

Front Porch

Ballots
Due
Nov. 8

DENVER, COLORADO

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

NOVEMBER 2016

STAPLETON



Photo by Steve Larson/Front Porch

Mueller: Stapleton's Texas Twin

The Hill family, Susanna holding Margot, 11/2, and Hutch holding Beatrix, 3, joined other neighbors in Mueller Austin to see the perfect Texas sunset. Mueller, a new planned community on the site of Austin's decommissioned airport, has many similarities to Stapleton.

By Carol Roberts
AUSTIN, TX

A Stapleton neighbor who visited the Mueller (pronounced "Miller") neighborhood in Austin, Texas, said it seemed just like being in Stapleton and suggested we visit to see for ourselves. Mueller is being

built on a 700-acre decommissioned municipal airport that is three miles east of downtown Austin, two miles from the University of Texas. Mueller and Stapleton are being developed concurrently—and both are touted as highly successful infill developments. Are they twins? We were intrigued—and spent a long weekend there to find out.

When we arrived, we found families wandering among vendors in an old hangar and visiting food trucks in the park. It was the opening event for the police department's National Night Out. The next morning, a Sunday, was the farmers market. Both felt a lot like Stapleton events.

The People

Mueller residents have a lot in common with the people of Stapleton. They love living near friendly neighbors they know, they appreciate the family-friendly activities in the neighborhood, the parks and open space, and the proximity to downtown. Erika (continued on page 8)

A Line Train Horns: Did They Blow It?



Guards and horns will continue to be required at all crossing gates for several months until RTD receives full certification of its positive train control system.

By John Fernandez

For the foreseeable future, the A Line commuter rail cars will continue to blast their horns as they pass through street intersections on their trips between Union Station and the airport.

At an October press conference, RTD General Manager Dave Genova confirmed that until RTD receives full certification of its positive train control system (PTC), the process to convert the A Line corridor into a quiet zone cannot begin. He said the process for achieving quiet zone status takes 60 to 90 days. Once approved, freight trains, as well as the commuter rail vehicles, can run silently through the crossings.

(continued on page 6)

Investigating Fires 101



Behind-the-scenes story on page 38.

Printed with soy-based ink. Paper contains 30% postconsumer waste.

PARCC 5

TOD at
Fitzsimons 18

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Festival 28

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Market 31

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



2016 has been an unusually long fall with colored leaves lasting late into October.



Most of the events listed below are FREE or support nonprofits.
Additional events are listed on pages 24-27.
Also visit FrontPorchStapleton.com to view additional events and to submit events.

NOVEMBER

Wednesday, November 2

Impact 100 Metro Denver House Party
Meet members of Impact 100, a group of Denver women helping non-profit organizations. <http://www.Impact100MetroDenver.org>.

Thursday, November 3

Inspire Elementary School Tour. Tour Stapleton's newest elementary school opening in 2017 and meet principal, Marisol Enriquez, PhD. 2017-18 school year for K-2 only <http://www.signupgenius.com/go/10c0949a5a-f28a31-family>, <http://inspire.dpsk12.org/>

November 4,5,6

Park Hill Art Club Fall Show and Sale. More than 1,000 pieces of affordable art; family friendly live music, meet the artists. Park Hill United Methodist Church, 5209 Montview Blvd.; Reception Friday 4:30-8pm; Saturday 10-5pm; Sunday 10-4pm. More info: 720.949.0872, horssns8543@comcast.net

Thursday, November 10

Active Minds "Brazil" 6:45-7:45pm, Sam Gary Library* www.activeminds.com

Saturday, November 12

Bill Roberts Fun Run 5k. 2100 Akron Way, check-in 8am. Food trucks and music 9:30-10:30am register: <http://billroberts.dpsk12.org/fun-run/>

Saturday, November 12

Burmese Culture dinner with 5-course feast, 6-9pm. Spring Institute, 1373 Grant St. Tickets at www.fooition.com. (See pages 16-17)

NOVEMBER

Thursday, November 17

Active Minds "The Supreme Court" 6:45-7:45pm, Sam Gary Library* www.activeminds.com

Friday, November 18

Winter Welcome, 6pm at the 29th Avenue Town Center*

Thursday, November 24

2nd Annual Harvesting Hope 5K, 10:15 am
Stapleton's Turkey Trot at Central Park
www.harvestinghope5K.com (See page 27)

DECEMBER

Thursday, December 1

Grand Opening of The Cube, The MCA's new office/performance space in north Stapleton. 4-7pm. Family-friendly happy hour. (see page 34)
8371 Northfield Blvd. The Shops at Conservatory Green
www.stapletoncommunity.com, 303.388.0724

Dec. 2 to Jan. 1

Zoo Lights, Denver Zoo, 5:30pm to close
Illuminated animal sculptures, nightly entertainment, animal encounters, Santa meet-and-greet
www.denverzoo.org/zoo-lights-2016

*Locations

More information on these events at www.stapletoncommunity.com

*E. 29th Ave. Town Center: 29th from Quebec to Roslyn St.

*Sam Gary Library: 2961 Roslyn St.

Events & Announcements at Stapleton



Winter Welcome

Friday, Nov. 18, 6-8pm
Join the MCA at the West Crescent to kick off the holiday season! The MCA will host a night of festive traditions including the lighting of the trees and streets of the 29th Ave. Town Center. Holiday lights will be strung across trees on 29th Ave. and we will have a Christmas tree on the West Crescent and a menorah on the East Crescent. Participating Town Center retail shops will be open and many will feature holiday specials. The streets will be lined with booths that will include a roasted almond vendor and fire pits complete with s'more makings, hot chocolate and much more. All event proceeds will benefit local nonprofits.

Active Minds Seminar

This is a free, no-reservation-needed public program brought to you by the Stapleton MCA. Location: Sam Gary Library, 2961 Roslyn St.

Thursday, Nov. 10, 6:45-7:45pm
Brazil

The political leadership of South America's largest country has plunged into turmoil with the recent impeachment of the country's first female president Dilma Rousseff on corruption charges. Also implicated is her predecessor and architect of Brazil's recent political and economic evolution, Luiz Inacio Lula da Silva ("Lula"). Join Active Minds as we explore Brazil's emergence as a young democracy with a growing economy and how these developments may influence its future.

Thursday, Nov. 17, 6:45-7:45pm

The Supreme Court

The unexpected death of Antonin Scalia has created one of the most charged political events in a generation. With the end of the presidential election and future of a divided court hanging in the balance, the stakes couldn't be higher. Join Active Minds as

we examine the current dynamics surrounding filling a vacancy on our highest court. We will look at past confirmations to better understand the intricacies of the process.

Stapleton Night with The Nuggets

Friday, Nov. 25, 7pm

Join the Denver Nuggets for the second annual Stapleton MCA Community Night with the Nuggets on Friday, Nov. 25! Forty select kids will take part in our Red, White and Blue Crew, presenting the American flag during the performance of the National Anthem. Visit stapletoncommunity.com to buy tickets!

Santa's Best Christmas Trees

Visit your local tree lot for your 2016 Christmas tree! Santa's Best Christmas Trees will be located at each of The Greens starting the Friday after Thanksgiving. The Greens are located at 29th Ave. and Roslyn St., and 49th Place and Valencia St.

Community DNA

We are excited to see our young community hanging out at the 29th Ave. Town Center, the West Crescent and Founders Green. We want to encourage use of Founders Green and the West Crescent. Parents of the young community, we ask you to please remind your children to be respectful of community property and to pick up after themselves. We want to make sure these areas remain clean and enjoyable for everyone's use. We also ask the community to step up and say something if they see anyone being disrespectful to the property or leaving trash.

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

Jennifer Olsen
Communication Coordinator
jolsen@stapletoncommunity.com

Autowash

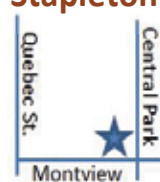
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Stapleton



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NOTE: This bar graph combines the "sold" listings of all office locations and independent offices of each multi-office or franchise organization identified, which listings were sold by such organization itself, or with the aid of a cooperating broker, according to data maintained by the Local Board or Multiple Listing Service for the geographic area indicated. The bar graph compares all those listings that were "sold" by each organization during the period 7/1/15-6/30/16. This representation is based in whole or in part on data supplied by Metrolist Colorado. Neither the Associations nor their MLS guarantee or are in any way responsible for its accuracy. Data maintained by the Associations may not reflect all real estate activity in a market. ©2016, RE/MAX, LLC. Each RE/MAX® office is independently owned and operated.

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Awards & Community Celebration

At the 7th Annual *be well* Awards & Community Celebration...

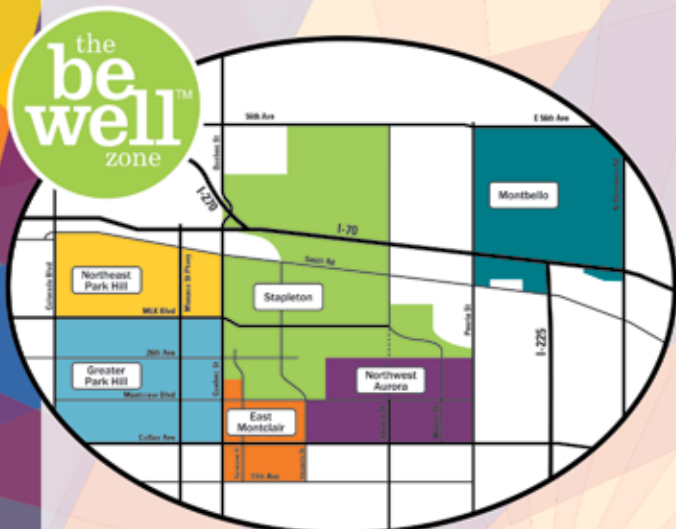
We want to salute those who volunteer their time or go above and beyond their professional responsibility to motivate others, initiate change and/or provide key services to advance healthy lifestyles in the *be well* Zone!

Do you know someone that deserves to be recognized?

Help us identify these incredible individuals who make a difference in our communities. Review the criteria for each *be well* Award category. A youth and an adult will be selected to receive an award (unless specified otherwise).

Anyone is eligible to make a nomination. Nominees must live, work, or make a significant contribution to "healthy living" (as it relates to the categories) in one of the *be well* Zone neighborhoods.

All entries must be received (not postmarked) by January 4, 2017.



GET IN
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be well

Award Nomination Form

Fill in contact information for yourself and the person you are nominating:

Your Information

Name _____

Email _____

Phone Number _____

Address _____

City, State Zip Code _____

Nominee Information

Name _____

Email _____

Phone Number _____

Address _____

City, State, Zip Code _____

Select a category for your nominee (one nomination per form please):

☐ ***be well* Physical Activity Leadership Award**

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

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

Awarded to a person whose grassroots advocacy, educational and/or outreach efforts have helped others make informed healthy living decisions and engaged additional people as advocates.

☐ ***be well* Preventive Care Leadership Award**

Awarded to a person who has helped to significantly raise awareness around the importance of preventive care and connected others to preventive care resources.

☐ ***be well* Community Service Award**

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

☐ ***be well* Nutrition Leadership Award**

Awarded to a person who has improved their own nutrition habits and has significantly helped others to eat more nutritiously.

☐ ***be well* Legacy Award (Award recipient must be 18+ years of age)**

This award recognizes someone who has done extraordinary work, made extraordinary leadership since the inception of the award in two or more categories listed above.

Give Us a Story – Using a separate sheet of paper, respond to each of the three proposed questions with a brief (250 words or less) passionate, compelling story about your nominee describing something that distinguishes them as a healthy living champion. Highlight how the nominee's actions advance healthy living in the *be well* Zone:

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

Submit Your Entry Form and Story in One of Three Ways

- 1.) Scan and email to SValleriano@stapletonfoundation.org
- 2.) Complete an electronic form at www.bewellconnect.net/awards
- 3.) Mail or Drop off at Stapleton Foundation's *be well* Office, 7350 E. 29th Ave., Suite 204, Denver, CO 80238

Sponsored by the *be well* Health & Wellness Initiative. Learn more at www.bewellconnect.net



Photo by Steve Larson/Front Porch

At an October press conference, RTD General Manager Dave Genova said they are testing a new software revision to resolve the timing issue at crossings. That issue is preventing the A Line from being certified for quiet crossings.

Did they blow it?

(continued from page 1) A quiet zone is allowed by federal rule when certain safety standards are met at crossings. Those include gates, medians, signage, bells and lights, all of which have been installed on the A Line. However, the train continues to operate under a waiver from the Federal Railroad Administration (FRA) due to timing issues at those crossings (gates coming down too early and lifting too late). Gate timing is critical for the obvious safety reasons but also to minimize motorist frustration at lengthy delays that might lead some to slalom around the quad gate system. RTD attributes the problem to software issues in the system designed by its concessionaire, Denver Transit Partners.

The current FRA waiver was granted Oct. 16 and runs to Nov. 5, the latest in a series of waivers since the line began revenue service on April 22. In explaining the latest extension, an FRA spokesman said, “FRA has granted RTD a short-term, three-week extension to continue using flaggers with conditions. During this time, RTD must also develop a plan that demonstrates it has a path forward toward a solution to resolve the timing issues at the crossings.”

In response to a Front Porch inquiry, the FRA spokesperson said, “The PTC system has NOT been certified and is NOT fully implemented.” The shorter time extensions

seem to indicate the FRA’s growing impatience at RTD’s ability to solve the gate timing problems. When asked whether the A Line might be shut down pending resolution of the PTC issues, the FRA spokesperson stated, only “If any railroad is found to not be following federal rail safety rules, FRA has various enforcement tools it can use.”

In a prepared statement read at the press conference, Genova said, “We are in the process of testing a new software revision to reduce the timing gaps ... We are working diligently to resolve the grade crossing timing issue and gain final certification of the grade crossings with the FRA and the PUC (Colorado Public Utilities Commission). Once we complete this, we can also pursue the quiet zone process. Until then, we continue to operate with flaggers at the crossings as an additional safety measure and as required by the FRA and PUC.”

The FRA and PUC requirement for flaggers continues despite the fact that RTD’s extension waiver application included a request that “FRA’s requirement for flaggers be eliminated for all crossings. RTD believes that all crossings operate reliably with the exception of satisfying the required warning time performance.” The FRA rejected that portion of the waiver extension request.

PUC spokesman Terry Bote confirmed no field safety demonstration has been scheduled that would allow the PUC to eliminate the flag-

ger requirement. The PUC has legal authority over all at-grade rail crossings in the state.

RTD spokesman Scott Reed said he did not know whether the FRA will continue to require flaggers if the waiver is extended again. An unanswered question at this point is the ability of flaggers to operate during adverse winter weather conditions.

At the press conference, Genova asserted, “We are operating a safe system and the grade crossings are activating the flashing lights, warning bells and gates well in advance of train arrival and in excess of the required minimum activation times. The flaggers at the crossings are an added safety measure in place until we complete the final certification of the crossings with the FRA and the PUC.” He emphasized that DTP is paying the cost of the flaggers.

In addition to that cost, DTP is incurring what RTD termed “severe penalties” intended to serve as an incentive for DTP to fully implement the PTC. Those penalties consist of payments withheld month by month for failing to meet performance requirements under its 34-year contract with RTD. Through September, those withheld payments, or deductions, amounted to \$1.3 million or about 8.7 percent of what would have been full payments to DTP.

The A Line is part of RTD’s \$2.2 billion EAGLE P3 project that also includes the B and

G commuter rail lines and a centralized commuter rail maintenance facility. In addition to \$450 million of financing contributed by Denver Transit Partners, the A Line is supported by a \$1 billion grant from the Federal Transit Administration (FTA). A condition of the grant requires the train safety system to be fully functional by Dec. 31, 2016. An FTA spokesperson said, “Thus far, FTA has reimbursed RTD for most of the federal funding committed to the project, but not all, because the project is not yet complete. Like FRA, we are concerned about safety, and will defer to FRA’s jurisdictional authority over safety issues.”

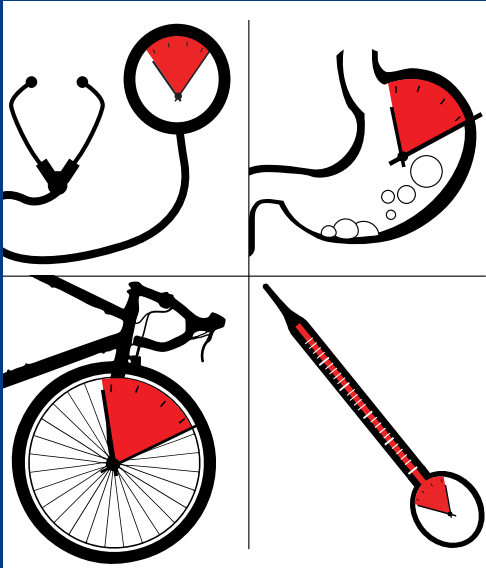
On the upside, Genova touted the improving on-time performance of the A Line. It stands at 87.3 percent. He explained that on-time means arrival at a location no more than one minute early or no more than five minutes after the scheduled arrival time. Genova said the performance to date “is not good enough; we want to be at a minimum of 90 percent or better.”

He did express pleasure with ridership, saying the A Line is nearly at its one-year projected estimate of 18,600 weekday riders. Genova closed his prepared remarks by saying, “We are working with a sense of urgency and this is RTD’s No. 1 priority.”



An A Line train leaves the Central Park Station.

