

Front Porch

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

DENVER, COLORADO

STAPLETON

NOVEMBER 2013

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Modern Families Adapt to the Digital Age

Chris Adams helps his oldest daughter, Grace, with her homework on her laptop as his youngest daughter, Ellery, reads on her tablet. Across the kitchen, Cheryl Fleetwood takes a break from cooking a recipe from

her iPad to look at something Wiley wants to share on his iPhone. Like other modern families, they juggle spending quality time together now that both kids and adults use personal digital devices.

On a Saturday morning, 13-year-old Wiley Adams sits in his living room, headphones on, his attention focused on his iPhone. His mom, Cheryl, calls him from the kitchen—he doesn't hear. His dad, Chris, tries—Wiley doesn't hear him either. Cheryl, half-jokingly, asks Chris to text him. Within seconds of the text, Wiley shows up in the kitchen.

By Madeline Schroeder

While there are vast benefits to technology, it creates new challenges for families. As people become more connected to their devices, they can become less connected with the people around them. How, in this digital

age, do family members stay connected to one another and not just their devices?

Modern families are experimenting with ways to achieve that. Many try to balance time with and without electronics. That's not always easy, though. Cheryl Fleetwood says it's a huge commitment as a

parent to monitor and communicate about using electronics.

"It's not inherently bad or inherently fine. But it requires thought, and it requires monitoring," said Dr. Solomon, child psychologist at Children's Hospital Colorado. Mother of a 3- and 5-year-old, she agrees it is hard as a parent.

Fleetwood and her husband, Chris Adams, don't have strict rules for their 10-, 13- and 14-year-olds. They do, however, enforce that electronics are a privilege, not a right. After they finish

their homework, they are allowed to use electronics for other things like games or movies.

Just as Fleetwood and Adams model other values that are important to their family, like good hygiene or a balanced diet, the couple models healthy electronic use for their kids. Fleetwood tries to only use electronics in a way that enhances and improves her life; she doesn't obsess over figuring out everything a device can do.

As a member of what (continued on p. 8)

Stapleton North: From Bare Land to Empty Houses to Neighborhoods

By Madeline Schroeder

New home construction in Stapleton north of I-70 is booming. The big brown empty field that less than a year ago stretched from The Shops at Northfield to Dick's Sporting Goods Park has become a thriving neighborhood with block upon block of new homes. Development is ahead of schedule—more and more blocks are filled with neighbors rather than construction workers.

"Everyone is so excited. There's a lot of good energy about it," says Brandy Bishop, a resident since July. She and her husband, Troy, moved from their longtime home in Santa Monica after their 1-year-old son was born. She says Conservatory Green is ideal for raising their son—it's family friendly but still close to the city.

When they first decided to buy there and looked at the field of dirt that would become their home, the couple says they were nervous—but also excited to be "pio-

(continued on p. 30)



New neighbors play in one of the pocket parks at Conservatory Green. Following the model of the original Stapleton, earliest residents are "pioneers" in the new neighborhood. L to R: May Alvarez-Follett, Amelia Follett, Troy Bishop, Lincoln Bishop, Brandy Bishop, CJ Follett (kicking ball), Steve Goodfriend and Kelly Millikan.

Check out our new interactive website and comment on articles.
www.FrontPorchStapleton.com

Front Porch Guide to Kids' Sports

In January the Front Porch will print a directory of NE Denver sports teams for kids. Parents and coaches—please send name of sport, name of league and contact information to FrontPorch3@gmail.com. If known, please also include ages, whether boys, girls or both, seasons, and a contact person who could provide additional information. The guide will also include teams in other areas for sports that are not offered locally.



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

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



Bright red maple leaves in the first snow of the season this year in late October.



CALENDAR

Events listed below are FREE and open to the public or support nonprofits.
(Additional events are listed on pages 19-23. Recurring events are listed on page 21.)

NOVEMBER

Through December 4

Denver LeafDrop program
Havana Nursery-10450 Smith Rd. 8-2pm, M-F.
720.865.6810 or www.DenverGov.org/LeafDrop.
Free leaf bags. See p. 27.

Saturday, November 2

Puppy Up! Walk Stapleton Central Park registration
8am, walk 10am food, vendors, entertainment
8am-2pm www.2milliondogs.org

Saturday, November 2

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

Monday, November 4

Free public workshop. "Thanks Giving: Making
Gratitude Your Greatest Asset." 7-8:30pm.
*MCA Community Room. Register at
www.TheGreatThanksGiving.com. See p. 27.

Monday, November 4

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

Saturday, November 9

Kids Night Out - "Stache Bash" 6-9pm. Central Park
Rec Center, 9651 E Martin Luther King Blvd.
events@stapletoncommunity.com

Wednesday, November 13

Annual Members' Meeting 6:30-8:30pm.
*MCA Community Room.
info@stapletoncommunity.com

Thursday, November 14

Active Minds Seminar "Fracking & US Energy Policy"
7-8pm. *MCA Community Room.
events@stapletoncommunity.com

Friday, November 15

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

Monday, November 18

Affordable Care Enrollment. 5:30-7:30pm.
Montview Blvd. Presbyterian Church, 1980 Dahlia St.
303-321-7571 or info@lwvdenver.org. See p. 19.

Wednesday, November 20

Modern Conversations—Tackling Tricky Behavior
Part 2. 7-8:30pm. *MCA Community Room. See p. 19.

Thursday, November 21

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

Friday, November 22

Winter Welcome 6pm. 29th Ave Town Center
events@stapletoncommunity.com

NOVEMBER

Thursday, November 21

C-STAHr HEROES, program to connect youth
of color with community leaders and mentors.
5-7pm. cstahr.heroes@gmail.com or Margaret at
913.972.1185. See p. 29.

Wednesday, November 27

Stapleton Community Public Menorah Lighting,
5-6pm. Refreshments. Free. *The Green. 720-515-
4337 jewishstapleton.com. See p. 19.

Friday, November 29

Denver's Grand Illumination to kick off holidays.
5:30pm. Union Station and 16th Street Mall.
720.865.3500, www.downtowndenver.com.

DECEMBER

Sunday, December 1

Christmas with Montview Choirs & Orchestra. 5pm.
Montview Blvd. Presbyterian Church, 1980 Dahlia St.
www.montview.org.

Wednesday, December 4

Wine on Wednesdays. *MCA Community Room.
For more info or to register visit
www.stapletoncommunity.com

Friday, December 6

Holly Days on 16th Street Mall. 11am-7pm.
Repeats 12/7 and 12/8. McNichols Building,
Civic Center Park. www.coloradoevents.net.

Friday, December 6

Winter Movie - "Elf" 6pm. *The Green.
events@stapletoncommunity.com

Fri. & Sat., December 6 & 7

9News Parade of Lights. 8pm Fri, 6pm Sat.
Marching bands, balloons, floats.
www.downtowndenver.com

*More information at Events@stapletoncommunity.com
The Green is located in the 29th Ave. Town Center in
Stapleton at E. 29th Ave. and Roslyn St.
Stapleton MCA Community Room, 2823 Roslyn St.
West Crescent, 29th and Roslyn St.
Central Park Rec Center, cross streets are Martin Luther King
Jr. Blvd and Central Park Blvd. in Stapleton

**The Front Porch welcomes
submissions of upcoming local
events and story ideas (see infor-
mation on p.23). Deadline is the
15th for the next issue.**

Events & Announcements at Stapleton



Kids Night Out

Stache Bash. The next Kids Night Out event will be held on Saturday, Nov. 9 from 6-9pm at the Central Park Rec Center. This event is for children ages 7-12 and pre-registration is only \$10 per child. There will be video games, karaoke, pool time and arts & crafts. A complimentary chicken nugget dinner will be provided. Remember to bring a towel for the pool! Online registration will close at noon on Friday, Nov. 8. To register, visit the Central Park Rec Center or www.stapletoncommunity.com. Space is limited. Day-of-event registration is \$20 per child (if space is available—cash only).

Active Minds

Fracking & U.S. Energy Policy

Hydraulic fracturing, or "fracking," is a controversial method of extracting previously unavailable oil and gas reserves from the ground by fracturing rock by injecting pressurized fluids. Proponents claim it opens up vast amounts of natural gas within the U.S. and could play a key role in our gaining energy independence within the not-too-distant future. Opponents claim the chemicals used represent a significant environmental risk to groundwater and other elements of the environment. Join Active Minds as we explore the risks and benefits of fracking and put it into the broader context of U.S. energy policy.

Date: Thursday, Nov. 14

Time: 7-8pm

Location: MCA Community Rm.
(2823 Roslyn St.)

Cost: Free

For more information, visit www.active-minds.com.

Modern Conversations

Tricky Behaviors – Part II

Date: Wednesday, Nov. 20

Time: 7-8:30pm

Cost: Free

RSVP: hsilver33@gmail.com or
720.935.7393

Winter Welcome

Come kick off the holiday season in Stapleton! On Friday, Nov. 22 at 6pm, the MCA will host a night of festive traditions, including the lighting of the trees and streets at the 29th Ave. Town Center. Holiday lights will be strung along the trees and decorative ornaments installed across 29th Ave. Participating Town Center retail shops and restaurants will be open and many will feature holiday specials. The streets will

be lined with toasty fires for marshmallow roasting and s'mores. Carolers will stroll along the avenue, a jazz band will perform at the crescent, dancing trees will twirl along the sidewalks and the overwhelming scent of roasted almonds will fill the air. An ice-climbing wall will be available for children. All event proceeds will benefit a local nonprofit organization. The 2014 Dogs of Stapleton calendars will also be available.

The Denver School of the Arts will provide artwork for the 29th Ave. retailers and restaurants. The students have created original artwork to decorate front doors for the Annual Door Decorating Contest. Door decorations will be posted the week prior to the Winter Welcome and contest winners will be announced online on Monday, Nov. 25. Blank ballots will be posted online at www.stapletoncommunity.com and at the event. Please email your ballots to events@stapletoncommunity.com or drop off your ballot at the MCA booth at Winter Welcome. Each completed ballot will be placed in a drawing for prizes, including gift cards to select 29th Ave. merchants.

MCA Annual Meeting

The Annual MCA Meeting of Members is scheduled for Wednesday, Nov. 13 at 6:30pm in the MCA Community Room at 2823 Roslyn St. This meeting will also be available online at www.stapletoncommunity.com. If you're interested in serving as a delegate in 2014, please call the MCA at 303.388.0724 about becoming a delegate. The Annual Meeting of District Delegates & the Executive Board meeting will be held on Wednesday, Nov. 20 at noon in the MCA Community Room. To RSVP, email board@stapletoncommunity.com.

Wine on Wednesday Wine Tastings

Wine on Wednesdays is returning to Stapleton this December! The next indoor wine tasting will be on Wednesday, Dec. 4 in the MCA Community Rm. This educational tasting will be held in the evening and feature artisan cheeses and wines. For more information or to register for the next tasting, visit www.stapletoncommunity.com.

Winter Movie on The Green

Bundle up and join us for our first "Winter Movie on The Green." We will be featuring *Elf* along with fire pits, s'mores and warm beverages. The movie will be on Friday, Dec. 6 at 6pm and is free to attend.

If you have any questions about the information above, please call 303.388.0724.

Dani Mead
dmead@stapletoncommunity.com

Get the latest on

Master Community Association



Sponsored by Stapleton MCA

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Local Kids Experience Life Overseas



Children's International Summer Villages President Greg Garner stands behind a group of participants. Left to right: Audre Lewis, who traveled to Japan, Ellie Clifford, Great Britain, Taylor Garner, Guatemala and the Czech Republic, and Jack Garner, Argentina and Turkey.

By Courtney Drake-McDonough

The travelers are all strangers when they meet. One of their first activities is to discuss stereotypes about each other's countries. They are upset by what is revealed. Yet they soon realize the stereotypes are just that, and aren't an indication of who the individual person is or what their country or culture is really about. As one attendee, Jack Garner says, "It really changes your perspective of how you see people and think of them. It changes your life when you get to meet these people from all over the world." Jack is 13 years old and spent a month in Argentina last winter and two weeks in Istanbul this summer through Children's International Summer Villages (CISV), a cultural exchange program. His fellow travelers were ages 11-19.

Talk to the group of kids who have traveled internationally and it is apparent that they have an understanding of life that belies their youth. Most are just 11 or 12 years old when they take their first international journey, without their families.

Jack's father, Greg Garner, explains that it is becoming widely accepted that age "11 to 12 is the best time for teaching international relations, developing friendships and learning about human rights. After that age, you're too influenced by stereotypes, the American version of history, the influences of today's media, etc." After seeing the positive effects of the international trips on his children, Jack and daughter Taylor, 15, who has visited Guatemala, the Czech Republic and will go to Brazil in December, Greg became the chapter president of CISV (www.cisvusa.org).

In CISV, 12 delegations of four kids (two boys and two girls) from 12 different countries live together, work together and eat together in a campus/dorm environment. They spend their days participating in hands-on activities that teach them about cultural understanding, international leadership, world peace, human rights and diversity. Costs range from \$900 for two weeks to \$1,600 for four weeks plus airfare. Limited scholarships are available.

Raina Miller, now 12, spent two months in

France this summer when she was 11, through Adolesco (www.adolesco.org), a student exchange program that matches American children ages 9-17 with kids in France, Spain, Germany, Austria and Switzerland. Adolesco costs \$1,430 plus airfare with no scholarships available at this time.

Raina lived and vacationed with her host family and attended school with her exchange sister, Anne. Anne returned with Raina to Denver, living with her family, going to the Grand Canyon and attending seventh-grade classes.

When Raina heard about the opportunity to travel abroad, she was immediately excited and eager to go. Her mom, Tara, wasn't so sure, saying that the hardest part was worrying about her daughter flying alone all that distance. Tara recalls crying at the airport even as her daughter "danced down the jetway to the plane." She adds, "We wanted her to go because we thought it would be good for her even though it was hard for us to not have her here."

