

# Front Porch

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

DENVER, COLORADO

STAPLETON

OCTOBER 2014

## The Dilemma of Marijuana & Epilepsy



Zac and Summer Larsen laugh with their six-year-old son, Kingsley, in their Stapleton home. For one year, they have been using cannabis oil high in CBD (at front) to treat Kingsley's seizures. Using a syringe they

put one drop underneath his tongue. CBD oils, like Charlotte's Web, have gained national attention for miraculous results treating epilepsy, but the Larsens have yet to see a significant effect on Kingsley's seizures.

By Madeline Schroeder

It was October 31, 2013. The group gathered in the living room of the Stapleton home. A nurse, part-time medical assistant and family members were all present—and a neurologist and pediatrician were on call.

Five-year-old Kingsley lay on the couch, hooked to a pulse-oxygen machine. This is his usual spot—a well-lit room in the heart of the house that streams sunlight from big windows. Using a syringe they put one drop of cannabis oil, a sticky-tar-looking liquid, under Kingsley's tongue. Then the group waited anxiously, not sure for what.

Cannabis oil is extracted from a marijuana plant. Certain strains with low levels of the psychoactive chemical THC and high levels of cannabidiol (CBD) have shown evidence of controlling seizures. CBD oil goes by many names including Charlotte's Web, the brand that's grown national attention. Kingsley was one of the first children in Stapleton to try the oil for seizure control.

Within the first 24 hours, Kingsley started to do things he had never done before. He moved and stretched his arms. He tried pushing against the couch to sit up on his own, and his eyes tracked movement in the room. And for the first time in his life he spoke. "Mom," he said. *(continued on page 39)*

## Neighbors Speak Out Opposing Eastbridge Plan



At a meeting where most of the attendees who spoke were opposed to the King Soopers plan, architect and Eastbridge resident Buddy Poppitt was ready to compromise. "This is not new urbanism.

By Carol Roberts

September 9 Zoning and Planning (ZAP) committee meeting turned into a heated community meeting when

Neither is a big grass lot... (But) what they're saying is true. We need the anchor of some type. We need the King Soopers to get the Evergreen Development, which I can't wait to have happen."

over 100 people gathered at Sam Gary library on September 9, with most speakers expressing opposition to plans presented by King Soopers. The proposed *(continued on page 34)*

## Schools That Transform Lives: A Lesson from Denver's Integrated Past

By Maegan Parker Brooks

Denver Public Schools (DPS) recently released their "Denver Plan 2020," in which they identify the school district's primary mission to be developing



"Great Schools in Every Neighborhood." What makes a neighborhood school great? To find answers to this timely question, the *Front Porch* reached out to students, faculty and parents involved with Manual High School *(continued on page 6)*

## Election Day is November 4

Off-year (non-presidential) elections often have low voter turnout. Pollsters say the differing outcomes in various polls reflect the population that responded to the poll—and the outcome of this election will reflect who turns out to vote.

Despite being off-year, the upcoming election is being viewed as one with great significance. A number of incumbent state governors are in close races and the U.S. Senate election has the potential to change

the balance from Democrat to Republican. Colorado's close senate and governors races are being watched nationally.

The candidates and ballot issues are listed on page 34. The League of Women Voters guide to ballot issues is posted at [www.FrontPorchStapleton.com](http://www.FrontPorchStapleton.com).



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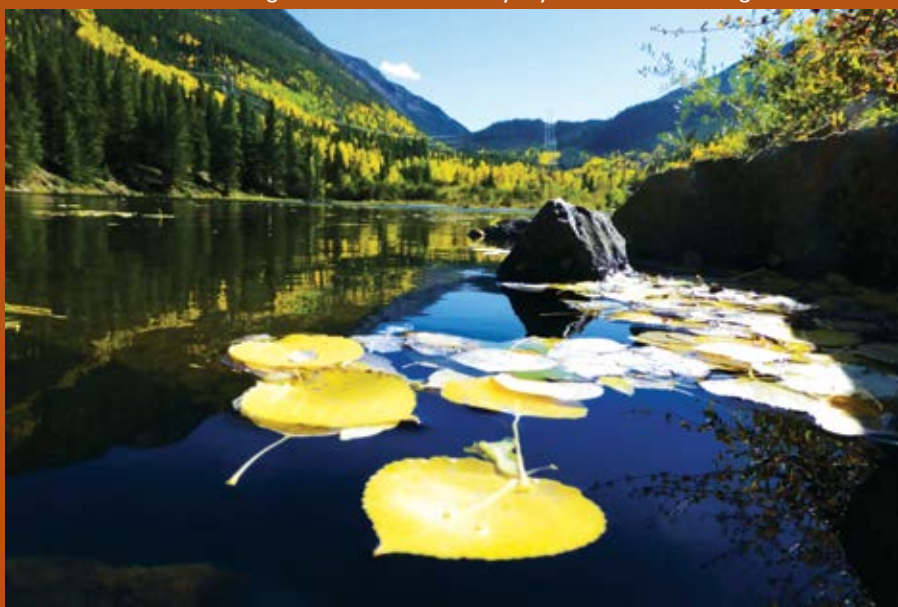
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Like us at Front Porch  
Newspaper for updates  
on local news and events.





October is the perfect time for a drive to the mountains to view the changing aspen leaves, like this scene along Guanella Pass Scenic Byway that starts in Georgetown.



Most of the events listed below are FREE or support nonprofits. All are open to the public (additional events are listed on pages 28-31).

## OCTOBER

### Through October

Power of Preschool Photography Exhibit at Sam Gary\*. A glimpse into the life of a preschool child through the lens of five local, award-winning photographers. dpp.org.

### Saturday, October 4

Urban Farm FarmFest. 10am-6pm. Pony rides, face painting, carnivals and more. theurbanfarm.org or call 303.307.9332. See p. 28.

### Saturday, October 4

Rock the Food Co-op Fall Festival. 3-8pm. Stapleton South Green\* www.northeastco-op.org. See p. 31.

### Sunday, October 5 and 12

Farmers Market 8:30am-12:30pm. Pumpkin Patch Oct. 12. Stapleton South Green\*

### Tuesday, October 7

4th Annual Stapleton Education Expo. 6:30pm. 8499 E Stoll Place in Conservatory Green (north of I-70). SUNedcommittee@gmail.com. See p. 36.

### Thursday, October 9

Active Minds Seminar "Indonesia: A Functional Islamic Democracy" 6:45-7:45pm, Sam Gary Library\*

### Fri. Oct. 10 & Sat., Oct. 11

Theatre on The Green - "Guys on Ice" 6-8pm. 29th Ave Green\*

### Saturday, October 11

Seminar: Alternative Halloween treats that kids will love. 3:30-4:30pm, Sam Gary Branch Library. Hosted by NE Denver Co-op. See p. 30.

### Saturday, October 18

Harvest at the Hangar Chili Cook-off & Pie Bake-off. 4-8pm. See p. 28. www.facebook.com/pages/Isabel-la-Bird-Community-School/ See p. 28.

## OCTOBER

### Saturday, October 18

Refuge Day at the Rocky Mountain Arsenal. 10am-3pm. Activity booths, wildlife tours, and more. See p. 29.

### Fri. Oct. 17 to Sun. Oct. 19

The Art Garage 2nd Annual Park Hill Open Studio Tour. 5-8pm Fri; 10am-6pm Sat; 10am-6pm Sun. Map & refreshments at Art Garage. www.artgaragedenver.com

### Thursday, October 23

Active Minds Seminar "Colorado Ghost Stories" 6:45-7:45pm, Sam Gary Library\*

### Sunday, October 26

Free Parenting Workshop Behavior & Discipline in the early childhood years, 4-5pm, Sam Gary Branch Library. See p. 29.

### Friday, October 31

Police academy Halloween party. 5-8pm. 2155 N. Akron Way. Games, haunted house and more. stapletondenver.com.

## NOVEMBER

### Saturday, Nov. 1

Cabinet in the City—Mayor Hancock and city officials will make presentations and meet individually with citizens 9-11am Bill Roberts School, 2100 Akron Way

### Saturday, Nov. 1

Divorce 101. 1-4pm at Montview Presbyterian Church, 1980 Dahlia. Hosted by Blue Iris Divorce Resources for Women. See p. 32.

\* More information at Events@stapletoncommunity.com  
Sam Gary Library: 2961 Roslyn St.  
Stapleton 29th Ave Green: 29th Ave and Roslyn St.

## Events & Announcements at Stapleton



### Community DNA

Cooler weather is upon us. If you open your closet and realize you have multiple coats and jackets you never wore last year, we can help you make space in that closet. The MCA will be collecting coats and jackets of all sizes for the Academy of Urban Learning this fall through our Winter Welcome scheduled for Friday, Nov. 21.

AUL is a Denver charter school that serves homeless high school students. If you have any extra coats or jackets, please bring them to the MCA office, 2823 Roslyn St., before Thanksgiving and we will deliver them to AUL in time for winter.

### Composting

Sept. 22–Nov. 16

The MCA and Happy Dirt are providing composting drop sites at the four pools on the south side of Stapleton. Bags of leaves will be accepted in the designated space in the parking lot. Please be sure you only drop off leaves that fit inside a closed trash/leaf bag. If you need to drop off larger items, please do this at the compost dumpsters in the PJ or F15 parking lot.

### Theatre on the Stapleton 29th Ave Green

Friday, Oct. 10 & Saturday, Oct. 11 from 6–8pm

*Guys on Ice*

Aurora Fox Theatre will present *Guys on Ice*. *Guys on Ice* spends a day in the life of Marvin and Lloyd—fishing buddies and home-grown philosophers. With musical numbers like *The Wishing Hole*, *Ode to a Snowmobile Suit*, *Fish Is the Miracle Food* and *The One That Got Away*, *Guys on Ice* works not only as a serious anthropological study but as a musical comedy as well. Join us on the Stapleton South Green for this FREE entertaining performance complete with fire pits and s'mores!

### Saturday Night Live . . . for kids only!

*Saturday night, Oct. 18 from 6–9pm*

The MCA and Central Park Rec Center are partnering again to host a night of entertainment for children ages 7–12 at the Central Park Rec Center. The theme for this one is "Thriller," so make sure to wear your costume to the event. The event will include snacks, dinner, games, prizes and music. Preregistration is \$15 and available online at www.stapletoncommunity.com. The week of the event the cost increases to \$20, so reserve your spot today!

### Active Minds

This program is brought to you by the Stapleton Master Community Association.

Location: Sam Gary Library, 2961 Roslyn St.

Cost: Free

RSVP: Not required

*Thursday, Oct. 9, 6:45–7:45pm*

**Indonesia: A Functional Islamic Democracy**

In 2009, Secretary of State Hillary Clinton said of Indonesia, "It's important to listen as well as talk to a country that has demonstrated that Islam, democracy and modernity cannot only coexist, but thrive." Join Active Minds as we examine what's working in the world's largest Islamic country.

*Thursday, Oct. 23, 6:45–7:45 pm*

**Colorado Ghost Stories**

Join Active Minds as we tiptoe through the haunted houses and ghoulish graveyards of the area. We will tell the ghost stories associated with the Stanley Hotel, Cheesman Park, the Molly Brown House, and more as we visit the past and the past visits with us a bit.

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

Diane Deeter  
Community Director  
events@stapletoncommunity.com

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# Front Porch

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Front Porch photo by Madeline Schroeder

Due to confidentiality, the Front Porch could not photograph a real mediation session. However, professional mediators (left to right) Maisha Fields, Suzanne Chambers-Yates and Bill Murphy were happy to theatrically reenact a session at the Wellington Webb building, one of the many locations where they host mediations.

## Fighting Across the Fence: How to Deal with Neighbor Conflicts

By Madeline Schroeder

Perhaps it's the way they cut their grass, or the color of their house, or the stereo system late at night. Neighbor conflicts happen, and there are several ways to resolve them. Some ways are better than others.

"Issues can easily escalate," says Michelle Lee, founder of Harmony Management Group, which specializes in HOA management solutions. She oversees 40 units in Denver, including 17 in Stapleton.

In her eight years, Lee has dealt with attorneys and distressed neighbors over all sorts of issues—meth, drainage, dog poop, and the infamous 2012 sidewalk chalk incident in Stapleton. A neighbor became frustrated when kids drew chalk in the courtyard up to his doorway and he tracked it into his house. Lee emailed neighbors on the courtyard to suggest not using chalk in the common areas. "It blew out of proportion," she says, referring to the national attention she received for "squashing children's creativity."

"I do my best to understand the needs of the people," she says.

She has seen more issues in Stapleton than any other area, a result of shared community spaces, she says. For example, people have a hard time compromising on the courtyards' planter boxes: "If it's collar greens, well, I'm not touching that. I'm only maintaining chives," she imitates.

Bringing up an issue to a neighbor is much easier when there is some sort of established relationship, she says.

Steve Charbonneau thinks people have such busy lives they don't always take the time to get to know their neighbors anymore. To help people living next to each other resolve issues in a constructive way, Charbonneau founded Community Mediation Concepts 18 years ago.

Community Mediation Concepts is a nonprofit that contracts with the city of Denver and is a free service to Denver residents. They also contract with municipalities in Boulder, Thornton and Aurora. They resolve issues ranging from landscaping to pets to noise. They average 450–500 referrals every year.

"These are people's homes. They work hard every day. When they come home they want some peace and quiet, so issues can wear on them after a while," he says. He's seen people do crazy things when their

quality of life is challenged, like a man who poured gasoline down his property line and lit it on fire to keep neighbors away.

Mediators have a master's or PhD in conflict resolution. When a neighbor calls, a mediator asks a few questions and contacts every person involved. There is no limit to the number of people they work with. Charbonneau once worked with an entire cul-de-sac of Stapleton residents who were frustrated with a neighbor revving his racecar on weekend mornings.

If the parties agree to mediate, the group meets in a neutral location for 60 to 90 minutes. The mediator listens to concerns and discusses new solutions. "It's amazing how people can work these things out if they just sit down and have a conversation. Many haven't tried having a civil conversation before calling us," Charbonneau says.

At times, meetings can get heated and mediators have to talk to parties individually. Professional mediator Bill Murphy, who has 18 years of experience, recalls a session in which one person said to the other, "Maybe you just need to get laid."

"Mediations force you to work with your ego and learn to cooperate," mediator Maisha Fields says. "We have worked with very high-up figures in Denver and surprisingly sometimes they don't have the best communication or conflict-resolution skills," says mediator Suzanne Chambers-Yates.

During the interview the three mediators were sitting in an office at the Wellington Webb building, one of the many locations where they host meetings. With increasing momentum, they reel off stories of the different conflicts they've encountered and the resolution reached. At times they laugh or drop their jaws hearing each other's experiences. At the end, Murphy says, "Needless to say, we *love* our job."

They end every mediation with a written agreement and follow up with the parties after 30 to 45 days. If the conflict is not resolved, they will meet again, although that has only happened four or five times. To learn more or to schedule a mediation, email [cnf@findsolutions.org](mailto:cnf@findsolutions.org), call 303.651.6534 or visit <http://www.findsolutions.org/index.html>.

We welcome comments at [FrontPorchStapleton.com](http://FrontPorchStapleton.com)

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The **be well** Health and Wellness Initiative of the Stapleton Foundation aims to recognize residents who are local champions for “health” in the **be well Zone** neighborhoods!

**Stapleton   NE Park Hill   Greater Park Hill   E. Montclair   NW Aurora   Montbello**

There are unsung “**Healthy Living Heroes**” – people who quietly go above and beyond to help others improve their health and quality of life in every community. Often times, their efforts go unnoticed. At the 5th Annual **be well Awards** and Community Celebration, we want to salute those who volunteer their time or go further than their professional responsibility to motivate others, initiate change and/or provide key services to advance healthy lifestyles in the **be well Zone**! Do you know someone that deserves to be recognized? Help us to identify these individuals who make a difference in our communities! Review the criteria for each **be well Award** category below. A youth and an adult will be selected to receive an award in each category.

**be well Physical Activity Leadership Award:**

This award is given to a person who has improved their own physical activity habits and has significantly helped others to become more physically active.

**be well Nutrition Leadership Award:**

This award is given to a person who has improved their own nutrition habits and has significantly helped others to eat more nutritiously.

**be well Community Advocate(s) of the Year Award:**

This award is given to a person whose grass roots advocacy, educational and/or outreach efforts have helped others make informed healthy living decisions and engaged additional people as advocates.

**be well Preventative Care Leadership Award:**

This award is given to a person who has helped to significantly raise awareness around the importance of preventative care and connected others to preventative care resources.

**be well Service Award:**

This award is given to a person, company and/or organization that has provided an outstanding healthy living service(s) to residents (i.e. screenings, physicals, healthy food programs, picked up trash, walking school bus, gardened, hosted fun activities or programs, promoted or advocated for health and wellness in schools)

**The nomination process is simple** and can be completed electronically, by mail or in person! Anyone is eligible to make a nomination. Nominees must live, work or make a significant contribution to “healthy living” (as it relates to the categories) in one of the **be well Zone** neighborhoods listed above. A youth and an adult will be selected to receive an award in each category.

1. Visit <http://www.surveymonkey.com/s/bewellawardsnomination> to access a nomination form, clip the nomination form from your neighborhood newspaper (Greater Park Hill News, the Montclarian, Stapleton Front Porch, Far Northeast Neighbors) or pick up a form at your local **be well Center** (located inside of Denver’s Hiawatha Davis and Central Park Recreation Centers and Moorhead Recreation Center in Aurora). 2. Fill in the contact information for yourself and the person your are nominating 3. Select the category for which you are making the nomination 4. Respond to each of the three proposed questions with a brief (250 words or less), passionate, compelling story about your nominee describing something that distinguishes them as a healthy living champion. Be sure to highlight how the person’s actions advance healthy living in the **be well Zone**. Answer the questions on a separate sheet of paper if you are not completing your entry online. 5. Submit your entry using one of the methods below.

**Nominator Information**

Name: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip Code: \_\_\_\_\_

**Nominee Information**

Name: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip Code: \_\_\_\_\_

**Award Category (Please select only one category per nominee)**

- ☐ Physical Activity Leadership Award      ☐ Nutrition Leadership Award      ☐ Community Advocate(s) of the Year Award  
☐ Preventative Care Leadership Award      ☐ Service Award

**Please include the answers to the following questions with your nomination**

- Please describe how this extraordinary individual has performed outstanding personal acts to promote health in the category for which they are nominated in the **be well Zone**. Why is this person unique?
- Detail how this person’s acts have helped others and impacted the **be well Zone** (i.e. explain the changes or improvements that this person was responsible for as a result of his/her work).
- How long has this person been doing this work?

Completed forms can be submitted online using the link above, scanned and emailed to [ljoseph@stapletonfoundation.org](mailto:ljoseph@stapletonfoundation.org), or mailed or dropped off at your local **be well Center** or the Stapleton Foundation’s **be well Offices** no later than 5pm **December 12, 2014**. All entries must be received (not postmarked) by **December 12, 2014 at 5pm**.



