

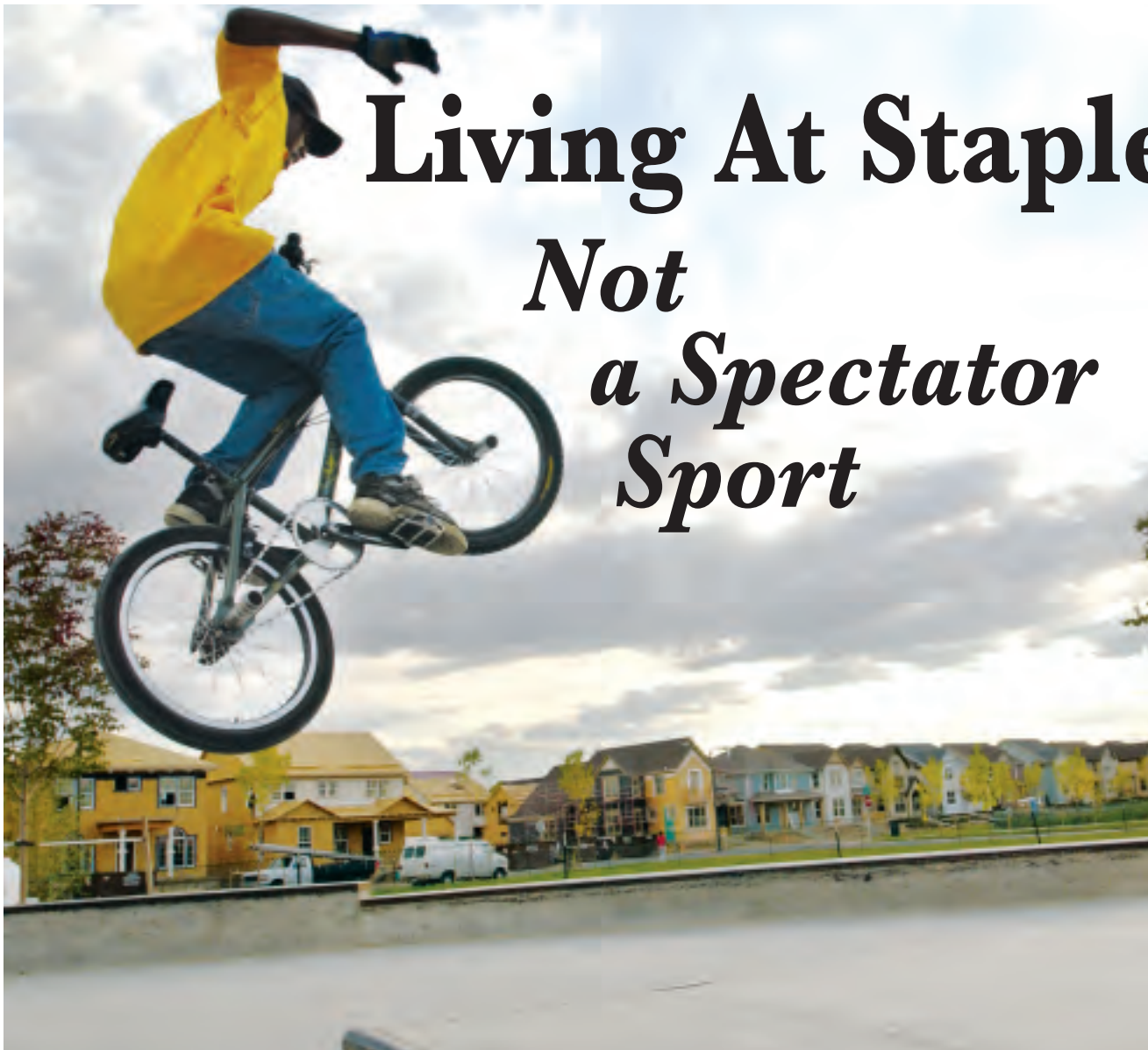
# Front Porch

A publication of Forest City Stapleton, Inc.

STAPLETON

DENVER, COLORADO

OCTOBER 2004



## Living At Stapleton: *Not a Spectator Sport*



People of all ages find Stapleton to be a great place to pursue an active lifestyle. In doing so they are also leading more healthy lives.

## CU Center for Healthy Living Envisioned for Stapleton

By Dr. Frank Verloin deGruy

The Department of Family Medicine at the University of Colorado Health Sciences Center hopes to bring to the Stapleton community a new and better kind of health care. We are planning to open the CU Center for Healthy Living at Stapleton, a first-of-its-kind facility that will bring together health education and information resources, a fitness and health promotion facility, and a family practice that places a high priority on healthy living, fitness, prevention, and community outreach.

We think a partnership between the emerging Stapleton community and the academic health center rising up at Fitzsimons makes good sense; if we take advantage of Stapleton's unique features, we can help create a community known for healthy living. For example, Stapleton's high-



The entire family takes an evening stroll along the Stapleton Greenway.

speed intranet, accessible in homes, schools, and businesses, can serve as a town health newspaper, community bulletin board, help desk, and portal to specific health information. We hope to offer an "ask the doc" service, to use the Healthy Living pages to organize exercise and health education for people with similar problems, and to provide

health and fitness news. Also, this intranet can be secured to carry our electronic health records, so that a person's medical information is available from their homes (home visits!), schools (school-based health clinics), pharmacies (we hope to make a partnership with the town's pharmacists to better coordinate the care we each render), and businesses (we have begun conversations with town grocers about offering healthy food and cooking information, and maybe classes).

We have already made a (continued on page 3)

## Health and Fitness Programs Available at Stapleton

By Helen Thompson

Stapleton's 'active living' design and proximity to the University of Colorado's Health Sciences Center attracted one of the Center's top young obesity and nutrition researchers, Holly Wyatt, MD and her family to become Stapleton residents. Dr. Wyatt and the team of world-recognized researchers at the

Center for Human Nutrition are the creators of two prominent programs from which Stapleton residents can benefit.

One of those programs is **Colorado On the Move®** ([www.coloradoonthemove.org](http://www.coloradoonthemove.org)). **Colorado On the Move®** is the founding program of the national health initiative, *America on the Move*. (continued on page 3)

PRESORTED STANDARD  
U.S. POSTAGE  
PAID  
DENVER, CO  
PERMIT #3735

Printed with soy ink.

3 Councilman  
Michael  
Hancock

S.U.N.  
Kickball

6

Arsenal  
Wildlife  
Trails

7





The Denver Police Academy at Stapleton will host a Halloween party Sunday, October 31st.

# Mark Your CALENDAR

## 2004/05 STAPLETON EVENTS

### OCTOBER

**Saturday, October 16th**

Fall Festival Noon - 2 pm  
Founders' Green

**Saturday, October 23rd**

Flu Shots 10 am - 2 pm  
Stapleton Visitor Center

**Wednesday, October 27**

Flu Shots 4 - 7 pm  
Stapleton Visitor Center

### DECEMBER

**Sunday, December 12th**

Lighting the Holiday Tree  
5:30 - 7:30 pm  
Founders' Green

### JANUARY 2005

**Tuesday, January 4th**

DPS Schools in Session

### MAY 2005

**Sunday, May 1st**

May Day

**Thursday, May 26th**

School to Pool Party  
Aviator Park and Pool



**Saturday, May 28th**

Aviator Pool Opens

**Saturday, May 28th**

Happy Hour at Aviator Pool  
6:30 - 8:30 pm

### JUNE 2005

**Saturday, June 11th**

Founders' Day

**Saturday, June 11th**

Stapleton Charity Chase

**Friday, June 24th**

Happy Hour at Aviator Pool  
6:30 - 8:30 pm

### JULY 2005

**Monday, July 4th**

4th of July Parade  
10 am  
Begins at Founders' Green

**Monday, July 4th**

4th of July Ice Cream Social  
Aviator Pool  
1- 4pm

**Thursday, July 28th**

Happy Hour at Pool  
6:30 - 8:30 pm

For more information visit  
[www.StapletonDenver.com](http://www.StapletonDenver.com)