Jeff Lewis, whose daughter Audre went to Japan at age 11 through CISV, can relate. "In our house, it felt like it threw us off our axis a little bit. It was strange not having her around." The kids, however, reported having very little homesickness because they were having so much fun and were so busy.

Despite their concerns about sending their children abroad, each of the parents had confidence that their children could handle the experience. But they and their children say these journeys are not for every child or every family. "The most important thing is it has to be the child who wants to go," says Tara. "If the parents try to push a child who doesn't really want to go it's not going to work very well. Or if the child wants to go but the parent isn't comfortable with it, it's going to be hard. Both the parents and child have to be in agreement that this would be a good thing."

The kids recommend that anyone who goes on these trips should be kind and open-minded toward others. They say the experiences are easier for *(continued on p. 12)*

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

New book about Denver Mountain Parks is labor of love for Stapleton writer

By Laurie Dunklee

The most extensive, magnificent system of parks possessed by any city in the world,” trumpeted a full-page ad in The Denver Post in 1910. It announced the vision of entrepreneur John Brisben Walker and his partners to create a system of mountain parks just west of the city.

In 1913, the first of the Denver Mountain Parks, Lookout Mountain's Lariat Trail, opened to the public. This year the parks are celebrated with a new book, *Denver Mountain Parks: 100 Years of the Magnificent Dream*, co-authored by Stapleton resident Erika Walker, the great-granddaughter of John Brisben Walker.

“There’s never been a complete history about the Denver Mountain Parks,” said Walker. “Given the centennial, it was long overdue.” The book is also a guidebook to the parks, including Red Rocks, Lookout Mountain and other favorites. Walker collaborated with writers Sally White, a cultural historian at Denver Mountain Parks; and Wendy Rex-Atzet, PhD, who wrote her dissertation on the parks. Colorado photographer John Fielder contributed 50 new photos and 25 “then-and-now” photo pairs for the project and published the book.

The Denver Mountain Parks are a 14,000-acre patchwork of open spaces, connected to open spaces owned by Boulder and Jefferson County. Most of the parks are within 30 minutes of Denver.

“Most of the mountain parks are so close they can be enjoyed in a half-day outing,” Walker said. “Sixty-eight percent of Denver residents use them; yet many are unaware they are Denver parks.”

The parks system ranges over four counties, at altitudes from 6,000 to more than 13,000 feet. It contains a series of loop-and-spur scenic drives connecting more than 40 named parks and unnamed parcels. The parks are listed on the National Register of Historic Places. In addition to the 22 parks developed for visitors, the system includes 24 undeveloped conservation areas closed to the public.

Walker said the book aims to educate and build support for this important resource. “The Denver Mountain Parks offer tremendous recreational opportunities and close access to the mountains,” she said. “They are also a portal to Colorado’s history. They need the advocacy of citizens.”

Walker’s favorite attractions for visitors include buffalo, dinosaurs and visible connections to the Old West.

“The dinosaur tracks at Red Rocks Park are 300



The Magnif Dream

million years old,” she said, adding that the easy trails at Red Rocks make it a good choice for families.

Herds of buffalo in two mountain parks attest to successful efforts to prevent their extinction from overhunting.

“The buffalo were almost extinct by 1900, so in 1903 the Denver Zoo bought some cows,” Walker said. “In 1914, two bulls were brought from Yellowstone. Today herds of about 50 adults live in Genesee and Daniels parks; their numbers augmented in the spring with calves. They are some of the most purebred buffalo in the country and so some are auctioned for breeding.”

A preserved connection to the Old West is found at Daniels Park, where Kit Carson built his last campfire.

“Kit Carson was an advocate for the Indians, and he went to Washington, D.C., in 1868 for treaty negotiations. He was on his way back home to southern Colorado by wagon, and he was not well. He stopped in the hills outside Denver and built his last campfire. The next day he traveled on, and when he got home, he died. You can still drive the old wagon road in Daniels Park, with the site of the campfire marked. The wagon road is not covered with condos. It’s significant because Kit Carson’s death symbolized a time of the end of the expansion of the West.”

Walker is a self-taught naturalist and volunteer educator. A fourth-generation Coloradan, she lived with her husband in Minneapolis for 28 years before



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Standing at Bluff Lake Nature Center, Erika Walker is the author of a new book about her great grandfather, John Brisben Walker. He was a Denver civic leader who convinced Mayor Speer to create the Denver Mountain Parks system in 1910.

returning here in 2008. The family moved to Stapleton in part because of the nearby open spaces. Walker is vice president of the board of directors at Bluff Lake Nature Center.

She said her love of nature and Colorado history began on childhood camping trips with her family. She used great-grandfather Walker's writings as source material for the new book.

"J.B. [John Brisben Walker] was part of a business group that took the idea of the mountain parks to Denver citizens," she said. "Mayor Speer was seeking ways to fund the project. A mill levy was taken to the vote and won by a large margin."

J.B. Walker was an entrepreneur who came to Colorado in the 1880s and introduced alfalfa as a cash crop. He bought property in Highlands, just

north of downtown, and developed an amusement park, including a riverboat in a dammed section of the Platte River near Confluence Park. In 1883, he went to New York and bought *Cosmopolitan* magazine, then a literary publication that featured the work of writers such as Mark Twain.

J.B. Walker sold the magazine to William Randolph Hearst and moved back to Colorado in 1905. He bought 4,000 acres around Morrison, determined to make Red Rocks a tourist attraction to compete with Colorado Springs' Garden of the Gods. He built foot trails, ladders, an observation deck, and an incline railway up Mount Morrison.

Once the Denver Mountain Parks project was approved, J.B. Walker worked with city leaders including Warwick Downing to hire landscape architect Frederick Olmsted. Olmsted rode the area on horseback to claim the best views for the parks. The group's vision was to set aside 40,000 acres for the parks.

"Ultimately, they were able to acquire only 14,000 acres, but combined with the Jefferson County and Boulder open spaces, it's about 40,000. So their vision was fulfilled. It's a call to continued visionary leadership today."

Maintaining the Denver Mountain Parks as a resource for citizens has been a challenge since the 1950s, when dedicated funding was discontinued.

"Now funding comes from the general budget, so the mountain parks compete with the city parks," Walker said. "The mountain parks get short shrift because they are outside the city limits, so no city council member is responsible to advo-

cate for them. It's a struggle financially."

In 2008, the Denver Mountain Parks Master Plan, spearheaded by then-Mayor John Hickenlooper and Denver Parks and Recreation, researched options for the ownership and management of the mountain parks.

"The research confirmed that charter and deed restrictions would make selling the parks extremely difficult, if not impossible," said Walker. "And even if they could be sold, they would need to remain parks. Additionally, research confirmed that voters would have to approve such a sale and they would be unlikely to do so. The master plan concluded that Denver should retain ownership and management of the mountain parks and renew its commitment to them."

The master plan recommended funding strategies including building collaborations with neighboring cities and optimizing existing revenue from the mountain parks, such as parking at Red Rocks.

Walker suggested ways citizens can help ensure the parks' health, including contacting city council representatives, volunteering, or providing financial support—including buying the new book, which helps the parks' coffers.

"It's good to look back, and also to look forward to what the parks can become in the next 100 years," Walker said.

For more information and to purchase *Denver Mountain Parks: 100 Years of the Magnificent Dream*, go to www.mountainparksfoundation.org. To volunteer, contact www.denvermountainparks.org.

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What has happened in NE Denver due to the government shutdown and the sequester?

Share your experiences at FrontPorchStapleton.com
By Carol Roberts

The government shutdown brought sudden and dramatic changes to the lives of those who work for federal government agencies or receive government assistance. But the sequester, which is cutting \$109 billion a year from government funding levels, is also having a dramatic impact on local programs.

The Rocky Mountain Arsenal, at over 15,000 acres, is one of the largest urban wildlife refuges in the country. It was closed to visitors and staff were furloughed during the government shutdown. But they have also had to cut programs and staffing due to the sequester. Earlier in the year they were just closed on Mondays. They are now also closed on Tuesdays and could have to close on Wednesdays in the future if they are not able to hire staff.

For Children's Hospital Colorado, "The government shutdown had a direct and immediate impact on many of our low-income patient families who rely on critical government services, like WIC (a nutrition program for Women, Infants and Children) and Head

Start, to meet their basic needs. The shutdown also highlighted the vulnerabilities associated with our research and medical education programs, which are dependent on government support."

NIH (National Institutes of Health) reported that during the shutdown it canceled over 200 peer review meetings, affecting the review of over 11,000 applications. Researchers at the Anschutz campus, along with others around the country, who had recently submitted applications, or had planned to submit during the period of the shutdown, experienced delays in the review process.

Park Hill resident Lindsay Neil who is the director of Denver's Office of Children's Affairs says their Head Start funds, which serve over 1100 children, were reduced by 5.27% due to the sequester. She said they worked with the centers to avoid closing classrooms but they did have to reduce the number of school days or hours. Additional services for comprehensive health, vision and dental services have also been reduced. Pamela Harris, President of Mile High Montessori says the Lowry center that serves over 500 children had to cut a full month out of their school year.

Natural Foods Company Hopes to Go National

By Nancy Burkhart

Allison and Larry Saltzer moved to Stapleton with a life plan about 10 years ago. Larry started working in food preparation at the age of 11 and pursued it through high school and college. Then upon college graduation, he followed his finance degree to work in the banking industry with a focus on food franchises.

The Saltzers met in Colorado and got married. One night they stopped by a local bar/restaurant called Kyle's, located at Smith Road and Ulster Street.

"We went in there and thought if we ever need our own kitchen, this would be a great place," Allison said.

About five years later, Allison and Larry began making plans for having a family, and they started looking for a food business that would take Larry away from his 200 days a year on the road. They drove by Kyle's and saw a For Sale sign.

"We thought, 'Omigosh, it was meant to be,'" Allison said. "We

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Allison and Larry Saltzer have transformed Kyle's, an old Stapleton bar/restaurant into a commercial kitchen that sells all-vegetarian and all-natural food products to King Soopers and other grocers.

had to gut the whole place, but the bones were there and the location was perfect.”

Larry was a chef for many years, and the Saltzers had owned Sassy Suppers, delivering gourmet meals to Stapleton and Lowry. At the same time, they bought a small company that produced four natural food products called Willow Tree that they sold as wholesale products. At that time, they were renting commercial kitchen space. But when they expanded to selling 23 all-vegetarian and all-natural food products to King Soopers, the location at Kyle's became necessary.

“The products are on the olive and antipasto bars at King Soopers,” Allison explained. “Each King Soopers has from three to six of our products. We have three different kinds of hummus: regular, garlic and roasted red pepper. We have Greek quinoa salad, Southwestern quinoa, a wheat berry salad and Israeli couscous. We are a wholesale provider, so they look like King Soopers products. We have production once a week, so everything is fresh to King Soopers.”

A&L Foods has been successful at this level. It is located next to a halfway house, and whenever possible, the Saltzers employ halfway house residents, many of whom are veterans, in an effort to help them get back on their feet. A&L Foods also donates food to The Crossing, which is part of the Denver Rescue Mission.

Now the Saltzers hope to expand A&L Foods

again to provide their healthy, all-natural foods nationally.

“I think we’re doing a really good job responding to customer needs,” Allison said. “Colorado is good for us because it’s healthy. We think the nation is ready for it.”

In order to expand, the Saltzers have applied for a grant through Chase Bank’s Mission Main Street program. The program will provide a \$250,000 grant to 12 businesses. The Saltzers already have provided all the financial and business planning information necessary. However, in order to qualify for the grant, a business must garner 250 votes from the public before Nov. 15.

To vote for A&L Foods, go to: www.mission-mainstreetgrants.com. Put A&L Foods on the “Vote for your favorite business” line.

“The capital would help us grow and go national,” Allison said. “We don’t use preservatives by choice. Our food is completely fresh.”

Even if they get the Mission Main Street grant, the Saltzers will remain in Stapleton, according to Allison. Their two sons, 7-year-old Skyler and 5-year-old Brody, attend Westerly Creek Elementary School. Larry runs A&L Foods full time, while Allison works from home full time for Microsoft.

“We believe in being a small business and servicing the community,” Allison said. “Our lives are in Stapleton.”



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Technology and Family Life

(continued from p. 1) she calls the “sandwich generation,” Fleetwood is caught between different eras of technology. Whereas her parents grew up with no technology, her kids are digital natives, the generation surrounded with technology since infancy. Fleetwood, like most parents of young children, are immigrants to the technology era. “I understand it to some degree, yet we’re parenting kids who this is all they know.”

Her 14-year-old daughter, Grace, is required to have a tablet in ninth grade at George Washington. Wiley, 13, goes to McAuliffe where technology is fully integrated into the entire school. Classes use Edmodo, a site similar to Facebook that connects students and teachers who post homework assignments, Power Points and other resources. “We took away his iPhone as punishment, but he needed to check his Edmodo,” Fleetwood says.

Fleetwood and Adams say they sometimes check

their kids’ texts if they believe they have been using electronics for talking to friends rather than doing homework. They do not allow them on Facebook or Ask.fm, a social media site where kids anonymously answer questions about one another. The site has become a playground for abusive cyber bullying and has been linked to teen suicides.

Fleetwood and Adams consistently talk with their kids about their homework so they can be sure they’re not spending too much time on their devices.

Stapleton resident Elizabeth Yarnell doesn’t allow her 9- and 11-year-olds to use electronics during family events. They can, however, use them in the car to and from an event. At times they allow iPads in restaurants, a local trend. All seven restaurants in the 29th Ave. Town Center confirmed they see parents and kids on devices every day—very often throughout meals—and iPads are the most frequently used device. Some parents say they allow this so they can talk while kids are entertained.