# Manual

(continued from page 1) during the busing era. “It was a transformative experience not just for us, as students, but for parents and for the communities involved,” remembers Jason Kirksey, now Chief Diversity Officer at Oklahoma State University. He describes how his parents, African Americans from Northeast Denver, interacted with Anglo American parents from more affluent neighborhoods, and explains that “my parents would have never interacted with these people under any other scenario. They were from two distinct communities, but they were able to come together for the good of their children and for the good of Manual.”



Dr. Jason F. Kirksey, class of 1985, grew up near the Whittier neighborhood and now is associate vice president and chief diversity officer at Oklahoma State University.

Latino students within its proximity. Although this social and academic experiment was not without its limitations, those involved with Manual during busing have overwhelmingly positive memories. In fact, the majority of Manual graduates interviewed credit the experience of attending Manual at its most diverse with transforming their lives.

### A Tradition of Excellence and Intergenerational Pride

Among the ingredients in what Kirksey refers to as Manual’s “formula for success,” was the school’s well-respected legacy in Northeast Denver. Kirksey’s classmate, Rick Cooper, agrees. Cooper is part of a Manual family that stretches back generations; Cooper attributes Manual’s “huge aura within the community,” in part, to the intergenerational bonds Thunderbolts held. Though Manual has had its share of struggles in the 20 years since busing ended, the school’s larger history is remarkable. Founded in 1892, Manual is one of Denver’s

Manual students at a 1984 football game. Left to right: Ann Birkey, Mickey Joseph, unknown, Tyrone Adams, Petrina Pryor, unknown. Photo from a Manual alumnus’ Facebook page.

oldest schools and one of the first schools in the district to educate African Americans. The first African American mayors of both Denver and of Seattle, Wellington Webb and Norman Rice, respectively are Manual graduates. Denver’s current mayor, Michael B. Hancock, is another distinguished alumnus, among a host of politicians, educators, artists and leaders in the business community who can trace their success back to their Thunderbolt roots.

### Diversity Brings Resources and a Culture of High Expectations

Racial and socioeconomic diversity were also core elements in Manual’s alchemy. According to the National Center for Education statistics, in the year before busing began, DPS was a majority Anglo American school district, in which 66 percent of its students identified as



“white,” 14 percent as “black,” and 20 percent were labeled as “Latino”—Asian and Native Americans were lumped into this category as well. However, DPS’s white students were largely isolated in schools that included relatively few students of color. The Supreme Court reasoned in its 1973 *Keyes v. Denver School District no. 1* ruling that this educational segregation was not only the result of real estate discrimination and general housing trends, but also the effect of deliberate action taken by the school board to create school boundary zones that separated Denver’s students by race. This separation, as the court had



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(Harkins Courtyard)

**Hand & Stone Massage and Facial Spa**  
(Main Street)

**Mountain Man Nut & Fruit Co.**  
(Main Street Plaza)

**Stapleton Family Karate**  
(Main Street)

**Zen Asian Sushi Bar & Grill**  
(Main Street Plaza)

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bers the inequality. Teaching at Smiley Middle School prior to busing, Hoops recalls the building was so “overcrowded we ran double sessions.” There was “no structure to the school; it was like the Wild West.” Inexperienced teachers were assigned to schools with large populations of minority students. These schools were both overcrowded and lacked the resources that the predominantly white schools enjoyed.

Busing attempted to remedy these injustices. Hoops suggests that at Manual the program accomplished this and much more. For many students of color, he recalls, the experience of attending school alongside affluent whites changed their outlook from “*will* I to college?” to “*where* will I go to college?” For students like Keith Hammond, whose family was highly educated, the college-bound motivation white students brought to campus did not alter his trajectory much, but for other Manual students who “didn’t know what to ask for and didn’t know what options were out there,” remembers Hammond, the culture of high expectations made a difference.

famously ruled in its landmark 1954 *Brown v. Board of Education* decision, was inherently unequal.

Beloved Manual math teacher and football coach Jim Hoops vividly remem-

Right: Jim Hoops, math teacher and football coach at Manual during busing, has taught at several DPS schools throughout his career and continues to volunteer as a tutor.



### Diversity Engenders Confidence Through Real World Experiences

Megan Lederer, now a local pediatrician, wrote her college entrance essay about the experience of being bused from a largely white section of Park Hill to Manual; she feels fortunate that she “attended Manual in its heyday; it was held up as this amazing thing for us.” Hoops concurs with Lederer, reasoning that “colleges liked that Manual was a cosmopolitan school,” as evidenced by the large number of white graduates, like



Keith Hammond, class of 1985, lived in the George Washington High School boundary and provided his own transportation to attend Manual. He now lives in Michigan and works as a project manager for an electric company.

Lederer, who went on to prestigious universities.

Beyond impressing admissions counselors, however, Lainie Hodges maintains that her experiences interacting with students from a variety of backgrounds taught her “how to survive in the world.” Jody Hansen agrees. “Bottom line: I learned how to live in the world.” She says with confidence, “I can walk into any job, talk to any person . . . I really learned how to be with people in the world.”

All the white Manual alumni interviewed wore their experience at this racially and economically diverse high school as a badge of pride. Tim Tribbett insists: “I love telling people I went to Manual! Sometimes people look at me like I’m crazy,”

(continued on page 8)



Megan Lederer, class of 1995, was bused from Park Hill and is now a pediatric physician and lives in Lowry.

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# Manual (continued from page 7)



Jody Hansen, class of 1992, was bused from Park Hill and is now a medical professional.

he laughs. But it's clear that Tribbett, like Hansen, Hodges and Lederer, views his Thunderbolt affiliation as a signifier that he successfully navigated an unfamiliar environment and graduated with the confidence to engage a diverse world.

### School Pride Creates Unity Among Difference

These transformative interactions were nurtured on a campus where the faculty and staff cared deeply about its students and fostered bonding experiences for them. During Manual's "heyday," Thunderbolt pride was stimulated

through athletic and extracurricular programs like the school's competitive basketball team and its celebrated choir.

John Brame, who played on several sports teams, still refers to the campus as the "Bolt House" and he fondly recalls school color days and barbecues. Manual's integration of very distinct communities, reasons Hammond further, didn't just have to do with "socioeconomic status and race," Thunderbolt

pride brought together the "jocks, the nerds, and those in ROTC" because it was a school where "the athletes were also involved in drama and in choir . . . it was quite the experience."

### The Experiment's Limitations

For every student like Hammond and Hodges who remember Manual's mandated diversity sparking meaningful interracial interaction, there are also students like Lorenza Muñoz Scott who suggests that though Manual was "very



Lainie Hodges, class of 1997, was bused from Denver's Country Club neighborhood and is now chair of the Friends of Manual High School Board and works in professional training.

diverse . . . there was not much interaction between the groups." Scott's mother, Sarah McGregor, confesses: "It wasn't that great of a school for students of color." She remembers her son, Gerardo Muñoz, entering an Advanced Placement class and the teacher asking him if he was in the wrong place. Kirksey recalls this type of discrimination vividly, "even when students tested well enough to be put into Advanced Placement classes, we weren't put in there." While some Manual

graduates went on to prestigious colleges and made lifelong friendships across the divides of color and class, other students, in Scott's words, "fell through the cracks."

### Applying Manual's Lessons


Even graduates like Scott who underscore the school's limitations, nevertheless insists that Manual's diverse composition "has had a huge impact on my life now . . . and has made me more culturally sensitive." Alexis McClain credits her "ability to go out and deal with real life situations" to her time at Manual and posits further that students who attend less diverse high schools are "cheated out of" those formative experiences.

Kendrick Lane, who was bused from Crestmoor Park and



John Brame, class of 1985, grew up in the Whittier neighborhood and is now a farmer who lives near Manual High School.

is now a physician assistant, reminisces: "I feel I gained a broader perspective on life, race and culture at Manual than through any other experience in my life. I feel the experiences I had at Manual, specifically, the inter-



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Tim Tribbett, class of 1988, was bused from Park Hill and is now the director of finance at Air Comm Corporation and lives in Stapleton.

of busing, Matsch expressed confidence that the city's diverse leadership could now fairly divide the district's public education resources. DPS's current commitment to establish quality schools in every neighborhood suggests just how much has changed since the days before busing. However, many neighborhoods in Denver remain racially homogenous and, as these Manual alumni bear witness, one of the district's greatest resources is its diverse population.

actions with such a diverse student body, served me well in my current line of work seeing and relating to patients from all walks of life."

By 1995, Federal Judge Richard Matsch revoked the court order mandating integration. Siding with opponents



Alexis McClain, class of 1994, grew up near East High School, and is now the treasurer of the Friends of Manual High School Board and works as an academic advisor at CU Boulder.

As testimony from these Thunderbolts suggests, in order for DPS to fulfill its commitment to creating great neighborhood schools, the district must also be proactive in fostering integrated environments.


*Maegan Parker Brooks, PhD, is writing a book about the integration of Denver Public Schools.*




Kendrick Lane, class of 1998, was bused from Crestmoor Park and now lives in Stapleton and works as a physician assistant.

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# Low carb? Count calories? Local doctors talk diets.

By Courtney Drake-McDonough

Eating a diet low in carbohydrates and high in protein and fat, including red meat, butter, cheese and eggs, made news recently when both *The New York Times* and *Time* magazine featured articles reporting study results that show eating some long-vilified foods is actually beneficial. The decades-old philosophy that eating fat creates fat in the body has vocal proponents, including the government's dietary guidelines. But others (those who believe there are beneficial chemical reactions that take place in the body by lowering carbohydrate consumption and increasing proteins and fats) are glad their practices are gaining credibility. We spoke to two local doctors who both agree and disagree about how justified all the recent hype really is.

Angela Tran, D.O., owner of Med-Fit Weight Loss in Stapleton, is board-certified in internal medicine and is a member of the American Society of Bariatric Physicians. She isn't surprised by the findings of the studies and feels the attention has been a long time coming. She recounts the inception of the belief, in the 1970s, that fat was a significant factor for heart disease. "Small trials were done, a lot of people were having heart attacks, and heart disease and medications were created to treat cholesterol. Along the way, even though these trials were small, the country said 'We're going to correlate that fat is a culprit for heart disease,'" says Tran. Subsequent media attention, development of the food pyramid, and the American Heart Association saying that fat was something to be concerned about, created the birth of low-fat guidelines.

"Then the food industry comes along to follow the guidelines and makes things low fat," says Tran. "However, fat plays an important role in our bodies. Not only does it transport hormones and vitamins and some other things we need for our cells, it contributes to the fullness signal and satisfaction. So when you take fat out of foods, you are actually hungrier. Our bodies have had to adapt, but we haven't adapted well in processing carbs."

James O. Hill, Ph.D., professor of pediatrics and medicine at the University of Colorado School of Medicine and executive director, Anschutz Health and Wellness Center, feels people should be wary of the attention being given to the study. He says the day after the higher protein and fat, lower carb study was released, the results of a meta-analysis (a study of other

studies) found no significant difference in weight loss among more than 7,000 people on different name-brand diets, including high-protein, low-fat, and moderation diets. "There are dozens of other studies, some that find the same thing and some find the opposite, which is why you cannot go with one single study," cautions Hill.

"Any diet you follow will allow you to lose weight," he says.

"There are some people who follow a low-carb diet and do very well, but for most people, that's difficult to do if you increase your physical activity. Carbohydrates are really the best fuel for physical activity. You don't need very many carbs if you're sedentary, but once you get active, you need a lot," he says. "Saying everyone should eat a low-carb or low-fat diet is just absolutely silly unless you look at the other components of the diet and physical activity." Hill feels the recommended exercise guidelines of 30 minutes a day, 5 times per week should be considered minimal and that more movement should be added throughout the day—from taking breaks from sitting to using walking and cycling as transportation methods.

Dr. Tran agrees that diets aren't one-size-fits-all. "The low-fat diet is certainly beneficial for

those who have gastrointestinal issues or problems with the liver, gallbladder and pancreas because these particular patients don't absorb or process fat well," she says. She would also not put an athlete on a low-carb diet because they need carbs for performance due to their higher metabolic demands. "The typical person who really benefits from low carb is someone who has insulin-resistant conditions such as diabetes or pre-diabetes," says Tran.

Dr. Hill and Dr. Tran's discussion of calories shows some of the differences in their beliefs.

Hill says, "There's never been an indication that people who were fed an equal number of calories, where you knew they were equal, that they got a difference in weight. If you know they are taking in the same number of calories, it doesn't matter if those come from fat, carb or protein, you're going to burn them all. Your body needs them. When you're eating less than you burn, a calorie is a calorie. You'll find people who disagree with that but I have

seen no data that would contradict that point.

"If you don't carefully control calories, then anything can happen depending on hunger, ease of following the diet, etc. And that's where the confusion comes in and that's where sometimes you find low carbs better and sometimes you find low fats better and sometimes you find no difference . . . When you get a hundred or so (in a study), you can get differences, but once you now get over 7,000 people, what you're seeing (in the literature) is, overall, there's no difference (in weight loss on different diets)."

Dr. Tran says, "It's not about the quantity of calories, it's the quality of the calories and not so much about just creating a deficit. That's the unique thing about the low-carb diet, you're actually not counting calories. You're eating really good quality foods in the right portions and your body's going to process it much more efficiently." Tran adds, "The low-carb approach is what we (the American Society of Bariatric Physicians) have used in our practices across the country."

Tran explains that a diet lower in carbs and higher in protein and fats works because carbs break down into blood sugar, which is controlled by the hormone insulin. Blood sugar goes to muscle for energy use but leftover blood sugar gets sent to the liver, which converts it into fat. "That's what causes you

to increase fat storage and gain weight," says Tran, adding that if the amount of carbs is lowered to the right amount to feed muscle, there is none left over to be turned to fat. "Now you're burning fat for energy and storing less, which equals weight loss," she says.

To help guide patients toward a balance of protein, fat and carbs, Tran recommends consuming a daily average of 25 percent carbs, 40–50 percent protein and the remaining 25–35 percent fat. For those who prefer an easy way to visualize the division, Tran says a serving of protein should be the size of the palm of your hand, vegetables the size of a tennis ball, and carbs half a tennis ball.

One thing both doctors can agree on is that obesity is on the rise and is considered a disease, although only recognized as such by the American Medical Association in

2012, which Tran finds frustrating. "We know it's a disease because of all the other medical conditions that have come along with it," she says. "We're slowly coming along. We still have a long ways to go."



Angela Tran, D.O. owner of Med-Fit Weight Loss in Stapleton



James O. Hill, Ph.D., professor of pediatrics and medicine at the University of Colorado School of Medicine and executive director, Anschutz Health and Wellness Center

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Photo by Laura Mahony

# Emily Schromm:

## *“The Next Fitness Star”*

### *Says Diet Is Key to Her Physical & Mental Health*

Emily Schromm, winner of a national contest for “The Next Fitness Star,” eats a low carb diet not to lose weight but because she feels better physically and mentally. Schromm is pictured jumping over tractor tires during a workout at CrossFit Park Hill where she is an instructor.

By Courtney Drake-McDonough

Looking at Emily Schromm, personal trainer and CrossFit coach at Unleashed Fitness and CrossFit Park Hill, you wouldn’t suspect that just a few years ago, although extremely fit, she wasn’t feeling up to par. Shromm is the winner of *Women’s Health Magazine’s* “The Next Fitness Star” competition, an honor that was announced on *Good Morning America*. Her prize is a feature article and launch of a fitness DVD.

About four years ago, Schromm began focusing on the science of nutrition and how it worked for her body. She had been eating what she describes as the typical diet of egg whites and oatmeal, very low carb and very low fat. While she feels people can lose weight that way, Schromm says “You’re always waiting for the next meal because you are going off of a carb metabolism, burning the carbs and then you hit that ‘hangry’ moment where you’re just like ‘give me food now!’” She came to the conclusion that her diet was all wrong for her.

Someone suggested the Paleo diet to Schromm, telling her it could cure the acne and stomach issues she had struggled with since childhood. She removed grains and other carbs and her acne cleared

up and her stomach issues went away. She now calls herself a firm believer even though it was very difficult to eliminate things she had always been told were a necessary part of a healthy diet. “Once I saw the effects on my body, which also included having very clear thoughts, no more energy spikes and drops, I cannot express how I felt overall and emotionally,” she says. “I think when we’re cutting calories or we think we’re eating healthy and we’re not, we emotionally play into that and we feel the depression and self-doubt, especially women. I firmly believe that’s rooted in the food we eat.”

Schromm feels the diet term “Paleo” gets a bad rap. “It’s a quick word for me to say ‘very minimally processed, lots of veggies, good sources of protein and a high-fat diet.’” She adds that it also means different things to different people depending on their goals. “If you are a weight-loss client, it’s going to be low carb,” she says. “But if you’re active, it has to be moderate protein and moderate carbs.”

Schromm says, “It can be a scary world out there without bread. But when you’re dealing with restrictions, your body isn’t in a place where it’s happy. If you find the right foods for your body, it responds well whether it’s your gut, autoimmune disorders, skin

conditions, cognitive function—those things all play into your style of eating.”

“I’m the healthiest I’ve ever been physically and mentally as well,” Schromm says. Her diet is about 55 percent fat from sources like avocados and avocado oil, grass-fed butter, bacon, nut butters, tahini, red meat, salmon, free-range chicken, coconut and coconut oil and milk. She chooses minimally processed and hormone-free food.

Schromm believes her food philosophy contributed to being selected for “The Next Fitness Star.” “They loved my approach to nutrition because it’s different,” she says. “When you take out man-made foods and stop thinking low fat, low calorie and start eating real food, you really are putting your body in a healthier position, not just for weight loss or immediate results but for long-term health.”

Schromm’s website is [www.superherounleashed.com](http://www.superherounleashed.com). The feature article on her and her fitness DVD will be available in the January 2015 issue of *Women’s Health Magazine*.

We welcome comments at [FrontPorchStapleton.com](http://FrontPorchStapleton.com)

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# How Does Your Name Affect Your Life?

By Madeline Schroeder

With no way to quantify how names affect people's lives, we turned to readers for guidance. They were eager to share their stories and insights.

### Mindee Forman

Although some may not want to admit it, everyone subconsciously gets a sense of a person by his or her name, according to 40-year-old Stapleton resident Mindee Forman. She was supposed to be a Jennifer but the doctor told her mom he had already delivered 14 Jennifers that week and encouraged that she reconsider; hence Mindee. She thinks the double "e" in her name makes her seem ditzy, so she makes it a point to disprove that. Forman cites the character SanDeE\*, played by Sarah Jessica Parker in the 1991 movie *L.A. Story*. As one might gather from the spelling of her name,

she is cute, a bit ditzy and immature. She draws attention to her unusual name by telling people, "Capital S, lowercase a, lowercase n, capital D, lowercase e, capital E and starred."

Throughout Forman's life she has been hyper-aware of how people perceive her because of her ditzy-sounding name. "I'm pretty on the serious side, and that may be partly a reaction to my name."

### Tina Turner

Stapleton resident Tina Turner loves having an unusual name. The 45-year-old mom and office furniture saleswoman talks candidly and laughs a lot. She thinks about her name as a chicken-and-egg debate. "Would I have a big personality if I had a different name? Would I still be the same person? Or has my name helped bring that out in me?"