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Stapleton's Twin... but not identical

(continued from page 1)

Photos by Steve Larson/Front Porch

Garcia and her husband, both school teachers in Austin, were the fourth family to move in at Mueller. “We loved the location,” and, she says, that made up for all the uncertainties of being an early buyer. They live in a “yard home,” Mueller’s name for single-family homes. After 10 years, Garcia says, the only downside is the small yard—and it’s outweighed by all the rest.

At the farmers market we asked Anita Putman, an African-American woman, about race and diversity in Mueller. “You might not see a lot of African Americans here. But it doesn’t matter. Everyone just joins in and has a big party.” Putman’s friends Jeff and Chrissy Yates, an interracial couple who moved a year ago from Ann Arbor, joined the conversation. They had heard about Mueller on NPR and rented their apartment sight unseen based on the description of a truly integrated community. They describe their apartment complex as diverse in gender, race and age. Under Mueller’s affordable housing program, a minimum of 15 percent of the units in every apartment building are affordable, adding income diversity to the mix.

Jill Fagan, a project manager for the City of Austin, and has worked as a planner in Denver cites commonalities between the two communities: “I think the design elements work—tree-lined streets,

sidewalks, gathering places, parks, greenways, front porches ... and the fact that everybody knows each other. I think they are people of that self-selecting group who want more of that social and community interaction.”

To create this type of community, “You have to have forward thinking people. Just like at Stapleton they had to believe in the dream and the napkin sketch when they signed up to buy a house,” says Dee Desjardin, VP for marketing and communications with Catellus (the master developer), “...others come along later because now they can see it and their friend is here and they love it.”

Homes and Commercial at Mueller

The residential streets feel like we could be in Stapleton, with a combination of townhomes, garden court homes, and the single-family “yard” homes. But Mueller is significantly denser than Stapleton. Based on the 700-acre size and projected population of 13,000, Mueller will have a density of 18.5 people per acre. Stapleton’s land area is six times larger. Based on 4,100 acres and a projected population of 30,000, Stapleton will have a density of 7.3 people per acre (or 9.75 if the population reaches 40,000).

Despite some early concerns about density, Mueller residents are becoming aware of the benefits that come with density. “The neigh-



borhood association at Mueller has asked for additional density. The city is saying you can’t really do it. They have maxed out what we can do with the transportation modifications,” says Rick Krivoniak, an architect, who has participated in the vision and oversight of the Mueller plan since the 80s. Krivoniak, Girard Kinney and Jim Walker (quoted later), all live in neighborhoods near Mueller and all have been active for many years guiding the Mueller vision, and they have served on the Plan Implementation Advisory Committee (PIAC) that reports to city council on the progress of Mueller development.

The main difference in the aesthetic of Mueller homes is the Texas limestone. Lots of it. Jim Adams, who wrote the Mueller Development Plan, remembers being impressed when he arrived from California. “It’s stone. It’s incredible.” Now he admits he’s lost some of that appreciation because it’s so plentiful.

Mueller has a community retail

PARKS

As in Stapleton, the parks serve storm drainage, flood control, and water quality purposes.



surrounding neighborhoods and the new homes. As in Stapleton, the parks also serve storm drainage, flood control, and water quality purposes. Stapleton has 25% park and open space land, and at 1,250 acres has almost ten times more park land than Mueller.

What Mueller Learned from Stapleton

Weaver says, “Stapleton did well because they did a great master plan. They committed to design guidelines, the Green Book, all those things.” Mueller started a few years after Stapleton—and the Austin team looked to refine their plans based on lessons learned at Stapleton, along with other infill developments around the country.

Build an economic driver:

Mueller developers and city staff visited Stapleton in 2002 and followed Stapleton’s lead in creating an economic driver similar to Quebec Square at the beginning. With that as a given, says Weaver, they then asked the question “how do you make these big box centers where they are economic drivers early on, but then look long-term to redevelopment?” He explains that what now looks like two big blocks of parking lots has the infrastructure to become eight blocks of mixed-use development with sidewalks, streetlights and utilities in the future.

Make zoning flexible: Austin project manager Fagan says Stapleton taught Mueller the lesson that they need flexibility in their zoning. When the market changes and the zoning is hard wired, that “makes it more difficult to implement changes in the plan.”

Mueller has planned unit development (PUD) zoning, a framework with flexibility without going to city council for every change, says Fagan. “The PUD has a limit to total square footage for retail, residential, vehicular trips, but we have the ability to modify on a lot by lot basis.” Another example: the ratio of rental to for-sale units can be anywhere from 40/60 to 60/40.

(continued on page 10)



COMMERCIAL (clockwise from left)

The local shopping area has a large modern grocery store. Construction of the town center after residential development will allow more density. The tower will be preserved as a landmark with development around it yet to

come. The Dell Children’s Medical Center of Central Texas opened early in Mueller’s development, bringing other businesses to locate near it.



HOMES Single family homes in Mueller are called “Yard Homes,” many with Texas’ limestone—though the wood ones at bottom look distinctly Stapleton-like. Both row homes such as the ones below and yard homes are in the affordable program.



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Kacy and her husband always hoped for a healthy, happy baby. It never occurred to them that something could happen to her. Kacy lost half her blood delivering Bode. She was immediately rushed to the OR where her expert care and delivery team made sure she made it back to her family.



Robin Fennimore, MD, Laura Boyer, MD, Katie Rustici, MD, Diana Kumar, MD

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(continued from page 8)

Affordable housing program: The Mueller team says Stapleton gave them the idea of creating a foundation to support affordable housing and having a homebuyer education program. They also realized, after seeing Stapleton's program, the need to consider routine living costs, like the expense of a car or schooling, in the affordability model. Mueller may have found some ideas for their affordable program in Stapleton, but it is being implemented quite differently.

Forest City's affordable housing contract with Denver requires that they set aside land for affordable housing but does not compel construction of the homes. Keeping pace with market rate construction is a goal but not an enforceable requirement.

Catellus' contract with the city of Austin requires that, at completion of the project, 25% of homes will have been built consistent with the affordable homes requirement. They are built in each phase along with the market rate homes, the proportion varying slightly from one phase to the next. Early on, Catellus held an affordable summit to develop a plan. The takeaway, says Weaver, was to

"make the market rate home builders do affordable housing. That way they have the opportunity for profit on the market rate homes which balances the requirement to build affordable housing, all with the same quality."

Weaver recalls getting a call from David Weekley Homes saying they had initially turned down the opportunity to build at Stapleton (which they considered a big mistake), and they wanted to be a builder at Mueller. Weaver informed them about the affordable requirement, which initially caused some concern. But, "They love it now ... they promote it in their newsletters. They got in the trenches with us to really work through ... how the program could be worked out," says Weaver.

Mueller has its own self-contained affordable housing program, in which the foundation has hired a third party administrator that works with the homebuilders to efficiently take Mueller buyers from the qualifying process through mortgage approval. The Mueller Foundation holds a "soft second lien" on the home. The buyers get a 2% annual increase in value, and the Mueller Foundation has the first right of refusal to purchase the property back and keep it in the program. Every property sale in Mueller, commercial and residential, includes a quarter percent fee that goes to

The people guiding the Mueller vision:



Dee Desjardin, Mueller's VP for marketing and communication says, "We try to be in a constant dialogue" at the various community meetings.



Left: Jim Adams wrote the Mueller Development Plan for the City of Austin and was then hired by Catellus. He lives in Mueller.

Right: Now in Austin's planning department, Jill Fagan has lived in Stapleton and worked in Denver's planning department.

Above: Greg Weaver, executive VP of Catellus, Mueller's master developer, calls Girard Kinney, Jim Walker and Rick Krivoniak (top row from left) the godfathers of Mueller. "Being architects, Kinney and Krivoniak started sketching plans at the first hint of the airport relocating in the 80s." All three serve(d) on the council-appointed advisory commission.



With small yards, families gather in the alley, as for this pirate birthday party.

the Foundation. That fund covers costs inherent in the homes' resale, including repairs and updating, as well as other community enhancement efforts.

Since the program is working well and the need for affordable housing in the region is so great, Catellus is now contracting with builders to add 10% of future homes for buyers in the 80-120% of median family income (MFI) range.

"It's not required in the development agreement, Catellus is choosing to do it," points out Jim Walker.

The affordable homes are interspersed among the market rate homes and are virtually indistinguishable from them. There are no exclusively affordable home types or groupings in Mueller. In Stapleton, Thrive is the only builder that has taken the approach of interspersing affordable units with their market rate ones.

Structure of the development agreement: Development plan author Jim Adams says the master development agreement negotiated between the city of Austin and Catellus was informed by the deal at Stapleton and other public-private projects going on at the time. The City of Austin viewed the Mueller development as an opportunity to not only get parks, affordable housing and add to the tax rolls, but they also wanted to share in profits if the project was a success. Ac-

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According to the development agreement, Catellus makes 15% on the land sales. At the end of the project any upside goes to the city. Catellus VP Weaver says, “the City, which is ultimately the taxpayers, gets the benefit.”

In Denver, the taxpayers and the City of Denver did not want to spend taxpayer money on the redevelopment of the old airport. The perception at the time was that the land didn't have much value. Mayor Webb told the *Front Porch* in September 2015, “My priority was always DIA.” Redevelopment of Stapleton, he said, was just one of many other big projects on his list at that time. His biggest concern at Stapleton was negotiating for 25% parkland, which he achieved.

A 2011 report by the FAA states the Stapleton land was sold without the option to take advantage of any potential increases in real estate prices and it was based on a 1999 appraisal that significantly underestimated Stapleton land appreciation.* A higher price for the Stapleton land would have sent more proceeds to DIA, but not directly to the city of Denver.

When the Mueller contract was negotiated, the development climate in Austin, as described by Jim Walker, sounds distinctly different from the circumstances surrounding the Stapleton negotiations. “One of the big mantras back in the late 90s was: development should pay for

itself. Go into a public meeting and have a developer say 15% isn't good enough... That's just not going to play well in a political climate where developers are looking like they are trying to take everything.”

Former chair of the Stapleton Citizens Advisory Board David Netz says, “During the great recession, Forest City financed much of the redevelopment and made its own investments in the community, but given current property values the terms are essentially a license to print money.”

Differences between Stapleton and Mueller

Schools: The Mueller team was very interested to hear schools were included in Stapleton's TIF and wished that a specific commitment for a school had been made for Mueller, though land is set aside. Students attend the surrounding schools. Parents told us many families are choosing charter schools because they are unhappy with the performance of the neighborhood schools. Girard Kinney, points out that a new elementary school with only Mueller students would “enforce the kind of gated image of this place.” He would like to see a middle school that brings in students from surrounding neighborhoods—an idea similar to the Stapleton-Park Hill shared boundaries for middle school.

Jessica Neyman plays chase with son Lucas, 5, in the community garden. She says parents are concerned about where their young children will go to school.



Special district tax: Mueller has no special district tax; the TIF revenue and land sales pay for all infrastructure development. In contrast, Stapleton's TIF pays for just the major infrastructure and a special district tax on residents pays for the local infrastructure. Denver city/school tax is 78 mills. Stapleton's metro district tax is an additional 56.6 mills. However, a comparison of Colorado and Texas taxes is not “apples to apples,” says Fagan, because Texas has no state income tax and has higher property and school taxes.

How do the developer, the city and the neighborhood activists resolve conflicts?

“Let me say, when we've had disagreements. Greg (Weaver) has just been fantastic in that he's willing to talk. He will talk to anybody who wants to discuss an issue—and so we've always been able to pretty much work it out,” says Kinney.

Weaver adds, “We do surveys asking questions all the time about what people want, what they don't want. I think it's our philosophy if there's a way we could do things, we will try to address it.”

“It's a continual community dialogue,” says Adams. “The plan made in 2000 had bike lanes all over the place, but around 2005-2006 the best practice was protected bike lanes. Greg called me up one day and said, ‘Why aren't we doing cycle

tracks?’ ...so we are now retrofitting streets that were built in 2005 to include cycle tracks.”

And if all else fails, go out for drinks. Weaver describes the time Rick (Krivoniak) tried to convince him to change the location targeted for a bank to become what is now the popular local restaurant

Torchy's. “One day we went out for drinks and I said, ‘You're right, that is the dumbest idea. Why are we putting a bank there?’ So we just started drawing. I give Rick a lot of credit that he pulled me aside and suggested a change that turned out to be a great decision.”

*FAA Did Not Ensure Revenue Was Maximised at Denver International Airport. Federal Aviation Administration, Report Number: AV-2011-057, February 28, 2011.



The original bike lanes are being retrofitted as cycle tracks, which provide more protection for bicyclists.

View a video at FrontPorchStapleton.com



An old hanger by Mueller's big lake park is the site for community activities including a farmers market.

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What's going on in those tanks?

If you can't tell a grist case from a mash tun and you don't know what wort is or why it's in the boil kettle, here's a brief overview of what you're seeing through the windows at the new Cheluna Brewery in Stanley Marketplace.

- 1 In a mezzanine level room, grains are mashed in a grinder.
- 2 The grain is pushed through a long pipe called an auger.
- 3 The auger carries the grain to the grist case.
- 4 As the grain drops out of the grist case, it is sprayed with water from a 1,000 gallon hot water heater.
- 5 The grain goes into the mash tun, where it is stirred with big paddles—and it starts looking like oatmeal.
- 6 The liquid in the mash tun, called wort, is extracted into the boil kettle.
- 7 The wort in the boil kettle is heated by steam from a boiler that resides in a separate fireproof room behind it.
- 8 The level of sugar in the wort is monitored, and at the right point, it is moved into one of the six fermenters where it resides for 2-3 weeks to make ale and at least six weeks for lager.
- 9 After fermenting, the beer goes to the conditioning tanks where CO2 is added for carbonation and the beer is put in kegs, ready for sale.



Brewery at Stanley Looks to November Opening

By Laurie Dunklee

Why did a doctor and a school counselor decide to start a brewery at Stanley? Javier Perez, an emergency physician, and his educator wife, Jennifer, are opening Cheluna Brewing Co. in the Stanley Marketplace as a way to “put down roots” in Denver.

“Javi” and “Jen,” the parents of two teenagers, lived in New York, California, Texas and Alaska before moving to the Lowry neighborhood in 2010. “I got wanderlust again and suggested that we move to a foreign country with our kids,” says Javi. “But Jennifer asked me ‘What are you missing?’ and I told her, ‘We’re new here, we have no deep roots and no tightknit community.’ We decided we love Denver and we want to stay and develop friendships. Through the brewery, we’re digging into the place we love. We like to make beer, and people like beer—so we’re sharing ourselves and building relationships.”

The Perezes say the opportunity to be part of the Stanley Marketplace, which now feels like home away from home, is the most exciting adventure they have had since meeting and working together over 26 years ago as Outward Bound instructors in New York City.

The name “Cheluna” is a combination of *chela*, a Spanish slang word for beer, and *luna*, for the moon incorporated in their logo.

The idea for Cheluna was inspired by Javier’s heritage: his parents emigrated to Southern California from Mexico City over 65 years ago. His paternal grandmother was from the Zapotec people of Oaxaca in southern Mexico. His maternal grandparents were German immigrants to Mexico in the 19th century, who started a chocolate factory.

“We’ll have beers for everyone, including India pale ales and wheat beers, says Javi. But they will also have specialty beers “built with a German backbone” and incorporating various Mexican flavors: fruits, spices and cacao from Oaxaca.

The brewery will offer between eight and 12 beers on the menu at a time. “How often we brew depends on how long our supplies last,” said Jennifer. “Our brewing schedule will be dictated by the customer demand. We hope we might be brewing a couple of times a week.”

Javier, an emergency room doctor, works at the Veterans Affairs hospital. He also works

on the team of NASCAR doctors, treating not just the drivers but the myriad of health emergencies that arise in a celebratory crowd of 100,000 people. Among his previous jobs was a post in Bethel, Alaska, a remote bush hospital where he worked primarily with Yupik Eskimos. “We had only a basic X-ray and a lab and no surgeons or orthopedists,” he said. “Sometimes they couldn’t get out in a blizzard, so it was challenging. I became competent in many situations, but also aware of my limitations.”

Jennifer has a master’s degree in education and school counseling credentials and worked in schools for 25 years. Most recently she helped open and worked as a school counselor at McAuliffe International School. Although she is now working full time at the brewery, she goes back to the school regularly and mentors a student there.

Javier’s early interest in chemistry and cooking led to a desire to attend culinary school. “My parents didn’t go for that; they thought I needed something more stable, so I went to medical school. Now I get to do both medicine and brewing, which are

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As the brewers watch over their first batch of beer (left), painters prepare to put the Cheluna name on a ceiling beam at the entry to the brewery (right).



Above: Jennifer (holding her hard hat) and Javier Perez take a momentary break from the many details of making their dream—a brewery that's a community gathering place—a reality. Left: Jennifer selected decor from Mexico that reflects Javier's heritage. Right: Javier holds a paddle from the mash tun as brewery consultants Austin Wiley (left) and Darren Boyd from Spangalang Brewery and Charlie Krupanszky (far right) pause from their work.

actually similar: you have to know sterile technique, and you have to pay attention to detail. Brewing is like combining the science of medicine with the wonders of cooking."

Javier started brewing beer at home on a stove in his Berkeley, Calif., apartment in 1988. Most recently, he has been using a one-barrel, all-electric system in the garage. He now uses that system for research and small batches.