Yarnell says limiting electronics is more difficult with her 11-year-old son, a “technologically savvy digital native.” He typically has two screens going at once—TV and phone, phone and iPad, iPad and video game. He and his dad play a lot of video games

How to Control Tech Addictions and Stay Close as a Family

Set aside face-to-face family time with no devices allowed

Be mindful of your electronic use, with family and without

Model for kids how to use electronics

Find a limit that works for your family and stick with it

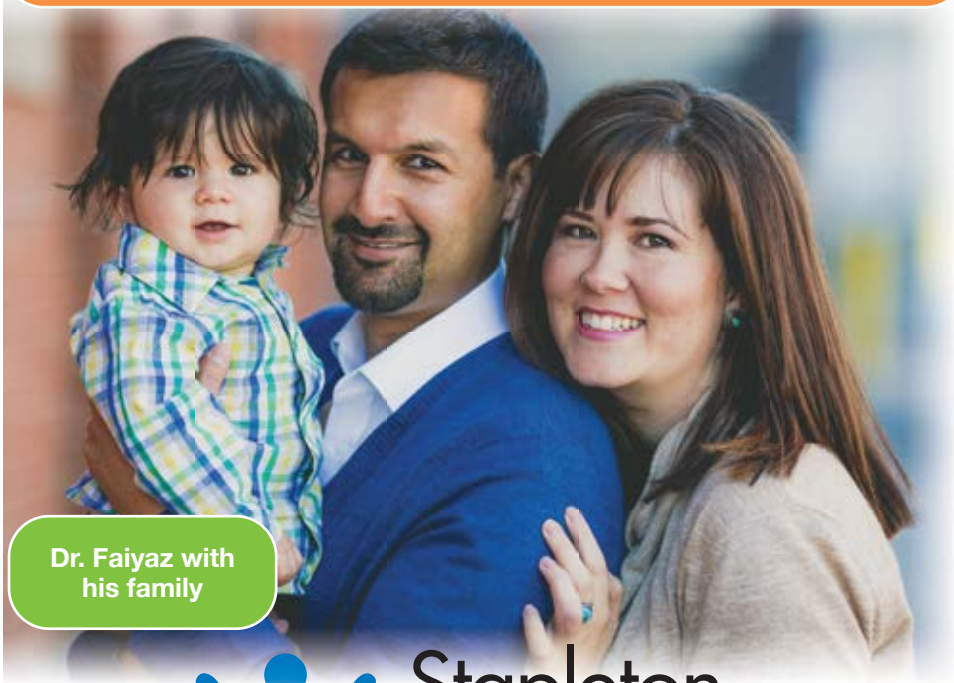
When kids are mature discuss a phone

Don’t leave TV on all the time, even if no one is watching

Continue to discuss with spouse how much electronics you want in your family’s life

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together. Yarnell isn't crazy about video games, but says, "They get to spend time together. They talk about it even when they are not playing."

Yarnell is happy she can always reach her iPhone-equipped son and believes understanding technology is a benefit in today's world.

While modern families are doing the best they can, they have concerns moving forward through digital terrain.

Research shows electronics can cause obsessive-compulsive-like tendencies, and both kids and adults actually go through withdrawal symptoms the same way as withdrawal from a medication or drugs or alcohol.

Irritability, difficulty coping and physiological changes happen when a digitally dependent person has to give up a device, according to Dr. Solomon.

Everyone has witnessed the disconnected family: The mom texting and driving while her kids watch a screen in the backseat. The parent plopped on a park bench focused on a phone while the child plays on a playground. The family not talking in a restaurant, each person tapping away on his or her own device.

Digital devices have the power to diffuse intimacy with a partner and numb painful social interactions or

existing problems in a relationship or family, Dr. Solomon says.

“There’s no way you can build as good of a human connection when you’re distracted and you’re not completely present.”

In response to an online post calling for experiences with using or not using electronics in families, one Stapleton woman anonymously wrote that screens are now a third wheel in her relationship with her husband. His iPad is always within his reach. He quickly gets absorbed in whatever game he's playing, regardless of what is going on in the family. Every night he falls asleep holding the iPad between them.

Karen McHaffey, 61, says she gave her 11-year-old granddaughter an iPod for Christmas. Now their relationship has changed for the worse. The two used to do crafts, play games and shop. Now she says, "When I try to talk to her, she's always got her head buried in it."

To keep healthy connections in families, Dr. Solomon encourages setting aside time without electronics. This helps kids build social skills and problem-solving skills, which digitally dependent kids miss out on.

“(Electronics) are replacing a lot of common sense values that kids have to learn.” She says many parents, including herself at times, are quick to make their kids happy. But she reminds them it’s okay for kids to be bored or frustrated.

“Sometimes you don’t have to solve a problem right away. They need to figure it out, and when

Neighborhood Chef Creates Recipes Kids Love to Make... And Eat

Bruce Springer creates kid-friendly healthy recipes that are quick and easy. His Asian chicken spring rolls are a kid favorite—and can be served with habanero peach or jalapeño jam for those who like extra zing. This month, in a Thanksgiving theme, he says it's a great project for kids or watch a video on how to make Asian



Bruce Springer and Olivia McDonough taste spring rolls they just made.

they do they feel better about themselves.”

She also encourages parents to give their child a device based on when they are mature enough. "Ask questions like, if they run up the phone bill do they have a way to pay it back?"

Dr. Solomon doesn't tell families what to value but believes parents can feel empowered to uphold whatever values those are.

“If parents are concerned about the longer-term messages around electronics, they should feel empowered to say, ‘I see it’s hard for you to be the only one of your friends who doesn’t have this, but it’s not just something we do in our family.’ If it’s not something your family wants to do, then your family shouldn’t feel like you have to do it in order to keep up with the jump.”

Are you keeping up with your kids' and spouse's addiction to electronic devices? How has your family adapted to the digital age? What do you struggle with? Join the online conversation at FrontPorchStapleton.com.



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be well is on board! It's the law!

The image shows the logo for Stapleton Home Services on the left, which includes a stylized house icon and the text "Est. 2003" and "10 years of extremely local service". To the right is a blue banner with white text that reads "Maid Service" (with "Recurring, move-out & one-time" in smaller text below it), "Carpet Cleaning" (with "50% off for all 1st time customers (move-out cleans excluded)" in smaller text below it), and "Stapleton Home Services" followed by the phone number "303-320-1297" and the website ".com".

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DPS Solicits Contractor Proposals for



By Carol Roberts

DPS requested that contractor proposals to build the high school be submitted by October 29th. Contractors will present proposals on November 6, and DPS intends to award the project in mid-November.

The project will be built using the “construction manager general contractor (CM/GC)” approach, which means the contractor and the architect will work together on final decisions in areas such as materials, schedule

and budget. DPS believes this approach will result in time and cost savings and allow for more innovation and creativity on the project.

The conceptual renderings above, dated June 17, 2013, reflect the suggestions from the final design advisory group meeting in May. Since that time DPS has been working with the architect to finalize facility details, comparing the latest design details with the budget, inspecting the land and getting the project ready to go out to bid.

The budget for the project, set in the

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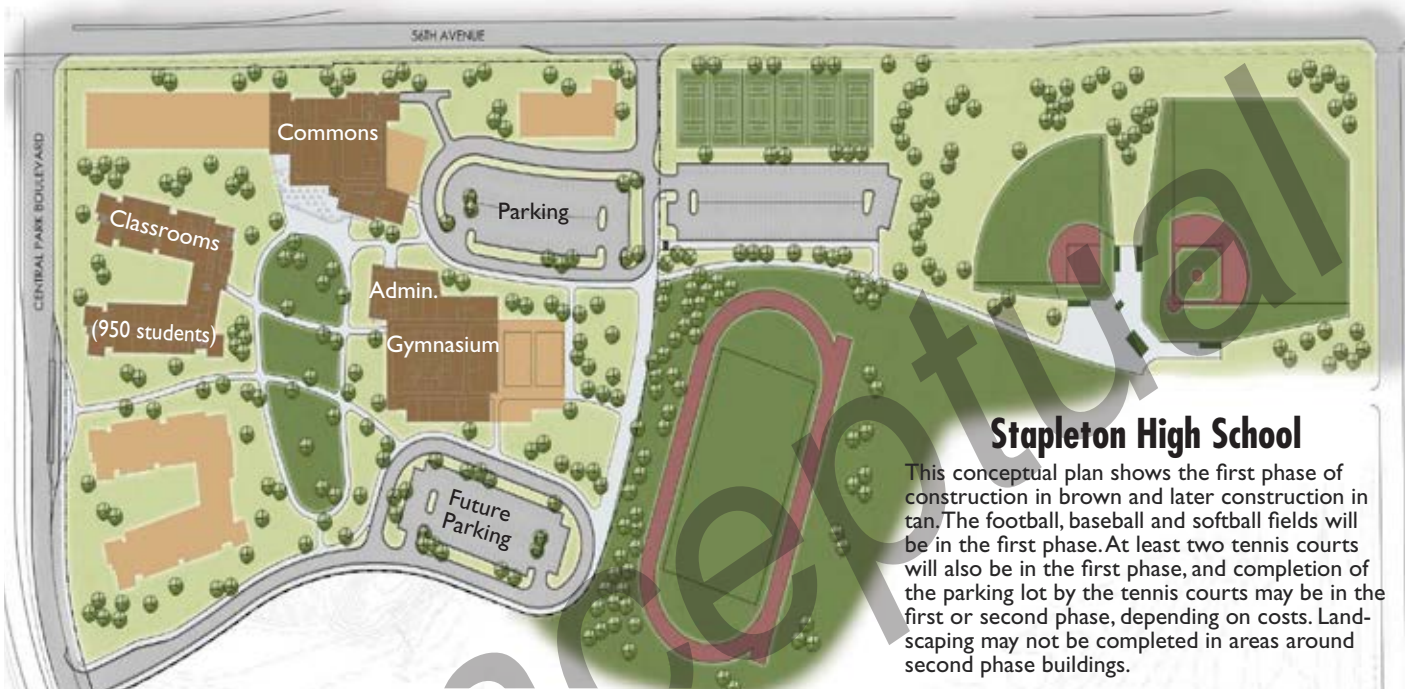
Appointments in Stapleton or Centennial

or High School



Top left: This rendering shows the view from the southwest. The gymnasium/administration building is at right. The commons is in the middle and the classroom building is at left.

Below left: This rendering shows the classroom building as viewed from the south.



Stapleton High School

This conceptual plan shows the first phase of construction in brown and later construction in tan. The football, baseball and softball fields will be in the first phase. At least two tennis courts will also be in the first phase, and completion of the parking lot by the tennis courts may be in the first or second phase, depending on costs. Landscaping may not be completed in areas around second phase buildings.

bond, is \$38.4 million. Administrative costs for other 2012 bond projects has been running about 25 percent of the total budget, but those costs vary. In the case of the new high school, administrative costs include such items as furniture and scaffolding—costs that would be significantly less on an interior renovation project where furnishings could be re-used. Brendan Henderson, DPS Bond Communications, confirmed, however, that the entire \$38.4 million designated in the bond will be used on this project.

SUN Education Expo



Troy Garner, community relations manager for facilities and operations tells attendees the high school is on schedule to open as planned in the fall of 2015.

The annual SUN education expo held at Bill Roberts School October 17 featured brief updates from multiple DPS departments and the outcome of the SUN survey on elementary school boundaries (see page 28). The Transportation Department announced that middle school bus information would be included with the school choice packets.

“The charge has been made to me to think innovatively to find transportation that’s the right fit for this community,” said Transportation Director Nicole Portee. She said she has been focusing on using the middle schools as pick up points and possibly some community based stops for kids that have a further walk to get to the closest middle school. She also said



Next year’s McAuliffe Middle School Principal Kristin Atwood and parent volunteer, Brittini Fudge (right) talk with parents and potential students at the SUN Education Expo, which featured representatives from almost 30 schools pre-kindergarten through high school.

they will make an effort to provide information on length of bus rides, but pointed out that more stops and more buses takes money out of the classroom.

SUN president Mark Mehringer presents findings of the SUN survey on elementary school boundaries (see page 28).



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Foreign Exchange

(continued from p. 12) a child with an outgoing personality but also feel there are benefits for shy kids. Taylor cites her own brother as an example of someone who was shy before going: “Once he came back, he was talking to everybody; he was enthusiastic about everything. It helps a person who is shy find their voice.”

Jodi Clifford, whose daughter Ellie went to Great Britain with CISV when she was 12, says, “The biggest change I’ve noticed with Ellie isn’t something that’s tangible. But I hear her talking about her experience, and she has this kind of awareness now of how big the world is and how small the world is. I mean, she now has a friend she emails with from another country!”

Jeff agrees, impressed that when his daughter Audre “talks about different languages, or food she sampled, she has such a bigger view and a better understanding of where she fits in, not only in the house, or neighborhood, but in the world. When I hear her talk about what she has taken from this experience, I see her being able to articulate who she is because she has been around kids from other cultures.”



Clockwise starting above: Exchange sisters, Anne Cavard (blonde) and Raina Miller (dark hair) spend time in each other’s country. At left, they enjoy the Rockies game in Denver and on the right they eat crepes on the Atlantic coast of western France. Ellie Clifford (bandana) smiles with friends in Great Britain. Audre Lewis uses a mallet to make rice cakes.

He adds, “I expected a better understanding of geography but it’s her self-awareness that’s impressive.”

As for the impact these travel opportunities have on their children’s futures, Jodi says, “I think that when you’re aware of the world out there, that opportunities open themselves up. They are no longer intimidated by the possibilities, which are

endless. I hope that’s what it leads to—the bigger picture of what’s possible.”

Watch a video of the kids talking about their cultural exchange experiences at FrontPorchStapleton.com.

