

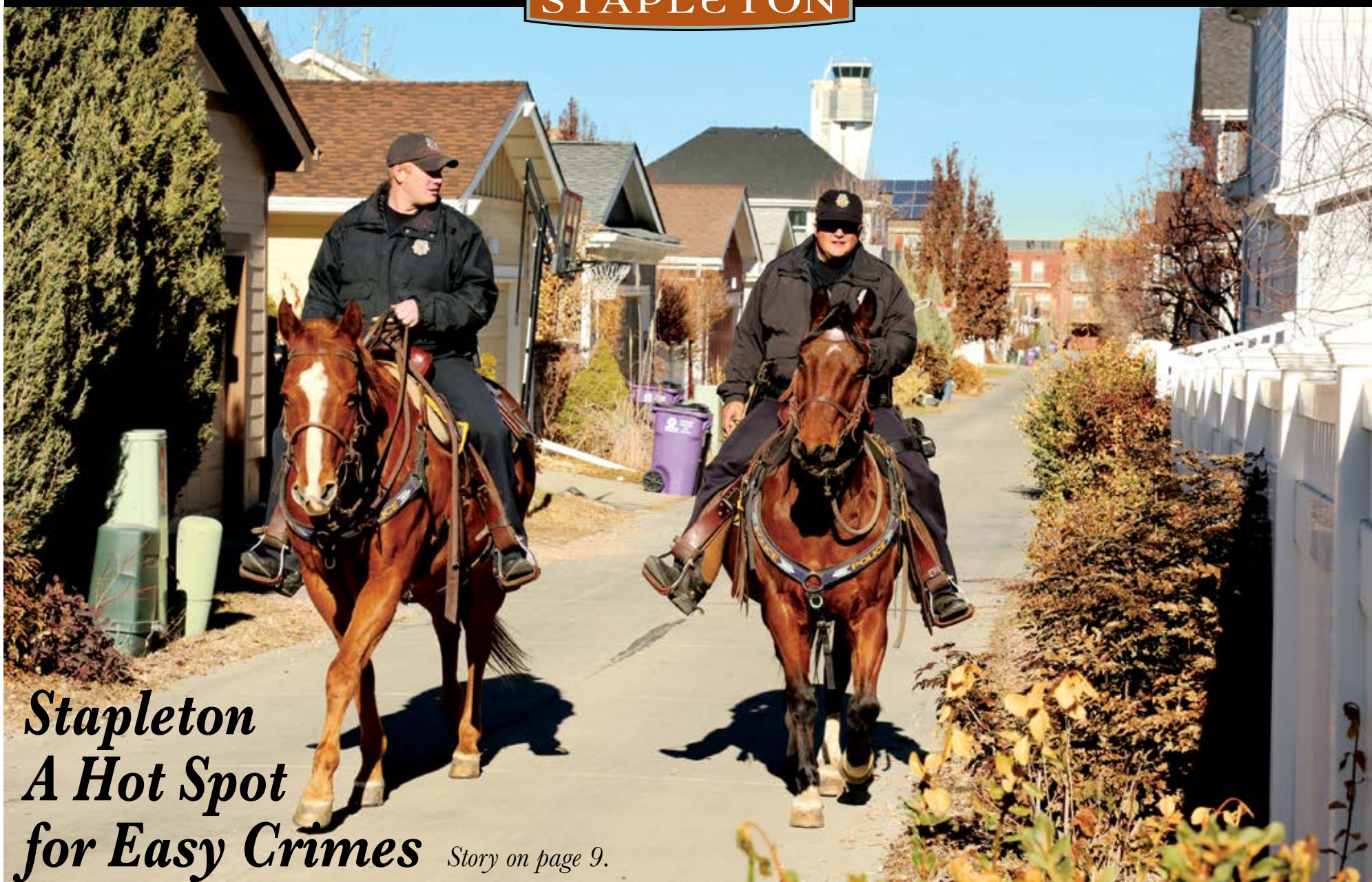
Front Porch

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

DENVER, COLORADO

STAPLETON

JANUARY 2015



Stapleton A Hot Spot for Easy Crimes

Story on page 9.

District 511 police officers Kipp Terry (left) with his horse "Jack" and Joe Teeter with "Copper" patrol an alley near 26th and Ulster in Stapleton on a December day. Officers on horseback can look over fences and check for open

back doors or garages, which invite burglars to commit "crimes of opportunity" that offer little risk and big reward. Although easily preventable, crimes of opportunity are common in Stapleton.

Bringing Back the Bison



At the annual Bison Roundup, a U.S. Fish and Wildlife Service employee waves a wand to read the microchip placed behind the bison's ears and identifies their health record.

By Madeline Schroeder

"Come on," veterinarian Lee Jones says to a bison below. She stands on a metal catwalk above the corral

and looks at the stubborn bison.

"Why won't you move?" The bison is not happy and doesn't like being separated from its herd-mates so it stands in a staring game with Jones.

Like a cat with a toy, Jones uses a long metal pole with a bright red end that makes noise when she shakes it to encourage the bison to move. Eventually it does.

"OK, here she comes," Jones says to the crew further along the corral. The bison leaps into the next alley, and right at the perfect time, the next worker closes the squeeze chute to compress the bison.

"Yes! You are the best shooter I know!" Jones calls to him, as if cheering on a teammate.

U.S. Fish and Wildlife Service employees gather every year at the Rocky Mountain Arsenal National Wildlife Refuge (NWR) in northeast Denver for the Bison Roundup, a major event to manage the bison population. Workers check bison health, survey herd size and monitor genetic diversity.

NWR is home to 80 bison, including 14 calves born this year. They roam 2,370 acres of pasture, which will eventually be increased to 12,000 acres. (continued on page 30)

Summer Camp Guide Coming in Feb.

The annual Front Porch guide to summer camps will be in our February issue. Please submit camps with a brief description, contact information and cost by January 15 to FrontPorch3@gmail.com. We appreciate submissions of print quality photos of camps.

More Than Half of U.S. Infants Sleep with Potentially Unsafe Bedding

By Madeline Schroeder

Walk into a typical department store that sells baby products and stroll down the bedding aisle. There will likely be an array of crib options including quilts, bumpers, sheets, stuffed animals and blankets, all embellished with tassels, bows and ruffles. While these items are cute, they are not safe or recommended by doctors.

Unsafe bedding (continued on page 8)



Michelle Caraballo, sleep specialist at Children's Hospital Colorado, puts her 4-month-old, Graham, to bed in a crib that follows safety recommendations for baby sleeping.

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

The Stress of "Choice" 4&5 | Guide to Kids Sports Teams 6 | Family Legacies 14 | Feeding a Bronco 16 | New Research on Artificial Sweeteners 18

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



The Annual National Western Stock Show will take place Jan. 10 – Jan. 25, 2015 and include livestock shows, rodeos, trade shows and horse events. Kids from the Urban Farm in Stapleton will be participating. See page 10.



Most of the events listed below are FREE or support nonprofits. All are open to the public (additional events are listed on pages 20-23).

JANUARY

Friday, January 2

Bluff Lake Buds. 10-11am. Outdoor learning for kids 2-5 at Bluff Lake, 3400 Havana Way. www.blufflakenaturecenter.org.

Week of January 5 and 12

TREECYCLING (real evergreens only)—Remove decorations and stand. Do not put trees in carts or dumpsters, place at least 2 feet away. Dumpster customers—set trees in the alley by 7 am on the 5th or the 12th for collection that week. Manual & cart customers—set out trees by 7 am on trash collection day. Denvergov.org/DenverRecycles

Thursday, January 8

Active Minds Seminar “Coffee: A Brief History” 6:45–7:45pm, Sam Gary Library*

Thursday, January 15

Compassionate communication workshop at Isabella Bird Community School. 6-7:30pm. Discuss “heart talk”—learning through reaching the heart first. centerforcompassionateconnections.org. See p 22.

Clarification

In the December article on Financing and Building Future Infrastructure in Stapleton (page 38), the North Sports Complex was listed as a project to be built between 2016 and 2019. That item refers to grading and drainage of fields in park areas north of 56th Ave. At this time there is no funding and no schedule to build a sports complex on the land set aside for that purpose near the high school.

JANUARY

Sunday, January 18

Denver Freedom Riders Report from Ferguson. 9:15am panel and discussion. Montview Blvd. Presbyterian Church, 1980 Dahlia.

Thursday, January 22

Active Minds Seminar “The Panama Canal” 6:45–7:45pm, Sam Gary Library*

Saturday, January 24

Wild Wings Live Birds of Prey at Rocky Mountain Arsenal National Wildlife Refuge. fws.gov/refuge/rocky_mountain_arsenal/

Thursday, January 29

Compassionate communication workshop at Isabella Bird Community School. 6-7:30pm. Discuss “heart talk”—learning through reaching the heart first. centerforcompassionateconnections.org. See p 22.

Saturday, January 31

Winter raptor viewing at Bluff Lake Nature Center, 3400 Havana Way. 1-3:30pm. Learn to identify birds. Bring camera and binoculars. www.blufflakenaturecenter.org.

FEBRUARY

Thursday, February 12

Active Minds Seminar 6:45–7:45pm, Sam Gary Library*

Thursday, February 26

Active Minds Seminar 6:45–7:45pm, Sam Gary Library*

* More information at Events@stapletoncommunity.com
Sam Gary Library: 2961 Roslyn St.

Events & Announcements at Stapleton

Community DNA

We are continuing this segment in our monthly article. This is a little piece to check in with yourself and how you are contributing, or affecting your community. We call this the **Community Denver Neighborhood Attitude** or the **Community DNA**. We all benefit by taking stock of our actions and how they impact others.

We want this to be a community-driven portion of our article. The MCA has been creating the topics for the past year and this year we would like to have the community send in suggestions for this piece. If you have an idea you would like to have featured, please send it to StapletonDNA@stapletoncommunity.com. This is meant to provide a monthly topic and action for our community, so feel free to let us hear from you!

For example, this morning I was driving through the community and noticed someone had left/dropped their dog waste bag in the middle of the sidewalk. REALLY?! This would be an example of NOT contributing to your community in a positive way! Everyone loves their furry pet, but everyone loves more the pet owner who is conscious of how others may feel. Let’s do our part as dog owners to pick up the dog waste and then drop the bag in one of the multiple containers in the parks or, if need be, take it home to your trash container.

A Shout-out!

The MCA would like to thank all of our event and aquatics sponsors this year. We appreciate everyone who helped to make our community programming and events so remarkable. Thank you, all! *Plum Consignment, Car2Go, Colorado Credit Union, Stapleton Pediatrics, Stapleton Home Services, Stapleton Fellowship Preschool, Northfield Church, GSBA, TJC Real Estate & Management, Stapleton Family Karate, REMAX Momentum, Neighborhood Music Stapleton, Amina Auto Repair, Love Hope Strength, Mici’s Italian, Elite Roofing, Rose Medical Center, ERA, Advanced Pediatrics Associates, Rocky Mountain Hospital for Children, Town Center Dentistry, Coldwell Banker Residential Brokerage, Forest City Stapleton, Weichert Realtors, and Exempla.*

Saturday Night Live ... for kids only!

Mark your calendars for our winter SNL series for kids at Central Park Recreation Center. The dates have been set for Feb. 14, March 21 and April 18. 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 from 6–9pm. The event will include snacks, dinner, games, pool time, prizes and music. Registration opens online on Jan. 1, 2015, at www.stapletoncommunity.com or by visiting the MCA office at 7350 E. 29th Ave. or registering at the Central Park Rec Center.

We are offering all three winter SNLs at a package rate of \$30 through the end of January. If you only want to purchase a single SNL, the cost is \$15 until the week of the event when the price increases to \$20. Go online early and purchase your 3-pack for the introductory price!

Get the latest on

Master Community Association



Sponsored by Stapleton MCA

Active Minds

Thursday, Jan. 8, 6:45–7:45pm

“Coffee: A Brief History”

Join us as we trace the history of coffee from its origins in Ethiopia to the Starbucks around the corner. It’s a fascinating story of politics, power, chance and intrigue. We will also examine coffee’s cultural influences as well as differences between various coffee types. Cream and sugar not included.

Thursday, Jan. 22, 6:45–7:45pm

“The Panama Canal”

One hundred years after the opening of the Panama Canal, this major trade route is set for a historic expansion. The original construction of the canal is an incredible engineering triumph, as well as a story of challenge and conflict. Join Active Minds as we discuss the Panama Canal’s creation, the role of the U.S. in its origins, and its continued importance to global commerce.

Everyone is welcome. For more information, visit www.ActiveMindsForLife.com. This program is brought to you by the Stapleton Master Community Association.

Location: Sam Gary Library, 2961 Roslyn St.

2015 Pool Usage Rates

The 2015 pool ID cards and entry fees will remain the same as last year.

Pool ID Cards & Entry Fees

Annual Resident Membership Cards will be issued for \$20 per card

Annual Resident Membership Card Renewals will be discounted if renewed **ONLINE** before their expiration date.

The **ONLINE** renewal rate will be \$10 per card.

Non-Resident daily entrance fees will remain \$8 per entry (Mon.–Fri.)

Non-Resident/Resident daily entrance fee will remain \$10 (Sat., Sun. & Holidays)

Resident Guests will remain \$5 per entry (Mon.–Fri.)

Unlimited Resident Guest Cards will remain \$80 per card (limit of 4 cards per household)

5-Punch Resident Guest Pass will remain \$25 per card

If you have any questions, email us at pools@stapletoncommunity.com.

Positions Open

The MCA is looking to fill several full-time positions this month. Details about the positions and applications are online at www.stapletoncommunity.com and should be received by Monday, Jan. 19, 2015.

If you have any questions or comments about the information above, please feel free to contact ddeeter@stapletoncommunity.com or call the MCA office at 303.388.0724.

Diane Deeter
Community Director
events@stapletoncommunity.com

Women’s Health Research

University of Colorado Anschutz Medical Campus

Is your body changing without your consent? Interested in starting an exercise program? Curious about how hormones may play a role?

We are looking for healthy women who are between the ages of 20 and 60 years and:

- Have regular menstrual cycles
- Are not currently using hormonal contraceptives
- Are willing to have estrogen levels suppressed for up to 6 months using and FDA-approved drug

Benefits for Study volunteers include:

- Measurement of body composition & bone density
- Fitness testing
- Personalized and supervised exercise program
- Compensation will be provided for your time (up to \$900)

For more information about Women’s Health Research contact Kim:

Phone: 720-848-6399

Email: Kimberly.Harner@ucdenver.edu

www.medschool.ucdenver.edu/image

University of Colorado Anschutz Medical Campus

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



EDITORS and PUBLISHERS:

Carol Roberts & Steve Larson

ASSISTANT MANAGING EDITOR/WRITER:

Madeline Schroeder

PHOTOGRAPHY: Steve Larson

AD SALES: Karissa McGlynn 303-333-0257

KarissaMcGlynn@gmail.com

Front Porch

www.FrontPorchStapleton.com
FrontPorch@FrontPorchStapleton.com 303-526-1969

The Stapleton Front Porch is published by Stapleton Front Porch, LLC, 2566 Syracuse St., Denver, CO 80238. Almost 36,000 papers are printed. The free paper is distributed during the first week of each month to homes and businesses in Stapleton, Park Hill, Lowry, Montclair, Mayfair, Hale and East Colfax.



Now Open

19th Ave. and Downing St.

Introducing...

The new Saint Joseph Hospital continues a 141-year tradition of high quality, affordable health care in the heart of Denver and is one of the most advanced facilities in the country.

Plus, Saint Joseph Hospital and National Jewish Health are working together to deliver highly coordinated, patient-centered care to the entire Denver community.

Working together.



1375 E. 19th Avenue, Denver, CO 80218
303.812.2000 | SaintJosephDenver.org

“Stressful.”
“Terribly unnerving.”
“Very challenging.”
“I was totally panicked.”

By Rebecca Loy

DPS choice forms must be submitted by Jan. 30 and many won't know the outcome until March. As thousands of parents await the results of this year's school choice lottery, those who have been through the process before say they found the experience laced with stress and anxiety, regardless of the outcome.

"I was so happy when it was over with," said Gretchen Pilcher, mother of a sixth-grader at the newly opened Denver Discovery School.

“Home” School Means One of Five

In general, Denver Public Schools is based on a neighborhood-centric model. Families have the option of “choicing” elsewhere in the district, but are guaranteed a spot in one local school. In Stapleton and Park Hill, however, the process is very different. Children living in the Stapleton elementary school enrollment zone are guaranteed a seat in one of the five Stapleton elementary schools, but the “choice” process determines whether they get their preferred option among those schools. Similarly, within the Stapleton-Park Hill shared middle school boundary, the guarantee is for a seat in one of the five local middle schools, not in a specific school.

“I’m not wild about it,” one local father said, asking not to be identified for fear of upsetting friends and neighbors. “I wish there was a neighborhood option.”

That father appears to be in the minority, however. A 2013 Stapleton United Neighbors survey of approximately 2,000 residents indicated that, in spite of the anxiety produced by school choice, nearly 70 percent of respondents prefer some variation of an open enrollment system.

“We like that there is a school choice process,” Steven and Jenn Arzberger said, adding that the choice process allowed them to match the strengths of their child to the strengths of a school.

Why Enrollment Zones Rather Than Neighborhood Schools?

Whether they love or hate the system, many residents don't know how or why the unique Stapleton Elementary Enrollment Zone came about. The reasons lie in the history and unusual dynamism of this barely decade-old neighborhood.

Brian Eschbacher, DPS's director of policy, planning and analysis, explained in an email



Kenda Keenan got her fifth choice, Isabella Bird Community School, for her daughter Evan, 6, but now she's thrilled with the school. “I went from feeling really cheated to feeling like I had won the lottery.”

was placed in her second-choice school in kindergarten. Olsen decided to enter the choice lottery again in first grade, despite having a positive experience in kindergarten, primarily because she wanted her children to attend the school closest to their house.

The call that her daughter had been accepted into her top-choice school for first grade came four days before the beginning of school, Olsen said.

Olsen and Keenan both had the same advice for parents awaiting their school choice letters.

“Take a really deep breath,” Keenan said. “The process is as stressful as you let it be. All of the schools in Stapleton are wonderful schools.”

That's a common refrain among parents. While school choice can be an emotionally challenging time for parents, the schools are all high quality.

Future Capacity Crunch

The elementary open enrollment process demonstrates the challenge with the zone system; when there is more demand than capacity, fewer parents get their first choice school. In contrast, in the first year of the shared Park Hill-Stapleton middle school boundary, there was enough capacity at all of the schools that nearly every student got their first choice.

“Over 99 percent of zone students enrolled in their first choice school,” Eschbacher said.

The shared middle school boundary was established in the 2014-2015 school year to “increase access for students in the Greater Park Hill-Stapleton zone to high-performing middle school seats,” Eschbacher said.

McAuliffe International School moved into the Smiley building in Park Hill, replacing a struggling program there with a high-performing middle school that had rapidly outgrown its space at the overcrowded Swigert-McAuliffe building. The move allowed the district to increase middle school capacity in the area without constructing a new building, putting the Denver Discovery School in McAuliffe's old space.

“DPS is pleased with the impact the solution has made so far. Previously, over 80 percent of Park Hill students left the neighborhood to attend middle school. That number decreased to 35 percent in just one year,” Eschbacher said.

The downside (continued on page 11)

DPS Choice—With a Twist

“Take a Deep Breath,” The Lottery Can Be Stressful

Even with good justifications for the choice zone, the wait for the lottery results can be agonizing. District-wide, about 80 percent of kindergarteners will get their first choice for elementary school, Eschbacher noted. That means, of course, that 20 percent of kindergarteners do not get their first choice.

When Kenda Keenan went through the choice process, she received her fifth choice, “Eastbridge 4,” a school so new that it didn't have a name or location at the time of the choice lottery.