Regardless, she says it's been a big advantage in

life both professionally and socially. With the name Tina Turner, she can get on the phone with CEOs who wouldn't talk to her otherwise. Many ask if she's the real Tina Turner. "Oh God, no, I wouldn't be calling about office furniture if it was," she tells them and laughs.

### Aniekanabasi Ekiko (Uh-knee-can-uh-boss-ee uh-kee-koh)

Throughout his life, people have assumed Aniekanabasi Ekiko is a female. At summer camp he was assigned to the girls' dorms and his freshmen year at the University of Colorado-Boulder he was paired with a female roommate.

After assuming he's a female, people wonder where he's from. Ekiko grew up in Nigeria and moved to Denver when he was 10. When he first started his car-shipping company he used his full legal name, but he couldn't get potential customers to focus on business. They only wanted to talk about

his name—what it means, where it comes from, how you spell it, how you say it. "Then once I explain where my name comes from, people would sometimes shy away from doing business," he says.

A 2011 study by LinkedIn on the relationship between people's first names and their career choices found that the top CEOs had common white-sounding names—Peter, Bob, Jack, Bruce and Fred for the men; Deborah, Sally, Debra, Cynthia and Carolyn for the women. Because his name has been a disadvantage professionally, Ekiko has found it most effective to go by his middle name Rogers for doing national business and his full name for international business.

### Marybeth Barry Brush

Brush believes she would've had better chances as a TV news anchor with a less garbled name. "I mean, who can say Marybeth Barry Brush easily?"

### Birgit Ifolda Roesink-Miller (Beer-get Ee-Fold-ah Ross-ink Miller)

Names are more a reflection of the parents than the kids, according to the book *Baby Name Wizard*, a compi-



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Can you match the name to the person?



Answers: 1 Marybeth Barry Brush; 2 Birgit Roesink-Miller; 3 Tina Turner; 4 Jett, Tom, Chance, Molly & Zander Jaques; 5 Pippa Kinloch; 6 Torsten Gray; 7 Aniekanabasi, Edidiong & Marcy Ekiko; 8 Jett, Tom, Chance, Molly & Zander Jaques.

Based on your first impression of the names listed, can you match an identity?

- Mindee Forman
- Philippa Kinloch
- Birgit Roesink-Miller
- Marybeth Barry Brush
- Jett, Tom, Chance, Molly & Zander Jaques
- Aniekanabasi, Edidiong & Marcy Ekiko
- Tina Turner
- Torsten Gray

lation of name data including everything from soap opera cast lists to Ivy League alumni rosters.

Right after emigrating from Germany to Vail, Colo., Helena and Horst Krebs had their first daughter, Nicole. Five years later they had their second daughter, Birgit. “I think they were trying to fit in after emigrating. When I came along five years later they wanted to reconnect with their heritage,” Birgit says. She laughs at the difference between her name and her sister’s name. Growing up she hated her name and the nicknames “Beer gut” and “Big foot.” “As a kid you just want to be like everyone else,” she says. “When you become more of an adult you realize you like the independence and diversity.”

Philippa Kinloch

Philippa Kinloch, who goes by “Pippa” and was named after her aunt from New Zealand, likes having a unique name—the only other Pippa she has met was a dog in the park.

Torsten Gray

Stapleton resident Stephanie Warnell named her son Torsten after a best friend she grew up with during her summers in Germany. She remembers a conversation with a neighbor while walking down the block after Torsten was born. She told the neighbor his name is Torsten. “So what are you going to call him?” the neighbor asked. “Well, his name is Torsten,” Warnell replied. She and her husband walked away giggling to each other at the neighbor’s reaction. Most of the time they think people’s reactions are funny, but they do get frustrated when no one can remember Torsten’s name.

Chance, Jett and Zander Jaques

Stapleton resident Molly Jaques (Jakes) says it’s a lot of pressure to be the trustee of your child’s name. She wishes parents could get to know their child for a few months and then decide a name. Her three boys are Chance, Jett and Zander. They chose the name Chance so he could have his own pickup line—“Hey, wanna take a chance?”

Jett originally went by his first name Mason, but in kindergarten decided he did not want to be one of the many Masons in his class. He decided to go by his middle name Jett. “Jett fits his little crazy personality much better,” Warnell says.

So how do parents pick a name?

Of the people interviewed, those who have difficult-to-pronounce names chose simple names for their kids to avoid any confusion. And the people with simple names chose more unique names for their kids.

Parents interviewed say names, whether sentimental or clever, are chosen with a hope for their kid’s life—to be unique, to be successful, to carry on a family name. Aniekanabasi Ekiko cherishes his Nigerian identity and wanted his daughter to as well. Although inconvenient at times, his name, which means, “There is nothing greater than God,” in his parent’s native Nigerian language, is a vital part of his identity. He and his wife named their daughter Edidiong, which means, “blessing.”

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Dr. Roper provides treatment for gynecologic conditions including minimally invasive surgery (laparoscopic and robotic) for patients with fibroids, ovarian cysts and pelvic pain, as well as for hysterectomies. The advantage of minimally invasive surgery is less recovery time, minimal scarring, reduced blood loss and decreased postoperative pain. Dr. Roper also offers a full range of care in obstetrics and gynecology.



Katie Rustici, MD

Stapleton OB-Gyn, Obstetrics & Gynecology, SCL Physicians  
2807 Roslyn St., Denver, CO 80238  
303-403-6333

Dr. Katie Rustici offers a full range of women’s healthcare options at Stapleton OB-Gyn. From teenagers to mothers to grandmothers, she provides obstetrical and gynecological services for women at every stage of life. Your health and wellbeing as a woman is the focus of her care.





President and CEO of Saint Joseph Hospital, Bain Farris, stands outside the main entrance of the new hospital on E. 19th Ave.



The hospital's rooftop offers an amazing view of Denver's skyline.

## New design, operating room lighting, ambulance access among upgrades

By Laurie Dunklee

The new Saint Joseph Hospital, opening at 1375 E. 19th Ave. on Dec. 13, is designed with a focus on efficiency for optimum patient care. One innovation is putting related services on the same floor.

For example, all cardiology services are located next to each other on the second floor, including 21 operating rooms, catheter labs and endoscopy procedure areas.

"It's a design lots of people in health care design are trying to mimic right now," Shawn Dufford, chief medical officer, told a group of visitors getting a sneak preview of the facility.

"At the old hospital these areas are on about five floors, so there are a lot of interruptions in service," said Dufford. "Having the labs, operating rooms, pre-op and post-op on one floor increases collaboration. So the docs work closer with each other and can provide emergency help. It's also an opportunity for cross-training staff. It's a design that increases efficiency."

The new hospital is 831,321 square feet, compared to 1.1 million square feet at the old hospital. While smaller in size, the layout makes more efficient use of space and resources. The nearly completed hospital, the first hospital to be built in downtown Denver in nearly 20 years, is budgeted at \$623 million. "We're still under budget," said Bain Farris, president and CEO.

The facility has 360 private patient rooms and family lounges with balconies, some equipped to house a family for several months. The emergency department has 40 individual patient rooms with glass doors; 13 of those dedicated to seniors. The new ambulance bay has its own ramp and room for nine to 12 ambulances, com-

pared to five at the old hospital. An elevator from the roof provides direct access from the helicopter pad to appropriate operating floors.

The new chapel gives a nod to Saint Joseph's historic chapel, including components from the existing chapel: the overhead stained glass dome and the stained glass windows from France.

Other innovations include state-of-the-art operating rooms, built surrounding a central "hub" for staging that is kept sterile. The hub is for staff access only and maintains airflow going outward so that no particles can blow in. The operating rooms have no cabinetry because cabinets can harbor dirt. "Everything for each operation is brought in on a cart," said Dufford. "It's the height of protection against infection."

Operating rooms are equipped with special Berchtold lighting over the operating tables. Two movable fixtures can be adjusted to provide lighting with no shadows. "When you're operating on a heart, the last thing you want is a shadow," said Dufford.

Megan Mahncke, senior director of community relations and a Stapleton resident, gave birth to her two sons at Saint Joseph. "The new hospital is a huge asset for people in Stapleton," she said. "It's easy to get to because you can cut through City Park. Even more people will have their babies here."

More babies are born at Saint Joseph than any other hospital in Denver—about 4,000 babies per year—according to Deb Lowery, senior director of women's and infants' services. She said the new hospital will provide a private elevator to the women's floor, 18 labor and delivery rooms with large jetted tubs, three cesarean section



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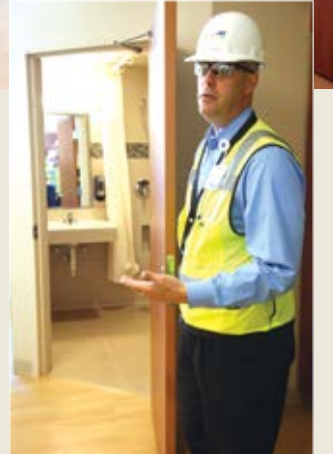
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**Above:** Saint Joseph has 360 private patient rooms, each with a bathroom, like the one at right. Bill Gregor, director of operations for Mortenson Construction, explains that the bathroom units were prefabricated with no seams so they can more easily be kept sanitary. Headboard wall units with all the connections were also prefabricated, reducing construction costs.



operating rooms, and 30 private neonatal patient rooms. Saint Joseph specializes in high-risk babies, including those prematurely born, and has a state-of-the-art neonatal intensive care unit. "Now premature babies survive at just 23 to 24 weeks," said Lowery.

Farris said the new hospital grounds encompass 30 acres. "We bought 15 acres when Children's Hospital moved," he said. "Thirty acres is a lot of property downtown but not a lot for a hospital—that's why we have structure parking and not ground parking."

He said the building was constructed with green design in mind. "Sixty-five percent of construction materials were recycled or diverted from landfills, and the new hospital will be 40 percent more energy-efficient than the current hospital."

The old hospital at 1835 Franklin St., with its landmark twin towers, is slated for demolition by July 2016.

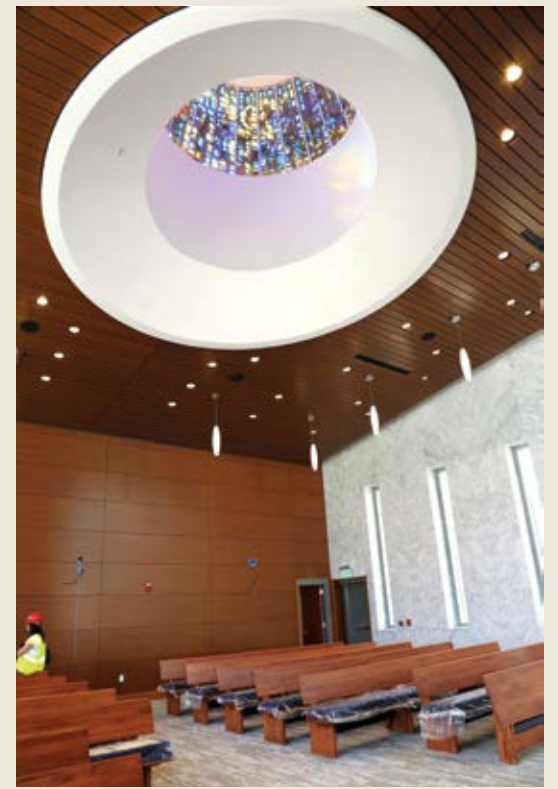
For more information, go to [www.saintjosephdenver.org](http://www.saintjosephdenver.org).



The new Saint Joseph provides exceptional protection against infection during surgery, in part through a sophisticated ventilation system. An additional state-of-the-art operating room feature is light fixtures that produce no shadows, as demonstrated in the bottom photo.



The new ambulance bay has its own ramp and room for nine to 12 ambulances, compared to five at the old hospital.



Saint Joseph's new chapel gives a nod to the hospital's historic chapel, including a stained glass dome overhead and stained glass windows from the existing chapel.

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## Get to Know Dr. Stephen Rotholz

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



# Just the Facts

## How Safe Are Gas Stations?

by James Hagadorn



Our neighbors are concerned about a big box gas station being planned in Stapleton's Eastbridge neighborhood. Friends living near the new gas station in Northfield have expressed similar worries. Will these stations be a toxic death-knell for residents? Or are they safe?

One thing's for certain—gas stations are ubiquitous. That's because we need 'em. They're convenient, allow us to be mobile, and provide stuff we use. Often they're economical and employ locals. From a corporate standpoint, they're efficient, profitable, and great lures for opportunistic shoppers. Witness the unbundling of gas stations from service shops, and their pairing with mini-marts and big-box stores.

Can gas stations be a nuisance? Sure—by altering the traffic and character of a neighborhood.

Fortunately, in newer neighborhoods they're often sited with intent. Thus, in adjacent residential areas, such stations don't typically have a major impact on a neighborhood's character, nor do they markedly impact crime, litter, noise, pollution or property values.

But on-site, the story is different. Compared to residences or many other commercial establishments, gas stations and their convenience stores experience more frequent fires, pedestrian and vehicle collisions, and "crimes of opportunity" like theft. Fortunately, some of their typical hazards, like gasoline spills, are increasingly

mitigated by technology. For example, modern fuel nozzles automatically shut off when an unattended pump begins to spill. And when you drive off with the nozzle still attached to your minivan—the hose will automatically disconnect from the island and shut down. I guess that means that in *Die Hard 7*, Bruce Willis will have to blow up the gas station in some other way.

Unfortunately, gas stations also have long-term offsite impacts. That's because gasoline, like paint and glue, contains a veritable xylophone of toxic ingredients such as benzene, toluene and xylene. These compounds, when breathed at low concentrations, aren't usually acutely harmful, but do have significant long-term impacts on our health.

In older gas stations, rusting or leaky storage tanks and pipes allowed gas to seep into soils and drinking water, permitting these contaminants to impact public health. Although we're still cleaning up the legacy of older stations, since 2009 new fuel tanks, pipes and pump areas in Colorado are double-lined, and are regularly monitored by state agencies to make sure they are maintained and safe.

Of more concern is the evaporation of gas' noxious ingredients. In bygone times they'd waft away, carefree. They got released during fueling, during warming and depressurization of gasoline from underground tanks, and by displacement of vapor-ridden air when new fuel was added to empty gasoline storage tanks. Fortunately, all Colorado gas stations now capture these vapors. Moreover, newer passenger cars have onboard vapor recovery systems to help curb fumes emitted during refilling, and



This perspective of the new 7-Eleven on Northfield Blvd., shot with a 55mm lens to show the human-eye view, accurately shows the distance between gas pumps and homes.

tanker trucks use a special hose to capture displaced vapors while refilling underground tanks.

But such devices don't catch all the fumes, which also emanate from evaporating or dripped gas, from idling engines, from unsealed tanks on older cars, and from tanker trucks whose drivers bypass vapor recovery systems to speed up fuel transfers. The net result is that every gas station is like an invisible smokestack. Its vapor plume extends across adjacent roads and neighborhoods. The plume's vapors dissipate naturally in wind and sunlight, but in urban settings they can impact indoor air quality in nearby homes.

The size, distribution and concentration of these airborne plumes are governed by how busy the gas station is, and environmental factors like wind and temperature. These factors in turn affect health risks of adjacent residents.

In some cities, stations are set back 50' to 300' from residences to allow the fumes to dissipate before encountering homes—but elsewhere these stations abut residential property. In part, this variation in urban setback standards is because there often isn't

a 100 percent "safe" distance away, because gas station vapors are often compounded by hazardous fumes that emanate from nearby road traffic or other sources. And in part, it's because there is little population-scale epidemiological data on people living near gas stations in the U.S. Finally, every site's environmental conditions are different, and although it is straightforward to measure and model such conditions to minimize risk on adjacent properties, such work is expensive and not typically done.

As Colorado's economy continues to boom, gas stations will keep sprouting up. There's even one being installed in my favorite end-of-the-line mountain town—Dotsero. But given how little we know about the offsite air impacts of such stations in Colorado, it might be wise to examine such gassy growth with care. At least until electric cars make gas stations obsolete.

James Hagadorn, Ph.D., is a scientist at the Denver Museum of Nature & Science. Suggestions and comments are welcome at [juhagadorn@dmns.org](mailto:juhagadorn@dmns.org).

We welcome comments at [FrontPorchStapleton.com](http://FrontPorchStapleton.com)

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# Respiratory Virus Spreads Among Kids

By Madeline Schroeder

At first, Stapleton resident Kristin Gribben figured her 3-year-old son Eli Cooper just had a common cold. He showed the usual symptoms including a runny nose, sore throat and sleepiness. "Then his breathing became more labored," she said, though Eli has no history of asthma. "That was definitely the first thing I noticed that was out of the ordinary. Then it just got worse."

Eli developed a fever and his oxygen levels dipped to 70 percent—healthy levels range from 93 to 94 percent. They went to Stapleton Pediatrics and discovered he had symptoms of enterovirus-D68 (EV-D68), a new virus that causes a cold and wheezing among kids and youth.

The Centers for Disease Control (CDC) identified the virus in August. The strain has not circulated in several years and therefore people don't have immunity. Children can develop wheezing because of smaller windpipes. The surge of infections started in hospitals in the middle of the nation, affecting Illinois and Missouri the worst. Now 12 states have

reported high numbers of cases, including Colorado.

Since August 18, Children's Hospital Colorado has treated more than 1,900 children and youth for severe respiratory illness in their emergency and urgent care locations throughout metro Denver; of these, 179 have been admitted into the hospital.

"There are a bunch of kids who have never had asthma and are wheezing so that's why they are coming in," says Dr. Christine Nyquist, pediatric infectious disease specialist and medical director of infection control at Children's Hospital Colorado. "This can be very scary for parents, especially if their child has no history of asthma."

Gribben was able to treat Eli at home. He breathed medicine from an oxygen machine every four hours for two days and took Tylenol to control the fever.

After two days, Eli no longer needed the oxygen machine and had an inhaler, if needed. In 5–7 days he was fully recovered and able to return to Isabella Bird Community School. "We were definitely lucky that it wasn't as bad as

other people's (experiences)," Gribben says. Some kids recover quickly like Eli while others really struggle with breathing and are hospitalized in the intensive care unit. Gribben knows a few kids who were out of school for two weeks.

There is no vaccine to prevent EV-D68. Nyquist suggests common sense health tips to prevent getting the virus: wash your hands; avoid sick people and if you and/or your kids are sick, stay home; keep asthma under control and stay on asthma medications; and get the flu and whooping cough vaccines as soon as they are available.

Parents do not need to have their child tested for EV-D68. The hospital will not be able to identify a specific strain because it requires a specialized test be sent to the CDC. Plus, the test would come back as rhinovirus/enterovirus, related to the common cold, so treatment would be the same regardless. Symptoms should be treated like the common cold. If there is wheezing or concern, call your doctor.

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# The Book Worm

The Front Porch prints book reviews by local librarians, rotating to a different library each month. October reviews are by volunteers from the Park Hill Community Book Store, 4620 E. 23rd Ave.

