

Front Porch

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

DENVER, COLORADO

STAPLETON

APRIL 2014

Porch Jam



Members of the Stapleton Front Porch Jam play together on a warm afternoon in March. Left to right: John Cooksey, Courtney Drake-McDonough, Emily Aronow, Laura Hockman, Manny Ladis and Windy Waite.

By Courtney Drake-McDonough

One night last July, strains of Johnny Cash's *Big River* and Leonard Cohen's *Hallelujah* could be heard coming from Emily Aronow and John Cooksey's front porch. While a few people knew each other, the majority of the six or so in attendance were strangers. Playing a variety of instruments ranging from banjo to standup bass, the Stapleton Front Porch Jam was born.

A musical "jam" is loosely defined as a meeting of a group of musicians to play for their own enjoyment. That definition fits the group of 15 members who meet monthly, primarily at Aronow and Cooksey's home, drawn into the living room during cold weather. The idea for the Stapleton Front Porch Jam started with Aronow who had attended jams and thought it could work in Stapleton. She posted an invitation on the Stapleton Moms Yahoo (continued on page 39)

MIXING UP THE ZIP CODES

What was the outcome of middle school choice in the Stapleton/Park Hill shared boundary?

By Carol Roberts

A year ago at this time, anxious parents were just starting to hear about middle school options for Stapleton and Park Hill for fall 2014. The concept of a shared boundary was just starting to emerge at a series of community meetings and people were struggling to understand how it would work.

Parents expressed concerns about middle school aged kids crossing Quebec. And if students got placed at a more distant school, parents would lose the chance to walk to school with their

children, or let them ride their bikes, which they expected when they moved near a neighborhood school.

But the waiting and wondering how the shared boundary system would turn out is over. Students and parents may be anxious about the transition from elementary to middle school, but they had five options to choose

from and 98 percent will be attending their first choice school.

(continued on page 8)

98%
of in-boundary students
got their first choice

DPS Presents "What's Needed" for the High School—Parents Disagree



Stapleton parent Kim Ezrine speaks at the March 24 community meeting where DPS presented their revised plan showing how they would provide a cafeteria, music and art rooms in the phase I construction without a commons building, as originally envisioned. From left are Melissa Martin, Erzine, Kathy Epperson, Katie Dell and school board member Landri Taylor, who are working on a "Phase I.5" plan to find a way to build the commons without waiting for the 2016 bond. (continued on page 12)

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



A young egg hunter takes off at the annual Egg Scramble on The Green.



Events listed below are FREE and open to the public or support nonprofits. (Additional events are listed on pages 30-33)

APRIL

Tuesday, April 1

Registration opens for swim lessons (Residents) at 12pm. Non-residents can start registering on Tuesday, April 15. Online at pools@stapletoncommunity.com

Tuesday, April 1

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

Thursday, April 3

Stapleton Wine Tasting
7-9pm *MCA Community Room. Register at stapletoncommunity.com \$10

Saturday April 5

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

Sat April 5 & Sun April 27

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

Thursday, April 10

Celebrate Arbor Day by tree planting with Denver Parks and Rec. Greenway Park, 8180 E. 26th Ave.
Contact Tina Myers at 303.698.4904 or tina.myers@denvergov.org.

Thursday, April 10

Active Minds Seminar "NASA" 7-8pm *MCA Community Room.
More info at www.activeminds.com

Sat, April 12 & Sun, April 13

Free Doors Open Denver; free tour of Denver's new and historic architecture. Visit www.DoorsOpenDenver.com or contact INC president, Larry Ambrose at president@denverinc.org or 720.490.1991

Sunday, April 13

2nd Annual Race for Open Space at Bluff Lake Nature Center. 5K, 10K or half marathon for runners/walkers.
www.RunningGuru.com/Event/RFOS2014

Sun, April 13 & Sat, April 26

SCFD Free Day, Denver Museum of Nature & Science. 303-370-6000, www.dmns.org

APRIL

Saturday, April 19

Egg Scramble on The Green 10-11:30am. More info at events@stapletoncommunity.com

Tuesday, April 22

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

Until Thursday, April 24

Stapleton high school name comments and suggestions welcomed until final decision Apr. 24. Send to Board@dpsk12.org by 5pm Apr. 23. See p. 36 for name finalists.

Thursday, April 24

Active Minds Seminar "Marijuana in CO" 7-8pm *MCA Community Room.
More info at www.activeminds.com

Saturday, April 26

Kids Night Out "Take Me Out to the Ball Game" 6-9pm *Central Park Rec Center. Register at stapletoncommunity.com \$15 before April 18

May

Saturday, May 10

NEWalk Fest, free community walking event. 9am-1pm, Kick-off at 33rd & Holly St. Pre-register online at www.newwalkfest.com

Monday, May 19

Stapleton United Neighbors annual community forum, 6:30pm at Central Park Rec Center. See p. 36 for more SUN news.

* More information at Events@stapletoncommunity.com
Stapleton MCA Community Room, 2823 Roslyn St.
Central Park Rec Center 9651 Martin Luther King Jr Blvd.

The Front Porch welcomes submissions of upcoming local events and story ideas (see information on p.33). Deadline is the 15th for the next issue.

Events & Announcements at Stapleton



Community DNA

What can be recycled or composted? This is a common question we hear from our residents. We encourage everyone to take a minute to review which items are recyclable and which items can be composted. A full list of recyclable and compostable items can be found online at denvergov.org. The MCA will be providing recycling bins at MCA events and a composting bin in the community (stay tuned for location details).

Stapleton Wine Tasting

The next tasting will be held at 7pm on Thursday, April 3 in the MCA Community Room (2823 Roslyn St.). This tasting will feature a variety of wines, provided by the Wine Cellars at Stapleton, paired with artisan cheeses. Registration is \$10 per person; register today at stapletoncommunity.com.

Active Minds

NASA - Thurs., April 10, 7-8pm, MCA Community Room
Marijuana in CO - Thurs., April 24, 7-8pm, MCA Community Room
All Active Minds seminars are free and open to the public.

Modern Conversations

Modern Conversations will be taking a break while the MCA moves to its new location. We may resume the series in September. If you would like to contact Hilary Silver to speak at a group function about any of the covered or related topics during this break, contact her at 303.321.3750 or hilary@silvertherapygroup.com.

Egg Scramble on The Green

The MCA's annual Egg Scramble will be held from 10-11:30am on Sat., April 19 on The Green. The scramble will be divided into four different age groups. The 0-2 year-olds will start the scramble at 10:15am, 3-4 year-olds at 10:30am, 5-6 year-olds at 11am, and ages 7+ at 11:15am. This event is free to attend; children may gather up to 10 eggs during the scramble. The Easter Bunny will also be joining us at the photo booth, so remember to bring a camera!

SNL...for Kids Only!

Take Me Out to the Ball Game
6-9pm, Sat., April 26 at the Central Park Rec. Event is for children ages 7-12. Registration: \$15/child (if you register before April 18). Register today with a credit card at stapletoncommunity.com or pay by cash at the Central Park Rec.

Name That Pool! Cast a Vote for Your Favorite

Beginning April 1, residents will be encouraged to vote on the top 5 pool name

entries; entries will be posted to the MCA Facebook page on April 1; voting will end on April 30. The MCA will select the top 2 names from the Facebook voting poll as the winners of this contest. The pool name winners will be announced on the MCA Facebook page in May 2014. If your entry is selected as a winning name, you will win an after-hours party at the named pool (restrictions do apply; please inquire about details). Visit facebook.com/stapletonmca for more details.

Upcoming Registration Dates

April 1 - Swim lesson registration opens to Stapleton residents
April 15 - Swim lesson registration opens to nonresidents
May 1 - Registration opens for Friday Night Flights and the Stapleton Beer Festival
July 1 - Registration opens for the Stapleton Kids Triathlon

How Does the MCA Pick Movies for the Summer Movie Series?

The MCA included a description in the last Front Porch article to encourage residents to submit their favorite movies for the summer movie series. The MCA also created a post on the MCA Facebook page. We received feedback from the community through email and the MCA Facebook, and used that feedback to determine which movies would be featured this summer on The Green. Thank you all again for your feedback!

Have You Moved Within Stapleton?

If you have moved within the Stapleton area, please call the MCA at 303.388.0724 to inform us of your new address. You may need to re-submit a lease/utility bill or settlement statement/warranty deed to verify that you live in Stapleton. If you have any questions, please email signup@stapletoncommunity.com.

We're Hiring!

The MCA is accepting applications for seasonal positions for the summer season. We are hiring for lifeguards, coaches, managers, swim lesson instructors and front desk/concessions. Applications can be found online at stapletoncommunity.com. Please submit completed applications to jobs@stapletoncommunity.com.

If you have any questions about the information above, contact the MCA at 303.388.0724 or email dmead@stapletoncommunity.com.

Dani Mead
Communications Coordinator

Get the latest on

Master Community Association



Sponsored by Stapleton MCA

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A directory with links to these businesses can be found at www.FrontPorchStapleton.com > Business Directory

Old Fashioned & Front Porch

STAPLETON

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Readers tell us they like the good old-fashioned feel of a paper newspaper. They like flipping through the pages to see what we're covering each month, looking at our great quality photos, and even reading the *Front Porch* in the bathtub. And they look forward to its arrival on their front porch each month.

None of that is changing.

But now you can also read the *Front Porch* while you're on hold, waiting in line, or out of town. And we've added features that help keep you connected to your neighborhood.

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April 2014

4

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Working from Home

A Lot of Advantages, A Few Disadvantages

By Laurie Dunklee

For many workers, there's no place like home—professionals in many fields are choosing to work at home, finding it provides family flexibility and saves both time and money.

"Working at home gives us great flexibility to take care of our three kids, and it allows us to do the work we like," said architect Heather Calme, one half of the Calme Design Group with her husband, Kevin.

Terry Manns, sales manager for a software company, said he works well in the quiet atmosphere at home. He also likes the flexibility to set his own hours. "I'm able to work without interruptions during the day," said Mann, whose wife works downtown. "I like that I can work any time."

Deanna Landers appreciates the time she gains by not driving to work. "It's quite time-saving with a commute of nothing," said Landers, a project manager for IBM who supervises 15 field employees. "I want to be doing something at all times."

"My home office saves on overhead," said Yvonne Olivere, an attorney who specializes in estate planning and a mother of three. She rents space for meetings at SmartSpace in Stapleton. "I probably pay a quarter of what I'd pay for my own office space," she said.

Working at home has its challenges, however. For those on the extroverted side, the isolation can be difficult.

"It can get lonely," said Olivere. "I need face time; I cannot be alone for too long. I need to be around people and feel their energy."

Manns said: "I'm envious of my wife because she has water cooler time. I don't get to hear the rumors—who got hired or fired. I need to make a call to find out what's going on in the organization. I miss the social aspects too."

At-home workers find the interaction they need



at neighborhood groups of home-based professionals. The Calmes and Olivere attend the Stapleton Home Business Network; Landers and Mann attend the Professionals at Home group, newly formed in their Conservatory Green neighborhood.

Both groups meet once a month and are comprised equally of men and women. The Stapleton group has up to 15 attendees each month, while the Conservatory Green group has had three to ten members at each meeting so far.

"There's a good mix of fields represented," said Olivere. "You meet people who work for high-tech companies, entrepreneurs, insurance salespeople, realtors, consultants, graphic artists and corporate marketers."

Both groups offer opportunities for members to share their knowledge about aspects of running a business. Topics include bookkeeping, marketing and management, as well as new productivity tools and travel tips.

"The group helps us stay connected to the outside world," said Olivere.

Groups also offer opportunities to socialize with new people, which is particularly important for new Conservatory Green residents. Chris Englert formed the neighborhood's group to discuss working at home, but also to get residents together and forming friendships.

"The guys in the group go out together for beers," Manns said.

Other groups, including "mommy" groups and

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Members of Conservatory Green Professionals at Home gather at Starbucks in Northfield to enjoy the “water cooler moments” they miss out on by working at home. Left to right: Dan Russell, Chris Englert, Deanna and James Landers, and Terry Manns.

Oliver said: “Piles of laundry calling my name and the dog barking can make it a challenge to focus on work during the day. At night after the kids are in bed, I see a stack of folders of work in my office. So I have to keep myself in check and set boundaries. I don’t go into my office after 6pm and I don’t check email. But shutting it off is tough.”

“Work-life balance is easy because I have a 6-year-old son,” said Landers. “When I was in my 20s and 30s I was defined by work. But now that balance is essential: When my son is at school, I

sports teams, help at-home workers stay connected. The professionals also find creative ways to get “face time.”

“I have a mentor I talk to several times a week and I bounce ideas off her,” Oliver said. “I mentor other people too, and I meet colleagues for breakfast. Other people have the same need to get out of the office, so we meet at Starbucks and work across from each other. Or someone comes to my house and works on their own thing at my kitchen table.”

Other challenges of working at home include setting boundaries around work times and handling family demands.

“Working at home, you can work at any time, but that’s a double-edged sword,” said Manns. “Once the family gets home, it’s family time. I just don’t go into my office, but it’s hard sometimes not to go in there.”

work. I put in the hours I need to have both work and family. I can work at night, but only if I miss hours during the day.”

Meeting the needs of their children challenges work-at-home parents.



A group meets at SmartSpace in Stapleton, which provides office space for small and home businesses that don’t need full offices. Left to right: Architecture and design construction management owners Heather and Kevin Calme and lawyer Yvonne Oliver.

“Some people can’t handle working at home because they can’t close the door because of the kids,” said Landers. “It helps to have a good nanny, daycare, a friend’s house or day camp. You need to set boundaries with your kids. Work time is not your time

(continued on page 24)



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MIXING UP THE ZIP CODES

What was the outcome of middle school choice

247 Stapleton students enrolled
221 Park Hill students enrolled

45 students not in DPS in 5th grade enrolled in the shared boundary for 6th grade

Of the **694 enrollees**,
468 were in-boundary and
226 were non-boundary.

Superintendent Tom Boasberg says, “Other than seven students who did not get DSST as their first choice, every other rising 6th-grader in the enrollment zone got their first choice for an enrollment zone school.” He adds that there were also four special needs students who didn’t get their first choice, but that is because they need to be matched with the schools that can best serve their disability.

The *Front Porch* asked Boasberg what his goals were for the Stapleton/Park Hill shared boundary and whether they were achieved, based on the choice numbers.

His first goal was to “serve well” all kids in the shared boundary with high quality schools that represent the diversity of the community. “You’ll see in each of the schools very good cross representation from

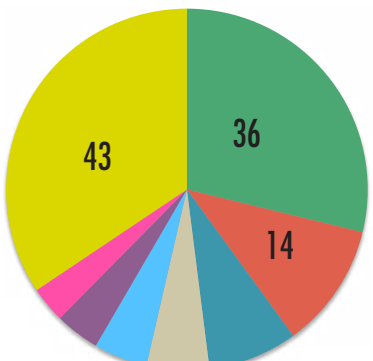
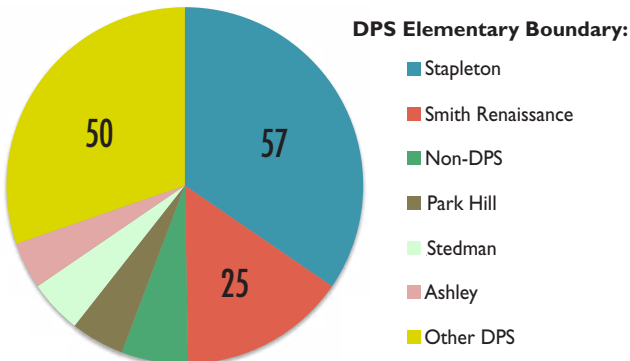
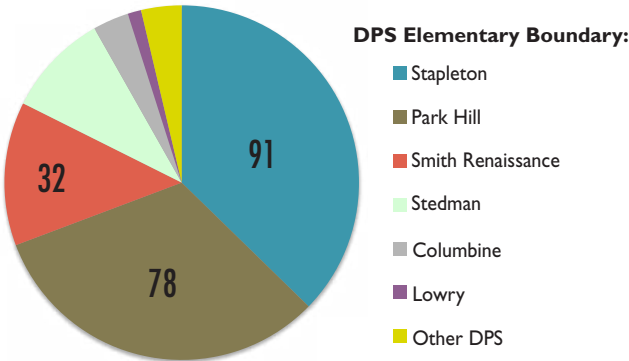
Stapleton and Park Hill, so we’ll see high quality diverse schools throughout the shared boundary.”

His second goal was to have high quality schools that will attract and keep families in the Denver Public Schools. “We were pleased to see how many 5th grade families who live in Park Hill or Stapleton but don’t go to Denver Public Schools for 5th grade will be coming to us next year for 6th grade—45 students.”

Third, Boasberg says, “We’re glad such an overwhelmingly high percentage of families got their first choice.”