### EVERY MONTH

**First Tuesday of each month**

Stapleton Residents' Social Events  
Committee 6 - 7:30 pm  
Stapleton Visitor Center

**First Wednesday of each month**

Westerly Creek PTA 6:30 pm  
Childcare \$3.00/head donation

**Third Tuesday of each month**

Stapleton Business Assoc. 8 am

**Third Thursday of each month**

Stapleton Development Corporation  
Citizens Advisory Board 7:30 am  
7350 E. 29th Ave., Suite 300

**Every Wednesday**

Music Together 9:30 - 10:30 am  
Westerly Creek School

**First Saturday of each month**

Bluff Lake Birders 7 - 9 am  
Bluff Lake Nature Center

**Every Tuesday**

Stapleton Strollers 9:30 am  
29th and Valentia

**Every Other Friday**

Mobile Cyclery 9 am - 6 pm  
King Soopers parking lot

**Every Sunday  
through October**

Stapleton Farmers' Market 9 am - 2 pm  
E. 29th Ave. Town Center



The Stapleton Fall Festival will be held at October 16th at noon.

### NOVEMBER

**Saturday, November 6th**

Flu Shots 10 am - 2 pm  
Stapleton Visitor Center

**Wednesday, November 10th**

Flu Shots 4 - 7 pm  
Stapleton Visitor Center

### DECEMBER

**First week of December**

Holiday Decoration Contest

### FEBRUARY 2005

**Baby Stuff Sale**

Sponsored by Westerly Creek PTA  
(Date TBD)

### MARCH 2005



**Saturday, March 19th**

Spring Fling 10 am - Noon  
Founders' Green

### OCTOBER



**Saturday,  
October 2nd**

Wine Festival  
Founders' Green

## TO ADVERTISE IN THE FRONT PORCH

call 720.249.5118  
email  
[marketing@StapletonDenver.com](mailto:marketing@StapletonDenver.com)  
or visit  
[www.StapletonDenver.com](http://www.StapletonDenver.com)

# Front Porch

[www.StapletonDenver.com](http://www.StapletonDenver.com)

## Pediatrics at Lowry

Providing comprehensive, quality and convenient care for newborns, children and adolescents.

**NOW ACCEPTING NEW PATIENTS**

125 Rampart Way, Suite 220  
Denver, Colorado 80230  
[www.pediatricsatlowry.com](http://www.pediatricsatlowry.com)

**720.859.8222**

## Radisson



303.321.3500  
3333 Quebec St.

Featuring: Quebec's Bistro  
• 14,000 Sq. Ft. Fitness Center  
• 300 Recently Renovated Guest Rooms

The Radisson Hotel Denver Stapleton Plaza is offering a \$69.00 rate to all companies and individuals in the Stapleton area.

PUBLISHED AND FUNDED BY:  
Forest City Stapleton, Inc.  
7351 E. 29th Avenue  
Denver, CO 80238  
303-382-1800

EDITOR: Tom Gleason  
ADVERTISING: Julie Picha  
DESIGN & LAYOUT: FinePrint  
PHOTOGRAPHY: Steve Larson  
EMAIL: [info@stapletondenver.com](mailto:info@stapletondenver.com)



# Task Force Examines Traffic Concerns

‘Active Living’ is an important part of being a resident at Stapleton, and in order to promote a more healthy and pedestrian-oriented community, I proposed a task force to address a number of traffic issues within Stapleton.

As a Denver resident who recently moved my family into a newly-developing community it was easy to understand the concerns of residents at Stapleton who are experiencing unexpected traffic patterns and traffic volumes. In my own community it seemed the traffic patterns and expectations being put upon motorists and pedestrians were changing daily... and where did it say we were going to have a raceway in the neighborhood?

When the concerns at Stapleton reached a crescendo and representatives from S.U.N., Forest City and Denver traffic people met to look at issues, I proposed convening a task force, the purpose of which is to examine specific problem areas (28th and 29th Avenues and Central Park Boulevard), address them and hopefully arrive at tangible, meaningful solutions. Volunteers living in homes along the affected areas within Stapleton



District 11 City Councilman  
Michael Hancock

agreed to represent the views of their neighbors and come to the table to work diligently with people from Forest City and decision makers

from the Traffic Engineering division of the city.

I must say how impressed I have been with the task force. From the first meeting everyone has been passionate about the concerns raised and mindful that Stapleton is a community in a state of almost

constant change. We have examined the walking patterns of resident students and shoppers as well as where the traffic is now coming from and where it might be going as more of the street system opens within Stapleton.

Significant changes have actually been made as a result of the task force and Denver traffic engineers are looking at still more ways to improve the flow of traffic and keep Stapleton residents more safe on their streets. Our traffic

engineers have really listened to the issues and strived to be helpful. Commander Rhonda Jones of the District 2 Police Department attended a

recent meeting to discuss enforcement issues and mechanisms the communities might use to “calm” traffic.

The work of the Stapleton Traffic Task Force will continue and your participation to the process is invaluable. Should you have input on the affected areas or wish to comment on the work thus far, contact my office at [Michael.Hancock@ci.denver.co.us](mailto:Michael.Hancock@ci.denver.co.us).

We can only get through difficulties in our communities and neighborhoods if we listen to one another and

communicate! I commend the residents of Stapleton, representatives from Forest City and our own Denver Traffic Engineering team for understanding that civil dialogue is the only way to foster progress. Here is to still more fruitful meetings of the Stapleton Traffic Task Force.

Michael Hancock is a Denver City Councilman for District 11, which includes Stapleton.

*“We can only get through difficulties in our communities and neighborhoods if we listen to one another and communicate!”*

— Michael Hancock

## Health and Fitness Programs *(continued from page 1)*

Colorado on the Move has been active in Stapleton specifically with the Active Living Partnership of Greater Stapleton (ALPS), which has been profiled in earlier editions of The Front Porch.

Another program is **Colorado Weigh®**. While the *On the Move* programs can help most everyone with a healthier lifestyle, the overweight and obesity problem is one of the most significant curable health problems in our communities today, and for many people it requires a more intensive solution.

Three years ago the Center for Human Nutrition launched their own community weight loss program with the mission of providing people with the best education, tools and practices that science and medicine has to offer in weight loss and healthy weight maintenance. The **Colorado Weigh** program ([www.coloradoweigh.com](http://www.coloradoweigh.com)) has helped over 2,000 people lose weight and keep it off. Classes are currently being offered around Denver and Boulder, including classes convenient to Stapleton.



Colorado Weigh is also expanding nationally to become the premier weight loss program that companies, government and other organizations offer in-house to their employees, which could also benefit Stapleton-area employers, employees and families.

With these programs, Stapleton resident Dr.

Wyatt and the team of top researchers (who will be moving offices to nearby Fitzsimons) are deploying health and fitness programs to make Stapleton, Colorado and beyond healthier places to live.

Helen Thompson is Program and Research Liaison, Center for Human Nutrition.

## Center for Healthy Living *(continued from page 1)*

partnership with our friends and colleagues in the School of Medicine’s Center for Human Nutrition, who have already begun to organize exercise and fitness projects at Stapleton; we hope to extend and expand these programs as our clinical services mature.

We will pursue partnerships with current and future fitness centers at Stapleton that will offer this community unprecedented access to individualized, community-specific health, exercise, and fitness programs that can be seamlessly integrated with medical care. This gives a whole new meaning to the concept of health care.

Several of us already live at Stapleton, and many more of us expect to live here in the near

future. This is our community. The Department of Family Medicine is the portal between this community and the high-tech, cutting-edge medical care being offered at Fitzsimons. As such, we hope to work with other members of the Stapleton community, Forest City, the Stapleton Foundation, our colleagues at the Health Sciences Center, and donors and benefactors to create a new kind of health care — one that emphasizes health, education, and prevention as well as primary care.