For more information about CISV, contact Greg Garner (Greg@garnerco.com) or Traci Van Pelt (tvanpelt@mfllegal.com). Learn more about CISV at their Welcome Home Party and Annual Auction: Nov. 9, 6–9pm, Erico Motorsports, 2855 Walnut St., Denver. RSVP to Greg or Traci. Cost: \$30/adult, \$20/kid, \$70/family of four includes food and wine. CISV will hold a local mini-camp from 1/31–2/2/14 for kids to better understand what the program is about.

For more information about Adolesco, contact Tara Miller at Tara.adolesco@gmail.com.



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New Business: Living the Ideal Life

By Madeline Schroeder

Stacey Vicari is living her best life and wants to help others do the same. For two decades, Vicari has been a self-trained life coach, and recently she brought her business, Ideal Life, to Stapleton. She helps people evaluate their lives and get excited to make changes, an excitement she says most people lack because of focusing on the negative.

“I can stand for your greatness and be someone who is excited for you and your life,” she says. She likes to think of life as a playground. “We are going to roll up your sleeves and play with your life. We’re going to make you great.”

Her gusto for life is contagious. She says she wakes up every day feeling joyful and gracious. She eats a raw vegan diet that makes her feel healthy and vibrant. She does yoga daily, has a beautiful relationship and great friends, she travels and loves her job.

But, she says, this happiness didn’t happen overnight. “It’s not like some magical pill you can take for your life to be fixed.” She says it’s a

constant journey, and people need to dedicate time to think about what works and what doesn’t work in their lives. Then, they need to create a plan to achieve the ideal life. This is where she comes in.

Vicari talks with clients for 30 minutes over the phone and sometimes in person. Once a month she hosts a free event called JumpStart.

She guides exercises that help people focus on what they want most in life. They identify obstacles and evaluate life balance. Her goal for the one-hour-and-15-minute session is for everyone to leave feeling motivated and inspired to make immediate positive changes.

Vicari lives part-time in Stapleton and part-time in Louisville where she is a regular guest on a radio show.

The next JumpStart is 7–8:15pm on Monday, Nov. 4 at the Greenwood Athletic and Tennis Club, 5801 S. Quebec St. To learn more about Stacey Vicari or to register for JumpStart, visit www.MyIdealLife.com or call 303.321.0783.



Stacey Vicari leads a workshop about how to live the ideal life.

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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. This month's column is a bit different, however.

November is the best month for Denver film: the Denver International Film Festival (DIFF) runs from November 6–17 this year, and it is full of wonderful offerings. Every year the Festival salutes a specific country, and this year Dutch films take center stage. There are 200 films and more than 150 industry guests in town this year, and it all adds up to a wonderful 12 days. With that many films, choosing one or more can be daunting. I've chosen a few that I believe will not disappoint. Enjoy!

The Great Beauty

This new film from Italian director Paolo Sorrentino was a hit at Cannes, and it will make its American debut at DIFF. It has been



Scene from *The Great Beauty*

compared to Fellini's *La Dolce Vita*; whereas Fellini's film chronicled the idle meanderings of Italian society in the late '50s and early '60s, Sorrentino's film takes a similar view of Italy during the Berlusconi era. It is beautiful, scathing, and provocative. Watch out for this film at the Oscars.

Sat., 11/16 at 1pm, Sie FilmCenter.
In Person: Director Paolo Sorrentino

Le Week-end

The story of a middle-aged couple on vacation in Paris is wonderfully directed by Roger Michell (*Hyde Park on Hudson*), perfectly acted by Lindsay Duncan, Jim Broadbent and Jeff Goldblum, and beautifully shot by cinematographer Nathalie Durand. It is at once a close character study and a universal reflection of relationships. The writing is also very good, and the ending is not necessarily what you might expect.

Fri. 11/15 at 7:15pm,
Pavilions

The Fifth Season

A Belgian farming town suffers through a winter that refuses to end. People talk to

chickens, young lovers run through field and forest, and much of the film is in long take and static camera (some call this slow pacing). This visual feast is not for everyone, but if you like the surreal, the visual over the talkie, then this film is for you. And me.

Sat. 11/9 at 7pm, Pavilions
Sun. 11/10 at 9:15pm, Pavilions

Broken Circle Breakdown

Based on the play of the same name, it tells the heartbreaking story of an unlikely couple—Elise and Didier—who marry and have a daughter. When that daughter becomes gravely ill, the two very different personalities deal with the trauma in their own way. Watching them suffer is both difficult and exhilarating—in the very human sense of emotional identification. Elise is a tattoo artist and Didier is a bluegrass banjo player, and the pair fall in love despite their different outlooks on life. Music adds texture to the film, and the elliptical structure adds depth. Life doesn't happen in order.

Sun. 11/10 at 7pm, Pavilions

No Fire Zone

A documentary recommendation, this shocking, brutal and relentless film chronicles the war crimes committed by the Sri Lankan government against their own Tamil people at the end of their 26-year civil war in 2009. While the raw footage may be difficult to



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Scene from *No Fire Zone*

ings. The film takes an elliptical structure, and is at times turn-away-disgustingly brutal and at times hypnotic. As the title suggests, there may even be some redemption. One of the subtexts here, and in many other European films I've seen from

the last few years, is

watch, this is one of those films so important that it demands to be seen. The film is further evidence that documentaries have become the most effective form of investigative journalism in a world that is sadly bereft of such reporting.

See the online schedule for screening dates/times.

The Resurrection of a Bastard



Scene from *The Resurrection of a Bastard*

This entry from Denmark is a sometimes violent, stylistic Tarantino/Scorsese-esque whirlwind of a film that follows a vile Amsterdam gangster named Ronnie through various brutalities and (sometimes chance) happen-

immigration and the subsequent racism/nationalism/religious persecution toward those immigrants. The current state of European transnationalism is indicted.

11/7 at 9:30pm at Pavilions

11/8 at 6:30pm at Pavilions

11/9 at 9:30pm at Pavilions

This Dutch offering is exactly the type of film such festivals live for: you may never see this on a screen near you, but it is a wonderful piece of art and will not disappoint.

In fact, the same can be said for most of the films reviewed here. Treat yourself to some wonderful cinema this month and enjoy the best (film) month of the year in Denver.

For more information on DIFF, see the Film Society website: www.denverfilmfestival.org/festival.

See the display in the Sam Gary Library for all the Indie Prof films.

Vincent Piturro, PhD, teaches Cinema Studies at Metropolitan State University of Denver. He can be reached at vpiturro@msudenver.edu. Follow "Indie Prof" on Facebook for updates about film events and more reviews.



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Colorado Health Exchange: One-month Update

By Madeline Schroeder

The national health exchange has now been open for one month. Technical difficulties persist on both the federal health insurance website and ConnectforHealthColorado.com (C4HCO). At times the sites have worked slowly, crashed or reported errors. As of Oct. 7, Connect For Health Colorado reported 226 Coloradans had enrolled in the exchange. An exchange spokesperson declined to give an update at press time for the *Front Porch*.

However, medicaid, which expands to include more people through the Affordable Care Act, is on track to enroll 25,709 Coloradans for coverage beginning January 1, according to the Colorado Department of Health (as of October 24).

"As long as these substantial technology glitches persist, we are losing valuable time to educate and enroll people in insurance plans," said Colorado Senator Mark Udall. Fearing that federal and state websites will not be fixed in time for people to enroll, he and eight senators, including Michael Bennet, joined a coalition urging an extension of the enrollment deadline.

Despite the glitches, Stapleton Foundation Vice President of Community Health Alisha Brown says the process is going well. It does, however, require more steps than people expected.

Brown runs the health care enrollment program at the *be well*

Health & Wellness Initiative, a group that helps NE Denver and NW Aurora residents take charge of their health. She and her three primary health care enrollers assist people through the process, as well as present information to businesses and small groups.

Brown says the volume of enrollees has been manageable so far—right now her staff is enrolling about three to five people a day. She expects more people will sign up closer to the deadlines—Dec. 15 for coverage beginning in January or March 31 for coverage beginning in April.

Initially, they anticipated the enrollment process would take 30–45 minutes, but some have taken nearly an hour and a half, depending on the individual. Brown says the people they have worked with so far have been "patient and gracious" about the process.

Originally the site was advertised to be like Expedia.com and instantly compare plans and subsidies side by side. The reality is more complicated. To find whether you qualify for premium subsidies, you are transferred from the C4HCO website to the PEAK website (which determines Medicaid eligibility) and fill out a Medicaid application. Right now, 30 percent of those applications get immediate responses. Most people have to wait to find out, delaying the next step. If you do not qualify for Medicaid, you must call the Colorado for Health customer service line and speak with a representative

about other options for financial assistance. If you do qualify, you get a letter in the mail and continue the process. Enrollers at *be well* follow up with these applicants to make sure the process goes well.

Donna Tirone, an account manager at Hub International Insurance Brokers and Consultants in Denver, has not had a good experience with the website so far. She recently walked through the process with a client who owns a small business. "Let me tell you he is not a stupid man, but he was very confused," she says. "At one point, he thought none of the plans had co-payments. He is pretty savvy so I can only imagine someone who doesn't know insurance."

Tirone's co-worker, Linda Regalado, says she gave up after three attempts to enroll her sister.

Regalado believes enrollment numbers are low for a reason. "I think people who have been insured in the past and are healthy are going to continue to buy insurance. But I think people who didn't buy it in the past who are healthy will continue to avoid buying it."

She believes there is a lot of confusion about the exchange. "There are a lot of misconceptions that this will be health care for all without any further consideration of how it will be paid for."

The Colorado Health Op is also finding people are confused. The co-op is a consumer-driven public option in the exchange. "They see us as a choice but don't always know much about us," CEO Julia Hutchins says. "There's a continual challenge to educate people that we exist and share some of our history." She says most people don't understand how co-ops work and what "member government" really means. (See article on the co-op in the October issue of the *Front Porch* on page 19.)

The co-op continues working to get the word out—they now advertise on TV, host educational events around the state and help people enroll. Hutchins has not heard back from C4CHO the number of people enrolled in the co-op so far but hopes to know soon.

"We're really hoping they continue to streamline the process and make it easy for people to sign up. I think that will get better with time."

To learn more about the Colorado health exchange or shop for insurance, visit connectforhealthco.com. To learn about Colorado Health Op, visit www.cohealthop.org. To schedule an informational presentation or get help enrolling through *be well*, visit bewellconnect.org or call 303.468.3239.



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Last 2013 Stapleton Farmer's Market

One-year-old Finn Schumacher from Park Hill sits in the pumpkin patch at Stapleton's last Farmer's Market of the season. A Stapleton tradition for the last farmer's market, visitors who purchased items got coupons for the pumpkins.

Big Brands, Little Local Store

By Madeline Schroeder

GQ magazine recently named Denver and Boulder two of the worst-dressed cities in America. The article mocked Coloradans' affection for anything Patagonia and bike shorts-with-sneakers eveningwear.

But, local storeowners Dan and Kim Jones embrace this style. Dan calls it "fun functional clothing that may get laughed at in New York but fits the Denver lifestyle." A year ago, they started a business to sell this very type of clothing.

Soar Outdoor, at 22nd and Kearney in Park Hill, sells kids and adult outdoor clothing for everyday wear. Dan describes the style as "things you can just throw in your backpack to go hike a fourteener, but then you can walk in the bar afterward and not feel like you need to change."

Dan Jones, a longtime employee of the ski industry, believes gear should last a lifetime. Quality and functionality are important to the business owners. At the same prices, they

carry the same brands found at the larger outdoor retail stores including: Patagonia, Mountain Hardwear, Roxy, Quiksilver, Osprey and more. The store also carries snowboards, skateboards and longboards. They also do ski and snowboard tune-ups.

And if they don't have a specific item a customer wants, they will ship it to their store at no extra cost.

Kim and Dan Jones want to provide a better shopping experience than large outdoor retail stores, all of which are at least a 10-minute drive from northeast Denver. The couple calls their business a community-based neighborhood store, and they strive for "better customer service" than the larger outfitters.

They believe the community benefits from having a local outdoor store, and the store benefits from being located in the northeast Denver community.

Soar Outdoor is located at 2208 Kearney. The store is open 9:30am-6pm Monday, Tuesday, Wednesday and Saturday; from 9:30am-7pm on Thursday and Friday; and from 10am-5pm Sunday. Visit SoarOutdoor.com or call 303.997.5397.

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Community Update on East Rail Line



Adolfo Nietch, project safety manager for the East Line construction project, demonstrates safety equipment on RTD District D Director Jeff Walker.

By Carol Roberts

Denver Transit Partners (DTP) invited the community to an open house to talk to RTD and construction staff to learn more about the East Line commuter rail project. The event, held at Swigert school on October 12, was complete with hot dogs and hamburgers to eat and rail cars and frisbees to take home. The 400 attendees moved from table to table to learn about different aspects of the project from safety to engineering to details about the cars.

The East Line project is half finished. It is part of the larger Eagle P3 (public private partnership) project that includes the Northwest Rail to Westminster and the Gold Line to Ward Road in Arvada. All three lines will open in 2016, as will the I-225 line that will join the East Line at the Peoria station.

The "shells" of the first 10 train cars, produced

in Korea, have been delivered to a manufacturer near Philadelphia for completion. At least 60 percent of the value of the vehicles must be produced in the U.S.

The platforms are raised so passengers enter at floor level with no steps—and the trains will have a storage area at each end for luggage, bicycles or other large items carried by passengers.

The total ride time on the East Line will be 35 minutes. Trains will run 22 hours a day (closed from 1am - 3am). From 6am to 8pm trains will run every 15 minutes. From 3 - 6am and 8pm - 1am they will run every 30 minutes.

Ride time from Central Park Station to Union Station will be 13 minutes and from CPB to DIA will be 22 minutes. Opening day parking will be 1,500 spaces. From 40th & Colorado Station to Union Station will be 9 minutes and to DIA will be 26 minutes. Opening day parking will be 200 spaces.



Kevin Flynn, public information officer for RTD's Eagle P3 project answers questions about the East Line.