“My experience with school choice was pretty emotional. I remember feeling the weight of needing to pick the ‘best’ one for my child,” Keenan said. “Imagine my surprise when I opened our letter and found that my daughter had been assigned to our fifth choice, a school that did not exist yet.”

Keenan said that she went to community meetings with the principal and staff of the school, learning what she could about the school that is now Isabella Bird Community School.

“To my great relief, I was thrilled,” she said. “I went from feeling really cheated to feeling like I had won the lottery.”

Other parents who did not receive their first choice in kindergarten decided to enter the choice lottery again in first grade.

“The choice process has been a very challenging process that has taken a significant amount of time and energy to understand and navigate,” Michelle Olsen said. Olsen's daughter

that the “zone” was originally created because Stapleton's first two schools, Bill Roberts and Westerly Creek, “were located so close together, it was a challenge to divide the boundaries up.” Later, even as additional schools were built, the system helped DPS adapt to rapid changes in the size, location and demographics of Stapleton's population as one neighborhood after another filled in.

Asked if DPS would consider “hard boundaries” in the future, Eschbacher said that would be “impractical” because of “high growth, particularly north of I-70.” The boundaries, he explained, “would in essence have to be continually be redrawn each time a new neighborhood opens or a new school opens, which is very disruptive.”

In addition, the open enrollment zone allows the district to manage the demographic instability of an urban infill development, where the age diversity of residents skews initially toward a huge number of families with young children. In older parts of Stapleton, yields of kindergarteners have shifted over time, decreasing as much as 25 percent from 2009 to 2013, just as newer neighborhoods in the area have seen increasing numbers of kindergarteners. The open enrollment zone allows the district to shift capacity among the schools, controlling class sizes. In a closed boundary, one Stapleton school could end up with a kindergarten class size of 18 kids per class while another school might have 35 kindergarteners per class.

Eschbacher added that the current, zone-based system “gives families in the neighborhood access to five high-performing options.”

Guide to Our Advertisers

Auto	Autowash @ Stapleton	22
	DART Auto	26
Bars	Stapleton Tap House	10
Children's Camps	Altogether Outdoors Summer Camps	12
Churches	Augustana Lutheran Church	19
	Denver Presbyterian Church	25
	Montview Blvd Presbyterian Church	23
	Park Hill United Methodist Church	16
	Stapleton Fellowship Church	31
Community Organization	Stapleton Master Community Assoc	2
Dance Classes	Dance Institute LLC	13
Dental	A Wild Smile Pediatric Dentistry	29
	Beebe Orthodontics	25
	Lowry Family Dentistry	20
	Quebec Square Family Dentistry	31
	Stapleton Dental	26
	Steele Dentistry of Stapleton	18
	Trommeter Orthodontics	22
	Williams Family Dentistry	15
Design and Remodeling	Best Builders	29
	BluePrint Design & Construction, Inc.	25
	Diane Gordon Design	21
	Elevation Basements	26
	Three Week Kitchens, Baths in a Week	12

Events	Stapleton Foundation / be well Health and Wellness Initiative	32
Financial	Edward Jones	26
	Scott Trembeck, CFP, ChFC Financial Advisor, Waddell & Reed	21
	Thrivent Financial, Ted Kouba	19
Fitness	Bladum Sports and Fitness Center	7
	Jewish Community Center	11
Flooring	Cross Flooring	18
Health and Wellness	IMAGE Research Group	2
	New Day Acupuncture	23
	Restor Medical Spa	11
Home Builders	New Town Builders	29
	Parkwood Homes	27
	Wonderland Homes - Terrace Homes Collection	14
Home Furnishings	Rare Finds Warehouse	9
Hospitals	Rocky Mountain Hospital for Children	7
	St Joseph Hospital - SCL Health	3
Housecleaning	Number 1 House Cleaning	31
Lawyers	Gama Law Firm, LLC	17
	Link Link Mehrtens and Carlson, P.C.	23

Medical Doctors	Advanced Pediatric Associates	26
	Colorado Institute for Maternal & Fetal Health	18
	Denver Dermatology	16
	Foothills Urogynecology, PC	28
	Med-Fit PLLC- Weight Loss Specialist	5
	Mountain Spine & Pain Physicians	24
	New West Physicians / Ascend Family Medicine	30
	Sapphire Pediatrics	29
	St Joseph Hospital - Certified Nurse-Midwives	16
	Stapleton Pediatrics	24
	Stapleton Women's Health, PC	5
	The Reid Clinic	7
	University of Colorado Hospital Department of Orthopedics	9
Museum	History Colorado Center	31
Opticians	Stapleton Family Eye Center	10
Pets	Denver Dumb Friends League	8
	Happy Dog Daycare	29
Photography	Photographer Katy Tarakoff	23
Plumbers	Blue Sky Plumbing & Heating	27

Pre-Schools/ Childcare	KidsTown Drop-In Child Care Center	30
Real Estate	Jim DeCesaro, Welchert Realtors	23
	Kim Davis @ Re/Max of Cherry Creek Inc	12
	Kim Kouba, Perry & Co	25
	Marcy Eastman / RE/MAX of Cherry Creek	9
	New Perspective Real Estate, LLC	17
	RE/MAX Momentum Stapleton	21
	The Kaarna Team, RE/MAX of Cherry Creek	10
	Wolfe & Epperson Real Estate	28
Restaurants	Copper Door Coffee Roasters	17
	Deliciable Egg	9
	The Berkshires	19
	The Table Top, LLC	25
Schools	DSST Public Schools	23
	International School of Denver	27
	Stanley British Primary School	22
Solar Energy	Clean Energy Collective	13
Sports	Colorado Rapids Youth Soccer Club	22
	Stapleton Jets	15
Window Coverings	Budget Blinds	20
	Rocky Mountain Shutters	23
Service Directory & Classifieds	XService Directory & Classifieds	29

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

Northfield High School
Lots of Interest—Lots of Questions



Northfield High School principal Avi Tropper explains the new high school's program to a diverse crowd at the Sam Gary Library on December 18. A translator is visible in the foreground.

By Carol Roberts

For many families, school transitions create stress. Visits to schools, taking tours, observing clubs and teams, and shadowing an existing student all help reduce the unknowns. But for families contemplating the new Northfield High School (NHS), scheduled to open for the 2015 school year, those options aren't available. Students and families are taking a leap into the unknown.

Principal Avi Tropper says he has met with about 1,000 students at schools and other gatherings, explaining the mission and program of the school and answering questions. For some families that's enough...they're fully committed to the new program. Kathy Epperson, a Stapleton parent who has helped with planning the new high school and has attended many of the forums, says she knows of families who are not even visiting other schools. "We have not failed yet creating a new school...I can't see people letting it fail. The more that people get involved and help shape the school and support it, I think we can't help but be successful with it." Epperson says families with 4th and 5th graders have been attending the high school informational forums and she thinks they will get involved and support the new high school even before their kids get there.

Other families are still assessing whether a small new school or a bigger established program might be a better fit. Parents of 8th graders who are longtime Stapleton residents have been educational pioneers, opening new programs at each step of the way. One of those pioneers, Kari Cummings, says, "Opening a new school is a daunting task...No matter how great the organization and planning there are just many unforeseen things. Those things often lead to a less than stellar experience for students and parents." For Cummings that experience led her to ask a lot of questions about the new high school program.

Extracurricular programs

Knowing how much effort it takes to get extracurricular programs off the ground, Cummings is concerned that without the momentum of existing clubs, intramurals and social activities that are perpetuated by older student leaders, there may be few

activities in the first few years. Tropper says, "Based on surveys of students who will be in the founding class, I have already identified some clubs that there seems to be a lot of interest around." He explains he is building partnerships with organizations that can help put logistics in place and bring in older students from leadership programs to act as mentors as the younger students are getting the clubs off the ground.

Jason Keller, who has sons entering 6th and 9th grades next year, says a key factor in their upcoming move from Lowry to Stapleton is schools—and he and his son are excited about the pioneering role of the first class at the new school.

Start time and length of school day

Another of Cummings' concerns is about start time and length of day. Will the late start leave students too little time at night for homework after extracurricular activities? Tropper says the school day is 8:45am to 4:45pm and the start time "is based on a ton of research that says this is in the best interest of adolescents." He adds that most of the reason for the longer day is the daily physical activity requirement—and it's based on the premise that daily physical activity supports academic learning. For students on athletic teams, the physical activity time will be combined with sports practice, reducing the length of time those practices extend after school.

Sports

For parents who have been part of school sports and leagues with structures in place to perpetuate the teams, it may be disconcerting to be without those structures—or to adjust to a different kind of structure.

Lacrosse coach Scott Peterson, whose oldest child will be a 6th grader next year, says he's interested in making sure the school has coaches and programs in place to support the kids who are coming up. Peterson says, "We have the opportunity to hand them a championship caliber lacrosse team almost from its inception...I want to do everything I can to support that initiative within Northfield High School and help Avi any way I can." (continued on page 25)

Another Failed Resolution?
Get REAL Results
with Medical
Weight Loss Expert
Dr. Angela Tran

Before



After



- Lose weight safely and effectively without surgery
- Reach your goal weight and learn how to maintain it
- See Dr. Tran regularly one-on-one
- Achieve weight loss and fitness under one roof

FREE Consultation & Body Fat Analysis
Call 303-321-0023 Now!

A \$200 Value. Expires 01/31/15. Financing Available.



2373 Central Park Blvd
Ste 300, Denver, CO
80238



www.denverweightlossclinic.com

NOW ACCEPTING
NEW PATIENTS!



Valerie B. Ginsburg, MD, FACOG • www.stapletonwomenshealth.com

HONEST
COMPASSIONATE
CARE
EVERY STEP OF THE WAY

Monday – Friday 8:00A-5:00P
2373 Central Park Blvd., Suite 202
Denver, Colorado 80238
720.723.2176

STAPLETON
Women's Health



FOCUS ON FITNESS

WITH THE BLADIUM FAMILY

PAY NO FEES START NOW*

*Offer Valid Through January 2015 Only
Enrollment fee waived with 12-month agreementt





FITNESS CENTER WITH CROSS TRAINING & FREE WEIGHTS



3 GROUP EXERCISE STUDIOS: ONE DEDICATED TO CYCLING



CROSSFIT



2 FIELDS



SPORTS BAR CAFE



INFANT AND CHILD CARE

- Les Mills BodyATTACK
- Les Mills BodyCOMBAT
- Les Mills BodySTEP
- Les Mills RPM
- Les Mills SH'BAM
- Les Mills BodyJAM
- Strength & Toning Classes
- Les Mills BodyPUMP

- Les Mills CXWORX
- Bladium Barre
- Bodyflow
- Restorative Yoga
- Yoga Flow I
- Yoga Flow II
- Yoga Sculpt

CALL 303.320.3033

TO GET YOUR FREE 7 DAY PASS

bladiumdenver.com



BLADIUM®

SPORTS & FITNESS CLUB

2400 CENTRAL PARK BLVD.,DENVER, CO 80238

2014 Front Porch Sports Guide

BASEBALL	Boys Baseball/Girls Softball – SE Denver Baseball & Softball League (SEDBSL)	Affiliated With National Babe Ruth & Cal Ripken Organization; sedenverbaseball.com; 303.696.7312; registrarsedenver@live.com
	Boys Baseball/Girls Softball – Arapahoe Little League	arapahoelittleleague.com; arapahoell@gmail.com; 2015 registration opens 1/1/2015; 303.745.3341; 17002 E. Kentucky Ave Aurora 80017
MULTI-SPORT	Metro Denver Arapahoe Youth League (AYL)	www.aylsports.org; 303.495.3900; Competitive football, Basketball, Volleyball and Baseball.
	Jewish Community Center (JCC)	Tennis, Baseball, Basketball, Swimming; www.jccdenver.org 303.316.6304
	Denver Police Activities League	Baseball, Football, Basketball, Softball and Jump Rope; denverpal.com; 303.937.1223; 1240 W. Bayaud Ave Denver 80223
	Stapleton All Sports	Year round sports programming for kids ages 21/2 - 10 yrs. Basketball skills, League basketball, Wrestling, Lil Bombers coach pitch baseball, Baseball Skills, Cheer, Summer Golf Lessons, Summer Tennis Camps, Summer Sports Camps, Early Ball Skills, Flag Football, Football Skills, and Soccer Skills. stapletonallsports.com; 720.985.6642; info@stapletonallsports.com
	YMCA of Metro Denver	Baseball, Swimming, Basketball, (rec and competitive) Lacrosse, Soccer. DenverYMCA.org; click on Stapleton/NE Denver; 720.524.2750
	Denver Parks & Recreation	Flag football, Cheerleading, Gymnastics, Tumbling, Soccer, Volleyball, Baseball, Softball, Basketball (rec and competitive) Tennis, Swimming. denvergov.org/recreation (activities and programs tabs;) Montclair Rec 720.865.0560; Central Park Rec 720.865.0750; Hiawatha Davis 720.865.0590
BASKETBALL	Gold Crown	Competitive Basketball for ages 9+; www.goldcrownfoundation.org
	Chauncey Billups Elite Basketball Academy	Competitive Basketball for ages 9+; www.billupselite.com
FOOTBALL	Broncos Flag Football	www.broncosflagfootball.com
FUTSAL	303 Futsal	soccerelectric.com
GOLF	Golf – The First Tee Denver	thefirstteeofdenver.org; 303.370.1554
GYMNASTICS	Colorado Gymnastics Institute	15540 E 6th Ave Aurora; 303.363.7272; www.coloradogymnstitute.net
	Gymnastics Plus	6180 E Warren Ave; 303.512.0799; www.coloradogymplus.com
	Commerce City Rec Center Gymnastics	6060 E Parkway Drive, Commerce City 80022; 303.289.3789; www.c3gov.com
	Dardano’s School of Gymnastics	dardanosgymnastics.com; 303.355.0080
ICE HOCKEY	Denver University Family & Youth Recreation Junior Pioneers	recreation.du.edu; (See Jr. PIONEERS link) 303.871.7728
	Big Bear Ice Arena	Boys and girls ages 5-12 learn to play and competitive programs; www.bigbearice.com
FIGURE SKATING	Big Bear Ice Arena Lowry	Learn to skate and competitive; bigbearice.com; 303.343.111
LACROSSE	Denver Lacrosse Club (DLC)	For boys and girls; denverlacrosse.org; 720.220.3004
	Denver City LAX	Boys and girls; denvercitylax.com; info@denvercitylax.com
	Stapleton Jets Boys Lacrosse	Boys grades K to 8. Spring, fall and winter programs. Learn to play and competitive. Register at www.stapletonjets.com.
	Stapleton Electras Girls Lacrosse	www.electraslacrosse.com
KARATE	Mike Giles Family Karate	mikegileskarate.com; 303.377.5425; mikegileskarate@comcast.net
	Stapleton Family Karate	StapletonFamilyKarate.com; 303.928.0043; erin@stapletonfamilykarate.com
RUGBY	Glendale Youth Rugby	For boys and girls; www.infinitypark@glendale.com
RUNNING	Girls on the Run	girlsontherunrockies.org; 720.530.1064; info@girlsontherun.org
SOCCER	Colorado Rapids Youth Soccer	Rec and competitive soccer for boys and girls ages 4 and up; indoor and outdoor; www.rapidsyouth soccer.org
	Bladium Sports & Fitness Club Stapleton	Indoor – Lil Kickers and West Hamm United Soccer Club; Bladium.com; 303.320.3033; denverSA@bladium.com
	Colorado Storm	Year round soccer programs for boys and girls ages 5+-. www.coloradostorm.com
	Kinder Kixx	Find locations at kinderkixx.com
	Skyline Soccer Club	Year round rec and competitive soccer for boys & girls ages 5 and up. 303.691.5662; www.skylinesoccer.org
	Soccer Electric	SoccerElectric.com
	Stapleton Neighborhood Community Pools (summer)	Lessons and Stapleton Stingray Swim Team. stapletoncommunity.com
SWIMMING	Synchronized Swimming – Rocky Mountain Splash Swim Team	rmsplash.org; 303.693.4330; info@rmsplash.org
	Denver Stingrays (year round)	www.denverstingrays.com
	Denver Tennis Club Hilltop	denvertennisclub.com; 303.322.4524; 400 Forest St Denver
TENNIS	Tennis – Gates Tennis Center	gatestenniscenter.info; (See juniors link) 303.355.4461; 100 S. Adams Denver 80209
	Denver Lightning Track Club	Indoor, Outdoor and Cross Country. www.denverlightning.org

By Madeline Schroeder

Determining the right age for kids to start playing competitive sports can be a difficult choice, and now families face it even earlier. Most sports switch from recreational to competitive by age 8 or in third grade.

"I personally think it's way too young, and not good for sports or kids," says Kevin Druck, Stapleton resident and co-owner of Kinder Kixx, a private company that teaches kids the fundamentals of soccer in a "fun and positive environment."

While Druck believes competitive sports at a young age are great for the small population of elite athletes, he says the majority of kids are just average at sports. These kids are squeezed out and don't have the chance to play.

Druck has three boys who all play soccer, his oldest currently playing in a competitive Rapids league. This year he was bumped down to a lower level while his friends stayed on the higher-level team.

"When your kid gets in your car crying, you have a choice as a parent to say well, 'screw the system, we hate them.' But we don't blame in our family. We said 'OK, well, what do we learn from this?'"

As a coach and parent, he understands the many opinions over competitive sports. He thinks the answer is getting to know your kid and what's right for him or her, as well as being willing to recognize sports may not be a realistic future. He also understands parents of stellar athletes want their kids to play at the highest level and sports are the priority. For his family, his priorities are character, education and then sports.

He'd like to start a recreational soccer league for older kids, but suspects there is no demand.

Competitive leagues contact him for team rankings of even his youngest players. He jokes he could start a competitive league for 2-year-olds, imagining kids running around in diapers. "From a financial aspect, I'm like 'Well, let's do it!' There are people

who would pay for it so it'd work, but does that mean it's right?"

Mindy Solomon, Lowry resident and child psychologist at Children's Hospital Colorado, says parents have to be intentional in how they talk to their kids about sports.

"These days it's so tough to just allow kids to figure out who they are on their own timeline," she says. "There's so much pressure to figure out who they are right away."

Her 6-year-old daughter joined gymnastics this year for the first time and it's clear she's not as good as other kids who have been doing it since age 2 or 3. Her daughter is aware of this and has become discouraged from participating.

Rejection is difficult for any brain to understand, but especially young brains, according to Solomon. Before age 11 or 12, abstract ideas are difficult to comprehend and rejection is especially confusing. A kid only knows, *I wasn't picked* or *I wasn't good enough*.

On the other hand, Solomon's 4-year-old daughter shows signs of being exceptionally athletic, but Solomon doesn't want to limit her experiences as a kid by putting her into a competitive league.

Unfortunately for kids who do go competitive at a very young age, there is a big "burnout" factor.

Eleven-year-old Stapleton resident Kelly Englert has been doing synchronized swimming for seven years. Up until this year, she has loved it but is now considering quitting. "I'm having a tough time with the coaches and sometimes I don't feel as motivated to go to practice," she says. Practices are 2.5 hours two times during the week

and 3 hours on Saturday, from August to June.

Unlike her previous recreational team, her competitive team is "all work and no play."

She says she is picked on by coaches and feels guilty for getting injured because there is so much



pressure to perform well. "When they [coaches] talk to me like that it makes me be more difficult and prove a point, like if you're going to be this way then I'm going to be this way. Stop hassling me."

"Kelly has a really solid foundation to be really good if she wants to work that hard," says her mom, Chris Englert, who has had several discussions with the coaches about Kelly's performance. "If she doesn't, I feel like there's not a lot of options to go elsewhere."

As a parent, she's stumped whether to encourage Kelly to pursue another sport. If she were to quit, she may not be able to make a team for another sport because by age 11 most kids have already been playing competitively.