Frank Verloin deGruy III, MD, MSFM, is the Woodward-Chisholm Professor and Chair in the Department of Family Medicine at University of Colorado School of Medicine.

**DARDANO'S**

ONE MONTH FREE OR FREE LEOTARD

303-355-0080

**FITNESS & FUN, ALL IN ONE!**

21 YEARS OF EXCELLENCE

FAMILY OWNED & OPERATED

- Gymnastics
- All Ages & Levels
- Incredible Boys Program
- Birthday Parties

2250 KEARNEY ST.

**DARDANO'S**

303-355-0080

**STAPLETON**

REALTY LLC

3401 Quebec St., Suite 7600

**“YOUR STAPLETON CONNECTION”**

**SOLD**

**SOLD**

**SOLD**

Savings for buyers • Up to \$1000 Rebate at closing • 0% Down programs available

Savings for sellers • Commission as low as 2.8% • Full service from list to close

**303-320-1850** [www.SellStapleton.com](http://www.SellStapleton.com)

Shop online – view thousands of homes on our website





## Farmers’ Market Features Chef Demonstrations

The Farmers’ Market in the East 29th Ave. Town Center at Stapleton features not only fresh produce and a variety of goods, but cooking demonstrations and other entertainment. The Farmers’ Market will run every Sunday through the end of October from 9 am until 2 pm.

## Denver Police to Host Halloween Party at Stapleton

The Denver Police Training Academy at Stapleton will host its free annual Halloween Party for children on Sunday, October 31st from 5 p.m. to 8 p.m. The Denver Police Training Academy is located at 8895 Montview Blvd (Montview Boulevard and Central Park Boulevard). Once again this year, the Halloween Party will feature a special Haunted House for the children, as well as games, food, and a costume parade for kids. A special attraction at this year’s show will be Ronald McDonald and his magic show.

## Don Lewis in Concert

Don Lewis, a former Denver nightclub entertainer will present an organ concert at St. Thomas Episcopal Church, 2201 Dexter Street, on Sunday, October 10, from 4 to 6 pm. Mr. Lewis has been a pioneer in synthesizer use and technology. A reception follows the concert. Tickets are available from the church (303.388.4395) and at the door. Admission is \$20 for adults, \$15 for seniors (65+) and \$10 for youth (ages 13-16).



### INTRODUCING MOUNTAIN VIEW INTERNAL MEDICINE

As primary care providers for adults, Drs. Gordon and Sieja are pleased to announce the opening of their new Internal Medicine practice at Rose Medical Center. Internal Medicine focuses on health promotion and disease prevention in individuals age 13 and up. Dr. David Gordon graduated from and completed his residency at the University of Colorado Health Sciences Center. Dr. Amber Sieja graduated from Northwestern University Medical School and completed her residency at the University of Colorado Health Sciences Center. For an appointment, please call

PARTNERS WITH  
YOU IN HEALTH

DAVID GORDON, M.D.  
AMBER SIEJA, M.D.

4500 East 9th Avenue, Suite 220  
Denver, CO 80220

(303) 399-0061

(303) 399-2198, fax



MOUNTAIN VIEW  
INTERNAL MEDICINE

## Got the Bug?

# Flu Shots at Stapleton

In partnership with Exempla Family Medicine, Stapleton is offering flu shots at the East 29th Avenue Town Center. Below is a schedule of when the shots are available at the Stapleton Visitor Center. Cost is \$20 per vaccination, payable by check to Exempla or cash only.

Sat.	Oct. 23	10 am – 2 pm
Wed.	Oct. 27	4 pm – 7 pm
Sat.	Nov. 6	10 am – 2 pm
Wed.	Nov. 10	4 pm – 7 pm

As fall nears, talk turns to football, holidays and flu shots. Influenza vaccines generate a lot of conversation, but are they for you? Consulting your physician with questions regarding the appropriateness of any vaccine is always the best way to go, however, the following is some basic information that might help answer that question.

### Do I need a flu shot?

The answer is “yes” if you meet any of these criteria:

- Aged 50 years and older
- Residents of nursing homes and other chronic care facilities
- Adults and children with chronic heart or lung disorders, including asthma, diabetes, kidney disease, immunosuppression, or sickle cell anemia
- Children and adolescents who are receiving long-term aspirin therapy
- Persons who can transmit influenza to those in high-risk groups (healthcare workers, nursing home employees, assisted living and other chronic-care facilities employees; home healthcare workers)
- Adults and children living with anyone considered high risk
- Anyone living with or providing care to children under 24 months of age

### Make a difference in a young student’s life

## Volunteers Needed to Tutor at Philips Elementary

Stapleton residents have a wonderful opportunity to extend community goodwill by participating in a new tutoring program at Philips Elementary, the Denver Public School (DPS) grade school located at Montview and Monaco, just west of Stapleton.

The time commitment will consist of two hours every Tuesday evening from now through late April, (DPS vacation periods excluded).

Participating students will be selected by school officials from grades 2-5 and will have schoolwork assigned

### What about babies?

The current flu vaccine is not approved by the FDA for use on children under 6 months of age, but vaccinating the members of their household and caregivers might decrease the probability of infection.

### Can women who are breastfeeding be vaccinated?

Yes, the vaccine does not affect the safety of breastfeeding mothers or their infants.

### I don’t meet the requirements listed above – can I still get the shot?

Anyone is welcome to get an immunization, however, if there is a shortage of vaccine, the CDC may request that you delay receiving your shot so those at high risk may be immunized first.

### Is there anyone who should *not* be immunized?

Any person with a known allergy to eggs or other components of the vaccine.

Persons with acute febrile illness should not be vaccinated until their symptoms have abated. Persons who previously developed Guillain-Barre Syndrome (GBS) 6 weeks after getting a flu shot.

### Can the vaccine actually *cause* the flu?

No – the inactivated vaccine contains noninfectious killed viruses and cannot cause influenza.

Your physician is the best source for answers to your questions about the appropriateness of any vaccination or medical treatment or if you think you may be in a high-risk group.

*Information compiled from Exempla Family Medicine at Stapleton and the Center for Disease Control and Prevention (www.cdc.gov).*

by their teachers specifically for the tutoring session.

Drawing extensively from its surrounding neighborhood, Philips serves a diverse student body. While a majority of its students qualify for the free/reduced price lunch program, Philips’ daily attendance rate regularly hovers near 95 percent and parental involvement is encouraged through monthly workshops and other activities.

For more information, contact Kerby Meyers at 303-282-5919 (days) or email kdub52@yahoo.com.

## STAPLETON COMMUNITY CHURCH

*Founded on Faith  
Focused on the Bible*

Radisson Hotel  
Conference Center  
3333 Quebec Street  
Denver, CO 80207

Sunday Worship 10:45 A.M.

Pastor – Dr. E.V. Thurman

303-343-1929

*Petite Artist* classes are lead by two teachers; one teacher who will lead your children through fun artistic adventures and one teacher to lead them in the joy of making music. Both teachers will help your family make connections between art and music in a truly unique learning experience.



### *Petite Artist*

Integrated Art & Music Class for  
parents and children ages 3-5 & 6-10

www.petiteartist.com

(303) 202-2626





# Sustainability at Stapleton

by Melissa Knott



## Stapleton: An active community is a healthy community

This edition of The Front Porch explores the many facets of healthy living at Stapleton. As illustrated by the wide variety of articles in this issue, healthy living at Stapleton is a broad concept and is about more than just regular doctor visits. As you probably know, Stapleton was planned and envisioned to be a healthy community, but what does that mean?