Stapleton will have 18 kindergarten classes in the fall. At 25 per class, that’s approximately 450 students. Asked if he is concerned about middle school capacity in the future, Boasberg says, “We know the bubble is coming and we’re prepared for it and there are going to

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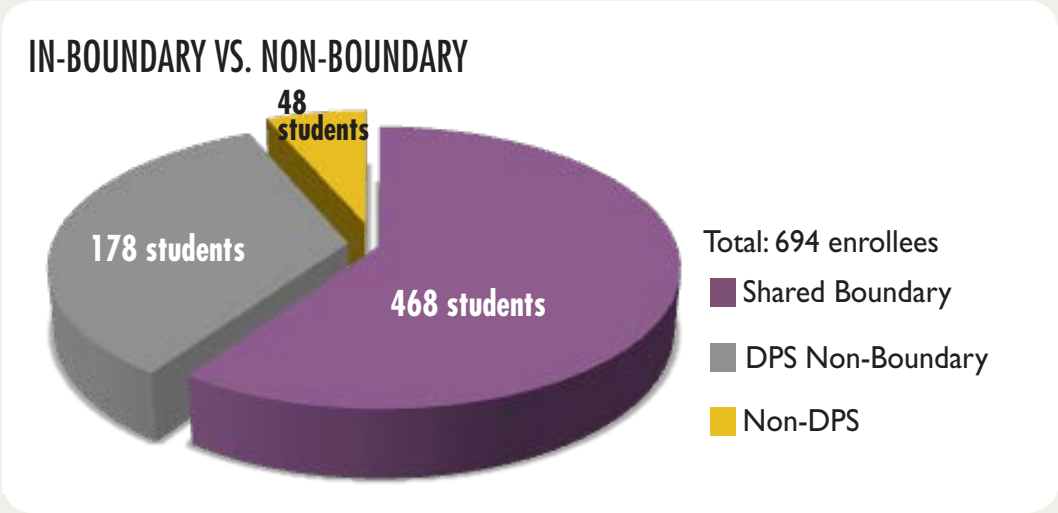
in the Stapleton/Park Hill shared boundary?

be plenty of seats to meet that bubble.

McAuliffe principal Kurt Dennis says the shared boundary succeeded in giving kids more and better options; breaking down the barrier along Quebec and integrating kids from all over NE Denver in middle schools, and expanding capacity to meet upcoming growth. “Seeing over 200 of the seats were filled by non-boundary kids would say that there is plenty of capacity for the immediate future.” But, he adds, “I’d love to compare the pie charts year over year to see how they shift based on the growth of Stapleton.”

Dennis also pointed out the number of Stapleton girls at Bill Roberts and Discovery, “which creates an interesting mix as far as gender ratios. How that affects school culture could be a great thing or it could be a challenge. It’s interesting, that’s for sure.”

96% of boundary students submitted choice forms.



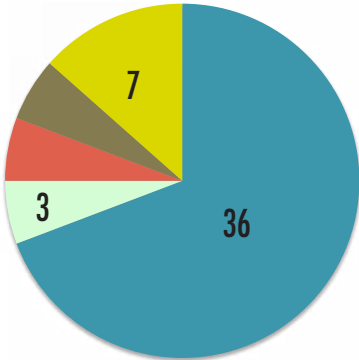
DSST: NORTHFIELD
125 students assigned
46 female 79 male

BILL ROBERTS
52 students assigned
33 female 19 male

DENVER DISCOVERY
108 students assigned
66 female 42 male

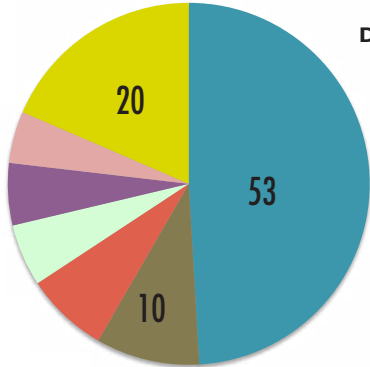
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- Non-DPS
- Smith Renaissance
- Stapleton
- Maxwell
- McGlone
- Lowry
- Green Valley Ranch
- Other DPS



DPS Elementary Boundary:

- Stapleton
- Stedman
- Smith Renaissance
- Park Hill
- Other DPS



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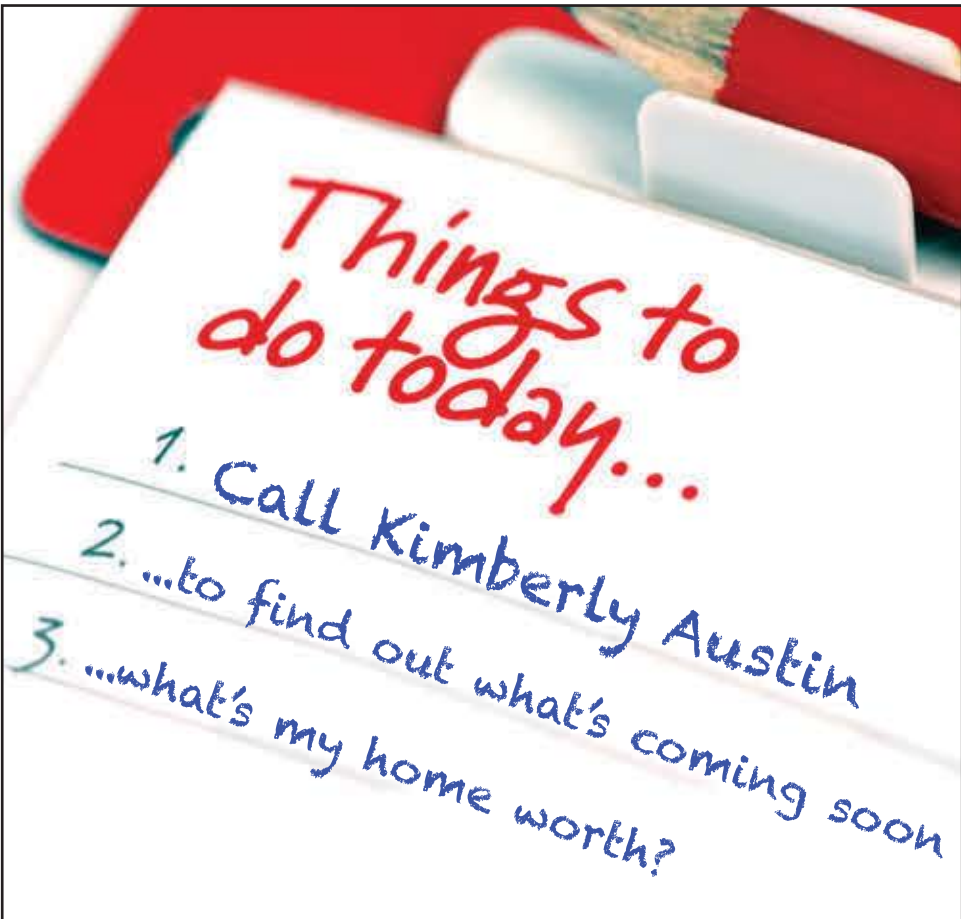
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Easing into the Digital Age: *Docs Let Scribes Do the Writing*



With community health worker Rene Ramirez filling in as a patient, director of the scribe program Dr. Jennifer Wiler and program manager Ashley Domin demonstrate how scribes record electronic charts at the University of Colorado Hospital Emergency Department.

By Madeline Schroeder

Dressed in black scrubs and comfortable walking shoes, Ashley Domin follows a physician into a patient's room at the University of Colorado Hospital (UCH) Emergency Department.

She wheels a cart equipped with a laptop. Like a fly on the wall, Domin listens as the doctor asks questions and assesses the patient. The doctor communicates what he or she finds. With incredible speed, Domin types the appropriate information into an electronic medical chart.

While Domin types away, the physician is able to give full attention to the patient. Once the evaluation is over, she follows the doctor into the next room, wheeling her mobile workstation.

Domin, 27, is a medical scribe, a relatively new field that is appearing in emergency departments and clinics nationwide. Medical scribes complete electronic medical records in real time—a relief for doctors and patients, especially in high-volume emergency rooms.

"Patients are happier because the physician is actually looking at them and sitting at the bedside and paying attention, rather than worrying about writing everything down," she says.

Domin manages the scribe program at UCH. When the program started two years ago, there were only eight scribes, and they covered one third of the shifts in a day. Now the program employs more than 40 scribes, and they cover all but two shifts a day.

Domin will also manage the scribe program at Denver Health opening in April. As more hospitals and clinics switch to electronic systems, the number of scribes increases nationwide.

While electronic records have strong ben-

efits—coordination among healthcare services, reduced medical errors, and more accessible information—many hospitals have resisted, but soon that will change.

Up until now, as part of the Affordable Care Act, hospitals have received reimbursement incentives to switch to electronic systems. But beginning in 2015, hospitals will face penalties.

Electronic systems are expensive, and practices have to change how they operate. A large amount of data has to be entered into the computer at a patient's bedside or shortly afterward—a daunting task for doctors whose main focus is patient care, not paperwork.

A recent pilot study reports Kaiser doctors spend an average 30 to 40 percent of an overall shift sitting at a computer plugging data into charts, according to Kathleen Myers, chief medical officer and founder of Essia Health.

"That means they have to spend 20 minutes of every hour sitting in front of a computer; that's 20 minutes they're not seeing patients," she says.

As an emergency physician, Myers recognized the need for support moving into electronic records.

In 2011, she founded Scribes STAT, an Oregon-based company that sets up scribe programs at hospitals nationwide, including UCH. In February, Scribes STAT was rebranded as Essia Health, which offers additional services for hospitals transitioning to electronic systems.

"What you notice is lots of happier doctors now," she says. "When I get to work with a medical scribe, I get to sit on the stool and actually look at the patient and engage with him or her." Now Myers only goes on the computer for a quick research question.

Emergency departments are relishing the many benefits of scribes.

With scribes, doctors are able to see more patients, which cuts down the patient wait time. Of-



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ten 20 to 30 years old, scribes are generally more tech-savvy than older doctors and record details in real time, making charts more accurate. Scribes also update doctors on lab and X-ray results. Scribes do not help determine the right time for a patient's admission or discharge. They do non-clinical duties like coordinating with family members in the waiting room, retrieving blankets for patients or giving directions to visitors.

Scribes make providers approximately 10 percent more efficient, according to Jennifer Wiler, MD, MBA, director of the UCH ED scribe program and vice chair of the Department of Emergency Medicine. The rough estimate is based on the number of patients treated in a certain amount of time, as well as the time it takes to fill out charts.

Scribes and doctors both benefit from the arrangement, according to Wiler.

"I'm getting a jumpstart into medicine," says Ashley Domin, who intends to go to medical school. She first heard of scribing seven years ago when she saw a flyer in the science building of Wisconsin State University, where she studied biology.

Scribes are typically at the end of college or in a gap year between college and graduate school and interested in a career in medicine as a physician's assistant or doctor.

With an 80 percent acceptance rate into medical school among scribes, Myers expects scribing will become a requirement to apply for med school in the future.

Domin has scribed in a family clinic and dermatology office—even more detailed coding. For two years, she worked as a traveling trainer and set up scribe programs at hospitals around the country. After seven years as a scribe, she continues to learn new terms all the time, and says billing and coding continues to be convoluted and overwhelming. But no part of the job has been as difficult as the training.

There is no national standard of how scribes are trained and credentialed. Each scribe company has a different training program. Trainees with Essia Health learn in a classroom setting. They are quizzed on medical terminology, and billing and coding, which are not taught in medical school but learned on the job.

"It's like trying to take a drink out of a fire hydrant," Domin says, remembering the overwhelming amount of information.

"You're just doing your best, but essentially you're learning what physicians had eight years to learn," she says.

After passing the exam, trainees practice charting in a classroom and then one-on-one with a "super scribe," or experienced scribe. They spend 80 to 100 hours with a super scribe.

Once hours are completed, a trainee is certified by a doctor and can begin scribing on his or her own.

After practicing the technical aspects of a chart, scribes begin to think like a physician.

While listening and typing away, Domin thinks of each patient as a puzzle. She pieces together the symptoms and considers what tests, medication and blood work to order.

During a typical 8-hour shift at UCH, she sees about 30 patients. On her busiest day she saw 42. "It's chaotic, but it's a good chaos. You look up and suddenly five hours have gone by." Recently, twice in one night she saw a thoracotomy—cracking open the chest to better view internal bleeding, the most memorable thing she has seen on the job.

Scribing has confirmed for Domin she wants to go to medical school and hopes to do emergency medicine or trauma surgery. Until then, she plans to continue as a scribe.

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By Carol Roberts

DPS has held three meetings in Stapleton in as many months to inform the community of the construction plans and budget limitations for the new high school scheduled to open in the fall of 2015. Each meeting has gotten bigger and more contentious.

The parents say the facility that voters approved as described in the bond is not what's being built. DPS says what they're proposing to build in "Phase 1" will meet the needs of a population of 900-1,000 students and in 2016 they will get funds for "Phase 2" from another bond.

Parents fear the costs remaining for Phase 2 will be high enough that voters will reject it and they'll be left with temporary arrangements for the cafeteria, art, music and the school will have a fast-growing population—a combination that will result in less than a high quality high school.

Board member Happy Haynes says, "I hear people's frustration but there was always a Phase 1 and a Phase 2. And I think the expectation is we would do as much as we could in Phase 1. And I think David Suppes and his team (from DPS) have come back with an appropriate response by finding some additional dollars that are not insignificant, several million dollars, by the way, to ensure that we have all



Over 250 attendees came to the March 24 meeting with DPS in the Swigert Cafetorium. Principal Avi Tropper, far right, described and took questions about programming before DPS presented their construction update.

the elements of what is needed to get our high school started, understanding that the full project will come in the next bond."

But knowing future bond funds aren't certain, a group

of parents approached board member Landri Taylor to talk about an option for how to move ahead with "Phase 1.5" to construct a third building. "I thought the best avenue was to move things forward and not wait until 2016 for a bond for a phase 2 project that would literally begin in 2018," says Taylor.

A possible money source Taylor and the parents are talking about is the bond contingency fund, which the parents say is \$46.6 million. This fund was built into the bond as a safety net to ensure that all projects would be completed.

Karla Rehring says the group of parents who thought of Phase 1.5 is proposing that the first class could start in temporary quarters, then move to the high school in the spring of 2016, allowing time for the construction of the commons. She adds that since all the athletic fields are now included in the construction plan, the parent proposal is just to build the commons and move the administration back into the space planned for a temporary cafeteria.

Parents looked at the bond construction schedule and saw that all but three projects are scheduled to be completed by August 14. However, staff said they are reluctant to tap the contingency fund at that time and suggested perhaps year end or beginning of 2015. "As a responsible steward for the district and for the entire bond, I would agree," says Haynes. "It would be very irresponsible to commit contingency before we even know what's happening with all these projects."

"This is a 'yes, and' conversation. Yes, we'll move forward as the team has outlined. And, yes, when we feel comfortable identifying additional contingency dollars, we'll say, 'Could we



Karla Rehring and other parents presented an alternative plan called "Phase 1.5."



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move forward with completing the commons at this point? But that contingency is here for the entire district, for all of the bond projects. That being said, this will be a top priority for me if there's any way we can get this done."

Taylor concurs with that view. "I don't have a problem with waiting til December, but we should begin planning now. The goal is to find a way to fund the building and construction of that third building. If money is found in December (or when staff is comfortable using contin-

On that subject Haynes reiterated in an interview with the *Front Porch*, "I don't know how much plainer the language can be other than there will be a guaranteed seat for every student at Stapleton who wants to be in this high school. I fully support that, and I support the idea of a comprehensive high school at the Northfield location, and further, I am, and I believe the other board members are as well, absolutely committed to that school being a diverse school and having a boundary, or however we work out the enrollment of choice, or whatever, that ensures that school can and will be a diverse school. That's a commitment the district has made. That's where Landri is. That's where I am. I think every single one of us are absolutely committed to that."

When asked, "If the school is not diverse based on the population of Stapleton, will they find more seats in order to make it diverse?" Haynes responded, "Right."

We also talked to Superintendent Tom Boasberg about the rumors that DSST might end up using space at the Northfield campus—and now with the DSST: Northfield campus having a majority of non-boundary and non-DPS students, that might limit the seats for boundary students. "All the Stapleton kids get in first.



Cate Downing, Lily Martin and Avery Dell, all 7th-graders at McAuliffe, share one of the few laughs of the evening as principal Avi Tropper dodges a question about dress codes and uniforms.

gency) at that time a decision will have to be made whether the third building is a classroom building or a commons building or gymnasium capacity.

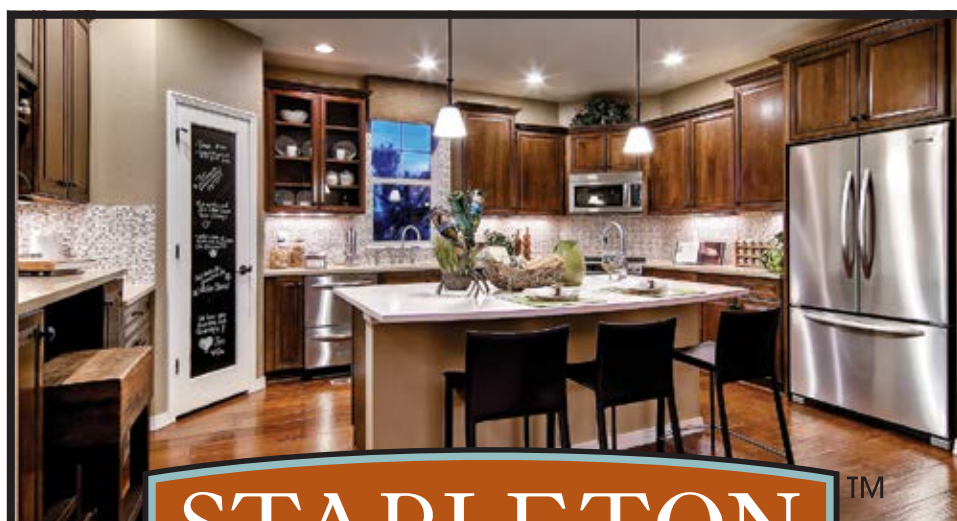
"Bottom line, move as though 2016 is here today and find a mechanism to fund that now rather than rely on a bond that may not pass."