*Timmy Failure Now Look What You've Done* by Stephan Pastis

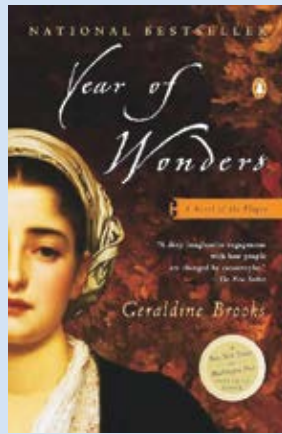
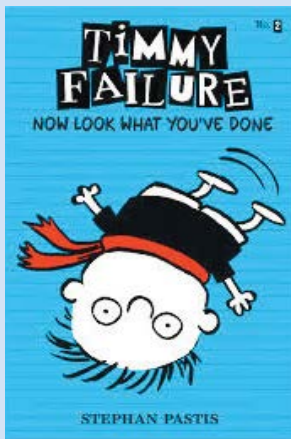
*Timmy Failure Now Look What You've Done* is the second book in the *Timmy Failure* series. I would recommend this book to any kids who like comedy and mysteries.

Timmy believes he is the greatest and smartest person of all time. While trying to protect that title he breaks

his leg and knocks the head off a statue. More bad things continue to happen to Timmy. His mom sells his Timmy mobile so he uses his butter mobile to get around. The butter mobile is his business partner polar bear dragging him around while he is coated in butter.

Timmy Failure goes through exciting and funny adventures to solve crimes like what happened to spooney spoon. I hope kids enjoy reading this book.

Riley Billings, 10



*Year of Wonders: A Novel of the Plague* by Geraldine Brooks

Before she won the Pulitzer Prize for *March*, journalist turned novelist Geraldine Brooks crafted *Year of Wonders* in which her veteran journalist skills outweigh those of the neophyte novelist. The imbalance

is unsettling, but the book is worth reading both because and in spite of it.

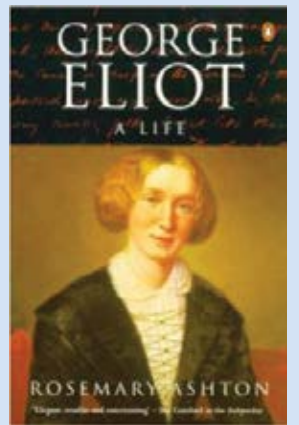
This novel recreates the remarkable struggle of villagers in an English village stricken by the great plague of 1665. Told

by a housemaid in the village rectory, the story is compelling and convincing for the most part; but toward the end, as it moves further from the historical record, it veers off in the direction of Gothic melodrama. Good for readers pleased with such a tack, but others are left with one more wonder: why?

John Krause

*George Eliot: A Life (biography)* by Rosemary Ashton

I wrote a short review of George Eliot's best book *Middlemarch* a few months ago. Then I proceeded to read the writer's



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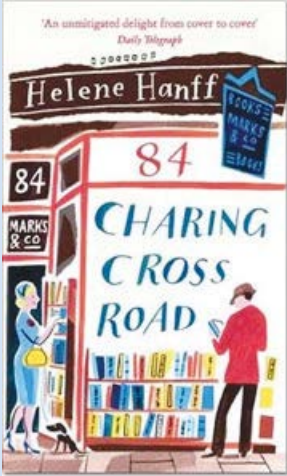




biography. It struck me that her story was even more interesting and profound than any of her books. She comes alive as one of the most analytical and creative minds of the 19th century. She overcame personal feelings of inadequacy as she accomplished challenges both as a journalist and writer. She was lucky to have constant encouragement from both her publisher and George Lewes (her lover, as he was unable to divorce his unfaithful wife), who was also a successful writer. She was a feminist before her time, breaking conventions. Her biographer gives an account of her activities, notably focusing on the writing and publication of each major work. I highly recommend this book for anyone interested in George Eliot's life and times.

Bettina Basanow

84, *Charing Cross Road* by Helene Hanff  
I read 84, *Charing Cross Road* in 1970 when it debuted and recently returned to



it. Hanff was an impoverished playwright, living in New York, who worked crafting screenplays for early television shows. Helene loved books but wanted them to be special. She began a 20-year correspondence with Frank Doel, buyer for Marks & Co, a London bookseller, located at 84, Charing Cross Road. Soon Helene is writing to most of the bookstore staff and Frank's wife. Helene sent food packages as Britain had rationing years after WWII. Frank located books Helene requested and made suggestions about others. Frank and Helene established a caring friendship and looked forward to meeting. They never met. Helene went to London after Frank's sudden death and the successful publication of a slim volume of their collected letters afforded Helene financial independence.

Sandra Niemi

# Remodel or Move?



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## STATION 26 BREWING CO

7045 E 38th Ave, Denver 303.333.1825

Justin Baccary opened Station 26 in December 2013 in the station house formerly occupied by the fire crew now located in Stapleton. Head brewer Wayne Waananen brings more than 30 years of brewing experience and strives

to offer a beer to suit any taste, hence the motto, "For you for all." Interior seating and an expansive patio area separated by large open garage doors (weather permitting) make Station 26 a place to sit and talk. The recent addition of a wall-mounted TV also allows patrons to watch sports. In addition to its regular lineup of beers, every Thursday the brewery offers firkin releases, typically in 10.8-gallon batches. The firkins typically feature fruit, tea, spices, dry hopping, or other modifications. Station 26 is open seven days a week. Food trucks park out front daily, and the second Sunday of each month there is a Bluegrass Brunch with live music.

## FICTION BEER CO

7101 E Colfax Ave, Denver 720.456.7163

Park Hill residents and husband-and-wife team Ryan and Christa Kilpatrick opened Fiction on September 27. With six years of home brewing experience, Ryan is the head brewer and Christa runs the taproom. Fiction derives its name from a combination of Christa's love for books and Ryan's love of beer. The brewery has something for everyone, along with rotating seasonal and experimental offerings. In addition to its spacious inside seating area and patio, Fiction features what has to be one of the most unique bar designs, consisting of a facade of actual hardback books stacked like bricks under the bar top. The taproom has two TVs that, except for Broncos games, remain off for a conversational environment. Fiction

bills itself as a family-friendly neighborhood brewery. They plan to have a book exchange and a variety of food trucks and carts. The brewery is located on the ground floor of the Phoenix on the Fax apartment building and is open Wednesday to Sunday.



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After home brewing for several years, Dan and Betty Wang founded Caution: Brewing Co. on 39th Ave. They mostly supplied Lao Wang Noodle House, a local restaurant owned by Dan's parents, but after a neighboring business closed they added a taproom in May 2012. They opened a second west location in Lakewood in December 2013. Caution focuses on "uniquely balanced" beers by adding a new spin to historical beer styles. The east taproom hosts a big anniversary party each May and an annual Halloween fest with a DJ, costume contest and special fall beer releases. This year's fest will be on Thursday, Oct. 30. The taproom has regular hours Thursdays through Sundays each week, but will also be open on Wednesday, Oct. 1 to celebrate the Great American Beer Festival, where Caution will have a booth. Caution brews are also frequently served at the Stapleton Tap House in Northfield. They plan to start canning several beers in the fall or winter.



## CODA BREWING CO

2101 N. Ursula, Unit 10, Aurora 720.324.8529

After beginning his career in biochemistry and molecular biology, Luke Smith started home brewing. He then worked as a professional brewer at Yak and Yeti and in April, opened Coda Brewing Co. on the Anschutz campus. Like the symbol at the end of a music passage, Coda signifies the end of the brewing process or enjoying a beer at the end of a day's work. A self-proclaimed "hop head," as head brewer Luke specializes in hoppy beers and fruit beers. Unlike many breweries that rely on a single house strain of yeast, Luke uses his chemistry experience to develop unique yeast strains for each beer. Although Coda offers a lineup of typical beers, it also features a wide range of "experimental elixirs," one-offs, and seasonal brews. Depending on demand, smaller batch beers can end up as regulars. Coda is open seven days a week and offers a full menu from its sister restaurant, Cedar Creek Pub. The taproom features live music almost every Friday night and open mic night on Tuesdays.



## MU BREWERY 9735 E Colfax Ave, Aurora 720.446.8273

After home brewing for four years, Nate Flatland opened Mu Brewery in early June. The brewery, named after the Greek symbol used for micro measurements, is located immediately south of the Eastbridge neighborhood in Aurora's up-and-coming arts district. As part of the effort to revitalize downtown Aurora, Mu puts a creative spin on everything it does, from its beer to its support for local artists. In addition to its flagship lineup of five beers, featuring light to dark to hoppy, Mu offers a variety of creative specialty beers that change regularly. At 5pm every Friday, they release a small-batch. The brewery donates 1 percent of all its sales to improve the arts district. The taproom is open seven days a week. Trivia is every Tuesday and players can win prizes such as beer growlers and tickets for Fox Theatre shows or other events. In addition to a variety of nearby restaurants, food is available from the food trucks gradually being added to the mix.

We welcome comments at [FrontPorchStapleton.com](http://FrontPorchStapleton.com)

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

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

#### *Last Days in Vietnam* (2014)

"As we began to contemplate evacuation, the question, the burning question, was who goes? And who gets left behind?"

These scintillating words from U.S. Army Captain Stuart Herrington begin Rory Kennedy's enlightening documentary *Last Days in Vietnam*. The film tells the story of South Vietnam in the years following the Paris Accords. Several thousand U.S. citizens still lived in Vietnam, however, and when the North Vietnamese began an offensive into the south toward Saigon, the U.S. had

no plan for their evacuation. The Accords left open the possibility that the U.S. would go back into Vietnam if the North infringed on the South, but the U.S. had no appetite for it once the new fighting began. With no plan for evacuation, no help from Washington, and an ambassador who refused to see reality, the thousands of Americans, their families, and many Vietnamese friends and allies were left in the cold.

The story is fascinating; several military operatives took it upon themselves to start evacuating the Americans, their families, and the Vietnamese friends of the U.S. These Black Ops were illegal and were hid in plain sight. The film tells its story through interviews, extant footage, and some simple animation. While the interviews can slow down the film at times, the stunning original footage, the inspired editing, and the tense score make the story come alive. It is at once frightening and humanistic.

Director Rory Kennedy (daughter of RFK) is an experienced filmmaker, and her experience shows here.



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The film takes a narrative stance, and it creates tension through the natural progression of the events. There is no false tension here, no imposed manipulation. The startling reality is enough to carry the film, and it becomes more gripping as it moves along. We've all seen the famous picture of a helicopter precariously poised on the roof of a small building with a long line of people on a ladder below. Now we have the story of why that helicopter was there, the building on which it landed, and who got on that helicopter. That story, and the many others of our last days in Vietnam, make this film a riveting must-see. Let Oscar season begin.

You will like this film if you enjoyed *One Day in September*, *The Fog of War*, and/or *The Thin Blue Line*. Starts October 3 at the Chez Artiste Theater.

Locke (2013)

Before his big star turn in *Casablanca*, Humphrey Bogart was considered a "third reeler." The term was applied to actors who were killed off in the third reel of film—roughly before the last 20 minutes. The actors were B-list and played secondary parts; they were recognizable faces, but not names. Tom Hardy has been one



Scene from Last Day in Vietnam.

of those actors—you know him from *Inception*, *Tinker, Tailor Soldier, Spy*, or *Lawless*. With *Locke*, a wonderful film from writer/director Steven Knight, and *The Drop*, (now playing in theaters), Hardy is moving from the B-list to the front of the list.

The story concerns a construction manager and seemingly solid family man who makes a crucial life decision on his way home one evening. Instead of turning toward home, he turns the other way. Here is a man whose life is falling apart as we watch and listen. The plot takes a little time to develop, but when it does, we are intrigued and essentially glued to the character/screen. Too much plot description would ruin the film because it's such a simple premise. It is the delivery that fasci-

ates. The majority of the film is of Hardy driving a car. Director Knight is sharp with dialogue and suspense, and his other work, such as *Dirty*, *Pretty Things*, *Amazing Grace*, and *Eastern Promises* established those credentials. *Locke* follows in this line of gritty, unique, and visually inventive films while adding to his impressive body

of work. The moving car device works because we



Scene from Locke.

are waiting for it to stop and yet the visuals remain kinetic. But the real attraction is Hardy—he is at once thoughtful and indifferent; tough and sweet; hard and soft. To pull off these conflicting traits is difficult, but Hardy seems to do so with ease. He is that rare actor who can inhabit a character so thoroughly that all we see is the character. Enjoy this moment—before Hardy becomes an A-list star and the romantic comedies begin.

You will like this film if you enjoyed *The Hunt*, *Under the Skin*, and/or *Out of the Furnace*. Now available at Redbox or VOD. Vincent Piturro, Ph.D., teaches Cinema Studies at Metropolitan State University of Denver. He can be reached at [vpiturro@msudenver.edu](mailto:vpiturro@msudenver.edu).

We welcome comments at [FrontPorchStapleton.com](http://FrontPorchStapleton.com)



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DSST middle school celebrates having no achievement gap and having the second highest SPF score in the city. School Director Jessica Heesacker told the students, “Everyone in the room will go to college and have the opportunity to be successful.” Superintendent Tom Boasberg (left) asked the students, “What makes your school so good?”



Brooke Jones responds to the superintendent’s question, “We’re all different. We have different ethnic groups. We come from different backgrounds.”



Bill Kurtz, DSST Public Schools CEO who founded DSST 10 years ago, applauds the students’ success.

# School Performance Scores: A Time to Celebrate—and to Keep Working

While DSST celebrates their School Performance Framework (SPF) scores and talks about the importance of continuing their hard work, Superintendent Boasberg is looking at closing the achievement gap throughout DPS. He says, “The number one overwhelming focus that

we have is the quality of our teaching. We’ve significantly increased our investment in teacher leaders who give one-on-one feedback...and teacher collaboration time. The most effective way to help our teachers learn and grow is one-on-one regular coaching and feedback.”

Level	School Name	Enroll ment	% FRL	% Minority	% ELL	% SPED	% Earned Points	SPF Rating	Growth	Status (Proficiency)	Student Engagement	Re-enrollment	Parent Satisfaction
E	Ashley Elementary School	334	94.6%	88.3%	48.8%	9.3%	47.52%	Accredited On Watch	Meets	Does Not Meet	Approaching	Approaching	Approaching
E	Denver Language School	555	12.1%	27.0%	16.8%	0.9%	64.49%	Meets Expectations	Meets	Meets	Approaching	Meets	Approaching
E	Hallett Fundamental Academy	377	90.7%	92.0%	13.0%	12.7%	58.57%	Meets Expectations	Meets	Meets	Does Not Meet	Approaching	Meets
E	Lowry Elementary School	470	36.2%	37.0%	12.6%	8.1%	62.42%	Meets Expectations	Meets	Meets	Meets	Meets	Meets
E	Montclair Elementary School	479	67.0%	59.1%	28.2%	7.5%	62.42%	Meets Expectations	Meets	Meets	Approaching	Approaching	Meets
E	Palmer Elementary School	337	49.0%	54.3%	12.5%	14.8%	49.30%	Accredited On Watch	Meets	Approaching	Approaching	Does Not Meet	Does Not Meet
E	Park Hill Elementary School	567	24.3%	27.7%	6.3%	13.9%	69.86%	Meets Expectations	Meets	Meets	Meets	Meets	Meets
E	Polaris at Ebert Elementary School	333	3.0%	9.0%	2.7%	3.9%	84.82%	Distinguished	Meets	Exceeds	Exceeds	Exceeds	Meets
E	Smith Renaissance School	425	98.4%	92.9%	35.3%	11.5%	73.79%	Meets Expectations	Exceeds	Meets	Approaching	Does Not Meet	Meets
E	Stedman Elementary School	355	85.6%	88.2%	20.0%	12.1%	50.34%	Accredited On Watch	Meets	Meets	Does Not Meet	Approaching	Approaching
E	Swigert International School	599	6.8%	13.5%	4.8%	6.5%	90.52%	Distinguished	Exceeds	Exceeds	Exceeds	Meets	Meets
E	Westerly Creek Elementary	706	15.9%	21.7%	6.1%	8.5%	63.40%	Meets Expectations	Meets	Exceeds	Meets	Meets	Meets
K-8	Denver Green School	510	59.0%	49.8%	24.3%	13.5%	55.32%	Meets Expectations	Meets	Meets	Approaching	Does Not Meet	Meets
K-8	The Odyssey School	233	34.8%	29.2%	5.2%	3.9%	61.23%	Meets Expectations	Meets	Meets	Meets	Exceeds	Meets
K-8	William (Bill) Roberts K-8 School	821	16.1%	22.4%	4.4%	7.6%	75.55%	Meets Expectations	Meets	Meets	Meets	Meets	Meets
M	Denver School of Science and Technology: Stapleton Middle School	460	52.2%	54.8%	15.4%	4.3%	95.10%	Distinguished	Exceeds	Exceeds	Meets	Exceeds	Meets
M	Hill Campus of Arts and Sciences	786	58.5%	56.6%	18.6%	15.1%	51.02%	Meets Expectations	Meets	Approaching	Approaching	Approaching	Does Not Meet
M	McAuliffe International School	400	21.3%	25.5%	4.3%	6.0%	81.60%	Distinguished	Meets	Exceeds	Meets	Exceeds	Meets
M	Morey Middle School	594	45.1%	44.4%	7.1%	9.6%	33.57%	Accredited On Priority Watch	Does Not Meet	Meets	Approaching	Approaching	Does Not Meet
M/H	Denver School of the Arts	1,076	14.2%	21.7%	2.9%	2.3%	86.07%	Distinguished	Meets	Exceeds	Exceeds	Exceeds	Exceeds

Above: Scores for NE Denver elementary and middle schools. High school scores are included on the Front Porch website.

SPF – School Performance Framework; FRL – Free and Reduced Lunch; ELL – English Language Learner; SPED – Special Education

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Stapleton Front Porch



# Ethiopian Art Celebrates Culture and Supports Literacy

By Laurie Dunklee

Leah Oliver, a Park Hill mother of three, is dedicated to her children's education—and also to the education of children in Ethiopia.

Oliver is helping to coordinate "An Ethiopian Odyssey," a showing of work by four artists who traveled to Ethiopia in January. Sales of the paintings and photographs, as well as donations at the event, will benefit Ethiopia Reads, a nonprofit organization. Ethiopia Reads collaborates with Ethiopian communities to build schools and libraries, teach teachers and boost literacy. The event is Wednesday, Oct. 22 at the Blair-Caldwell African American Research Library, 2401 Welton St., from 5 to 7:30pm. Hors d'oeuvres and a cash bar will be available; the suggested donation is \$15.

Subtitled "a celebration of landscape, culture and art," the approximately 40 pieces by the traveling artists are the work of two Americans and two Ethiopians. Local Denver artists will also participate in the event.

One of the traveling artists was Elaine Tucci, a Lafayette, Colorado painter and photographer. "I was captured by the beauty of the people and the country," Tucci said. "We hear about the famines and the poverty but our intention was to show the beauty of the landscape and the culture."

"Traditions are woven into everyday life there. I did a painting of a woman in a lovely embroidered dress,

performing a coffee ceremony. Ethiopia is the birthplace of coffee. Small cups are passed from a big platter. It's special and communal."