A healthy community is simply a great place. It's a great place to live and work because of its vibrant, animated character that provides a strong sense of connection, both to fellow neighbors and to nature. A healthy community is not just one that is not sick, but one that makes it easy for its residents to enjoy a high quality of life. We use this broad understanding of what it means to be healthy — not just absence of illness but a presence of vitality — when we talk about healthy living, which is an integral part of sustainability at Stapleton.



Stapleton was designed to make it easy for neighbors to gather.

Stapleton is a healthy community, which starts with the way it is designed as a walkable community. Neighborhoods are built so that it is easy for residents to integrate physical activity into daily life. The architecture itself helps provide opportunities to interact with neighbors — front porches instead of front garages make it easier to get to know your neighbors. When neighbors know each other, a strong sense of community and belonging is created. Stapleton offers a diversity of housing, which helps foster diversity in the people who call Stapleton home. Our expansive parks system offers a wide variety of recreational opportunities as well as easy access to the outdoors. We have a variety of strong school options, which add tremendously to the vitality of our community. All of these aspects of Stapleton

contribute to the overall health of our community.

Healthy living at Stapleton also encompasses a wide variety of specific programs. We organize events like blood drives and flu shots to help you stay healthy. We coordinate exercise programs like Stapleton Strollers, and special events like the recent Stapleton Stampede. And we bring you the Stapleton Farmers' Market every Sunday through October 31st, where it is easy to make smart food choices and fill your kitchen with fresh fruits and vegetables.

As you can see, healthy living at Stapleton is a broad concept that looks like many different things. And healthy living at Stapleton is not just limited to the items listed here — we are always expanding programs and opportunities at Stapleton and working to improve the quality of our community. It's the sum of all of the parts that creates community vitality. I encourage you to experience all the healthy living options at Stapleton — it's fun!

*Melissa Knott is the Director of Sustainability for Forest City Stapleton, Inc.*

**Blind Corners & Curves, LLC**



**DISCOUNT WINDOW COVERINGS**  
— As seen in *The Parade of Homes* —  
**Full Service Window Covering Experts**  
**303-755-5000**  
Call MARGIE for a free consultation

**\$75 Off any order over \$1,000**

**KYLE'S Saloon & Eatery**  
**Stapleton's original neighborhood bar**  
**Good Food – Good Drinks – Good Times –**



**"We're at Kyle's so we're wearing smiles!"**  
Kelly P. from Colorado Studios

**Open Sundays for Football**  
**M - F 11 am - 10 pm**  
**303-316-2818**  
**3989 Ulster Street**

# Get Your Kids Moving!

We hear it almost every day: obesity is alarmingly on the rise. Not just in adults but in children and adolescents, too. In the past 20 years, the percentage of overweight children ages 6 to 11 has nearly doubled, to 13 percent! Increasingly sedentary lifestyles, as well as unhealthy eating habits, have resulted in excessive weight gains and a rise in children suffering from diabetes, heart disease, and asthma.

Before you start your child on an Olympic training regimen,

keep in mind that there are many simple steps to take to help increase your family's active living lifestyle. In a recent survey, school-age children and teenagers reported watching 2.2 hours of TV daily in addition to two or more hours using a personal computer. Getting your child moving for even a few minutes every half hour can make an impact on their physical well being. Use these tips to help get started:

Turn off the TV and walk with your kids around the block.

Challenge your kids to race to the corner and back.

Have a jumping jack contest — not only will your child be moving, you will be too!

Walk your kids to school or the bus stop every day. If you live too far to walk, find a place several blocks from school to park and walk a short distance. Take advantage of Stapleton's "Walking School Bus" and use the Greenway Park bike path to travel to and from Westerly Creek Elementary and The Odyssey Charter School.

Play tag.

To learn more about Active Living and alternative transportation, visit [www.feetfirstinfo.org](http://www.feetfirstinfo.org). To join the new Stapleton Walking School Bus call the Stapleton Visitor's Center at 303-355-9600.



Top: Children running in the Stapleton Stampede on August 28th. Below: Taking children out to enjoy physical activities when they are young is a good way to make that a part of their lives.

**Grandmother's House**  
**B · O · U · T · I · Q · U · E**



presents

**Holiday Magic**

**Oct 19 - 23**  
Tues-Fri 10-6  
Sat 10-4

The BIGGEST & BEST...over 120 artisans for your shopping fun!  
Gourmet foods • Holiday decor • Ironwork • Furniture  
decorating fancies • ornaments and MUCH more.

**Wings Air Museum** at Lowry  
7711 East Academy Blvd. in Denver  
(North of Alameda & East of Quebec)  
(303) 771-1280

\$4.00 Admission

**A GALLERY of HOME and HOLIDAY ARTS & CRAFTS!**

**TO ADVERTISE IN THE FRONT PORCH**

call: 720.249.5118

email: [marketing@StapletonDenver.com](mailto:marketing@StapletonDenver.com)

or visit: [www.StapletonDenver.com](http://www.StapletonDenver.com)

**MONTESSORI Now ENROLLING**



**CHILDREN'S HOUSE of Denver**

- Ages 18 months to 6 years
- Half day toddler & preschool classes
- Full day preschool & kindergarten plus enrichment programs
- Open 7:30 am to 6 pm
- Individualized Montessori program
- Certified Montessori teachers
- American Montessori Society affiliated

Call for appointment — Gina Abey, Director

**303-322-8324**

1467 Birch St., Denver • [www.mhcdenver.org](http://www.mhcdenver.org) • Email: [monti@quest.net](mailto:monti@quest.net)





Stapleton residents and employees: if you haven't used your Stapleton Club Card yet you're missing out on great savings! The Stapleton Club Card is a discount program for participating merchants located in Quebec Square, East 29th Avenue Town Center and hotels on Quebec Street.

Check below for new retailers offering great discounts when you present your Resident Pool ID/Stapleton Club Card!

Visit [www.StapletonDenver.com](http://www.StapletonDenver.com) for more information.

**PARTICIPATING MERCHANTS**

**A Day Spa**

Offer: 10% off any service.

**Allstate Insurance, Brad Phillips & Associates**

Offer: Two complimentary discount tickets for Comedy Works with any (FREE), no hassle quote on home and auto, or health, business or life insurance.

**AT&T Wireless**

Offer: FREE Vehicle power adapter with new activation (\$29.99 value). Waived Activation fee on new activations (\$36.00 value).

**Amore Fiori**

Offer: Saturdays - get two for one on select flowers.

**Bladium Sports Club**

Offer: Initiation fees waived.

**Cat's Music Together at the Bladium**

Offer: \$5 off tuition for each registered child in your family.

**Character's Sports Bar & Grill (at the Doubletree Denver)**

Offer: 10% discount on all food and beverage.

**Cold Stone Creamery®**

Offer: \$1.00 off "Love It," or "Got to Have It" creations. \$3.00 off cake order.

**Commercial Federal Bank**

Offer: Open a FREE no-minimum balance checking account with Direct Deposit and receive added benefits equal to those offered to bank employees!

**Credit Union at Stapleton**

Offer: Receive a FREE \$20.00 gift when you open your new Credit Union at Stapleton account!

**Curves**

Offer: 50% off initiation fee. (Limited time offer Oct. 4-17th 66% off initiation fee)

**Doubletree Denver Café**

Offer: 10% discount on all food and beverage.

**Environmentally Friendly Cleaners**

Offer: 20% off of all DRY CLEANING (Quebec Square location only).

**Executive Tans**

Offer: 20% off select lotion with purchase of session. Tan until 2005 for \$99.

**Fantastic Sams**

Offer: 10% off all services and professional products. Free haircut with color service.

**FirstBank**

Offer: Receive a \$10 deposit into your new FirstBank savings account when you open a new FirstBank checking account.

**Get Fired Up Pottery**

Offer: 10% off \$50 or more.

**GNC at Quebec Square**

Offer: \$5 off a purchase of \$30 or more.

**Great Clips**

Offer: 20% off any product with haircut purchase.

**Instant Imprints**

Offer: 10% off of all products and services.