Brian Donohue, Integrations Engineer for Denver Transit Partners, gives attendees take-home toy-sized replicas of the commuter rail cars.

Visit FrontPorchStapleton.com for additional information

Denver Regional Council of Governments (DRCOG) Seeks Community Input on East Rail Stations



DRCOG received a grant to support planning and implementation along the entire East Rail Line. Their open house at Stapleton on Oct. 17 offered attendees the opportunity to view current information about the area surrounding the new rail stops and make recommendations for the types of amenities they would like to see at and near the stations. For more information visit www.drcog.org/sci.

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Steve has been in practice for more than 20 years with extensive experience in all aspects of obstetrics, as well as minimally invasive gynecologic surgery. He trained at the University of Arizona and George Washington University. A resident of Stapleton, Steve is fond of music and photography.

Don't Miss These Events

November 18—Health Care Colorado Sign-up Assistance

Monday, Nov. 18 at 5:30pm, League of Women Voters is hosting an event to educate people about the health care exchange. Health care representatives will join to answer questions about the exchange and navigate through the site. If people choose, they can enroll right then. The event is free and open to the public. It will be hosted in the McCollum Room at Montview Presbyterian Church, 1980 Dahlia. For questions contact Cynthia Thorstad at 720.480.8345.

November 27—Stapleton Community Public Menorah Lighting

A Community Menorah Lighting will be held on the Stapleton Green November 27 from 5-6pm . The menorah will stand 12 feet tall and the first candle of the Menorah

will be lit. The event, coordinated by the Jewish Life Center, will honor Keven Burnett, executive director of the Stapleton Master Community Association, and Dana and Melinda Elkind, community delegates to the MCA, with the lighting of the public Menora.

Refreshments will be served—a hot cocoa bar and doughnuts, a traditional chanukah treat. The event is free and open to the public.

December 14—The Kids' Marketplace; Apply by Dec. 7

The Kids' Marketplace is a market for kids to sell their products and for shoppers to find unique products made by kids. But kids who want to sell their creations need to apply for space by Dec. 7. The actual market will be Saturday, Dec. 14, from 10am–2pm at Clayton Early Learning located at 3801 MLK Blvd. A new Virtual Kids' Marketplace will allow shoppers outside the metro area to support the kidpreneurs online. The vendor fee is \$15. Vendor Marketplace applications are found at www.thekidsmarketplace.com. Contact Tammi at 303.564.8308.

November 20—Modern Conversations "Tricky Behavior, Part 2"

On Wednesday, Nov. 20, 7-8:30pm, Licensed Clinical Social Worker Hilary Silver will host the second part of the October Modern Conversations, "Tricky Behavior from Toddler to Teen." The free MCA-sponsored event invites the public to learn about techniques for controlling behavior and sharing issues with others. A child behavior expert will join Silver to answer specific questions. Informational handouts will be provided. The session, held at the Stapleton MCA Community Rm., 2823 Roslyn St., is for parents only—no kids allowed. All parents welcome. Reserve at hsilver33@gmail.com or call/text 720.935.7393. Also see www.SilverTherapyGroup.com.



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

HOLIDAY EVENTS

11/1 Friday to 11/3 Sunday- 27th Annual Holiday Food and Gift Festival. Colorado Convention Center, 700 14th St, downtown Denver. Adults \$10; seniors/12+ \$8; under 12 free. www.hfgf.com

11/7 Thursday to 11/10 Sunday- Denver Assistance League Holiday Boutique. Bosworth House, 1400 Josephine St. Hours/admission varies by day. www.denver.assistanceleague.org or 303.338.1014

11/8 Friday and 11/9 Saturday- Salvation Army Holiday Boutique and Doll Tea Sale/Exhibits. 10am-4pm. Benefits children. \$3; 5 and under free. Calvary Baptist Church, 6500 E. Girard Ave. 303.703.4848, www.imsalvationarmy.org.

11/9 Saturday- Holiday Craft Fair. Blue Spruce Town Homes- A Colorado Coalition for the Homeless Community. 7300 E. Severn Pl. (N. of 6th off of Quebec). Crafts, original artwork, baked goods and more. www.coloradocoalition.org

11/15 Friday-11/17 Sunday- Botanic Gardens Holiday Sale. \$8/ adults \$6/children 3-15. Under 2 free. www.botanicgardens.org

11/22 Friday and 11/23 Saturday- L'Esprit de Noel Holiday Home Tour and Holiday Boutique. Home Tour- Old Crestmoor neighborhood, 10am-4pm. Tour tickets \$23 at King Soopers. Christ Church United Methodist, 690 Colorado Blvd. Benefits Central City Opera. www.centralcityopera.org/lespirit

11/22 Friday to 11/24 Sunday- World Gift Market. Fair trade, eco-friendly gifts from artisans from developing countries and local nonprofit organizations. Fri. 5-8pm at 1st Universalist only. Sat. 9am-4pm, Sun. 9am-2pm, both churches. Free admission. Hosted by 1st Plymouth and 1st Universalist Churches, SW and NE corners of

Hampden & Colorado Blvd. firstplymouthchurch.org or firstuniversalist.org

11/22 Friday to 12/21 Sunday- Christkindl Market. 11am-7pm Sun-Wed; 11am-9pm Thurs-Sat. Denver Skyline Park. www.denverchristkindlmarket.com

11/23 Saturday- Temple Micah's 6th annual Top Latke Taste-Off and Hanukkah Party. 5pm. RSVP w/payment by 11/20. www.micahdenver.org

11/27 Wednesday- Thanksgiving Eve Community Workshop. Bring pie to share for 34th annual Pie Fest. Music by Collective Theory. Gifts/offerings benefit World Hunger. Augustana Church, 5000 E. Alameda Ave. 303.388.4678, www.augustanadenver.org

11/29 Friday-11/2014 Wednesday- Denver Botanic Gardens Blossoms of Light. 5:30-9:30pm. Denver Botanic Gardens. 1007 York St. 720.865.3514, www.botanicgardens.org

11/29 Friday- Downtown Denver's Grand Illumination. Kick off holidays with lighting of downtown. FREE. 5:30pm. Union Station and 16th Street Mall. 720.865.3500, www.downtowndenver.com

11/29 Friday- 9News Light the Lights. City and County Building. 6:30pm. www.downtowndenver.com

11/29 Friday to 2/16, 2014- Southwest Rink at Skyline Park. FREE ice skating in downtown Denver; bring skates or rent: \$2/pair. www.downtowndenver.com

11/30 Saturday-12/28 Saturday- The Nutcracker. Presented by Colorado Ballet. Tickets: www.coloradoballet.org

11/30 Saturday and 12/1 Sunday- Sugar Plum Bazaar. Hand-made, vintage, boutique market; 50+ artisans/vendors in historic mansion. Free admission (entry donations benefit Ronald McDonald House). 10am-5pm; 1859 York St. www.sugarplumbazaar.com

12/1 Sunday- Chanukah in Chocolate Land. With 7-foot chocolate menorah. 4-6pm. At MCA, 2823 Roslyn St. \$10/person, \$40/family. Register: www.jewishstapleton.com or 720.515.4337.

12/1 Sunday-32nd Ave Tree Lighting. 32nd and Osceola. Time TBD. www.highlands-square.com

12/1 Sunday- Christmas with Montview Choirs & Orchestra. 5pm. Montview Blvd. Presbyterian Church, 1980 Dahlia St. www.montview.org

12/6 Friday- Holly Days on 16th Street Mall. 11am-7pm. FREE. Repeats 12/7 and 12/8, McNichols Building, Civic Center Park. www.coloradoevents.net

12/6 Friday and 12/7 Saturday- 9News Parade of Lights. Marching bands, giant balloons, floats. Friday 8pm and Saturday 6pm. FREE. Parade info: www.downtowndenver.com

Through mid-November- Miller Farms Fall Harvest Festival. Corn maze, petting zoo, fire truck, tractor rides, harvest vegetables included in admission (see website). 9040 Hwy 66, Platteville. 9am-6pm daily. www.millerfarms.net

RECURRING ARTWALKS

First Fridays

Santa Fe Arts District. Santa Fe Dr. between 10th and 6th. 5-8pm. www.artdistrictonSantaFe.com

North Denver's Tennyson Art Walk. Tennyson St. and 44th Ave. 6-10pm. www.denverartwalk.squarespace.com

River North (RiNo) Art District. 6-9pm. RiNo starts at Broadway and Walnut St. www.RiverNorthart.com

Golden Triangle Museum District. 5-9pm. www.goldentriangleof-denver.com

Navajo Street Art District. 5-9pm. www.navajostreetartdistrict.com

Third Friday

Santa Fe Arts District. Santa Fe Dr. between 10th and 6th. 5-8pm. www.artdistrictonSantaFe.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. Also download PDF of Denver's Public Art Guide.

11/1 Friday to 11/9 Saturday- Denver Arts Week. Celebrates Denver-area cultural scene and arts with 200+ events. Art walks; 12+ museums host extra hours/FREE admission Sat. night, 11/2; weeklong deals, Film Festival, discounts and special performances. www.denver.org/DenverArtsWeek

11/2 Saturday- Daughters of American Revolution Prospective Member Workshop. 1pm. For all women 18 and older who can trace lineage to Revolutionary War Patriot. Free but need reservation. 1430 Race St. Ella Margaret Cron, 303.771.7476.

11/6 Wednesday to 11/10 Sunday- Denver International Wine Festival. 4-day wine/food celebration; 400 wines from around the world. 303.664.5700, www.denverwinefest.com

11/6 Wednesday to 11/17 Sunday- Starz Denver Film Festival. Daily movies/programs. Lowenstein Complex, 2510 E Colfax and various locations. www.denverfilm.org

11/8 Friday to 11/10 Sunday- Colorado Ski and Snowboard Expo. Tickets \$12, under 12 free. Colorado Convention Center, 700 14th St, downtown Denver. Tickets: www.bewisports.com/expos/denver

11/8 Friday and 11/9 Saturday- Augustana Arts Presents Colorado Women's Chorale, Rejoice in the Lamb. \$24. www.augustanaarts.org

11/9 Saturday- Denver Veterans Day Parade. 10am. Civic Center Park. Broadway and Colfax Ave. 720.913.0630 www.vetsdaydenver.org

11/9 Saturday- Denver Veterans Day Celebration and Fireworks. 3-7pm. Presentation of colors, music, flyover, fireworks at dusk. Auraria Campus. www.vetsdaydenver.org

11/9 Saturday- St. Mary's Academy High School Open House. 10am-2pm. 4545 S. University Blvd, Englewood, CO 80113. RSVP at 303-762-8300, www.smanet.org

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11/9 Saturday- Cockpit Demo Day.Wings Over the Rockies Museum, Lowry. 10am-2pm. www.wing-smuseum.org

11/10 Sunday- Athena Festival 17. Creativity, spiritual sciences, women's issues, healing arts, psychology and mysticism. Ramada Plaza, I-25 at 120th Ave, Northglenn. 11am-5pm. www.athenafestival.com

11/10 Sunday- 25th Annual Brown Palace Champagne Cascade. 12pm. Champagne poured from top of 12-story tower of 6000 glasses. Floors 4-7 open to public. FREE.VIP packages available. www.brownpalace.com

11/15 Friday- 4th Annual be well Community Celebration. 5:30-8pm.Doubletree Hotel, 3333 Quebec St. Keynote by U.S. Sen. Mark Udall; Host: former Bronco Reggie Rivers. RSVP to Leslie Joseph: 303.468.3223

11/15 Saturday- Daughters of American Revolution Meeting. Frances Wisebart Jacobs Chapter. 1pm. Program "Being an American...Challenges and Opportunities." 3rd Sat. Sept.-May. Free. RSVP req. 1430 Race St. Ella Margaret Cron: 303.771.7476

11/29 Friday to 12/1 Sunday- Rocky Mountain Rod and Custom Car Show. Colorado Convention Center.Adults \$15; kids 6-12 \$5; under 6 free. www.greybeardpromotions.com

11/22 Friday to 11/24 Sunday- Sesame Street Live: Elmo Makes Music. Wells Fargo Theatre, Colorado Convention Center. www.sesamestreetlive.com

11/30 Saturday and 12/1 Sunday- Rocky Mountain Toy Train Show. Denver Merchandise Mart 1-25 and 58th Ave. \$8 kids under 12, military/scouts in uniform free. 10am-5pm. www.rockymountaintoytrainshow.com

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

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

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

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

HEALTH AND WELLNESS

11/2 Saturday- Home for the Holidays 5K. 9-11am. Denver City Park. Benefits Colorado Coalition for the Homeless. www.coloradocoalition.org/events

11/9 Saturday- Denver Veterans Day 5K. 8am,

Auraria Campus. www.DVD5K.com

11/20 Wednesday- Mid-Life Wellness Seminar. 6:30pm. FREE. Pencil Compounding Pharmacy, 1325 S. Colorado Blvd, B-024. RSVP: 303.388.3613

11/28 Thursday- Mile High United Way Turkey Trot. Washington Park, 10:15am. Register: www.unitedwaydenver.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, 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

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

11/5 Tuesday- Lincoln. 10:15-11:15am. Jewish Community Center, 350 S Dahlia St. 303.316.6359

11/14 Thursday- Fracking. 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. 303.388.0724

11/12 Tuesday- The Kurds. 12:30-1:30pm. Tattered Cover, 2526 E Colfax. 303.322.7727

11/26 Tuesday- Native Americans. 5:30-6:30pm. Tattered Cover, 2526 E Colfax. 303.322.7727

12/3 Tuesday- Privacy vs. Protection. 10:15-11:15am. Jewish Community Center, 350 S Dahlia St. 303.316.6359

LIBRARIES

Visit www.denverlibrary.org for children's story hours, book club info, crafts sessions and complete program list.