As at every Stapleton meeting about schools, some parents expressed concerns about capacity.

Absolutely, every student who lives in the boundary is guaranteed a slot at that high school. And beyond that, there will be ample seats at that high school to serve all the kids who want to go there."

Comment or view DPS and parent handouts from the March 24 meeting at FrontPorchStapleton.com.

The Phase 1.5 parent group contact is friendsofnorthfieldhs@gmail.com



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Viewpoint Ukraine. Why Do I Care?

By John Babiak

I have very strong emotions about the events that have transpired in Ukraine during the past six months. As the son of World War II refugees from the former Ukrainian Soviet Socialist Republic, my ties to my family's home are quite real. My parents fled western Ukraine in 1944 in hopes of moving out from under the repressive rule of the Soviet Union and the Ukraine's occupation by Nazi Germany. After living in several displaced persons camps throughout Europe, my parents' dream of living in a democracy became a reality when they were granted permission to immigrate to the United States in 1949.

As a child growing up within a small Ukrainian-American community in upstate New York, my parents and their friends often spoke of their experiences living within the Soviet Union. I often watched my mother and father weep when they recalled memories of their family members and neighbors being arrested—charged with the crime of being a “Ukrainian nationalist,” convicted in mock trials, then executed in public, so as to serve as an example to others

who were harboring thoughts or feelings of their Ukrainian nationality. My parents spoke of the meaning of freedom and the value of human rights in ways that no high school history textbook could.

Ukraine and Russia have been intertwined for centuries. In the 9th century, the empire of Kievan Rus grew from the city of Kiev, Ukraine's modern day capital. Historians claim that Kiev is the birthplace of Ukraine and Russia.

Ukrainians have had little or no independence from Russia prior to 1991 when the Soviet Union dissolved, and Ukraine quickly declared independence. Twice, Ukrainians were forcibly absorbed by



John Babiak and his son Marco put up Ukrainian flags at the Russian consulate.

the Soviet Union. Central and eastern Ukraine came under its rule in 1919, and the province of Lviv, in western Ukraine—where my family originates—was annexed from Poland in 1939.

Under Joseph Stalin's regime, an estimated 7 million Ukrainians were intentionally exterminated by hunger during a man-made famine. In 1932, Stalin ordered the famine to punish those who resisted the adoption of Soviet agriculture and collectivization policies. Stalin did not stop there. He Sovietized the Ukraine by installing leadership throughout the republic that was pro-Moscow and anti-Ukrainian. Ukrainian churches closed, the native language purged, and every form of Ukrainian cultural and nationalism suppressed.

Even after Ukraine's independence and fledgling attempt to become a democracy, Russia's influences have continued. Ramped corruption, fraudulent elections and heavy-handed meddling have impeded Ukraine's strides to become a democracy. At the same time, a majority of Ukrainians desperately wants to regain their cultural identity and see their country become a productive and respected European nation.

This tug of war finally snapped in November when Ukraine's president, Viktor Yanukovich, abandoned his promise to sign an agreement of association with the European Union, and instead, signed an agreement to strengthen Ukraine's relationship with Russia. This infuriated most Ukrainians and the people's revolution was launched, the result of which we have witnessed in practically every form of modern news media.

I am one with the Ukrainian movement. I wish that once and for all, Ukrainians can stand up on their own two feet and rid themselves from outside influences, corruption, and human rights abuse. I hope that through the will of the Ukrainian people, combined with the support of the each and every democratic nation, Ukraine's dream of becoming a true democracy, with liberty and justice for all, will become a reality—no different than when America embraced my parents, and gave them freedom, rights and opportunity.

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Law Keeps Children From Accidental Pot Ingestion

By Madeline Schroeder

Colorado is working toward a safer marijuana industry. In March, Gov. John Hickenlooper signed a bill for packaging and labeling requirements on medical marijuana edibles.

The new law requires medicinal edibles to meet the same requirements that already exist for recreational marijuana, including child-resistant packaging.

“We feel child-resistant packaging is the logical implementation to prevent kids from getting into these marijuana products,” says Dr. George Sam Wang, a pediatric emergency room physician at Children’s Hospital Colorado.

Wang was part of the team that crafted and supported the bill. The law requires warning labels that the product is dangerous and to keep out of reach from children. The law restricts mass marketing campaigns, and packaging must not appeal to anyone younger than 21. Packages must meet child-resistant requirements by the Consumer Product Safety Commission under the Poison Prevention Packaging Act.

Wang says child-resistant packaging has been a proven method for keeping kids out of unsafe products. Almost all pharmaceuticals and household products meet the standards.

To be child-resistant certified, no more than 20 percent of 200 children can open the package within 10 minutes. At the same time, 90 percent of 100 adults ages 50 to 70 must be able to open it and close it within five minutes.

Prior to the new law, marijuana edibles only had to be sold in a child-resistant package OR warn to keep out of a child’s reach. Some medical marijuana dispensaries already meet the requirements while others are making changes to comply with the new law.

Wang hopes the stricter regulations will cut down the number of pediatric emergency room visits for unintentional marijuana ingestion.

In their 2009-2011 study, he and colleagues noticed a significant change in the number of children who had accidentally eaten marijuana. Until 2009, they saw very few visits, but starting at the end of 2009 they have averaged one to two a month.

Unlike recreational marijuana, there is no restriction on the THC content in medical marijuana so concentrations vary greatly among products. A single marijuana edible may be worth five doses.

In the emergency room, Wang has seen symptoms vary from sleepiness and unbalance to comatose and



At the state capitol in March, Dr. George Sam Wang, a pediatric emergency room physician at Children’s Hospital Colorado, advocates for child-resistant medical marijuana packaging.

difficulty breathing. “Sometimes parents will admit there is marijuana in the home but they didn’t know anything was missing, and other times they have no idea where they got it,” Wang says.

Parents need to properly store marijuana edibles out of reach and out of sight, and not next to non-marijuana foods, according to Wang.

Educating parents is important for a safer industry, he says. For parents who have children old enough to discuss the risks of marijuana, he encourages approaching it like a discussion about any other adult product. “This is for mom and dad and not for children,” and “This can be harmful and dangerous for kids” are a few phrases he suggests.



Left: The bill requires marijuana edibles to meet the same packaging requirements that already exist for recreational marijuana. Below: Dr. George Sam Wang and Gov. Hickenlooper shake hands and Wang receives the pen after signing the bill that moves toward a safer marijuana industry in Colorado.



“I think this is a great start for Colorado, and I think it’s great the industry is supporting keeping it away from kids,” he says. To help discuss the risks of marijuana with your child, use our kid-friendly diagram showing how marijuana affects the body. Visit FrontPorchStapleton.com and search for “Talking to Your Child About Marijuana.”



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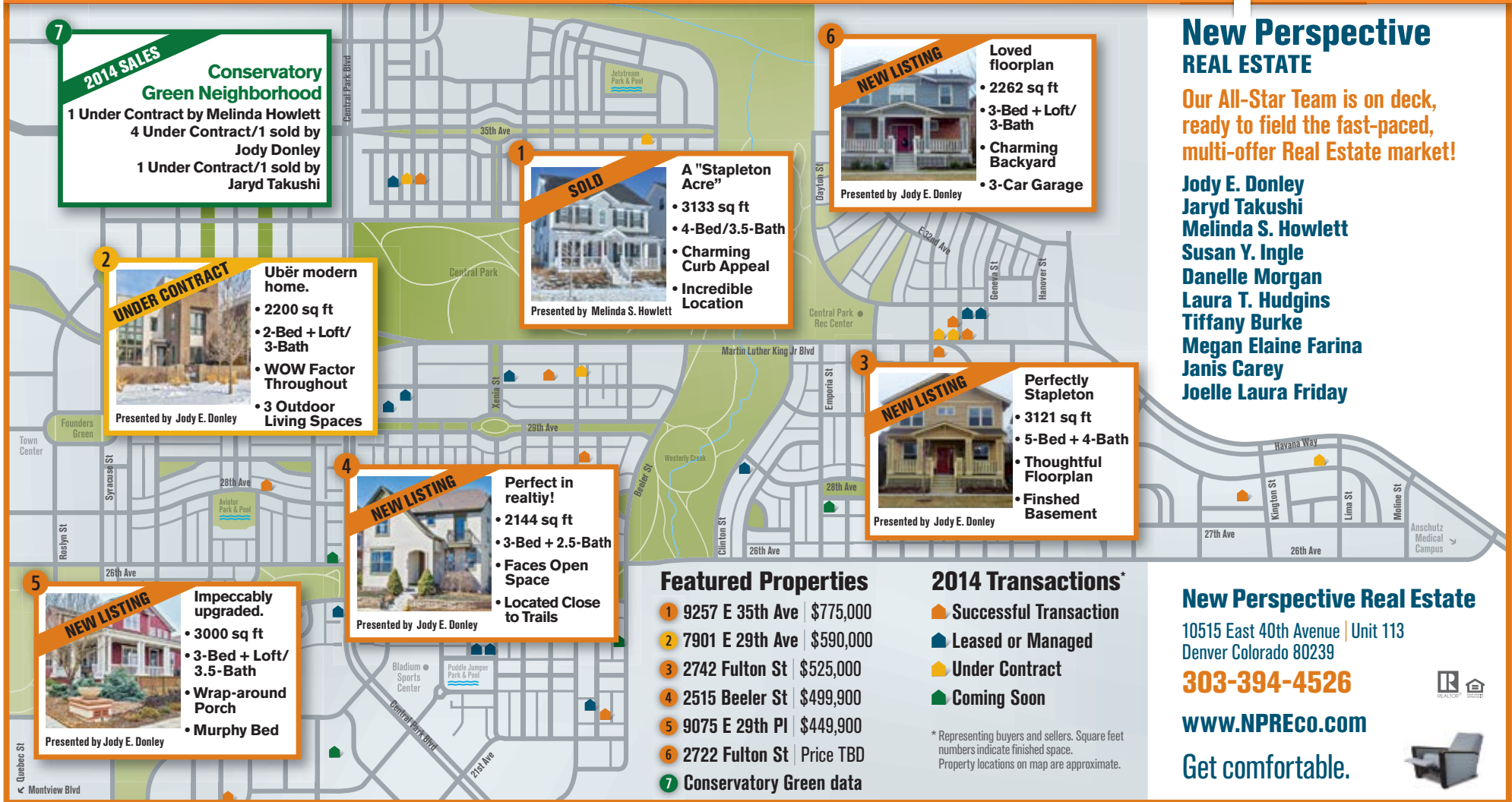
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Follow "Indie Prof" on Facebook for updates about film events and more reviews.

The Missing Picture (2013)

Sometimes art and poetry can tell a story more realistically than documentary images. Cambodian Rithy Pahn's wonderful film *The Missing Picture*, nominated for Best Documentary Feature at this year's Oscars, is one such example. The film is a *mélange* of scratchy video footage, clay figurines in elaborate dioramas, and lyrical, poetic voice-over. The result is a fascinating experiment in documentary film that is both illuminating and invigorating.

Pol Pot and the Khmer Rouge were responsible for the deaths of more than 25 percent of the Cambodian population from 1975–1979. When they took over the country, they forced everyone out of the cities and into the country; they burned down houses so nobody could return; they forced everyone to work in agrarian labor camps; and they made "re-education" mandatory, from which a pure and classless society would emerge

(in their eyes). The reality is that millions were tortured and/or died of starvation in the jungles of Cambodia, and the entire society eventually fell apart.

Rithy Pahn was in one of those families forced out of Phnom Penh and into the countryside. He lost his father, mother, and sisters; he was the only person in his family to survive, and he finally escaped to Thailand in 1979. He and his family, like most of the other Cambodians, lost everything they had: their homes, valuables, family heirlooms, and pictures. The "missing picture" of the title speaks to his efforts to fill in the story of his past, and in the process, the story of his nation's past. The clay figurines substitute for the missing images.

The film is an absolute revelation gushing with poetry and poignancy. The surviving documentary footage is littered with state-sponsored sap and stacked with "happy" workers and energetic party rallies reminiscent of Leni Riefenstahl's Nazi-propaganda films. The figurines and dioramas are correctives to that footage, serving as



Scene from *The Missing Picture*

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reality checks and as images burned into the memory of a survivor. The beautiful voiceover is reminiscent of the great *Night and Fog*, the documentary that first brought the world images of the Holocaust in the 50s. The end result is the chronicle of a sad chapter in world history and a cathartic exercise for one artist and, hopefully, many fellow Cambodians.

Now playing at The Chez Artiste.

You will like this film if you enjoyed *Night and Fog*, *Saving Face*, and/or *The Art of Killing*.

Blue is the Warmest Color (2013)

This French film from director Abdellatif Kechiche is the story of a young girl, Adele, who is growing up and wrestling with her sexuality in the midst of high school pressures and friends. She dates boys but she doesn't find satisfaction in a relationship until she meets a blue-haired girl named Emma. Emma sparks her curiosity and passion, and the two embark on a stormy relationship that tests family, friendship, and fidelity.

The film won the Palme d'Or at Cannes, and it is sometimes graphic and sexually explicit. But most of all, it is honest and heartfelt, showing the raw emotions of young women going through dramatic changes and finding their place in the world. Rarely do we get to see a film with such honesty and intensity, and rarer still is the portrayal of young women dealt with so eloquently.

The cinematography is beautiful—utilizing close-ups for intimacy and then long takes that allow the action to sit with us. The use of hand-held camera for the majority of the film also gives it an immediacy and realism that speaks to the subject matter. The acting is the revelation, however, and in particular, Adèle Exarchopoulos as Adele gives a star turn. Kechiche knows how to direct actors,

and he knows where to place the camera on them for maximum effect.

This is certainly not a film for everyone: at three hours and with extended sex scenes, you need to know what you are getting into. It also requires some patience and understanding. The payoff is a film that is full of life, passion, and emotion. It is well worth the journey.

Available on the Netflix instant stream and VOD. You will like this film if you enjoyed *The Hunt*, *The Broken Circle Breakdown*, and/or *The Great Beauty*. This film, along with all other films I've reviewed, may be found at the Sam Gary Library. Look for the Indie Prof display at the end of the



Scene from *Blue is the Warmest Color*

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Vincent Piturro, PhD, teaches Cinema Studies at Metropolitan State University of Denver. He can be reached at vpiturro@msudenver.edu.

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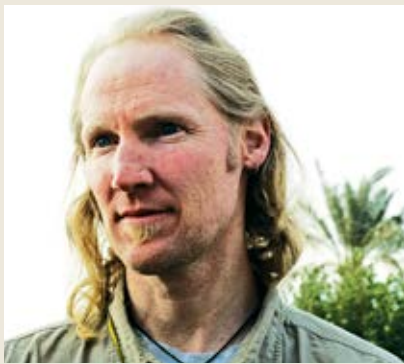
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Just the Facts

Toxic Plumes Underfoot

by James Hagadorn



Our house overlies the vestiges of an old chemical spill. The school behind us does, too. The spill's poisons can cause life-changing illnesses. Yet we bought our house knowing about these contaminants. Why didn't we avoid this location?

Because these contaminants, like most others, have been well-characterized and are under control. They're part of an underground plume—one of thousands that underlie Colorado's landscape. Our plume tells a story that may be common to your neighborhood, too.

What's a plume? It's an elongated area where soil, air, water or rock has been contaminated with another substance. You've seen 'em before. After blowing out a candle, a plume of smoke soon emerges and wafts downwind. A factory spewing green gook into a river creates an ever-widening plume of contaminated water downstream.

The same thing can happen in underground settings where water regularly seeps between soil particles and bedrock cracks. Like giant slow-moving subsurface streams, this ground-

water flows downhill toward lower elevations. It can transport plumes of hitchhiking contaminants from one area to another.

Underground plumes exist in big cities, in small towns, in the mountains, and on the plains. They originate in places where fluids were poured or leaked into the soil. Examples include old gas stations, dry cleaners, factories, mining sites and government facilities. Although plumes are common, most of Colorado's groundwater remains clean. Where waters have been tainted, their plumes are generally well studied and remedied.

A common plume contaminant is trichloroethylene, or TCE. It was primarily used for removing oil and grease from machine parts. TCE is heavier than water, so it sinks to the bottom of water-saturated sediments in the subsurface where it steadily mixes with groundwater. Above the top of the groundwater, or water table, it can become a vapor and then burble upward through soil where it reaches the atmosphere. There it breaks

down into harmless substances upon encountering sunlight and oxygen.

It's a good thing our neighborhood doesn't use the groundwater under our homes—it's got TCE in it. Health problems can arise if you drink or bathe in water contaminated with TCE or if it wafts up into your basement in vapor form and you breathe it. With long exposure or high doses, TCE can cause cancer and disease,

including to fetuses and reproductive systems. See ehp.niehs.nih.gov/1205879/

How'd TCE get under our house? A few miles south of here, TCE was used for several decades at a firing range, maintenance building, and fire training area at the old Lowry Air Force base. Over time, TCE worked its way into the subsurface from leaking tanks and a septic system. As the TCE migrated from Lowry the toxin became diluted by mixing with groundwater, by addition of rainwater, and by its natural volatilization into vapors that escaped upward into the atmosphere. Once discovered in the 1980s, the plume's sources were addressed, and thousands of wells and borings were generated to determine the nature and extent of the problem.