**Kyle's Saloon and Eatery**

Offer: FREE salad with dine-in pizza or calzone order.

**Noodles and Company**

Offer: Free fountain beverage with purchase of entree sized bowl.

**Panera Bread**

Offer: \$1 off Sandwich, Salad or You Pick Two.

**PostNet**

Offer: \$3 off Fed Ex and/or UPS shipments (excluding ground service).

**Radisson Hotel, Quebec's Bistro**

Offer: 15% off food menu items.

**Stapleton Home Services**

Offer: \$25 off first scheduled maid service or one-time-detailing. New Residents: 50% off first scheduled maid service.

**Thomas Bros. Coffee & Chai**

Offer: FREE size UPGRADE on ANY beverage.

**Tires Plus**

Offer: \$9.99 oil change; 10% off any automotive service; \$25 off of a set of four tires; \$30 off your 30, 60 and 90k scheduled maintenance service.

**UPS Store**

Offer: \$3 off certified packaging services.

**US Bank**

Offer: .25% discount on ANY fixed rate loan.

**V2K Window Fashions**

Offer: 10% off of orders of \$100 or more.

**WIIRE Group**

**Real Estate Services**

Offer: \$500 towards closing costs.

**Wingz ETC!**

Offer: 10% off any combo meal.

Look for the Club Card logo at participating merchants.

Visit [www.StapletonDenver.com](http://www.StapletonDenver.com) for participating merchants and program information. Offers may change monthly.

# Stapleton Kickball Tournament Set for Oct. 9th



The Stapleton United Neighbors (S.U.N.) and The Active Living Partnership of Greater Stapleton (ALPS) have teamed up to schedule a kickball tournament on Saturday, October 9th from 10 a.m. to 1 p.m. on the Westerly Creek Elementary and

The Odyssey Charter School playing fields. There will be fun kick ball for the kids and the playground will be available.

The free tournament is part of a larger effort to have fun while helping to inspire a more active lifestyle within the Stapleton neighborhood. There will also be sign-up sheets for those who have an interest in coordinating intramural teams, pick-up games, and biking/running/walking groups, as well as a variety of other opportunities designed to promote more active, healthy lifestyles for people of all ages. Lunch will be provided by Stapleton's Chipotle and Noodles and Company restaurants. Other local sponsors include The Bladium Sports Club, Get Fired Up Pottery, Starbucks, King Soopers, Cold Stone Creamery and GNC.

Pre-registration (as a team or individual) is preferred, but all are welcome to just show up and play. In the case of inclement weather, the festivities will be moved to The Bladium Sports Club. To register or obtain more information, contact Caroline Wilten at 303-394-1346 or [wilten4@msn.com](mailto:wilten4@msn.com).

ALPS is a partnership of the greater Stapleton area residents and businesses, along with the cities of Aurora and Denver, Forest City Stapleton, the Stapleton Foundation, and

other organizations that are working together to promote active living and a healthy lifestyle within Stapleton and the surrounding communities. The ALPS initiative is part of Active Living by Design, a national program of the Robert Wood Johnson

Foundation established to create, enhance and promote environments that make it safe and convenient for people to be more physically active. For more information about ALPS, contact Tina Pihl, ALPS Coordinator at 303-477-9975 or [ttp@livablecenter.org](mailto:ttp@livablecenter.org).

Great parties start with great invitations.

10% OFF All Boxed Holiday Cards

Present this ad to receive your savings!

GREAT HOLIDAY GIFTS, STOCKING STUFFERS & ORNAMENTS

200 Quebec Street (44-2nd & Quebec) • The Lowry Town Center, Denver • 303.577.0058

Active Living Partnership of Greater Stapleton

**ALPS**



*Free Activities for All to Enjoy*

# The Rocky Mountain Arsenal National Wildlife Refuge Celebrates Wildlife

Nature and wildlife enthusiasts in the greater Stapleton area are marking their calendars for Saturday October 16, 2004 from 10:30 a.m. until 3:30 p.m. to join the celebration of National Wildlife Refuge Week at The Rocky Mountain Arsenal National Wildlife Refuge.

Since the first national wildlife refuge was created in 1903 at Pelican Island in Florida by President Theodore Roosevelt, the National Wildlife Refuge System has grown to more than 544 refuges encompassing almost 100 million acres of land. Every state in the nation has at least one national wildlife refuge, most within an hour's drive of major cities.

National Wildlife Refuge Week is a celebration of the importance of wildlife refuges to animal and plant populations. More than 250 threatened or endangered plants and animals are sheltered on wildlife refuges. Rocky Mountain Arsenal National Wildlife Refuge is home to more than 330 different species of wildlife. Spectacular mule and white-tailed deer, coyotes, waterfowl, hawks and our national symbol, the bald eagle often are seen on the Refuge, which is located just north and northeast of Stapleton.

Activities for October 16th include hayrides, wildlife tours and activity booths highlighting bat, deer and other wildlife studies occurring at the



Lake Mary at the Rocky Mountain Arsenal.

Refuge. The National Eagle and Wildlife Property Repository will be on hand to explain illegal wildlife trade and show some confiscated items. Watch for special appearances by Refuge mascots and President Theodore Roosevelt himself! Kids ages 12 and under can try their hand at "catch-and-release" fishing. After visiting all the activity booths, visitors can test their Refuge knowledge at the "Refuge Wheel of Fortune."

The Rocky Mountain Arsenal National Wildlife Refuge is a wonderful resource for anyone wanting to enjoy the outdoors while getting some great exercise.

Nearly 10 miles of Refuge trails are open for a leisurely stroll through wetlands, woodlands and prairie habitat. On October 16th, a light lunch will be available for purchase from the Rocky Mountain Arsenal Wildlife Society. No reservations are needed to participate in these free Refuge Week activities.

*The entrance to The Rocky Mountain Arsenal National Wildlife Refuge is only minutes from Stapleton at 56th Ave. and Havana Street. The Refuge is open weekends year-round from 8:00 a.m. until 4:30 p.m. Tours and nature programs are offered at various times throughout the year. Call the Visitor Center at 303-289-0930 to register for programs or visit our website at <http://rockymountainarsenal.fws.gov>.*



## Stapleton Fall Festival

Don't miss the 2004 Fall Festival at Stapleton on Saturday, October 16th from Noon to 2 p.m. on Founders' Green in the East 29th Avenue Town Center! The Festival will feature games, crafts, hayrides and a costume parade for children.

Tickets for the Festival are available at the Stapleton Visitor Center in the Town Center (7480 E. 29th Avenue). Tickets are priced at \$5 for adults and \$3 for children (ages 3 through 17). Tickets must be purchased by October 8th. With the purchase of their tickets prior to the event, each family will receive one coupon for a free pumpkin.

PAID ADVERTISEMENT

### Exempla Family Medicine at Stapleton



For nearly a year, Dr. Kristine Leathery has been serving patients at Exempla Family Medicine at Stapleton. Her name recently changed to Dr. Kristine Walsh, but she continues to provide the same quality care her patients have come to expect. She offers medical care for your entire family including

newborn care, child health care, and women's health care. Exempla Family Medicine at Stapleton is conveniently located in the Stapleton Plaza Office Building, 3401 Quebec, Suite 1015. For an appointment, please call 303-467-8900. Dr. Walsh and her staff look forward to providing extraordinary health care to you and your family - our Stapleton neighbors!

*new avenues  
real estate offices*

**Dardano & Associates, Inc.**  
Lane Dardano, Owner/Broker  
Chantal Cynthia Gabrielle Holly  
Jane Lynn Rochelle

**Dardano Properties**  
Samantha Dardano Kirschke, Owner/Broker  
**Denver Commercial Properties**  
Gary Molinaro, Owner/Broker Josh

**We wear lots of different hats around here.**  
**Come in and try us on for all your real estate needs. Or call us at**  
**303.331.6700**

**7489 East 29th Place in the Stapleton Town Center Crescent**  
email: [newavenues@dardanorealty.com](mailto:newavenues@dardanorealty.com)



# New Avenues Real Estate

Lana Dardano, Broker/Owner of Dardano Associates, Inc. and owner of the New Avenues Real Estate Offices in Stapleton’s East 29th Avenue Town Center, says her real estate business is very good but she still treats every client that comes into her office as if they were the *only* client.