Javier will continue to work three nights a week at the hospital and will spend his days off at the brewery. Jennifer is devoting her full attention to Cheluna where she can put into practice what she learned working in schools—"a good sense of humor and good problem-solving skills."

The 3,000-square-foot brewery and public tasting room has the feel of a Mexican village, with bright paint colors, a Mexican tile backsplash, burnt-finished wood and pierced tin light fixtures. The multilevel space offers two floors of seating. "We hope this will be a place where all people feel welcomed and want to return." Customers can order food from any one of the food establishments within the Stanley Marketplace and enjoy it at Cheluna with a beer. For more information, see cheluna.com or facebook.com/chelunabrewing.



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PARCC Tests: What Teachers,

Elementary (NE Denver)

Math

English Language Arts

% proficient or above Growth since prior year; 50% is median



By Melinda Pearson

Although media coverage about standardized tests often focuses on opposition to them, local stakeholders in education express near universal approval of the rigorous Common Core standards that the exams assess. However, administrators, teachers, parents and students do have mixed feelings about length of tests and timing of results. With the recent release of scores, the *Front Porch* asked these local stakeholders about PARCC (Partnership for Assessment of Readiness for College and Careers) exams.

Delayed Results

One of the frequent criticisms of the PARCC exams has been the slow turnaround time for results. The first year, results for

exams taken in April were not available until December. This year it was October.

“One of the reasons PARCC was presented was that the results would come in an incredibly timely fashion because it was computer-generated so those results would actually inform our instruction going into the fall, and, unfortunately, we haven’t had that yet,” says Shelby Dennis, assistant principal at Swigert International School and the site assessment leader for the exams at Swigert. Her school would prefer the data sooner.

Dr. Amy Gile, principal of High Tech Elementary, says, as a young school still adding new kids and teachers every year, “We like our teachers to have some time getting to know the kids before looking at a number,” so

getting the results late is not a problem.

Susana Cordova, Denver Public Schools (DPS) deputy superintendent, explains, “Some of the delays have been around needing to set cut-points and the complexities of the test being new, but the goal is for information to be available more quickly.” It remains to be seen if two years of experience with the system in Colorado will result in a quicker turnaround for the spring 2017 tests.

Testing Hours

Although very few local students opt out of the exams, a concern for stakeholders is the amount of time that testing takes. “We take three full literacy tests, each 90 minutes; three full math tests, each 90 minutes; multiple sessions of science and social studies,”

says Dennis. She observed that the younger students especially struggled with the typing requirements and long hours, and in a larger school like Swigert, with 336 students to test, the whole system is highly impacted, particularly with makeup and extended sessions that take away from classroom instruction. “Why is it necessary to gauge a student’s proficiency or mastery of the standards in that significant amount of time?”

In a smaller school with ample technology resources like High Tech, which only tested 112 students last year, the burden was manageable. Gile noted, “I think the shift they made last year to shorten the testing time was good. It didn’t feel overwhelming like it had in the past.”

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Principals, DPS and Parents Think

Understanding PARCC Results

In late September, scores were released for the PARCC exams (*Partnership for Assessment of Readiness for College and Careers*) in English Language Arts (ELA) and Math. The exams assess student proficiency in meeting grade-level standards set by the state. They are aligned to the Common Core national standards. This is the second year for this test in Colorado, allowing measurement of student growth.

Percent Proficient represents the percentage of students who meet or exceed state proficiency standards in the content area

Growth is the Median Growth Percentile (MGP). Fifty percent represents one year's growth. It is calculated by ordering individual student growth percentiles from lowest to highest and identifying a middle score, which is the median. A median score below 50 percent indicates more than half the students have not achieved a year's growth. A median score above percent indicates more than half the students have achieved a year's growth.

Scores represent averages of grades 3–5 for elementary and grades 6–8 for middle schools.

Students complain about the length of the test. Kaya Douglas, a seventh-grader at McAuliffe International School, feels the whole testing period can be “long and stressful” for students. She thinks some students tend to try harder at the beginning of a test session but become fatigued and not care as much by the end.

Brandon Auster, father of a sixth-grader at DSST: Conservatory Green and a fifth-grader at Swigert, says his kids “haven’t really experienced much of the test anxiety due to the culture the school has around the test. We have been pretty lucky the last couple of years.” In terms of the hours of testing, Auster feels it is fairly balanced, “It would be great if it was less time, but in the grand scheme of 150–200 days of school a year, spending a few days to make sure that a school is on track and achieving their goals is valuable.”

Usefulness of results

Despite the delay in results, local educators are able to make use of PARCC to inform their curriculum. Jennifer Snodgrass, teacher and the team lead for language and literature Common Core implementation at McAuliffe, says they use data continuously

throughout the year to improve curriculum. So even the late arrival of PARCC scores provides insight.

For example, “When we got our data last year ... we saw that our sixth-grade writing scores were lower than seventh- and eighth grade, so we made some changes to curriculum to address that,” Snodgrass said. “The next year, our writing scores went up 21 percent, so it worked. We were very intentional about how we used the scores, and it had impact.” Gile also noted that once the results came, after celebrating successes, she and her team “really honed in on where we saw gaps in our subgroup data.”

Parents and educators use the results not just to assess individual learning but to assess school performance. Auster says it is “helpful as a parent to see results to evaluate the school as a whole, to make sure your child is in a school that is performing well, surrounded by peers that are solid achievers also.” Snodgrass agrees that performance trends shown in test results for schools with larger sample sizes can legitimately reflect student learning.

Getting Rid of PARCC

In October, the State Board of Educa-

tion discussed the possibility of eliminating the PARCC exams after the expiration of Colorado’s testing contract in 2017, although more recently the board has indicated it would likely continue with the exams for the foreseeable future.

When considering the possibility of the state board moving away from PARCC testing, most local stakeholders preferred to keep it. “There’s some real benefit in consistency for teachers” in keeping the same test, says Gile. “I feel like the data is really valuable. I think it tells us the right things about kids.”

Also, the administration of the exam is improving. Dennis doesn’t think they’ve had a chance to know the strengths of the assessment “because we haven’t had the data a) long enough and b) in time. I would rather have us stick with it so we can see if it is worthwhile. It’s hard to switch.”

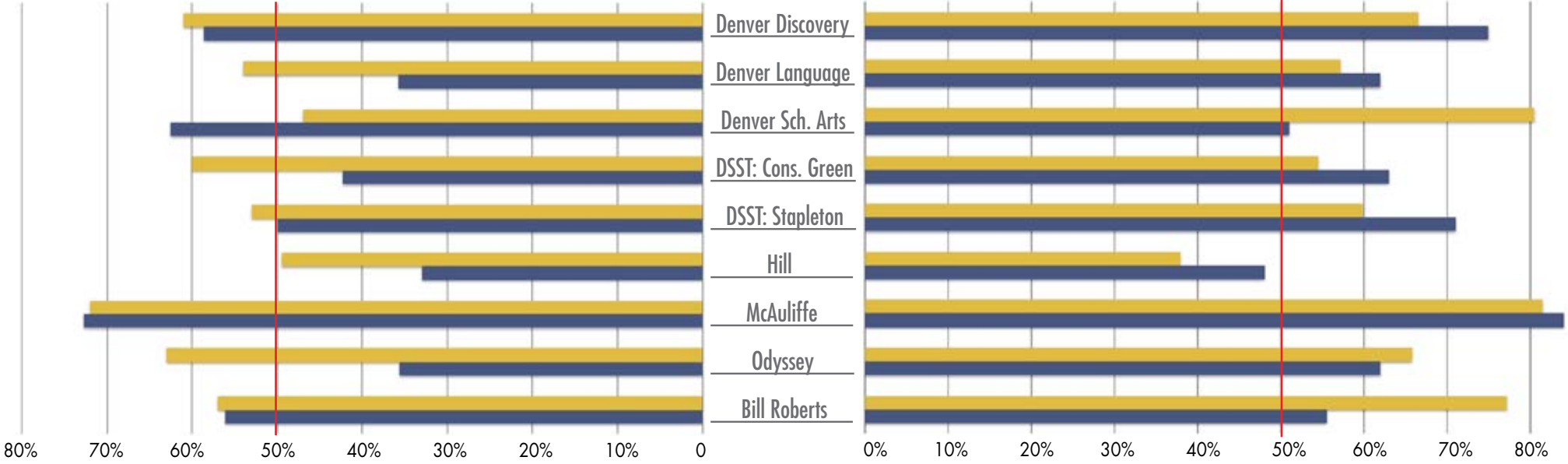
Cordova believes what’s most important is to clearly understand the standards and to have resources to align teaching with those standards. “And then whatever assessment that we are using aligns to the standards well.”

DPS would comply with whatever measures the state decides upon, but she thinks a test, like PARCC, that is used by multiple other states is valuable for comparative purposes.

Middle (NE Denver)

Math

English Language Arts



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Not Your Typical Boy Scout Troop

Right: Nur Salimullah squints in reaction to smoke in his eyes.

Far right: Isaac Philip, Jean Tuyishime, Moise Tuyikunde, Mbelchi Justin and Tenson Sangava eat a meat and rice dish they prepared themselves.

Below: Chitsan Win and Nur Salimullah watch over the hot dogs, pork for the Hindu kids and beef for the Muslims, says Scoutmaster Dr. P.J. Parmar.

Below right: Parmar watches over activities at the troop's campsite in Cherry Creek State Park as Hassyim Salimullah (left) and Alam Salimullah set up their tents.

Bottom: Parmar consoles a future scout who wants to go on the trip, explaining he's too young.



By Melinda Pearson

The Boy Scouts of Troop 1532 enjoy laughter-filled monthly campouts, learn scouting skills, and even go to summer camp. Nearly all of them are refugees, however, and their backgrounds and resources are far different than those of their American-born counterparts.

Dr. P.J. Parmar, scoutmaster, recalled their first campout about two years ago. "A few of our Burmese kids pulled out a slingshot and immediately shot a bird and a squirrel, skinned them, gutted them, roasted them, and served them up with their noodles. This whole thing took minutes," he says, "I never would have seen that in a classic American Boy Scout troop; the kids would be too scared or queasy, or it would be a novelty. There was nothing novel about what these guys were doing. This was everyday activity." The boys had learned to hunt like this in their home country, an outdoor survival skill without a merit badge that they continued behind their Denver apartment complex.

About 50 boys ages 11 to 15 are active in Troop 1532. The scouts typically hail from places that send Denver refugees, particularly Nepal, Burma (Myanmar) and the Congo/Rwanda area. Some have been in the States only a few months, some as long as eight years, and most come from tough backgrounds. "Most of these kids were born in the refugee camps; some from generations of poverty and trauma," says Parmar, "Maybe a boy has food now, but maybe he didn't for his first 12 years."

The boys find the troop through the Ardas Family Medicine Clinic, founded five years ago by Parmar. The clinic and the troop are located at "Mango House" in northwest Aurora, a center for refugee services that Parmar has established without government or nonprofit funding. A former Eagle Scout, Parmar felt a Boy Scout troop would provide newly arrived boys "a way

to go play in the woods or in the mountains, an opportunity to get out of their house, get out of the neighborhoods where they're living." The camaraderie, skill building and recreational activities of scouting offer relief from often difficult living conditions—both past and present.

Justin Wilson, a former Eagle Scout, helps Parmar run the troop. Wilson came to Troop 1532 last year through his connection with Scouts for Equality, an organization that advocates for inclusion, mutual respect and equal treatment within Boy Scouts of America (BSA). A Boulder resident and the executive director of Scouts for Equality, Wilson is an integral part of the troop, coordinating campout sites, transporting scouts and supervising campouts.

Troop 1532 differs in resources from many of its peers. While the BSA provides free registrations and summer camp, and Parmar funds the monthly campouts, volunteer help is an ongoing need.

One sunny October afternoon at Cherry Creek State Park, the troop had set up their tents, a hodge-podge of two- and three-person affairs, and was cooking

dinner and joking around like typical teenagers. A few sites away, an American flag billowed impressively in front of a huge, white canvas pavilion, set up by a different Boy Scout troop and their many parent volunteers.

Due to their hectic lives, few parents volunteer with Troop 1532. Adult volunteers are needed, particularly ones who can drive and help with the campouts on weekends.

"A lot of troops, their biggest limiting factor is that they can't recruit kids. They have plenty of adults; way more dads than they would need," says Wilson. "Our problem was we didn't have any adults, except for us. We had more than enough kids." Fortunately, several volunteers have recently joined the troop, including Michael Philip, whose son Isaac is the first American member of the troop, and Bill Sassani, an





old scouting friend of Parmar's.

But the lack of adults enables the scouts of Troop 1532 to develop self-sufficiency, as evidenced by their campout dinner. The scouts cooked the meal, a mash-up of traditional and nontraditional campout foods (and no wild game this time). They prepared hot dogs ("Make sure the Hindu kids get the pork ones and Muslims get the beef," advised Parmar), Burmese tea leaf salad, ramen with vegetables and eggs, and chatpate, a spicy-sour Nepali dish of puffed rice and vegetables.

After dinner, the scouts had a plan: "We're going to wander over to the other troop's tent and see if we can challenge them to a soccer

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game," says Wilson. "I don't think we've ever found a troop that could beat us in soccer."

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By John Fernandez

Three mass transit projects are bringing new mobility options to Stapleton and surrounding neighborhoods:

—Commuter rail service on the A Line began in April with direct service to Stapleton at the Central Park Station.

—Light rail service on the R Line through Aurora and along the perimeter of the Anschutz Medical Campus begins at year's end.

—Planning continues for the development of bus rapid transit (BRT) in the Colfax corridor from downtown out to Fitzsimons in Aurora.

With these transit systems come expectations that dense, mixed-use urban development will follow. Zoning and planning efforts in Denver and Aurora are intended to stimulate housing

and commercial projects near high-frequency stations. With the Denver region continuing to grow rapidly, what kind of transit-oriented development (TOD) might we see in these three areas?

Starting with the Fitzsimons Parkway Station this month, the Front Porch will offer a status report on the three TOD opportunities bracketing Stapleton.

Fitzsimons Parkway Station Plan

As robust as growth has been in Stapleton, redevelopment of the former Fitzsimons Army Base has been just as spectacular. And, more development (housing and a hotel) is anticipated beginning next spring.

Most of the north half of the square-mile site remains available for development. That is the half owned by the Fitzsimons Redevelopment Authority (FRA) north of Montview Blvd. Based on plans developed soon after the base closed in 1999, the north half of the campus was envisioned as a bioscience park with Forest City serving as the master developer. Those plans failed to materialize despite Forest City's multimillion-dollar investment in infrastructure and environmental remediation.

FRA's current real estate consul-

R Line Bringing Development to Fitz

tant, John Shaw, says the bioscience park concept has become outdated because "Big Pharma" no longer builds such parks, preferring to invest directly in existing research centers focusing on specific products. The FRA now estimates a bioscience build-out demand of 20–30 acres. The question became what to do with the remaining land (150 acres).

Also, the new R Line route was changed from running through the campus to a perimeter run along Fitzsimons Parkway.

These changes led the FRA and the city to collaborate on a "station area plan" that was adopted by the Aurora City Council in September. Key features of the new plan are shown at right.

The plan also allows the University of Colorado to purchase about 26 acres of FRA land north of its Wellness Center as a land-banking strategy.

As with the previous plan, the layout dooms the Fitzsimons Golf Course, currently operated by the City of Aurora on a year-to-year lease. The golf course will remain open in 2017, but beyond that there are no guarantees.

Shaw said the FRA will break ground next spring on the first phase of the residential expansion and on a five-story hotel fronting Montview just east of Ursula.

The immediate challenge now is to connect the Fitzsimons Parkway Station to the existing campus a half-mile to the south. Using a federal

grant, the city will construct a multiuse path along Fitzsimons Parkway and Ursula Street. Light rail patrons will cross Fitzsimons Parkway using a HAWK signal system (pedestrian-activated flashing light system with prominent cross-walk markings). For its part, the university will begin a shuttle bus system, also using the Ursula St. alignment and



Long-time real estate professional John Shaw manages the Fitzsimons Redevelopment Authority real estate portfolio.



Aurora staff planners Heather Lamboy, Chad Argentar and Mindy Parnes explain how development of the FRA land is expected to be phased.

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Aurora planning staff said such mobility infrastructure is critical now that development of the FRA land is proceeding from south to north, toward the light rail station. Chad Argentar, economic and business development supervisor, expects the city to eventually approve tax increment financing (TIF) that would help ensure that critical connections, such as the proposed Scranton Parkway, are timed to new development. One final step remains, says Mindy Parnes, planning supervisor, as the FRA seeks full entitlement of its planned development: city approval of design guidelines to ensure an urban look and feel.

Shaw says next spring the FRA will be submitting a proposal for a build-to-suit structure to house a “biotherapeutics” firm interested in locating at Fitzsimons. He also eagerly awaits the extension of MLK Blvd. from Stapleton to Fitzsimons Parkway, which he thinks will further stimulate development.



Fitzsimons Station Core Area of Plan

Features of the Fitzsimons station area plan include:

- Addition of 850 dwelling units encircling the town green located at Montview and Ursula St.
- Establishing an urban street grid highlighted by a new Scranton Pkwy. extending south

from the Fitzsimons Pkwy. station to the heart of the campus. New east-west streets would be located in the 23rd and 25th Ave. alignments.