So, the discussion to quit persists. It has become an almost daily topic in the household. How has the switch from recreational to competitive worked in your family? *The Front Porch* welcomes comments online at FrontPorchStapleton.com or sent to FrontPorch@FrontPorchStapleton.com.

When your child's symptoms come fast and furious...

Text "ER" to 23000 for ER wait times
Message and data rates may apply

CONTINUOUS COUGHING
VERY HIGH FEVER
STOMACH PAINS

**Less than 5 miles away
Shortest wait times**
Our pediatric **emergency specialists** and **all pediatric-trained nurses are ready 24/7.**

19th Ave. & High St. | Denver
RockyMountainHospitalForChildren.com

Rocky Mountain Hospital for Children
At Presbyterian/St. Luke's

Health ONE

© 2014 HealthONE LLC

Look & Feel Your Best in The New Year



Let us enhance your natural beauty.

Dr. Reid is a board certified facial plastic surgeon specializing in *cosmetic* and *revision* rhinoplasty for more than 25 years.

Buy one 16 week (5mL) Latisse treatment & receive a FREE 10 week treatment (3mL)

The Reid Clinic on the Rose campus

4545 E 9th Ave Ste 200, Denver 80220

303-320-5516

thereidclinic-myskincare.com

Consider asking for a *Cosmetic* or *Rhinoplasty* consultation when making your next appointment.

Botox

| Fillers

| Rhinoplasty

| Eyelid Surgery

| Chemical Peels

| Medical Skincare Products

Safe Sleeping for Babies

(continued from page 1) can interfere with breathing and puts an infant at risk of accidental suffocation and Sudden Infant Death Syndrome (SIDS), or unexplained death within the first year.

Nearly 55 percent of U.S. infants sleep with potentially unsafe bedding, according to a December 2014 study by the National Institutes of Health. The rate is higher among babies of young, low- income, non-college-educated, and/or African-American or Hispanic moms.

“Parents have good intentions, but babies can sleep anywhere,” says Michelle Caraballo, MD and sleep specialist at Children’s Hospital Colorado. Unlike what most people assume, babies do not need soft cozy items in the crib to fall asleep, and it’s actually safest for it to be just the baby and the crib.

There has been a lot of research into sudden infant deaths and safe sleeping. In 1992, the American Academy of Pediatrics for the first time recommended infants sleep on their back. Two years later, the National Institute of Child Health and Human Development launched the Back to Sleep! campaign (later renamed Safe to Sleep) to teach parents the recommendations for safe sleeping.

Since 1992, the rate of SIDS has fallen by 50 percent, but has barely declined since 2000, and there has actually been an increase in accidental suffocation, according to the study.

Caraballo, a Lowry resident and first-time mom of a 4-month-old boy, thinks it’s best to introduce good sleep habits early on. But, even hospitals are guilty of unsafe practices like putting a blanket in the crib and a hat on the baby. Plus, parents receive mixed messages from products being sold at department stores, which pediatricians are fighting to get off the market. Caraballo says doctors can’t always expect parents to know all the requirements and need to educate the safe ways for babies to sleep.

Following are safety guidelines for all sleep times, including naps:



Michelle Caraballo, sleep specialist at Children’s Hospital Colorado, puts her 4-month-old, Graham, to bed in a crib that follows the recommendations for safe sleeping—a separate sleep space with no loose objects.

A baby should always be put to sleep on his or her back. Babies should not lie on their side or stomach, which is very high risk. A baby can roll from their side onto their stomach.

Babies should sleep on a firm surface. Sofas and recliners are especially unsafe.

Babies should sleep with no objects. “It’s not soft and cuddly, but babies are just as comfortable without,” Caraballo says. Stuffed animals, pillows, blankets, wedge positioners, etc., are all risks for suffocation.

A baby should sleep in a separate space from the parents. Adult beds are particularly high risk for suffocation with a soft mattress, pillows and blankets.

A baby should sleep in a crib, bassinet or Pack N Play within arm’s reach of a parent. Co-sleeping is a sensitive subject because it is very common and very unsafe, according to Caraballo. “Something we hear a lot is that

moms perceive bed-sharing as a bonding opportunity between her and the baby.” She reassures moms that although the baby is in a separate sleeping area, the mom is close to comfort the baby. Doctors call this room sharing. A baby should be in the same room as the mom and dad until 6 months old.

A baby should not wear a hat to sleep. “The head is where babies vent excess heat,” Caraballo says. Hats are linked to overheating and should never be worn during sleep times.

A baby should wear a sleep sack and one additional layer, at most. A sleep sack is a wearable blanket that replaces loose blankets in the crib. Since 2005, the American Academy of Pediatrics has suggested using wearable blankets. A baby should not wear additional layers to avoid overheating.

A room should be kept at 68 degrees or lower.

Studies have shown that infants who use pacifiers have a lower risk for SIDS. This research is new and doctors don’t yet understand why. Caraballo says it’s not necessary to reinsert the pacifier every time it pops out.

Swaddling safety tips. Swaddling is great to soothe or calm a fussy baby. A secure swaddle should snugly wrap below the chin and align with the baby’s shoulder. But, as soon as a baby is able to roll (2–3 months), a baby should not be swaddled. At this time babies need to have their arms free.

When a baby falls asleep in a car seat, he/she should be transferred to a safe sleeping area once returning home.

Share your comments at FrontPorchStapleton.com

WHO HELPS US SAVE MORE THAN
16,000 HOMELESS PETS EACH YEAR?
YOU DO.

ADOPT TODAY



2080 S. QUEBEC ST., DENVER | 4556 CASTLETON COURT, CASTLE ROCK | 303.751.5772 | DDFL.ORG

The Perfect Crime

By Madeline Schroeder

On a recent day while patrolling Stapleton, Lt. Robert Wyckoff pulled up to a beautiful home. No one was outside and the garage door was open, exposing mountain bikes and exercise equipment. In the driveway, a new Audi sat unlocked, unoccupied and running, or “puffing” in police terms. After a while the owner came outside and predicted what Wyckoff was going to say. “This is inviting someone who is in the neighborhood for criminal conduct to have their way with your property,” Wyckoff said. He oversees District 511, which encompasses Stapleton.

This occurrence happened several times that same day, and every day. Wyckoff has been surprised by the overwhelming number of houses in Stapleton that are targets for potential crimes

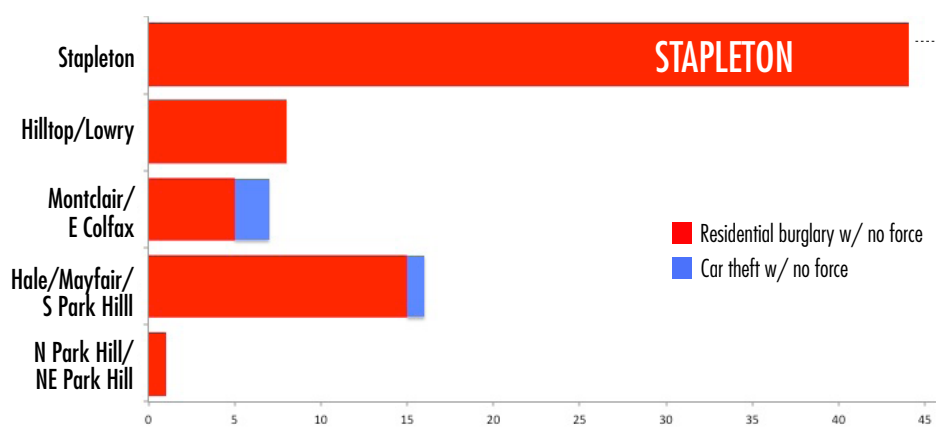
of opportunity. Crimes of opportunity are perfect for burglars, offering little risk and big reward. Simple ways to prevent crime seem to be disregarded in Stapleton—28 of 39 burglaries in the last three months were preventable thefts from open garage doors. “In any community you live in, it doesn’t matter how affluent it is or how nice the homes are, you have to have that level of responsibility,” Wyckoff says.

To help reduce crimes of opportunity in Stapleton, DPD has introduced officers on horseback during peak crime hours (10am to 1pm) to look for crime opportunities and leave notices for residents with prevention tips. Horseback patrols also allow officers to look over fences and find open doors.

On a December day, a resident yelled, “I love that you guys are here,” to cops on horseback while she passed by in her minivan at 26th and Ulster. “I love it!”

Growing up in a cop family, Wyckoff has always been aware of how secure a home is and how to prevent a crime. He hopes to change

Preventable Thefts from Aug. 31 – Dec. 6, 2014



Precinct 511—Stapleton from Montview Blvd to 64th Ave. and Quebec to Peoria
Precinct 321—Hilltop/Lowry from Leetsdale to 11th Ave. and Colo Blvd to Havana
Precinct 223—Montclair/E Colfax from 6th to 23rd Ave. and Monaco to Valencia

Precinct 222—Hale/Mayfair/S Park Hill/N Park Hill from 6th to 28th Ave. and Colorado Blvd to Monaco
Precinct 221—N Park Hill/NE Park Hill from 28th to 52nd Ave. and Colorado Blvd-Quebec

In Stapleton, there were 44 unforced home burglaries in 97 days—the worst rate in NE Denver. All 44 were easy crimes for burglars.

- Mode of entry for the 44 Stapleton crimes:**
- | | |
|----------------------------|-------------------|
| 25 open garage | 1 open door |
| 5 unknown entry | 1 remote |
| 4 unlocked door | 1 spare key |
| 2 unlocked window | 1 unlocked entry |
| 2 homes under construction | 1 unlocked garage |



Lieutenant Robert Wyckoff of District 511 wants Stapleton residents to practice simple crime prevention methods that will prevent crimes of opportunity.

the culture of how Stapleton people think—although Stapleton may have a “cozy” friendly feeling, crime is still possible and prevention is important. Crimes of opportunity can be prevented just as easily as they are committed.

Wyckoff reminds everyone to use a padlock on a gate, leave porch lights on at night, remove valuables from cars, lock cars, never leave an unoccupied car running, and close and lock the garage.

Crime prevention depends on good neighbors, according to Wyckoff. He suggests: If a neighbor’s garage is open, knock on the door to let them know. Be aware of and report suspicious activity, which can walk a fine line. Is a person wearing a hooded sweatshirt and baggy pants and riding an expensive bike suspicious?

“What does a criminal look like? You got me. But if someone is wearing a sweatshirt, does that automatically make him a criminal? Absolutely not,” Wyckoff says. He wants neighbors to report things clearly out of the ordinary, like a recent arrest when a man was biking and pulling another stolen bike behind him. Wyckoff hopes to continue building connections with the Stapleton people and surrounding communities to prevent crimes of opportunity. To contact District 511, call 720.913.1400 or email Dist5@Denvergov.org.

BEST HOSPITALS
U.S. News & World Report
NATIONAL ORTHOPEDICS
2014-15

Brought to you by the Orthopedics Department at University of Colorado Hospital—
RANKED #1 IN COLORADO.

Proud to be ranked among 5280's Top Docs.

BACK IN MOTION.

Getting you back to the active life you love sometimes requires specialized care. Our highly trained foot and ankle specialists focus on healing from the ground up. From bunions to fractures to deformity corrections, we offer some of the best treatment options at one of the nation’s top orthopedics programs.

Schedule An Appointment: 720-726-1969 | uchortho.com



Comprehensive Orthopedic Care by Specialists in:
Adult Reconstruction • Foot & Ankle • Hand • Oncology
Spine • Sports Medicine • Trauma

RARE FINDS
WAREHOUSE

\$10 OFF PURCHASE
Get \$10 off purchase of \$50 or more.
*One offer per purchase, in-store only, non-sale items.
6500 Stapleton Dr. S., Denver 80216
M-S 10am-5pm | Sun 12pm-4pm
www.rare-finds.com

Marcy Eastman
Broker/Co-owner

Thinking of buying/selling in the New Year? Call me for outstanding results!

303-436-5494
MarcyEastman.com

Start 2015 off Eating Right!

Buy One Entrée
Get One Free!
(Lesser priced entrée is free)

Lowry Town Center
2nd & Quebec 720.859.9933
Mon-Fri: 6:30-2:00 Sat & Sun: 7:00-2:00

DelectableEgg.com
f DelectableEgg

Must present this coupon. Valid Mon-Sat., dine in only. One coupon per table. Not valid with any other offer. Lesser priced entrée is free. Valid at all Delectable Egg locations. Expires 2/15/15.

Urban Farm Kids Ready to Strut Their Stuff at National Western Stock Show

By Laurie Dunklee

At 10 years old, Mercedes Martinez is already an old hand at poultry. She began raising ducks and chickens at the Urban Farm when she was 5. Last year she and her duck won the junior showmanship competition at the Adams County Fair. This month she'll show both her chicken and duck at the National Western Stock Show.

"You train them by having them since they are chicks. They are around people a lot. You pet them and lift them in and out of their cage," said the 4th grader, an Aurora resident who attends St. Pius X Catholic School.

Martinez will compete against approximately 50 other kids in this year's Junior Poultry Showmanship event at the National Western. She will hold each bird for the judges and show its head, feathers, feet and wings. The final challenge of the competition is positioning the bird in a posed stance and—ideally—letting go of the bird.

"Getting your bird to pose is really hard," Martinez said. "You have to practice a lot. You can tell them to stay in position but it's up to them whether they want to or not."

Brenda Strong, superintendent of the poultry show for the National Western, said the poultry showmanship competition is judged more on the kid's abilities than on the bird: "The bird counts for 10 points, judged against a standard for their looks and their health. The other 90 points is on the kid and how they present themselves."

Strong said the activity builds kids' confidence and teamwork. "Kids learn to walk up to the judge, shake hands, make eye contact and introduce themselves. They learn to use resources to find the answers to what they need to know for competition. They get to know everything about their bird and they are excited to tell about it. They work together and help each other, the older kids helping



A group of Urban Farm kids showed chickens at the 2014 National Western Stock Show. Photo by Caroline Vierow

the younger ones. You'll see them all sitting on the floor, studying what they need to know about their bird."

Kids also learn the agricultural purpose of livestock. Martinez noted that while her birds are like pets, they have the added advantage of producing eggs. "They produce as many as six eggs a week during the summer," said Martinez. We use them to

make bread, cakes and cookies."

Strong said more city kids are competing in livestock competitions now that cities allow residents to raise chickens and goats. "The numbers of competitors is going up," she said. "Last year we had 20 more birds shown."

Martinez is preparing for the contest by spending extra time with her birds: "Butterscotch," a buss orpington chicken, and "Sunflower," a runner duck. "I get them out of their cages more often and we practice the routine," she said. "Before the show I'll wash them to make them shiny and pretty, and oil their combs and wattles to make them shiny."

Birds to be shown will be on display 9am to 3pm on Jan. 24 on the lower level of the Hall of Education. The poultry showmanship event begins at 10am.

Two new events will draw audiences to the stock show this year, according to Karen Woods, marketing and PR director: "Families will love the CINCH Super Shootout, a touring rodeo where teams compete, including our National Western team. Also we'll have the new barbeque throw-down competition between 40 Colorado chefs on opening day." For more information about all events, see www.nationalwestern.com.

NOW OPEN IN STAPLETON!



Children's Eye Physicians is dedicated to great patient experiences and providing the best eye care for our community. Each of our physicians and staff are devoted to providing personalized care for you and your child.

CHILDREN'S EYE PHYSICIANS



KIDS' VISION. OUR MISSION.

303-456-9456 • www.cepcolorado.com
2373 Central Park Blvd, Suite #102, Denver, CO 80238

Featured Homes For Sale



8993 E 29th Place :: \$435,000
Enjoy the Perfect Stapleton location on a quiet courtyard close to Central Park. Gourmet kitchen, large island, open floor plan. Spacious Master Suite with 2 closets and a covered balcony. Upstairs office and loft are perfect for relaxing or working from home.



9078 E 23rd Ave :: \$360,000
A tremendous Stapleton value, this three bedroom home sits on a large private courtyard close to Bill Roberts and Westerly Creek schools, parks, and Puddle Jumper pool. Master suite, two bedrooms, full bath, and laundry room upstairs. Private fenced yard and two car attached garage.



The Kearns Team



RE/MAX
of cherry creek
because experience matters™

Our Tools. Our Experience. YOUR Goals.

Diana Kearns
Broker / Co-Owner
Diana@KearnsTeam.com | 303.598.2076

Michael Kearns
Broker / Co-Owner
Michael@KearnsTeam.com | 303.598.3468

www.BuildingStapleton.com

RE/MAX of Cherry Creek, Inc.
3773 Cherry Creek North Drive, Suite 801, Denver, CO 80209 | 303.331.4500
Each Office Independently Owned and Operated

Committed to Stapleton!

Since 2004, we have helped our neighbors buy or sell over 300 homes in the neighborhood.

We organize and sponsor the annual Stapleton Community Garage Sale.

We are the owners of the Stapleton Tap House.

Past and present, we have served on:
Stapleton Master Community Association, Stapleton United Neighbors (SUN), Stapleton Development Corp., Greater Stapleton Business Association, Stapleton Citizens Advisory Board (CAB), The Rotary Club of Denver Stapleton, Westerly Creek Metropolitan District, Stapleton Parks Advisory Group.

Every Day can be a Beer Festival

Bring this coupon to the
Stapleton Tap House
and receive 10% off your bill

in the Shops at Northfield Stapleton
8286 Northfield Blvd, Unit 1525
www.StapletonTapHouse.com
720.449.2337

Must be 21 or older with valid ID. Limit one coupon per purchase. Cannot be combined with any other offer. Not valid for purchases of gift certificates or prior purchases. Expires February 15, 2015.



Westerly Creek School tour

School Choice

(continued from page 4) of that success is an impending school capacity crunch. Choice at the middle school level will soon become more fraught, as increasing enrollment will inevitably lead to a decrease in the number of students getting their first choice school. By the 2016-2017 school year, district projections show the shared boundary short more than 100 seats.

DPS is aware of the capacity issue. Having already overseen the opening of three new middle schools in the area over the past three years, the district is already starting the planning process to open another middle school in 2016.

Despite the Stress, Parents Say They’re Satisfied

Parents who went through the first year of choice under the new shared boundary generally expressed satisfaction with the schools where their children ended up.

“We are so incredibly lucky because we have so many great choices around us,” said Jodi Clifford, mom to three children at Bill Roberts. She says she has “always loved the culture” of the school. “It is home for us, so the choice was easy.” Clifford liked the K-8 model for a school, saying that “being in an environment with younger students gives the kids ‘permission’ to stay young just a little longer.”

Gretchen Pilcher, whose son entered the choice lottery in the midst of a move from Texas, found that the Denver Discovery School was the

best option for her family. Experiential learning and units that allow students to explore the same themes in math, art and social studies appealed to Pilcher. “It’s more like real life,” she said.

Many parents with children at other middle schools have been equally pleased with their experiences.

“We are extremely happy at McAuliffe,” Heather Baker said. “The well-rounded approach of the international baccalaureate philosophy is an excellent fit for my child.”

She also lauded the innovation status of the school, which she said “enables the principal [Kurt Dennis] to pick a great team” of teachers and staff who challenge and engage students.

Adding to the chorus of parents happy with their middle school, Lisa Byrnes said that she was “super happy with our choice” of DSST-Stapleton, “a school with a proven track record of success.”

Jann Engelstad saw the “high academic standards and challenging environment” at DSST-Stapleton as an enticing draw for her son.

“You could see that the kids were engaged in learning and excited to be there,” she said.

Engelstad empathized with parents entering the choice lottery this year. Yet for all the stress and angst, the process ultimately involves selecting among a variety of good outcomes, “The choice was difficult,” she said, because “the area has a number of high-quality schools.”