From left to right: Chantal Wurminger, Gabrielle Marshall, Lana Dardano from New Avenues Real Estate.

Located across from the Town Center fountain, The New Avenues Real Estate Offices employ a sophisticated, customized software platform in a boutique-style real estate firm that allows its associates to stay connected 24 hours a day. With a team that enjoys 50 years combined experience, New Avenues Real Estate Offices eliminate the overwhelming amount of paperwork that exists in a traditional real estate office. Lana notes that this movement toward a “paperless workplace” is environmentally responsible and effective in streamlining the process in working with her clients. To reach Dardano and Associates in the New Avenues Real Estate Offices at Stapleton, call (303) 331.6700 or e-mail Lana Dardano at [ldardano@dardanorealty.com](mailto:ldardano@dardanorealty.com).

# District 2 Police Station Opens Near Stapleton



Denver Police Chief Gerry Whitman and District 2 Commander Rhonda Jones were among the dignitaries opening the new District 2 Police Station at 3921 Holly Street in the North Park Hill Neighborhood west of Stapleton.

celebrate  
being a **Woman.**

From soft and nurturing to **smart and savvy**, women enjoy a rich spirit that blends femininity with strength and laughter. We'll help you **celebrate it all** with a new look that captures your natural beauty and unique personality. **Call today** for your complimentary makeover.

DENISE ZAIONTZ 8011 E. 26th Ave., Denver 80238  
[www.marykay.com/dzaiontz](http://www.marykay.com/dzaiontz) 303.355.4612 [dzaiontz@marykay.com](mailto:dzaiontz@marykay.com)

MARY KAY

Custom guidance for your new Stapleton home.

We have offered expert guidance to our loyal clients for years buying and selling homes in Park Hill, throughout metro Denver, and now in Stapleton. With so many decisions to make in a new home purchase, it pays to have the custom service you deserve.

Jay Epperson 303-331-4586 Judy Wolfe 303-331-4524 [www.wolfe-epperson.com](http://www.wolfe-epperson.com)

WOLFE & EPPERSON SOLD signs follow us everywhere you go.

RE/MAX Cherry Creek

One highlight of the new police station is a large community room named in honor of the District’s former commander, Mike O’Neill. As a police officer, Commander O’Neill was well known in many neighborhoods throughout Denver as one of the most accessible and popular members of Denver’s police force. The non-emergency number of the new station is 720.913.1000.

# Affordable Home Services

If the question is “How to turn an unattractive yard or an unfinished basement into an exciting new living space that adds to the value and enjoyment of a home,” Stapleton residents Gregg Schulman, Geoff Seale and Sarah Christian, ASLA, have the answers.

Gregg started Affordable Home Services in July of 2003 to create living spaces outdoors and in basements that are natural, esthetic and functional extensions to the home. His company offers a full range of services that include the design, installation and maintenance of landscape, the design and construction of custom decks and patios and state-of-the-art basement & garage finishing. He also offers custom carpentry.



Gregg Schulman, Sarah Christian and Geoff Seale with client John Carranza.

But it is the landscape that has brought the Stapleton neighbors together. Affordable Home Services has teamed up with Geoff Seale’s Showcase Landscaping and Sarah Christian’s Landscape Architectural Design to deliver what the three professionals say is one of the best home improvement investments. “We take each customer through a complete process to help identify their unique needs and vision for their yard or basement, including such considerations as personal preferences, functional requirements, aesthetics, privacy, maintenance, budget, kids and pets,” Gregg said. “At the end of our process, we will have created a highly customized plan for our clients that reflect their personality and lifestyle and that does not look mass produced.” Together, Gregg, Geoff and Sarah possess a strong focus on environmental issues and “Built Green” standards. They believe careful planning is essential in smaller, urban yards because every detail is seen closely and has greater impact. The three also maintain a commitment to their community. Affordable Home Services and Showcase Landscaping are donating a percentage of their profits to the Westerly Creek Elementary School/Community Garden project pioneered by Sarah Christian. For more information, contact Gregg Schulman at 720-318-7933 or email [gbschulman@earthlink.net](mailto:gbschulman@earthlink.net).

## Straighten your teeth invisibly with Invisalign®.

Invisalign is the invisible, comfortable, convenient and removable way to get the smile you’ve always wanted.

**Orthodontics can improve oral health and boost self-image. Call today for your *free* Invisalign consultation (303) 321-4445.**

**Gina G. Kessler, DDS, MS**  
Orthodontics for Children & Adults

**invisalign®**  
straight teeth, no braces™

**TC TOWNCENTER**  
DENTISTRY AND ORTHODONTICS  
In the Heart of Stapleton



# Alternative Transportation Made Easy!

By Angie Malpiede

One of the most appealing aspects of living and working at Stapleton is the wide variety of options available for getting around. The Stapleton Area Transportation Management Association's (TMA) goals are to help Stapleton Area residents to understand the transportation options available and to provide the necessary information to choose an alternative mode when possible. Choosing to leave an automobile at home, even just a few times a week, can be a money-saving measure that also contributes to a healthier community by reducing congestion and air pollution.

The Stapleton community was designed for walkers and bike riders. Short distances can be covered in almost the same time as driving.



Choose to ride a bike or walk whenever possible.

Riding a bike can also be an enjoyable alternative for shorter trips. In fact, for trips less than four miles, the travel time by bike can be about the same amount of time as needed by car.

Choosing a bicycle to accompany children to and from school, running errands or visiting neighbors is another way to teach kids about getting around in a more active, healthier mode of transportation. A bicycle gives children freedom and allows parents, if their children are old enough, to send them to a friend's house without having to drive them.

The Stapleton TMA urges drivers to keep an eye out for pedestrians and cyclists. Remember: Courtesy is contagious!

Angie Malpiede is the Executive Director of The Stapleton Area Transportation Management Association. For more information, contact Ms. Malpiede at 303-468-3231.

# Active Senior Living

There is an exciting place for seniors interested in healthy living at Stapleton! Clyburn at Stapleton, an apartment community that offers affordable housing for seniors age 55 and older, is located on the corner of 26th and Quebec (7401 East 26th Ave.) across the street from Fred Thomas Park.

Physical and mental stimulation are both important components of healthy living. Clyburn at Stapleton provides many opportunities and activities for the active senior lifestyle.



DJ Anderson and John Tucker dance to live music at a Saturday night social event at the Clyburn.

Companion animals are allowed and encouraged at Clyburn. Dog walking is healthy for the owners, as well as the dogs. The close proximity to the off-leash dog park in Greenway Park and Fred Thomas Park offers dogs and their owners plenty of room to roam.

Free computer classes are available to Clyburn residents, opening up a whole new avenue of information, resources, and communication. Clyburn at Stapleton also features a beautiful library lending books, movies, and CDs.

Saturday night "Game Night" is an opportunity to socialize and offers the challenge of friendly competition. Clyburn seniors also enjoy live jazz music and dance once a month.

The number of bicycles on the bike racks is a testament to the active lifestyle at the Clyburn. Fred Thomas Park offers many bike paths and walkways for Clyburn residents to enjoy.

Clyburn at Stapleton is an active place for today's active seniors, where healthy living takes many forms – physical, social, cultural, and mental. For more information please call 303-388-1515.

## The Stapleton Wellness Center

A new component has been added to the Stapleton Intranet – The Stapleton Wellness Center. Designed to help you achieve your goals for health and wellness, The Stapleton Wellness Center features health advocacy tips, information, resources, education and more. The Wellness Center is available to all Intranet users and can be easily accessed at [www.StapletonOnline.com](http://www.StapletonOnline.com).