- Reserving a 40-foot wide linear park along the Peoria and Fitzsimons Pkwy. street frontages. The park will include a

wide multi-use path envisioned as ultimately encircling the entire Fitzsimons campus.

- Within the street grid, more flexibility regarding uses block by block. The zoning will preclude retail uses exceeding 20,000sf, meaning there will be no big box development on FRA land.

Denver TOD Manager To Bring Density to Stations



Chris Nevitt, the first “Citywide Manager for Transit-Oriented Development in Denver” has made the interesting transition from two-term city council person to the coordinator of city efforts to spur development that will bring density near

transit stops. In this position since September, 2015, Nevitt jokes that he has “no power, no money, no staff—just like being a City Council member.” He coordinates an inter-departmental “action team” to address the myriad challenges associated with dense, infill development. Current high profile stations include Broadway, Alameda and 38th and Blake.

Nevitt said he is a “silo penetrator,” sitting “at the intersection of Planning, Public Works, Finance, the Office of Economic Development and the Mayor’s office,” with his office in Planning.

He remains bullish about TOD potential at Central Park, noting several factors that make it market-ready: the consolidation of land ownership, the existence of a functioning metro district, and the simple fact that Forest City’s land has no physical development constraints. (Central Park Station status will be covered in the December issue of the *Front Porch*.)



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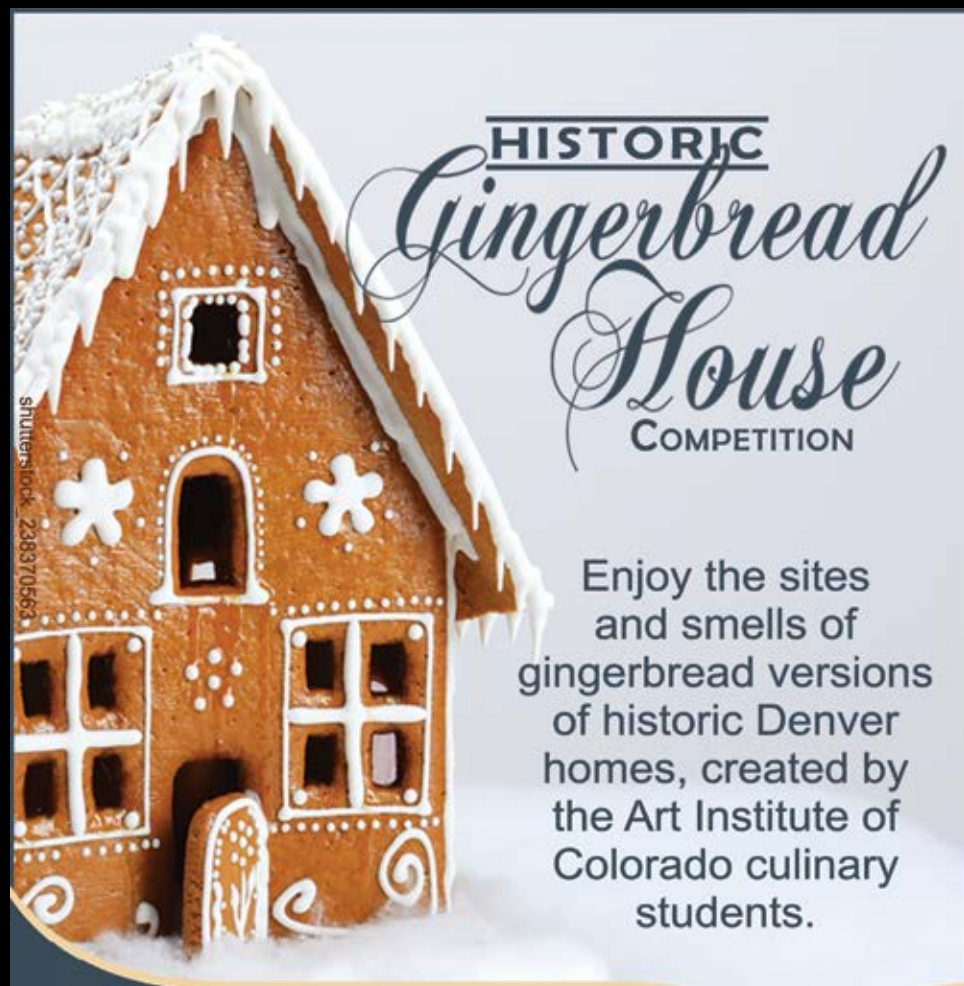
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Momtrepreneurs in



Leaving her demanding job as a pool room manager has allowed Samm Diep-Vidal, left, the opportunity to teach talented junior pool players, like Amanda Campbell, 13, while raising her daughters and selling billiards tables and equipment from her north Stapleton home.

By Melinda Pearson

Mompreneur. Momtrepreneur. Enterprising mamas. Whatever the term, it describes a phenomenon in our community: women who make radical changes in their career paths after their transition into motherhood, abandoning the confines of traditional employment—and the safety of a regular paycheck—for the risks and rewards of independent business.

Work-Life Balance

A desire for work-life balance often draws mothers to make a change. In 2014, Stapleton resident Samm Diep-Vidal was working two jobs, as the executive director of the non-profit Billiards Education Foundation (BEF)

and as the manager of a 20,000-square-foot pool room, where she worked 70 hours a week. “I had a Pack-n-Play at the pool room and I’d set it up under the bar,” Diep-Vidal recalls. “I’d nurse my 2-year-old, put her to sleep, and then run tournaments until 2am.”

Even with help from husband Marc, a professional billiards player, her schedule was unsustainable. “On the way home from the hospital, after having our second child, I told my husband I was going to quit,” recalled Diep-Vidal. She quit the pool room job, but the former competitive pool player could not stay away from the tables. She continues her work at BEF and now instructs junior players and, with her husband, opened Stapleton Billiards (www.stapletonbilliards.com), which sells pool tables and supplies online.

Entrepreneurship allowed Diep-Vidal to let her nanny go while working around

her children’s schedules, squeezing in lessons, foundation work and business management during nap time, evenings and weekends. “I feel very fortunate that I have an opportunity to work from home doing something that I’m very passionate about and also be able to balance my children’s schools, doctor’s appointments and the rest,” she said.

Uniting Passion and Family

Mothers who have transitioned into independent business ownership often do so to follow a passion. Melissa Downham began her career in advertising and public relations, followed by a long career as a professional photographer, and now works

as a travel advisor.

When her husband’s job relocated their family to Qatar in 2008 and she quit working, Downham realized they were located in a sweet spot to visit different cultures. “I planned 13 trips, and helped friends plan their trips, and I kind of got bit by the travel planning bug then,” she recalled.

After returning stateside, the Stapleton resident became an independent contractor for Departure Lounge, an Austin-based travel agency, and she particularly loves planning family travel (<http://theroamingfamily.com/>). Often parents of young children are reluctant to travel abroad, she notes, concerned that their children will not remember, but Downham recalled traveling with her young son in the Maldives: “We remember the look on his face when he ran on the beach, the chocolate chip pancakes he ate, the awesome hotel manager that swung him around in the water. And once they get to 5 or 6, they’re going to remember for a while. It opens their mind to the wider world beyond our borders.”

From Denver, Mexico and Central America are favorite destinations, and Downham often steers clients to resorts, which offer great

options for multigenerational family trips, even in exotic locales, because “there is something to do for everyone in the family and many amenities.” Helping families plan memorable trips has become her passion, and her profession.

Blood, Sweat and Tears

Owning a business means hard work. With a rodeo scholarship and a degree in equine management under her belt, Maggie Broadrick was working at a racetrack in barn management when she met her husband. After their daughter was born in 2008, Broadrick realized she needed a change. Naturally given to matchmaking, Broadrick had long been connecting friends with caregivers for their children, and she wanted to start her own business.

She worked with SCORE (<https://denver.score.org/>), a nonprofit, small-business consulting organization, taking “every workshop imaginable—finance, accounting, marketing, communications.” Broadrick created a business plan and, with a partner, opened her first nanny agency in 2010, which has since evolved into the



Children of all ages can appreciate exotic travel if planned wisely, according to travel advisor, Melissa Downham, whose children, Max and Zoe, are pictured enjoying a carriage ride in Nicaragua. Downham’s blog, theroamingfamily.com, documents her own family’s journeys. (Photo credit: Melissa Downham)

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aply named “Kiddie Up Nannies” (www.KiddieUpNannies.com).

The business operates from her Stapleton home, where Broadrick employs one assistant and one intern (her daughter) to educate and connect approximately 500 families and 160



Turning her knack for connecting people into a nanny placement agency, Kiddie Up Nannies, allows Maggie Broadrick, standing, to enjoy sweet moments like this one, as she observes nanny Ashley Kish reading to Gianna, 5, and Ariana, 2 in their Stapleton home.

nannies. Broadrick loves the flexibility and control that being her own boss gives her. But it involves “a lot of blood, sweat, and tears ... it is not for the weak of heart, there’s lots of pressure ... I’m working with people’s most prized possession, which is children, and that is a great responsibility,” she says. “I’m honored to be trusted with that, but I think of it every day when I wake up.”

Risky but Rewarding

Entrepreneurship is always a risk. Park Hill resident Katie Kannen and her husband, Chris, moved to Denver from New York City four years ago with their young daughter. Kannen had worked as a private chef and catering manager, but “we knew life in New York was just not going to be good for us as a family.” They chose Denver from connections with family and friends, and “The Spicy Radish,” a meal delivery service, was born in a home kitchen in Castle Rock.

From its humble beginnings, the Spicy Radish (www.thespicyradish.com) has grown to serve over 400 meals a week throughout the Denver metro area. The company now employs seven part-time cooks and seven delivery drivers, who deliver to 150–180 families every Sunday.

With the change from employee to business owner, Kannen has found both challenges and successes. “When we first started, it was so stressful,” she says. “It was a big risk.” Although she had a background in culinary arts, it took tons of planning—and trial and error—to work out details like what days to deliver, how many meals to make, or where to set the delivery area.

But the rewards have more than offset the challenges. The Kannens coordinate picking up their daughter from school, and now Kannen “can’t imagine wanting to do anything else.” Business ownership has allowed her family to buy a house, something they never could have imagined in New York. And she is a model for her daughter. “When I was a kid, my mom had her own business. It was small—she worked from home—but I felt so proud of her. Our daughter sees that we are building something, working hard,

and that it’s ours,” says Kannen.

Finding a Niche while Helping Others

Many women who start businesses are drawn to helping professions. Park Hill resident Jennifer Eure and her business partner, Amy Larchick, are no exception. In their “before kids” lives, Eure had been a middle-school teacher, while Larchick was a speech pathologist/audiologist for adults. Their husbands had demanding jobs, and both women wanted to play active roles in raising their children, so Eure and Larchick had become stay-at-home moms after their children were born.

Their business, Simple Path Transitions (www.simplepathtransitions.com) grew organically from circumstance and interest. “Three years ago, we started talking about how we each felt it was time for us to get back to the workforce,” said Eure. “We were trying to figure out what we wanted to do.”

Close friends, they found themselves facing similar challenges: “My parents were downsizing, moving from a house they were in for almost 30 years to a retirement community,” said Eure, “and Amy’s grandparents were in a similar situation.” They began downsizing their own and their friends’ families. They soon realized they were efficient, worked well together and could really help people.

Through online courses, Eure and Karchick educated themselves about the industry, starting a business, and marketing—and



From her start in a home kitchen to preparing 400 meals a week for her business, The Spicy Radish, former New York City resident Katie Kannen has found her dream: a house of her own in Park Hill, and work-life balance for her family of three.

they decided to focus on assisting senior citizens and others to downsize. They help clients like Eva, a 94-year-old woman who was moving from independent to assisted living. “She had to tell the stories of things before she could let them go. For her it was important to pass on the history of her belongings,” recalled Eure.

The women are grateful to have a business of their own that allows them to pick up their children from school, work together and help others, while providing an income. “People just want to be heard, they just want someone to be there with them, going through their items, and a lot of times a loved one can’t be with them because they live remotely,” said Karchick. “We can be there to help, to listen.”

For listings of these and other mom-owned businesses, visit this article on our website at www.frontporchstapleton.com.



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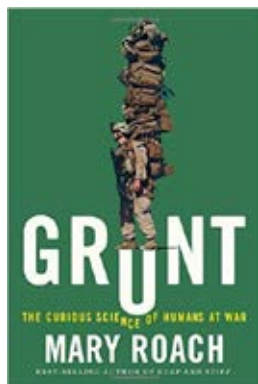


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The Book Worm

Book reviews by librarians at the Park Hill branch, Denver Public Library.



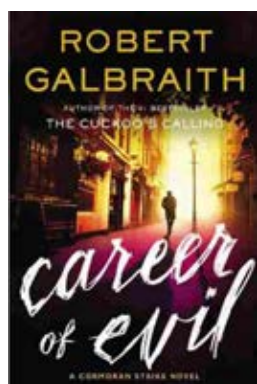
ADULT NON-FICTION

Grunt by Mary Roach

Review by Hector Cobian

Grunt is Mary Roach's newest book. With *Stiff*, she tackled the science of what

happens to us when we die. Now she is peeking into the science of military technology, investigating the quotidian aspects of war: like staying cool in the desert, staying in one piece in a war zone and keeping the bugs away in the most extreme environments. She talks to scientists behind the scenes and soldiers on the ground. This is an unflinching look at the big consequences of the little decisions, and the rationales behind them. Like her other books, I couldn't put it down.



ADULT FICTION

Career of Evil by Robert Galbraith

Review by Maggie Bruce

Career of Evil, by Robert Galbraith (J. K. Rowling) is the third in the Cormoran

Strike series. Strike is ex-military who works with his partner Robin Ellacott to run his detective business. Strike and Robin themselves are targeted by a man who starts sending them body parts. They have try to figure out who this man is, before he tries to kill Robin. The mystery of this book is intriguing. I didn't manage to guess who the killer was before the mystery was solved, which I love! This book could even stand alone, although the personal relationships might be hard to follow if you haven't read the rest of the series. Rowling has made a fantastic comeback in her new book, and the series overall!



YOUNG ADULT FICTION

Carry On by Rainbow Rowell

Review by Monica Washenberger

Simon is entering his eighth and final year at the Watford school of wizarding.

Try as he may, he still spends more time unable to cast spells and accidentally setting fires than seems reasonable for the chosen one. If that was not trouble enough, his roommate Baz might just be a vampire who is plotting to kill him. As magical dead spots begin to appear across the English countryside, and the line between villain and hero becomes more and more unclear, unlikely relationships blossom and will hopefully be enough to save the magical world as they know it. This plot-centered, fast-paced, fantasy read is a great choice for those who enjoyed Harry Potter and titles by Patrick Ness and Madeleine L'Engle.



CHILDREN'S FICTION

The Secret Keepers by Trenton Lee Stewart

Review by Tara Bannon Williamson

The author of the Mysterious Benedict Society series, Trenton Lee Stewart, has a new stand-alone mystery novel, *The Secret*

Keepers. At 512 pages, this book is recommended for grades five and up. Eleven-year-old Reuben is a parkour enthusiast whose life changes when he finds an antique pocket watch that grants him invisibility. Pursued by a dangerous entity called The Smoke, Reuben is in a race against time with his new friends to protect the city from certain destruction by unraveling the puzzles surrounding this strange watch. With a pace that quickens with each chapter, the writing style is attention-grabbing and suspenseful. If you enjoy hidden tunnels, treacherous traps, enigmatic secrets, hair-raising surprises, narrow escapes, quirky characters and ethical dilemmas, this is the book for you!

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Get Involved. Make “Denverright”

—The traffic light timing around the Northfield area is horrendous.

—I attended a public meeting about a year ago and the city was hoping to take away the parking lane on the east side of Syracuse and turn it into a bike lane that would connect Lowry and Stapleton.

—There is a petition online where you can learn more about a grassroots effort to get sidewalks built throughout Denver so everyone has a safe place to walk

—Every bus stop should have a trash can and employees to maintain those facilities.

By John Fernandez

Posts on Nextdoor show Denver residents are regularly observing things that would make Denver a better place. Now Denver has launched an unprecedented policy-making project inviting residents to get involved in “Denverright.” The effort aims to update or create master plans in four areas simultaneously: land use, transportation, parks and recreation. The project was announced in May and is scheduled to conclude with City Council plan adoption late next year.

The effort is driven by growth, both recently and projected. Since the year 2000, Denver has seen its population increase by 23.3 percent. A recent report by American City Business Journals ranks the Denver metro area ninth in the country for growth projected in the coming quarter century with the Denver-Aurora-Lakewood region growing from a 2015 population of 2,814,330 to a 2040 population of 4,288,189—a change of 52.4 percent.

Growth Brings Change

All this growth brings change, some of it painful. A recent Denverright community workshop revealed resident

Participate in Denverright

- Read project materials on the Denverright web site: <http://www.denvergov.org/content/denvergov/en/denverright.html>
- Attend meetings of the task forces created for each plan (meeting dates are in the project calendar on the website).
- Attend quarterly meetings of the “Community Think Tank,” which was created as a super committee to oversee the entire process.
- Sign up for the project newsletter.
- Participate in periodic on-line surveys.

concerns with looming big city challenges: deteriorating infrastructure, traffic congestion, a growing homeless population, affordable housing challenges and a loss of diversity as lower-income residents get priced out of Denver, and fears of losing neighborhood character as density increases.