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

11/1 Friday and 11/15 Friday- Mom Time at Montview. 1st, 3rd and (continued on p. 22)



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RECURRING MEETINGS

BUSINESS GROUPS

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

STAPLETON AND BEYOND NETWORKING GROUP- First Tuesday, 8:30-10am, Aaron.Ktafoya@farmer-sagency.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. <http://www.stapletonhome-business.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-12 Noon. 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

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

INTEREST GROUPS

BLUFF LAKE BIRDERS. 1st Saturday, 8am. Nature Center. BluffLakeNatureCenter.org

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

COLORADO SYMPHONY GUILD. Every 3rd Thursday at St. Luke's Church, 13th & Quebec, 10am-12pm. All are welcome. macregar@gmail.com

CYCLETON BIKE REPAIR CLINIC. 2nd Tuesday, 6pm. 7480 E. 29th Ave. <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 to Helen Strader, 303-997-6788

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

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

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

STAPLETON GROUPS

PARKS ADVISORY GROUP. 2nd Tuesday, 8:30am. 7350 E 29th Ave., 3rd Fl. Lcorrell@dotnet.net

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

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

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

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

SUPPORT GROUPS

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

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

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

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

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

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

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

(continued from p. 21)

5th Fridays. Mothers of youngsters learn/support each other on life balance, self-care. Breakfast/childcare provided. Montview Presbyterian Church, 1980 Dahlia. Rm. 305. 9:15-11:15am. www.montviewmomtime.wordpress.com; leahcnoliver@yahoo.com; Anna.A.Clark@gmail.com

11/2 Saturday- High Tech Elementary School Open House. 9am-1pm. Central Park Rec Center community rm. 9651 E. MLK Blvd., Info: Principal Dr. Amy Gile, amy_gile@dpsk12.org

11/6, 11/13, 12/4, 12/13 Wednesdays- Denver Montclair International School Open Houses. 9-10:30am. Lower school 11/6 or 12/4, Middle school 11/13 or 12/13. RSVP: admissions@dmischool.com

11/16 Saturday- Temple Micah Me'at Shabbat. For toddlers, parents and siblings. 9am. 2600 Leyden. FREE, donations accepted. www.micahdenver.org

11/16 Saturday- Stanley British K-8th Open House. 10am. No reservations required. Childcare provided. 350 Quebec St. 303.360.0803, ext. 192 or admission@stanleybps.org

12/8 Saturday- Lowry Winter Festival. Lowry Town Center. 3-6pm. Santa, horse and carriage rides, crafts, cocoa and more. www.lowry.org/calendar

Denver School of the Arts- November performances: The Good Doctor by Neil Simon, Three Sisters by Anton Chekhov, concerts, poetry readings and more. Tickets/complete listings: www.dsa.dpsk12.org/performances. Montview and Quebec

Fridays and Saturdays- Wine Tastings. Wine Cellars, the Bottle Shop of Stapleton. 4-7pm. FREE. www.facebook.com/WineCellarsat-Stapleton

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

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

BLUFF LAKE NATURE CENTER

3400 Havana Way, Denver. www.blufflakenaturecenter.org

11/13 Wednesday- Science Speaker Series: "Native Bees of Colorado and Beehive Mechanics." 6-7:30pm. Speaker: Butterfly Pavilion entomologist manager of terrestrial invertebrates. \$5/person. Stapleton MCA Community Rm., 2823 Roslyn St. amillman@blufflake.org www.blufflakenaturecenter.org

11/15 Friday- Bluff Lake Buds. Family preschool program: 10-11am. Cottonwood Colors. Ages 2-5 accompanied by parent. Circle time, interactive stations and short hike. \$5/child if advance register at amillman@blufflake.org; adults free.

DENVER ART MUSEUM

100 West 14th Ave Parkway, www.denverartmuseum.org

Passport to Paris through 2/9/14. This is a ticketed exhibit.

DENVER MUSEUM OF NATURE AND SCIENCE

Montview and Colorado Blvd. www.dmns.org, 303.370.6000

MythBusters: The Explosive Exhibition. Exhibit ticket required in addition to museum admission.

11/8 Friday- Museum After Dark. Black tie fundraiser, cocktails, dinner dancing, and silent auction benefiting educational programs at the museum. www.dmns.org/mad

11/21 Thursday- Science Lounge. Cocktails/entertainment every 3rd Thurs. monthly through Nov. 6:30-9:30pm. \$8/members; \$10/non-members

Planetarium- Passport to the Universe; Black Holes, One World, One Sky, Cosmic Journey: A Solar System Adventure. www.dmns.org/planetarium/current-show

IMAX Movies- Meerkats 3D, Great White Shark 3D. Mysteries of the Unseen World 3D. Various times. Tickets: \$8/3-18; \$10/adult

NORTHFIELD EVENTS

The Shops at Northfield Stapleton:

11/29 Black Friday Horse & Carriage Rides. Complimentary rides

from Northfield's Main Street to Bass Pro Shops. 1-8pm

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

Harkins Theatres 18- 720.374.3118

New Releases

11/1 – Enders Game, Free Birds, Last Vegas

11/7 – Great Expectations, 3D Thor: The Dark World, Dallas Buyer's Club

11/15 – The Book Thief, Geography Club

11/22 – The Hunger Games: Catching Fire, Delivery Man

Improv Comedy Club and Dinner Theatre- Tickets:

303.307.1777, www.ImprovDenver.com. Prices vary based on comedian and show time.

Toby Keith's I Love This Bar & Grill- 303.728.9468, www.country-barco.com. Local and regional live music nightly.

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Free unless noted; reservations required at 303.289.0930 if marked*. 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/

11/9 Saturday- Magnificent Mulies. 9-11:30am

11/23 Saturday and 11/24 Sunday- Holiday Tours. 9:30-11:30am

11/30 Saturday- Guided Wildlife Tour. 9:30-11:30am

Self-Guided Wildlife Drive. Daily during Arsenal open hours.

THEATRE

11/8 to 11/25/14- The Travesty of Lear. The Betsy Stage, 1133 S. Huron St. Performances Thurs/Fri/Sat 8pm; Sundays at 2pm. All performances FREE, Donations accepted. Thebetsystage.com

11/15 to 12/22- Jackie and Me. Space Theater 14th and Curtis. Denver Center for Performing Arts. www.denvercenter.org

11/23 to 12/21- The Christmas Spirit. Firehouse Theater Company at John Hand Theater. www.johnhandtheater.com

11/26 to 12/22- A Christmas Carol. Arvada Center, 6901 Wadsworth Blvd. www.arvadacenter.org

11/29 to 12/24- Santa's Big Red Sack. Avenue Theater, 417 E. 17th Ave. www.avenuetheater.com

12/7 to 12/22- It's a Wonderful Life. Presented by Phamaly Theatre. Aurora Fox Arts Center, 9900 E Colfax Ave. www.aurorafoxartscenter.org

Through 12/21- No Dogs Allowed. Arvada Center, 6901 Wadsworth Blvd. www.arvadacenter.org

VOLUNTEER OPPORTUNITIES

Cooking Matters- Kids/families free course on budget shopping and preparing healthy, affordable meals. Volunteers needed at multiple locations/days to help. Learn Share our Strength Cooking Matters and all opportunities at covolunteer@strength.org.

Girl Scouts- With thousands of girls on waiting lists, Girl Scouts of Colorado critically needs adult volunteers. Contact: girlscoutsofcolorado.org, inquiry@gscolorado.org or 1.877.404.5708

Project Worthmore. Volunteers for teams (6-month commit) to assist Burmese refugees by "cultural mentorship" (how to ride bus, grocery shop, bank, enroll kids in school, navigate government paperwork, etc.). www.projectworthmore

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

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

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

Reading Volunteers Needed. At Odyssey School or Venture Prep Middle School for 2013-14 school year to share one-on-one reading. Email Julie@PartnersinLiteracy.org

Summer Scholars. Year-round volunteers needed to read with students/assist in office. www.summerscholars.org, 303.381.3738

KIDS AND FAMILIES

11/3 Sunday- The 85 and Bringing Back the Arts Presents Inaugural Denver Dance-Off. Contest open to students/ residents of Denver ages 12-18. Cleo Parker Robinson Dance Studio, 119 Park Ave.

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Christmas with the Montview Choirs & Orchestra

Glorious Music of the Season with Organ, Orchestra, Choirs
and guest artist Lucille Reilly on Dulcimer

SUNDAY, DECEMBER 1 AT 5:00 PM

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West. 6-9pm. www.denvergov.org/danceoff

11/7 Thursday to 11/17 Sunday- The Little Prince. Community College of Aurora. Tickets: \$7-\$10. www.ccaurora.edu/prince

11/10 Sunday- Junior Rangers. 1:30-3:30pm. Ages 6-12. Morrison Nature Center, 16002 E Smith Rd, Aurora. Reservations required. 303.739.9428, www.auroragov.org/nature

11/13 Wednesday- Create Playdates at Denver Art Museum. Kids 3-5 roar, bang, stomp 2nd Wed/month. 10am. Art, story times, scavenger hunts. Included in museum adm; 5 and under free. 100 W 14th Ave Pkwy. www.denverartmuseum.org or 720.865.5000

11/14 Thursday- Wands and Wishes Character Story Time at The Bookies Bookstore. 2nd Thurs each month, characters read interactive stories, sing a song, pose for photos; different character monthly. 10:30am. FREE. 4315 E. Mississippi Ave. wandsandwishesoccasions.com, 303.883.6778

Through 12/1- Rumpelstiltskin. Denver Puppet Theatre, 3156 W 38th Ave. Tickets: \$7 ages 3 and up. 303.458.6446, www.denverpuppettheater.com

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

KIDS CAMPS AND CLASSES

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

Art Students League of Denver- Programs for

kids/teens. 303.778.6990, www.ASLD.org

Spark It Studios- Art classes in Stapleton. www.sparkitdenver.com

Start Art- Art classes. Startartkids.com

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

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

11/9 and 11/23 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

Denver Museum of Miniatures, Dolls and Toys Workshops. Museum adm.: \$6/adults, \$4/kids 5-16/under 5 free. 1880 Gaylord St. www.dmmtd.org for current workshops

The Urban Farm- Embracing Horses. 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

Music Lingua Musical Spanish Classes- Ages newborn-6 years. Learn Spanish in interactive parent/tot classes. samanthabensoncox@hotmail.com, www.musiclingua.com

Jewish Community Center- Various programs

for kids grades K-5. www.jcc.org

Stapleton All Sports- Wrestling ages 5-12 begins 11/6. Also Registering for cheer, yoga and basketball beginning Jan. 2014. www.stapletonallsports.com

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To submit Front Porch "Local Event" Listings

Email information in the following format by the 15th of the month to FrontPorchEvents@gmail.com. Events will be run subject to space available. Date in numerical format (mm/dd), day of week- Name of Event. A one- or two-sentence description. Time. List cost or if free. Location. Contact information. Press releases for suggested stories should be sent separately to FrontPorchStapleton@gmail.com

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Stapleton Front Porch

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November 2013

Jill Corcoran: An Inspiration to Her Staff



Jill Corcoran

By Carol Roberts
Westerly Creek Elementary School Principal Jill Corcoran runs the biggest elementary school in DPS “like a well-oiled machine,” says fifth-grade teacher Alicia FaJohn,

who says Corcoran is her mentor. “She doesn’t realize how deeply she inspires the children and the staff in the building,” FaJohn says as standards have become more rigorous, teachers need to be “reinventing the wheel” to meet the challenges of educating kids for the 21st century. “What’s amazing about her is how she empowers her staff, giving teachers the opportunity to be leaders, to write grants, to take on new roles.”

This fall, Corcoran has had one more challenge—she’s been undergoing treatment for breast cancer—but she hasn’t missed a day of the work she believes in so deeply, says FaJohn. Realizing how much they rely on her, teachers and staff wanted to show their sup-

port. They knew Corcoran would be walking the 5K Race for the Cure with her son and husband on September 29, so a few friends (starting with newly named middle school principal Kristen Atwood) secretly spread the word that they would show up and surprise Corcoran at the event. On race day, more than 60 staff, parents and students surprised Corcoran and accompanied her along the route to honor her. And students have shown their support at school by making pink bracelets and delivering them with the message, “I support breast cancer awareness.”

The phrase on Corcoran’s race shirt, “Proud to be your inspiration,” was fitting, says FaJohn. “I don’t think she realized the depth and importance of the phrase to her staff.”

Photos courtesy of Alicia FaJohn



Sixty of Corcoran’s staff and friends surprised her at the Race for the Cure. Pictured are: Alise Strawn, Cindy Praeske, Jill Corcoran, Maureen Jerrett, Maggie Martin, and Dominique Jefferson (the new assistant principal at Westerly Creek this year).

Three Local Youth Entrepreneurs Win Awards

By Judith Schwartz

Two businesses owned by Stapleton youths were among 10 businesses that received awards at the 12th annual Celebration for Young Entrepreneurs dinner and awards ceremony on Sept. 10. Andrew Hageman and Zac Stahlhut, both 12, won in the 12-15 age category (and were finalists in 2012). Their business, ZARL, Inc., sells homemade launchers and toy rockets made from recycled materials and conducts rocket-launching parties for people of all ages. As \$1,000 winners, they have been matched with a business mentor for a year, Chad McWhinney, CEO of McWhinney Enterprises, a real estate development company.

Allison Winn, 13, was a finalist for her non-profit Stinkbug Project. The program supports families who have a child diagnosed with a life-threatening illness by providing well-trained, loving companion dogs. The dogs are trained by offenders at Colorado Correctional Industries, who



Above: Andrew Hageman and Zac Stahlhut with their business mentor, Chad McWhinney, at the Young Entrepreneurs award ceremony. Left: Allison Winn, finalist for her non-profit Stinkbug Project.

gain skills and earn a salary for their work training dogs. Both businesses have previously been showcased in the *Front Porch*. The competition is sponsored by Comcast and the Allstate Foundation and hosted by the Young Americans Center for Financial Education. Congratulations to these creative and successful young entrepreneurs.