As part of the ongoing sustainability efforts at Stapleton, The Stapleton Wellness Center features six key areas to target your well being: Stress Management, Body Work, Supportive Services, Nutrition, Fitness and a Topic of the Month. Talk with your neighbors online about health related issues, find a doctor and learn about the latest in medical breakthroughs. The Wellness Center is the latest resource for StapletonOnline users – check it out!

## MOPS is for Mothers

Mothers of children from newborn through kindergarten are invited to join the Corona Chapter of Mothers of Preschoolers (MOPS).

Founded on the philosophy that "No mom was ever meant to mother alone," MOPS meets for brunch twice a month at Corona Presbyterian Church (8th and Downing) to allow moms to hear dynamic speakers on such important and relevant topics as developing solutions to getting organized, budgeting, friendships, personal pampering, parenting skills with the "Love & Logic" theory and much more. By sharing experiences, MOPS empowers women to make the most of their lives.

The Corona chapter of MOPS is scheduled to meet the 1st, 3rd and 5th Fridays of the month from 9:00 a.m. to 11:30 a.m. through May 20, 2005. Mothers of preschool children are invited to connect with a fun, caring and nurturing group of women. Childcare, fun activities and snacks are provided for children. For more information, call 303-832-2297 or e-mail [karynj28@yahoo.com](mailto:karynj28@yahoo.com).

Applying is the easy part.  
Actually, there are only easy parts.



The Next Stage®

HOME EQUITY AND PERSONAL LOANS AND LINES OF CREDIT



The toughest part of the Wells Fargo loan process is probably reading this ad. We'll work with you every step of the way to make sure you get exactly the type of loan you need. Then customize it to fit your individual needs with flexible terms, competitive rates and affordable payment options. You can even set up automatic repayment directly from your Wells Fargo checking account. To get a quick decision on a Wells Fargo® Home Equity Loan, personal loan or line of credit, just visit us online at [wellsfargo.com](http://wellsfargo.com). Or simply talk with your Wells Fargo personal banker. Okay. You're done reading the ad. This is where it gets easy.

© 2001 Wells Fargo Bank, N.A. Member FDIC.

9000 East Colfax Avenue, Aurora, CO 80010-5000 • 303-360-4865



# Greater Stapleton Businesses Sponsor Food Drive for the Neighborhood

The Greater Stapleton Business Association (GSBA) is sponsoring its first annual Food Drive to demonstrate the giving spirit of its members and acknowledge the wonderful support they have received from the neighborhoods in the Stapleton area.

The business association, which started as a small group of local business owners and associates two years ago, has grown by leaps and bounds to represent nearly 40 businesses in the greater Stapleton area. Having so much invested in Stapleton, the business association has decided to give back to



Stapleton Business Association meeting.

the community by collecting canned and dry goods to be donated to a local food bank and distributed to those in need in the neighborhood.

All donations will be weighed and tallied November 4th at Founders' Green in the East 29th Avenue Town Center at Stapleton before they are transported to those in need of a brighter holiday season. A GSBA goal of 5,000 cans has been set and member merchants are urging everyone to join in the goodwill of the holiday season and drop off canned goods and other non-perishable food items.

Collections will take place between October 18 and November 3rd at many of the Stapleton area businesses. A complete listing of collection sites is available at [www.StapletonDenver.com](http://www.StapletonDenver.com) or [www.StapletonOnline.com](http://www.StapletonOnline.com). This is an easy way to support your neighbors in need. Donation Suggestions:

[www.29thanimalhospital.com](http://www.29thanimalhospital.com)

let us treat your pet

303.394.3937

- |           |                   |
|-----------|-------------------|
| Jelly/Jam | Baked Beans       |
| Soup      | Canned fruit      |
| Pasta     | Canned vegetables |
| Rice      | Peanut butter     |
| Tuna      | Beef stew         |
| Ham       | Chili             |

The Greater Stapleton Business Association meets monthly to address issues of mutual concern and explore ways to serve the community. To obtain information about the Association, contact Angie Malpiede at 303-393-7700.

*The Greater Stapleton Business Association (GSBA) was formed two years ago with just a small group of local business owners in and around Stapleton. Since then, the association has grown with the Stapleton community to an organization of nearly 40 businesses.*

Justin Ross, Owner, is excited about the opportunity to offer Mortgage Loan Services to the residents of Stapleton and the Metro Denver area. With twelve years of mortgage experience, Stapleton Mortgage was established in September of 2002.

The Ross's were one of the 1st families to move to Stapleton in June 2002. Justin's older daughter Jericka will be entering the 6th grade this fall and he and his wife Marissa are expecting their 1st child in September.

Justin and Marissa are quite anxious to experience the growth along the Stapleton corridor and look forward to serving your mortgage loan needs. Stapleton Mortgage may be reached at 303-810-0782, or email [jusross@stapletonmortgage.net](mailto:jusross@stapletonmortgage.net)

## Stapleton Builders Inspired to Help the Disabled



The Home Builders Foundation received a major funding boost recently when New Town Builders and Forest City Stapleton, Inc. awarded the charitable organization all of the profits from the sale of one of their new homes at Stapleton. In this photo, Foundation Executive Director June Barnes and President Jack Dorwart accept a check for \$310,000 from Gene Myers, founder of New Town Builders and Denise Gammon, senior vice president of residential development for Forest City Stapleton, Inc. The funds will be used to assist people with disabilities.

## Stapleton Stampede



The sun could not have been brighter, the runners faster nor the fun more enjoyable when runners hit the streets at Stapleton on August 28th for the 5k and 15k Stapleton Stampede. The run was sponsored by the Metro Denver Realtor Foundation to help raise money for parks, open space and schools in the Stapleton community. Aurora Mayor Ed Tauer and Denver Mayor John Hickenlooper attended the post race award ceremonies to present the honors to the winners. Everyone enjoyed the barbecue provided by Tires Plus in Quebec Square.

## Stapleton Wins Another Environmental Award

Stapleton has been honored with an Environmental Achievement Award from the Colorado Department of Public Health and Environment (CDPHE).

The CDPHE award recognizes "the voluntary and significant environmental achievements of Colorado businesses and organizations." Stapleton was honored for its design and implementation of sustainability concepts in the mixed-use development of Denver's former airport.





4 Paws News

by Michele Smith, D.V.M.  
E. 29th Ave. Animal Hospital

As a Matter of Fat

Like their human counterparts, the number one disease affecting pets in the U.S. is...do you know? Shhhhhhh. You don't want to affect their self-esteem, do you? The terms we try to use to euphemistically gloss over the facts are often cute; pudgy, comes to mind. What we are talking about, though, is not cute; it is a serious and debilitating condition that can lead to a myriad of illnesses, many of which can even be life-threatening. What is the disease? OBESITY!

Now, I know your pet is not strutting in front of full-length mirrors wondering if next season will be a bikini or another one-piece, so appearance is not what we are talking about. I also know that with rare exceptions, this overly round little fuzz ball isn't doling out his or her own portions either.

The most telling and often tragic sequel to a lifetime of excessive weight is often the irreversible destruction of joint cartilage. What does that mean? It means arthritis. Modern medicine is pretty good at relieving discomfort, and even has long term solutions to help repair damaged cartilage. However, prevention through weight management is the best way to lead a more comfortable "senior" life.

It is hard to ignore the importance of good dietary habits as we are surrounded by the results of the impact of fast food on the health of our nation. But when one considers that liver disease, pancreatic disease, gastrointestinal disease, diabetes mellitus and several forms of cancer have their origin in poor nutrition, excessive calories, or excessive fat intake, it is surprising that more people don't use the same dietary precautions for their pets that they might for themselves.