Denver last updated its land use and transportation master plan (Blueprint Denver) in 2002. The signature idea in that plan was designating “areas of stability (AOS)” and “areas of change (AOC).” The goal was to direct growth to Areas of Change. AOCs constitute 20 percent of Denver land area and accommodated 54 percent of total housing unit growth in the city from 2002 through 2014, far less than the 85 percent goal. Denver dwelling unit growth was reached four years before projections; i.e., 2020 forecast numbers were achieved by 2016.

So much growth has occurred that Stapleton has morphed from an AOC to an AOS in 15 years. The Denverright website declares, “Denver’s rapid growth underscores the need for an updated land use

and transportation plan to ensure we’re directing growth to the right places while protecting stable neighborhoods.”

The Four Phases of Denverright

The project is in the first of four phases—the kick-off with the emphasis on organization and issue identification. Phase 2, analysis and goals setting, will carry forward to next February. Next spring, phase 3 begins: development of preferred growth scenarios and project recommendations. The project concludes with phase 4 in the fall: City Council adoption.

Denverright Outcomes

Formally, Denverright is updating Blueprint Denver, the 2002 citywide land use and transportation plan, and The Game Plan, the 2003 citywide parks and recreation master plan. It is also tasked with creating Denver Moves: Transit, a new mobility plan for transit in Denver, and Denver Moves: Pedestrians and Trails, a new mobility plan for sidewalks, crossings and trails.

“Lowryright”

The Lowry Redevelopment Authority (LRA) recently followed a similar process to develop the Lowry Mobility Study, a project of the LRA that assesses the current and planned multi-modal network at Lowry along with recommended improvements. “Lowry was carefully planned as a walkable, bikeable, transit-served community from the beginning,” said Hilarie Portell, public relations director. “But with the city’s rapid growth, and community concerns about traffic congestion, we wanted to make sure we addressed any gaps and positioned the area for long-term mobility enhancements.”

The LRA has shared the document with the city, suggesting it as a model for

Facts for Thought

- Denver land area: 153 sq. miles
- Population: 682,545 (2015 census estimate)
- Population increase: 23.3% since 2000
- By 2020: 20–25,000 more dwellings projected
- A “community profile” puts Stapleton into the highest category among Denver’s 78 neighborhoods for:
 - Park acreage per thousand residents
 - Retail amenities
 - Homeownership
 - That same profile places Stapleton in the lowest category for tree coverage.
- The 2002 Blueprint Denver plan says new development will be directed to three general areas:
 - Downtown
 - Lowry, Stapleton, and Gateway
 - Areas where land use and transportation are closely linked, i.e., major arterials and rail transit stations/corridors
- Blueprint Denver forecast 15 percent of 2020 growth (housing, jobs) to Areas of Stability and 85 percent to Areas of Change.
 - Actual capture by AOC’s ranged from 50 to 65 percent, meaning Areas of Stability grew much more than anticipated.
 - This is one reason that rezonings and “character preservation” have become dominant themes in established neighborhoods.

mobility planning for a large neighborhood. Denver staff said they would be receptive to a similar effort in Stapleton, which mirrors Lowry’s situation as a large master-planned community nearing buildout.

Charts and graphics from Denverright meetings are posted at www.FrontPorchStapleton.com.

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DENVER
LEAFDROP 2016

COMPOST YOUR LEAVES AT FREE DROP SITES

SATURDAYS & SUNDAYS	MONDAY – FRIDAY
Nov. 5–20 11 am to 3 pm Dropping off leaves during other times is considered illegal dumping.	Oct. 10–Dec. 2 8 am to 2 pm All leaves brought during the week must be in secured bags.
EAST: Cranmer Park 3rd Ave. & Clermont St. NORTH CENTRAL: Bruce Randolph High School E. 40th Ave. & Steewe St. SOUTH CENTRAL: South High School Louisiana Ave. & Franklin St. SOUTHEAST: Cherry Creek Transfer Station 7301 E. Jewell Ave. (Quebec St. & Cherry Creek Dr. South) WEST: Sloan's Lake Park 17th Ave. & Sheridan Blvd. SOUTHWEST: Kennedy High School Newland St. & Brown Pl.	Cherry Creek Transfer Station 7301 E. Jewell Ave. (Quebec St. & Cherry Creek Dr. South) Havana Nursery 10450 Smith Rd. (Just south of I-70 on Havana St.)

We'll compost pumpkins after Halloween too!

- LeafDrop is for Denver residents only.
- Leaves should never be raked or blown into the street.

Visit DenverGov.org/LeafDrop to find out how to get a **FREE 5-pack of lawn & leaf paper bags** at participating Denver Ace Hardware stores.

DON'T WASTE PLASTIC BAGS!
Paper bags are best because they are compostable.

For more information call 720-865-6810 or visit DenverGov.org/DenverRecycles.



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Park Meadows | 9623 E County Line Rd, Centennial
Cherry Creek | 201 University Blvd., Suite 204, Denver
Stapleton | 4986 Olive Street, Commerce City

SEASONAL/HOLIDAY EVENTS

Through 11/12—13th Floor Haunted House. Tickets \$26.99-\$46.99. www.13thfloor-hauntedhouse.com

Through 11/15—Miller Farms Fall Harvest Festival. Corn maze, petting zoo, tractor rides, etc. 9am-6pm daily. 9040 Hwy 66, Platteville. www.millerfarms.net

11/10 to 11/12—Botanic Gardens Winter Gift Market. Preview party Thurs. 5:30-8:30pm. Tickets \$8 members/\$10 nonmembers. Free admission Fri. 9am-7pm and Sat. 9am-5pm. www.botanicgardens.org

11/10 to 12/23—Colorado Railroad Museum's Polar Express. Performances/train rides weekends and select days. Tickets \$45-\$100 adults; \$35-\$75 kids 11 and under. www.coloradorailroad-museum.org

11/11 to 11/12—Windsor Gardens Craft and Christmas Fair. Free. 55 crafters and vendors. 9-4pm Fri., 9-3pm Sat. Free spiced cider and cookies. Register for Visa gift card giveaway. Windsor Gardens, 595 S. Clinton.

11/11 to 11/13—Junior League Holiday Mart. Gates Field House, Univ. of Denver. Hours vary. www.JLD.org

11/15 Tuesday—Manheim Steamroller. Budweiser Event Center, Loveland. www3.mannheimsteamroller.com/events/

11/18 to 11/19—40th Annual L'Esprit de Noel Home Tour. Denver Country Club neighborhood, 10am-4pm. Tickets: www.lesprithometour.com

11/18 to 11/20—28th Annual Holiday Food and Gift Festival. Colorado Convention Center, 700 14th St. Adults \$11; seniors \$9; 12 and under free. Admission discount coupon on website. www.hfgf.com

11/18 to 12/23—Denver Christkindl Market. Vendors from Germany and other countries, local artisans, carolers, traditional German food/drink. Skyline Park, 16th and Arapahoe. Hours vary. www.denverchristkindlmarket.com

11/19 to 11/20—Sugar Plum Bazaar. Hand-made vintage boutique holiday market. McNichols Building, 144 W. Colfax. Sat. 10am-7pm, Sun. 10am-4pm. www.sugarplumbazaar.com

11/19 to 11/20—World Gift Market. World Gift Market at 1st Plymouth and 1st Universalist churches, Hampden and Colorado. Fair trade, eco-friendly gifts by artisans from developing countries and local nonprofits. Fri. 5-8pm First Universal only. Sat. 9am-4pm, Sun. 9am-2pm both churches. Free admission. www.firstplymouthchurch.org

11/22 to 2/14—Southwest Rink at Skyline Park. FREE ice skating in downtown Denver; bring skates or rent: \$2/pair. www.downtowndenver.com

11/25 to 1/1—Blossoms of Light. Denver Botanic Gardens, York St. www.botanicgardens.org

11/25 to 1/1—Trail of Lights. Denver Botanic Gardens Chatfield Farms. www.botanicgardens.org

11/25 Friday—9News Light the Lights, City and County Building. 6:30pm. www.downtowndenver.com

11/25 Friday—Downtown Denver's Grand Illumination. Union Station, Downtown Denver. 6:30pm. www.downtowndenver.com

11/25 to 12/11—Historic Gingerbread House Competition. created by Art Institute of Colorado culinary students, displayed at History Colorado Center. 1200 B'dway. 303.447.8679 www.historycoloradocenter.org

11/26 to 12/24—The Nutcracker. Presented by Colorado Ballet. Tickets: www.coloradoballet.org

12/1 to 12/31—Olde Golden Christmas. Historic Downtown Golden, Washington Ave. Santa, parades, carriage rides, dog cart rides, carolers, etc. www.visitgolden.com

12/2 to 1/1—Zoo Lights. 5:30-9pm. Denver Zoo. 720.337.1400, www.denverzoo.org

12/2 to 12/3—9News Parade of Lights. Marching bands, giant balloons, floats. Fri. 8pm and Sat. 6pm. FREE. www.downtowndenver.com

12/3 to 12/11—55th Annual Georgetown Christmas Market. European-type market: hand-crafted gifts, carolers, horse-drawn wagon rides, roasted chestnuts, and St. Nicholas. First two weekends in Dec. 10am-6pm. FREE. www.historicgeorgetown.org/Christmas_Market

DENVER METRO EVENTS

Through 12/2—Denver Recycles Leafdrop 2016. Free leaf compost drop-off weekdays 8am-2pm, weekends (Nov 7-22) 11am-3pm. 720.865.6810 or website for drop-off locations. www.denvergov.org/denverRecycles

Through 1/16/17—Washed Ashore, Art to Save the Sea at Denver Zoo. 15 giant sculptures of sea life made from trash collected from beaches. Free with admission. www.denverzoo.org

Through 2/12/17—Glory of Venice: Masterworks of the Renaissance. 50 works from important Italian collections of Venetian Renaissance artists whose distinct style shaped Venice as international hub of art/culture. Included in general museum admission; free for youth 18 and younger; free for all on museum free days, Closed Mondays. For related programming/lectures: denverartmuseum.org. http://denverartmuseum.org/exhibitions/glory-venice, http://denverartmuseum.org

Through 5/28/17—Shock Wave: Japanese

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Stapleton | 303.373.5555 | www.whimsypaintandsip.com

Fashion Design, 1980-90s. View gorgeous works of Japanese designers who started a fashion revolution in Paris in 1980s-90s. [denverartmuseum.org](http://denverartmuseum.org/exhibitions/shock-wave), <http://denverartmuseum.org/exhibitions/shock-wave>

11/2 to 11/4—Denver International Wine Festival. Westin DIA. Tickets: www.denverwinefest.com

11/2 to 11/13—Denver Film Festival. Daily movies/programs. Lowenstein Complex, 2510 E. Colfax and other locations. www.denverfilm.org

11/4 Friday—Art Focused Tour of Byers-Evans House. Works collected/created by Evans family 12-1pm. Byers-Evans House Museum, 1310 Bannock St. www.historycolorado.org/events?startDate=2016-11-04

11/4 Friday—First Friday Art Walks. Santa Fe Arts District, Tennyson Art Walk, River North (RiNo) Art District, Golden Triangle Museum, Navajo Street Art District. www.denver.org/things-to-do/denver-arts-culture/denver-art-districts

11/4 Friday—Teen Art Show. Museum of Contemporary Art. Artworks by Denver-area high school students. 6-9pm. 18 and under free. Free snacks, drinks, entertainment. 1485 Delgany St. www.mcadenver.org

11/4 to 11/5—Deck the Mall Holiday Craft Fair. 16th Street Mall, Holiday Craft Fair. 11am-6pm. Snow dates, 11/11 and 12. www.coloradoevents.net

11/4 to 11/6—Colorado Ski and Snowboard Expo. Tickets \$15, under 12 free. Coupon on website. Colorado Convention Center, 700 14th St, downtown Denver. Tickets: www.bewisports.com/expos/denver

11/4 to 11/12—Denver Arts Week. Celebrate Denver-area cultural scene and vibrant arts with over 200 events. Art walks; 12+ museums host extra hours. FREE admission Sat. night, 11/8; weeklong deals, Film Festival, discounts and special performances. www.denver.org/DenverArtsWeek.

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

11/5 Saturday—Spreading Wings Gala. Tickets and tables can be purchased at <http://wingsmuseum.org/spreadingwingsgala/>

11/5 Saturday—Rock A Belly Festival. 5-9pm. Local hunger awareness and fundraising event for Food for Thought. Tivoli, Auraria Campus. \$50/person. www.food-forthoughtdenver.org

11/5 Saturday—Saturday Night at the Museums. Extended hours until 10pm and special activities at selected museums to celebrate Denver Arts Week. www.denver.org/denver-arts-week/events

11/6 Sunday—All Saints Concert. Stratus Chamber Orchestra and Augustana Chancel Choir. Augustana Lutheran Church. Tickets: www.augustanaarts.org

11/12 Saturday—Denver Veterans Day Parade and Festival. 10am. Civic Center Park. Broadway and Colfax Ave, followed by Festival at Civic Center Park, 12-6pm. www.denerveteransday.com

11/12 Saturday, 11/13 Sunday—Knightly Brass. Denver Brass salutes generations of royal musicians with heroic music through the ages with brass and organ. 11/12 7:30pm; 11/13 3pm. Bethany Lutheran Church. \$20-\$24 (discounts for 12 & under, full-time students and seniors 70+). www.newmantix.com/denverbrass, 303.832.4676, info@denverbrass.org, www.denverbrass.org

11/13 to 4/2—Star Wars and the Power of Costume. Denver Art Museum, featuring original costumes from the movies. Exhibit ticket required. www.denverartmuseum.org

11/17 to 11/19—Castle Clay Show. Features Castle Clay Artists and guests. Wood, clay, ceramics, glass jewelry, etc. Jefferson Unitarian Church, 14350 W. 32nd Ave., Golden. www.castleclayartists.net

11/19 Saturday—Cockpit Demo Day. Free with admission. Wings Over the Rockies Museum, Lowry. 10am-2pm. www.wingsmuseum.org

11/20 Sunday—The Hip Hop Nutcracker. Buell Theatre, Denver Center for the Performing Arts. www.denvercenter.org

11/27 Sunday—Drums of the World. Boettcher Concert Hall, Denver Center for the Performing Arts. 1pm. Half notes family activities half-hour before concert. Adults from \$25, kids from \$10. www.coloradosymphony.org

12/1 to 12/4—Denver Potters Association Show. Features Castle Clay Artists and guests. Wood, clay, ceramics, glass jewelry, etc. 6th Ave. United Church, 6th and Adams. www.castleclayartists.net

12/2 to 12/3—A Colorado Choir Christmas. Holiday favorites performed by Colorado Choir. Augustana Lutheran Church. Tickets: www.augustanaarts.org

DENVER MUSEUM OF NATURE & SCIENCE

Through 2/9/17—Planetarium. Black Holes: The Other Side of Infinity, Cosmic Journey: A Solar System Adventure, Destination Solar System, One World One Sky: Big Bird's Adventure. www.dmns.org

Through 1/8/17—Extreme Mammals. Free with admission. www.dmns.org

Through 2/9/17—IMAX. Wild Africa 3D, Mummies: Secrets of the Pharaohs. www.dmns.org

Through 2/5/17—Mummies: Secrets from the Tombs. Special ticket required. www.dmns.org

11/17 Thursday—Science Lounge. Cocktails/entertainment every 3rd Thurs. of month. 6:30-9:30pm. \$8/members; \$10/nonmembers. www.dmns.org.