Modern


JCC Sports & Fitness Center
JOIN TODAY AND GET THREE FREE PERSONAL TRAINING SESSIONS ON OUR BRAND NEW EQUIPMENT

Just Some of the other Perks:
 State of the art Cybex equipment • Year round Salt-Sanitized Indoor, Outdoor Pools
 Insanity, Boot Camp and TRX • Free Yoga, Heated Yoga and Yoga Sculpt

For more information or to tour the facility call Yuri or Judy at (303) 316 6308 today!

OPEN TO EVERYONE IN THE DENVER COMMUNITY

www.jccdenver.org • (303) 316-6308



Botox® | Juvederm

Laser Resurfacing

Medical Grade Facial Treatments

Myth:
Botox will make you look frozen

Fact:
When done well, Botox can give you a natural and refreshed appearance



Dr. Flora Waples, MD

– Complimentary Consults –

2373 Central Park Blvd #103
720-524-8429
www.restormedicalspa.com

Podiatry Practice Comes to Stapleton

By Nancy Burkhart

If the big toe that made an intimate acquaintance with an end table is still painful after a week or two, podiatrist Erik Ouderkirk reminds those who are stoic that continuing to walk on it may cause additional problems.

“Most of the time the pain goes away, but it’s not a good idea to wait too long to have it looked at. You should wait only a week or two,” said podiatrist Erik Ouderkirk at Colorado Clinics for the Foot and Ankle, 2373 Central Park Blvd. “Inflammation should be healing up in four to five days. You don’t want to limp around on that foot. It’ll make it worse. It’s always the men who are waiting the longest, and it’s their significant others who are pulling them in to see me.”

“I treat everyone from kids to the elderly,” he explained. “If you have a foot or ankle pain or deformity or question, we can help you with that. We see trauma of the foot and lots of sports injuries. We see young professionals and their families. As a podiatrist, I’m going to see all the not-so-pretty stuff like diabetic ulcers,



Podiatrist Erik Ouderkirk examines a patient at Colorado Clinics for the Foot and Ankle’s new location in Stapleton, 2373 Central Park Blvd.

Front Porch photo by Laura Mahony

what’s wrong with your foot because that helps me make you better. My patients understand why I’m treating them a certain way, and that speeds up their recovery period.”

Ouderkirk grew up in Boise, Idaho. After his podiatry residency at Scholl College in Chicago, he moved to Denver and started his own practice in 2002. After having his podiatry practice at Lowry for eight years, Ouderkirk has moved his office to Stapleton.

For an appointment, call 303.577.0110 or go to www.cofootdoc.com where you can leave a specific appointment request and Candess or Jackie will set you up.

skin issues and the difficult things that the elderly put up with from their feet. At Stapleton, we see all the recreational moms and dads, and they bring in their kids with ingrown toenails and flat feet, as well as their elderly grandparents.”

Ouderkirk is familiar with active families. He and his wife, Dana, are avid mountain bikers and have 7-year-old twins, Elizabeth and Johanna, who love gymnastics. The family currently is “dabbling” in indoor rock

climbing.

“Flat feet deformity in kids is common. And we see everything from heel pain to sports injuries. We don’t see babies, but we have great experience with young children from about 6 years old. We work on foot, ankle and lower leg problems, providing conservative and surgical treatments of the foot and ankle.”

Not every problem of the foot and ankle should require surgery, according to Ouderkirk. “I’m very conservative,” he said. “We will exhaust conservative care before we try surgical options. We focus on trying to keep you moving. Times are tough and we try to keep you at work. We focus on educating you and understanding

Rethink. Repurpose.

Think outside the Big Box.

3 & one
Kitchens and Baths

Smart Design for Savvy People.
303.393.1053
threeweekkitchens.com | debratoney.com

SOLD

THORNTON: Penthouse
E. 103rd CIRCLE, 2 bdrm/2 bath

SOLD

LOWRY: Townhouse
84 N. SPRUCE, #701. 2 bdrm/2 bath

U/C

JEFFERSON PARK:
2711 W. 24TH, 2 bdrm/3 bath

FEATURED HOMES

Coming Soon

SOLAR INCLUDED

STAPLETON:
8048 E. 28TH PLACE
5 Bdrm / 5 Bath
- Upgrades Galore -

U/C

SOLAR INCLUDED

STAPLETON:
7969 E. 23RD AVE.
5 Bdrm / 5 Bath - McStain
\$635,000

Kim Davis
BROKER/OWNER
RE/MAX of Cherry Creek Inc
The Santos & Davis group
303.218.8373
because experience matters

FindYourSpace@me.com
Selling. Buying. Relocating.

altogether outdoors

summer camps

8 Weeks of Camp Available: June 15 - August 7
Save \$50 With Early Bird Registration - Ends 2/1

Make Friends, Connect With Nature, Have Fun!

We believe a great camp experience should not only be fun, but also build meaningful connections with friends and nature. Just ask around Stapleton - for seven years we have been providing innovative, high-quality programs with small groups, wonderful staff, and great memories for campers!

Tommy Feldman
Founder/Director

Day Camps ages: 5 - 11 **Sleep Away Camps** ages: 7 - 15

hiking climbing teambuilding ecology crafts songs and more!

aocamps.com
720.249.2997



Before the Stapleton branch opening in December, the Orangetheory Fitness staff fine tunes their coaching skills. Mark Frings (black tee), Colleen Student (far left rower), Molly Byrne (front rower), Jori Gregorio, manager, (kneeling at front), and Scott Katzenstein (running on the treadmill at back).

without getting injured.”

She said Orangetheory workouts are customized for members: “The zones are based on the maximum heart rate, which is different for everyone. Some people have a high resting heart rate. This workout is safe because trainers are watching the whole time. We know exactly where everyone in the class is at and we put safety first. People with special considerations—like pregnancy or a heart condition—are carefully monitored. We are accessible to people with physical challenges. We had a 92-year-old member at the Lowry studio.”

Stapleton’s Orangetheory Fitness studio is the 14th location in Colorado. Gregorio said approximately 450 people have joined the Stapleton studio so far. “We’ve been in Lowry for a year and a half, and people were driving over from Stapleton,” Gregorio said. “They asked us to open a studio here.” The company hopes to open another 10 to 15 locations in the state.

The cost ranges from \$10 to \$25 per class, depending on the membership package. Hours are 4:30am to 8pm, Mon. through Thurs.; 4:30am to 7pm, Fri.; and 5:45am to 1pm, Sat. and Sun. Orangetheory Fitness is at 7349 E. 29th Ave., in the Stapleton Town Center. For more information, call 303.388.3600 or go to www.orangetheoryfitness.com/stapleton.

Science-based Fitness Center Opens in Town Center

By Laurie Dunklee

“The difference between Orangetheory Fitness and other workouts is that participants wear heart rate monitors to track their maximum heart rate at any given time,” says Jori Gregorio, manager of the new 3,600-square-foot Orangetheory Fitness center in the 29th Ave. Town Center in Stapleton.

Gregorio, a Mayfair resident, said the program is science-driven, personal group training designed to increase metabolism and build cardiovascular strength.

Orangetheory Fitness, which opened Dec. 31, offers workout sessions split into intervals of cardiovascular and strength training with heart rate monitors to track the intensity of the workout. Orangetheory brings participants through five heart rate zones in a structured, strategic workout. Data gained from the individual heart rate monitors is projected in live time on screens throughout the facility; color-coded so exercisers can see which heart rate zone they are in.

The classes go through three different phases: treadmill interval training, indoor row-

ing on machines and fast-paced resistance training.

The goal of the class is specific: To be in the green zone (71-83 percent of maximum heart rate) for 20 to 30 minutes, and in the orange zone (84-92 percent of maximum heart rate) for 12 to 20 minutes. “In the green zone, you aerobically burn calories in the now,” said Gregorio. “The orange zone is anaerobic [short duration, high intensity] training that strengthens cardiovascular health and creates afterburn.”

The “afterburn” effect is an increased metabolic rate for 24 to 36 hours after the workout. The Orange Zone is what stimulates this “post-exercise oxygen consumption,” or EPOC effect, where exercisers keep burning extra calories after they leave the studio. “After a workout in those zones, the body continues to replenish itself and continues to burn calories,” Gregorio said.

She said fitness programs are tailored to the individual (including those with injuries) and everyone’s goals are different. “You might not need to lose weight, but maybe your goal is to have more energy. Strengthening the cardiovascular system makes the heart stronger, moves the blood better and improves breathing. Increasing metabolism gives you more energy. The workout also increases

bone density, which is vital for females. And it’s functional training for doing the things we need to do in life, like lifting the kid out of the car, picking up boxes, and running for appointments. The workout helps support everyday activities

#CommunitySolar

Go solar with nothing on your roof!

Save money and the environment with Clean Energy Collective.



www.ColoradoCommunitySolar.com/GetSun



Yvonne Olivere, attorney and owner of Olivere Law, videotapes Ethan and Tanya Jahnke sharing thoughts and memories of their family history. Olivere's practice focuses on estate planning, including wills, trusts and guardianship.

Don't Lose Your Family Legacy

By Courtney Drake-McDonough

Who will raise the kids? What will happen to the house and cars? Who gets the china? These are a few of the important, sometimes tedious, frustrating and often painful decisions made when planning one's estate. Beyond the big decisions and divvying up of stuff, a local estate attorney is also making sure people leave behind the intangibles, like their dreams, stories, voices and even silly songs.

Yvonne Olivere, attorney and owner of Olivere Law in Stapleton, helps people plan how life will go on after their death through estate planning, including wills, trusts and guardianship—and also through estate administration, the actions after death including navigating probate court and passing assets to loved ones. While Olivere's training prepared her to put the legal aspects of her clients' estates in order, she thinks it is just as important for her clients to pass along a personal sense of who they are to future generations—and she has made that

an integral part of her practice.

Currently, as part of her fee for planning and administration, Olivere provides clients with a three-page questionnaire to help them pass on personal information, such as who their role models were, what traditions they had, what their favorite movies were, first jobs, impactful events and fundamental spiritual or religious beliefs. She videotapes her clients providing their answers.

For people who want to do more, Olivere also offers an online, living legacy for an additional fee. One of Olivere's clients, Stephen Newman, is the co-creator of a website originally marketed to funeral homes as a way for families to create websites for recently passed loved ones. Olivere saw the potential for offering Newman's product to her clients. The online site is intended to augment estate planning, not replace it. Unlike the video, additions can be made to the personalized website, including by other family members in the future.

"It's about leaving your legacy the way you want it told and allowing future generations a window through which to see where they came from," says Newman. His personal family site has narrated photos and videos including a rousing dance performed by himself, his wife and two children titled "Newman Family Shake." He is still adding to the site but says, "It has been fantastic to capture stores never known to my kids (or myself) if not for pulling this together. It has meant the world to me."

"I know clients who have lost their parents and have nothing to remember them by except pictures—pictures without explanations," says Olivere. "They begin to forget their loved ones' voices, stories they were told, memories they had with particular loved ones. They cannot ask questions anymore. What a huge loss!"

Stapleton residents and clients of Olivere's, Tanya and Ethan Jahnke, parents of an 8 and 11-year-old are looking forward to creating their own family legacy website. "I really wish I had a video or audio (continued on page 19)

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.

Predestination (2014)

If you had the chance to go back in time and kill the person who ruined your life, would you do so?

Such is the premise of the new film from the Spierig Brothers, *Predestination*. The Brothers, Michael and Peter, showed great promise in their first two films, *The Undead* (2003) and *Daybreakers* (2009). The first film featured zombies and the second, vampires; both were innovative and fresh takes on overworked genres, and *Predestination* does the same with science fiction. The brothers write and direct their own material and after three films, I can safely assert they seem to be following in the footsteps of the Coen brothers.

It's hard to say too much about *Predestination* without giving the story away, so I will stick to an analysis of the film without significant plot description. The plot I can describe is as follows: a time-traveling Temporal Agent (Ethan Hawke) travels back in time to track a serial bomber. On one trip, posing as a bartender, he meets a mysterious man with a miraculous story and ... well, let me just say that the rest of the film is fascinating, mind-bending, and will leave your head hurting as you exit.

Beyond the intricate plot, the style is inviting. Set up as a *Film Noir* thriller, we easily fall into the hypnotic rhythm of the film, even through long stretches of dialogue. The classic *Noir* films often organized themselves through flashbacks, and the flashbacks here not only serve a plot purpose but they also serve theme. And when the flashbacks turn into something else ... well, let me just say that the term "mental gymnastics" was invented for a film like this.

The direction is excellent and the acting is even better. Ethan Hawke is sincere, provocative, and alternately disturbing as the Temporal Agent. But it is Sarah Snook who eats up the screen and provides intelligence, sensuality, and depth as the mysterious bar patron.

Dark, moody, shadowy, and close, the



2 Move-In Ready Row Homes in Stapleton

Don't wait, these luxurious townhomes across from Central Park in Stapleton are ready to go now.

8894 E. Martin Luther King Jr. Blvd. **\$494,155**
Astoria Plan
2,744 finished square feet with 3-bedrooms, 3.5-bathrooms, and a finished basement with bedroom, full bath and a recreation area.

Special features include: laundry sink, air conditioning, fireplace in living room with media area, third story wet bar, gas line to patio, chef's kitchen with ebony stained maple cabinets and under cabinet lighting, custom interior paint and contemporary design center selections.

9034 E. Martin Luther King Jr. Blvd. **\$520,533**
UNDER CONTRACT
2,909 finished square feet with 3-bedrooms, 3.5-bathrooms, and a finished basement with a bedroom, full bathroom, and a recreation area.

Special features include: fireplace in living room, open stair rail system, third story loft with wet bar, air conditioning, chef's kitchen, upgraded maple cabinets with soft close doors, and surround sound pre-wiring in basement recreation area.

Central Park's brand new Terrace Homes are designed to reflect the best of historic architectural styles blended with the modern conveniences you expect. Four unique home plans offer stunning exterior detailing alongside sought-after special features like loft levels and rooftop decks.

WonderlandHomes.com | 720.524.3591 | pirk1@wonderlandhomes.com
Pricing is subject to change without notice and subject to prior sale and availability. 🏠





cinematography is elegant and suggestive. When you rewind the film in your mind after you've seen it, you start to pick up the plot clues as well as the visual clues. We are not tricked, as we were in a film such as *The Sixth Sense*; rather, we are given clues to a unique plot but we choose to mentally construct a linear narrative as we watch. Oh dear, now I've said too much.



Scene from *Predestination*.



Scene from *Calvary*.

You will like this film if you enjoyed *Primer*, *Timecrimes*, and/or *The Thirteenth Floor*. Starts at the Sie FilmCenter on 1/9.

Calvary (2014)

A priest sits in the confessional, waiting. We hear the confessor enter. "I am going to kill you in one week," says the confessor.

Such is the provocative beginning of John Michael McDonagh's *Calvary*, his follow-up to *The Guard*, a fantastic first film that also featured stalwart Irish actor Brendan Gleeson. In this film, Gleeson plays the threatened priest, and his performance should certainly earn him an Academy Award nomination. Thoughtful, troubled, and even tortured, Gleeson's priest struggles to make sense of his life in that one week, all the while helping everyone around him make sense of their own lives. It seems as though the emotions displayed on Gleeson's face are endless, yet we easily understand every nuance.

The plot device is screenwriting gold, and as Gleeson makes his way through the town and everyone in it, we are immersed in his journey and we make judgments about everyone we see based on the

opening sequence. Gleeson's priest, like most filmic incarnations of clergy, is no saint. He is a man, struggling with his past, his vocation, and his increasingly short future. Aren't we all.

McDonagh smartly stays out of the way and allows Gleeson to shine and carry the film. The cinematography is simple with flourishes of majestic brilliance, perhaps mirroring the priest's life and journey. The long shots of the Irish coastline are at once grand while reminding us of how small we really are. The best films can tackle the big issues while

still penetrating the psychological. This one certainly does.

You will like this film if you enjoyed *Locke*, *Doubt*, and/or *The Guard*. Available on Amazon Prime and at Redbox on 1/6.

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

Share your comments at FrontPorchStapleton.com



REGISTRATION NOW OPEN FOR JETS SPRING LACROSSE!



*We're always looking for volunteer coaches with lacrosse experience!

Please visit www.stapletonjets.com today to register your son(s) for spring lacrosse starting in March.

The Jets program is open to boys in kindergarten through eighth grade, and our players (first grade and up) compete each weekend against other clubs from the Denver metro area/Front Range.

Treating ALL members of the family



Early morning, late afternoon & Friday appointments available. Massage chairs & streaming music in every room.

2979 N. Iola St. Denver CO 80238
Our office was designed and built from the ground up with every patient comfort and convenience in mind

www.MargieWilliamsDDS.com

• 303-945-2699

Make your pregnancy
a joyous, happy and
healthy experience.



Certified Nurse-Midwives at
Saint Joseph Hospital

Saint Joseph Hospital’s certified nurse-midwives offer holistic care, outstanding outcomes and a wide range of pregnancy care options for expecting families.

Holistic Care Backed by Denver’s Top Baby Experts

Nurse-midwives at Saint Joseph Hospital offer:

- Emotional, physical and spiritual support for mom and baby
- Some of Colorado’s lowest C-section and preterm labor rates
- Access to board certified doctors and top specialists
- Centering Pregnancy™ groups

Two Convenient Locations in Stapleton and Uptown

- 2807 Roslyn Street in Stapleton
- 1960 Ogden Street, Suite 320 in Uptown

Call 303-318-2620 to learn more or to schedule an appointment.



By Courtney Drake-McDonough

With caloric, energy and muscle-building needs the average person can’t fathom, athletes can’t just be blindly fed massive amounts of food (although the amounts they can put away can be impressive). Instead, the kind of food hinges on details such as time of the day and point in the season. And it has to taste good. Knowing how to deliver that is par for the “course” (pun intended) for students in Johnson & Wales University’s Culinary Nutrition program, the only program of its kind in the country, offered at both the Providence, R.I., and Denver campuses of Johnson & Wales.

Students graduate with a bachelor of science degree that blends the academic side of nutritional science with culinary know-how. “A lot of programs will focus on clinical versus culinary,” says Jamie Daugherty, assistant professor and culinary nutrition assistant at JWU Denver. “They may have a class or two in food science but none that do hands-on, practical applications for consumers and the general public.”

“Years ago, the choices for students were to become a dietician, work in hospitals, public health or food service management and that was it,” says Marleen Swanson, department chair of Culinary Nutrition at JWU Denver. “People want healthier food

What do
you feed
a Bronco?

and that has opened up a vast array of positions for our students.”

Graduates of the program work in research and development with food companies, education, school nutrition, health care and as personal chefs. And some of the program’s graduates work with collegiate and professional sports teams to create their “training table,” to provide optimal nutrition based on needs throughout the season. Daugherty says the chefs have to know about both nutrition and how to craft menu items to meet the players’ needs. Graduates have gotten jobs with the St. Louis Rams, Houston Texans, U.S. Soccer Team (going to Brazil for the World Cup), LA Dodgers and our own Denver Broncos.

JWU senior Brian Banister is currently interning with the Denver Broncos. The internship is designed to expose students to the field of dietetics

NEW YEAR. NEW STORY.
NEW FAITH. NEW LIFE.
READY. SET. GO.

PARK HILL UNITED METHODIST CHURCH grow your spirit with us SM
5209 Montview Blvd., Denver, 80207 303-322-1867 • www.phumc.org
Sunday Worship Services 8:45am and 11am

Complete Skin Care
as unique as you are

MEDICAL Skin cancer Skin checks Acne Eczema Psoriasis Warts Rash Phototherapy Photodynamic therapy	COSMETIC Physician-administered Botox, Fillers, and Laser Treatments Intense Pulsed Light Resurfacing Pigment Hair and Vascular Lasers Chemical Peels Microdermabrasion Sclerotherapy	SURGICAL Mohs Micrographic Surgery Skin cancer treatment Cosmetic excision and repair
---	---	--

Erin Welch, MD Joe Simodynes, MD Samantha Ghiselli, MD Carol Alonso, MD

DDC+ Denver Dermatology Consultants, P.C.
Stapleton Laser Center

www.denverderm.com | 303-426-4525
2970 Quebec St Suite 200 - above Bank of the West



Left to right, Adam Sacks, associate instructor, Jamie B. Daughterty, assistant professor, and Marleen Swanson, chair of Culinary Nutrition, stand in one

(the interaction between nutrition and health). “I get to see what it’s like to feed an entire organization (players, coaches, training staff and administrative staff) during the regular season and soon-to-be post season. I am mainly cooking for the team, but our entire kitchen is striving to make food that is nutritious, appealing and, above all, satisfying to the players who really need it,” says Banister.