The other three traveling artists were Stephanie Schlatter, a Michigan-based painter; and Ethiopian-born artists Hele Zeru and Aklilu Temesgen. Denver artists who will show their work are Greg Cradick, Denise Livingston, Mahlet Samuel, Melat Tariku and Yaphet Woubishet.

Oliver and her husband, Scott, adopted their two-year-old son, Beniyam, from Ethiopia. She said Denver's Ethiopian-American community is strong and supportive. "A wonderful part of our journey has been meeting other adoptive families. In Stapleton and Park Hill there are about 20 Ethiopian-American adoptive families and we get together several times a year for dinner. Our children range from very young to elementary-school age."

Ethiopia Reads, founded in 1998, has planted 65 libraries in Ethiopia, as well as eight schools and five more schools in the planning stages. The organization has served approximately 120,000 children. Mobile "horseback libraries" reach rural children with no access to schools. Ethiopia Reads'



Volunteers with Ethiopia Reads show some of the art that will be on display at the Blair-Caldwell African American Research Library this month, featuring an art auction on October 22. Back row: Leah Oliver, Jane Tobias. Front row: Tsilat Petros, Beniyam Oliver, Sidamo and Deirdre Bell.

programs are managed and run by Ethiopians who live and work in Addis Ababa and the regional capital of Awassa. The staff of Ethiopians receives training and mentoring in library science and teaching.



The need is great, with a literacy rate of 44.6 percent of youth and 42 percent of adults. Ethiopia Reads' mission is to provide youth and families with the tools to improve their lives.

Oliver, who is on the board of Ethiopia Reads, said the nonprofit is the perfect fit for her family.

"We are dedicated to honoring our son's Ethiopian heritage, and believe that supporting Ethiopia Reads is one way to do that," she said. "We love supporting an organization that promotes books and learning—something that we believe should be accessible to all children."

"An Ethiopian Odyssey" runs Oct. 1–31. After its Denver run, the show will open in Chicago and Seattle. For more information, see [www.ethiopia-reads.org](http://www.ethiopia-reads.org) and click on "events" where an online catalog of the artwork will be posted.

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# Meet the Kids

Oddball, endearing and quirky answers to life's questions

By Madeline Schroeder

If you wonder whether kids know more about the digital world than you, there is no debate. They do. A group of five sixth-graders from Denver Discovery were part of a discussion about social media and technology. At one point during the interview, the adults in the room could not register something about Twitter, and a student advised the others, "Pretend you're talking to a 5-year-old."

Eleven- and 12-year-olds are among the bubble of kids who have grown up with a digital life. Social media and technology are second nature. "It can kill your brain cells, but it's an important skill," Donovan Battle says.

The students agree having a phone is necessary for ages 10 and older. Hannah Vagi says her parents got her a phone specifically so she could experience a digital childhood.

Other students say their parents bought them a phone going into middle school to keep track of their busy schedules. Maggie Piturro's mom has an app that tracks Maggie's location.

Their instant access to information on phones and laptops is both good and bad, they say. "We have the World Wide Web at our fingertips," Maddox Friesen says. "But everything you put on social media is there forever."

"It makes all homework easier, and seriously homework is mental abuse," Ashley Rubio says. "Scientists say that it stresses kids out."

They are able to find answers to math problems online. Hannah Vagi only uses her phone to check her answers, but somehow her mom always seems to walk in while she's on her phone and assumes she's cheating. "I'm doing what I'm supposed to be doing. A lot of kids don't. I consider myself a good child."

"You can easily abuse the Internet," Piturro adds. "Some kids cheat on homework. But say you are checking your homework and find you have the wrong answer. Would you change it without doing the work?"

At school, phones must be turned off and stored in lockers. Soon they will have Chromebooks, or PC laptops. A couple of the students launch into a debate whether Google or Microsoft has touchscreen laptops. They return after a few minutes.

Besides checking homework, the group uses their phones for games and texting. But, the biggest use is Instagram. Even mentioning the word makes them all squawk at once. For the older readers, Instagram is a way to share photos and videos with friends. The app has filters to



Sixth-graders at Denver Discovery left to right: Donovan Battle, Ashley Rubio, Hannah Vagi, Maggie Piturro and Maddox Friesen.

## Sixth-graders Discuss Their Digital Lives

make photos capture a certain mood or look more professional.

"I Instagram Fall Out Boy, Taylor Swift and my selfies," Rubio says. She is a social media expert. At times, even other students in the group don't understand what she is saying.

She has had an Instagram account for almost a year and has 1,445 followers. Number of followers and likes do matter, she says. She tracks her number of ghost followers, or users who don't like or comment on any photos.

She explains a few tips about social media etiquette: Selfies (photos you take of yourself) are appropriate if it's taken in a significant place (Mount Rushmore, Leaning Tower of Pisa, with Taylor Swift, etc.). Selfies driving to the mall, at

the mall, and buying something at the mall are not OK.

Two is a good standard for hash tags. Her example: "In the library having an interview for the Front Porch #awesome #interview."

Facebook is apparently for older people. Except for one, all of the students don't have Facebook and are waiting to get an account.

All five of the students have to explain things about phones and social media to their parents. Usually parents get it. Piturro is her mom's resource for phone questions. "And that's why I think I should have the iPhone 6 and she should have the iPhone 5, but *no*," she says and laughs.

We welcome comments at [FrontPorchStapleton.com](http://FrontPorchStapleton.com)

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# Stapleton Celebrates New Green for Community Events



Ft. Collins band Good Gravy entertains a crowd of about 500.



Neighbors gather to eat, drink and talk during the concert.



L to R: Sydney Stephan, 4, and sister Hailey, 8, dance with friends.

The first ever community event in Stapleton's Conservatory Green was a concert and picnic on Sept. 13 featuring the band Good Gravy and attended by

about 500 people. Master Community Association Executive Director Keven Burnett and Program Director Diane Deeter remind residents that MCA events on both greens are for

all of Stapleton as well as for neighbors from surrounding communities. Deeter estimated that about a third of the attendees came from south of I-70.

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Compost Your Leaves at Free Drop Sites

WEEKENDS: SATURDAYS & SUNDAYS NOV. 1 - 16, 11 a.m. to 3 p.m.	WEEKDAYS: MONDAY - FRIDAY Oct. 1 - Nov. 30, 8 a.m. to 2 p.m.
<i>Dropping off leaves during other times is considered illegal dumping.</i>	<i>All leaves brought during the week must be in secured bags. Paper bags are preferred.</i>
<b>EAST:</b> Crammer Park 3rd Ave. & Clermont St.	<b>Cherry Creek Transfer Station</b> 7301 E. Jewell Ave. (Quebec St. & Cherry Creek Dr. South)
<b>NORTHEAST:</b> Smiley Middle School 26th Ave. & Holly St.	<b>Havana Nursery</b> 10450 Smith Rd. (Just south of I-70 on Havana St.)
<b>NORTH CENTRAL:</b> Argo Park 48th Ave. & Clark Pl.	<b>LeafDrop is for Denver residents only.</b> <b>Leaves should never be raked or blown into the street.</b>
<b>SOUTH CENTRAL:</b> South High School Louisiana Ave. & Franklin St.	<b>For more information call 720-865-6810 or visit <a href="http://DenverGov.org/DenverRecycles">DenverGov.org/DenverRecycles</a></b>
<b>SOUTHEAST:</b> Cherry Creek Transfer Station 7301 E. Jewell Ave. (Quebec St. & Cherry Creek Dr. South)	
<b>WEST:</b> Sloan's Lake Park 17th Ave. & Sheridan Blvd.	
<b>SOUTHWEST:</b> Kennedy High School Newland St. & Brown Pl.	

**BREAK THE PLASTIC BAG HABIT. CHOOSE PAPER BAGS INSTEAD!**



Unlike plastic bags, paper bags can be composted along with the leaves, saving time and energy. Starting October 1, 2014, Denver residents can pick up a FREE 5-pack of leaf & yard paper bags at participating Denver Ace Hardware stores with a coupon.

Visit [DenverGov.org/LeafDrop](http://DenverGov.org/LeafDrop) for a list of participating Ace Hardware stores and to print your free paper bag coupon.  
(No purchase necessary, while supplies last, limit one free pack per household. Additional bags can be purchased for about \$2.50 per 5-pack at any Ace Hardware Store.)



DENVER PUBLIC WORKS



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

View more events online or submit events at [FrontPorchStapleton.com](http://FrontPorchStapleton.com) > Events

SEASONAL/HOLIDAY EVENTS

**Through 10/31—Cottonwood Farms Pumpkin Patch and Fall Festival.** Farm animals, straw bale maze, 1½-acre corn maze, wagon rides and more. Open daily 10am-6pm. 75th and Arapahoe, Boulder. [www.cottonwoodfarms.com](http://www.cottonwoodfarms.com)

**Through 10/31—Rock Creek Farms Pumpkin Patch and Corn Maze.** U Pick-em pumpkin patch, straw bale maze, corn maze with 5 miles of paths, farm animals. 2005 S. 112th St, Broomfield. [www.rockcreekfarm.com](http://www.rockcreekfarm.com)

**Through 11/1—Botanic Gardens Corn Maze.** Denver Botanic Gardens Chatfield, 8500 W. Deer Creek Canyon Rd. [www.botanicgardens.org](http://www.botanicgardens.org)

**Through 11/1—Fritzler Corn Maze and Pumpkin Patch.** 7 miles south of Greeley on U.S. 85. [www.fritzlermaze.com](http://www.fritzlermaze.com)

**Through 11/1—Anderson Farms Fall Festival.** Corn maze, pumpkin patch, hayrides, barrel train and more. 6728 County Road 3 1/4 Erie. [www.andersonfarms.com](http://www.andersonfarms.com)

**Through 11/2—Heritage Square's Miners Maze Adventureland Boo Town.** 11am-7pm. All ages. 18301 W. Colfax Ave., Golden. [www.minersmazeadventureland.com](http://www.minersmazeadventureland.com)

**Through 11/15—Miller Farms Fall Harvest Festival.** Corn maze, petting zoo, tractor rides and more. 9040 Hwy 66, Platteville. 9-6pm daily. [www.millerfarms.net](http://www.millerfarms.net)

**10/1 to 10/31—Mazzotti Farms Corn Maze and Pumpkin Patch.** Weekends in Oct., 10am-6pm. Giant slide, petting zoo tipi, corn maze, 1 pumpkin per \$10/person admission. 303.536.4089. 24120 Weld County Road 8, Hudson. [www.mazzottifarms.com](http://www.mazzottifarms.com)

**10/1 to 10/31—Rocky Mountain Pumpkin Ranch Fall Festival.** Saturdays and Sundays through Oct. Hay bale maze, corn maze, petting zoo, pony rides. 9057 Ute Hwy/CO 66, Longmont. [www.Rockymtnpumpkinranch.com](http://www.Rockymtnpumpkinranch.com)

**10/1 to 11/1—Crazed Cornfield Maze and Colorado Pumpkin Patch.** Pumpkin patch, kids' activities. [www.crazedcornfieldmaze.com](http://www.crazedcornfieldmaze.com)

**10/4 to 10/5—Four Mile Historic Park Pumpkin Harvest Festival.** Old-time fall festival with pumpkin patch, horse-drawn wagon rides, cider, caramel apples, crafts and more. Admission free; charge for food/some

Oct. 4—Urban Farm FarmFest

On Sat., Oct. 4, from 10am to 6pm, The Urban Farm will host the 5th Annual FarmFest. Admission is \$1; activity and food tickets are \$1, or \$20 for 25 tickets. The day includes pony rides, face painting, carnival games, hayrides, goat feeding, and petting farm animals. Rudy and the Buffalo Riders, Briar Branch and Stapleton's own Porch Jam will perform. The Urban Farm and Denver Sheriff Mounted Posse will present. All proceeds go to The Urban Farm. Visit [theurbanfarm.org](http://theurbanfarm.org) or contact [info@theurbanfarm.com](mailto:info@theurbanfarm.com) or 303.307.9332 for details.

activities. 10am-4pm. 715 S. Forest St. [www.fourmilepark.org](http://www.fourmilepark.org)

**10/4 to 8/5—Cider Days.** Lakewood Heritage Center. 10am-5pm. \$4-\$7. [www.lakewood.org](http://www.lakewood.org)

**10/10 to 10/12—Denver Botanic Gardens Pumpkin Festival.** Live music, express face painting, pumpkin carving demos, giant Jenga games, pony ride, games, monster handcraft, photo op with live bull. Bring your own wagon. [www.botanicgardens.org](http://www.botanicgardens.org)

**10/11 Saturday—18th Annual Festival of Scarecrows.** 10am-2pm. Olde Town Arvada. Costume parade, pumpkin contests and more. Rain date 10/18. [www.arvada.org](http://www.arvada.org)

**10/11 to 10/12—Punkin Chunkin Colorado.** Pumpkin launching, family fun, food and bands. Arapahoe County Fairgrounds, 25690 Quincy, Aurora. [www.auroragov.org/events](http://www.auroragov.org/events)

**10/17 to 10/25—Victorian Horrors at Molly Brown House.** 6-8:45pm. Tours leave every 15 minutes. Suitable for ages 12 and up. [www.mollybrown.org](http://www.mollybrown.org)

**10/18 Saturday—Arapahoe County Fall Festival.** 10am-4pm. Free admission. 17 House Farm Park. [www.arapahoegove.com](http://www.arapahoegove.com)

**10/24 to 10/26—Trick or Treat Street at The**

**Children's Museum.** 9am-7:30pm. Trick or treat stations, Halloween activities/entertainment included in admission. [www.mychildsmuseum.org](http://www.mychildsmuseum.org)

**10/25 Saturday—Historic Halloween at History Colorado Center.** Trick or treat around the museum; meet famous Coloradans including Buffalo Bill and Molly Brown. Free with admission. [www.historycolorado.org](http://www.historycolorado.org)

**10/25 to 10/26—Boo at the Zoo.** Trick or treat stations, animal demonstrations, family-friendly entertainment. [www.denverzoo.org](http://www.denverzoo.org)

**10/25 to 10/26—Colorado Railroad Museum's Trick or Treat Train.** Rides and activities. 10am-4pm. Families \$30, single adult \$15, single child \$5. [www.coloradorailroad-museum.org](http://www.coloradorailroad-museum.org)

DENVER METRO EVENTS

**Through 10/4—Denver Beer Fest.** Tastings, tours, paired dinners and more. Multiple locations. [www.denverbeerfest.com](http://www.denverbeerfest.com)

**10/3 Friday—First Friday Art Walks.** Santa Fe Arts District, Tennyson Art Walk, River North (RiNo) Art District, Golden Triangle Museum, Navajo Street Art District. [www.denver.org/things-to-do/denver-arts-culture/denver-art-districts](http://www.denver.org/things-to-do/denver-arts-culture/denver-art-districts)

**10/3 Friday—Golden Street Fair.** Historic Downtown



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## Oct. 26—Free Parenting Workshop Behavior & Discipline, Part I

Stapleton residents Dr. Alison Auster and Lauren Ross offer free workshops on parenting. The second workshop is 4-5pm on Oct. 26, in the Sam Gary Branch Library (2961 Roslyn) meeting room and will discuss behavior and discipline approaches in the early childhood years (babies, toddlers & preschoolers), as discussed in the following books: Love & Logic Magic for Early Childhood by Jim Fay, Playful Parenting by Lawrence Cohen, and 1-2-3 Magic by Thomas Phelan. All parents are welcome. Participants are not required to read the books before attending any of the workshops. RSVP is not necessary.

Golden, Washington Ave. Entertainment, beer garden, free horse-drawn carriage rides and more. [www.visitgolden.com](http://www.visitgolden.com)

**10/3 to 11/30—Chihuly Nights.** 5:30-8pm. Denver Botanic Gardens. Chihuly sculptures illuminated at night. Members \$10; nonmembers \$15. Tickets available only online. [www.botanicgardens.org](http://www.botanicgardens.org)

**10/4 Saturday—FREE Learn to Compost Classes.** Offered by Denver Recycles. Repeats 10/11. Registration required: 303.292.9900. [www.dug.org/compost](http://www.dug.org/compost)

**10/5 Sunday—12th Annual Balistreri Vineyards Harvest Party.** Balistreri Vineyards, 1946 E 66th Ave. 12-6pm. Children's grape stomping, 2pm. Tickets \$65 in advance. [www.balistrerivineyards.com](http://www.balistrerivineyards.com)

**10/11 Saturday—Cockpit Demo Day.** Free with admission. Wings Over the Rockies Museum, Lowry. 10am-2pm. [www.wingsmuseum.org](http://www.wingsmuseum.org)

**10/11 to 10/12—Denver PalletFest.** Colorado's first major upcycle festival taking waste products (glass, metal, wood pallets, etc.) to create objects of greater value. Denver Sculpture Park, Speer and Champa. Music, fashion show, art and more. [www.palletfest.org](http://www.palletfest.org)

**10/16 Thursday—Mi Casa Path to Prosperity Breakfast.** 8:30-9:45am. Mi Casa Resource Center celebration of success in empowering Denverites to achieve academic, professional, entrepreneurial potential. Free. RSVP: [jhaines@micasaresourcecenter.org](mailto:jhaines@micasaresourcecenter.org). [www.micasaresourcecenter.org](http://www.micasaresourcecenter.org)

**10/17 to 10/25—Ghosts in the Garden.** Weekends only. Evening walking tour of Denver. [www.botanicgardens.com](http://www.botanicgardens.com)

**10/18 Saturday—Denver Zombie Crawl.** 2pm. Skyline Park. FREE. All ages. Bring nonperishable food item for Food Bank of Rockies. [www.eyehartbrains.com](http://www.eyehartbrains.com)

**10/25 Saturday—Colorado Symphony "Dancing and Romancing: The Golden Age of Hollywood."** \$22-\$84. [www.coloradosymphony.org](http://www.coloradosymphony.org)

**10/25 Saturday—Ghosties and Goodies Tea.** At Molly Brown House. Sittings 1pm and 3pm. Suitable for ages 12 and up. [jwilms@mollybrown.org](mailto:jwilms@mollybrown.org) or 303.832.4092x17. [www.mollybrown.org](http://www.mollybrown.org)

**10/25 to 10/26—Westernaires Annual Horsecapades Show.** Professional performance of largest precision drill team in world. National Western Complex. Tickets at door or from Westernaires members. [www.westernaires.org](http://www.westernaires.org)

**10/26 Sunday—Colorado Symphony Halloween Spooktacular.** \$13-\$25. [www.coloradosymphony.org](http://www.coloradosymphony.org)

**11/1 Saturday—Dia de Los Muertos (Day of the Dead) Celebration.** Mexican celebration to remember loved ones who have passed. Traditional Aztec dancing, crafts, face painting (\$5) and more. 9am-3pm. Free with admission. Denver Botanic Gardens. [www.botanicgardens.org](http://www.botanicgardens.org)

## HEALTH AND WELLNESS

**10/12 Sunday—Corner Store Country Run.** Cowboy/girl attire encouraged; free family-friendly country fair with live music, food, refreshments, carnival games and giveaways. Benefits Big Brothers Big Sisters, other funds and children's charities in Denver area. Free for kids 8 and under. [www.cornerstorerun.com](http://www.cornerstorerun.com)

**10/16 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.

**10/17 Friday—Scream Scram 5K.** Benefits Boys and Girls Clubs of Denver. Washington Park. 6pm. Prizes for best costumes, Trick or Treat Street, 100-meter dash for kids. [www.bgcmd.org/events/scream-scam](http://www.bgcmd.org/events/scream-scam)

**10/19 Sunday—Denver Rock 'n' Roll Marathon.** Marathon, Half, 2 person relay, 10K and 5K, Sunday 10/19; Health and Fitness Expo Fri 10/17 and Sat 10/18. [www.runrocknroll.competitor.com/denver](http://www.runrocknroll.competitor.com/denver)

**11/2 Sunday—11th Annual Denver Gorilla Run.** 11am. City Park. [www.denvergorillarun.com](http://www.denvergorillarun.com)



## October 18—Refuge Day

Brendan Burke grabs a quick photo of his son McCoy, 12, and the fish he just caught at Lake Mary at the Rocky Mountain Arsenal National Wildlife Refuge. Visitors can do catch-and-release fishing with barbless hooks.