But how is it being fixed? At first, groundwa-

ter levels remain high, basement ventilation systems remove TCE vapors to keep people safe.

How safe is safe, though? Based on the EPA's and Colorado's environmental standards, our probability of being impacted by the plume's vapors is similar to the probability of being hit by lightning in a given year.

Interested in learning more? Look at historical photos of your neighborhood and see what's been around. You might be surprised. If you suspect there might be contaminated groundwater or soil nearby, contact the state health department (cdphe.state.co.us).

To determine if you live over the Lowry plume, go to the Front Porch's plume map and FAQ page at frontporchstapleton.com/?p=7532.



John Yerton is the head of remediation and investigation for Lowry assumption, LLC—the company responsible for remediation of the Lowry plume, which is shown in the chart behind indicating the plume has decreased from 2001 to 2013 (left to right). View an enlarged and more detailed chart at FrontPorchStapleton.com.

ter was removed and treated near the sites of the original spills. More recently potassium permanganate, a purple salt used in water softeners, has been used. It converts TCE molecules into other harmless compounds. It was injected into the soil adjacent to and downslope of the original spill areas—creating a chemical defense line surrounding and downstream of the areas of highest contamination. Within the last nine years, Lowry's TCE levels have dropped. In offsite areas that were 'downstream' of the initial contamination, TCE levels also dropped. Levels continue to decline, and in many areas the groundwater and the indoor air above the plume are safe. Where

The current standards used to determine when this plume's cleanup is complete are under review and may be revised. You can participate in this process, beginning with the May 12 public hearing. www.lowryafbcleanup.com/web-page.html.

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

For more information about TCE and the Lowry plume, including a map showing how the plume changed from 2001 to 2013, visit FrontPorchStapleton.com.

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For more information on protecting Colorado homeowners from construction defects visit

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Tales of Life in North Stapleton

By Madeline Schroeder

What is it like moving into a brand-new house in a neighborhood still being built?

Chris Englert loves it. She and her family moved from Tampa, Fla., to the new Conservatory Green neighborhood north of I-70 nearly a year ago. She has yet to miss Tampa.

“I love it here. I love Stapleton. I love my neighbors. I can’t get enough of this area,” she says. She finds her neighbors’ young, active mentalities refreshing.

While she loves her family’s new home, there are downfalls to being some of the first residents. She has discovered living in an emerging neighborhood brings certain quirks, as well as perks.

Dumpsters—Every street has a dumpster so throwing away trash is easier than ever. People from the surrounding area regularly come to dumpster dive—the dumpsters have all the leftover construction materials one might need for a project.

Tacos—Each day at lunchtime there is a cacophony of horns as taco trucks enter the neighborhood. The trucks came to sell tacos to construction workers, but residents have become regulars as well. Englert says there is nothing better than cheap and at your front door. Her favorite is a vegetarian burrito.

Recycling—Because there is currently no recycling service in the neighborhood, many neighbors sort items in garages and make regular trips to Waste Management to drop off recyclables. Neighbors hope a resident will start a recycling service soon.

Dust—Englert laughs thinking how she hired a window cleaning service the first week they moved in. After that first clean, her windows have consistently been dirty due to dust from construction.

Construction debris—Moving into a brand-new neighborhood, Englert knew she would encounter construction issues and feels inappropriate complaining, but cannot help feeling frustrated. Trash and construction materials are common on sidewalks. She says she would not let young children outside to play. She would like to roller blade but knows she cannot for a while, at least until construction of the last three houses on her block is complete.

Friendliness—Englert relates the early days of the move-in to moving into her college freshmen-year dorm. With few people all experiencing the same thing, quick friendships were inevitable. She and 19 other neighbors who were the first to move in call themselves the “Pioneer 20.” The group bonded immediately. Topics like finding a maid or hanging blinds suddenly became of interest to all and fun to discuss.

At the first signs of a new move-in, members of the Pioneer 20 would stop by to welcome the neighbor. It felt like a small town within Denver—the “bring-baked-goods-over-to-say-hello” kind of community, she says.

Having a dog added to the friendliness factor because nearly every dog walker stopped to chat.

Isolation—Conservatory Green advertised being a part of the great-

er Stapleton community, but neighbors have felt isolated. Even though Central Park in the south part of Stapleton is only a few miles away, I-70 is a mental and physical barrier, according to Englert. She has found it difficult to make friends with people in the south part of Stapleton, which is why she believes it’s so important for Conservatory Green to own its identity and create community as it grows.


Parks—Last November, residents had a “bring-your-own-ball” gathering on The Green of Conservatory Green. With an abundant supply of footballs, baseballs, Frisbees and more, the group spent time getting to know one another. Sprinklers inter-

rupted the meeting, and they had to leave. They didn’t know this was the one time they would spend

(continued on page 24)




Conservatory Green resident Dee Dee Colussy and her 18-month-old daughter, Lily, stop for a quick lunch from Maria Lara of Lonchera La Reina Taco Truck—a favorite perk of residents living in the construction area.



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Alex Lanton, owner of the new Atlas Physical Therapy practice on Quebec St., demonstrates a balance platform with the help of office coordinator Kristin Dohrn.

By Nancy Burkhart

When your body fails to measure up to your lifestyle, a physical therapist may be able to help you regain your stride.

“Our patients are ages 6 to 90,” says consulting physical therapist Alex Lanton at Atlas Physical Therapy. “We see everyone from the weekend warrior to someone with back pain, ACL (anterior cruciate ligament) problems

or someone with Parkinson’s disease. Stapleton is an active population, but sitting for 40 to 60 hours a week and then physically pushing the body on the weekend can be a tough transition. We give people relief through therapy and then get them back to exercise as soon as possible.

“We offer individualized one-on-one care,” says Lanton. “We do a combination of massage, dry needling and an individualized manual therapy program. We strive to give people the tools to excel with a program to work on at home. We’ll make you feel better, but we want you to feel better long-term. We’ll make you feel better with whatever fits your lifestyle.”

Atlas Physical Therapy’s specialty is the spine and everything that negatively affects it, like low back pain, neck pain, headaches, pinched nerves and bulging discs, according to Lanton.

“Our other specialty is pediatric sports medicine,” he said. “With any active sport, there are going to be moderate risks. If a child gets a concussion, they need to lay off sports for a while and go to a doctor. We see a lot of kids

with concussions.”

The goal is for people to have a minimum number of visits with Lanton and to work on a therapy program at home.

“The average for all diagnoses runs around seven visits,” he said. “If a person has big surgery, there are going to be more visits, but with back sprains, it won’t take too long. We’ll be able to get them back to normal quickly.

“The first session is a full evaluation, finding the cause of pain, noting how they move and developing a plan for the future. The goal is to make them feel better, even in that first session. I like to talk and laugh a lot. People come in with pain, so we want them to have a good time while they are there.”

Lanton, his fiancée, Rachel Whitten, and their Labrador mix dog currently live downtown but are planning a move to Stapleton soon.

“One of the draws is the green space,” Lanton said. “We’re both mountain bikers, so accessing the trails and running with the dog will be great.”

Atlas Physical Therapy is located at 3401 Quebec St., Suite 5005. For more information, go to www.atlasptco.com or email Alex Lanton at alex@atlasptco.com.

The office is open from 7am to 7:30pm Monday through Thursday and 7am to noon on Friday. For an appointment, call 303.322.4900. Referrals usually are unnecessary, and the office accepts most insurances.



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Local Warehouse Offers Custom Bikes

By Nancy Burkhart

Mike Eddy and his wife, Andrea, met because of their love for recreational biking. And, today their Stapleton home's garage is filled with bikes that also fit their children: Bayden, 10; Kenneth, 6; and Ryder, 18 months. His family's love for biking helped Eddy decide, about a year ago, that he should take over an online bicycle sales business, www.Giantnerd.com, where both road and mountain bikes are sold.

"We bought it from a company in Boulder," Eddy explained. "We also own a bicycle brand, Tommaso. It stands for 'Thomas' in Italian. It was started by an Italian in 1985. We still have a designer who designs the bikes in Italy. We do all the specifications. She does the colors. We work with the factory. It's a combination of three continents—Europe, the U.S. and Asia—because about 95 percent of all bicycles are made in China.

"We sell both our bikes and other brands on the Internet," he said. "We try to provide the consumer with a lower-cost alternative. We want to have a high level of service. If you order a bike from us, we build the bike and



Giantnerd staff, all cyclists, are pictured in their warehouse near Stapleton: (left to right) warehouse manager Jake Knobbe, owner Mike Eddy, operations manager Justin Essler and marketing and sales manager Chris Schuerman.

tune it in our warehouse. Then we ship the bike FedEx to the customer. There is a low risk of damage." The bicycle is broken down into about three pieces for shipping. Eddy says putting the bike together is easy for anyone to do

upon receipt of the shipment. "You screw five bolts," he said. "Literally, it's less than 10 minutes before the bike is ready to go riding. For us, it's about giving the customer value and then going above and beyond in customer service."

The Giantnerd.com warehouse is located north of Stapleton in the warehouse district off the frontage road northeast of Quebec Street and I-70. Customers can select bikes from the website and pick them up at the warehouse or have them shipped, or they can call the warehouse to schedule a consultation about purchasing a bicycle.

At the warehouse, between four and eight employees will be there to show customers bicycles ranging from \$400 to \$2,800, as well as bike shoes, pedals, helmets, lights, bags, pumps and some bike components.

"It's an employee-centered company," Eddy said. They're all cyclists. They're all really into it.

"Everything you need to ride a bike you can buy from us," he added. "In special cases, we will make modifications, but usually you just pick the size bike that you need. You can pick the pedals, for example, if you want something different. We had one customer who had a problem with his hand that made it inconvenient for him to use a normal gear shift, so we custom built a shifter for him. If someone wants to change out a part and we have the part, we'll do it for them."

Because Giantnerd.com makes the bikes and sells them directly to the consumer, a price markup is avoided and bikes will be 30 to 40 percent cheaper, according to Eddy. Military personnel stationed overseas receive a 10 percent discount, and the Giantnerd.com staff is familiar with military shipping rules.

"Our bikes are for people who want to get more for their dollar and are comfortable with the Internet," he said. "A bicycle is a fairly expensive purchase."

To see the bicycles, go to www.Giantnerd.com or call the warehouse at 720.881.8120 for an appointment.



Bike parts are manufactured in China and shipped to the warehouse where the Giantnerd staff either fully assembles the bike or ships it to the buyer in three pieces (above) to easily assemble.

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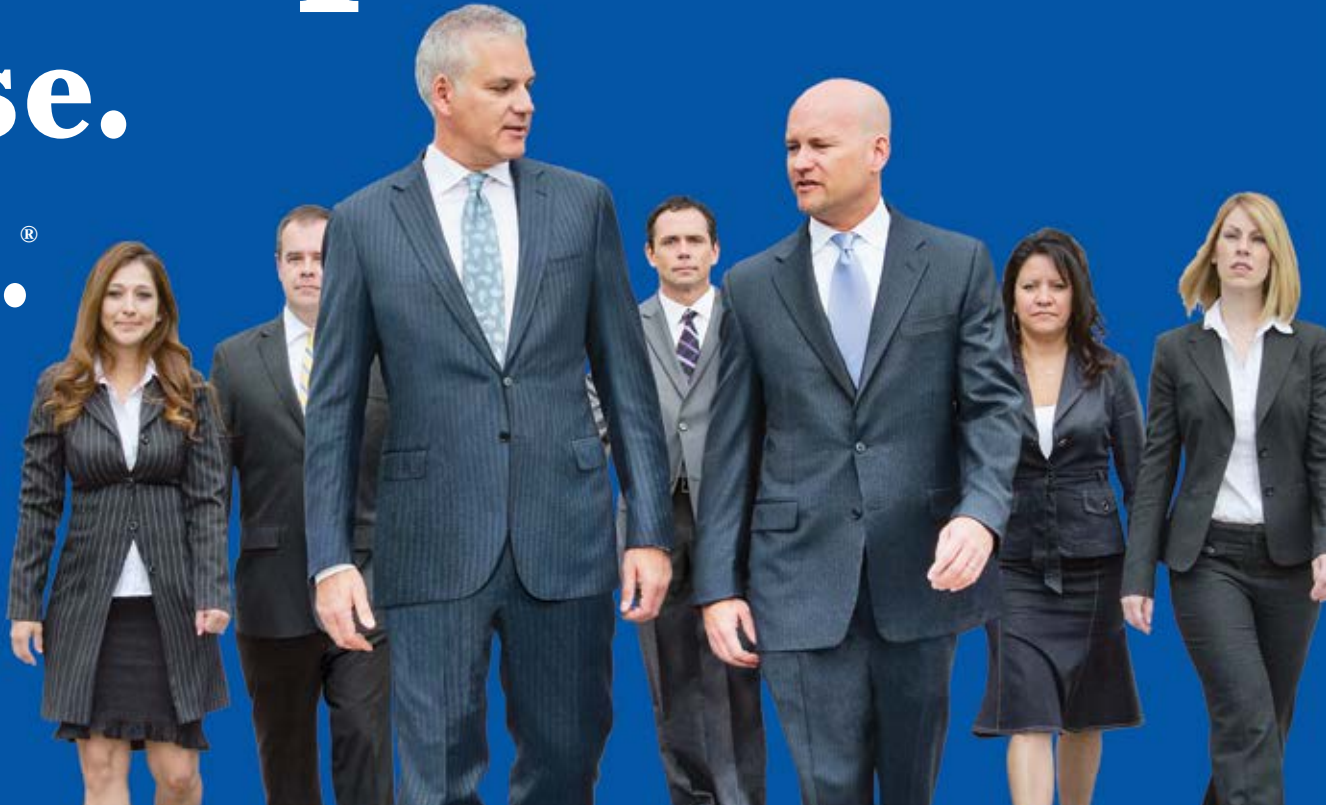
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Allergy and Asthma Medical Office Opens in Northfield

By Nancy Burkhart

Spring has arrived and stray sneezes are starting to sneak up on us. It's allergy time again, and with pollen in the air it may be time to find a way to stifle those sneezes. Allergy sufferers now have a close-to-home treatment option—Dr. Kanao Otsu's Allergy & Asthma Care and Prevention Center has opened an office in Northfield.

"We're a satellite office of a practice that's been serving the Denver area in Lone Tree in an out-patient building at Sky Ridge Medical Center. A lot of the drug challenges and food challenges today need our help. Here at Stapleton Northfield we'll be doing skin tests, such as percutaneous scratch testing and intradermal skin testing. We also do patch testing for contact dermatitis. So, if people have allergies to shampoos or any sort of thing that you would come in contact with on your skin, we can do a type of hypersensitive testing. We also offer medication testing because a lot of people are allergic to medications that they need to take, like penicillin."

"Our patients range from newborns to

Dr. Kanao Otsu enjoys a warm afternoon in her Stapleton backyard with her three children, left to right: Micah, 23 months, Kai, 9, and Sylvie, 7.

older people—most allergists train in both internal medicine and pediatrics. It is common for a newborn to have a rash around the face, on its elbows, knees or behind the knees. There can be a food allergen if they are breast feeding and their moms are drinking milk or eating eggs. The baby may have allergic antibodies against these proteins. It's actually really common.

Dr. Otsu also treats a lot of people who have asthma. She points out that though many people associate having asthma with going to pulmonary or lung doctors, asthma is often caused by allergies.

Dr. Otsu and her husband, Vadim Fayngersh, live in Stapleton with their three children. Ten-year-old Kai and 7-year-old Sylvie both go to Westerly Creek Elementary School,

where 2-year-old Micah will attend soon. The family skied and snowboarded before Micah was born. But now, they go hiking and they all really "love the Broncos." They look forward to going to the farmers market and the movies on the Green as warm weather develops.

The Allergy & Asthma Care and Prevention Center is located in Stapleton Northfield at 8340 E. 49th Ave., Bldg. K, Suite 2620, above Claire's. The office is open from 8am–5pm on Monday, 2–6pm on Wednesday and 7–11am on Friday. The hours are meant to help people with appointments before or after school or work. And, there is a doctor on call to answer questions. Primary care referrals aren't needed in order to see Dr. Otsu, although a pediatrician may send a child to her for testing.

Dr. Otsu recently completed her fellowship in allergy, asthma, and immunology at National Jewish Health and the University of Colorado Denver. She completed a residency in a combined internal medicine and pediatrics program at the University of Massachusetts. She also has a master's degree in public health from Columbia University.

For more information about the Allergy & Asthma Care and Prevention Center, visit www.allasth.com or call 303.706.9923.



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STAPLETON FAMILY OPTICAL

By Nancy Burkhart

Dr. Daniel Feldman specializes in helping his patients get rid of pain. And, in order to be more able to enjoy his time with his family at his Stapleton home, Feldman has moved his Comprehensive Pain Specialists office, which is one of the company's three offices, into shared space with Stapleton chiropractor Dr. Brandon Baldwin in Quebec Square.

"We do comprehensive pain management," Feldman explains. "People with acute and chronic pain disorders come to see me for medications, injections which include epidurals, joint injections and more advanced spine procedures. Our most common patients are people with back or neck pain that goes down the arm or leg, but we also have patients who have had surgery and still have chronic pain."