Banister draws on his education about “athletic performance cuisine”—sports nutrition with a culinary emphasis and application. Chef Instructor and Sports Nutritionist for JWU Denver, Adam Sacks, says “the curriculum is taught in a kitchen and is

of the kitchens at Johnson & Wales University. Culinary Nutrition graduates work in school nutrition, food research, health care and more.

designed to enable students to assess, design, and execute meal plans for metabolically active individuals ... to maintain, sustain and advance athletic abilities in all sport venues. Sacks says the goal is to “assist the body in recovering from any losses that result from oxidative and inflammatory stresses, glycogen depletion, fluid and electrolyte imbalances, and negative protein synthesis.”

Meeting the nutritional needs of the players is accomplished by emphasizing a wide variety of fruits and vegetables, whole grains, leaner proteins and healthy fats. The food has to look and taste familiar and appealing to the players or they aren’t going to

eat it, says Sachs. “We can’t introduce foods that they’ll look at and say ‘what’s this?’ If they don’t eat it, they compromise their efforts and the net results. There’s a lot of intention involved in what is served.”

“I’m happy to say the players are very receptive to what we put out,” says Banister. “For each meal we have one or two lean protein options with a medium- or high-fat option such as beef. We also try our best to source seasonal produce that is locally grown.” Team favorites include freshly prepared fish dishes, roasted chicken, pasta, steaks with sauces, and a lot of potatoes. “Some of my favorites include salmon with a lemon-caper reduction, Cajun-style gumbo, and roasted butternut squash with chipotle butter and candied pecans.”

Bannister adds, “It’s very interesting to observe the eating patterns of players. Some are willing to try it all, some stick to what they grew up eating. No matter the player, they all have enormous appetites. I’ve seen individuals eating upwards of 24 ounces of chicken along with cups of pasta and multiple burgers in one sitting. Compensating for the loss of thousands of calories will do that to you, I guess.”

Bannister hopes to continue working in sports nutrition after graduation but would also like to work in a clinical setting to help patients live healthier lifestyles after diagnoses or surgical procedures. “So many dietitians and clinicians can formulate a healthy diet plan but not execute the simple task of properly cooking food to where it is appealing and flavorful to their consumer,” he says. But he believes the blended curriculum forces students to think like chefs first, and then put knowledge of nutrition and biochemistry to work after.

Visit FrontPorchStapleton.com for a recipe for Post Recovery Energy Nuggets developed by Chef Adam Sacks. These fig/date/raisin/nut bars assist in muscle recovery after workouts.

Share your comments at FrontPorchStapleton.com

FREE COFFEE



Buy One Drink Get One Free*!

932 Jersey Street
Denver, CO 80220

*Valid in store only. Expires January 31, 2015

INJURED? ACCIDENT? NOT YOUR FAULT?

FREE consultation with an experienced personal injury attorney

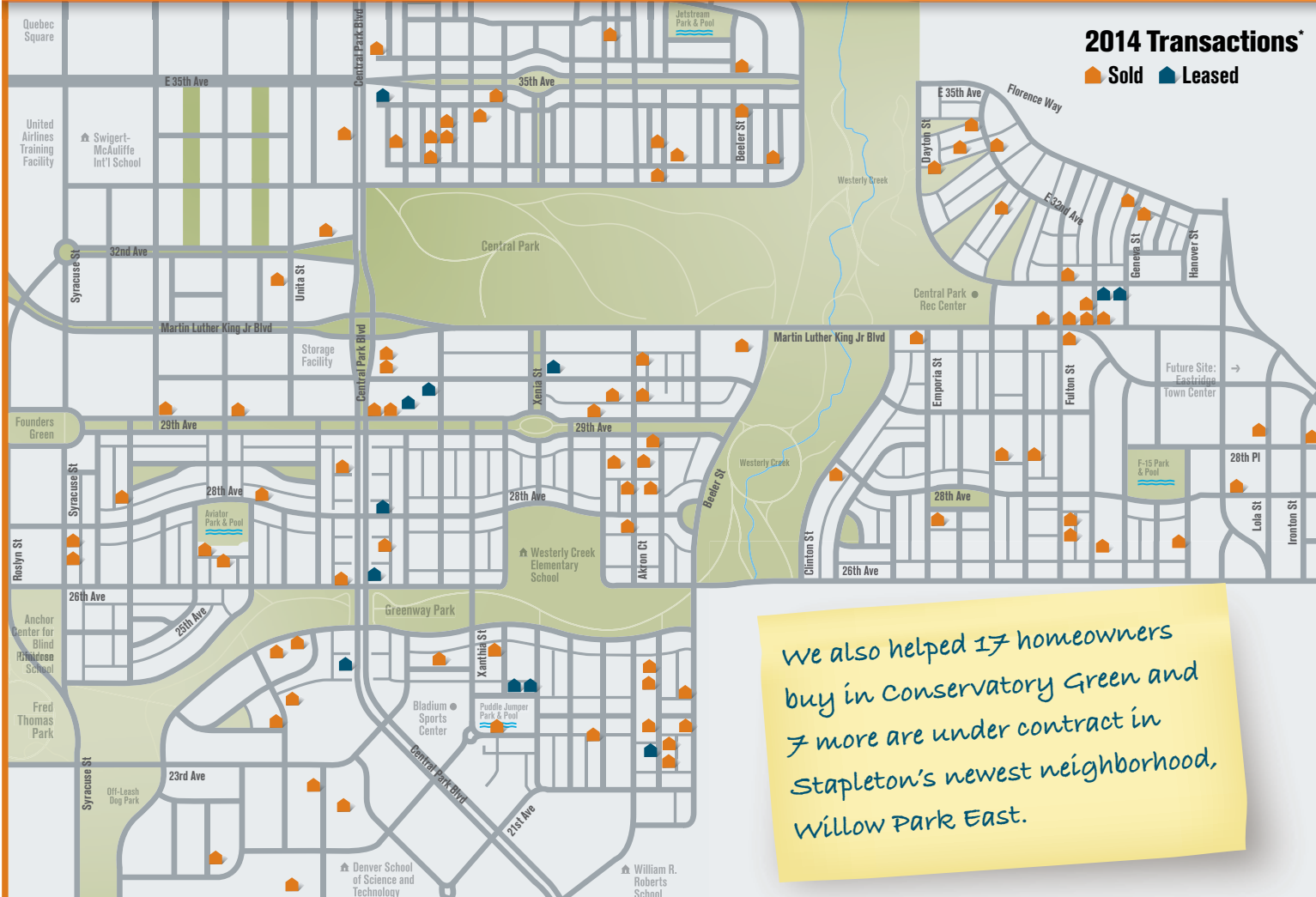
(720) 287-3202



No fee unless we win

www.gamalawfirm.com

Thank you, Stapleton! We “cranked-out” a Record Year!

npre



2014 Transactions*
 Sold  Leased

New Perspective REAL ESTATE
“Geared-up” for 2015? We are ready to help you cruise into a new house

Jody E. Donley
Jaryd Takushi
Melinda S. Howlett
Susan Y. Ingle
Danelle Morgan
Laura T. Hudgins
Tiffany Burke
Megan Elaine Farina
Janis Carey
Joelle Laura Friday

we also helped 17 homeowners buy in Conservatory Green and 7 more are under contract in Stapleton’s newest neighborhood, Willow Park East.

www.NPREco.com
 10515 East 40th Avenue | Unit 113
 Denver Colorado 80239
303-394-4526

Get comfortable.

* Representing buyers and sellers. Square feet numbers indicate finished space. Property locations on map are approximate.

Just the Facts

Game-changing Research on Artificial Sweeteners

by James Hagadorn

.....



I'm an addict. My addiction? The same stuff used by diabetics, the overweight, those with sweet teeth, and the chronically sleep-deprived: diet soda.

Thus it is with mixed feelings that I report this year has been a game-changer for understanding what diet soda's artificial sweeteners do to our bodies.

The science of sweets finally moved from correlation to causation. And it isn't pretty.

The short version: Artificial sweeteners like aspartame and sucralose can contribute to some of the health maladies that we're using them to avoid. It's like smoking "light" cigarettes to combat

lung cancer.

Diet sodas and other diet drinks are pivotal for understanding how such sweeteners impact health because they are far and away the biggest delivery devices for artificial sweeteners. And their lesson is relevant to all of us who eat processed foods—because artificial sweeteners are becoming more ubiquitous, even in non-diet and non-sugar-free products.

Coloradans guzzle a tremendous amount of soda, "teas" and energy drinks. Why? Because they taste good and most provide a nice dose of everyone's favorite addictant: caffeine. Increasingly people favor diet or sugar-free versions of these beverages because artificial sweeteners don't add calories.

They're supposed to satisfy our body's craving for "sweet" while helping us avoid gaining weight, raising our blood sugar, or increasing diabetes risk. But like caffeine, they can become addictive. Maybe that's why I crave a diet soda before breakfast every morning!

On the surface, Colorado seems to be in decent shape (pun intended) because its diabetes and obesity rates are among the lowest in the nation. That said, our diabetes rate (7%) is double what it was 20 years ago, and our obesity rate (21%) has tripled over that interval. We are at what are called "epidemic" levels. Colorado's increases mimic increases occurring worldwide in developed nations, and parallel the rise in use of artificial sweeteners. But this is merely a correlation, not a causation.

The causation has been recently documented by studies in humans, mice and rats. Scientists have learned that artificial sweeteners radically alter the ecosystem of bacteria that thrives in our guts. This occurs because most artificial sweeteners pass undigested into our intestines, where they then directly encounter our gut's milieu of bacteria.

Our gut bacteria are very important. In the same way that we use yeast (i.e., microscopic fungi) to raise bread and brew beer, our gut contains a diverse community of bacteria that processes food that our body cannot break down on its own, produces necessary nutrients like vitamins, and regulates the production of compounds that signal our brain and maintains our blood chemistry. They even produce gas now and then.

We have a symbiotic relationship with these gut bacteria—our survival depends on them and their survival depends on us. But artificial sweeteners can wreak havoc on this bacterial ecosystem, throwing it out of balance. For example, saccharin (common in fountain drinks,

WIN OVERNIGHT ACCOMMODATIONS AND DINNER FOR TWO!
Refer your friends/family/coworkers! Drawing to be held January 20, 2014

DENTISTRY FOR YOUR WHOLE FAMILY

Come in for your New Patient Gift!

Top Dentists 2014 5280

"You will love your smile. I guarantee it."
– Dr. Kate Steele

3545 Quebec St, Ste 110
Denver, CO 80238
Behind Sonic
303-278-3353

Offering IV Sedation, Wisdom Tooth Removal, Implant Dentistry, Dentures and Invisalign

New or Refurbished Hardwood Floors - We Do It All!

Stapleton-based. Licensed & insured.
30 years experience. Nate Cross:
406-360-2266/crossflooring@gmail.com

CROSS

FLOORING • LLC
Hardwood Installation & Refinishing

Experienced, personalized care for this extraordinary time in your life.

Obstetrics

Pregnancy is a special time in your life. At University OB, our close-knit group of physicians specializes in obstetrics and gynecology. We each take time to meet you during your pregnancy, so you'll have a familiar face by your side when it comes time to deliver.

Ask for any of us by name when you call to schedule an appointment.

**Dr. Sarah Appleton • Dr. Christine Conageski • Dr. Maryam Guiahi
Dr. Jennifer Holmes • Dr. Jane Limmer • Dr. Stephen Rotholz**

We have two locations to serve you:

- » University of Colorado Hospital, Anschutz Outpatient Pavilion
- » University Internal Medicine & Specialty Care, Lowry

720-848-4265

University of Colorado Hospital • Children's Hospital Colorado • University of Colorado School of Medicine

Get to Know Dr. Jennifer Holmes

Jennifer attended medical school at the University of Utah and trained at University of Colorado. Most recently, she was in private practice in Salt Lake City. She enjoys all aspects of obstetrical care, working closely with her patients throughout their pregnancy journey. A resident of Centennial, Jennifer enjoys spending her free time with her husband and two children.



Photo from iStock Photo.

double-whammy is that regular consumption of artificial sweeteners also causes our bodies to become less adept at reducing blood sugar levels. Thus consumption of artificial sweeteners can lead to type II diabetes and exacerbate issues faced by existing diabetics.

All this can happen at and below approved FDA dosages of sweeteners, and effects may begin to occur in humans as soon as a week after regular ingestion begins.

But what about stevia? It is a minor but rising player in the artificial sweetener world. Although often touted as “natural,” it is about as natural as the oil you put in your car. Both substances may originally come from plants, but both are highly derivative chemical compounds, with newer stevia compounds being refined by GMO-catalyzed reactions. Keep your eyes peeled for forthcoming results on its impact on human health.

The good news is that the gut’s microbial ecosystems vary among individuals, and some appear to be more resistant to artificial sweeteners than others. Does this mean that a new nutritional world is coming? If so, it could be one that makes individualized dietary recommendations based on the composition of one’s microbes.

So, a New Year’s resolution. I want to wean my diet-drink habit. But first maybe I’ll try getting 8 hours of sleep.

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

Share comments online at FrontPorchStapleton.com

salad dressing, canned fruit, baked goods, and Sweet’N Low), shifts the bacterial ecosystem to one that decreases your body’s ability to regulate the glucose (i.e., sugar) in your blood. It does so by increasing the ability of certain groups of bacteria to break down certain compounds in your food —this is thought to cause a chain reaction which begins with increased energy extraction, is followed by fatty acid production, and ends with glucose synthesis. This sugar ends up in your blood.

The same end-effect occurs when we ingest aspartame (found in Coke Zero, Diet Coke, Diet Pepsi, energy drinks, gum, yogurt, Equal and Nutrasweet) and sucralose (common in Snapple, Arizona teas, fruit sodas, energy bars, and Splenda). But the



Augustana Firm Believers

Personal Trainer **Karen Terry** teaches strengthening and stretching exercises Mondays, Wednesdays, Fridays, 9:45 a.m.

Yoga

YogaFit Level 4 Teacher **Robyn Lambert** teaches Hatha and restorative style yoga to students of all levels, Tuesdays, 5:30–6:30 p.m. Thursdays, 5:30–6:30 p.m.

Augustana
LUTHERAN CHURCH

Sunday Worship: 8 am | 10:30 am
5000 E Alameda Ave | Denver CO 80246 | 303-388-4678 | www.augustanadenver.org



THRIVENT
FINANCIAL®

Connecting faith & finances for good.™



Is your financial picture clear?

I can help you bring clarity to your financial picture by focusing on what’s important to you. Together, we’ll create a financial strategy that reflects your goals—and your values—to help you live the life you want.



Let’s get started today so you can look to the future with confidence.

Ted Kouba, MBA
Financial Associate

5280 Associates

501 S. Cherry St.

Suite 490

Denver, CO 80246

303-730-1951

Cell: **303-941-3894**

Thrivent Financial representatives are licensed insurance agents/producers of Thrivent Financial, the marketing name for Thrivent Financial for Lutherans, Appleton, WI. They are also registered representatives of Thrivent Investment Management Inc., 625 Fourth Ave S., Minneapolis, MN 55415. For additional important information, visit Thrivent.com/disclosures.

Appleton, Wisconsin • Minneapolis, Minnesota • Thrivent.com • 800-847-4836

27714 R3-14

Family Legacy

(continued from page 14) of my parents, who have both now passed,” says Tanya who loves the idea of sharing family history, their voices and hopes for their children’s futures. “It seems backwards that we only see memorial videos that celebrate someone’s life at their funeral.” The Jahnke’s plan to share their living legacy with their family while they are still living but say it will be wonderful for their children to have after they are gone.

Lowry residents and parents, Kate and Todd Griffin are currently working on their living legacy. “We’ve heard from a lot of our friends ‘oh, that’s on our to-do list, but it seems so hard or we don’t want to think about things like that,’” says Kate. “We agree with them, but again just tell everyone how we feel so much better knowing that we have a little piece of us “‘tucked away,’ just in case.”

WIN A TRIP TO VEGAS

Superbowl Sunday at The Berkshire!

Watch the game here for a mess-free celebration & a chance to win cash prizes and a trip for two to Las Vegas!*

*Hotel & airfare for two, subject to black out dates, no cash value.

\$35 per person*
all you can drink
drafts and all you
can eat wings.

*Tax & gratuity not included

\$20/per Superbowl square
MUST BE PRESENT TO WIN!
1st & 3rd quarters-\$250
Halftime-\$500
Final-VEGAS TRIP!



Want to book our
back room with
the 6-ft big screen?

Contact Susan:
susan@theberkshirerestaurant.com

7352 E. 29th Ave.

www.TheBerkshireRestaurant.com

p: 303.321.4010

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

DENVER METRO EVENTS

Through 2/8—Matisse and Friends. 14 paintings from National Gallery, Washington, DC. Exhibit included in general admission. www.denverartmuseum.org

Through 2/16—Southwest Rink at Skyline Park. FREE ice skating in downtown Denver; bring skates or rent: \$2/pair. www.downtowndenver.com

Through 3/15—Brilliant: Cartier in the 20th Century. Special exhibit, Denver Art Museum. Ticket purchase extra. www.denverartmuseum.org

1/2 Friday—First Friday Art Walks. Santa Fe Arts District, Ten-nyson Art Walk, River North (RiNo) Art District, Golden Triangle Museum, Navajo Street Art District. www.denver.org/things-to-do/

For more events, search our online event database
Also submit your event at FrontPorchStapleton.com > Events

denver-arts-culture/denver-art-districts

1/7 to 1/10—Colorado RV Travel Show. Tickets: \$10. 12 and under free. Colorado Convention Center, 700 14th St. www.gsevents.com

1/8 Thursday—National Western Parade. Downtown Denver. FREE. www.nationalwestern.com

1/8 to 1/25—National Western Stock Show and Rodeo. National Western Complex. For complete events listing: www.nationalwestern.com

1/10 to 1/12—Denver Boat Show. Colorado Convention Center, 700 14th St Downtown Denver. Tickets: \$12; 16 and under free. Fri. 12-9pm, Sat. 10-9pm, Sun. 10-5pm. \$2 off with website

[coupon. www.denverboatshow.com](http://coupon.www.denverboatshow.com)

1/15 to 1/18—Denver International Sportsman's Expo. Colorado Convention Center, 700 14th St. Downtown Denver. Tickets \$15; under 16 free. At the door cash only. Thurs./Fri. 11am-8pm, Sat. 10am-8pm, Sun. 10am-5pm. www.sportsexpos.com

1/19 Monday—Martin Luther King Jr. Parade and Program. Largest in U.S. Gather in City Park at Colfax and Columbine, and march to Civic Center Park. Program 10am. Parade formation begins approx. 10:45am. www.drmartinlutherkingjr.org

1/23 to 1/24—Denver Winter Brewfest. 7pm. Mile High Station. \$35-\$40. Benefits Swallow Hill Music. www.denverbrewfest.com/winter

1/23 to 1/25—34th Annual Indian Market and SW Showcase. Fri. 1-7 pm; Sat. 10am-7pm; Sun. 10am-5pm. Adm.: \$13; under 13 free; good for all shows/demos all weekend. Denver Merchandise Mart, 451 E. 58th Ave. www.indianmarket.net

1/24 to 1/25—Colorado Symphony presents H.M.S. Pinafore. Boettcher Concert Hall. www.coloradosymphony.org

HEALTH AND WELLNESS

1/4 to 1/25—Fertile Ground Yoga Classes. For women/couples facing fertility challenges seeking safe place to nurture bodies/minds/spirits. Meditation, group support, yoga, self-inquiry, guided relaxation. 303.929.9582. Sign up: <http://conta.cc/1qTqdAQ>. Sundays, 11am-12:30pm. Acupuncture Denver, 899 Logan St., #105. 4-class series \$70/\$60/clients; \$18/drop-in. <http://www.acudenver.com>

1/5 to 2/9—Lose Weight, Feel Great: Wellness Class for Weight Loss and Overall Well-being. 6-week class to create healthy, sustainable habits, meal planning, etc. Mondays, 5:30-6:30pm. Acupuncture Denver. 6-class series, \$199. Sign up: <http://conta.cc/1r3o6KY>. www.acudenver.com

1/8 Thursday—FREE Women's Infertility Support Group. FREE monthly group for women to share about fertility difficulties and pregnancy loss. 6-7pm. Acupuncture Denver. Sign up: <http://conta.cc/13hhCgo>. www.acudenver.com

1/10 Saturday—18th Annual Quaker Oatmeal Festival and Quicker Quaker 5K Walk/Run. Downtown Lafayette, Colo. www.lafayettecolorado.com



We have the styles you love.