On Oct. 18, the National Wildlife Refuge will host Refuge Day at the visitor center from 10am to 3pm. Activities include: wildlife activity booths, wildlife tours, arts & crafts, live raptors (Birds of Prey Foundation), live animals (Denver Zoo), and bison chip toss. Visit [http://www.fws.gov/refuge/rocky\\_mountain\\_arsenal/](http://www.fws.gov/refuge/rocky_mountain_arsenal/)


## KIDS AND FAMILIES

**10/2 to 10/5—Ringling Brothers and Barnum and Bailey Circus-Legends.** Pepsi Center. Repeats 10/9-10/13, Denver Coliseum. [www.ringling.com](http://www.ringling.com)

**10/3 Friday—Bluff Lake Buds.** 10-11am. For kids ages 2-5 accompanied by adult. \$5/child if advance registered; adults free. Bluff Lake Nature Center, 3400 Havana Way. [keith@blufflake.org](mailto:keith@blufflake.org) to register. [www.blufflake.org](http://www.blufflake.org)

(continued on p. 30)

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(continued from p. 29)

**10/4 to 10/5—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](http://www.forneymuseum.org)

**10/5 Sunday—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](http://www.homedepot.com)

**10/7 to 10/28—Tuesdays in October 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](mailto:education@fourmilepark.org). [www.fourmilepark.org](http://www.fourmilepark.org)

**10/11 Saturday—Four Mile Historic Park Hay Bales and Tall Tales.** 12-1pm. Free with admission. 715 S. Forest St. [www.fourmilepark.org](http://www.fourmilepark.org)

**10/11 Saturday—Inside the Orchestra Tiny Tots Concert.** McNichols Building, downtown Denver. Repeats 10/13 Temple Emanuel, 10/28 Commerce City Rec Center. Performances 9:30am and 10:45am. Tickets \$9.95. [www.insidetheorchestra.com](http://www.insidetheorchestra.com)

**10/11 to 10/25—Lowe's Build and Grow Kids Clinics.** Bring kids to

**Oct. 11—Seminar: Alternative Halloween treats that kids will love**

Learn about and sample alternative Halloween treats at an Oct. 11 seminar hosted by the NE Denver Co-op. Free to co-op members. \$10 for non-members. 3:30-4:30pm at Sam Gary Branch Library.

Lowe's stores to build FREE wood project: Monthly, 2nd and 4th Saturdays. Free apron, goggles, project-themed patch, merit certificate on completion. 10am. [www.lowesbuildandgrow.com](http://www.lowesbuildandgrow.com)

**10/17 Friday—Nature at Night.** 7:45-8:45pm. Explore nature after sun goes down. Morrison Nature Center, 16002 E. Smith Rd., Aurora. [www.auroragov.org/nature](http://www.auroragov.org/nature)

LECTURES AND CLASSES

**10/6 Monday—League of Women Voters Ballot Issue Discussion.** Discussion/overview of the 4 state issues and 1 Denver issue (continuing Denver Preschool Program). 5:30pm. Montview Presbyterian Church, 1980 Dahlia. [info@lwvdenver.org](mailto:info@lwvdenver.org). [www.lwvdenver.org](http://www.lwvdenver.org)

**10/7 Tuesday—Active Minds (Free)—Salem Witches.** 10:15-11:15am. Jewish Community Center, 350 S Dahlia St. 303.316.6359. [www.ActiveMinds.com](http://www.ActiveMinds.com)

**10/9 Thursday—Active Minds (Free)—Indonesia: A Functional Islamic Democracy.** 6:45-7:45pm. Sam Gary Library, 2961 Roslyn St. 720.865.0325. [www.ActiveMinds.com](http://www.ActiveMinds.com)

**10/20 Monday—Active Minds (Free)—The Civil Rights Act.** 5-6pm.

Tattered Cover, 2526 E. Colfax. 303.322.7727 [www.ActiveMinds.com](http://www.ActiveMinds.com)

**10/20 Monday—League of Women Voters-Money in Politics.** A look at history/present situation of campaign finance in U.S. 5:30 pm. Montview Presbyterian Church, 1980 Dahlia. [info@lwvdenver.org](mailto:info@lwvdenver.org). [www.lwvdenver.org](http://www.lwvdenver.org)

**10/22 Wednesday—Active Minds (Free)—Colorado Ballot Issues.** 6:30-7:30pm. Schlessman Library, 100 Poplar St. [www.ActiveMinds.com](http://www.ActiveMinds.com)

**10/23 Thursday—Active Minds (Free)—Colorado Ghost Stories.** 6:45-7:45pm. Sam Gary Library, 2961 Roslyn St. 720.865.0325. [www.ActiveMinds.com](http://www.ActiveMinds.com)

**10/28 Tuesday—Lowry Speaker Series.** Fairmount Cemetery: History and Heritage. 7-8:30pm. Eisenhower Chapel, 293 Roslyn St. Free. Questions: [khouse@jherzog.com](mailto:khouse@jherzog.com).

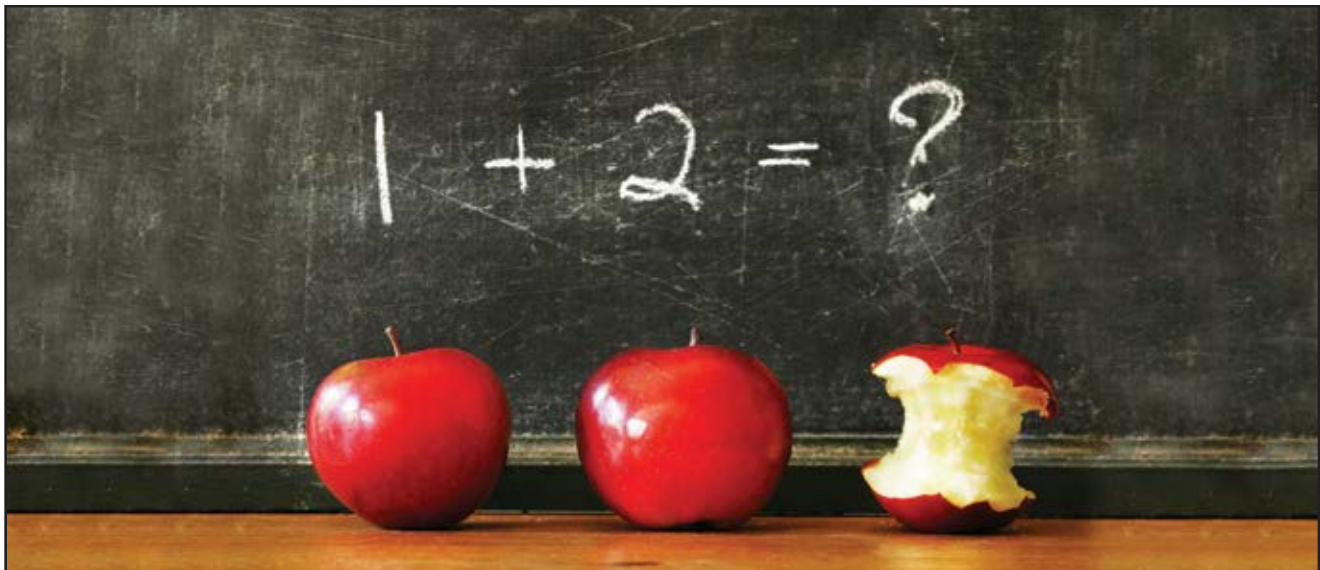
**Through October—Power of Preschool Photography Exhibit**

During October the Sam Gary Branch Library offers a glimpse into the life of a preschool child through the lens of five local, award-winning photographers. Sam Gary, 2961 Roslyn. For more information about the Denver Preschool Program, visit [dpp.org](http://dpp.org).

MUSEUMS

**10/12 to 2/8—Matisse and Friends.** Denver Art Museum. 14 paintings from Washington's National Gallery. Exhibit included in general admission. [www.denverartmuseum.org](http://www.denverartmuseum.org)

**10/23 Thursday—Little Lights at the Denver Museum of Miniatures, Dolls and Toys.** Tour the museum after dark by just little lights of the dollhouses and displays. 4-8pm. Check website for workshops/happenings. 1880 Gaylord



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MUSEUMS—DENVER MUSEUM OF NATURE & SCIENCE

**Through 12/11—IMAX Movies.** D-Day Normandy 1944 3D, Pandas: The Journey Home 3D, Island of Lemurs: Madagascar 3D. Various times. Tickets: \$8/3-18; \$10/adult. [www.dmns.org/imax/current-films](http://www.dmns.org/imax/current-films)

**10/16 Thursday—Science Lounge.** Cocktails/entertainment every 3rd Thurs. of month. 6:30-9:30pm. \$8/members; \$10/nonmembers. [www.dmns.org](http://www.dmns.org)

MUSEUMS—FREE DAYS

**10/3 Friday—Four Mile Historic Park.** SCFD free day. [www.fourmilepark.org](http://www.fourmilepark.org)

**10/4 Saturday- Denver Art Museum.** SCFD free day; repeats 11/1. [www.denverartmuseum.org](http://www.denverartmuseum.org)

**10/7 Tuesday- Children's Museum.** Target Tuesday free day 4-6pm. [www.mychildsmuseum.org](http://www.mychildsmuseum.org)

**10/11 Saturday- Firefighters Museum.** SCFD free Day. [www.denverfirefightersmuseum.org](http://www.denverfirefightersmuseum.org)

**10/27 Monday- Denver Museum of Nature & Science.** SCFD free day. [www.dmns.org](http://www.dmns.org)

**10/31 Friday- Clyfford Still Museum.** SCFD free day. [www.clyffordstillmuseum.org](http://www.clyffordstillmuseum.org)

NORTHEAST DENVER/AURORA EVENTS

**10/4 Saturday—Rock the Food Co-op Fall Festival.** Stapleton South Green, 7601 E 29th Ave. 3-8pm. 720.989.1065, [thomas@northeastco-op.org](mailto:thomas@northeastco-op.org) [http://bit.ly/NCCM\\_RtC](http://bit.ly/NCCM_RtC), <http://www.northeastco-op.org>

**Oct. 4—ROCK the Food co-op fall festival**  
Kick off National Co-op Month for NE Community Co-op Market, a community-owned natural grocer under development in Aurora/Stapleton to offer locally sourced natural/organic foods. Live music, food, art, games, speakers and cooperation. Stapleton South Green, 7601 E 29th Ave. 3-8pm. 720.989.1065, [thomas@northeastco-op.org](mailto:thomas@northeastco-op.org) [http://bit.ly/NCCM\\_RtC](http://bit.ly/NCCM_RtC), <http://www.northeastco-op.org>

**10/4 Saturday—5th Annual FarmFest at The Urban Farm.** 10am-6pm. Pony rides, face painting, carnival games, hay rides, farm animals, live music and more. Tickets \$1/each or 25/\$20. BBQ, food, beer and drinks available. [www.theurbanfarm.org](http://www.theurbanfarm.org)

**10/5 Sunday—Bill Roberts Fun Run.** Gather anyone willing to walk, run, skip or crawl across finish line in name of FUNdraising for Bill Roberts. Prizes for costumes, creativity and courage. 5K 9am and 1 mile 10am. Register: [ticketbud.com](http://ticketbud.com). Questions: Cheryl Richardson, 303.880.8116, [stapletonmom@gmail.com](mailto:stapletonmom@gmail.com).

**10/7 Tuesday—St. Elizabeth's K-8 Episcopal School Open Houses.** Repeats 10/21 and 11/4. 2350 Gaylord St. Lower School - 9am-1pm (drop-in basis), Middle School 6:30-8pm. Free. 303.322.4209 or email [admissions@sesden.org](mailto:admissions@sesden.org) to RSVP. [www.stelizabethsdenver.org](http://www.stelizabethsdenver.org)

**10/17 Friday—Temple Micah's Simchat Torah Rocks with the Jam Band.** Musical celebration of

completion/starting over of yearly cycle of reading this sacred text. 7pm. Unroll whole scroll and see Hebrew up close. Temple Micah, 5209 Montview Blvd. [www.micahdenver.org](http://www.micahdenver.org)

**10/17 to 10/19—The Art Garage 2nd Annual Park Hill Open Studio Tour.** Self-guided, free tour of local artists' studios in Park Hill. Get map and refreshments at the Art Garage. 5-8pm Fri.; 10am-6pm Sat.; 10am-6pm and Sun. 10am-5pm. Info: Patricia Barr Clarke, 303.377.5413 or The Art Garage, 303.377.2353; [www.artgaragedenver.com](http://www.artgaragedenver.com)

**10/18 to 10/19—Annual Fall Festival, City Floral Garden Center.** Pumpkins, scavenger hunt, straw maze and get-up-close barnyard animals, games. Kids encouraged to wear Halloween costumes. 1440 Kearney St., 303.399.1177 [www.cityfloralgreenhouse.com](http://www.cityfloralgreenhouse.com)

**10/18 Saturday—19th Annual Aurora Fall Fest.** 11am-4pm. Fletcher Square, Old Town Aurora. 9898 E. Colfax Ave. Autumn-themed entertainment: sack races, hula hooping, ring toss, pumpkin bowling, make own mask. Live music and dancing performances. [www.auroragov.org](http://www.auroragov.org)

**10/18 Saturday—1st Annual Harvest at the Hangar Chili Cook-off & Pie Bake-off.** Join Isabella Bird Community School and Stanley for Chili Cook-off & Pie Bake-off at Stanley from 4-8pm. Submit a bowl of chili or a pie into the contest; Live music, adult beverages, contests, face painting and more. Visit <https://harvestatthehangar.eventbrite.com> for costs.

**10/18 Saturday—Bladium Kids Fest.** 12-3pm. Food and drinks, jumpy castle, face painting, Lil' Kickers demo, community vendors and prizes. Bladium Sports & Fitness Club. 2400 Central Park Blvd. [www.bladium.com](http://www.bladium.com)

**10/25 Saturday—Lowry School Expo and Trick or Treat Street.** 3-6pm. Kids' activities, horse and carriage rides, mini train, with information from schools in/around Lowry. [www.lowrydenver.com](http://www.lowrydenver.com)

**10/26 Sunday—Hauntings at the Hangar.** Halloween festivities at Wings Over the Rockies Museum. 12-4pm. Free with museum admission. [www.wingsmuseum.org](http://www.wingsmuseum.org)

**10/26 Sunday—Morrison Nature Center Trick or Treat Nature Trail.** 1-4pm. 16002 E. Smith Rd. [www.auroragov.org/nature](http://www.auroragov.org/nature)

**10/30 Thursday—Trick or Treat Trail at Bluff Lake Nature Center.** 4-6pm. Costumes encouraged; not required. \$2/person. [jlamontagne@blufflake.org](mailto:jlamontagne@blufflake.org). [www.blufflake.org](http://www.blufflake.org).

NORTHFIELD EVENTS

**10/3 Friday—Harkins Theatres 18 New Release.** Annabelle; Gone Girl; The Good Lie; The Good Marriage; Left Behind; Pride; The Liberator. [www.harkinstheatres.com](http://www.harkinstheatres.com)

**10/10 Friday—Harkins Theatres 18 New Release.** Addicted; Alexander and the Terrible, Horrible, No Good, Very Bad Day; Dracula Untold; The Judge. [www.harkinstheatres.com](http://www.harkinstheatres.com)

**10/17 Friday—Harkins Theatres 18 New Release.** The Best of Me; The Book of Life; Fury; Kill the Messenger. [www.harkinstheatres.com](http://www.harkinstheatres.com)

**10/24 Friday—Harkins Theatres 18 New Release.** Before I Go to Sleep; Horns; Nightcrawler. [www.harkinstheatres.com](http://www.harkinstheatres.com)

THEATRE

**Through 10/5—Once on This Island.** Aurora Fox Arts Center, 9900 E. Colfax Ave., Aurora. [www.aurorafoxartscenter.org](http://www.aurorafoxartscenter.org)

**Through 10/26—The Unsinkable Molly Brown.** Stage Theatre, Denver Center for the Performing Arts. 303.893.4100, [www.denvercenter.org](http://www.denvercenter.org)

**Through 11/2—I Do! I Do! I Do!** Vintage Theatre. 1468 Dayton St., Aurora Cultural Arts District. [www.vintage-theatre.org](http://www.vintage-theatre.org)

**10/3 to 11/8—Harold and Maude.** Vintage Theatre. 1468 Dayton St., Aurora Cultural Arts District.

**10/10 to 11/8—The Outgoing Tide.** John Hand Theater, 7653 E. 1st Place in Lowry. [www.firehousetheatercompany.com](http://www.firehousetheatercompany.com)

**10/16 to 10/26—Vox Phamalia.** Presented by Phamaly Theatre Company. Avenue Theatre, 417 E. 17th Ave. [www.avenue-theater.com](http://www.avenue-theater.com)

**Through Jan. 4, 2015—RACE: Are we so different?**  
Sept. 20 through Jan. 4, the History Colorado Center will present the exhibit, RACE: Are we so different? RACE is the first national exhibit to tell stories of race from biological, cultural and historical points of view. <http://historycoloradocenter.org/exhibits/race/>

**10/19 Sunday—Stories on Stage presents Brush Up Your Shakespeare.** Modern tales suggested by works of Shakespeare plus The Tragedy of Hamlet performed in 15 minutes! 1:30pm & 6:30pm, Su Teatro Cultural and Performing Arts Center, 721 Santa Fe Dr. Tickets: \$15-\$28. [www.storiesonstage.org](http://www.storiesonstage.org), 303.494.0523, <http://www.storiesonstage.org>

**10/19 Sunday—Family Day at The Unsinkable Molly Brown.** Kids' activities before the show. [www.denvercenter.org](http://www.denvercenter.org)

**10/24 Friday—Stories on Stage presents Zombies R Us.** Before Halloween, experience Zombie Literature with performances of horrifying/hilarious tales of the living dead. 8pm. Mercury Café, 2199 California St. \$15; Group: 5/\$50. Will have attendance list for the event, not tickets. Come in costume. Appropriate for ages 10 and up. <http://www.storiesonstage.org>

**10/31 to 11/2—Dracula.** Presented by Colorado Ballet. Ellie Caulkins Opera House. [www.coloradoballet.org](http://www.coloradoballet.org)

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# New Nonprofit Offers Resources for Women Going Through Divorce

By Courtney Drake-McDonough

Nobody gets married planning to get divorced. Yet half of all marriages end that way. Despite being commonplace, divorce is a new experience for every person who goes through it. Because so many aspects of divorce took them by surprise, four local women formed a nonprofit organization, Blue Iris Divorce Resources for Women, to help women through the various stages and issues of divorce by providing support and practical information.