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Cub Scouts’ Top Popcorn Year



The top three Cub Scouts popcorn sellers as of Oct. 22. L to R: Austin Martin, Luke Nortman and Henry Krieger. The three of them alone have sold more than \$8,000 of popcorn with goals that will take them beyond \$10,000 total. Photo by Signe Martin

By Madeline Schroeder

“Oh boy oh boy oh boy!” a small voice says running to the phone.

Henry Krieger, a second-grader at Swigert Elementary, gets on the phone. He is one of the top three popcorn sellers in the Stapleton Cub Scout Pack 34.

“I feel like I’m really good at it,” he says.

For three months the 35-boy pack has traveled the neighborhood selling cheddar, caramel, chocolate-drizzle and butter-light popcorn. Krieger’s personal favorites are caramel and chocolate-drizzle. “I’ve had a lot of popcorn in my life, you know,” he says.

In 2011, the first year selling, the Cub Scouts had \$3,000 in popcorn sales. Last year it was \$10,000, and this year they expect more than \$20,000 in sales by the end of the selling season, December 1.

Seventy percent of the money goes to Colorado Cub Scouts, and 30 percent goes to product development, marketing and sales materials, manufacturers, packaging and shipping.

Last year the money paid for the pack to camp overnight at Cherry Creek Reservoir. The funds also go toward pins and badges, transportation to events, equipment for neighborhood cleanups and other activities.

Most boys do not sell for the full three months, but Krieger has stuck with it. He averages \$150 a day, two or three times a week. He hopes to ultimately reach his goal of \$2,750.

His personal technique involves loading popcorn boxes into an unwanted family stroller with two broken wheels. Tipping it onto its two good back wheels, he pulls it like “a popcorn semi-trailer.”

“Popcorn Kernel” Signe Martin organizes the popcorn sales each year. She says, “The boys go from hiding behind order sheets to giving high fives and knuckles to customers.”

Krieger says, “Well, you know, when you start selling stuff you become a little nervous. It just happens. It’s the first time I’ve ever sold anything.” He feels like he can sell popcorn to almost anyone now.

Once, a few scouts were selling in the neighborhood at the same time as a woman was selling solar panels. They kept running into each other until eventually the woman stopped them and purchased the largest, most expensive box of popcorn. Unfortunately, the boys could not afford a solar panel in return.

Because of colder and shorter days, the Cub Scouts are winding down their season.

Krieger plans to continue on to be a Boy Scout as a teen but isn’t sure about Eagle Scout, the highest level of Scouts. “That’s, you know, quite a long way away. I’m at least going to be a bear. I’m a wolf right now. In third grade I’ll be a bear.”

Local Business Gets Green Thumbs Up

By Madeline Schroeder

Rocky Mountain Chili Bowl has been recognized for their green practices. The award-winning chili restaurant in Quebec Square is the first certifiably green Stapleton business.

“It’s awesome. We started in 2009 as just a hot dog stand,” owner Matt Robinette says.

Certifiably Green Denver, started in 2009, helps Denver businesses be more environmentally efficient and recognizes those that meet “green” requirements.

“Businesses call to find out how to be more sustainable or see if they qualify as certifiably green,” Program Administrator Julie Carlton, says, adding that many businesses don’t know they can be recognized for being green.

To date, the program has certified 91 businesses. At no cost, sustainability advisers visit businesses and educate on ways to conserve. They visit restaurants, offices, manufacturing businesses and retails, including auto repairs, printers, salons and tattoo parlors.

The program focuses on four categories: energy, water, waste, transportation and overall business management. They advise businesses with planet, people and profit in mind.

“If it makes sense for the business to do the improve-



Matt and Roberta Robinette with their son, Eli, at their restaurant when it opened in December 2011.

ments and implement the practices—then they’re going to be able to give back to the community and lessen environmental impact,” she says.

“It’s a very positive program. It helps the business as far as educating employees, and all-around awareness is heightened,” Robinette says.

Rocky Mountain Chili Bowl was already doing many “green” practices. The business breaks down and recycles boxes, recycles cans, uses low-flow toilets, shuts off lights at night, uses compostable to-go containers and the employees take RTD.

Robinette says many of these practices are cost saving, including little practices like asking instead of automatically giving a customer a napkin or bag. “If they

don’t, that’s one less thing we need to dispose of.”

Robinette is looking into more environmentally friendly containers. He encourages other businesses to take advantage of Certifiably Green Denver. To sign up for a sustainability advisor to assess your business, visit www.DenverGov.org/ES/. Rocky Mountain Chili Bowl is at 7305 E. 35th Ave. or visit RockyMountainChiliBowl.com.

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Stapleton Front Porch

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November 2013

Stapleton Update

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By Carol Roberts

Idea for Family Friendly Beer Garden/Restaurant in Eastbridge Gains Traction

The lonely stretch of dirt just west of Havana, aka the Eastbridge Town Center, has been the subject of many conversations as the years have gone by with no development there. Nearby residents envision not just stores, but locally owned small businesses where neighbors can gather—places that foster a sense of community. A recent poll of 1500 residents by Stapleton United Neighbors showed 85% to be “very interested” in a natural grocery store and 68 percent very interested in a brewery/beer garden (see other results on page 28).

Maybe it should come as no surprise that the business idea now taking hold comes from a social-worker-turned-business-person who is combining the best of the business world with his commitment to give back to the community.

Stapleton resident Mark Shaker, together with business partners and fellow Stapleton residents Lorin Ting and Megan Von Wald have spent over a year talking to neighbors to come up with their business plan.

“I was looking for some sort of interesting restaurant concept. Something that would be inspired by the community. I’ve read the Green Book and I’m familiar with

what the vision was for Stapleton and was thinking it would be really great to have some locally inspired and interesting concepts that would bring something to Eastbridge. For me it sat there vacant for way too long. The whole concept was trying to put together something that had a long view...of being not just a dining establishment but something that really gave back to the community.

“My background is not in food and beverage. I am a social worker by training and have done non-profit work for the last 15 or so years. So having a community element and having some sort of charitable component was also a driving force.”

Shaker’s idea is a family friendly beer garden with flair. And to give back to the community they would have a “charity of the month” that could use their event space for a fundraiser and the restaurant would give a certain amount of the proceeds to the charity that month. They would also have a first jobs program and they have already talked to City Councilman Chris Herndon about that idea. They would offer jobs to kids in surrounding neighborhoods, put money toward a college fund, and partner them with a mentor who would help them prepare for their future.

Shaker called a friend who is in the restaurant business in Chicago to learn more about the restaurant industry as he worked on the business plan with Von Wald, whom he met when they were both in an MBA program five years ago. His Chicago friend had been a sous-chef to Kevin Taylor, whose business, Kevin Taylor Restaurant Group, manages multiple high end restaurants in and around Denver.

Shaker says he realized he didn’t know anything about the restaurant business, “but we know the demographics, we know

the location, we know the people and there’s a lot of anecdotal evidence to support that this would really work.”

Shaker and partners met with Kevin Taylor, explained their concept, showed him possible locations, and discussed the logistics of starting a restaurant in the Stapleton area.

Taylor offered to partner with the group and felt the project was fun, had great energy, and would be a new direction from his other higher end restaurants. Taylor will manage the restaurant.

Shaker and his partners started talking to Forest City in May and presented their initial concept in July.

“We have architectural drawings, we have a Park Hill architect, and Kevin Taylor was at the meeting with us. We showed them our architectural designs and ideas. We had engineering drawings and plot plans of what it would look like. We laid out our concept and business plan.

“They were very supportive of our idea. They said they thought we were well prepared. They loved the combination of local inspiration and community owned, but then also professionally managed by Kevin Taylor.”

Shaker and his partners were informed that Forest City would not start developing the Eastbridge location until an anchor tenant was secured.

“This project is not something we’re looking to do anywhere outside of Stapleton. We want to do it here. We live here,” says Shaker. “We’re ready and look forward to working with Forest City after they secure their anchor tenant.”

Forest City, when asked for additional information about this potential business for Eastbridge, replied that there is nothing more to report at this time. *(continued on page 29)*



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Discovering The Power of Gratitude

By Madeline Schroeder

Each day, Doug Gertner, aka “The Grateful Dad,” writes down what he is grateful for, a practice he started more than a year ago, which he believes has made him a happier person.

“Gratitude may be one of the best paths to greater happiness or whatever you’re seeking,” Gertner, a Stapleton resident, said. “It’s not difficult or expensive. It’s a little investment of time to pause and reflect.”

As The Grateful Dad, Gertner has a blog and weekly radio podcast about living gratefully. He also recently published *The Grateful Dad’s Journal of Gratitude*, a tool for practicing daily gratitude. It begins with a brief retrospect of gratitude in his life, followed by blank pages for others to record moments of gratitude.

He started this practice in 2012, his “year of living gratefully.” Every day he recorded five things he was grateful for. “I made myself do it every day, and I swear to you, things started to change,” he said.

Gertner grew up in Toledo, Ohio. As a child, he remembers his dad leaving early in the morning and returning late in the evening. A nationally recognized partner at the largest law firm in Toledo, his father loved

his work and even up until his last days said, “Gertner’s the name, law is the game.”

Gertner knew his father showed love by working hard, but he craved having him at home more. He wondered if his father’s approach was the only way to be a man. He vowed to be a different kind of father, one who schedules his work around his family.

After graduating from Kenyon College in Gambier, Ohio, Gertner moved to Colorado and taught and worked in administration at multiple colleges. He then started a consulting business out of his Stapleton home, which allowed him to spend more time with his son Jordan. Things were great, but he was never very grateful, he said.

In 2008, the recession hit, and the business began to struggle. And, Gertner knew something was wrong when his father didn’t call on Sunday, June

1. “He called every Sunday, but too early. I’d ask him not to, but he didn’t remember. That should have been the tip-off.”

His father could no longer care for himself, obvious when a distant “out-of-it” voice answered on the other end that Sunday.

Gertner moved his father to Colorado. “I was suddenly a caregiver, and my business tanked. It took a while to adjust to the new

sense of who I was.”

In 2012, following that difficult period in his life, he became inspired to live more gratefully. He started recording his moments of gratitude in a journal, and soon he felt “more joy and greater contentment.” Although they weren’t his father’s best years, Gertner valued having him nearby. He was thankful 15-year-old Jordan got to know his grandfather.

His father died nine months ago, and Gertner continues to feel that joy.

During the month of November, Gertner is doing what he calls “The Great Thanks

Giving.” He is giving free gratitude workshops for businesses. And on Monday, Nov. 4, he is hosting a public workshop called “Thanks Giving: Making Gratitude Your Greatest Asset” at the MCA Community Room.

From 7-8:30pm he will show how every day can be a grateful day. Gertner says, “Gratitude never goes out of style.” The 90-minute event is free and open to the public. Register at www.TheGreatThanksgiving.com. To read The Grateful Dad blog or link to The Grateful Dad Radio Hour, visit thegratefuldad.org.



Gertner and his son, Jordan, on a souvenir cover from the Rock and Roll Hall of Fame. Photo courtesy of Doug Gertner

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The SUN Spot

The *independent* voice of Stapleton

Brought to you by Stapleton United Neighbors

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



Stapleton United Neighbors Survey Highlights

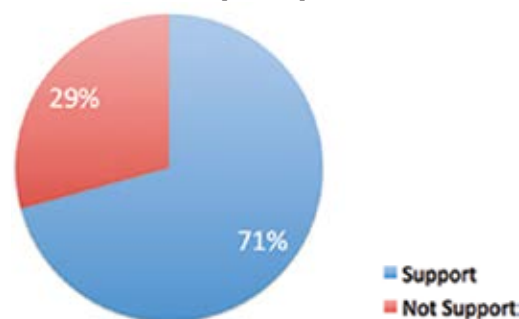
By Mark Mehringer, SUN president

More than 1,500 Stapleton residents took part in the latest SUN Survey, which included a range of questions about elementary schools, Eastbridge Town Center development, and Quebec congestion priorities. The results below highlight some of the answers from the community. Complete results will be posted on the SUN website at StapletonUnitedNeighbors.org.

Education—Proposed Changes to the Elementary Enrollment Process

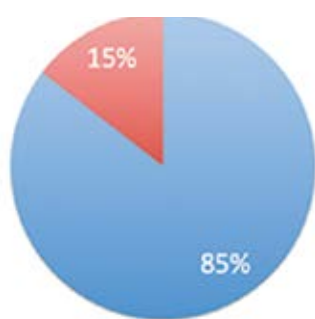
SUN formed a committee in June to work toward finding a consensus community proposal on revising the enrollment priorities for Stapleton's elementary school boundary. The committee recommended five changes to the process, and SUN sought community response to these proposed changes through our latest community survey. According to the survey results among 1500 members of the Stapleton community, two of the five proposed changes have at least two-thirds support—which was SUN's definition of consensus. The details of the proposals can be found on SUN's website: StapletonUnitedNeighbors.org. Below are the two elements of the proposal that gained consensus in the community:

Allocate 25% to priority zone?



Currently DPS policy is that priority for attending an elementary school in Stapleton is given to in-boundary siblings, students in the ECE program of the school, and children of staff teaching at the school. The committee proposes that the next priority be to give 25% of the remaining seats (after higher priorities have been determined) to students living within a proximity zone around each school.