- Shutters • Draperies
- Wood Blinds • Honeycomb Shades
- Roller Shades • Vertical Blinds
- Silhouette® • Woven Wood
- and more!

Budget Blinds – custom window coverings that fit your style and budget!

- Personal Style Consultants
- Thousands of samples from the best brands
- “Expert Fit” measuring and installation

FREE In-Home Consultation & Estimate

30% OFF

Home or Office Window Treatments

Call today for details!

303-422-1499

or visit us online at www.budgetblinds.com

Budget Blinds
a style for every point of view™

Excludes shutters. Must present at initial estimate. Lifetime limited warranties. Not valid with any other offers. Offer expires 1/31/15.

Lowry Family Dentistry
Makala Hubbell, DDS
Lindsay Compton, DDS



Voted Top Dentist
5280
Denver's Magazine
2008 through 2014

Comprehensive Adult & Child Care

We are a family-friendly office providing complete dental care for patients of all ages. We emphasize preventive care services and patient education programs.

Your Comfort is our Priority

Our friendly, professional team will work to ensure your visit is as relaxing and comfortable as possible. Listen to music or watch a movie during your appointment.

Dental Care for Every Need

We realize each patient has unique dental needs. We offer a full range of restorative dental treatments to provide personalized care.

State of the Art Dental Technology

We use the latest technology to ensure quality, individualized care. We utilize digital radiology and intra-oral cameras.

Convenient Hours of Operation

Appointments available Monday through Friday, including extended evening hours.

“beautiful smiles
begin here”

www.lowryfamilydentistry.com
303.366.3000

1/29 Thursday—5th Annual beWell Awards and Community Celebration. 6-8:30pm. Key-note speaker: Art Gonzalez, Denver Health and Hospital Authority. Embassy Suites Hotel, 4444 N. Havana St. RSVP: 303.468.3228 or SHud-nall@StapletonFoundation.org

KIDS AND FAMILIES

Through 1/4—Denver Puppet Theater. The Snow Queen. 3156 W. 38th Ave. www.denverpuppettheater.com

1/2 Friday—Bluff Lake Buds. 10-11:00am. Outdoor learning for little ones! Explore and hike on Fridays (see website for dates). Kids 2-5 years accompanied by adult. Free; no registration necessary. Bluff Lake Nature Center, 3400 Havana Way. keith@blufflake.org, www.blufflake-naturecenter.org

1/2 Friday—Four Mile Historic Park Hay Bales and Tall Tales. 12-1pm. Free with admission. 715 S. Forest St. www.fourmilepark.org

1/3 Saturday—Home Depot Kids Workshop. 9am-12pm. FREE how-to clinics first Sat. monthly, ages 5-12. Get Home Depot apron, wooden project and project pin. Metro-area Home Depot stores. www.homedepot.com

1/3 to 1/4—Forney Transportation Museum Moffat Modelers Toy Train Layout. Scale toy train layout open first weekend monthly. Free with museum admission. 4303 Brighton Blvd. www.forneymuseum.org

1/6 to 1/7—Tuesdays in December Four Mile Historic Park Small Settlers. Ages 2-5 accompanied by parent/caregiver. 9-10am. \$5/child; adults free; members free. 7150D. Forest St. Advance register: 720.865.0814 or education@fourmilepark.org www.fourmilepark.org

1/7 Wednesday—Preschool Story Time. 9:30am, ages 2-5 with caregiver. History Colorado Center, 1200 Broadway. www.historycolorado-center.org

1/7 Wednesday—Wands and Wishes Character Story Time. 10:30am. Stories, songs and character meet and greet first Wed. monthly. \$11.50 price includes a book. 2208 Kearney St. 720.612.4363. www.wandsandwishesoccasions.com

1/8 to 1/29—Star K Kids. Thursdays, 9:30 and 11am; kids 5 and under. Morrison Nature Cen-

ter, 16002 E. Smith Rd., Aurora. www.auroragov.org/nature

1/8 to 3/1—Denver Puppet Theater. The Day It Snowed Tortillas. 3156 W. 38th Ave. www.denverpuppettheater.com

1/10 Saturday—Winter Raptor Watching Clinic. Ages 10 and up. 10am-noon. Morrison Nature Center at Star K Ranch. RSVP required: 303.326.8650. www.aurora.gov/nature

1/10 to 1/24—Lowe's Build and Grow workshops. Bring kids to Lowe's stores to build FREE wood project: Monthly, 2nd and 4th Saturdays. Free apron, goggles, project-themed patch, merit certificate on completion. 10 am. www.lowesbuildandgrow.com

1/11 Sunday—Junior Rangers. Ages 6-12, 1:30-3pm. Learn about plants and animals of Star K Ranch. RSVP required: 303.326.8650, www.aurora.gov/nature

1/19 Monday—Secrets of the Museum Winter Day Camp. 9am-4pm. History Colorado Center, 1200 Broadway. Reservations required: 303.447.8679, www.historycolorado-center.org

LECTURES AND CLASSES

1/5 to 1/26—Free Meditation. Learn different ways to meditate and feel more peaceful, patient, healthier and joyful. 9am. 3435 Albion St. www.stressintel.com

**DIANE GORDON
DESIGN**



303.355.5666
DIANEGORDONDESIGN.COM

BASEMENTS
KITCHENS & BATHS
INTERIORS

1/6 Tuesday—Active Minds (Free)—Egypt in Turmoil. 10:15-11:15am. Jewish Community Center, 350 S Dahlia St. 303.316.6359. www.ActiveMinds.com

1/8 Thursday—Active Minds (Free)—Coffee: A Brief History. 6:45-7:45pm. Sam Gary Library, 2961 Roslyn St. 720.865.0325. www.ActiveMinds.com

1/13 Tuesday—Active Minds (Free)—Sand Creek Massacre. 12:30-1:30pm. Tattered Cover, 2526 E. Colfax. 303.322.7727. www.ActiveMinds.com

1/21 to 5/13—LearnOn. Wed., 2-4 week, 6-8pm classes on subjects "Behind the Scenes of Professional Sports," "Rock Climbing," "Islam: Past and Present," "Healthy Cooking Tips/Techniques" and 8 more. www.msudenver.edu/learnon, www.watsonm@msudenver.edu

1/22 Thursday—Active Minds (Free)—The Panama Canal. 6:45-7:45pm. Sam Gary Library, 2961 Roslyn St. 720.865.0325. www.ActiveMinds.com

1/25 Sunday—Active (continued on p. 22)

Stapleton's Real Estate Resource



**Save the Date:
Tue., January 20
at 6pm**

**Career Night at
RE/MAX Momentum
7505 E. 35th Ave. Ste 360
Denver, CO 80238**

**To RSVP call or email
303-321-0455/EricaH@remax.net**

Residential • Commercial • Property Management

**Are you interested in a career in real estate?
Come and learn how to get started.
What does a career in real estate look like?
What to expect my first year?
How much money can I make? And more...**

303-321-0455
www.MomentumRealtyColorado.com



PLEASE CONTACT ME FOR THE FOLLOWING:

Educational workshops in financial planning
Employee benefits
Monthly dinners covering my investment process
& current economic conditions

Please do not hesitate to contact me or my office with any other questions or concerns you may have.

Are you investing with a plan?

As a Financial Advisor, I assist individuals, families and businesses with a broad array of financial needs to include offering a full-service brokerage platform, recommending long-term investment strategies and developing customized financial plans with clear, easily understood explanations of financial products and services. This personalized program is a roadmap to working toward a more secure financial future.



**WADDELL
& REED**
Financial Advisors™

Investing. With a plan.®

FINANCIAL PLANNING
INVESTMENTS
RETIREMENT STRATEGIES
ESTATE PLANNING
INSURANCE AND ANNUITIES

Scott Tremlett, CFP®, ChFC®

web: scotttremlett.wrfa.com phone: 303.633.5780

email: stremlett@wradvisors.com

Insurance products offered through insurance companies with which Waddell & Reed has sales arrangements. Waddell & Reed, Inc. Member SIPC. 12/14

(continued from p. 21)

Minds (Free)—A Musical Salute to Winter. 2-3pm. Schlessman Family Library, 100 Poplar St. 720.865.0000

1/25 Sunday—Parenting Book Workshop Series. 3:45-4:45pm, Sam Gary Library (2961 Roslyn St.). "Understanding Your Child's Academic Needs." Info: laurenross1818@yahoo.com. www.family-toolkitcoaching.com

1/27 Tuesday—Current Trends in Kitchen and Bath. Park Hill Library. Professionals from tile, flooring, cabinets, hardware, plumbing, appliance and specialty paint display/discuss home improvement options. 6:45pm. Info/speaker schedule: Tristan Toney, 303.393.1053, www.threeweekkitchens.com

MUSEUMS—DENVER MUSEUM OF NATURE & SCIENCE

Through 2/16—Whales: Giants of the Deep. Free with admission. www.dmns.org

Through 5/3—Travelling the Silk Road. Separate ticket required for exhibit. www.dmns.org

1/15 Thursday—Science Lounge- Underwater Giants. Third Thursdays, 6:30-9:30pm. \$10/members; \$12/nonmembers. www.dmns.org

MUSEUMS—FREE DAYS

1/2 Friday—Four Mile Historic Park Free Day. SCFD Free day. www.fourmilepark.org

1/3 Saturday—Denver Art Museum Free Day. SCFD Free day. www.denverartmuseum.org

1/5 Monday—Denver Museum of Nature & Science Free Day. SCFD Free day. Other DMNS Free days, 1/25 www.dmns.org

1/6 Tuesday—Children's Museum Free Target Tuesday. 4-8pm. www.cmdenver.org

1/9 Friday—Denver Museum of Contemporary Art Teen Free Friday. 5-7pm. For Denver teens, workshops and more. Other free day, 1/23. www.MCADenver.org

1/11 to 1/12—Denver Zoo Free Days. SCFD Free Day. Other zoo free day, 1/22. www.denverzoo.org

1/19 Monday—Denver Botanic Gardens Free Day. SCFD Free day. www.botanicgardens.org

1/24 Saturday—Molly Brown House Free Day. SCFD Free Day. www.molly-brown.org

NORTHEAST DENVER/AURORA EVENTS

1/4 Sunday—Rabbits Take a Winter Break Comedy Magic Show. First Sat. family programming, Sam Gary Branch Library, 11-am-12pm. www.denverlibrary.org

1/9 Friday—Environmental Film Night. 7-9 pm. Morrison Nature Center at Star K Ranch. 16002 E. Smith Rd. www.aurora.gov/nature

1/17 Saturday—Children's Literacy Center Volunteer Training. 10:45-1:15pm. MLK Library, Aurora. Volunteer to be literacy tutor and help increase literacy skills and confidence in children. No formal teaching experience required.

Free training session. RSVP: 719.471.8672 or pamelaa@childrensliteracycenter.org. www.childrensliteracycenter.org

1/18 Sunday—Denver Freedom Riders Report from Ferguson. 9:15am. Panel and discussion, Q&A. Montview Blvd. Presbyterian Church, 1980 Dahlia St.

1/27 Tuesday—Blessed Sacrament Catholic School Elementary and Middle School Open House. 6:30pm. 1973

Elm St. Elementary presentation: Campbell Hall, Middle School: Machebeuf building. Preschool applications, tours available through main office. RSVP: Melinda Langdon, 303.377.8835. www.school.blessed-sacrament.net

NORTHFIELD EVENTS

1/2 Friday—Harkins Theatres 18 New Release. The Women in Black


2 www.harkinstheatres.com

1/9 Friday—Harkins Theatres 18 New Release. Inherent Vice; Mr. Turner; Selma; Tak3n. www.harkinstheatres.com

1/16 Friday—Harkins Theatres 18 New Release. American Sniper; Blackhat; Paddington; Spare Parts; The Wedding Ringer. www.harkinstheatres.com


1/23 Friday—Harkins Theatres 18 New Release. The Boy Next Door; Cake; Winter Sleep. www.harkinstheatres.com

1/30 Friday—Harkins Theatres 18 New Release. Leviathan. www.northfieldstapleton.com



Is your
New Year's resolution
to smile bigger?
We'd love to help!

Schedule your FREE consultation
in January to learn more
about our great special on
Invisalign & ceramic
braces.



BRIAN TROMMETER, DDS MSD
Orthodontic Specialist

2979 North Lola Street
Denver, CO 80238
www.trommeterortho.com
720.420.4320

YOUTH SOCCER IN DENVER

Programs for girls and boys of
all levels from 3-18 years old

- We provide an environment where young soccer players from diverse backgrounds are guided and inspired to reach their full potential both on and off the field
- Quality – Our highly qualified technical staff works with coaches and teams to ensure developmentally appropriate training
- Affordable and Healthy Activity



REGISTER FOR SPRING SOCCER NOW
Deadline to register February 14th
303.399.5858 www.rapidsyouthsoccer.org




Car Wash & Dog Wash
(303) 927-9061
www.AutowashStapleton.com

TEXT "FrontPorch" to 99000 for discounts and offers

Quincy St. Montview



JUNE 8-JULY 31, 2015
Weekly half or full-day
- Day camps for ages 5-8
- Specialty camps for 3rd-8th graders
- Weekly 4-yr. old full day camp
- Early morning & after hours care

 **SUMMER AT STANLEY**
Registration starts January 30! For information: 303/261-1792, or www.stanleybps.org

LISTINGS

1/31 Saturday—Sweethearts Bazaar Shop Local. FREE local direct sales and crafters/homemade goods, 40+ vendors. DoubleTree Hotel, MLK Blvd at Quebec St. 10am-2pm. Info: ashley.boulware22@gmail.com, https://www.facebook.com/events/1565697393646454/?ref_dashboard_filter=upcoming

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

1/10 to 1/11—Wildlife Viewing Tours. 9:30-11:30am. Naturalist-led bus tour through refuge to view bald eagles, bison, coyotes, deer, raptors and more. Repeats 1/31. RSVP required.

1/17 Saturday—Photo Workshop. 10-11am. Improve landscape and photography skills with professional photographer Dawn Wilson. Focus on composition, lighting, metering and exposure. RSVP required.

1/24 Saturday—Wild Wings- Live Birds of Prey! 11am. Auditorium program with Wild Wings Environmental Education and their live birds of prey. Photo opportunities so bring your camera! RSVP required. http://www.fws.gov/refuge/rocky_mountain_arsenal/

1/31 Saturday—Winter Raptors. 1-3:30pm. Learn to identify birds of prey native to the refuge; bring camera and binoculars. RSVP required.

THEATRE

11/15 to 3/1—Forbidden Broadway: Alive and Kicking. Garner Galleria Theater, Denver Center for the Performing Arts, 14th and Curtis www.denvercenter.org

12/5 to 2/1—Miss Saigon. Vintage Theatre. 1468 Dayton St., Aurora Cultural Arts District. www.vintagetheatre.org

12/27 to 1/18—Dreamgirls. Presented by Ignite Theatre. Aurora Fox Arts Center, 9900 E. Colfax Ave, Aurora. www.aurorafoxartscenter.org

1/9 to 2/6—I Am My Own Wife. Fire House Theater Company at John Hand Theater. www.johnhandtheater.com

1/10 to 2/7—My Way: A Musical Tribute to Frank Sinatra. Fire House Theater Company at John Hand Theater. www.johnhandtheater.com

1/16 to 2/8—Beets- A Read and Rant Production. Aurora Fox Arts Center, 9900 E. Colfax Ave, Aurora. www.aurorafoxartscenter.org

1/16 to 3/1—Other Desert Cities. Vintage Theatre. 1468 Dayton St., Aurora Cultural Arts District.

1/23 to 2/14—5 Lesbians Eating a Quiche. Avenue Theatre, 417 E. 17th Ave. www.avenuetheater.com

1/27 to 2/22—Harvey. Arvada Center, 6901 Wadsworth Blvd, Arvada. www.arvadacenter.org



Duette® Architella® Trielle™ Honeycomb Shades Provide Energy Efficiency in Every Climate, Every Season.

80% SUMMER BENEFIT: Duette® Architella® shades can reduce unwanted solar heat through windows by up to 80%.

45% WINTER BENEFIT: Duette® Architella® shades can reduce heat loss through windows by up to 45%.

HunterDouglas
DUETTE®
Architella® Honeycomb Shades

© 2014 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.

**Rocky Mountain SHUTTERS & SHADES**
HunterDouglas Gallery
www.rockymountainshutters.com
303-534-5454

Cherry Creek
201 University Blvd
Unit 204
Denver, CO 80206

Stapleton
4986 Olive St
Commerce City, CO 80022

Park Meadows
9623 County Line Rd.
Unit F
Centennial, CO 80112

47338

**Weichert, Realtors®**
Professionals
720-934-5474
jim@iDenverHomes.com



2933 Central Park Blvd. Stapleton • 3 Bed/2.5 Bath, Hardwood Flrs., Gas Fireplace, Owners Private Deck, 2-Car Attached Garage, Corner Unit.
* Representing Buyer

1530 Quebec Way #26 Villa Marbella • 2220 Sq. Ft. 2 Bed + Loft & 2.5 Bath, New Hardwoods, New Paint, New Carpet, Fin. Basement, Mountain Views.

2671 Willow St. • Stapleton 4 Bed/3.5 Bath, Hardwood Floors, Fin. Basement, Solar Powered (owned not leased), Gas Fireplace, Main Floor Laundry, 2-Car Attached Garage, Corner Lot.

**Jim DeCesaro**
Stapleton Neighbor and Realtor®
iDenverHomes.com
Independently Owned Franchise



List with me and receive a FREE Professional Staging Consultation

DSST: STAPLETON HIGH SCHOOL
#1 HIGH SCHOOL IN DENVER
COLORADOSCHOOLGRADES.COM
2012, 2013, 2014

DSST PUBLIC SCHOOLS 



dsstpublicschools.org/enrollment


**DSST: Stapleton High School**
2000 Valentia St. 303.320.5570 x6334
Join us at our next open house:
Thurs. 1/15, 6-7:30pm

Be Present for Peace and Justice Sunday
DENVER FREEDOM RIDERS
REPORT FROM FERGUSON
January 18, 2015 at 9:15 a.m.

Panel presentation. Discussion. Q&A.
Action steps moving forward.
Part of Montview's "Who Is My Neighbor" Park Hill Initiative

Hear Denver activist Anthony Grimes and some of our Denver neighbors who traveled by bus three times this fall to Ferguson, MO, to join the struggle for equality from law enforcement and justice for all people.