Feldman says that he works with a team to rid patients of pain. The team consists of pain psychologists, physical therapists and chiropractor Dr. Brandon Baldwin. Pain syndromes may not have responded to classical treatment or the true reason for the pain has failed to be located. In these cases a team approach can make the patient better, Feldman said. While Baldwin doesn't work for Comprehensive Pain Specialists, he and Feldman refer patients for each other for a team approach.

"I can help with the physical side of pain," Feldman said. "If I can't make the patient better alone, maybe a pain psychologist and physical therapist can help to make the patient better. My goal is to get people off of pain medication. It's not always possible, but by doing so, we often can improve their quality of life, and that's everybody's goal."

Because Comprehensive Pain Specialists treats patients suffering from pain in an office rather than a hospital or surgery center, "the patients have much lower costs for the same outcomes," Feldman said.

"We want the patient to be happy and satisfied," he said. "I don't want to make a career out of treating the same patient. I want them to get better and live their life. It's a very rewarding experience to see

someone who has been hurting for years finally be able to do something like walking their dog without chronic pain. We can't fix everybody, but we're willing to try, if a patient is willing."

"Pain can result when sports injuries, trauma, and wear and tear on the body catch up with a person. We don't always know what causes the pain," he said.

Primary care physicians may refer patients to Feldman, but many patients make appointments to see him because they feel they have a pain problem that hasn't been addressed, he said. Comprehensive Pain Specialists accepts all insurances, he added.

Feldman opened the Comprehensive Pain Specialists office in Stapleton because it is closer to his home and because people don't have time to be driving all over the city to see physicians.

Feldman and his wife, Jessica, have two children, 3 1/2-year-old Nathan and 13-month-old Alexa.

"I had lots of hobbies before my kids were born," Feldman laughed. "I love to ski. I love to run. I love to cook. These days I just love to take my kids to the park and watch them interact with the world."

Neighbors will recognize the Feldmans because their rescued collie, Berg, who probably could be a movie stand-in for Lassie,



Pain Specialist Brings Practice to Stapleton

To have more time with his family in Stapleton, Dr. Daniel Feldman has moved his Comprehensive Pain Specialists practice into shared space with Stapleton chiropractor Dr. Brandon Baldwin in Quebec Square.

usually joins them.

Feldman is a board certified pain specialist in both anesthesiology and interventional pain management. He earned a medical degree from the Medical College of Georgia and completed a surgical internship at the University of Wisconsin. Prior to moving to Colorado about a year and a half ago, Feldman was an anesthesiologist in Eugene, OR, and an interventional pain physician in Atlanta.

For information about Comprehensive Pain Specialists, go to www.comprehensivepainspecialists.com or call 303-469-3182 for an appointment. The office is located at 7505 E. 35th Ave. in the office of Chiropractic Solutions of Denver. Dr. Daniel Feldman's hours now are Wednesdays and Fridays from noon to 4:30 p.m. However, hours will be expanded to suit demand, he said.

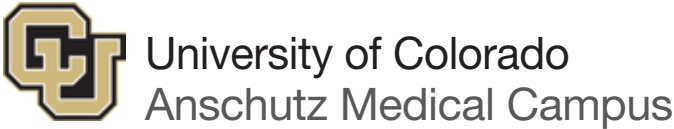
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Working From Home

(continued from page 6) with them; they need to learn this isn't their time. I make that clear and set expectations."

Olivere said: "If I have a sick child and a conference call, it's a conundrum. Kids feel you are ignoring them if you're home and telling them you're busy all the time. I want my attention on them when we're all home. I tried a nanny but the kids know you are there and they still want you. It's tough to get work done. So by trial and error I've decided to send them to camps this summer, to have them out of the house. I thought the nanny would be great because it saves money, but it didn't work."

Calme and her husband, Kevin, are able to share childcare responsibilities because they both office at home. "We tag team to free up each other's time," Calme said. "We also have a grandma living in Stapleton, so that helps when we both have to be gone. Usually we don't need daycare."

Landers, Manns, Calme and Olivere offered tips for successful at-home work:

Landers: "Take care of yourself and don't skip lunch."

Manns: "Be available for family time," and "Get up from your desk and walk around periodically."

Olivere: "Create a schedule and set your work hours," and "Set boundaries around how often you go out to lunch and coffee. Too much means you're not getting your work done."

Calme: "Stay up with your industry. It's easy not to, but you need to stay competitive. Don't get stuck where you are; be innovative."

North Stapleton

(continued from page 19) on The Green.

The green has been fenced off since November, and other parks are not complete—a major concern for residents. Englert luckily lives on a courtyard owned and shared by nine neighbors, but the green space is not open to other residents. Neighbors were told springtime for park completion, and Englert hopes that means soon.

Northfield—Conservatory Green neighbors joke you will always see someone you know at Wahoo's Fish Tacos or Target across the street in Northfield. The mall is not always a preferred shopping choice, but Wahoo's and Target are popular among residents.

GPS—The neighborhood is so new, it only recently existed on GPS. Previously, resident Deanna Landers's house at Northfield Boulevard and Uinta Street pinpointed a location a few miles east on GPS.

Postal service and FedEx have had no trouble finding addresses in the neighborhood, but delivery food and friends visiting have struggled, according to Landers. Marco's Pizza on Northfield Boulevard—only a few miles from her home—told her each time she called she is out of the delivery area. Not a chance, she thought.

Landers called Google Maps and got the neighborhood added to its GPS service.

Parking—Construction trucks park every direction on the streets, which has become normal to residents, but Landers recently got a parking ticket for parking her car "against the flow of traffic" (facing the wrong direction).

Landers, who moved to Stapleton from the north Parker area in November, laughs at the oddities that come along with having a construction zone for a home. Like Englert, she hopes parks will get finished this spring and looks forward to the pool being built a few blocks from her house.

Travel Fanatic's Goal: Attend Every Olympics

By Madeline Schroeder

In college, Merritt Hopper sold spring break travel packages out of his dorm room. The tour company promised to give him one free trip if he sold 10. He sold 150.

Long before this, Hopper was drawn to travel and sharing it with others. The Stapleton resident

has been planning travel events for much of his life and now works at a luxury travel company downtown called Inspirato.

He says the major benefits of travel include: "Getting away from life for just a short while, being with friends and family, and having a constant reminder that the world is much bigger than Denver or Colorado or the U.S.A."

One of his travel endeavors is attending every winter and summer Olympics with as many family members and friends as he can bring.

"We thought, 'What a great way to see a

different country every other year for the rest of our lives,'" he says, recalling first coming up with the idea in 2002 when he drove with his dad and two best friends from their home in Lake Tahoe to Salt Lake City.

The clan has grown vastly since 2002, tallying 85 people in London, 74 in Vancouver and 61 in Sochi.

The group goes the first week of the summer games and the second week of the winter games. In addition to watching Olympic events, the group explores the area. "At the end of every day it's like a party. People go back to the hotel and don't want to go to bed.



Travel and Olympics fan Merritt Hopper (right) watches a devastating U.S. loss against Canada in the hockey semifinals of the winter Olympics.

They recap their days." During the Sochi trip, they went to bed past 5am every night.

He says the Olympic experience is partly about competition, partly who you experience it with, and partly who you meet. From

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the recent Sochi Olympics, he highlights getting drinks and taking photos with new friends from Russia and Holland. “That’s really the Olympics—the world coming together and forgetting about all of our troubles for just a very short while.”

Traveling is a main priority for Hopper.

Growing up in upstate New York, Hopper’s family traveled primarily with two priorities—proximity and affordability. The Grand Canyon, Disneyland and Myrtle Beach are some of the vacations he lists. “There’s the whole cliché that life is too short. I think the people who want to travel will, and people who aren’t really sure they want to travel will always find reasons not to.” In his early twenties, he ventured out more and has made travel a priority ever since.

Hopper also organizes Race2Adventure, a 5K/10K trail run in different locations around the world. As part of another group, Hopper has organized a trip with friends to the World Cup in Rio in June.

To learn more about the Olympics travel group, visit JourneyToTheGames.com. For more information about his trail-running travel group, visit Race2Adventure.com.

DSST Senior Accepted to Air Force Academy



Charles Bruce in his senior photo

Photo courtesy of Charles Bruce

By Madeline Schroeder

Charles Bruce, 18, has grown up around aviation and the military, and will continue in that world this summer as a freshman in the Air Force Academy.

The DSST: Stapleton senior is the second student

and the first African American from the school to be accepted into the Air Force Academy.

“I want to be a part of the military heritage and all the things that go along with that,” he says.

Bruce’s father was a pilot in the Air Force for 28 years, which took their family of four around the world—something Charles constantly appreciates. The family has spent time in 14 countries; Jordan being the most memorable for Bruce.

“Being able to go to different countries and see how different our lives in the U.S. are makes me want to be a part of protecting the freedoms and the things we enjoy.”

He hopes to be a pilot like his dad.

His parents’ discipline—not quite military discipline, he playfully clarifies—has made him the person he is today and been a big motivation to go into the Air Force.

Bruce also looks up to his grandfather who was a Buffalo Soldier. He and fellow Buffalo Soldiers (African American) were put at the back of the train behind German prisoners of war returning from World War II. Upholding American freedoms his grandfather didn’t enjoy until the end of his life is another reason military life appeals to Bruce.

Being the first African American from DSST

to be accepted into the military academy was something Bruce hadn’t thought about until the school announced it at a presentation. “It kind of raised the stakes a little bit, not necessarily to say I was expecting to fail when I got to the academy or anything like that, but that kind of places a little more pressure on me because I’m representing my school in a completely different way,” he says.

He is nervous about many things going into his freshman year at the Air Force Academy, which is supposed to be the most difficult to weed out people who are not cut out for the program.

Freshmen learn military traditions. They wake up before everyone else and greet all the upperclassmen. They memorize the meals for the day and report those. They walk to class on a thin marble strip that runs along the outside of all walkways so it takes them longer to get anywhere. They cannot wear backpacks on their shoulder, but carry it in their left hand to salute with the right.

At times, freshmen have to eat in detention, which means sitting on the front one-third of a chair, back completely straight, eyes forward at all times, and a 90-degree angle at the knee. “It’s a lot of upright super-strict stuff. It’s going to be hard, but it is possible so that’s the plus side.”

Bruce will graduate this May and begin basic training June 26.

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12-Year-Old Conquers Disorder with Humor

By Madeline Schroeder

Just before surgery to remove part of his brain, 12-year-old Max Smith put a fake eyeball in his belly button. “The last thing I remember before going under is the doctor screaming,” he says and laughs.

For his tenacious positivity and fun, Smith was recently chosen as a Children’s Miracle Network Champion for Colorado and represents Children’s Hospital Colorado at events. “It’s OK to be scared when you’re sick, but it’s also OK to have fun,” the Lowry resident says. Nurses and doctors at the hospital, who Smith still visits, say he makes everyone laugh.

Smith first visited Children’s Hospital Colorado in 2012 when inklings of a disorder appeared. He couldn’t control his bladder and spent most of his summer baseball season running to the bathroom during games. The pesky problem—along with headaches and dehydration—brought him and his mom, Lolly Block, to Children’s Hospital where

he was diagnosed with diabetes insipidus. Unlike the common form of diabetes related to blood sugar, diabetes insipidus is related to large amounts of urine.

To rule out other medical issues, Smith had an MRI. “It’s horrifying to hear your child has a brain tumor and they don’t know what it is yet but it doesn’t look good,” Block says, remembering the phone call with the MRI results. Smith had a brain lesion and needed a craniotomy, removing part of the brain. Block says she can no longer drink coffee because of the amount she drank during his craniotomy—even the smell makes her sick now.

White blood cells had eaten away part of the pituitary gland in his brain, which coordinates with the kidneys to control hydration and urine, explaining his bladder issues. This is a result of Langerhans cell histiocytosis (LCH), a disorder that causes a buildup of white blood cells, which normally fight infections but in excess cause tumors or



Photo courtesy of Lolly Block

Max Smith and his mom, Lolly Block, say it’s OK to be scared when you’re sick, but it’s also OK to have fun—their saving grace after discovering Max’s rare disease that led to brain surgery.

damage organs. One in 200,000 children has the disorder, according to the Histiocytosis Association.

Smith underwent 29 rounds of chemo. “Max’s whole journey in the hospital was filled with pranks and a lot more laughter than you’d anticipate from a kid who had brain surgery,” Block says.

During chemo, he entertained nurses with Groucho Marx impressions and often surprised them in disguises including wigs and fake chest hair.

“You can’t forget to live when you’re terrified,” Block says.

“My mom was even making fun of me,” Smith says. The two laugh.

“That is true. We had such terrible gallows

humor it was embarrassing at times, but we laughed and that helped us through moment to moment.”

As a parent, she says the same is true—it’s OK to be scared, but it’s also OK to have fun. The two say they have grown closer through the experience.

Smith has quarterly MRIs and will have to take medicine for the rest of his life to replicate the hormone his brain lacks to be able to communicate with his kidneys. As a side effect, the drug destroys the thirst mechanism so he never knows when to drink water—a problem in dry, hot Colorado summers. Besides monitoring his hydration, effects from his LCH are gone. “We’re just going to hope like crazy it never comes back,” she says.

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11-Year-Old Headed for World Irish Dance Competition

By Madeline Schroeder

Christina Doolan, 11, excitedly awaits her departure for London April 7 to perform at an international Irish Dance competition. “I’m looking forward to London and being in this big of a competition,” she says.

Doolan qualified for the competition by placing sixth at Oireachtas—the Western Regional Championship held in Phoenix this year. To qualify she needed to place in the top 11.

Irish dancers often begin taking lessons when they are between 5 and 8 years old. Doolan started five years ago with the Wick School of Irish Dance. Beginner dancers at each school wear the same dress—Wick students wear yellow and blue dresses with traditional Celtic designs.

Three years ago Doolan advanced to the championship level, which is when she “really got intense about dance.” The level involves more solo dancing and travel competitions. Plus, she wears a personalized dress.

“It’s pink with lots of sparkles. I love pink, but also green and blue.” When she outgrows this dress, she plans to wear a



On St. Patrick’s Day, Christina Doolan, 11, performs at McAuliffe Middle School with other dancers from her school, the Wick School of Irish Dance in Denver.

pink and orange dress.
Dresses are costly, which is just one of many expenses—classes, competitions, shoes and more.
The type of dance has several quirks. Research shows the very nature of Irish Dance is rather unusual. One author says the Catholic Church disapproved of dancing in early Irish times. People developed the style of dance to keep the upper body still so that when a priest walked by and glanced in a window he could not tell if someone was dancing.
Contemporary dancers wear wigs—some a bun wig like Doolan and others a voluminous wig that covers the whole head. “My head is too small for it. It’s overwhelming to wear,” Doolan says.
During competitions, dancers glue their socks to their legs to keep them from falling down and tan their legs so judges can easily see them.
Doolan will compete against 11-year-olds from around the world. “I like Irish Dance because I’ve made a lot of friends and it’s a lot of fun to dance.”

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By Madeline Schroeder

Talking about money and finances can be awkward for some people, but fourth-graders at Bill Roberts Elementary have a lot to say on the topic.

Cheryl Beckwith's fourth-grade class is studying banking. They recently opened a bank in their classroom and chose students as president, teller, payroll clerk and accountant. Students practice writing checks, filing for a loan, and making deposits and withdrawals. Those who write invalid checks are fined.

Students have also started businesses and pay the bank to hang advertisements in the classroom. The "Shack of Awesomeness" sells mechanical pencils and cookies. The "Hot and Cold Store" offers hot chocolate and snow cones. Another store sells stress balls and candy.

After speaking with five fourth-graders— Austin Harris, Maya Galpern, Tommy Alpert, Aaron Price and Sophia Tognetti—it's clear that forming business operations and protecting their investments has sparked excitement about money, *and* getting rich.



Where do you get your money in life?

Four of the five students receive an allowance, but they all get birthday money.

Should kids get paid for doing chores?

The consensus is immediate—yes, kids should always be paid for chores. "Because then you get money to buy stuff, but if you don't have any money you don't know how to actually pay for stuff and you would go to jail for stealing money from the bank," Tommy says. He owns the Shack of Awesomeness and recently hired Aaron as an employee.

Why do you put money into the bank?

The majority says they put money in the bank to keep it safe and not spend it as much.

What do choose to spend your money on?

Meet the Kids

Fourth-Graders Talk Money

Oddball, endearing and quirky answers to life's questions

Eyes get bigger, and everyone talks at once. They list their top choices—candy, vending machine picks, toys and electronics.

If I gave you each \$20, what would you buy?

Most of them agree they'd buy all the things their parents don't buy them—an art project, a video game controller or a basketball—except Tommy who says, "I'd go to Target and buy 20 sodas."

Austin is the only one of the five who says he would save the \$20. He is the bank president and fond of saving.

What would you do if you had all the money in the world?

Eyes light up as if this is the magical question. A unanimous "Ooo" sounds, and immediately each one is simultaneously dreaming aloud.

Among the chatter I can pick out—"I'd buy the White House and kick out the president, but he could live in a bigger house. I'd have a recording room, trampoline, hangout room, and dancing room. I'd capture the pop stars I like and meet them, like One Direction," Maya says.