When Audrey Morrison went through her divorce while living in Chicago, she heard about an organization that helped guide women through the financial, physical and emotional aspects of divorce. She found it very helpful. When she and her three children moved to Stapleton 3 years ago, she began meeting other divorced women. At a book club, Morrison met Janis Carey and Stephanie Williams who live in Stapleton and Kaitlin Clark, who lives in Park Hill and told them about the Chicago organization. The women, who were at various stages of the divorce process and had seven children between them, agreed there was a need for a similar program in Denver.

That initial conversation last February progressed to the formation of a Colorado nonprofit. To identify the most relevant topics, focus groups were held, asking women what they wish they'd known when going through their divorce.

Blue Iris's events are only open to women. However, information provided on the website is intended to be a resource for men and women. "We're not anti-men at all, we just want the atmosphere to feel safe for women," explains Morrison. They feel a similar organization would be helpful to men.

The name Blue Iris is based on creating a feeling of peace and hope. "Nobody is going to say divorce isn't hard, but there is hope on the other side and there's light," explains Morrison. "We wanted to convey the feeling that even though it's difficult, you will get through it and it's not all negative." Although started by women who live in Stapleton and Park Hill, the intention is to reach out to women throughout the Denver metro area. "We feel very

lucky that we met each other and can support each other, but we know there are other women out there in that 'alone' stage."

Morrison remembers feeling that isolation when she lived in Chicago and didn't know anyone else who was divorced. "It's such a difficult time because, usually when you're married, your friends are married and you might not know anyone who is divorced. You feel alone and afraid and you aren't sure how to proceed."

Blue Iris's first quarterly event, "Divorce 101" on Nov. 1, will be an overview of things to be considered in the course of a divorce. Additional workshops throughout the year will cover specialized topics including "Should I Stay or Should I Go?"; issues on co-parenting and taking care of yourself; refinancing or getting a new home; qualifying for a mortgage and managing finances. There will also be therapists to talk about coping mechanisms for the women and their children. And, there will be other women who are going through similar experiences. "Hearing other people's stories helps you realize you can get through it, taking it one step at a time and one issue at a time," says Clark. "We don't want it to be 'let's sit around complaining about our ex-husbands' or how hard it is," says Carey. "We really want Blue Iris to be empowering and positive."

The Blue Iris founders shared some of the aspects of divorce that took them by surprise:

"I've realized you still have quite a relationship with your ex, even after you get a divorce," says Williams. "At some point, I reframed my thinking from 'we're going to live separate lives' to 'we're



To help women through the different aspects of divorce, a group of Stapleton women started a nonprofit called Blue Iris. Left to right Janis Carey, Stephanie Williams, Kaitlin Clark and Audrey Morrison.

just going to have a different kind of relationship.' It really helped me when I realized that." She adds, "In some ways, I talk to my ex-husband now more than before because we're coordinating a lot of stuff that I mostly just took care of before."

Carey found there can be a big difference between what is on paper in a settlement agreement and what actually transpires in practice after the divorce. "For example, you may say you are going to split the kids' expenses 50/50. But when you get into living life as a co-parent, you're questioning which expenses are necessary and which are not."

When Morrison was beginning her divorce journey, she was especially worried about her young children. But someone told her that divorce for kids becomes "their story and can help them become who they need to be in the world," she recounts, adding that the experience might manifest itself in becoming more organized because of having to go back and forth between their parents' homes. "Good can come of it and they can grow from that. It's not something we're doing to them; it's making them who they are going to be as adults."

For Clark, it was the transition from having a life built with a partner to being on her own that surprised her. "Seeing ways I needed to grow was

nerve-racking but it was empowering. For each new thing I found I was capable of, I grew more and more empowered and know my value and my worth so much more than I ever could have."

The Blue Iris Divorce Resources for Women website is [www.theblueiris.org](http://www.theblueiris.org). It is a Colorado nonprofit organization with pending 501(c)(3) status.

### November 1—Divorce 101

From 1-4pm on Nov. 1, Blue Iris Divorce Resources for Women hosts "Divorce 101" at Montview Presbyterian Church, 1980 Dahlia St.

A half-day overview of the divorce process in Colorado with panel discussions by professionals on the legal, financial, family and emotional aspects of divorce; personal stories told by women who have gone through a divorce; and breakout sessions for networking with the divorce professionals and women in attendance. \$55 with scholarships available. Register at [www.blueiris.org](http://www.blueiris.org)

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# RTD Shares Progress on East Line

## Project is on time and on budget



Brian Donohue (far right), an engineer with DTP, answers questions at the open house. A rendering of the interior of a commuter rail car is at left.

By Carol Roberts

RTD and Denver Transit Partners (DTP) staff hosted an open house on Sept. 13 at Swigert School to show progress on the East Line. The project is on time and on budget.

Kevin Flynn, Public Information Officer for the Eagle P3 Project, explains that the public private partnership (hence P3) is being built under a fixed price contract for \$1.03 billion dollars. "The risk has been transferred to them. If they have to redesign something or add something, they have to absorb that into what we've agreed to pay them. They absorb cost



Central Park Station (above) looks just like station renderings (left) that were shown before construction started.

The Eagle P3 Project lines are all expected to open in 2016, one at a time, with the East Rail opening first.

Central Park Station in Stapleton was the first station to get the canopies built (shown above), which went up in September. Mortenson, which built the infrastructure, has also been selected to build the Park-n-Ride.

Line to Westminster, and the Commuter Rail Maintenance Facility. Official progress reports are for the entire project, but the East Rail Line's progress is thought to be slightly higher than that figure.

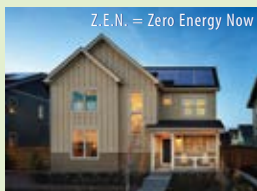
The first trains will be arriving in November and the public will have an opportunity to tour a train at Union Station. The first test trains are expected to start on the East Line in May 2015. Engineer Brian Donahue explained that testing of the system will be a very gradual process, with each component tested individually over a period of time before trains actually start to run. Electrical systems will be turned on one by one and tested; the gates at the grade crossings will be individually tested to be sure the public will be fully aware when trains are approaching; finally when the components have been tested, the trains will run and gradually be increased to their maximum speed of 79 mph. At that point, operator training can begin.

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## Cast Your Ballot Nov. 4

### CANDIDATES

#### U.S. Senate

Mark Udall – D  
Cory Gardner – R

#### U.S. House District 1

Diana DeGette – D  
Martin Walsh – R

#### Governor

John Hickenlooper – D  
Bob Beauprez – R

#### Secretary of State

Joe Neguse – D  
Wayne Williams – R

#### Treasurer

Betsy Markey – D  
Walker Stapleton – R

#### Attorney General

Don Quick – D  
Cynthia Coffman – R

#### State Board of Education

Valentina Flores – D

#### State Representatives District 6

(Lowry, Mayfair, Montclair & E. Montclair)  
Lois Court – D

#### District 7

(Stapleton and Park Hill east of Monaco)  
Angela Williams – D  
Jason DeBerry – R

### State Representatives

#### District 8

(Park Hill, E. Colfax, a small area of Stapleton, and part of Hale)  
Beth McCann – D  
Jeffrey Washington – R

### RTD District Director

#### RTD District A

(South of Colfax, not on this ballot)  
Bill James incumbent

#### RTD District B

(North of Colfax (Stapleton to Colo Blvd to north of I-70, south to Colfax)  
Barbara Deadwyler incumbent,  
Alec Garbini – John F. Esquibel

### CONSTITUTIONAL INITIATIVES

#### Amendment 67:

##### Definition of Person and Child

An initiated amendment to Article XVIII of the Colorado Constitution that would add “unborn human being” to the definitions of “person” and “child” in the Colorado Criminal Code and Colorado wrongful death statutes.

#### Amendment 68:

##### Horse Racetrack Casino Gambling

An initiated amendment adding a new section to Article XVIII of the Colorado Constitution to create a new K-12 Education Fund to receive revenues from expanded limited gaming at horse racetracks.

### STATUTORY INITIATIVES

#### Proposition 104:

##### School Board Open Meetings

An initiated amendment to the Colorado Revised Statutes to require school boards to negotiate collective bargaining agreements in public meetings.

#### Proposition 105:

##### Mandatory Labeling of Genetically Modified Food

An initiated amendment adding provisions to section 401 of Article 5 of Title 25 of the Colorado Revised Statutes commonly known as the “Colorado Food and Drug Act” requiring the labeling of genetically modified foods.

### DENVER TAX QUESTION

#### Extend and raise tax to fund preschool:

An existing Denver tax that provides tuition scholarships to four-year-olds would be extended until 2026. The sales tax, currently 12¢ per hundred dollars would be raised to 15¢ for every \$100 spent in Denver on taxable items.

### ELECTION INFORMATION

Visit [FrontPorchStapleton.com](http://FrontPorchStapleton.com) for candidate information and ballot issue pros and cons by the League of Women Voters.

**MAILED BALLOTS:** Denver (and other counties) will mail out ballots the week of Oct. 14. In-person voter service and polling centers begin opening Oct. 20.

**VOTER REGISTRATION:** Go to [www.govotecolorado.com](http://www.govotecolorado.com) or use the Denver Votes app for iPhone or Android to register or check the status of your registration. Register online by Monday, October 27 or in person by election day. Mailed applications must be received by Oct. 14.

### Eastbridge

(continued from p. 1) store would be located in the Eastbridge neighborhood of Stapleton at MLK and Havana. Community members said the plans are not like the urban town center renderings they were shown when they bought their homes, and they believe they do not follow the principles laid out in the Stapleton Development Plan (the Green Book) for urban town centers.

The biggest issues raised were: the parking lot is too big and people think it looks like a suburban big box store; there was strong opposition to a gas station in a residential area; and safe pedestrian access is a concern given the speed of traffic on MLK.

Forest City clarified the status of the development: they have signed a contract to sell the west retail portion and plaza to Evergreen Development and they have a letter of intent from King Soopers (but no signed contract at this time). King Soopers said they are choosing to build at Eastbridge—they did not exercise their right of refusal since no other grocer made an offer.

#### Stapleton Design Review

The plans presented at the Sept. 9 meeting were not final and no final plan has been submitted to the Stapleton Design Review Committee (SDRC), which has authority to approve architectural plans for all development at Stapleton “balancing the many (Design Review) Criteria to best fit each site, project and context,” according to a September 4 letter from Mark Johnson, head of the Design Review Committee. The letter also states, “The city focuses on zoning matters, rules and regs.”

ZAP is a parallel process to Design Review. They meet monthly to hear from developers about new projects coming to Stapleton. Their role is strictly advisory and their only power is

“polite persuasion,” says Chair David Netz, as they point out concerns or make suggestions. He calls it an urban planning review in the context of the Green Book and Denver zoning. ZAP sends their comments to the Citizens Advisory Board, which provides citizen input to the Stapleton Development Corporation and to Forest City. At the September 9 meeting no ZAP committee members



The most recent landscape rendering for the entire site is posted with this article at [FrontPorchStapleton.com](http://FrontPorchStapleton.com). A row of trees and a sidewalk give the appearance of separating the retail and the grocery parking, but the two parking areas are connected and shared. Plans are still being worked on.

spoke—the community members’ concerns filled the allotted time. Netz says future ZAP meetings will stick to protocol, with committee members reviewing projects and public comment in the time left at the end of the meeting—and that will be the format when the final King Soopers plans are submitted.

#### Changes to the King Soopers Plan

According to Joel Starbuck King Soopers made the walkway across the front wider than normal as a buffer to cars and more pedestrian friendly. They created an outdoor seating area that adjoins an indoor seating area, with coffee and a deli nearby. They placed trees along a north-south walkway near where Geneva Court would have been. The most recent landscaping concept is posted with this article on the Front Porch website. (The rendering shown at the Sept. 9 meeting is posted with that

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prior online article). King Soopers says the store needs to be 55,000 square feet to have the requested amenities such as prepared food, organic food and a cheese bar.

According to Tyler Carlson from Evergreen Development, plaza area is about the same size as the fountain area plaza in the East 29<sup>th</sup> Ave. Town Center (1/2 acre). The retail is designed so the two buildings back up to the street and open to the plaza between the buildings. He expects about eight tenants in 22-23,000 square feet of retail and hopes for four restaurants.



existence of the SDRC.” Carlson pointed out that he is actually concerned that his development is going to be underparked, since restaurants usually have 10 spaces per thousand square feet and he has about half that much—and that he would have a parking problem without the shared space with King Soopers. He cited a Westword article saying the three worst places in Denver are the Trader Joe’s, Whole Foods and Sprouts parking lots because they’re all underparked.

Forest City’s Jim Chrisman said they had removed 30 feet of parking. They put 20 feet in front of the store and 10 feet in the back of the store to make both places more pedestrian friendly.

The current plan has 227 parking spaces for King Soopers and 114 for the retail.

But many of the attendees felt those changes weren’t enough. “What we object to is you’re trying to build a box store with a giant parking lot in what is supposed to be zoned as a town center.”

**The gas station**  
The plan for the gas station east of the grocery store has seven fuel pumps to accommodate 14 vehicles. SUN board member Amanda Allshouse said, to a round of applause, “I firmly believe it’s not in the best interest of the community to have a gas station.” She cited statistics from the recent SUN survey of 1,500 residents that 48% do not want a gas station, 24% have no preference, and 28% are in favor of a gas station. Allshouse spoke at Denver’s Environmental Health Board meeting in September about the danger of benzene fumes in residential areas. She recommended that gas stations be at least 100 meters from residences. Allshouse is researching regulations in other states or municipalities and will speak to the board again in November.

At the community meeting, Starbuck commented, “Fuel centers have come a long way.” But when asked about living next to one, he said, “Do I want one across from my house? No.”

**Pedestrian access and other issues**  
Given the current speed of traffic and future projected levels of traffic on MLK, safe access for pedestrians to get to the grocery store and retail

is a concern. Tyler Carlson agreed and said Evergreen will be meeting with the city traffic department in early October to discuss pedestrian and other access and his company would contribute toward a signal.

The Front Porch asked Councilman Herndon for his thoughts on getting a signalized intersection. “I am always in favor of appropriate traffic measures. The city is monitoring the Eastbridge development and we will make sure the appropriate measures are in place at the correct time,” he said.

King Soopers said the store will not necessarily be open 24 hours and they will solicit community input on hours.

**Finding a compromise**  
Eastbridge resident Buddy Poppitt is anxious enough to get the retail that he’s willing to compromise on the overall plan. “I want to walk to a restaurant. I want to, instead of driving to Quebec, go to a grocery store. I’ve been an architect for 20 years. This is not new urbanism. Neither is a big grass lot.

“What they’re saying is true. We need the anchor of some type. We need the parking to have restaurants. We need the King Soopers to get the Evergreen Development, which I can’t wait to have happen...And I think and I hope after this meeting, between SUN and Forest City and these guys I have faith that all these guys are going to come up with a good solution.”

## DPS Board Moves to Identify Unfinished Bond Projects with Highest Priority

By Carol Roberts

Stapleton parents have become adept at working with new principals on the programming for new schools—and Northfield High School is benefiting from parents who have done it multiple times. One of these parents, Kathy Epperson, talks about that process, “There’s been tremendous community involvement in crafting every detail of this school plan, and we’re excited for the launch of a top-notch high school. As I think about my own kids, who are very different from each other, Northfield High School will be a place they both will thrive.”

But the other side of that equation has been the difficulty of building fast enough to keep up with Stapleton’s growing population of school children.

That issue arose again in January when parents learned that due to construction inflation costs—and perhaps due to differences in interpretation of the bond’s scope of work (whether it would

build a 150,000 square foot building or just what could be built for \$38.5 million)—only 120,000 square feet are being built. That means instead of a “commons” building to accommodate arts, music, drama, those would be moved to the classroom building. The kitchen will change to a warming kitchen and the administration and counseling area become a cafeteria.

But there is a possible source of funds to build the remaining 30,000 square feet without waiting for the

Phase I Scope of Work Description	
✓ Capacity: 900; Grades: 6-12	
✓ Construct partial new core facilities – commons, athletics, art, tech arts, library, administration for 900 students. Some core facilities are full size for 1,800.	
✓ Construct academic building for 900 students, 34 classrooms	
✓ CHSAA standard football/track, soccer, baseball, softball fields and tennis courts	
✓ 20 acres (opportunity to expand further into existing city land)	
✓ 151,450 gsf	
Phase II scope of work description (see slide later in presentation)	
Estimated Cost	
✓ Phase I : \$38.5 million	

Scope of work listed in 2012 bond for Northfield High School. The 2012 drawing of the school plan is on the Front Porch website.

2016 bond. At the time DPS purchased the \$466 million dollar bond approved by voters, they were able to get almost another \$50 million, what they describe as (continued on p. 37)

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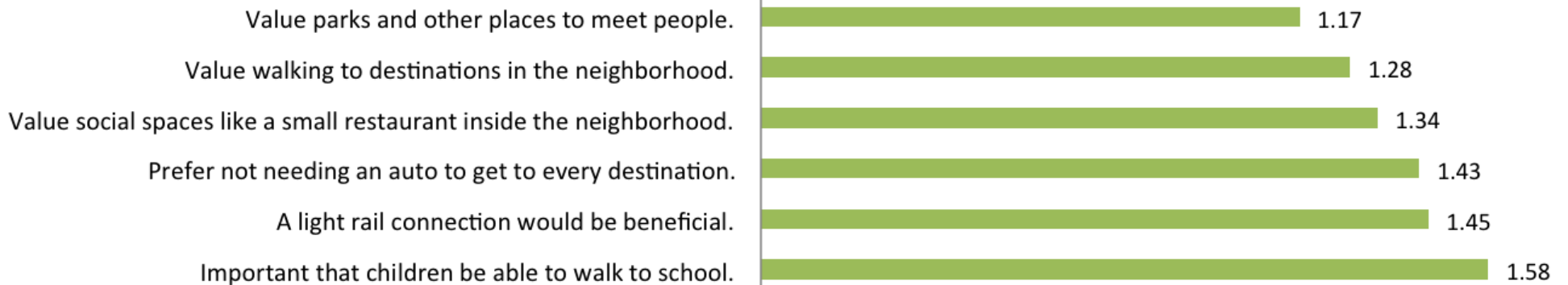


**SUN Meetings** are held on the 3rd Tuesday of every month at 6:30pm (Block Captain meeting) and 7:30pm (Board meeting) at the Central Park Recreation Center, 9651 MLK Jr. Blvd. For information about SUN, visit [www.stapletonunitedneighbors.com](http://www.stapletonunitedneighbors.com). To contact SUN or confirm meeting time, email [stapletonunitedneighbors@gmail.com](mailto:stapletonunitedneighbors@gmail.com)



## Do Stapleton Residents Value New Urbanism Principles?

**New Urban Principles Residents Support the Most**  
(1=Strongly Agree, 5 = Strongly Disagree)



By Lyn Kathlene, Ph.D.