11/19 Saturday—Family Fun: I want my Mummy! 10am-noon. Explore temporary exhibition Mummies: New Secrets from the Tombs, etc. Adults \$12 member/\$15 nonmember; kids \$8 member/\$10 nonmember. www.dmns.org

HEALTH AND WELLNESS

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

11/5 Saturday—PuppyUp Denver Walk. Denver walk and festival to promote canine cancer awareness. Stapleton Central Park. 10am-2pm. www.puppyupdenver.kintera.org

11/6 Sunday—13th annual Great Candy Run. Benefits Fetal Health Foundation. 5K Run/Walk and competitive Stroller Division. Free Coda Coffee Gumdrops Kids Fun Run. Entertainment, costume contests, prize money, medals for every finisher, Jelly Belly Village with 4 tasting booths. Adults/kids 13+ \$40; kids 12 & under/seniors 60+ \$30; family 4-pack \$115. www.thegreatcandyrun.com, <http://www.denver.org/listings/Washington-Park/6828/>

11/13 Sunday—Denver Veterans Day Run. 7am. 5K and 10K. Begins on Auraria Campus; ends at Civic Center Park. www.denerveteransday.com

11/19 Saturday—Pumpkin Pie 5K/10K. Denver's City Park. 9am. www.pumpkinpie5K.com

11/24 Thursday—2nd Annual Harvesting Hope 5K. Stapleton's Turkey Trot at Central Park. 10:15am. www.harvestinghope5K.com

11/24 Thursday—43rd Annual Mile High United Way Turkey Trot. Washington Park, 10am. Competitive and fun runs. www.unitedwaydenver.org

KIDS AND FAMILIES

Through 11/27—Denver Puppet Theater. Rumpelstiltskin. 3156 W. 38th Ave. www.denverpuppettheater.com

11/4 Friday—Four Mile Historic Park Hay Bales and Tall Tales. 12-1pm free with admission. 715 S. Forest St. www.fourmilepark.org

11/5 Saturday—Home Depot Kids Workshop. 9am-12pm. FREE clinics first Sat., ages 5-12. Metro-area stores. www.homedepot.com

11/5 Saturday—Mile High Magicians Society-Magic Beyond Belief. Lakewood Cultural Center. 7pm. \$25. www.milehighmagicians.com

11/7 to 11/28—Tuesdays in November Four Mile Historic Park Small Settlers. Ages 2-5 accompanied by parent/caregiver. No session 11/22. 9-10am. \$5/child adults free, members free. 7150D. Forest St. Advance register: 720.865.0814, education@fourmilepark.org

To view more events or to submit your own, visit FrontPorchStapleton.com > Events

fourmilepark.org www.fourmilepark.org

11/12 to 11/26—Lowe's Build and Grow Kids Clinics. Monthly, 2nd and 4th Saturdays. 10am. www.lowesbuildandgrow.com

LECTURES AND CLASSES

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

11/8 Tuesday—Active Minds (Free)—The Evolution of NATO. 12:30-1:30pm. Tattered Cover, 2526 E. Colfax. 303.322.7727 www.ActiveMinds.com

11/10 Thursday—Active Minds (Free)—Brazil. 6:45-7:45pm. Sam Gary Library, 2961 Roslyn St. 720.865.0325. www.ActiveMinds.com

11/17 Thursday—Active Minds (Free)—The Supreme Court. 6:45-7:45pm. Sam Gary Library, 2961 Roslyn St. 720.865.0325. www.ActiveMinds.com

11/21 Monday—By the People: The Making of Colorado Past and Present. Making Sense of Colorado's Purple Politics. Dr. Tom Cronin, Colorado College. History of Colorado Center. 1pm and 7pm. Members \$8.50/non-members \$10. www.historycoloradocenter.org

11/22 Tuesday—Active Minds (Free)—Winston Churchill. 5-6pm. Tattered Cover, 2526 E. Colfax. 303.322.7727. www.ActiveMinds.com

MUSEUMS—FREE DAYS

11/1 Tuesday—Children's Museum Free Target Tuesday. 4-8pm. www.cmdenver.org

11/5 Saturday—Denver Art Museum Free Day. SCFD Free day. www.denverartmuseum.org

11/11 Friday—Denver Botanic Gardens Free Day. SCFD Free day. www.botanicgardens.org

11/11 Friday—Four Mile Historic Park Free Day. SCFD Free second Friday, 12pm-4pm. (continued on page 26)

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Stapleton Dental is excited to announce that we'll be moving to a new location this fall, in the soon to be opened Stanley Marketplace. We're honored to call Stapleton home and look forward to keeping everyone's smiles bright and healthy for years to come.



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collected!

51,498
meals
provided!

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last year!

By the Numbers

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Under Contract | Karie J. Treter
2754 Dayton St \$794,900
5 **4** **2** **3,004 ft²**

- Professionally Designed & Cultivated
- Nestled on Quiet Street by Trails & Parks



Under Contract | Megan E. Farina
2957 Beeler St \$940,000K
4 **5** **2** **4,295 ft²**

- Stunning Kitchen and Custom Finishes
- Near Central Park & Stanley Marketplace



Listed
Jody E. Donley
2733
Havana
Street
\$675,000

4 **4**
3 **2,745 ft²**



This beautifully classic brick-clad home has formal & casual living spaces ideal for everyday enjoyment & special gatherings. It's perfectly placed on a park-like lot (8,579 ft²)! The 3-car garage holds bikes & toys galore.

Under Contract | Melinda S. Howlett
2852 Alton St \$450,000
3 **3** **2** **1,451 ft²**

- Cheeriest Home in Stapleton
- Beautiful Patio on Fantastic Courtyard



Under Contract | Laura T. Hudgins
3106 Dayton St \$1,500,000
5 **5** **3** **4,926 ft²**

- Renovation Provides WOW Factor
- Western Mountain & Park Views



80238
Real Estate
By the
Numbers
Source:
REColorado.com
10/16/16
October 2016

Single Family Homes in Stapleton

36 : Active Listings — 11 new / 25 resale
52 : Homes Closed by NPRE in the last 12 months
22 : Avg Days on the Market*
\$595K : Avg Transaction Price*

*Data from 171 resale homes sold in last 6 months.

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(continued from page 25)

www.fourmilepark.org

11/12 Saturday—Denver Botanic Gardens Free Day. SCFD Free day www.botanicgardens.org

11/13 Sunday—Denver Museum of Nature & Science Free Day. SCFD Free day. www.dmns.org

11/25 Friday—Clyfford Still Museum. SCFD Free day. Free admission last Friday monthly all day. Free admission every Friday 5-8pm. 1250 Bannock St. www.clyffordstillmuseum.org

NORTHEAST DENVER/AURORA EVENTS

11/2 Wednesday—Impact 100 Metro Denver House Party. Women invited to Stapleton house party evening of 11/2. Members are women focused on helping nonprofit organizations in Denver metro area. www.Impact100MetroDenver.org, http://.Impact100MetroDenver.org

11/4 to 11/6—Park Hill Art Club Fall Show. Park Hill United Methodist Church, 5209 Montview. www.parkhillartclub.org

11/12 Saturday—Bill Roberts Fun Run. Fundraiser for Bill Roberts School. 5K and 1-mile races start/end at the school. After race food, beverages, music, fun. 8am-check-in and late registration 9am. https://billroberts8.ticketbud.com/bill-roberts-5k---1-mile-fun-run--ov-12th-2016-3d71d951ea7d, http://billroberts.dpsk12.org/fun-run/

11/17 Thursday—Xcel Energy's Stapleton Battery Storage Project Information Night. 4:30-7:30pm. MCA, 7350 E. 29th Ave., Ste. 300. xcelenergy.com/energy_portfolio/innovation/stapleton.

11/19 Saturday—Denver Parks and Rec Holiday Craft Show. Central Park Rec Center, 9561 MLK Blvd., 9am-3pm. Free admission. 720.865.0750

11/20 Sunday—The Ugly Sweater Golf Classic & Food Drive. Park Hill Golf Course, \$40/person, \$35 with food donation includes 18 wacky holes w/cart, dinner and prizes. 10am shotgun start. Jeff Matthies to register: jmatthies@acrisgolf.com or 303.333.5411 x24

11/23 Wednesday—Thanksgiving Eve Community Worship. Food drive and 37th annual pie fest with live music. Augustana Lutheran Church, 5000 E. Alameda Ave, 303.388.4678, www.augustanadenver.org

12/3 Saturday—Sweet William Market. MCA Community Center, 8371 Northfield Blvd #C. 9am-6pm. www.sweetwilliammarket.com

12/3 to 12/4—Christmas Mission Market. 9am-3pm Sat.; 8:30am-12:30pm Sun. Montview Presbyterian Church, 1980 Dahlia. www.montview.org

12/4 Sunday—Wonder: Glorious Sounds of the Season. 5pm. Montview Presbyterian Church, 1980 Dahlia. www.montview.org

12/4 Sunday—Holidays at the Hangar. Brunch with Santa, reindeer, elves, festivities. http://wingsmuseum.org/

NORTHFIELD EVENTS

11/4 Friday—Harkins Theatres 18 New Release. Doctor Strange; Hacksaw Ridge; Trolls. www.harkinstheatres.com

11/11 Friday—Harkins Theatres 18 New Release. Almost Christmas; Billy Lynn's Long Halftime Walk; Loving. www.harkinstheatres.com

11/12 Saturday—Santa's Arrival Parade and Holiday Celebration. 4:30-7:30pm in front of Harkins Theatres 18.

11/18 Friday—Harkins Theatres 18 New Release. Fantastic Beasts and Where to Find Them. www.harkinstheatres.com

11/25 Friday—Free Horse and Carriage Rides. 1-9pm.

11/25 Friday—Harkins Theatres 18 New Release. Manchester by the Sea. www.harkinstheatres.com

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

11/5 Saturday- Water Fowl ID. 1-3pm. Learn tips and tricks to identifying migrating waterfowl from Refuge naturalists. RSVP required. www. http://www.fws.gov/refuge/rocky_mountain_arsenal/

11/5 Saturday- Seed Collection. 12-2pm. Help Refuge staff gather flowering shrub seeds to be used in Refuge prairie restoration projects. Ages 8+ www. http://www.fws.gov/refuge/rocky_mountain_arsenal/

11/12 Saturday- Wildlife Viewing Tours. 9:30-11:00 am, Free 2-hour bus tour of refuge. Repeats Sun 11/13 and Sat 11/19 RSVP required. www. http://www.fws.gov/refuge/rocky_mountain_arsenal/

11/19 Saturday- Awesome Antlers. 9:00am-12pm. Learn about seasonal behaviors, then explore their habitat. RSVP required. www. http://www.fws.gov/refuge/rocky_mountain_arsenal/

11/20 Sunday- Big Buck Photo Tour. 9am-12pm. Capture photos of mule and white tail deer among the fall landscape of the Refuge. RSVP required. www. http://www.fws.gov/refuge/rocky_mountain_arsenal/

Through 11/27—6th Annual Refuge Amateur Photo Contest. Vote for your favorite in the Visitors Center; winners announced in early Dec. www.fws.gov/refuge/rocky_mountain_arsenal/

SCHOOLS AND EDUCATION

11/2 Wednesday—William "Bill" Roberts Middle School Open House. Learn about our educational journey, inclusive extracurricular activities, athletics and new SMART lab. Tours into January. Hilary Afshary, brmarketing_communications@yahoo.com. http://billroberts.dpsk12.org/parents/take-a-tou

11/3 Thursday—Family Leadership Institute—Developing Your Vision. Office of Family and Community Engagement offers DPS families opportunity to enhance leadership skills and become stronger advocates at home, school and district level. Families invited to any or all 4 sessions through school year. PPA Event Center, 2105 Decatur St. 9am-12:30pm. Info: Family Empowerment Team: Lilian_Pacheco@dpsk12.org, https://docs.google.com/forms/d/e/1FAIpQLSelbUURDgq-me4nxDGnOoK-o4Sp8jS2GpUWVoVEuhvFkcm-D04Q/viewform?c=0&w=1, http://face.dpsk12.org/family-programs/family-leadership-institute/

11/3 Thursday—Stapleton Families: School Tour of Stapleton's Newest Elementary School Opening in 2017-Inspire

ACUPUNCTURE

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Thanksgiving Eve Community Worship

November 23 | Wednesday, 7 pm

- Your non-perishable food gifts will help stock the shelves of Metro Caring.
- Your gifts and offerings will benefit World Hunger.
- Bring a pie to share for the 37th Annual Pie Fest following worship, and enjoy live jazz.



Augustana

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

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Stapleton and Park Hill References

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11/9 Wednesday—2015 DPS Great Schools Expo. Sports Authority Field at Mile High. 6-8pm. For parents and students, visit teachers, principals and students of various DPS schools; learn about school choice process. www.dpsk12.org/expo/

11/9 to 12/1—International School of Denver Open Houses. Early childhood education (ages 3-6) Wed, 11/9 and Thurs, 12/1 9-11am. Middle years programme (grades 6-8) Thurs., 11/10 9-11am. RSVP www.isdenver.org/frontporch

THEATRE

Through 11/5—The Crucible. Firehouse Theatre Company at John Hand Theater, 7653 E. 1st Place, Lowry. www.firehousetheatercompany.com

Through 11/5—Wait Until Dark. Avenue Theatre, 417 E. 17th Ave. www.avenuetheater.com

Through 11/6—Dracula. Aurora Fox Arts Center, 9900 E. Colfax Ave. www.aurorafoxartscenter.org

Through 12/30—Junie B. Jones the Musical. Arvada Center, 6901 Wadsworth Blvd. www.arvadacenter.org

11/18 to 12/23—I'll be Home for Christmas. Arvada Center, 6901 Wadsworth Blvd. www.arvadacenter.org

11/19 to 12/18—Radio Plays: It's a Wonderful Life and A Christmas Carol. Radio Plays running in repertory. Spotlight Theatre Company at John Hand Theater. www.thisisspotlight.com

11/25 to 12/24—Santa's Big Red Sack. Avenue Theatre, 417 E. 17th Ave. www.avenuetheater.com

11/25 to 1/1—The Gershwins' Porgy and Bess. Aurora Fox Arts Center, 9900 E. Colfax Ave. www.aurorafoxartscenter.org

11/25 to 1/8—Beauty and the Beast. Vintage Theatre, 1468 Dayton St., Aurora www.vintagetheatre.com

12/2 to 12/23—Jacob Marley's A Christmas Carol. Vintage Theatre. 1468 Dayton St., Aurora Cultural Arts District. www.vintagetheatre.org

VOLUNTEER OPPORTUNITIES

Ongoing—Reading Volunteers Needed. to read with students once a week. Email Julie@partnersinliteracy.org or 303.316.3944 ext. 241

Tutors Needed—Reading Partners needs volunteers at DPS schools. <http://info.readingpartners.org/volunteer-in-colorado> or call 720-369-7269.

MORE EVENTS

Harvesting Hope 5K Nov. 24



The Second Annual Harvesting Hope 5K Stapleton Turkey Trot will be held Thanksgiving Day, Nov. 24 at Stapleton's Central Park. A free 1K kids' race for chil-

dren 10 and under will begin at 9am, followed by the main 5K race at 10:15am. The race is run on a timed and certified course. Strollers and dogs are welcome and the race will begin near the park pavilion and kids' playground. In addition to the race activities, the event will host a Kids' Zone with games, bounce houses, balloons and prizes.

Last year, 624 participants from 10 states registered and over \$40,000 was raised to support research for Prader-Willi syndrome, the No. 1 genetic cause of life-threatening child obesity that overlaps with other disabilities such as autism and childhood diabetes. This year, the goal is to register 1,000 participants and raise \$60,000. The race is organized by Rachael Fischer and Julie Foge, who each have a child with Prader-Willi. Online registration is \$35 and day-of registration is \$40 per runner. Families of four or more receive a 10 percent registration discount per participant. To register for the race, visit www.harvesting-hope5k.com. To learn more about Prader-Willi syndrome, see www.fpw.org.

Extreme Mammals Open at DMNS through Jan. 8

"Extreme Mammals," is open at the Denver Museum of Nature & Science through Jan. 8, 2017. Fossils, reconstructions and lifelike models trace the ancestry and evolution of mammals. Included are the largest land mammal ever—a 15-foot-tall, 20-ton extinct vegetarian named Indricotherium, the tiny 50-million-year-old, one-inch Batodonoides, the biggest marsupial to walk the earth, a giant pig whose teeth grew through the top of its snout, "walking" whales and a car-sized relative of the armadillo. Free with museum admission. dmns.org/mammals.



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Based on a true story, the film chronicles the life of Polish painter Zdzislaw Beksinski and his family—Zdzislaw, wife Zofia, and his son Tomasz. The film's events were taken from Beksinski's own family videos, photographs, audio recordings, and paintings. This is a masterful debut film from a talented new director. We will see more from him.
Plays 11/3, 11/4, and 11/5.



at Cannes and won several awards at the Jerusalem Film Festival. More a character study than a visual feast, the film tells the story of Vicky and Eyal, finishing the last day of shiva for their recently-deceased son. The film takes place over the course of two days—the last day of shiva, and the first day following. As Vicky tries to get back to normalcy with work, errands, and shopping, Eyal struggles with his son's death from cancer.

This is the type of comedy that does not have us laughing out loud. It is more cringe-worthy and poignant than outright funny. The opening scene speaks to that dynamic: we see Eyal engaged in what seems to be a tense game of ping-pong, only to find that his opponent is an 8 year-old boy. Eyal celebrates as if he were a worthy victor. The scene sets the tone for the film and leads us into Eyal's life.
Plays 11/3, 11/6, and 11/7.

Old Stone (2016)

Another debut film, this one from Chinese-Canadian writer/director Johnny Ma. The film tells the story of Lao Shi, a taxi driver who accidentally hits a motorcyclist. The hit-and-run laws of China is a polemical issue: if the victim dies, the person need only pay a small fine; if the victim lives, however, that person must pay all of the medical bills. The crowd around Lao Shi urges him to flee the scene so he does not get in trouble. When medics do not arrive, however, Lao Shi attempts to do the right thing and takes the man to the hospital himself. That's when his trouble starts.

The man falls into a coma and Lao Shi is forced to pay the medical bills. As the bills mount, he is ushered through a callous and indifferent legal and insurance maze that forces him to become increasingly desperate. The style of the film changes along with Lao Shi's predicament: Neorealism turns into Film Noir. Of course when we think of Noir and taxis, Taxi Driver comes to mind. This is not Taxi Driver. But it could be.
Plays 11/9 and 11/12

Off the Rails (2016)

This debut documentary from Canadian director Adam Irving tells the story of Darius McCollum, a man with Asperberger's syndrome who had a fascination with riding mass transit—a fascination that got him into major legal trouble over many years. As a young boy, he loved riding the trains of NYC, and conductors even taught him how to operate the trains. A joyriding charge when he was 15, however, disallowed him from working for the transit authority. He then went on to continually impersonate conductors, earning him over 30 arrests and 23 years in prison.

While the film stays close to McCollum, it also enters political territory at times: arguing for more mental health care support in our society. The film is best, however, when it is intimate with McCollum and it concentrates on his story. It is a fast-moving documentary, mirroring the fast-moving trains of his obsession. This is one doc you don't want to miss at the Festival.
Plays 11/3, 11/5, and 11/6

Jackson (2016)

This is another debut feature film: this one from director Maisie Crow. And don't be surprised to see this up for an Academy Award. It tells the story of the last abortion clinic in the state of Mississippi through three primary figures: the director of the clinic, a prominent anti-abortion figure in Mississippi, and a young mother who finds she is pregnant.