"I would buy a house with a movie theater. Every time you finish a soda another one pops up, and then you get a servant who buys everything for you. I would have popcorn shooters and every time you say popcorn it rains popcorn and it all lands perfectly into one cup. I would also get teeth that don't need to be brushed," Tommy says.

"I'd buy my own donut shop, and I would make *Cloudy with a Chance of Meatballs* real, except it would rain candy and pancakes," Sophia says.

"I'd buy everything if I have all the money in the world, and other people would have nothing. I would buy the world, except maybe not Russia," Aaron says.

Left to right Austin Harris, Sophia Tognetti, Aaron Price, Maya Galpern and Tommy Alpert discuss money after studying banking in Cheryl Beckwith's fourth-grade class at Bill Roberts. The class opened a bank with a ribbon cutting (top left) to practice money skills and elected a bank staff, including Austin as president (below).

Austin again opts to save his money until he finds something he wants to buy. He can't imagine what that may be right now.

Based on the answers, money seems to buy power and nice things, but do rich people always have nice things?

Silence. There are a few quiet, "No's." Then the conversation turns back to what they would buy.

How much money do you need to be considered rich?

They agree at least \$1 million.

How much to be poor?

After immediately saying zero, they reconsider. "You can be poor and have some money. Kids can be poor. Poor for a kid is \$10," Tommy says, and they all nod in agreement.

What would you do if a friend asks to borrow money?

No one says they would outright give a friend money. Many say they'd buy the item for the friend so they know where their money is going. "I would make them pay double the money I give them, tomorrow. Well, in a week," Tommy says.

What if the friend doesn't pay you back?

"Sue 'em!" Austin says.

"They're not my friend anymore," Maya says. "Or, I'd just give them money and forget it because they may get rich in the future and give me money."

"I would not give them money and still be mad they asked," Sophia says.

"I would buy the thing for them and then watch what they do with a video camera that goes right above their head," Aaron says.

The students say money they earn is *theirs*, and they have the right to decide how to spend it. Listening to parents' advice on spending is OK at times, but parents always have to listen to their kids, they say. They continue to learn about finances in the class, and many are looking to expand their classroom business operations in the future.



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Neighborhood Grumble Defeats City Loop

By Madeline Schroeder

City Park neighbors are relishing in a long-fought defeat against Denver Parks and Recreation to stop the City Loop Project.

The 13-acre \$5-million project will no longer go in City Park, and officials are looking at locations further west, Denver Parks and Recreation manager Lauri Danemiller announced in March.

"I'm exceptionally happy," said John Van Sciver, a nearby park resident and head of City Park Friends and Neighbors, a Registered Neighborhood Organization he started to deal specifi-

cally with issues regarding City Park.

Along with the Stop City Loop group, other RNO's, and concerned individuals, Van Sciver rallied enough support to make Denver Parks and Recreation to reconsider the project, which was a done deal, according to Councilman Albus Brooks earlier this year.

Van Sciver said Denver Parks and Recreation told residents several times the project would not be decided by neighbors. "The way it was handled by parks and rec made people mad."

The project would get rid of the worn-out Dustin Redd playground at the west end of the park and build a play superstructure fully equipped with super-sized swings, artificial rain, giant tunnels

and more. Planners envisioned it as a "regional attraction," which opponents feared.

Traffic and noise were major concerns. The City Park Friends and Neighbors say sometimes less is more and have vouched for replacing the Dustin Redd playground with a play area of the about the same footprint to leave green space and avoid crowds. This is a viable option now, according to Van Sciver.

"I like the quietness of City Park," he says. His favorite activities in the park are cross-country skiing and walking around the lake. He is relieved he can continue those without the City Loop "monopolizing" the area.

Denver Parks and Recreation plans to maintain the Dustin Redd playground for a year to a year and a half before possibly building a new play structure.



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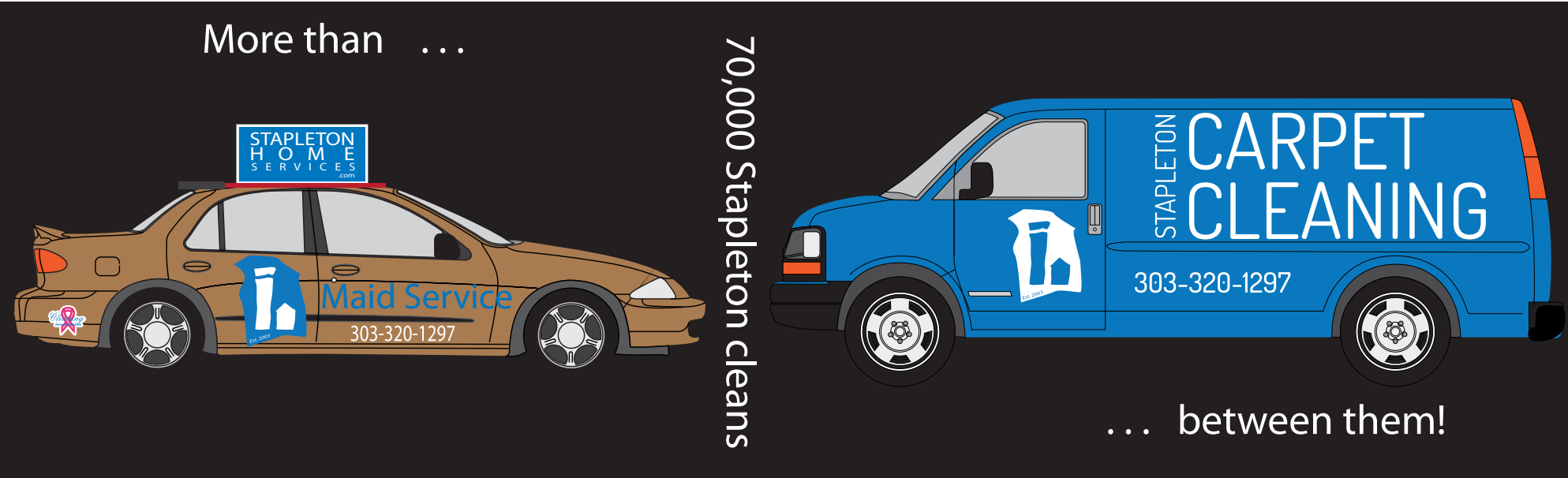
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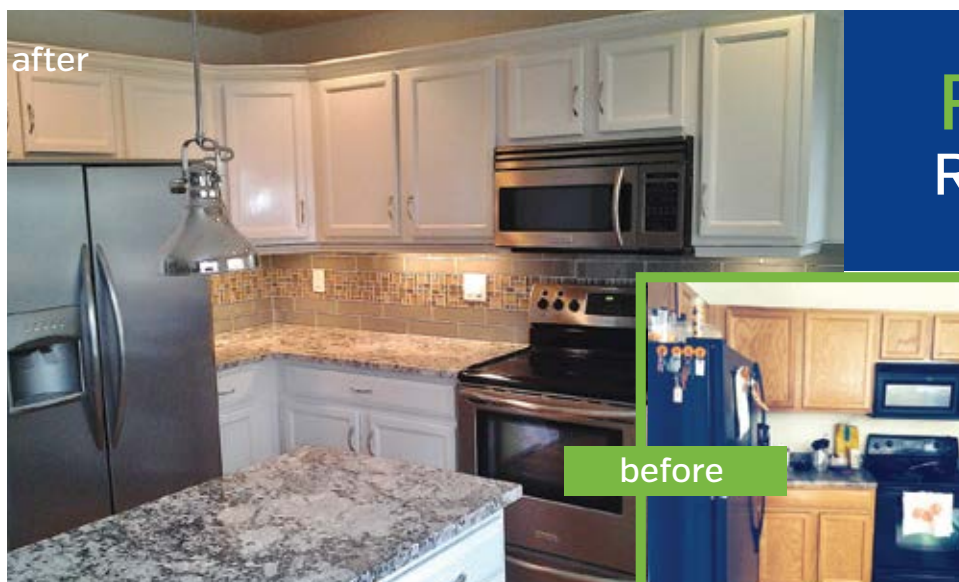
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ARTWALKS

First Friday, Golden Triangle Museum. 5-9pm. www.goldentriangleofdenver.com

First Friday, Navajo Street Art District. 5-9pm, and weekly gallery openings. www.navajostreetartdistrict.com

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

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

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

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

DENVER METRO EVENTS

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

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

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. For classes/seminars: www.denverurbanhomesteading.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. NO WEBSITE

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

Swallow Hill Music. Complete listing of concerts, classes, events and festivals. www.swallowhillmusic.org

4/5 Saturday—Four Mile Historic Park Hay Bales and Tall Tales. 12-1pm. 715 S. Forest St. 720.865.0800 Free with park admission. www.fourmilepark.org

4/5 to 4/6—Colorado State Button Society 46th Annual Show. View and purchase antique buttons. 12-5 Sat. 11-4 Sun. Double Tree by Hilton Stapleton North, 4040 Quebec St. Contact: jane.e.hill@gmail.com \$5 admission good for both days. Sat 11-7 Sun 11-4

4/9 to 4/13—Denver Auto Show. Colorado Convention Center, 700 14th St. Adults \$10; kids \$5; under 6 free. www.paragonexpo.com

4/11 to 4/13—Colorado Symphony Presents Mozart, Beethoven and Brahms. Boettcher Concert Hall, 1000 14th St. 7:30pm. Tickets: www.coloradosymphony.org

4/12 to 4/13—Doors Open Denver. FREE annual two-day event celebrating architecture and design. Over 70 sites open to the public through self-guided tours, expert guided tours (must preregister) and urban adventure tours. www.denver.org

4/13 Sunday—Rocky Mountain Bridal Show. Colorado Convention Center, 700 14th St tickets \$7 and \$10 cash only at door. www.rockymtnbridalshow.com

4/26 Saturday—Cockpit Demo Day. Free with admission. Wings Over the Rockies Museum, Lowry. 10am-2pm. www.wingsmuseum.org

5/3 to 5/4—Cinco de Mayo Festival and Parade. Civic Center Park, FREE. Largest Cinco de Mayo Hispanic culture celebration in America at Civic Center Park. Latino music, food, low-rider parade, culture and some of Mexico's top recording stars. www.cincomayodenver.com

HEALTH AND WELLNESS

FREE Car Seat Inspections. Most car seats are used incorrectly. Children

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

4/1 to 4/30—9News Health Fairs. Free and low-cost health screenings at various metro-area locations. www.9healthfair.org

4/1 to 4/30—Friday Night Yoga Club. Fridays in April- Friday Night Yoga Club. Various Denver yoga studios. www.fridaynightyogacub.com

4/1 to 5/27—Free Yoga Classes. Im U'unique presents Illustrating Yoga Union Tours. FREE yoga classes Tuesdays in April and May. 7-8pm (arrive 6:30pm). Denver Museum of Nature and Science. Ages 8 and up, all skill levels. Mats provided if needed. www.imuniqueunited.com

4/6 Sunday—12th Annual Platte River 1/2 Marathon. www.platteriverhalf.com

4/7 to 4/28—Infant Massage. Learn to massage your baby in a group environment that allows for deeper connections with your baby. 10-11:30am. \$200 repeats 4/11-5/9 www.catalysthealthsolutions.com

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4/13 Sunday—Race for Open Space 5K/10K/Half Marathon. 8:00 am _ 12:00 noon.Walkers and runners welcome to enjoy Sand Creek Greenway and Bluff Lake while they traverse Sand Creek's trails into Aurora and end at Bluff Lake! Prices vary depending on event and timing of registration; day-of registrants welcome. Bluff Lake Nature Center, 3400 Havana Way, Denver. Email jlamontagne@blufflake.org www.blufflakenaturecenter.org

4/17 Thursday—Free HIV testing at Rocky Mountain CARES nonprofit for holistic HIV care. 1-5pm, 3rd Thursday monthly and by appt. 4545 E 9th Ave, #120. Shannon Southall: 303.951.3694.

4/19 Saturday—Blood and Marrow Drive. 9am-1pm, Central Park Rec Center, Stapleton. 9651 MLK Blvd. Call to schedule appt 303.363.2300 or online. www.bonfils.org

4/27 Sunday—Cherry Creek Sneak. 10 Mile 5Mile, 5K, 1.5 mile sneak sprint and _ mile kids www.cherrycreeksneak.com

5/3 Saturday—Dumb Friends League Furry Scurry. 2-mile walk at Denver's Washington Park benefits Denver Dumb Friends League. \$50/person. 9am. www.ddfl.org

5/3 Saturday—Walk MS—Registration now open. Benefits Multiple Sclerosis Society. City Park, 9:30am, Sat., May 3. www.walkms.org

5/4 Sunday—Denver Promise Walk and – Mile Fun for Preeclampsia. A Walk/Run with proceeds benefitting The Preeclampsia Foundation helping to fund research, and help spread awareness of Preeclampsia, which is a condition that affects pregnant women and their unborn children. 8:30am. \$20 for adults, \$10 for children under 13 years old which includes a t-shirt, and goody bag. Denver City Park. www.promisewalk.org/denver

5/10 Saturday—Girls on the Run 5K. Now registering. City Park, 9am. www.girlsontherunrockies.org

5/11 Sunday—Mother's Day 5K—Registration now open. City Park, 9am, Sun., May 11. \$30/individual, \$90/family. www.mothersday5K.com

KIDS AND FAMILIES

2nd Thursday Wands and Wishes Character Story Time. The Bookies Bookstore. Characters read interactive stories, sing song, pose for photos; different character monthly. 10:30am. FREE. 4315 E. Mississippi Ave, 303.883.6778, wandsandwishesoccasions.com

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

Star K Kids. Thursdays, monthly. 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

2/1 to 2/28—Tiny Tots, Inside the Orchestra. 45-minute Colorado Symphony concerts for kids 6 and under who sit next to musicians and hear classical music they may recognize! Various venues/dates. Concerts: 9:30 and 10:30am. \$7.50; children under 2 free.Tickets: www.insidetheorchestra.org

2/1 to 4/30—Tiny Tots Love Music, Denver Brass. Special concert for tiny tots and parents; introduce little ones to magic of live music.Various dates/locations.Tickets: www.denverbrass.org

4/1 to 4/27—Rapunzel. Denver Puppet Theatre, 3156 W 38th Ave.Tickets: \$7 ages 3 and up. 303.458.6446, www.denverpuppettheater.com

4/1 to 4/29—Tuesdays in April- Four Mile Historic Park Small Settlers. Ages 2-5 accompanied by parent/caregiver. 9-10am. \$5/child, adults free. Members free. 715 S. Forest St. Advance register: 720.865.0814 or education@fourmilepark.org. www.fourmilepark.org

4/1 to 4/30—Air-Cooled Volkswagens. Forney Museum. Free with admission. 4303 Brighton Blvd. www.forneymuseum.org

4/4 Friday—Bluff Lake Buds. April's theme is Birds at Bluff Lake. Bluff Lake has more than 150 kinds of birds: come learn about them! For children ages 2 to 5 years old accompanied by an adult. \$5 per child if registered in advance, adults free. Bluff Lake Nature Center, 3400 Havana Way, Denver. Email keith@blufflake.org to register www.blufflakenaturecenter.org

4/5 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

4/5 to 4/6—Forney Transportation Museum Moffat Modelers Toy Train Layout. Scale toy train layout open first weekend every month. Free with museum admission. 4303 Brighton Blvd. www.forneymuseum.org

4/12 to 4/26—Lowe's Build and Grow Kids Clinics. Bring kids to Lowe's store to build FREE wood project: Monthly, 2nd

and 4th Saturdays. free apron, goggles, project-themed patch, merit certificate on completion. 10am. www.lowesbuildandgrow.com

4/13 Sunday—Junior Rangers. 1:30-3:30pm.Ages 6-12. Morrison Nature Center, 16002 E Smith Rd,Aurora. Reservations required. 303.739.9428, www.auroragov.org/nature

4/13 Sunday—Robotics at the Hanger. Meet with roboticists, inventors and robot enthusiasts and observe real robots in action. Free with museum admmission. 12-4pm. Wings Over the Rockies Museum, 7711 East Academy Blvd, Denver 80230. www.wingsmuseum.org

4/15 Tuesday—Molly's Munchkins. Kids activities and short tour of the Molly Brown house.Adults \$8, kids free. 10am. jwilms@mollybrown.org or 303.832.4092x17. www.mollybrown.org

4/25 Friday—Denver Botanic Gardens Family Fun Night. 4th Friday of each month explore nature at night in the Mordecai Children's Garden. Monthly themes, snacks by the campfire, other fun activities. www.botanicgardens.org

4/26 Saturday—Kids Bash and Safety/Health Fair. 12-2pm, Mike Giles Karate, Quebec Square- Stapleton. Dunk tank, face painting, Bouncey Castle, food and more. 303.377.5425. 10am-2pm. FREE.

4/26 Saturday—Swigert Touch a Truck. Kids can climb on and explore dozens of trucks and vehicles during this fun family event that supports Swigert International School. 10am-1pm. Look in Sam's Club Parking Lot, Quebec Square, Tickets and info: www.swigertpta.com, touchatruck.swigertpta.com

5/3 Saturday—Montview Community Preschool and Kindergarten Carnival. Games, train rides, bouncy castles, horse drawn wagon rides and more. 11am- 3pm 1980 Dahlia Street Tickets \$7 in advance and \$9 at the door 2 and under free.

