touch with our neighbors and our community."

To help change that, Stalls has organized NE Walk Fest, an upcoming Stapleton and Park Hill event focused on "neighborhood connectivity, prosperity and health."

From 9am to 1pm on August 24, NE Walk Fest will host a free four-mile walk around Stapleton and Park Hill. The event will kick off at Holly Square at 33rd and Holly where city council members will discuss the benefits of walking. In addition, DPS will be available to provide information about school resources. Then, for one to two hours walkers will follow signs throughout the neighborhoods and can stop at local retail areas along the way. People can join at any point throughout the walk. Volunteers will provide water and answer questions at designated points throughout the walk.

Sponsored by the Transportation Management Association (TMA) and Stalls' business, Walk2Connect, in partnership with DPS, the event aims to open people's minds to walking rather than driving to neighborhood destinations. The walk will promote connections among neighborhoods, area schools and families.

Throughout the day a variety of themed walking trips will be offered including a walk with city council members Chris Hernon and Albus Brooks, an herbal walk, a walk with a local historian, an architecture walk, and more.

There will be two activity zones, one at Holly Square ("Safe Communities") and another at Stapleton's The Green ("Go Team Healthy Communities!") where people can share what they observe while walking. They can report anything from narrow sidewalks to broken pedestrian signals.

"NE Walk Fest is meant to create a behavior change in people so they know how close it is to walk and know the benefits for the community, like safer streets and zero emissions," Stalls



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L to R: James Shaffer, Rachel Hultin, Jonathan Stalls, Angie Malpiede, Brian Hyde and Gosia Kung walk by the Pauline Robinson Library at Holly Square, as they discuss plans for the first NE Walk Fest to be held from 9am to 1pm on August 24. A map of the route is posted at [www.FrontPorchStapleton.com](http://www.FrontPorchStapleton.com). Register for the walk at [www.NEWalkFest.com/Register](http://www.NEWalkFest.com/Register).

says. He sits in the Starbucks at Stapleton, hands cupping a to-go coffee and legs crossed. His sandy blonde hair curls up around the edges of a chimney sweep-looking hat. He explains that in 2010, he decided to dramatically simplify his life and live out of a backpack. He walked 3,010 miles across the United States and says, “Everything was at peak health, peak wellness in mind, body and spirit.”

Since then he has been dedicated to showing the benefits of walking through Walk2Connect, a social enterprise that builds connections among people and neighborhoods through walking trips.

TMA director for Stapleton, Angie Malpiede, forgot the joys of walking. As a kid she loved coming back inside and smelling like fresh air after hours playing outside. “I loved it,” she says, almost singing “loved” like a jazz lyric that really needs soul. “It was such a freeing experience. We’re so regimented anymore. We’re more tied to things like our smartphones than our surroundings.”

Last summer, Stalls and Malpiede met when he approached TMA about encouraging the public to walk more. They started going for walking trips together. Stalls’ passion for walking and Malpiede’s dedication to alternative modes of transportation made the perfect combination for organizing a walking event, hence NE Walk Fest.

They believe more eyes on the streets make a safer community. Malpiede plans to use the community’s response from the walk to advocate for changes at the city level. “We have the ability to advocate for a lot of people,” she says. “We want to know what would make people more comfortable walking. Maybe a wider sidewalk? Better traffic signals?”

Stalls and Malpiede invite everyone to join the neighborhood walk. Denver Public Schools is partnering with Walk2Connect to support student and family participation in the walk. Registration is free and open to the public. When teams register they will automatically be entered in a raffle for a pool party in Stapleton. To register go to [www.NEWalkFest.com/Register](http://www.NEWalkFest.com/Register). To volunteer, visit [www.NEWalkFest.com/Volunteer](http://www.NEWalkFest.com/Volunteer). Contact Jonathon Stalls at

[jonathon@walk2connect.com](mailto:jonathon@walk2connect.com) with any general event questions.

“This event could change the way our community looks at how we get around,” Malpiede says. “Sometimes you do need to slow down in life and smell the roses.”

### Walk2Connect Shares Joys of Walking

Walk2Connect takes individuals and groups on single- and multi-day walking trips through the Park Hill, Stapleton and Montclair neighborhoods, as well as on the Front Range.

“I’m beyond passionate about this program,” owner and lead itinerant Jonathon Stalls says. “I have been forever changed by my extensive on-foot experience and feel compelled to make it my life mission to see and lead others to connect more while traveling 3 mph.”

Stalls believes there is great value in slowing down and traveling at 3 mph. To him, walking is a type of therapy. Walking helps combat depression, decrease blood pressure, calm the mind and reduce anxiety. He believes it’s one of the best ways to boost how you feel about yourself.

Stalls creates personalized walks based on individual needs. Walkers share communal meals, explore seldom-seen roads, get to know communities and make new friends, all while inviting a bit of spontaneity along the way.

To learn more, go to [www.walk2connect.com/](http://www.walk2connect.com/) or contact [jonathon@walk2connect.com](mailto:jonathon@walk2connect.com) to set up a meeting.

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(continued from page 1) because of violence,” he says. “People love this place. This is all we’ve known our whole lives.”

The community decided they could no longer look at the burnt space. “We shouldn’t have to look outside our



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*“There’s been a lot of pain around what happened. This place [Anschutz Center] is significant because it’s helping to heal not only individual trauma but the whole community.”*

—Terrance Roberts

windows and see that,” says Gerie Grimes, executive director of the nonprofit Hope Center for the disabled, the only surviving building of the original Holly Square. “It happened, and we can move forward from that.”