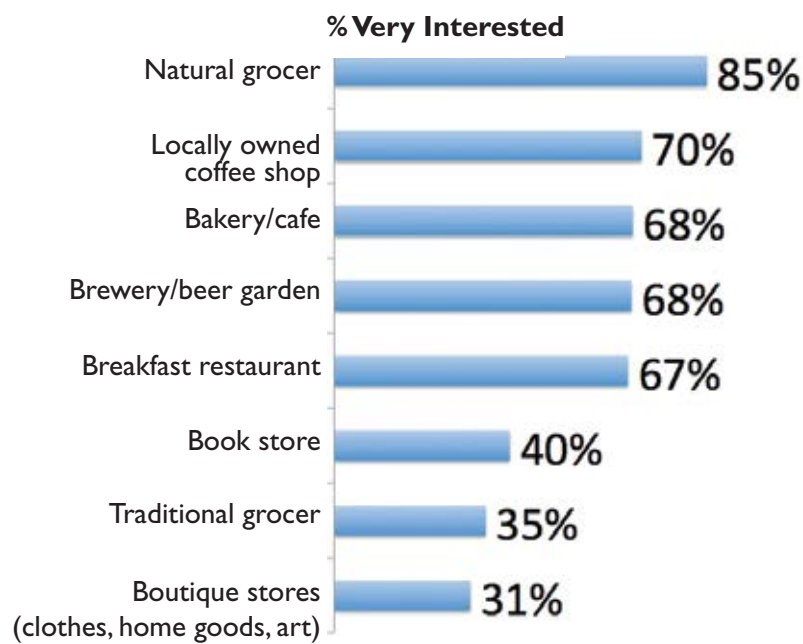
Priority for middle school boundary after Stapleton?



After prioritizing Stapleton residents, the current enrollment system treats all other Denver residents equally in prioritization. The committee has proposed changing this to give a priority first to those students in the new middle school boundary and then to students in the rest of Denver. Do you support this proposal or not?

What amenities would you like to see in Eastbridge?

Of the 25 types of amenities included in the survey, five stood out as sparking particularly broad and intense interest in the community. Two of those, a natural grocer and a locally owned coffee shop, have been widely discussed before. Nearly as desired as a coffee shop, though, are a bakery/café, a brewery/beer garden, and a breakfast restaurant. SUN hopes to use these results to recruit these types of amenities to the Eastbridge Town Center.



Thanksgiving Eve Community Worship

November 27, 2013 | Wednesday, 7 pm

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Announcements

C-STAHHR HEROES Recruiting Youths for New Community-based Program

C-STAHHR HEROES is seeking youths of color ages 12-18 to participate in a new program to improve their applicable job skills, connect them with local community leaders and mentors, and to learn about health care, health systems and advocacy. Participation requires attendance at monthly evening gatherings through April 2014. Program graduates may be eligible for scholarships and stipends. The first session is on Thursday, Nov. 21, 5-7pm.

To learn more and apply, email cstahr.heroes@gmail.com, or call Margaret Emmott at 913.972.1185. C-STAHHR is a coalition of local community leaders and health professional students that works to better understand discrimination in health care and reduce its effects.

Denver School of the Arts to Hold Auditions for 2014-15 School Year

The Denver School of the Arts (DSA) has openings in the school's 11 programs. Timeline for auditions:

1. Complete an online application between Oct. 21 and Nov. 22 (at noon)
 2. Attend the mandatory pre-audition meeting for major of interest
 3. Submit a DPS school of choice form between mid-December and the end of January
 4. Attend audition (specific times and information to be provided at pre-audition meetings; a schedule is available online)
- Visit dsa.dpsk12.org/auditions for more information.

Stapleton Update

Eastbridge Beer Garden?

(continued from p. 26)

The "working name" of the business is Flightline and additional information can be found at <http://flightlinestapleton.com/>. The parcel of land they hope to purchase is the triangle shaped piece at the far west end of the Eastbridge Town Center.

Petition for Grocer in Eastbridge

Stapleton resident Juli Pearson wrote a statement about the kind of development local residents would like to see in Eastbridge and posted it at Change.org where 674 signatures had been registered at the time the *Front Porch* went to press.

The title of the petition is "Forest City, King Soopers, Stapleton MCA: Work together to create a pedestrian friendly 2nd Town Center (in Eastbridge) to include a natural foods market and authentic retail/restaurant amenities as well as community gathering space." A link to the petition is posted at www.FrontPorchStapleton.com. Pearson invites residents to review the contents and add their names if it is something they support.

City Council Update from Councilman Herndon

This is the time of year City Council reviews and votes on the city's budget submitted to them by the mayor. "Over the past few years we've cut approximately \$550 from the general fund each year," says Councilman Herndon. "This is the first year we have not had any cuts to our general fund. Last year we had to cut \$100 million from the budget. Revenues have come in higher than expected, as well as the passage of 2A, the de-Brucing of our property taxes, that has allowed for additional revenue to come to the city."

City council has been considering a five cent charge for plastic bags in grocery stores but has

decided to put off the final vote until December 6. Herndon says public comment split about 50-50.

Herndon himself opposes the fee and believes that people who live near city borders may choose to shop outside of Denver as a result of the tax. He also thinks bag use can be decreased through public education and incentives without charging a fee.

Stapleton Section 10 Planning

Planning is just beginning for the farthest north section of Stapleton—the 600-acre parcel of land that borders the Rocky Mountain Arsenal where approximately 2000 residences will be built. At the November Zoning and Planning Committee meeting, representatives from Forest City, Commerce City, Adams County, the Arsenal and Montbello will meet to discuss impacts of the development on surrounding areas. The public meeting will be at 4:30pm on Nov. 12 at the Stapleton Foundation, 7350 East 29th Ave., Suite 300.

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Just the Facts Flagging Pesticides by James Hagadorn

I was cruising through the park the other day when my dog stopped to sniff some yellow flags. They weren't yellowed from previous dog visits. Rather, they marked where pesticides had been applied. Holy guacamole! Need I worry about how much grass dear Fido had licked and trodden?

My inner toddler also wondered about kiddos in the neighborhood—how many had been attracted to those playful flags? Would crawling across the grass or brushing by recently sprayed bushes cause them immediate or long-lasting harm? To answer these questions I started my search at the epicenter of pesticide information: npic.orst.edu/ingred/aifact.html.

I learned that pesticides are used to control all sorts of creatures—weeds, bugs, rats and even fungi. Like sunscreens and medicines, they are multipart compounds. They include active ingredients for killing, confusing or repelling pests. They also include inactive ingredients that deliver or spread the active ingredients. Sometimes the part of a pesticide that harms us the most is not its active ingredient, but the solvents or “carriers” that facilitate its work. Like a cinema’s popcorn aroma, many pesticides also include attractants that entice pests to wander over and consume them.

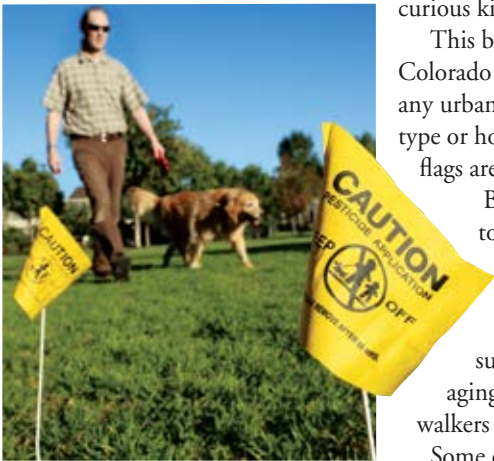
Because many of our streetscapes, parks and yards are cultivated monocultures, they are like free all-you-can-eat buffets for many pests. Such greenery wouldn’t thrive without integrated pest management systems, which employ a suite of preventative pest measures. These include mechanical, cultural and biological controls, as well as occasional and judicious pesticide application.

In lawns, broadleaf herbicides like 2, 4-D (pronounced “two-four-dee”) are often sprayed to exterminate dandelions or dropped as pellets prior to emergence of weeds. In beds or sidewalk cracks where spiny beasts like Canada thistles rise up,

indiscriminant herbicides like glyphosate (aka Roundup) kill them. Permethrin, a compound used on mosquito nets and for treating scabies, is also sprayed on trees and shrubs to kill beasts like ash borer beetles. The same ash trunks and surrounding soils are sometimes injected with acephate to provide a systemic offensive against leaf-sucking aphids and leaf-munching sawflies.

Unless your young’un or pup is gobbling pounds of dirt or scaling trees to eat handfuls of leaves, acephate and other injected pesticides are not a worry to you or your pets because they aren’t likely to contact the membranes they penetrate easily, like your skin. In contrast, permethrin isn’t absorbed well by human skin, and we quickly break it down and excrete it. But dog skin differs. Thus, when rubbing a raised leg against recently permethrin-coated tree trunks, our pooch might absorb enough to elicit strange behavior symptoms for a day or so.

But what about 2, 4-D and glyphosate? When these are applied as lawn-sprayed liquids, they are unlikely to be directly ingested by pets or kids because they are either absorbed by the leaves within a few hours or because they become stuck on soil particles. They don’t become mobile when rehydrated and aren’t easily absorbed through the skin. *Meaning:* don’t worry about rubbing against leaves or blades once they are dry, or even if they become rewetted after subsequent watering. The most likely casual exposure scenarios for these pesticides might occur if a child or pet feasts on loads of just-sprayed turf, or a pooch grooms after romping in it. Increased salivation, vomiting or diarrhea might occur, but bodies remove such toxins quickly (<1 day) without lasting permanent buildup or effects. As a parent, I’m more concerned about pellets used to suppress weeds before they emerge. If they linger, they could be eaten by pets or curious kiddos.



This brings us back to those funky yellow flags. Colorado requires professional applicators to flag any urban pesticide application, no matter what type or how small. So in public green spaces, recent flags are your cue for caution.

But because there is no law requiring flags to be removed, they may languish for weeks or even years, even if chemicals dry after only a few minutes. This can cause undue avoidance of an area. Sometimes such avoidance has benefits—by discouraging inconsiderate but pesticide-phobic dog walkers from leaving unwanted lawn deposits.

Some of you actively employ this fecal foil by seeding your lawn year-round with bright yellow flags. For your sake, I hope your neighborhood’s lazy poop-scoopers remain unaware. For the rest of you, I hope your pesticide worries have flagged.

James W. Hagadorn, PhD, is a scientist at the Denver Museum of Nature & Science. Suggestions and comments are welcome at jwhagadorn@dmns.org.

Conservatory Green



A setting sun reflects off of newly completed houses at Conservatory Green.

(continued from p. 1) neers” in a brand-new neighborhood.

As of Sept. 30, Forest City reported 250 of the total 500 homes in Conservatory Green have been sold.

The exact number of residents is unknown, but Brandy Bishop says about 30 houses were occupied as of early October. Many of those are young families who work at the Anschutz campus or empty nesters relocating from the south part of Stapleton, Bishop says.

Stapleton Master Community Association (MCA) Director of Programming Diane Deeter says they will need to wait for a larger mass of residents in the north before they can extend programming such as concerts and movies to the new neighborhood. At this point, an MCA community room is not planned in the north, but all are welcome to events at the current MCA room.

“We have a group of residences north of I-70 and a group south of I-70, but it’s all one Stapleton,” she says.

The neighborhood will have similar features to the rest of Stapleton, including four “in-tract” pocket parks and a town green and plaza that inspired the neighborhood’s name. Regional parks will have paths for pedestrians and cyclists.

Like homes in the southern part of Stapleton, almost all houses will have front porches. But some features will be unique to Conservatory

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A construction worker checks his plans at one of the new houses being built across from the visitor's center at Conservatory Green.



322 apartment units at Willow and Northfield Blvd. just east of the Shops at Northfield have recently been completed. The apartments allow easy access to shopping, entertainment and dining.

Green, says Forest City Director of Development Heidi Majerik. Unlike the south part of Stapleton that has one large community garden, Conservatory Green will have smaller plots throughout the neighborhood. The houses use a “Modern Stapleton” design with a palette of colors taken from the Rocky Mountain Arsenal prairie landscape.

Next summer two pools will be built—one will be an eight-lane competition pool. And they will have basketball and volleyball courts, which are not found anywhere else in Stapleton, Majerik says. She points out that Forest City has purposefully planned for unique attractions in different parts of Stapleton to draw in the rest of the community.

Residents in the north will have the same school boundary rules as the rest of Stapleton. Currently,

school boundaries are open so kids have a choice of any school in Stapleton, but DPS is considering some changes in the Stapleton boundary system based on recommendations from Stapleton United Neighbors (SUN). (See SUN Spot on page 28.)

While the design of the homes encourages a close community, Diane Deeter says Stapleton seems to develop organically. “From one block to another, people kind of create their own identity.” She expects the same for Conservatory Green and is excited to see their unique traditions and identity.

When residents first started moving to Stapleton in 2002, Deeter was the heart and soul of the community, says Bill Fulton, the first Stapleton United Neighbors president.

Fulton remembers when Stapleton was just transitioning from its airport beginnings. At night, when he turned off the lights in his house, it was pitch black because the neighborhood didn't have streetlights.

“It felt like moving into your college dorm. We all met at the visitor's center where there was a party, and then everyone went to see their houses,” he said.

Conservatory Green seems to be developing the same way. Neighbors have formed welcome parties, barbecues, a Facebook group, happy hours in the courtyard and more. Bishop says they already know their neighborhood better than their beach community in Santa Monica. “I think because we're all in this together it's a good feeling

of community. I never felt that in Santa Monica.”



The first phase of Conservatory Green, now under construction, will be approximately 500 homes—about 50 of those homes are now occupied. Another 250 homes will be built just east of the neighborhood under construction now. Seven hundred homes will be built north of Conservatory Green and south of 56th Avenue.

But, those neighborhoods are relatively small compared to the neighborhood planned for the land just east of Dick's Sporting Goods Park and south of Rocky Mountain Arsenal National Wildlife Refuge. That 600-acre area, which is now in the early planning stages, is expected to have 2000 residences.



Dirt flies at the ground breaking ceremony for the new Conservatory Green school. Left to right: Amy Gile, principal of the new High Tech Elementary, Corky Bradley RB+B Architects, Sara Schesser, DPS project manager, James T. Allen, DPS managing director of the Bond Project and DPS Superintendent Tom Boasberg.

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