5/4 Sunday—Star Wars at the Hanger. 13 and up \$20 children 4-12 \$10.Wings Over the Rockies Museum, Lowry. 9-3. www.wingsmuseum.org

LECTURES AND CLASSES

4/10 Thursday—Active Minds (Free)—NASA and the Future of Space Explopration. 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. 303.388.0724, www.ActiveMinds.com

4/18 Friday—Denver's Historic Homes. 1-2pm. History Colorado Center, 1200 Broadway. \$4 members/\$5 nonmembers, at the door. 303.866.2394, www.historycolorado.org

4/22 Tuesday—Active Minds (Free)—The G.I. Bill. 5:30-6:30pm. Tattered Cover, 2526 E Colfax 303.322.7727, www.ActiveMinds.com

4/24 Thursday—Active Minds (Free)—Marijuana in Colorado. 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. 303.388.0724, www.ActiveMinds.com

4/25 to 4/27—Certificate in Experiential Facilitation and Programming. 40-hour certification for teachers, trainers, consultants, therapists, homeschoolers, in providing a hands-on learning and therapeutic environment. 8am-5pm. \$480. www.catalysthealthsolutions.com

5/6 Tuesday—Active Minds (Free)—Putin's Russia. 10:15-11:15am. Jewish Community Center, 350 S Dahlia St. 303.316.6359, www.ActiveMinds.com

LIBRARIES

Libraries. For children's story hours, book club info, crafts sessions and complete program list visit www.denverlibrary.org

Park Hill Library. 4705 Montview Blvd. 720.865.0250. Closed Sun. www.denverlibrary.org

Pauline Robinson Library. 5575 E. 33rd Ave. 720.865.0290. Closed Sun. www.denverlibrary.org

Sam Gary Library. 2961 Roslyn St. 720.865.0325 Family programing 1st Saturday monthly. Stem-Opolis at the Sam Gary Library. 5-week 1-hour sessions for early elementary (K-3) and upper elementary (3-5) grades will focus on STEM (science, technology, engineering and math). For next session and to register: 720.865.0325, ext. 2. www.denverlibrary.org

Schlessman Family Library. 100 Poplar St. (1st and Quebec). Closed Fri. 720.865.0000. www.denverlibrary.org

MUSEUMS—DENVER ART MUSEUM


Denver Art Museum. 100 West 14th Ave Parkway, www.denverartmuseum.org

MUSEUMS—DENVER


(continued on page 32)

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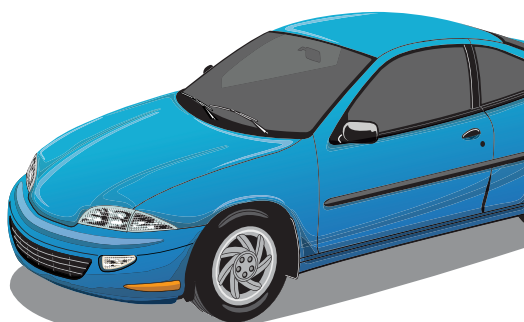
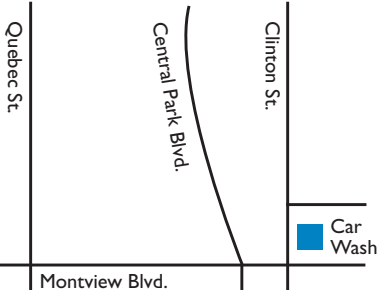
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(continued from page 31)

MUSEUM OF NATURE AND SCIENCE

Denver Museum of Nature and Science. Montview and Colorado Blvd., 303.370.6000, www.dmns.org **2/14 to 8/24—Maya: Hidden Worlds Revealed.** Special exhibit. Ticket required in addition to museum admission. www.dmns.org

4/17 Thursday—Science Lounge. Cocktails/entertainment every 3rd Thurs. of month. 6:30-9:30pm. \$8/members; \$10/nonmembers. www.dmns.org

5/31 Saturday—IMAX Movies. Jerusalem 3D, Journey to the South Pacific 3D. Various times. Tickets: \$8/3-18; \$10/adult. www.dmns.org/imax/current-films

5/31 Saturday—Planetarium. Tales of the Mayan Sky, Perfect Little Sky. www.dmns.org/planetarium/current-show

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

NORTHEAST DENVER/AURORA EVENTS

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

Denver School of the Arts Performances. Montview and Quebec. Tickets/complete listings: www.dsa.dpsk12.org/performances, www.dsapresents.org.

Friday and Saturday Wine Tastings. Weekly. Wine Cellars, the Bottle Shop of Stapleton. 4-7pm. FREE. www.facebook.com/WineCellarsatStapleton

4/1 to 4/30—April Events—Unity on the Avenue. 4670 E. 17th Ave. 303.322.3901, www.unityontheavenue.org

4/7 Monday—Financial Planning Seminar. Protecting Your Family's Future: 7 Financial and Estate Planning Action Items. 7-8pm. Stapleton MCA. Refreshments served. RSVP by April 3rd via email rebecca@kennedyfp.com or meck@benzoncase.com or call 303-757-8300

4/26 Saturday—Park Hill United Methodist Church's Children's Center A Night of Black & White. 34th Annual Gala & Silent Auction at Maggiano's Little Italy in the Denver Pavilions at 500 16th Street Mall. Tickets \$35, ashleyberger@yahoo.com

4/27 Sunday—Raptor Day and Earth Fest. 11am-3pm. Start with a Raptor Costume parade at 11am from Moorhead Rec Center and Isabella Bird Elementary School; the parade winds up at Bluff Lake Nature Center. Programs including live birds and bird ID stations at BLNC. \$3 generally; \$1 for kids and families of kids in the parade. Bluff Lake Nature Center, 3400 Havana Way, Denver. Email keith@blufflake.org. www.blufflakenaturecenter.org

NORTHFIELD EVENTS

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

Improv Comedy Club and Dinner Theatre. Prices vary based on comedian and show time. Tickets: 303.307.1777. www.denverimprov.com

Toby Keith. 303.728.9468, Local and regional live music nightly. www.countrybarco.com

4/4 Friday—Harkins Theatres 18 New Release. Captain America: The Winter Soldier, Ernest and Celestine, In the Blood. www.harkinstheatres.com

4/11 Friday—Harkins Theatres 18 New Release. Alan Partridge, Dom Hemingway, Draft Day, Rio 2. www.harkinstheatres.com

4/18 Friday—Harkins Theatres 18 New Release. Bears, A Haunted House 2, Transcendence. www.harkinstheatres.com

4/25 Friday—Harkins Theatres 18 New Release. Only Lovers Left Alive, The Quiet Ones. www.harkinstheatres.com

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Rocky Mountain Arsenal National Wildlife Refuge. Reservations required for events unless noted. Hours: Mon.-Sun., 6am-6pm. Visitor Center: Wed-Sun., 9am-4pm. Refuge closed federal holidays. 303.289.0930. Directions/events: http://www.fws.gov/refuge/rocky_mountain_arsenal/

4/5 Saturday—Beginning Birding. 9am-12pm. http://www.fws.gov/refuge/rocky_mountain_arsenal/

4/6 Sunday—Wildlife Viewing Tour. 9:30-11:30am. http://www.fws.gov/refuge/rocky_mountain_arsenal/

4/12 Saturday—7th Annual Fishing Frenzy. 8am-12pm. For youth ages 3-15. Bring your pole or borrow one, education booths, fly tying, fish identification, prizes. http://www.fws.gov/refuge/rocky_mountain_arsenal/

4/19 Saturday—Hike-N-Bird. 9-11am. Naturalist guided walk through Refuge habitats looking for and identifying birds. http://www.fws.gov/refuge/rocky_mountain_arsenal/

4/26 Saturday—Birding by Ear. 9-10:30am. Learn to identify birds by sound. http://www.fws.gov/refuge/rocky_mountain_arsenal/

5/3 Saturday—Bird Olympics. 10-11am. Ages 6-10. http://www.fws.gov/refuge/rocky_mountain_arsenal/

THEATRE

2/13 to 5/23—Lyle the Crocodile. Arvada Center, 6901 Wadsworth Blvd. www.arvadacenter.org

3/7 to 3/23—The Lyons. Vintage Theatre. 1468 Dayton St, Aurora Cultural Arts District. www.vintagetheatre.org

3/7 to 4/12—The Book of Moron. Avenue Theater, 417 E. 17th Ave. www.avenuetheater.com

3/25 to 4/13—End of the Rainbow. Arvada Center, 6901 Wadsworth Blvd. www.arvadacenter.org

3/28 to 5/4—Song for Coretta. Vintage Theatre. 1468 Dayton St, Aurora Cultural Arts District. www.vintagetheatre.org

4/5 to 5/3—Deathtrap. Spotlight Theatre Company at John Hand Theater. 7653 E. 1st Place. www.johnhandtheater.com

4/11 to 4/27—Monte Python's Spamlot. Aurora Fox Arts Center, 9900 E. Colfax Ave, Aurora. www.aurorafoxartscenter.org

4/18 to 5/11—RFK. Avenue Theater, 417 E. 17th Ave. www.avenuetheater.com

4/18 to 5/25—Grey Gardens. Vintage Theatre. 1468 Dayton St, Aurora Cultural Arts District. www.vintagetheatre.org

VOLUNTEER OPPORTUNITIES

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

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ping 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: inquiry@gscolorado.org or 1.877.404.5708. girlscoutsofcolorado.org

Project Worthmore. Volunteers for teams (6-month commit) to assist Burmese refugees by www.projectworthmore.com

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.

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

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

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.303.297.0408 (Naomi Taggart). www.voacolorado.org

KIDS CAMPS AND CLASSES

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

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

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

Jewish Community Center. Variety of programs for kids grades K-5. www.jcc.org

Kim Robards School of Dance. Classes for dancers all ages/skill levels: modern, ballet, jazz, tap, repertory, hip hop. 9900 E. Colfax Ave, Aurora. Schedule/performance info: www.kimrobardsdance.org

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

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

Sew Creative Stapleton. Variety of sewing classes for kids ages 6 and older, including adults. www.sewcreativestapleton.com

SolVida Dance Studio and Dance Camps. Kid/adult classes, workshops, camps, etc. www.solvidadance.com

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

Stapleton All Sports. Spring and summer program registration now open: tennis, golf, cheer and dance; baseball: skills and league. www.stapletonallsports.com

Start Art. Art classes. Startartkids.com

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

The Urban Farm. Embracing Horses. info@theurbanfarm.org, www.theurbanfarm.org

YMCA of Metro Denver. Weekly themed day camps, sports camps and leadership camps for kids ages 4 and up. over 20 metro locations. www.denverymca/summer

4/1 to 5/13—Jewish Explorers School. After school enrichment program that teaches kids ages 3-9 about Jewish values, culture and traditions. Tuesdays, Central Park Rec Center, 4-5:15pm. Cindy Coons at ccoons@caje-co.org or 303-951-8497, www.caje-co.org/interfaith-engagement/

RECURRING MEETINGS

BUSINESS GROUPS

Greater Stapleton Business Assoc. 3rd Tuesday, 8am. MCA, 2823 Roslyn St. 303-393-7700, www.stapletonbusiness.com

Stapleton and Beyond Networking Group. First Tuesday, 8:30-10am, 303-955-0861, Aaron.Ktafoya@farmersagency.com

Work From Home Group. 1st Wednesday, 12-1pm. Smartspace, 2373 Central Park Blvd #100. Brown bag or group order for lunch. www.stapletonhomebusiness.com

CIVIC GROUPS

Bluff Lake Site Stewards. Every Wednesday, 8-11am. Bluff Lake Nature Center: 303-945-6717 www.blufflake.org

NPET. First Saturday Clean Up Activities. 9 AM_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 Chapter Meeting. Supporting women

Stapleton Rotary Club. Every Tuesday, 7:30am. Stapleton Community Room, 2823 Roslyn St. www.denverstapletonrotary.org

INTEREST GROUPS

Bluff Lake Birders. 1st Saturday, 8am. Nature Center: www.blufflake.org

Colorado Federation of Garden Clubs. 3rd Thursday. Grace, 303-455-0839

Colorado Symphony Guild. Every 3rd Thursday at St. Luke

Cycleton Bike Repair Clinic. 2nd Tuesday, 6pm. 7480 E. 29th Ave. 303.329.0069. www.cycleton.com

Daughters of the American Revolution. 3rd Saturday. Adagio Bed and Breakfast, 1430 Race St. Prospective members welcome- rsvp to Helen Strader, 303-997-6788

Denver County Republicans. HD7 Meeting. For monthly meeting info. See website or call Captain Rebekah Keller at 720-219-8911 www.denverdistrict7gop.org

Lowry Peak Speakers Toastmaster Club. 2nd and 3rd Wednesday, noon- 1pm. Pinnacol Assurance, 7501 E. Lowry Blvd, Denver 80203. lpstoastmasters@gmail.com lowrypeak.freetoasthost.org

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 Meeting. 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. stapetonunitedneighbors@gmail.com

Sun Transportation Committee. 2nd Wed. (odd-numbered mos.) 6:30pm. MCA

2823 Roslyn St. stapletonneighbors@msn.com

SUPPORT GROUPS

1st, 3rd and 5th Fridays of month—Mom Time at Montview. Mothers learn/support each other. Sessions on parenting, life balance, self-care. Breakfast/ childcare provided. Montview Presbyterian Church, 1980 Dahlia. Rm. 305. 9:15-11:15am. leahcnoliver@yahoo.com; Anna.A.Clark@gmail.com www.montview-momtime.wordpress.com;

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

Adoptees in Search General Meeting. 4th Tuesday, 7:30-9pm. Montview Presby. Church, Study Group Room. AISCTC.org 303-232-6302

Adoptees in Search Support Group. 2nd Wednesday, 7-8:30pm. Montview Presby. Church, Robinson Rm. AISCTC.org 303-232-6302

Breast Cancer Support Group. 1st Tuesday, 5-6:30pm. AFWilliams Family Medicine Clinic Conf Rm. (West entrance) 3055 Roslyn (at MLK). 720-848-9000

NE Denver/Park Hill MS Self Help and Support Group. 2nd Saturday, 10:15_11:45am. Dist. 2 Police Station, 3821 Holly St. 303-329-0619

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 FrontPorch@FrontPorchStapleton.com.

OA Open Discussion Meeting. Every Monday 7:00 pm, @ Hangar 61 8700 E 21st Ave Denver CO 80238 Mary 720-291-9065 or Mike 303-325-6650

Parkinson Support Group in Northeast Denver. 4th Saturday, 9:30am. Hiawatha Davis Recreation Center, 3334 Holly St. www.parkinsonrockies.org Regina Jones 720-298-5760



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Piper Position Still in Limbo



Dennis Piper
speaks to SDC board.

In February, concerned resident Dr. Patricia Olson offered to pay one third of a year’s funding to continue the Stapleton parks consultant position, which has been held since the late 90s by Dennis Piper. Stapleton Development Corporation members agreed the position provides an important resource in the development of Stapleton’s parks and they would explore options. The March meeting was held with no discussion of the parks consultant position until Piper, who has voluntarily been working with the Parks Advisory Group, made a plea for information. The board went into executive session to discuss the matter but made no decision and still exploring options.

Community, Forest City & City of Denver Weigh in on Plans for Northernmost Part of Stapleton

Forest City has created a concept plan for the last big section of land to be developed in Stapleton—a one-square mile piece of land north of 56th Ave that lies between Havana and Central Park Blvd. and will border the Arsenal on the north.

The Community Advisory Board (CAB) has expressed concerns in the past that they haven’t learned about Forest City’s plans until a point when it’s too late to make changes, so they’re trying to weigh in early with community concerns about the development of this last big parcel of land that will have 2,000

or more residences.

CAB’s Parks Advisory Group (PAG) and the Housing Diversity Committee identified specific concerns related to the development in the north. PAG created a report to understand how effectively Forest City’s plans achieve land use goals as set forth in the Stapleton Development Plan (the “Green Book”) and Stapleton Parks and Recreation Master Plan. The review, which is downloadable at FrontPorchStapleton.com, covers nine areas that the citizens group will watch over as the new section is planned, including storm water management, Denver Parks and Recreation program requirements since there is land for a city sports complex, extending Havana (it stops at 56th), bikeways and trails, the housing mix, sustainable design, and wildlife management.


The discussion of affordable and rental housing reflects the push-pull of a public private partnership. CAB member Jim Wagenlander raised the concerns of the Housing Diversity Committee that rental housing should be dispersed to some degree, not just located in commercial areas. “There is a decline of low and moderate income housing. This is a city property. The community should be able to know whether the plan is to put higher income housing in this area.” Heidi Majerik of Forest City responded that this area will be like what they’ve been doing, covering as many market segments as they can. Jim Chrisman of Forest City asserted that it’s not feasible to do lots of small apartments, they need the economies of scale and profitably manage apartments, and they need to be in a high visibility area.

Jim Wagenlander (left), a long time member of the Citizens Advisory Board voices his concerns to Jim Chrisman, senior vice president at Forest City, about where affordable and rental housing will be located in the north.

Forest City’s initial concept plan for Section 10 is posted at FrontPorchStapleton.com.

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April 2014

34

Stapleton Front Porch

26th Ave. Path Construction in April

In April (weather permitting), Forest City will build a 5-foot wide asphalt path connecting the new 2-acre park at 26th and Fulton to Westerly Creek (26th and Clinton). The park is expected to be finished by summer.

Cast your vote!