In a previous SUN Spot (February 2014), I wrote about the principles of New Urbanism (NU) and how Stapleton was one of the largest NU communities in the country. In April of 2014, Stapleton United Neighbors (SUN) conducted a resident survey. Included were 25 statements about the built environment, transportation, economic and social principles of NU. Residents were asked to rate each statement on a scale of 1-5, where 1 = strongly agree and 5 = strongly disagree. A total of 769 residents responded to the survey. This article focuses solely on the question “Do Stapleton residents value New Urbanism principles?”

### Support for New Urban Principles

The chart below shows that Stapleton residents positively value nearly all of the 25 NU principles. Most important are parks and other public social spaces where people can gather, as are non-public gathering spots such as neighborhood restaurants. Non-auto transportation opportunities are also highly valued, including the ability to walk to destinations within the neighborhood, children being able to walk to their neighborhood schools, and feeling safe walking around the neighbor-

hood. Public transportation—specifically a light rail connection to the neighborhood—is among the top-ranked principles.

Important but less valued than the social spaces, walkability, and non-auto transportation options are: (1) having a neighborhood that has housing options which can meet the needs of multiple generations, (2) having a mixture of housing types, and (3) having businesses and services located within the neighborhood.

On average, residents are neutral toward smaller lot sizes, architectural diversity, and having an economically diverse neighborhood. There is also less support for higher-density neighborhoods and the interspersed of mixed housing types (condos, townhomes, apartments, single-family homes).

These results suggest that some residents may not recognize the connection among the principles. For example, the walkability of a neighborhood, including the ability to reach destinations on foot, requires higher-density neighborhoods. Small lot sizes, as well as multifamily housing types, are necessary to increase residential density. Having a neighborhood that meets the needs of different generations requires not just having different types of housing but a range of prices.

Generational diversity and economic diversity are highly related.

### Satisfaction with Stapleton and Support for New Urbanism Principles

There was also a question on resident satisfaction with living in Stapleton. On a scale of 1-10, where 1 = extremely dissatisfied and 10 = extremely satisfied, the average is 7.82. Looking at the NU principles and satisfaction, some interesting pictures emerge.

Residents who are the most satisfied living in Stapleton strongly value the same NU principles highly valued by all residents—parks, walkability, and alternative transportation—but they also highly value smaller lot sizes, higher neighborhood density, and the close proximity of housing types. In other words, *residents most satisfied with Stapleton embrace more of the NU principles than those who are less satisfied.*

Do residents with longer tenure in Stapleton value NU differently than the newer residents? Yes and no. For many of the NU principles, there is no difference based on length of time living in Stapleton. However, residents who have lived in Stapleton for six or more years value generational and income diversity, different types of housing

that is interspersed, smaller lot sizes, and neighborhood bus service significantly more than new residents.

Among the newcomers who have lived in Stapleton for two or fewer years, they value having a neighborhood where children can walk to school and having places in the neighborhood where adults can meet, such as a small restaurant, significantly more than those who have lived here longer.

### Putting It All Together

Stapleton residents like living in Stapleton and largely value the tenets of New Urbanism. Those who rate the NU principles highest also are the most satisfied living in Stapleton. One of the nation's largest NU experiments—which we call Stapleton—is still ongoing. Only time will tell how it will ultimately turn out.

*Dr. Kathlene has several published articles and produced a documentary on how New Urbanism can reinvigorate healthy, productive civic engagement. On the SUN board, she sits on the Transportation Committee. She has lived in Stapleton with her family since 2007, followed by three other households of extended family members.*

## Stapleton Education Expo on Oct. 7

The fourth annual Stapleton Education Expo is scheduled for Tuesday, Oct. 7. Part informational meeting, part school showcase, this Expo will help you maneuver the Stapleton education maze. At 6:30pm, the SUN Education Committee will update the community on the current capacity at the various elementary, middle and high schools, and Avi Tropper will provide information about the high school to be located in Northfield. After this presentation, parents and students are able to visit principals and faculty from 30 neighborhood schools. The schools range from preschool through high school. Participating schools as of this date include Clayton Early Learning, Happy Ladybug Preschool, Montview Community Preschool, Stapleton Fellowship Preschool, Sewall, Paddington Station, Montessori Children's

House of Denver, Academy 360, Monarch Montessori, Ashley Elementary, Isabella Bird Community, Westerly Creek Elementary, Swigert International School, Bill Roberts School, High Tech Elementary, Polaris at Ebert, Denver Language School, St. Elizabeth's School, The Odyssey School, Stanley British Primary, International School of Denver, McAuliffe International School, Denver Discovery, DSST - Stapleton, DSST - Conservatory Green, Venture Prep, East High School, and the high school to be located in Northfield.

The Stapleton Education Expo is open to all parents in NE Denver. It will be held this year at the Conservatory Green campus, the current location of High Tech Elementary School and DSST - Conservatory Green, located at 8499 E. Stoll Place. Doors open at 6:15pm, with the meeting beginning at 6:30pm. School tables will be open at 7pm.

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Northfield Commons Funding

(continued from p. 35)  
a premium due to favorable bond market conditions. Superintendent Boasberg’s plan for the funds: “We want to make sure if inflation does move significantly higher that there are funds available to pay for the project plan.”

At the September 18 DPS Board meeting, Anne Rowe directed the Bond Oversight Committee (BOC) to develop a list of the criteria by which projects will be selected for funding with this money. DPS had previously said they wanted to wait til the end of 2014 to see the status of bond projects at that time.

Boasberg confirmed that about half the bond projects are completed and staff is “going through right now project by project looking at what contingency funds were used. A number of projects have used their full contingency, some have not.” (Every project has a contingency fund built into it. These are separate from the “premium reserve fund,” which, to date, has not been tapped.)

Board members Rowe and Landri Taylor say they believe that while staff is collecting those numbers on bond projects, the Bond Oversight Committee should move forward with a list of criteria for selecting projects to be funded with the premium reserve money. Rowe acknowledges parents’ desire to know what kind of facilities will be at the school their child attends and hopes they will take a board vote at the January meeting on projects to be funded, shortly before the school choice deadline. But she adds, “I will say when you’re selecting a school...as a parent you should be looking at the environment. I’m not sending my kids to a building. I’m sending them to an educational environment.”

Taylor is hopeful the process will move even faster. He hopes they will have the criteria in time to discuss them and take a vote at the October meeting and make a decision on funding in November. “That would be MY goal.”

Boasberg says, “The BOC has an enormous responsibility to look at dozens and dozens of competing project needs: capacity expansion needs, school technology needs, issues of building maintenance from ventilation to heating to windows.”

Rowe says as the board liaison to the BOC, she encourages the committee to listen carefully to the people bringing up their concerns in this funding decision, but she reminds them their job is to make their decisions “within the greater context of the district.” She says it is the job of the BOC to decide whether a new pressing need outweighs a commitment made in the 2012 bond.

Boasberg said, when asked if the work that has already been done by the oversight committee will be the basis for decisions about the reserve money—or if they will be changing course from the criteria that were set for the bond, “The BOC is spending time now to discuss what criteria they should apply, but those criteria are likely to be very consistent with the criteria the citizens bond committee applied in 2011-2012 to come up with the project list the voters voted on and approved in 2012.”

Once the board has approved the criteria,

DPS staff will take the many needs throughout the district and develop recommendations based on the criteria: first on how much of the premium reserve should be released at this time (Boasberg and Rowe indicate they expect it will be about half) and then their recommendations on how the reserve should be allocated.

The bond committee will look at what the district brings forward and how it matches their priorities. They will then make a recommendation to the board on final projects to be funded, noting if they have disagreements with staff’s recommendations.

The Stapleton parents of students in the 2015 freshman class talk about the near and longer term implications of not building a facility of the square footage described in the bond. They believe the terms of the bond are a commitment to voters and future bonds will be jeopardized if people see that what they vote for doesn’t necessarily get built. They point to the growth projections for NE Denver and the possible high choice-in rate that could put the school at capacity in the third year—before it even has all four grades on campus. They are concerned, given the objections about the cost of phase one construction during the 2012 bond election, that the 2016 bond election will be difficult and contentious if the school needs another large amount of money to build both an additional classroom building *and* the commons building. They think it is not a good use of taxpayer funds to renovate the brand new interior space to create a temporary cafeteria and temporary art and music facilities that will have to be changed again when the commons is built. They are disappointed that after their kids leave middle schools with significant art, drama and music programs, they will go to a high school where there is no performance space. They are now anxiously awaiting news that these reserve funds can be used to complete the 150,000 square foot campus described in the bond.

We welcome comments at FrontPorchStapleton.com

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# Yoga Studio Reopens After Damage from Fire Above

By Nancy Burkhart

On Aug. 7, an accidental fire in the unit above CorePower Yoga in the 29th Ave. Town Center at 7485 E. 29th Place forced CorePower Yoga out of its home. The fire didn't reach the yoga studio, but the water from putting out the fire permeated the studio, leaving damaged carpet, mirrors and showers and spreading mold throughout the facility.

"There was so much more water than I had ever anticipated," explained Dakini Jaeger, owner and franchisee of CorePower Yoga. "We had to replace the entire floor and subfloor, put on a fresh coat of paint and put in a brand-new ceiling. We no longer will have carpet and we will finally have our mirrors back." Jaeger says she learned a lot from this process and her yoga practice helped her deal with the difficult time in a more gracious way.

With CorePower Yoga's home unusable for two months, yoga classes were held in a nearby available unit in the E. 29th Ave. Town Center.

"While it hasn't been ideal with a lack of mirrors and no showers, we've been lucky," Jaeger said. "It's about a community coming together. Yoga is where the student 'shows up.'"

"The hardest thing for me was the lack of control," she added. "I care so deeply about the people who come to my space. I really feel that it's



Dakini Jaeger, owner of Stapleton CorePower Yoga, demonstrates the Warrior pose, which helps relieve stress. Doing yoga helped her get through the recent stress of closing her studio due to water damage from putting out a fire in the apartment above. The newly renovated studio will reopen early this month.

an extended family, and my inability to make it an environment that facilitates their yoga practice has been challenging. Losing the beautiful space that has all the things that the class members are so attached to has been difficult for me. Everyone was displaced—not just me and my 36 employees."

As of Oct. 1, CorePower Yoga has returned home with more than 60 classes a week for beginners to advanced practitioners, like meditation classes, beginner yoga, and Yoga Sculpt, a

high-end endurance class. There also are multiple styles of yoga.

"You can expect our teachers to be newly energized in a clean, brand-new space and be really motivated to be back on our mats in our sacred environment," Jaeger said.

CorePower Yoga's classes are 40 percent men and 60 percent women. They range from high school students to retired men and women "who are just trying to move their bodies," according to

Jaeger.

"CorePower students are family," Jaeger stressed. "CorePower is a corporation that owns about 100 studios, but only five of us own our own studios. A lot of my teachers live in Stapleton. It's a family feel. The intention is about building community."

For CorePower Yoga information, call 303.377.7444 or email [stapleton@corepoweryoga.com](mailto:stapleton@corepoweryoga.com).

# Karate Studio Expands and Moves to Northfield

By Nancy Burkhart

Karate third-degree black belt Micah Martin has been known as manager, and now owner, of a small karate facility on Quebec in the Stapleton Business Plaza. But, with more northeast Denver adults and children becoming interested in martial arts, Martin and his wife, Erin, have moved to a larger facility on Main Street in the Shops at Northfield, just north of Harkins Theatre.

With more room, everyone in the family can attend martial arts classes at Stapleton Family Karate, from 4-year-olds to adults of all ages.

"We offer karate classes for ages 4 to adult and we also offer Brazilian jujitsu for ages 16 and up," Martin said. "The hope is that mom and dad will bring their younger kids and all go to classes. The adults get a great workout and the kids learn valuable life skills, such as perseverance, focus discipline and integrity. We have classes so that adults and kids can be in the same class, but we also have options for them to do it separately."

Martin thinks Brazilian jujitsu is a good fit for the older participants and says, "It has proven to be the most effective defense program in the world." The studio offers women-only Brazilian



Micah Martin, right, leads a class at Stapleton Family Karate, which recently relocated to Northfield. He and his wife, Erin, own, manage, and teach at the karate studio.

jujitsu classes so that women can learn to defend themselves effectively. Tae kwon do, or karate, is also offered at the studio.

Adults at all levels from white belt up through black belt can be in the same class because adults tend to be "more focused," according to Martin.

Children who have had previous classes start with a consultation in order to determine which level class would benefit them.

Stapleton Family Karate trains people who are looking for fun, are eager to learn protection skills and to participate in competition.

"We want adults to be able to defend themselves," Martin said. "We want them to be able to get in better shape and have fun doing it. We want them to meet new people in the community. We want them to gain flexibility. If a person is overweight and wants to use this class to lose weight and gain fitness, this is definitely one of the best ways to get in shape."

There are about 20 students in each class, with one instructor per seven students. Adults have one-hour classes, children have 45-minute classes, and 4- and 5-year-olds are in 30-minute classes. Prices vary for each program and age group. A student can sign up for a year or a month of classes and can choose as many as one or three classes each week.

For information about Stapleton Family Karate, now located at 8270 E. Northfield Blvd., call 303.928.0043 or go to [www.stapletonfamilykarate.com](http://www.stapletonfamilykarate.com). You also can email [erin@stapletonfamilykarate.com](mailto:erin@stapletonfamilykarate.com).



**NewWest**  
PHYSICIANS

Ascent Family Medicine







As Summer watches, Zac uses a cotton swab to apply lip balm on Kingsley as part of their daily caretaking routine. Kingsley is non-verbal, non-mobile and eats through a G-tube.

Program at Children's Colorado, which helps children and their families who have been diagnosed with a terminal illness and are at the end of their lives.

The family tried anything that might help, including medications from the black market in France, diet changes, therapies, and treatments. All the while, they continuously did genetic tests, hoping to reach a diagnosis but receiving negative results.

For a time, they seemed to find the right combination of medication and therapies to cut down the number of seizures, but as Kingsley grew they lost seizure control. "Seizures are a big mystery," Summer says. "As he gets older, the seizures take on a different part of the brain."

Two years ago, Kingsley's seizures were almost constant, and at one point he was up to 100 a day. When they were out of options they decided to try CBD oil. "It's mostly ... marijuana," she says, quieting her voice. When they first started trying the oils she was nervous to talk about it, but has started to feel more comfortable.

The Larsens order two brands of CBD oil every month: Charlotte's Web and Haley's Hope.

Charlotte's Web in Colorado Springs is the most well-known strain of CBD oil. A couple of brothers in Colorado Springs accidentally grew a marijuana plant with very high CBD and very low THC. They originally named it "Hippie's Disappointment" because it lacks the high feeling. A woman asked them to make it into an oil for her daughter, Charlotte, who has severe epilepsy. The oil significantly reduced her seizures and brought national attention to Charlotte's Web.

Haley's Hope in Longmont also offers CBD oils. Unlike Charlotte's Web, it is not a dispensary, but an individual caregiver who currently serves 90 families.

There are many complications to using CBD oil. Every month the CBD oil is a different strength. In the very first dose, the ratio of CBD to THC was 55/1, a very strong strain. They've never seen that ratio again, sometimes even dipping into strains higher in THC.

At their house, Summer opens the fridge, which has a picture of Kingsley as an infant—so tiny he's wearing a Build-A-Bear Broncos outfit—and holds the bottles of CBD oils from the two companies side by side. The difference is striking—one is golden colored and the other dark with plant matter. She's frustrated with the inconsistency and never knowing what they will get each month.

In addition to the oils, Kingsley takes two anti-epileptic drugs and does therapy five days a week.

know to what extent. When he was born doctors couldn't determine a diagnosis, but said Kingsley would be severely disabled for the rest of his life and may not live to be 1. Nine hours after being born he had his first seizure.

At 6 months, Kingsley started having infantile spasms, a seizure that causes stiffening of the arms and legs. At 1, he entered the Butterfly



Dr. Amy Brooks-Kayal is a huge proponent of epilepsy research. She sits in the Lab of the Translational Epilepsy Research Program at the University of Colorado Anschutz Campus.

We welcome comments at [FrontPorchStapleton.com](http://FrontPorchStapleton.com)

They continue to go to Children's Hospital Colorado, where doctors do not prescribe, recommend or manage using medicinal marijuana, but will monitor potential side effects.

"One of the concerns in the epilepsy community about medical marijuana, including Charlotte's Web, for the treatment of seizures is there are individual cases that seem to have had miraculous response, but there are really no well-controlled studies," says Dr. Amy Brooks-Kayal, pediatric epileptologist and chair of neurology at Children's Colorado, one of the four comprehensive epilepsy centers in the U.S.

There is little to no knowledge of the potential long-term effects of marijuana on a developing brain, including memory and learning abilities. Doctors also don't understand how marijuana interacts with other medications. Some children have gone into toxic shock from combining CBD oils with epilepsy medications.

Brooks-Kayal is concerned that the doctors prescribing red cards to families have no epileptic or neurologic expertise.

Clinical research does not already exist because the federal government has continually denied funding. Currently, two pharmaceutical companies are beginning the first clinical studies on marijuana, which Brooks-Kayal says we may see results from in a few years.

To make up for the lack of federal funding, Gov. Hickenlooper recently signed a bill stating the Colorado Health Department will give out \$9 million in grants in the next five years to researchers for marijuana studies. Dr. Christian Thurstone from the University of Colorado hopes to apply for a grant to study CBD.

Brooks-Kayal hopes research can identify which kids CBD works uniquely for and why. "If it's really effective I want all my patients to have access, but only if it's effective."

Luckily, being one of the first families to use the oils, the Larsens don't have to wait to receive them every month—Charlotte's Web has a backlog of 1,200 people. Because Kingsley uses such a small dose, they pay \$100 a month for the CBD oils while some families can

spend more than \$1,000 a month. If clinical studies find the oils are effective and it's produced through a pharmaceutical company, it can become FDA-approved and potentially covered through insurance.

Until then, families pay out of pocket.

"I don't know how much it's really working for us, but I don't want to stop it," Larsen says. Her current hope for the future is a more consistent oil.

On September 17, Kingsley celebrated his sixth birthday. He enrolled in first grade at Isabella Bird Community School that allows him and Summer to Skype into special education classes, which also helps

Summer and Zac feel more a part of the community.

Unlike many marriages Summer has seen fail among the community of terminally ill families at Children's Colorado, she and Zac are doing really well. They joke about having leg wars in bed to get up and care for Kingsley in the night. "It's really hard. You fight and there are hard days, but I couldn't have married a better person to be going through this with me."

Because of their experience with CBD oils, they are opening a dispensary in Log Lane Village near Fort Morgan where there is little access to medicinal marijuana.



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