MONTVIEW BOULEVARD PRESBYTERIAN CHURCH
1980 Dahlia Street, Denver 80220
www.montview.org

**monTVIEW CHURCH**
Montview Blvd. & Dahlia St. } question think serve grow

Mention this ad, get \$50.00 off your sitting.

**photographer katy tartakoff**

Today is the day. Generation to generation, I document every special occasion.
303-520-9587 8246 Northfield Blvd. Denver, CO 80238

Colorado's Premier Family Law Firm For Over 50 Years

**Litvak Litvak Mehrtens and Carlton, P.C.**
Attorneys at Law

Skilled and Experienced Litigators and Negotiators
Providing Representaion in all areas of Family Law
303-837-0757 | www.familyatty.com



New Day Acupuncture



Treating: Pain • Allergies • Stress, Anxiety & other Emotional Complaints
Digestive Ailments • Women's Health Issues • Children's Health

Bruce Stoeber, L.Ac. • 720-838-7918
Free consultation • Herbal pharmacy
www.acupuncture-in-denver.com
2840 Xanthia Ct., Stapleton

The Book Worm

The Front Porch prints book reviews by local librarians, rotating to a different library each month. January reviews are by Monica Washenberger, Thane Benson and Liesel Schmidt from the Park Hill branch library. Librarians interested in writing book reviews can email Madeline@Front-PorchStapleton.com.

Children's Graphic Novel

The Sleepwalkers by Viviane Schwarz

Nothing is scarier than a nightmare, especially those that return night after night. Enter a rag-tag group known as The Sleepwalkers. As three grow older, they summon their replacements one-by-one. The first summoned sleepwalker is Bonifacius, a bear with trouble facing his own fears. With his help, they bring in a nib-headed bird named Sophia and last, a precocious sock monkey named Amali. These three will learn their trade and spend their nights in the Safe House awaiting letters, helping children to defeat ravenous mice, hairy monsters, and the dreaded dream of falling; additionally, giving them the tools to defeat their own terrors in the future. This fast-paced graphic novel would be best for readers ages 7–11, but delight children and adults alike. It contains whimsical line work with bold digital colors and encourages children to face their fears, while reminding them that it is also okay to ask for help.

Adult Nonfiction

Brain on Fire: My Month of Madness by Susannah Cahalan

Susannah Cahalan was living the life of a fast-paced 20-something New York Post journalist when she developed symptoms so subtle they were written off as stress. As the lights and colors of Times Square grew unbearably bright and she struggled to keep

her emotions under control, Susannah's friends and family grew concerned. While doctors initially suspected the stress of work, possibly a propensity for wine, or maybe schizophrenia, her symptoms grew including paranoia and an uncharacteristic, burning anger. A seizure sparked a hospital stay. Once hospitalized, she seemed not only to be losing chunks of time but also slowly losing herself. This story will strike those who enjoy medical dramas and memoirs, as told in short chapters with vivid language as Susannah pieces together her lost month through unreliable memories, hospital video, doctors and her own family's diaries.

Adult Fiction

Museum of Extraordinary Things by Alice Hoffman

Coralie has lived in the Museum of Extraordinary Things for as long as she can remember, and always under her father's watchful eye. With eccentric rules and routines, including those guiding both her dress and her life, Coralie yearns for adventure. On one nightly swim she spies a mysterious man through the trees and cannot seem to get him out of her mind. Enter Eddie. Having renounced his Orthodox faith he makes his living photographing gruesome news stories and maintaining a solitary life. When a fire takes the lives of several girls, the mysterious disappearance of one brings Eddie and Coralie together in ways they never thought possible. While slow at times, this dark and enchanting tale spins stories of unlikely heroes, none of which are who they seem. This historical and magical tale is littered with twists and turns that will keep you guessing until the very end.

Children's Picture Book

My Father's Arms Are a Boat by Stein Erik

In a dark white winter, two recent picture books are lit up by running red foxes. The first, *My Father's Arms Are a Boat*, written by Stein Erik Lunde and illustrat-

ed by Oyvind Torseter, is a rich, sweet story of grief and caring. It is the story of a young boy, safe in his father's arms, noticing the lives of the animals outside his window, and wondering if his mother will ever wake up.

Fox's Garden by Princesse Camcam

In *Fox's Garden*, by Princesse Camcam, angry adults chase a fox from a warm village. A young boy follows the fox and gives it, and its young, a gift of food. The foxes return the gift in a whimsical surprise. The entire story is told without words, through Princesse Camcam's intricate cut paper illustrations.

Both these books address complicated subjects with few or no words and gorgeous illustrations. They are both stories of warmth in the winter.

Young Adult Fiction

Dodger by Terry Pratchett

Terry Pratchett leaves behind the usual fantasy trappings that have been the hallmark of his prolific body of work to venture into something new with *Dodger*. In this work of historical fiction set in streets (and sewers) of London in the early 1800s, fictional liberties are taken but there are no dwarves or dragons to be found anywhere. The author's signature sense of humor remains, as does his gift for witty dialog and a well-paced narrative.

Dodger is a tosher (a scavenger for lost coins and other treasures in London's sewers). When he steps in to defend a young lady, Dodger finds himself embroiled in a full-blown political conspiracy. What follows is a Victorian romp, filled with action, adventure, men dressing up like women, women dressing up like men, and a dog named after one of the most distasteful characters in the Bible. A tad long-winded at times, Dodger is still an enjoyable ride well worth a tuppence.

RECOGNITIONS

Stapleton Gymnast Wins Statewide Level 5 Competition



10-year-old Chiara Lopach performing her floor routine at the 2014 Colorado USA Gymnastics Level 5 State Championship. Photo courtesy of Vicki Catenacci

By Madeline Schroeder

Chiara Lopach, 10-year-old Stapleton resident and fifth-grader at Polaris at Ebert, recently won the 2014 Colorado USA Gymnastics Level 5 State Championship. One hundred ninety girls from various gyms around the state qualified. Lopach won floor, vault and all-around for her age division.

"Throughout the season I was getting fourth to sixth place so I was doing okay, I was doing just fine, but I wasn't doing the best. I was so surprised when I won at the championship," Lopach says.

She trains at the Colorado Gymnastics Institute in Aurora, Colo. Her team won second in state. She is very proud of her teammates who she feels fortunate for.

On top of 15 hours each week practicing gymnastics, Lopach does ballet at the Park Hill Dance Academy. Her dance skills transfer into her gymnastics and help her form and gracefulness, especially in her favorite event—"I love floor. I really love tumbling and feeling powerful when I tumble while also very graceful. I like the way those complement each other," she says.

Lopach plans to continue gymnastics for a long time and looks forward to making it to level 7 when gymnasts perform their own routine rather than the same as their teammates.

Happy New Year!
Celebrating 8 years of taking care of families in and around Stapleton.



Stapleton Pediatrics
2975 Roslyn Street, Unit 100
Denver, CO 80238

Noah Makovsky, MD
Brandon Davison-Tracy, MD
Amy Nash, MD
Richard Gustafson, MD
Nicole Erwin, MD

Open Saturdays



Like us on Facebook



www.stapletonpeds.com

303-399-7900



Get Back in the wing of Things

Relieve Spine, Joint and Nerve Pain Without Surgery

Personalized treatment utilizing the latest minimally invasive procedural techniques, diagnostic test, medications & rehabilitation therapies.
Dr. Fuller is a Harvard trained triple board certified physician.



Mountain Spine & Pain Physicians

Brian Fuller, M.D. • 303.355.3700
www.mountain-spine.com
2373 Central Park Blvd, Ste 303, Denver, CO 80238

NHS

Far right: Principal Avi Tropper has been offering in-depth explanations of the high school's academic program at forums for students and their families throughout the fall. At right, a translator repeats the information for Spanish speaking attendees.

Near right: A parent asks a question at the high school forum at Sam Gary library on December 18. Over 100 people attended.



(continued from page 5) But he's puzzled that no athletic director is being hired.

Tropper points out that a school population of 275 students places limitations on the number of staff that can be hired. He says changes in staffing may evolve over time, but at least in the early years, the operations manager will handle sports scheduling, budgets and use of facilities, and a student support coordinator will handle eligibility. He will personally hire the coaches.

"Given that coaches are interacting with students, it's important to me that I'm looking at who those people are and how they're interacting with students. I want to make sure that the same characteristics, the same abilities, the same skills, the same way of interacting with students that I want to see in classroom teachers, we see that on the athletics field as well."

Tropper points out that just as he's not an expert in physics or biology, he's not an expert in athletics. But he will be hiring the best experts he can find for both coaches and teachers.

Tropper is requiring a 2.8 grade point average, higher than the 2.0 minimum set by the Colorado High School Athletic Association (CHSAA). "The base CHSAA level requirements are not even sufficient to play for a Division 1 team. For the vast majority of students to prepare them for life, for careers, they are going to need to rely on their academic skills and abilities."

Tropper is currently working with a group of soccer experts to develop the soccer program and he plans to use that as a model for developing other teams. He says they will offer whatever sports have enough students to form a team. A proposed list of teams based on surveys of student interest is posted on the high school's website.

Jason Keller is part of the soccer advisory group.

He's excited and optimistic and thinks they have the right pieces in place for an excellent soccer program. They have put together an advisory group with a high level of expertise (including a partnership with the Rapids). The advisory group is creating an agreed-upon list of expectations and outcomes for a successful program. They have agreed upon the qualifications and process for hiring a coach (which will be carried out over the next few months). And, Keller says, they are creating a great partnership between the athletic program and the school. He believes that with the right environment for academics and for sports, and the right coaching, all the kids are going to do better and they will have a great program.

Keller acknowledges there will be some scenarios where kids are struggling academically

but are really doing well athletically. "We need to help and manage them through that process and not lose that kid. Avi understands when those situations come up, we'll work closely."

Academic program

All NHS students will participate in the International Baccalaureate curriculum. Visit Northfield.dpsk12.org and choose the link to the 2015-2016 Program Guide for an in-depth look at the academic curriculum. NHS is the boundary school for all Stapleton residents and a portion of East Park Hill. In addition 35% of seats will be available for students from far northeast Denver.

The school is expected to be an Innovation School, pending a vote by the teachers at the beginning of the school year. For more information about the school call 303.842.1101.

TABLE TOP

Now open in **Park Hill** at 23rd & Oneida
*Featuring New American Cuisine,
Craft Beer, Signature Cocktails and Wine*

FREE kid's meal with the purchase of
an entree on Sundays and Tuesdays
Open for dinner Tuesday-Sunday
2230 Oneida St, Denver 80207
720-542-9035 • www.tabletopdenver.com

Growing families.

DENVER PRESBYTERIAN CHURCH denverpres.org

Putting a Smile on Your Face

Beebe

ORTHODONTICS

Committed to delivering excellent
orthodontic care in an environment
that's comfortable and fun!

**8101 E. Lowry Blvd, Suite 250
Denver, CO 80230
303.366.4900
beebeorthodontics.com**

EXPERT BASEMENT FINISHING

Start in 10 days-7 weeks to finish

new name • new approach • new pricing

- over 10 continuous years in Stapleton
- over 400 Stapleton basement finishes
- only Stapleton basement finish company with BBB and LEED affiliation
- we've finished every builder, every model
- that means no expensive design fee - we have several options for every model
- now a lifetime warranty
- carpet included - for a limited time
- creative financing options
- you have access to all our vendors/pricing

DON'T SETTLE - CALL 303-467-9400 Today!

BLUEPRINT

Logistics

blueprintdesignco.com

Where will you be putting your pennies this year?

Residential real estate is not just a place to call home but also a great investment. Many of my clients love keeping their dollars local and hedge their bets against stock market volatility and dips in the national economy. The long term appreciation, rental income, and strong investment yields, keep on giving year over year. If a real estate investment is on your wish list, give me a shout. I'm happy to help.

Kim Kouba, Broker Assoc.
Perry & Co.
A Denver Tradition.
kkouba@perryandco.com 303.204.8215

By Carol Roberts

Board Decision on Commons Funding Jan. 15

DPS surprised the Stapleton community almost a year ago with the announcement that the high school construction bid came in \$14 million over budget and they would be unable to build the “commons” building planned for Northfield High School. Among the facilities planned for this building were a cafetorium with a stage area for student performances, a kitchen, vocal and instrumental music rooms, and art rooms. DPS determined all those functions would be moved to spaces in the gym or classroom building until voter approval of a 2016 bond would enable them to finish the campus.

But this fall DPS announced they would release about \$30 million of bond reserve funds. The Bond Oversight Committee (BOC), in a long and thorough process throughout the year, has been working to fund the commitments of the 2012 bond as well as other projects of pressing needs.

Many in the Stapleton community have felt that projects listed as part of the 2012 bond and approved by the voters should be completed before new projects are added to the list. DPS’ position has been that their obligation is for the dollar amount budgeted, there won’t be a capacity issue until at least 2017, and there are more pressing needs elsewhere in the district at this time.

The decision making process for the bond reserve funds is nearing an end. On January 6 the BOC will meet to make their final list of recommended projects. Stapleton’s school board representative, Landri Taylor, has continued to speak out to the BOC, recommending that the commons be built now. The meeting is open to the public and comments can be submitted online prior to that meeting at oversight@DPSk12.org.



DPS Board Rep.
Landri Taylor

On January 12, the BOC will present their recommendations to the board, and on January 15 the board will vote on the final use of those funds. The public can register to speak at board meetings or submit comments prior to the meeting at board@dpsk12.org.

Public documents released from a December 12 meeting show the option of a “slimmed down” commons building is now being considered by the BOC. DPS is currently considering building the kitchen, cafeteria and stage portion of that building at an estimated cost of \$7.1 million.

According to Beverly Haddon, Executive Director of the Stapleton Foundation and member of the BOC, some committee members are assessing the essential programmatic elements of the International Baccalaureate (IB) curriculum and taking those into consideration as they determine what is highest priority to be built now. Haddon pointed out that given the importance of the arts in the IB program, construction of the vocal and instrumental music rooms, along with the kitchen, cafeteria and stage, would strengthen those vital parts of the curriculum. The section of the gym building that had been designated as a temporary cafeteria could then be used for other purposes (perhaps art rooms). A further advantage to this approach is that it uses plans that have already been drawn, and future additions for a drama staging room and technology classrooms could also follow the original plans.

The Front Porch will follow the upcoming events and post the BOC’s recommendations and the board’s vote on our website and Facebook page.



BOC member
Bev Haddon

Stapleton Update

Eastbridge Grocery/Gas Station Update

King Soopers will be meeting with the city in January and will meet with the Stapleton Design Review Committee following that meeting to continue the development of their plans for a grocery store.

The presence of a gas station in a residential neighborhood is raising concerns, not just among residents, but among several advisory groups. Stapleton United Neighbors (SUN) and the Zoning and Planning Committee of Stapleton’s Citizens Advisory Board (ZAP) have formally expressed concerns about the proposed gas station in Eastbridge. SUN officially opposes a gas station in Eastbridge (see page 28) and ZAP committee chair David Netz wrote the following recommendation:

“The ZAP strongly recommends that Forest City move the gas station to the NW corner of this block. King Soopers is willing to do this. The ZAP acknowledges that if King Soopers does not build a gas station as part of its project, another gas firm would be likely to do so as allowed under zoning. Also, as confirmed after the meeting, the proposed gas station would be one of the larger ones in Denver city limits. Access to the site as well as capability to handle stacking will need to be presented in the future. Quality designs with screening walls, no off-site lighting glares and hours reduced to 5am to midnight are desired.”

The Denver Environmental Health Board heard testimony on the potential health effects to residents who live nearby, but declined to recommend a citywide setback between gas stations and residences. However a letter from the board quoted a DEH staff person as saying,



ZAP Chair
David Netz

Share comments online at
FrontPorchStapleton.com

“where possible, the stations be located in a way that minimizes the potential for off-site effects.”

When the Stapleton Design Review Committee informally met with King Soopers last April and first saw their plans, they brought up the suggestion to consider other locations for the gas station.

If the gas station were moved to the north, it would be further from residences, but it would be next to Williams Family Dentistry. Margie Williams, DDS, owner of the practice and an Eastbridge resident, is not in favor of a gas station at all. She asks the question, how is it better to put a gas station next to an office where people spend all day every day? Like most dental offices, she says she employs a lot of women, most of childbearing age and points out they could spend an entire pregnancy next to a gas station. And she has concerns that traffic would back up at the gas station and block access to her business.

In Denver, a landowner with property zoned for a given use (like a gas station), has the final decision on use of the property. The city will not intervene to make an exception to allowed uses and the land owner is not required to solicit or accommodate community input.

At the December Zoning and Planning Meeting, Tom Gleason, Forest City’s vice president for public relations, said a final decision about the location of the gas station has not yet been made.



Forest City VP for
PR Tom Gleason

Centurylink Gigabit Fiber

Centurylink has informed the *Front Porch* that by late January they will be ready to announce the specific neighborhoods in Denver that will have access to their new 1 gigabit service. Centurylink says this advanced fiber technology is 100 times faster than the national average of 10 megabytes per second (mbps), and will allow users to stream high-definition video content with little to no delays and download movies, songs and TV shows in seconds. Watch the *Front Porch* website and Facebook, as well as the February issue, for the announcement.

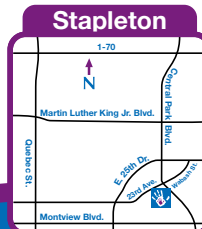
www.AdvancedPediatricAssociates.com | Find Us On Facebook | 303-699-6200



Advanced
Pediatric
Associates LLP

Hand in Hand for Healthier Children

Welcoming New Patients!
Central Park Professional Condominiums
2373 Central Park Boulevard, #202
Denver, Colorado 80238



Need a Same Day Appointment for Your Sick Child?



We know you want quick access to medical care when your child is sick, so we tailor our schedule to meet your needs:

- » Same day sick visits
- » Minimal wait times
- » Weekday and Saturday morning appointments
- » After hours nurse advice and on-call physician
- » 24 hour health care advice on our website
- » Most insurance plans accepted



Wishing Children and Their Families a Very Happy and Healthy New Year!

Take Charge of Your Future.

Create and implement a strategy designed to help you achieve your long-term financial goals.

Do something positive for yourself. Call today for a no-cost, no-obligation portfolio review. Together, we can create a strategy that’s right for you based on your current situation, objectives and risk tolerance.

Call or visit your local Edward Jones financial advisor today.



Natalie J Robbins, AAMS®
Financial Advisor
2373 Central Park Blvd, Ste 104
Denver, CO 80238
303-320-7752

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC



DART auto
PORSCHE
Volkswagen
Audi • BMW • MINI

Full Service Repair
Dealer Quality Service for Less

4801 Monaco ST 303-296-1188

Free Shuttle to Stapleton & Park Hill
Loaner Cars Available!

ELEVATION BASEMENTS



303.316.9402
ELEVATIONBASEMENTS.COM

Panasonic Deal Along East Rail Line a Big Win

By Carol Roberts

Panasonic Enterprise Solutions Company has announced that they will locate a hub for their business solutions operations in the 400-acre transit oriented development (TOD) along the east rail line at 61st and Peña Blvd. Development partners Denver, DIA and L.C. Fulenwider Inc. say the master planned TOD, anchored by Panasonic, will show-case state-of-the-art community development, and they expect it to be completed by mid-2016. Mayor Hancock's Deputy Chief of Staff Evan Dreyer says the formation of the vision for this TOD has been underway for a couple years.

Dreyer calls Panasonic's commitment "a gigantic step in the development of the corridor of opportunity" between the airport and downtown Denver and the creation of a regional aerotropolis using the airport as an anchor.

Panasonic had been looking around the country for a place to build this facility and chose Denver for a variety of reasons, says Dreyer, "the economic opportunity, the business climate, and the educated and skilled workforce. The very top reason was the

people of Denver and the metro region. They really liked what they saw here in terms of people, education, spirit, entrepreneurialism—and that was what sealed the deal." Mayor Hancock called this, "one of the biggest economic development wins for Denver and the entire metro region in the past several years."