In 2009, Roberts, Grimes, community organizations and volunteers collaborated to start rebuilding Holly Square. They say their aim was to create a safe place for the neighborhood’s 3,000 kids to go after school instead of joining gangs. Their efforts and a \$5 million donation from the Anschutz Foundation conceived the community center—and it’s beyond what they hoped.

“There’s been a lot of pain around what happened,” Roberts says. “This place [Anschutz Center] is significant because it’s helping to heal not only individual trauma but the whole community.”

The new community center has pristine modern architecture. Inside is bright and sunny. The building’s main use will be the Boys and Girls Club, the nationwide nonprofit that helps enhance the lives of youth. “We want to teach our kids how to be successful adults,” says branch director Jason Torrez.



*“I’ve seen the vision come true, and it’s actually kind of scary because it surprised me. Holly Square was gang-affiliated, and it was a bad place, but now I’ll probably be here everyday.”*

—T’ngela Wilhite

## Holly Square

The community center has six main rooms to serve the Boys and Girls Club’s mission. There is a Social Recreation Room that will have pool tables, foosball and carpet bowling. An Education Room will provide homework help and accelerated reading programs.

“Don’t let the hat and tattoos fool you, man; we have a stellar education program here,” Roberts says, referring to his flat bill hat and sleeve tattoos. There will also be a Cultural Arts Room that will teach photography and fine arts (including a kiln for ceramics). Science and computer knowledge programs will be in a Technology Lab. The kitchen, which is the only commercial-grade kitchen in any Boys and Girls Club, will serve meals every day and host cooking classes and nutrition



programs. The gym offers a place to promote active lives and the planners expect talented neighborhood basketball players will flock there.

Besides the Boys and Girls Club, the community center will also house Mi Casa and The Prodigal Son Initiative. Mi Casa is a nonprofit that primarily serves the Latino population and strives for the economic success of Latino families but is open to anyone.

The Prodigal Son Initiative works to strengthen communities by helping kids succeed and become leaders. They also do activities like rafting, rock climbing and basketball tournaments. “We are the voice of the youth,” T’ngela Wilhite says. She has been in the program for seven years and loves it. Her picture hangs on one of the 12 columns remaining from the destroyed shopping center. “We invite other kids and have a good time together for the safety of our community and for their families so they have a safe place to come to,” she says.

“And we always clean up,” she adds.

“Well, I don’t be here for that stuff,” says DeShawn Burks, and they laugh.

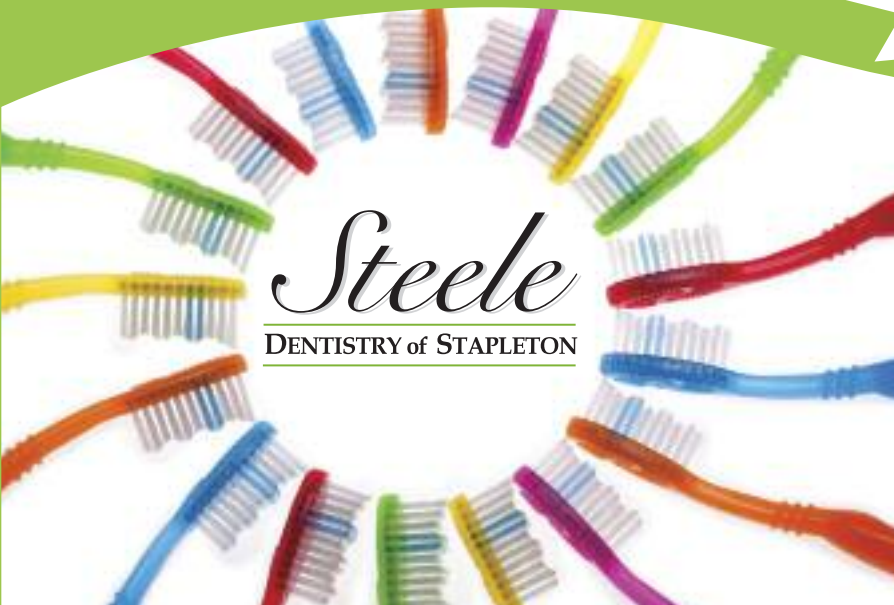
“DeShawn is somehow never around for that,” Roberts says, and laughs.

Burks says The Prodigal Son Initiative changed his life. He first moved to Park Hill when he was 11 years old and his friends encouraged him to join a gang. “Then I met Terrance,” he says. “And people said I should join Prodigal Son because it helps you be a leader.”

Burks now encourages his friends to join The Prodigal Son. Many of them have left gangs to join the organization.

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Check out the video tour of the Boys and Girls Club at [www.FrontPorchStapleton.com](http://www.FrontPorchStapleton.com)

Clockwise from top: Jason Torrez shows off the Anschutz Center's gym; summer campers with the Boys and Girls Club plant the "Learning Garden," a garden designed for educating kids; Leslie Pickard, dressed in a banana costume, is the Health & Life Skills Director for Boys and Girls Club; Torrez describes the Teen Learning Center where teens can hang out, do homework and get career help.



The Boys and Girls Club, The Prodigal Son Initiative and Mi Casa will work together to help youth and serve the community. The center will also coordinate events with neighboring organizations including the Hiawatha Davis Rec Center, Pauline Robinson Library, and Hope Center, a nonprofit that helps developmentally disabled individuals thrive through quality education.

The community-wide effort has helped Northeast Park Hill rise from its ashes. Roberts says community spirits have lifted, and it's once again a place people can be

proud of.

"This is my community," Roberts says. "I'm going to be here every day. This is all I know, all I've got. We want our community to get the same respect every other community gets. We're doing what it takes to get that."

Registration for the Boys and Girls Club begins August 19, and programming begins in September. A grand opening celebration is October 1.

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