While these three figures get plenty of screen time, the film also delves into the religious, historical, economic, social, and racial issues surrounding them. It is a dense film for its economical 92 minute run time. Director Crow, with just two shorts to her credit, shows a masterful touch as she puts together an intricate film about a polemical issue.
Plays 11/3, 11/5, and 11/6.

One Week and a Day (2016)

This gem from Israel and director Asaph Polonsky debuted



Each month the Indie prof reviews a current film in the theater and a second film or series available on DVD or an instant-streaming service. Follow "Indie Prof" on Facebook for updates about film events and movie reviews.

November is Denver International Film Festival month, and so our column takes a break from the normal reviews as we look at several selections from the Festival. For a full program, check out the Denver Film Society's website at denverfilm.org.

The Last Family (2016)

This film comes to us from Poland and first-time director Jan P. Matuszynski. Like many of the great Polish films of the past few years, the cinematography is gorgeous, the acting is excellent, and the pacing is perfect. It also has a wonderful sense of humor and endearing characters who are both quirky and interesting. In short, the production values are all stellar.

The practitioners and staff congratulate Dr. Noah Makovsky's 11th year named Top Doctor by 5280 Magazine!

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Just the Facts

Sleepless in the Mountains

by James Hagadorn



APAP (Automatic Positive Airway Pressure) machines push a prescribed amount of air in sleepers' noses to maintain continuous breathing.

Which is worse? Flying a redeye, imbibing too much, or sleeping in the mountains? Surprisingly, it's a tossup.

That's because the "thin" air that characterizes Rocky Mountain towns has long-term health impacts on our sleep, hearts, brains and blood. These include effects we don't typically hear about.

At high altitudes, air pressure decreases, making less oxygen available to us. When we first arrive or return to high elevations, whether after a vacation at grandpa's house in Wisconsin, or on a weekend trip to A-Basin, our bodies immediately begin compensating for the "thinner" air. Our hearts beat faster and our blood pressure increases, as we labor to maintain adequate oxygen delivery to tissues. Eventually, our blood becomes more syrup-like as our bodies work to increase our blood's concentration of oxygen-grabbing red blood cells. Sometimes we don't acclimate well to these changes, like when we come up to elevation too quickly. Symptoms such as nausea and headaches result—often combining as acute altitude sickness, or even worse, leading to swelling of the lungs or brain.

Fortunately, most of our body's systems, such as our blood chemistry and red blood cell counts, adjust within a matter of weeks to months.

But the critical things that don't revert to normal are our breathing and our sleep.

At elevations above ~7500 feet (think: Estes Park), nearly everyone breathes faster and deeper. This behavior helps us get enough oxygen to satisfy our body's needs. It also speeds up the rate at which we get rid of carbon dioxide, or CO₂, a natural waste product of metabolism that builds up in our blood. The more CO₂ in our blood, the more acidic it becomes.

This is where it gets interesting—because the main way our body determines how to breathe while we're sleeping is by sensing how acidic our blood is.

Elevation wreaks havoc on this process.

When our nighttime blood becomes too acidic from CO₂ buildup, our lungs are signaled to breathe more to expel this waste gas. But at high elevation, we get rid of CO₂ more readily than at low elevation, leaving us with lower overall CO₂ levels while we're at rest. The situation is exacerbated while we're in our most restful condition—sleep. While in this state, our "breathe" sensor isn't triggered as much as usual, because our blood isn't very acidic. As a result, our lungs are signaled to stop breathing for up to 15 seconds at a time. This causes oxygen levels to drop in our blood, brains and other tissues. That is, until our body recognizes the situation, and lurches back into rapid, deep breathing—a cycle called periodic breathing.

Physiological changes

Three physiological changes result from this high-stakes chain reaction. None of them go away, although mountain dwellers become desensitized to them over time.

First, periodic breathing interrupts our sleep and lowers our sleep efficiency. It reduces the amount of time we spend in slow wave sleep, a sleep that's crucial for our bodies' restorative activities, memory processing and hormonal regulation. Over time, the toll of this diminished sleep quality could be significant, yet most people who experience periodic breathing don't even know they're doing it.

Second, organs like our brains and hearts regularly experience reduced oxygen levels while we're sleeping at high elevations. This oxygen stress inhibits their function, temporarily exacerbates acute altitude sickness, and can lead to long-term complications.

The third change is unrelated to periodic breathing, but can still be disconcerting. At higher elevations we urinate more because our kidneys sense our low blood acidity levels, and they respond by increasing their rate of excretion of a low-acidity compound called bicarbonate. Urination is how we rid our bodies of this bicarbonate. The temporary thickening of blood that occurs upon

first arrival in the mountains is also caused, in part, by increased urination. That's why dehydration is such a big issue for short-term mountain visitors.

Are there solutions?

For short-term acute altitude sickness, the best bet is to descend to low altitudes or to avoid it by ascending to elevation gradually, while staying hydrated.



To mitigate long-term altitude effects, some mountain denizens are sleeping with an oxygen concentrator. In severe cases, a doctor may prescribe acetazolamide; it tricks our body to breathe more by increasing the acidity of our blood. This ups our oxygen levels.

Sleep scientists are working in the lab and the field to find remedies. A key target? Studying the hundred million or so native peoples who've evolved over the millennia to live at high elevations in the Andes, Tibet and Nepal.

Look online for a graph showing how key metrics of sleep vary over a 30-second interval of REM sleep in a person sleeping at 10,800 feet.

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



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Photos from Tony Fuller's cross country bicycle ride for a documentary on mental health. Photos courtesy of Tony Fuller.

By Courtney Drake-McDonough

Tony Fuller rides his bike everywhere he can, whenever he can, including from his home in Stapleton to his office in Lakewood every day. So it's not surprising that the cycling fanatic would do a cross-country ride this past summer, over the course of 38 days, covering nearly 3,500 miles. But this wasn't just a "let's see if I can do it" ride. It was a journey about the depression and anxiety Fuller had been dealing with since he was a child. And it was about the stories of others who suffer through it too—more people than you might think. According to Mental Health Colorado, a Denver nonprofit, one out of

every four Coloradans experiences a mental health or substance-use disorder every year, with most not seeking treatment.

When Fuller started telling friends and co-workers that he intended to do a cross-country ride to raise awareness for mental health issues, many people shared with him their struggles or struggles of loved ones. And when Fuller was on the road, he met people from all over the world who were willing to share their stories. Those stories will be part of a documentary tentatively called *Cycle Therapy* that Fuller is working on with Anthony Ream, his traveling companion and friend who is a director and filmmaker. Ream was along for the entire journey, driving a second-hand RV, their home on the road. Secondary

Cycling as Therapy

cameraman and photographer Chris Austin joined the pair for the second half of the trip.

The journey started on July 28 in San Francisco, just down from the Oregon starting point of the TransAmerica Bike Trail, founded during the bicentennial in 1976. They travelled through Nevada, Utah, off the trail to Colorado and Kansas to see family and friends, then back on, ending in Virginia. The terrain was varied from mountain paths to city streets including two days of 108-degree heat in Nevada where they didn't see a soul for two days.

The idea for the documentary came to Fuller about a year ago and it took that long to coordinate enough days off from work and start a GoFundMe account to get the project going. When Ream, who suffers from depression and anxiety himself, lost his brother to suicide last November, the project became more urgent. Currently, they are finishing up interviews with people they met along the way and working to obtain funding and partnerships in the hope of debuting the documentary at film festivals next fall.

For Fuller, the bike trip was a "mind-cleanse" that provided lots of time to reflect and think. "I was so content riding, it felt wonderful. Anthony would interview me a lot and I have a little journal and I'd stop by the side of the road and jot stuff down. It was a very therapeutic ride," he says. "It became my story and Anthony's and Chris's and everyone we talked to and connected with."

Fuller can pinpoint when, at age 10, his parents' divorce triggered something in him. "I knew something wasn't quite right but I didn't have the tools to talk about it," he says. Things got worse in middle school and high school, in what

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Wider I-70 Inches Along

By John Fernandez

The 13-year study to widen I-70 between I-25 and Chambers Road has been delayed about six months. Start of construction has been pushed back from the end of 2017 to the first half of 2018.

The \$1.2 billion Central 70 project would entail full reconstruction of the highway from Colorado Blvd. to Sand Creek (just east of Quebec) and widening of the highway from Sand Creek to Chambers Road. On completion, each direction will have one “managed” lane (Express Lane). Another key project feature is removal of the existing viaduct and lowering the highway between Brighton Blvd. and Colorado Blvd. A four-acre cover over the interstate between Clayton and Columbine streets would relink neighborhoods that have been separated by the elevated viaduct since it was built in 1964.

Following public comment on the draft final environmental impact statement, the Federal Highway Administration (FHA) was expected to issue a “record of decision” that would enable the project to move forward. However, that decision was delayed by two factors: the volume of comments and the opportunity to extend air quality modeling out to the year 2040 instead of

2035. Ironically, the prolonged environmental review period created the opportunity for the additional modeling.*

CDOT’s project spokeswoman, Rebecca White, does not anticipate further delays in the environmental review nor in the start of construction. However, project critics are fighting the project on at least two fronts: a lawsuit against the Environmental Protection Agency challenging recently changed federal air quality standards that allow for the I-70 project; and a lawsuit against Denver challenging its ability to make certain storm drainage improvements in City Park in partial support of the highway-widening project. Denver’s website counters that “integrating stormwater detention in golf courses is a very common practice” with the designated drainage area remaining a dry, fully functioning golf course “outside of major storms.” Although redesign of the course has not been finalized, the city says the City Park Golf Course will always be an 18-hole golf course. It will remain open through the 2017 season, close during construction and reopen in 2019.

Central 70 is a Design/Finance/Build/Operate/Maintain project. The successful bidding team will receive periodic payments for meeting milestones during

construction and annual “availability payments” during the life of the contract (payments made based on the team’s ability to meet performance standards for keeping the roadway open and well maintained). A developer will be selected next summer from among four short-listed teams. Until that selection is made, critical details such as construction phasing are unknown. Reconstruction of the Quebec interchange will occur at some as-yet undetermined time within the overall, four- to five-year project schedule.

In the meantime, the Colorado Department of Transportation (CDOT) has received a \$400,000 federal grant to prepare a workforce development and on-the-job training plan for the Central 70 project. CDOT has also received “special permission” from the FHA to develop a program to hire locally, i.e., within the geographic boundaries of the communities impacted by the highway-widening project. The ability to meet or exceed CDOT’s local hiring goals will be one factor in developer selection.

**The air quality modeling is based on land and transportation plans prepared by the Denver Regional Council of Governments (DRCOG).*

Fuller describes as a small, blue-collar Ohio town where people don’t talk about their feelings. “You just kind of went to confession and you kept to yourself.”

Fuller was finally diagnosed with depression and anxiety eight years ago, at the age of 40. A tense day at work or something not going right can trigger Fuller’s anxiety, getting bad enough that it sent him to the emergency room a few years ago with symptoms of a heart attack. “It feels like everything is going so fast and you can’t really jump on or jump off—you’re just sort of ‘there,’” he says. “Usually it’s just a matter of feeling isolated and not connected with the world, especially if you kept it inside as long as I did,” says Fuller.

The cyclist points out that if someone has cancer or diabetes, people wouldn’t tell them to “just get over it” like they do with depression, anxiety and other mental health issues. “It’s real and it’s painful The stigma for mental illness is tough and it’s important for people to get out there and know there are a lot of people suffering from it,” says Fuller. “Talk to a therapist or a friend or somebody just to get it out from inside of you.”

For Fuller, therapy, medication, a healthy diet and plenty of exercise through cycling have been extremely helpful. “I didn’t know what to do before—I’d just shut the door and suck it up, which wasn’t the best thing to do.” He knows he will always have to battle depressions and anxiety but says that for himself and others, “It’s just a matter of tackling it as opposed to just waiting for it to tackle you.” For more information about the *Cycle Therapy* project, visit www.cycletherapyride.com.



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Nourish Community Market Announces Location, but...

...much remains to be done to make a late 2018 opening possible.

By Melinda Pearson and John Fernandez

Nourish Community Market (Nourish) announced to its member-owners at their annual meeting on Oct. 17 that their community-owned natural grocery store will be located in the Westerly Creek Village area of Aurora, across the street from the Stanley Marketplace.

The 10,000-square-foot co-op will be located on the ground floor of a new mixed-use development called The Heights at Westerly Creek, located at 2352 Dallas St. in Aurora. The new development project will include for-sale condos above the co-op and other retail outlets.

In order to meet lease contingencies for the brand-new space, Nourish will have to raise at least \$1.2 million before going to lenders. To achieve that goal, the co-op will seek equity from its 757 members—and it aims to nearly double its current membership, bringing it up to 1,500 members by spring 2017. A one-time equity payment of \$200 is required to become a member-owner.



Nourish needs to raise \$1.2 million to move forward with their lease to occupy 10,000 square feet of this 15-story mixed-use building between Dallas and Dayton streets in Aurora.

Kim Soko Schaefer, project manager for Nourish, says, “Now that we have a location, we really are focused on getting those member-owners in place as soon as we can. After that happens, we can begin the capital campaign, which will take place in the spring or, if necessary because we don’t have the members, in the fall.”

At the meeting, members, most of whom live in Stapleton and Park Hill, were excited about the location for the market but con-

cerned about several factors. Some members noted the competition posed by the proximity of the new King Soopers in Eastbridge. Many wondered how adding over 700 members could be accomplished in such a short time frame and, once that occurs, whether the capital campaign would be successful. Nourish representatives noted that market analysis of the location had taken into account King Soopers and other neighboring businesses. Through small-group discussions, members came up with ideas to address other concerns, including using existing social and business networks within the current membership to procure additional members and funding.

The co-op board emphasized to its members that supporting Nourish is an investment. Not only can members expect to eventually receive dividends, board members noted, but for every dollar spent, approximately \$2.50 is returned to the local community in the co-op model, compared to about 70 cents on the dollar for traditional, corporate grocers such as Kroger, which owns King Soopers. When it opens, Nourish will become a part of a net-

work of three Denver-area co-ops, including the Westwood Food Co-op, slated to open this year, and the West Colfax Food Co-op, which incorporated at the end of 2015.

Depending on a number of factors, including the success of its capital campaign, the development of necessary infrastructure by the City of Aurora, and the speed of construction, Nourish hopes to open its doors to the public in the latter part of 2018. The natural grocery store will focus on high-quality, locally sourced, natural and organic products but will also offer traditional pantry items and a diverse array of products to serve the surrounding area.

A spokesperson for the developer, 5280 Development Group, says they hope to submit a development application to the City of Aurora early next year and to break ground by the end of 2017. An application to rezone the property for mixed-use development was approved by Aurora earlier this year. Nouara Sadaoui says Nourish would occupy 10,000 square feet of the planned 32,000 square feet allocated for retail. That retail will front both Dallas and Dayton streets and may include one or two restaurants. The 15-story building will include 140 for-sale condominium units, four levels of parking and office space.

To learn more about Nourish or join as a member-owner, visit nourish.coop.

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pens after guests are seated and the concept explained. They then head to the food lines, loading up a bowl with 8-12 proteins including chicken, pork and crab; three types of noodles including gluten-free and 16-24 fruits and vegetables. They add ladles of house-made sauces from the selection of twelve that range from the mild Samurai Teriyaki to the fiery Khan's Revenge.

If it all seems overwhelming, recipe cards available at the start of the line suggest certain flavor profiles guests may prefer, guiding them to ingredients they should choose. Diners then take their bowl of raw ingredients to the Grill Warriors who, before their eyes, cook the food on a section of the shared cooking surface for 3-5 minutes before placing the completed meal on a plate.

The all-you-can eat format is a big hit with teenagers and their parents too, says Area Director Eric

Gray. He adds that accommodations can be made in ingredients and cooking method for people with allergies—catering to food allergies, sensitivities and preferences is one of HuHot's claims to fame.

He adds that the HuHot Mongolian Grill concept solves some of the most common guest complaints in the restaurant industry: 1. Being served hot food—it is handed to the diner immediately after being cooked; 2. Getting enough to eat – it's all-you-can-eat; and 3. Getting what you ordered – the diner made it.

General Manager Chris Barkofske, who joined the company with the opening of the Northfield location, has appreciated the warm welcome he and the staff have received. From meeting diners, to giving to charity, to sourcing ingredients locally whenever possible, he says, "We're totally about the people. Without the community, we don't survive."

Family Friendly Create-Your-Own Meal

By Courtney Drake-McDonough

Don't be surprised if the staff at HuHot Mongolian Grill in Northfield Stapleton periodically breaks out into chants and starts fires. As a Grill Warrior purposely makes huge flames shoot up while flipping ingredients on the large, circular cook surface, she may shout: "How hot?" to which the other Warriors shout "HuHot!" It's all part of the experience created for diners in the all-you-can-eat, create-your-own Asian restaurant.

This location, which opened in July, joins six others in the Colorado franchise

with locations from Colorado Springs to Fort Collins. The concept, whose name comes from "Hohhot," the historic city of Inner Mongolia in Northern China, allows diners to assemble their meal with the ingredients they want, returning repeatedly to try different combinations.