Dreyer confirmed there was a multiple jurisdiction incentive package offered—and the company is expected to create about 300 jobs. Panasonic Enterprise Solutions is a large-scale audio visual and eco solutions company. They will have their operations base and their assembly facility at the Denver location, according to the mayor's press release.

"As a Stapleton resident," says Dreyer, "I'm really excited about the things that are going to happen when this rail line is open. Not just because it will be more convenient but because all of the activity that's going to happen at these transit oriented development sites along the way. They will become destination stops—new places for people to live, work and play. They'll be exciting new assets to the metro area."

Image courtesy of L.C. Fulenwider



Artist's rendering of Peña Blvd. Station at 61st Ave.

Waste-to-Energy at Denver Zoo

By Madeline Schroeder

On Monday, Dec. 22, a bill that allows animal waste and human trash to be converted into energy passed its second reading in a block vote 11-0 by city council.

"I think it's really exciting. The Denver Zoo is one of the first in their zoo system and in the world to do this," says City Councilman Albus Brooks.

Biomass gasification technology uses extremely high temperatures with little air or oxygen to thermally decompose waste, which is converted into energy, according to the Gasification Technologies Council.

Currently, the Denver Zoo brings waste to a landfill, but the waste-to-energy project allows the zoo to handle it right on site. The project is expected to save 1.5 million pounds in waste every year, according to Brooks.

Because the zoo borders the City Park neighborhood, residents have been concerned about air quality, noise and buildings constructed for the project. City Park Friends and Neighbors, the same neighborhood group that fought the City Loop Project, has spoken out against the waste-to-energy project.

Brooks said Denver Parks and Recreation has done a great job answering resident questions and easing concerns. This January, he is putting together a task force including the Denver Museum of Nature & Science, the Denver Zoo, Parks and Recreation, city council and one representative from every surrounding neighborhood to discuss ongoing concerns.

"Environmentally, this is where Denver needs to be heading."

PARKWOOD HOMES

Did you get what you wanted for Christmas?
Or do you still have one big item on your wish list?

Bigger house for our growing family

- Open floor plan, customized by me, for me
- Larger lot with room for the kids and my new garden
- New kitchen, designed by me, for me... BIG ISLAND!
- Big mudroom to get organized
- Save Money — Lower energy bills

8056 East 50th Avenue • Sales@ParkwoodHomes.com
303.320.4938 • www.PARKWOODHOMES.com

PARKWOOD HOMES

Start the New Year Right!

New Year's Resolutions

Find a New Home

- Great Location—I want to walk places
- A look and feel I can fall in love with
- A smart floor plan that works for me
- Save time and money—low maintenance, low energy bills

8212 East 49th Place • Townhomes@ParkwoodHomes.com
303.373.3994 • www.PARKWOODHOMES.com

give them

PERSPECTIVE

give them

OPPORTUNITIES

give them

AN ACADEMIC EDGE

It's not too late to apply for 2014-15! Offering French, Mandarin and Spanish programs beginning in preschool, as well as an IB Middle Years Programme, there is still time to give your child the world at the **International School of Denver.**

Visit www.isdenver.org/apply to apply or for more information.

INTERNATIONAL SCHOOL of DENVER

Stapleton Front Porch

Your experts in plumbing & heating

JUST GO TO BLUESKYPLUMBING.COM TO DOWNLOAD YOUR MONEY-SAVING COUPON THE NEXT TIME YOU NEED PLUMBING OR HVAC HELP.

Jesse Lanyon, 4th-Generation Customer Service Professional

PLUMBING & HEATING

AIR CONDITIONING & DRAIN CLEANING

303-421-2161

or visit blueskyplumbing.com

"Like" us to receive timely tips and special promotions.

Letter to the Editor

Thoughts from CDOT on the I-70 East Project

The December 2014 issue of the *Stapleton Front Porch* included a letter from the League of Women Voters about the Colorado Department of Transportation's (CDOT) 11-year planning process for the I-70 East project. I would like to clarify a number of points.

Since the outset, transparency has been a core value for our project. We have conducted an open, comprehensive public process that has involved hundreds of local residents in an outreach effort that has spanned more than a decade.


CDOT's current proposal is to remove the aging I-70 East viaduct, lower this section of interstate, and construct a nearly 4-acre cover over the highway. Before reaching this point we evaluated more than 90 different alternatives, including re-routing I-70 north of Denver on I-76 and I-270. This process determined that it is not a viable option to move the interstate. Cost is one of the many concerns, along

with traffic increases in neighborhoods adjacent to the highway, as well as its impact on low-income and minority communities. A full discussion of why this proposal was eliminated from further consideration appears in the Supplement Draft Environmental Impact Statement, on the project website, www.i-70east.com.

Many key decisions and milestones remain before the I-70 East project can proceed to construction. A final environmental study must be prepared. And further discussions are needed on how to pay for this project—among the largest in CDOT history—and whether or not private investment should play a role.


Like the League of Women Voters, CDOT believes that a frank, open discussion on costs and finances is critical. Recent public meetings, which are being held before any action is taken, are meant to involve the public in these funding decisions, just as we seek input on highway design options. We invite all stakeholders to join us in these discussions.





—Amy Ford, Director of Communications, Colorado Department of Transportation



What would you do with \$300 in your pocket every month?

Ten years in a **New Town Builders** Z.E.N. home means **\$36,000 saved** in energy bills! Finely crafted and energy-saving - at a price you can afford. That's The Power of Zero!



▲ Z.E.N. Collection - Stapleton

▲ Conservatory Green Rows - Stapleton

▲ Solaris Collection - Stapleton






STAPLETON - Conservatory Green
THE Z.E.N. COLLECTION - 303.665.6100
Zero Energy Homes from the mid \$400's
7909 E. Stoll Place, Denver

THE SOLARIS COLLECTION - 720.941.0359
Zero Energy Ready Homes from the mid \$400's
4950 Uinta Street, Denver

CENTRAL PARK ROWS - 720.949.1696
Contemporary Rowhomes from the \$200's
4951 Valentia Street, Denver

CASTLE ROCK
CASTLEWOOD RANCH - 303.500.3255
Single Family Homes from the mid \$500's
Ranch Plans on One Acre, Walk to School
7001 Weaver Circle, Castle Rock

WHEAT RIDGE
PERRIN'S ROW - 303.722.2096
Contemporary Rowhomes from the \$200's
Trendy New Neighborhood near Highlands
3794 Depew Street, Wheat Ridge

Prices, features, specifications and other terms and conditions are subject to change without notice. *Estimated monthly savings of Zero Energy home with a HERS of (-1) versus a Typical Resale home with a HERS of 130. Based on standard operating condition. Promulgated by the residential Energy Services Network (RESNET).

SERVICE DIRECTORY

BUSINESS SERVICES

COMPUTER SERVICES-Small business and residential IT support. 303-522-7346. www.nettechcolorado.com

DESIGN/REMODEL/HANDYMAN

BASEMENTS Best Builders- Best in Quality and Design at truly affordable prices. Call Jim at 720-276-7704

HANDYMAN & REMODELING - Serving Stapleton since 2001. Free Estimates 303-333-4507.

HANDYMAN Affordable, No job too small-Bob 720-434-3649 fixedit40@gmail.com

HOME REMODELING AND REPAIRS. Expert, Local area since 1975. AI 303-995-2585

HOME RENOVATIONS/ REPAIRS. Painting, Plumbing, Electrical, Tile, Drywall, Wood Floors. Prices Can't Be Beat. B&D Renovations 720.404.2649

LIC. GC. Finish Carpentry, Remodeling, Home Repairs. Small difficult jobs welcome. 22 yrs in Park Hill. Peter 720-291-6089

ELECTRICAL/ PLUMBING

MASTER PLUMBER -Mr.Plumber, Est.1978, Licensed, best prices, credit cards ok. Jeff 303-523-6652 www.mrplumberdenver.com

HOME SERVICES MISC
GUTTER CLEANING, Window Cleaning and House Cleaning, call 303 329 8205

PIANO TUNING, 30 yrs exp., Piano Technicians Guild, David Nereson 303-355-5770

HOUSECLEANING

HOUSECLEANING. Mature-honest-friendly- Dependable. 303-671-9065

HOUSECLEANING. White Magic-Excellent rates and references. Weekly, monthly, one-time only. 720-371-3290

PAINTING

PAINTERS-Int./Ext. repairs, ins.Refs.Owner works on site with small, highly skilled crew. Craftsmanship and integrity for 33 years. Call Mike 303-388-8151

PAINTING.Affordable, Exceptional Results 303-474-8882 / 720-338-1453 - www.jcspainting.com - Stapleton References

PAINTING-Premier Paint Works: Denver's Paint Specialists since 1993.int/ext neat, insured, impeccable refs. John 303.864.9247

PERSONAL SERVICES MISC

African Marimba classes, for ages 8+ New year, new horizons! 720-206-6432

DRUM LESSONS- guaranteed results, Eastside drums, 303-320-0514

DUI CLASSES. We help you through the process. Flexible schedule, neighborhood location. 303-307-0320 www.ahconnections.com

PROPERTY MANAGEMENT

PROPERTY MANAGEMENT AND LEASING - Specializing in Stapleton & Park Hill. Call or email John Carranza - 303.489.6196

jmcaranza@comcast.net. www.stapleton360.com

PROPERTY MGMT-TJC. Management.com-Stapleton/ Lowry/ParkHill. Top \$\$ for rentals.Avg vacancy <2days/ yr. 303-324-6988

FOR RENT

Park Hill & Stapleton: www.stapleton360.com

RENTALS available-Variied prices/sizes in NE area. TJCManagement.com, 303-324-6988

SUBMIT A CLASSIFIED AD

Classified ad cost is 25 cents per character, including spaces. Classified ads are accepted only by email. Send to FrontPorch3@gmail.com. Ads must be received by the 15th and paid by the 17th to run in the next issue. For more information visit www.FrontPorchStapleton.com > Classified Advertising > Paid Print Ads.



2975 Roslyn St • www.awildsmile.com

Introducing our new associate Dr. Namrata Hardy
We now do Laser Dentistry—no shots or drill needed!



Happy Dog Daycare

Daycare, boarding, swimming, training & bath service
www.happydogdenver.com • 303-331-1364
3939 Newport St, Denver, CO 80207
Daycare starting at \$9/day, boarding starting at \$22/night



Compassionate, state-of-the-art healthcare for your children



SAPPHIRE PEDIATRICS
Small. Personable. Perfect.

Robin Larabee, MD. | Sarah Humphreys, MD.
Molly Gilpin, PA. | Kimberly Theobald, NP.

720.941.1778

4500 E. Ninth Ave, Ste 740, Denver, CO 80220
www.SapphirePediatrics.com

AWARD WINNING BASEMENT REMODELING



Basement Finish • New Construction
Kitchen and Bath Remodeling • Licensed and Insured
FREE Diane Gordon Design Plan Set
With signed contract on basement

Jim Baudinat - 720.276.7704
www.BestBuildersDenver.com



Bringing Back the Bison



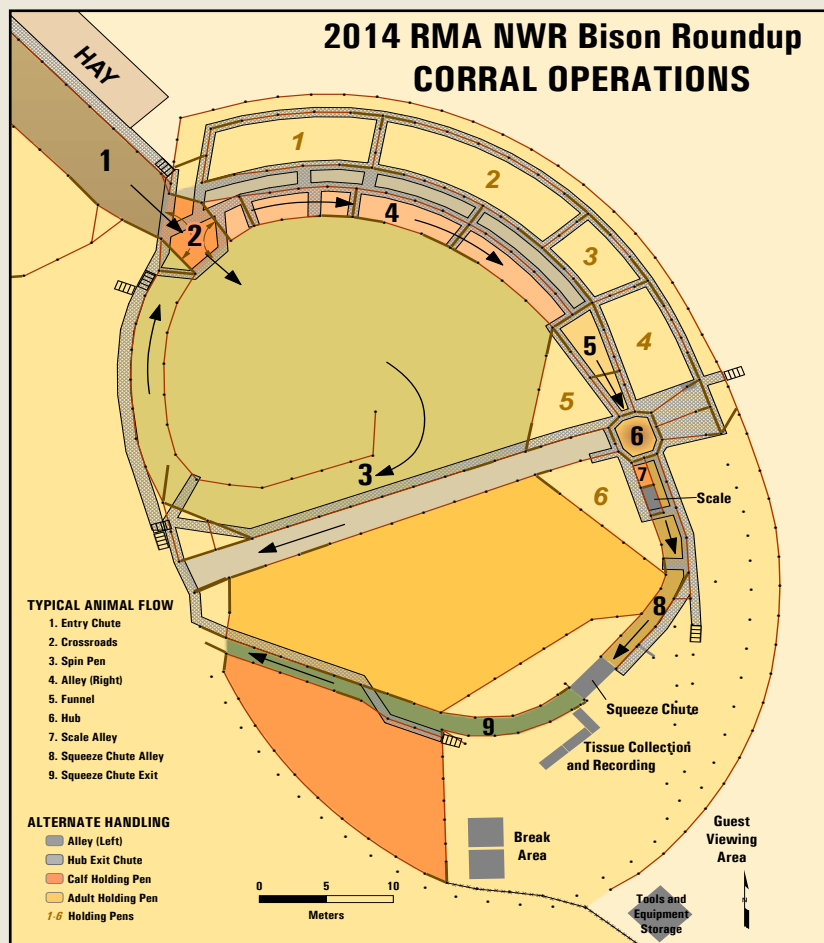
(continued from page 1)

Bison used to roam the entire U.S. from Canada to Mexico, but unrestricted hunting by white settlers dropped the population to near extinction. By 1883, there were fewer than 3,000 bison. In 1894, Congress enacted a law that banned hunting in Yellowstone National Park and kicked off a conservation movement.

Ever since, bison have slowly been repopulating. In 2008, the Department of Interior developed the Bison Conservation Initiative to manage bison as a metapopulation (one big population as opposed to many smaller groups). Conservation groups, ranchers and wildlife refuges, including the Rocky Mountain Arsenal NWR, work together to manage the species for long-term survival.

To begin the Bison Roundup, workers drive their trucks on the pasture and honk the horns to get bison running and into one area—despite their bulky appearance, bison are very agile and can run up to 35mph.

The animals are brought into a corral based on design recommendations by Temple Grandin, PhD in animal science



The Rocky Mountain Arsenal NWR uses a corral based on a design by Temple Grandin, an animal science professor who has improved corrals to reduce animals' stress and fear. Bison move through gated alleys (shown above), into the squeeze chute, and exit back into the pasture. David Lucas (bottom right), acting refuge manager, uses a long pole with a bright red end that makes noise when he shakes it, to encourage the bison to move into the next alley.

and throughout her career has developed corrals to minimize animal stress. The roundup is especially stressful for bison. One by one, they are ushered through gated alleys. Some fight the process more than others, smashing into the gates or stomping their hooves.

By the end of the day, there are chipped horns, bloody noses and sometimes even broken limbs.

Bison are weighed and moved into a squeeze chute,

and professor at Colorado State University. Grandin, who was diagnosed with autism as a child, is an all-star in the veterinary world. She relates her autistic mind to animal thinking

a V-shaped device with metal flaps used to restrain livestock to be worked on or for health checks.

Much like people with autism, pressure can be calming to bison.

NewWest
PHYSICIANS
Ascent Family Medicine



Mary Catherine Husney, MD | Jonathan Zonca, MD "Top Doc 5280"
Emily Shupe Talley PA-C | McKenzie Kline PA-C | Chandra Houpt, PA-C
Hours: Monday – Friday 7:30 a.m.–5 p.m. | Saturday: 8:00 a.m.–12:00 p.m.
303.322.0212 | www.nwphysicians.com

ONE HOUR FREE!
Open days, nights, & LATE on weekends!

- Hourly Care in a Licensed Setting • Drop-In Anytime
- Low Hourly Rates
- Ages 1-13

KidsTown
Drop-In Child Care Centers™



Check out
our Fun
Saturday
Night Parties!

303-825-1466

13th & Krameria
in the King Soopers Plaza
www.kidstowntowncenters.com

*New clients only



Clockwise starting at top: Skip Palmer waits on the catwalk for another bison; As she prepares a blood sample, veterinarian Lee Jones praises the shooter at

The pressure gives a sense of being held without being overwhelmed, according to Grandin's research. Surprisingly, even the feistiest bison calm down and no longer try to escape once compressed inside the squeeze chute.

A veterinarian takes blood, fat and tail hair samples for genetic testing and to check for disease. If a bison needs a simple health procedure, like treating an abscess, the veterinarian will do it then. To start a health record, calves are given a chip in their neck below the ear the size of a grain of rice that identifies them. Bison are released from the corral as soon as the health check is complete.

Once genetic results come back, the Fish and Wildlife Service determines if certain bison need to be traded with other refuges across the

right for compressing the squeeze chute at the perfect time to restrain the bison; Mery Casady transfers blood to a sample tube.

country to mix up the gene pool. "Basically, we are trying to sustain genetic diversity for the long term—so in order to do that you need to continue to manage your herds for as much genetic diversity as possible," says Cindy Souder, NWR visitor programs manager.

The "fast, agile creatures continue to be one of the biggest attractions at the refuge," according to Souder. "We have been successful in conserving this species after there basically weren't many bison on the prairie. It's a story of recovery." Visitors, who are asked to remain in their cars while viewing the bison, can see them along the Arsenal's Wildlife Drive. As the pasture grows, the refuge plans to increase the herd size and continue restoring the North American population.

In Business
for 19 Years



HOUSE CLEANING

Stapleton and Park Hill References

Detail Oriented • Ironing Included • Window Washing • Carpet Cleaning • Bonded & Insured • Offices/Apts./Homes • Park Hill Resident • paulinaleon22@hotmail.com
#1 IN CLEAN: Paulina Leon 720-628-6690 or 303-719-2456

QS Family
Dentistry

2014
TOP
DENTISTS
5280



Quality care in a nearby, comfortable, bright, modern setting
IN NETWORK with most insurances • Early morning appointments
Now offering BOTOX® and  invisalign®
Accepting new patients of existing patient's family members

303-322-2081 • www.qsfamilydentistry.com

STEP INTO THE STORY



Where else can you take a ride in a Model T, leap off a ski jump and mine for riches deep inside a mountain?



HISTORY  Colorado
CENTER

HistoryColoradoCenter.org
1200 Broadway | Denver
303/447-8679

Step into the story through our exhibits, programs and performances.

- **Preschool Story Time**
Come in for Story Time and Stay All Day!
Wednesday, January 7 | 9:30 – 10 A.M.
- **Secrets of the Museum - Winter Day Camp**
Come in on MLK Jr. Day!
Wednesday, January 19 | 9 A.M. – 4 P.M.
Reservations Required

52

A YEAR OF ESSENTIAL SCRIPTURES

A new year and a new series! Join us as we explore some of the most important passages of the Bible in 2015. Happy New Year!



HANGAR 61
Home Of Stapleton Fellowship Church

www.StapletonChurch.com
8700 E. 21st Ave. Denver, CO Sunday 9:00 & 10:45 AM. Tuesday 6:30 PM.



Back to the Basics with be well
YOU ARE INVITED TO THE
Fifth annual



**AWARDS AND
COMMUNITY CELEBRATION**

WHEN

Thursday, January 29
6pm–8:30pm

KEYNOTE SPEAKER

Art Gonzalez
CEO, Denver Health and
Hospital Authority

EMCEE

Reggie Rivers
Former Denver Broncos player

WHERE

Embassy Suites Hotel
4444 North Havana St
Denver, CO 80239

RSVP TO SHYRETTA HUDNALL AT
303.468.3228

SHudnall@StapletonFoundation.org