Westerly Creek Metropolitan District Board Election May 6

Westerly Creek Metropolitan District (WCMD) collects the tax that funds the construction of Stapleton's infrastructure not covered by TIF. The WCMD tax appears on Stapleton property tax bills.

Powers of the WCMD Board—The WCMD board is composed of five elected members, but the powers of the board are limited, as described in the Service Plan that governs the district since its creation in 2000. The District is required by intergovernmental agreement to pass on all its revenue to Park Creek Metro District (PCMD), which ultimately makes the decisions on construction of infrastructure (see pages 20-21 of the March *Front Porch* or FrontPorchStapleton.com>News>Stapleton).

Although the board positions have limited authority, they do offer residents the opportunity to watch over the revenue and expenses as they participate in the process of turning over the tax revenue to PCMD. The WCMD board also votes to legally bring

in the new Stapleton property that is added to the District's tax base as Forest City purchases property.

According to the Service Plan, the Westerly Creek Metro District is authorized to incur obligations for infrastructure such as streets, water, drainage, sanitary and parks. The Service Plan also sets the maximum mill levy the Board can collect.

When will the WCMD tax end? There is no sunset date for the WCMD tax.

According to Paul Cockrel, who provides legal counsel for WCMD and PCMD, the latest maturity date for outstanding District bond debt is December 1, 2041. The latest maturity dates for outstanding District obligations to Forest City or related parties range from December 15, 2044 to June 1, 2052, but outstanding obligations to Forest City may, depending on continued growth in the District's tax base, be prepaid or refunded by issuance of new District bonds with shorter maturities; and the costs of completion of all public infrastructure required for full development of Stapleton can not be definitively determined at this time, so financial forecasts for repayment of future District debt are not available.

The WCMD tax is expected to continue at a lower level after infrastructure debt is paid off to maintain land owned in perpetuity by PCMD.

How much does revenue WCMD collect? The WCMD revenue in 2012 was \$15.8 million and is projected to be \$18.9 million in 2014, according to WCMD documents filed with the Colorado

Department of Local Affairs. (The WCMD Service Plan and other documents can be downloaded from FrontPorchStapleton.com >News>Stapleton or from the Colorado Department of Local Affairs at <https://dola.colorado.gov/lgis/> >scroll down the "W" list.)

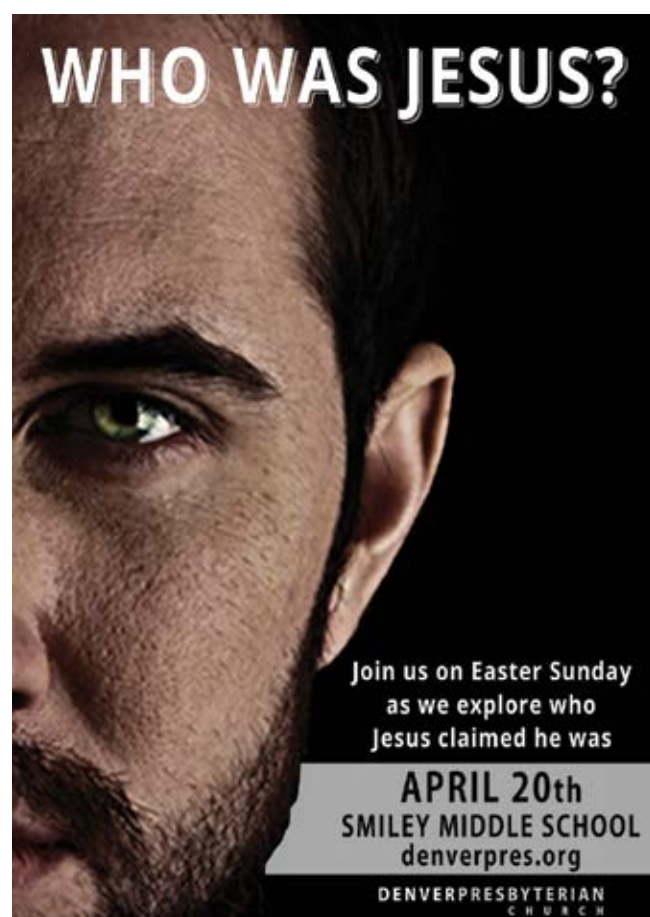
Three of five seats on the WCMD board are up for election on Tuesday, May 6. Stapleton residents can cast their vote between 7am and 7pm at 7350 E 29th Ave, Room 200.

To vote, you must be registered to vote in Colorado and either a resident, property owner (natural persons only), or the spouse or civil union partner of a property owner. Each elector will be required to sign a Voter Self Affirmation reflecting how they are eligible to vote.

Park in the lot behind the Berkshire, enter from the back of the building, and take the elevator or stairs to the second floor. The six candidate statements are printed on page 36.

How does TIF differ from the WCMD tax? TIF is used exclusively to fund regional infrastructure (including major streets, regional parks, drainage, and five K-8 schools) until 2025, when TIF ends. Unlike the WCMD property tax, TIF is *not* an *additional* sales or property tax. (An explanation of TIF is provided in the February 2014 *Front Porch* on page 19 and at the News>Stapleton link at FrontPorchStapleton.com.)

Next month the Front Porch will show a comparison of revenue collected from TIF and from WCMD during the years 2000 to 2013.



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The SUN Spot

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SUN Meetings are held on the 3rd Tuesday of every month at 6:30pm (Block Captain meeting) and 7:30pm (Board meeting) 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

Naming the New High School

More than 100 letters/suggestions for 46 different names were received by Denver Public Schools (DPS). On March 17, the naming committee, through a narrowing process of voting on preferences, recommended the following five names, listed in alphabetical order, be forwarded to the superintendent and the DPS Board of Education for consideration for vote at the April 24 Board of Education meeting:

John Denver (1943-1997) – An environmental and conservation activist, humanitarian, pilot, Colorado Poet Laureate, composer of *Rocky Mountain High* (one of Colorado's 2 state songs).

Justina Ford (1871-1952) – A medical doctor, she was Denver's first African American woman physician and patient rights advocate—remarkable during a time when minorities were denied rights in Denver.

Nelson Mandela (1918-2013) – Human rights activist, lawyer, South Africa's first democratically elected president, Nobel Peace Prize recipient.

Northfield – Geographic-based name, based on the nearby mall owned, operated and named by Forest City. Paul Sandoval (1944-2012) – Denver business owner and advocate for all children's education in the state legislature and Board of Education.

The superintendent and Board of Education received these recommendations on March 17. Public comments can be submitted to the superintendent and Board of Education until April 24. The board will consider recommendations and vote on the name at its April 24 meeting. Send suggestions or comments to Board@dpsk12.org. Stapleton United Neighbors will field a survey in early April to measure community support for each name (available at www.StapletonUnitedNeighbors.com); however, the superintendent and Board of Education will make the final decision. The name

selected could be for the high school building, with both the high school's program and the surrounding campus given additional names.

Block Party Day Saturday, June 28

Block parties are a way to get to know your neighbors. SUN, Denver police and the City of Denver encourage neighbors to get to know each other because of the synergistic effect of transforming a neighborhood into a community. Denver's Block Party Toolkit states, "As neighbors get to know each other, they have more fun socializing, meeting people, creating business opportunities, and celebrating personal and community events together. Safety is increased when neighbors are familiar with each other, and can better identify people/actions that are out of the ordinary on their block. Getting mobilized is easier when neighbors are connected. Conflicts are avoided or disputes are resolved more easily when neighbors are bonded."

Each block party is organized at the block-level in Stapleton. If your block is new, talk with your block captain about how your block will celebrate. If you are not sure who your block captain is, email SUNoutreach@gmail.com.

For Block Party Day, the MCA will waive fees associated with using pocket parks in Stapleton. The City of Denver will waive the insurance requirement for street closures.

Attend the April block captain/SUN Outreach committee meeting (4/15, 6:30-7:30pm in the Central Park Recreation Center Multipurpose Rm.) to learn how other blocks have celebrated.

Annual Community Forum May 19

Mark your calendars for the the Stapleton United Neighbors annual community forum on Monday, May 19 at 6:30pm in the Central Park Recreation Center.

Amanda Allshouse is a member of the Stapleton United Neighbors Board of Directors, and a 7-year Stapleton resident.

WCMD Board Election May 6

(See description of board responsibilities and voting information on prior page)

Vote for no more than two of the following for a 4-year term:

Amy Brimah • Tom Downey
John Lehigh • Tim Thornton



Amy Brimah

As a local real estate attorney, a 10-year Stapleton resident and the mother of two kids attending Bill Roberts, I will use my legal background and knowledge of the Stapleton neighborhood to make the WCMD more efficient, professional and responsive to community input. I have substantial experience working on development

projects and understand the importance of transparent governance and statutory limitations imposed on special districts. I will work with our stakeholders to ensure that the development contemplated by the Green Book is completed and the bond obligations are satisfied. It's critical to have transparent and active directors to implement the service plan in a thoughtful and cost-effective manner. This is exactly what I plan to do as a board member. And with this, I ask for your vote.



Tom Downey

I live in Stapleton with my wife and three daughters—who are in K, 4th and 7th grades at Westerly Creek Elementary School and McAuliffe International School—our dog, Bigsy, and extended family nearby. Having lived and been active here since 2005, I believe I have a good sense of the needs and sentiments of our community. I have been a regulatory/licensing attorney for my whole career, except for the years I spent running the Children's Museum of Denver. As such, my work on public finance and special district issues gives me a solid background for the WCMD Board. I was agitated to run for this position as the issues arose regarding the new Stapleton high school. I believe that the legal entity, which raises the money in Stapleton, should be a player at the table in addressing our community's significant needs. I am running on a slate with Dave Ungemah and Tim Thornton who are similarly motivated.



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John Lehigh

John S. Lehigh is the President and Chief Operating Officer for Forest City Stapleton, Inc. He brings more than 30 years of major real estate development experience to his role in overseeing the redevelopment of

Stapleton. Mr. Lehigh holds a bachelor of science and master of science degrees in civil engineering from the University of Nebraska. He is also a registered engineer in Ohio, Texas and Colorado. He has served on the WCMD Board since its inception in 2000.

"The Board of Directors of the Westerly Creek Metropolitan District plays a critical role in the development of the public infrastructure required to make Stapleton one of the nation's most widely acclaimed urban neighborhoods," Mr. Lehigh said. "I believe my grasp of the many complexities related to the redevelopment of Stapleton will ensure the District is a wise steward of the tax revenues it has been entrusted to levy."



Tim Thornton

As a Stapleton resident, I care deeply about our local community and have a long-term interest in maintaining and improving our infrastructure in a fiscally sustainable way. As a consultant to the infrastructure industry, I also have

direct experience creating strategies to help pay for infrastructure, including estimating the revenue-generating potential of special tax districts such as the WCMD. As such, I am uniquely qualified to provide the oversight and due diligence necessary to facilitate sound and informed decision making as a member of the Board of Directors. I would enthusiastically embrace the opportunity to apply my professional skills to help maintain and enhance the Stapleton community. In addition to contributing to our infrastructure needs in accordance with the WCMD Service Plan, I am also open to exploring new ways that the WCMD could help meet the civic needs of our community, including our immediate public education needs.

Vote for no more than one of the following for a 2-year term:

Keven Burnett • David Ungemah



Kevin Burnett

I have spent the past eight years serving as the Executive Director of the Stapleton Master Community Association (MCA), one of the entities charged with maintaining infrastructure funded by the

Westerly Creek Metropolitan District (WCMD). This includes community pools, parks, and many miles of alleys and rights-of-way. It is important to note that the Stapleton development process is not only complex, but also very structured. Although the WCMD has a single mission and a taxing authority, it is limited in its ability to influence or impact the direction of development in Stapleton. In my role, I've developed an awareness and understanding of the "matrix" in which development happens within the community; many entities have specific accountabilities and decision-making authority, all of which play a role in informing the future of Stapleton. I am positive I can provide the WCMD with expertise and leadership to ensure the infrastructure needed in Stapleton is sufficiently funded.



David Ungemah

Since I was a young child, I have had a connection with our infrastructure. This has led to a 20-year career as a transportation planner dedicated to providing traffic relief options. In seeking an appointment with the WCMD, I intend to

put my professional knowledge and reputation for innovation in public policy to use for the betterment of all Stapleton area residents. As a custodian of our property tax mill levy, I intend to not only provide diligence and oversight over our tax contributions, but also to offer viable ideas toward helping solve issues concerning Stapleton's build-out. This will certainly include issues such as common facilities, maintenance of existing infrastructure, and adequacy of utilities; however, it may also include creative ways WCMD can be a participant in resolving current high-profile issues, such as common recreation and arts facilities and the completion of Northfield High School.

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Awards will be given to overall winners in each event as well as to age group winners. Costumes are encouraged and awards will be given for best adult, child and team costumes. The half marathon starts at 8am and the 5K and 10K start at 8:30am. To register visit: <http://www.runningguru.com/EventInformation.asp?eID=RFOS2014>

The Sand Creek Regional Greenway is a 14-mile public trail that connects the High Line Canal in Aurora with the South Platte River Greenway in Commerce City and passes through Stapleton.

Bluff Lake Nature Center, open from sunrise to sunset and located at 3400 Havana Way, Denver, is a 123-acre wildlife refuge with diverse habitats that are home to a wide range of plants and animals.



The three photos were some of the winners in the Sand Creek Greenway's recent photo contest.
Left: "Reflections" by Douglas Bowen.
Above: "Sand Creek Park at Dawn" by Michael Ciavatta.
Below: "Bald Eagle Close-up" by George Ho.



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Porch Jam

(continued from page 1) site and received a lot of responses.

The tone of the Porch Jam is modeled after Cooksey's grandfather and great uncles who "all played fiddle in a beat-up shack along a central Kentucky road." He recalls stories told to him of people gathered around a warm stove, playing songs everyone seemed to know even though there were always differ-

garage band and then took up the mandolin, performing in festivals internationally while Aronow, a physical therapist, grew up with family gatherings that turned into sing-alongs. She played guitar after college, but once she started dating Cooksey, figured, since he played guitar too, she'd go in a different direction by taking up the bass. At Aronow and Cooksey's wedding, both families joined for a big sing-along from a music book the couple assembled, which was the initial repertoire for the Stapleton Front

Porch Jam. Other jam members have since added to the book, representing various musical genres.

For airline pilot Barret "Bear" Johnson, the jam is an opportunity to play music he otherwise wouldn't have tried. "I'm heavily influenced by punk and rock music, so to turn to traditional and folk music has been a fun challenge for me," he says. "Mostly I play for myself and my kids, but I joined the Jam because it was an opportunity to

grow musically. Nothing is as challenging to a musician as sitting down with other musicians and being expected to perform. It has helped me come out of my shell a bit as a performer. Confidence can only be gained by facing your fears; playing an instrument or singing in front of people is definitely daunting!"

Manny Ladis, co-founder of a Cloud business, plays the mandolin and sometimes sings. He played in orchestras throughout school and then in a jam band in college called "Day Old Donut." "Great times," he recalls. Ladis says the Stapleton Jam "gives us the opportunity to get out of our comfort zone and pretend like we're professionals! When you get a bunch of individuals that are off in their tune, we counter each other and it comes out beautifully. At least that is what we all tell each other!"

Singer and guitarist Windy Waite, a small-business owner and freelance art director and graphic designer, started out playing flute, changing to guitar and vocals in her teens and has performed with bands. "As a crazy-busy mom and business owner, I find it increasingly difficult to find time for music-making. Having

found this group of musicians so close by, to jam with in a relaxed, casual setting, gives me another much-needed outlet for some occasional musical therapy."

A more recent addition to the group, Laura Hockman, a psychologist, plays the violin and fiddle. She started out playing in sixth grade, played with orchestras and took lessons through college and beyond. "I joined the group to stay connected to the instrument and to push myself to play with others (I'm pretty shy and don't like playing in front of other people). I really enjoy the group and it enables me not only to make new friends, but to also remain connected to music, and to gain comfort playing with others."

While there are no definite plans to actually perform (except for the neighbors within earshot), Cooksey says it's a possibility. "We hope that it continues and that people are relaxed



Manny Ladis (left) plays his mandolin while Windy Waite sings and plays the guitar.

enough to stretch themselves," he says. With the warmer weather, the group will be heading out on the porch again soon for camaraderie and music-making.

All are welcome. For more information about the group or to join, contact Aronow at emily_aronow@hotmail.com.

Author note: Courtney Drake-McDonough sings with the group. Although her experience is in singing pop and jazz, she appreciates being able to expand her repertoire while meeting really interesting people.

Emily Aronow sings and plays the standup bass.

ent people in attendance. "There was laughter, stories, music and hard-working tobacco farmers concealing bottles of booze on top of shelves and behind their instrument cases."

Beverages of choice (alcoholic and not) are not concealed at Stapleton's version and are encouraged to be brought along with snacks. "We would like to create a community space for musicians to play, share and experiment with their own talents in a safe and fun environment," explains Cooksey.

It's rare that all 15 members are in attendance due to family and work demands. Usually various combinations of people, and therefore instruments, show up. At any given jam session there will be guitars, mandolins, banjos, violins and singers. Members come from a variety of professions and musical backgrounds, playing at different levels but are all drawn to the jam for similar reasons: the desire to continue playing despite busy lives.

Cooksey, an architect, started playing guitar when he was a teenager, playing rock, punk and funk music. He played with a

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