Kids up to age 12, who eat free on Wednesday nights, order from the "Little Warriors" menu. No TVs are in the restaurant, and beer, wine and sake are served from the back room—all encouraging a family-friendly atmosphere.

The full HuHot experience hap-



Above: Area Director Eric Gray (left) and General Manager Chris Barkofske laugh as a Grill Warrior purposely makes huge flames that delight customers.

Below: The name HuHot comes from the Inner Mongolia city of Hohhot. The decor, visible behind, Gray and Barkofske, reflects the restaurant's roots.

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The Cube is actually a large rectangular interior space built for “community-based programming”—theater, workshops, political forums, banquets, lectures, receptions, wine and beer tastings—and almost anything else the creative minds in Stapleton can dream up. Managed by the Stapleton Master Community Association (MCA), its grand opening will be December 1.

While not exactly a cube, the facility derives its name from its intended purpose—community cultural center. MCA Executive Director Kevin Burnett says the facility is a “response to the community”—a survey originally done to investigate acquisition of the control tower showed a strong desire for a community cultural center. While that acquisition didn’t pan out, the MCA pushed ahead with a plan to create a satellite office and event center. Working with Jon Houser of Drake Development, they revised plans for two adjacent buildings in the new retail center and converted the breezeway between the buildings into a lobby space connecting the event center to the satellite MCA office.

All told, the new facility comprises 7,500 square feet with the event center consuming about 3,000 square feet. The balance is made up of the new satellite office, prep kitchen, storage room and large vestibule

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Grand Opening of The Cube
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Left and right: A raised roof/high ceiling marks the entryway to the new MCA office/event space now dubbed The Cube.

Middle: MCA Executive Director Keven Burnett and Program Manager Diane Deeter show off the new performance/event room.

WCMD to Hold First Meeting of New Strategic Planning Committee

The board of the Westerly Creek Metropolitan District (WCMD) has issued an invitation to Stapleton-related organizations to participate in a newly formed Strategic Planning Committee. The intent of the committee is to “fully understand the future process for the Stapleton redevelopment and how the various entities impact and guide the remaining years of the process. We hope to establish a framework for completing the redevelopment, the roles and responsibilities of each entity involved, and a timeline.” The invitation was sent to the Stapleton Citizens Advisory Board (CAB), City and County of Denver, Forest City, Park Creek Metro District (PCMD), Stapleton Development Corporation (SDC), the Stapleton Foundation and Stapleton United Neighborhoods (SUN). The first meeting of the committee will be at 9am, Wednesday, Nov. 16 at the SDC offices, 7350 E. 29th Ave. The committee is expected to hold a maximum of four meetings. WCMD Board Member David Ungemah chairs the new committee.

The WCMD collects the special district tax that funds Stapleton’s local infrastructure.

The Cube Gets Squared Away

providing access to public bathrooms. Those bathrooms will be available during outdoor MCA-sponsored events located just to the north in Conservatory Green.

MCA Community Director Diane Deeter says she hopes to bring successful outdoor events indoors at The Cube and to “grow new events organically,” just as the MCA has done throughout its history. The event center can accommodate 250 people comfortably. While there is shared off-street parking on the north side of the building, the MCA plans to have valet parking for large events. The MCA is hiring a “Cube manager” and an MCA staff person will be on hand at all events. Rental fees will be assessed to help the MCA cover its costs.

The satellite office function will enable the MCA to offer extended hours. Deeter emphasized that MCA’s main admin-

istrative office will remain at the E. 29th Ave. Town Center (7350 E. 29th Ave., Ste. 300). While that office will operate during normal business hours, The Cube front desk will be staffed and the hours of operation will be available on the MCA website at www.stapletoncommunity.com.

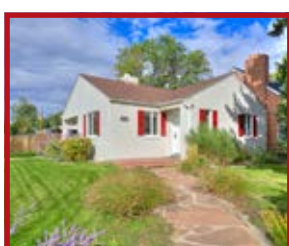
Burnett calls The Cube an “investment in our community. This is part of what we fund and we have been very purposeful since the beginning of Stapleton in addressing the need for cultural arts and events space.” The MCA is funded through property assessments and is charged with operating and maintaining various public assets in Stapleton including parks, pools and utility infrastructure. The MCA leases both its main administrative office and the new Cube facility.

Eastbridge King Soopers Delayed Until Summer ‘17

Rumors about a delayed opening for the Eastbridge King Soopers have been confirmed by spokesperson Kelli McGannon: “King Soopers has to delay opening its second location in Stapleton. We are optimistic that we will open the Eastbridge store early next summer.” McGannon explained, “We have had to make unanticipated capital investments in other stores. We are sorry and I am sure you understand that we are unable to share any of the financial information behind these decisions. It’s like any household’s budget. If you run into unanticipated expenses, you have to reallocate the budget. This is in no way a concern with the store in Eastbridge. We are very excited to serve the Stapleton community.”

The store is currently 50 percent complete. Interior work on the building is expected to resume in February or March. Evergreen Development principal Tyler Carlson, whose firm is developing the town center west of King Soopers with City Street Investors, says the shared parking lot between the two properties will be completed in November along with the access drive in the Geneva Court alignment. He says the King Soopers delay will not affect the schedule for his project. The first two tenants to open are expected to be Wild Flowers Home Garden and Gift, and Pilates Evolution, which could occur as early as December. The Little Man Ice Cream shop may not open until next summer because it is still undergoing permit review with the city.

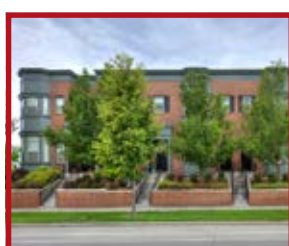
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SUN Meetings are held on the 3rd Tuesday of every month at 6:30pm (Block Captain meeting) and 7:30pm (Board meeting) at the Central Park Recreation Center, 9651 MLK Jr. Blvd. For information about SUN, visit www.stapletonunitedneighbors.com. To contact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

Education Expo – Noise at Dick’s

6th Annual Stapleton Education Expo, Thursday, Nov. 3

Northfield High School (5500 Central Park Blvd.) in the Wicker Park Neighborhood of the Stapleton Community.

The event will begin at 6pm with a presentation from DPS followed by the expo. It will feature local preschools, and elementary, middle and high schools (list below). The expo is designed both to give parents new to the area exposure to local school options and to allow students and parents of students in transition years to meet with staff from schools in the choice boundary.

Preschools: Monarch Montessori, Clayton Early Learning School, Montview Community Preschool, Happy Ladybug, Goddard School, Creative Learning Preschool, Paddington Station, Montessori Children’s House of Denver.

Elementary Schools: Ashley, High Tech, Isabella Bird, Highline Academy, Stedman, Swigert International, REACH Charter, Roots, and Westerly Creek.

K-8 schools: Stanley British Primary, St. Elizabeth’s, Odys-

sey, International School of Denver, Bill Roberts, Denver Language School and The Logan School.

Middle Schools: Denver Discovery, DSST - Conservatory Green, Morey.

PreK-12: Colorado Academy.

High Schools: Denver School of Science and Tech - Stapleton, Northfield High School

Nov. 15 SUN Meeting, 6:30pm

Community Development Updates

The meeting on Tuesday, Nov. 15 will be held at the Central Park Rec Center. Jon Hauser of Drake Real Estate Services, Inc., developer of Northfield commons, will describe ongoing work at the intersection of Central Park Blvd. and Northfield Blvd. Rene Doubleday, project manager associated with Little Man Ice Cream/Paul Tamburello, will provide information about the Constellation ice cream kiosk to be featured in the Eastbridge Town Center. SUN organizers will try to have updates on hand by Evergreen (remainder of the Eastbridge Town Center)

and from Forest City regarding The Mint at 29th Ave.

Updates from Commerce City Police Dept. regarding Dick’s Sporting Goods Park (DSGP)

Commander Ken Evans, Commerce City Police Dept. (CCPD), attended the October SUN Block Captain/Outreach meeting to describe the process of observing sound overflow from and parking congestion near DSGP during three major concert events and the 4th of July celebration during the summer 2016 season, and to describe the process for change before next season.

DSGP is a public-private partnership between Kroenke Sports & Entertainment and Commerce City. Commander Evans joined CCPD in July 2016, and first experienced the dynamic between DSGP and the surrounding community during the July 30th Bassnectar concert.

Commander Evans conveyed that the Commerce City Council and city administration are aware of the community concerns regarding noise levels. They want to be good neighbors and respectful and responsive with the community feedback. They have directed the staff and police department to look into possible changes to the city ordinance and to present recommendations for consideration.

Official decibel measurements in the 2016 season were taken at the DSGP property line (56th and Valencia) and allowed readings as high as 105 dBA 85 dBC. It will be recommended in the future that official readings be taken from the sound engineer’s mixing board inside of the venue, and the maximum allowed will be lower. A policy will be in place requiring staff to ensure speakers above the stage are lowered sufficiently and angled downward to avoid upward projection of sound. There will be discussions with the venue about the feasibility of physical sound barriers on the southern end of the venue or other options that may aid in reducing sound impact to neighboring areas. These considerations may or may not be of value or financially feasible to implement. End-of-evening cutoff times may include fines for each incremental 5 minutes after which a band continues playing, with possible penalty fines ranging from \$5,000–\$10,000 up and to a physical arrest.

It will be recommended that next season Kroenke be required to staff a “tip” (compliant) line during each event. Residents can also call 911 from Denver/Stapleton and request to be transferred to Adams County Dispatch to report extreme noise disturbances. Additionally, callers can reach Commerce City directly (303.287.7453) or request a transfer from DPD nonemergency. Some sound from events at DSGP will be audible in Stapleton; however, certain levels of sound disturbance are recognized as unreasonable.

Parking congestion on adjacent residential streets during events is challenging to address. Kroenke puts out signs to request people not park on side streets; however, this is not enforceable as parking is allowed on public roads. Blocking sidewalks and driveways is enforceable. Always call in concerns.

Having relocated from Austin, Texas, Commander Evans has reached out to former colleagues familiar with sound acoustics in major music events in Austin for assistance in managing the sound overflow issue. Tri-County Health Department (the local health agency for Adams, Arapahoe and Douglas counties; Commerce City is in Adams County) has been involved with Fiddler’s Green and is being asked to consult on the DSGP plan as well. CCPD is looking into the purchase of sound-measuring equipment before next season, which can cost up to \$20,000.

While concert negotiations are private and CCPD is not involved, any ordinances developed will trump contracts with the venue. Complexities of the situation as described by Commander Evans include the sensitivity of CCPD to avoid infringing on the rights of businessmen or homeowners as a law enforcement agency. CCPD’s goal is to enforce the spirit of the law, not the “letter” of the law, with voluntary compliance preferable for Commerce City Council and Kroenke. SUN will be writing a letter to City Council of Commerce City in support of sound mitigation and changes to the permitting process for next season.

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Announcements

Thanksgiving Gift Cards for Families in Need

Donations to the 7th Annual REALGiving Campaign will be accepted until Nov. 15. Last year, over \$7,900 was raised to assist local school food pantries and more than 110 families. This year, the goal is to assist over 150 families at Swigert, Westerly Creek, Bill Roberts, Isabella Bird, McAuliffe, Denver Discovery, Northfield, and Ashley Elementary. All donations are tax-deductible. To donate, visit www.thewcep-ta.com/realgiving/ or visit the REALGiving Facebook page at <https://www.facebook.com/RealGivingStapleton>.

Gateaux Bakery Cancels Stapleton Location

Gateaux Bakery announced the cancellation of plans to open a second location in the Eastbridge Town Center. Staffing issues and other factors were cited as reasons for the cancellation. "The Stapleton community really embraced our announcement this summer - which I did not take for granted," says owner Kathleen Davia. "I continue to be humbled by your support."

North Stapleton Elementary to Open for 2017-18; Tours Available Now

Inspire Elementary School in North Stapleton will open for the 2017-18 school year. The school will serve students in kindergarten through first grade and will participate in the Stapleton Enrollment Zone.

School principal and Stapleton resident Marisol Enriquez, PhD, has been working on the design and launch of the school for more than a year, working with a team of educators, parents, community members and experts. The school will offer programming for highly gifted and talented, English language learners, students interested in music and art, and will incorporate physical education in its curriculum.

Dr. Enriquez brings more than 16 years of experience in public education as a literacy, math and science teacher in both Spanish and English. She has opened two Aurora schools—a preschool through eighth grade, as well as a high school.

The facility will be built as a single large

elementary school to accommodate the anticipated need for elementary school space in the North Stapleton area. The capacity of the building will be approximately 800–850 elementary students, and DPS expects Inspire will build out to this size. The school will move into this facility for the 2018-2019 school year. For the 2017-2018 school year, Inspire will share space with Northfield High School. High school and elementary students will have separate spaces. Elementary students will not need to pass through the high school zone, and high school students will not pass through the elementary zone. Use of common and shared areas will be managed through scheduling.

Stapleton families are invited to tour the classroom spaces, learn more about the school curriculum and meet the school leader. For information, visit www.inspire.dpsk12.org.

Information provided by DPS.

Lowry Albertsons Becomes Safeway

The Lowry Albertsons grocery store at 200 Quebec St. has officially changed its banner to Safeway. Seven other Albertsons stores in the metro area have also been re-branded. The Albertsons Companies have invested more than \$15 million to remodel and update the stores. The chain will operate 113 stores in Colorado, 103 Safeways and 10 Albertsons. The re-branding was the latest in a series of changes following the merger of the two grocery chains last year.

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Fire Investigations 101

I am covered from head to toe in heavy protective layers. There is a disconcerting feeling of sensory deprivation and it takes several minutes before I feel comfortable.

Suited up, I quickly discover that wearing 60 lbs. of protective clothing and gear makes climbing stairs and negotiating smoke-filled spaces a big challenge. Firefighters practice to achieve the "muscle memory" required to don their gear in less than a minute.

In this media training session about fire investigations, we make our way to the state-of-the-art training facility. Firefighters come from across the country to train at this tower near 55th and Quebec since it realistically simulates many of the conditions they will encounter on the job. We enter a space so filled with black smoke it is impossible to see six inches ahead. The breathing mask provides fresh air—but

each tank lasts for only 45 minutes.

Experiencing the heat of an actual burn is intense. Fire gear protects against heat generated by flames, but it also retains body heat. We're instructed to drink plenty of water to stay hydrated..

After climbing six flights of stairs, encountering smoke and flames, I remove my helmet and mask. Never has cool, fresh air felt so good.

By Anne Hebert

Fire investigators begin work when the fire is extinguished and fire suppression efforts are still underway, and they maintain their presence at the scene to document and collect evidence, says investigator Scott Renter. The process is often painstaking and requires sifting through the debris left behind after a fire. They determine how heat,

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Leftmost photo: The author suits up in 60 lbs. of firefighter's protective clothing.

Middle left: Participants in the media training session are given final instructions before entering the smoke- and fire-filled training building.

Middle right: The smoke got so thick that visibility was only about six inches.

Rightmost photo: A firefighter demonstrates the difference in heat intensity from floor to ceiling.

fuel and oxidation contributed to the fire in order to establish the cause. Based on what they learn, investigators classify fires into one of four categories: accidental, incendiary, natural or undetermined. Beginning on the outside of the building, they survey the exterior damage to establish where the fire may have started. Telltale clues such as burned grass or debris may indicate that a fire began outside and spread to the structure. Absence of fire damage outside indicates the fire began inside. Witnesses are interviewed and may help corroborate or contradict a specific theory. "Investigators often wear street clothes because it puts the people we need to talk to at ease and makes getting important information a much less stressful process," says Renter. "People often respond differently to an individual in uniform."

Not heard at fire investigations is the word arson. Arson may be associated with incendiary or undetermined events, but it is not a category used to define the cause of a fire. A straightforward explanation for a fire usually exists. Firefighters have three priorities: life safety, incident stabilization and property conservation. To do their jobs effectively, they work in cohesive units. "Life in a firehouse is like living with a second family," says Captain Carly Helwick, a third-generation firefighter who is married to a firefighter. "You might wonder why firefighters grocery shop together as a group," Helwick says. "It's because doing these normal errands together reinforces our connection. In this way, we strengthen our bonds and know our partners almost as well as we know ourselves." By shopping, dining and living together while on duty, firefighters learn each other's behaviors and this

translates into enhanced safety in risky situations. Taylor emphasizes, "By knowing how your fellow firefighters might react, you're better able to watch out for and protect each other on the job. Firefighters are a family and we take our responsibilities to each other extremely seriously." Firefighters respond to all emergency calls except those reported as a crime in progress. For that reason, the public may have interactions with firefighters in many situations that don't involve a fire. All firefighters are EMT certified upon graduation. They respond to emergency calls on roadways, at businesses and private residences, and often provide immediate medical attention to those who require it. Emergency dispatchers receive 382 emergency calls in each 24-hour shift to which firefighters respond.

Fire Facts

- Three out of five home fire deaths occur in homes without working smoke alarms
- 450 people are killed from accidental carbon monoxide poisoning yearly
- Smoke alarms need to be replaced every 10 years; Carbon monoxide alarms every 5 – 10 years. Denver Fire Dept. has a limited number of 10-year battery smoke alarms that signal when they need to be replaced. These batteries are also available at a 20% discount through Nov. 30 at www.firstalertstore.com/DenverDiscount—enter discount code, DenverFD.

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