What can we do about obesity in our pets? Frankly, get their heads out of their bowls and get their paws moving. Realistically, this means smaller portions and more exercise. In practice, there are many possible ways to accomplish the former. Most quality pet food companies make "diet" food listed as either "light," "less active," "for the horizontally challenged," or several other nice ways of saying less calories. The hook, though, is that if you follow the feeding guidelines on the package, weight loss will be slow in coming if at all. Reducing the recommendations by 20% will often get the job done. But don't stop there! You know when you're sitting around watching TV and little Chubster is staring you down for the several potato chips you usually "accidentally" drop. Stop it!! Try giving a baby carrot or green beans if you have to give something. Then you both should go out for a nice walk.

Remember, put a measured amount of good quality food in the bowl the appropriate number of times per day, and find another way to show your love for that adorable little critter. Your pets can't regulate how much food they eat, only you can.

Dr. Smith's Clinic is located in the East 29th Avenue Town Center.  
For more information, call 303.394.3937.



Front Porch Flower Talk

by Michele Stefanon  
Amore Fiori Flowers and Gifts

The Emotional Power of Color

Have you ever noticed how the environment around us can affect how we feel? Do factors such as the room temperature, the color tones and hues, the amount of open space, the types and number of objects in the room seems to influence how you feel? If so, you are not alone. Many studies have shown this to be true.

In fact, architects and interior designers are more and more including these considerations in their designs for new hospitals, offices, and public buildings. And, of course, one of my favorite ways to change the feeling of my environment is with flowers. According to studies published by the Society of American Florists (SAF), the type and color of flowers in a room can play an important role in determining how we feel. Below are some general guidelines to consider when choosing flowers based on the emotion you would like to elicit:

**Nurturing** - Create a true sense of caring with colors that are soft, tender, and fragile such as pastel tones in pink, yellow, peach, and aqua. Floral arrangements using these colors are perfect for a new mother, a sick friend, a sympathy occasion, or anyone who just needs a hug.

**Romantic** - If sense of love, intimacy, or a seductive setting is what you are seeking, flowers with blend of delicate warm and cool colors will do the trick. A romantic palette includes shades of lavenders and pinks to express love of sweethearts, mothers, best friends, and brides-to-be.

**Sensuous** - A rich, luxurious color combination will instill a magnetic, sophisticated, passionate, or even seductive feeling. Using robust colors of reds, purples, pinks, and gold in your arrangements will create a sensuous setting. These are perfect for an elegant dinner party, anniversary, or even a second date if you dare.

**Tranquil** - Nothing is more tranquil than a seaside scene. Likewise, a color scheme that combines clear and light shades of green, misty blues, and other cool tones creates a serene and peaceful feeling. Tranquil colors are a great choice for harried professionals, busy moms, or anyone who is just looking for a little escape from the stress of everyday life.

**Whimsical and Celebratory** - For a fun-loving, free-spirited feeling, select bold, contrasting primary and secondary colors. These hues set a celebratory tone and will put a smile on any face. Consider a whimsical palette for birthdays, graduations, promotions, or any other happy event.

The next time you are shopping for flowers, rather than making your choice based on the type of flowers you like, stop for moment and consider the type of emotion you are seeking to elicit. Then based on the colors associated with that feeling, select an arrangement or bouquet that matches your tastes. You may be surprised by the emotional power of color.

Michelle Stefanon's shop, Amore Fiori Flowers and Gifts, is located in the East 29th Avenue Town Center. Call 303.333.3848 for more information.

### Back-to-School Packing & Shipping\*

\*Unpacking not included





The UPS Store™

- Certified Packaging Experts
- Low Shipping Rates Direct from UPS®
- Freight Shipping

The UPS Store  
Quebec Square  
3700 Quebec #100  
Denver, CO 80207

303-996-5660 Phone  
303-996-5665 Fax

©2003 United Parcel Service of America, Inc.

### We're Right in Your Neighborhood

Full service women's health care in your neighborhood.



Specializing in obstetrics, gynecology, infertility, gynecological surgery, menopausal counseling, incontinence, contraceptive counseling and holistic health care.

Delivering at the **The Baby Place** at Saint Joseph Hospital. Convenient, tree parking available. Accepting most major insurance plans.

### Exempla Uptown Women's Healthcare Specialists

Dr. Simon Payne, Dr. Mark Simon and Cynthia Aspromonte, RNC, NP, FNC, CHTP-I

1655 Lafayette, Suite 301 • Denver, CO 80218  
Phone: 303-869-4888 • Fax: 303-832-3263  
www.exempla.org

©2004 Exempla Healthcare



**SUN Guest Editorial**

# Update from the Transportation Taskforce

By Jason Longsdorf

When the Central Park Blvd. (CPB) Bridge opened and the Montview detour through the neighborhood began, residents voiced myriad concerns. S.U.N. hosted a forum to hear the issues on August 17th and over 50 residents participated in developing a list of several dozen transportation system concerns. Councilman Hancock suggested a representative group review the concerns in the context of the Stapleton green book and the needs of the larger transportation system. So far the task force, which also includes key members of Denver Traffic Engineering and Forest City, has agreed to the following.

**Issue:** Traffic speeds and volumes on 28th Ave.

**Solutions:** Stripe crosswalks at 28th Ave. & Ulster. Create a 4-way stop at 28th at Spruce. Create a safety zone along 28th in front of the pool, which will mean double the fine for any traffic violation. Request for the police speed trailer and radar van to be placed along 28th (and Central Park Blvd.) at different times over the next few months.

**Issue:** Concerns about the unintended effects of the built median at 26th Ave.

**Solution:** Adjust the median on CPB so that 26th will be opened for westbound through traffic as well as left turns from northbound CPB. Adjust the median on CPB so that 28th will only be open for eastbound through traffic as well as left turns from southbound CPB. If this is approved and funded, the task force will request a few parking spaces be removed from CPB to open up sight lines from 26th and 28th, and that we add one more east west stop sign on 26th between CPB and Syracuse. We have also requested that Denver be open to a “no left turn” at 26th and CPB if it causes problems.

Next we will look at issues on 29th Ave. and Syracuse and Roslyn. Our goal is to present all our suggestions at the November S.U.N. general meeting. Please send comments to [jasonlongsdorf@comcast.net](mailto:jasonlongsdorf@comcast.net)

Though we are not done, I would like to thank the residents on our task force for volunteering their time on this important effort.

*Jason Longsdorf is a Stapleton resident and the chairman of the Stapleton United Neighbors (S.U.N.) Subcommittee on Transportation.*

## To Send Letters to the Editor

The Front Porch will publish Letters to the Editor, as space allows. We reserve the right to edit length. Please mail your letters to Tom Gleason, editor, Front Porch, Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80238 or email [tgleason@stapletondenver.com](mailto:tgleason@stapletondenver.com).

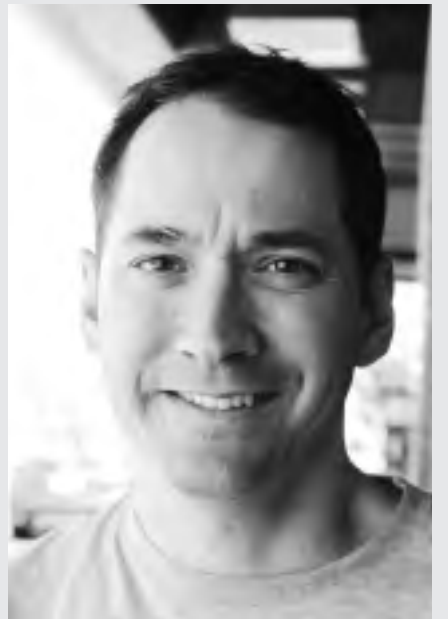
**Views on the Street**

# What is your favorite way to exercise and where do you do it?



**James McClain**

“I guess my favorite place would be the local rec center or going to the park and running around the lake. I use some weights – light weights – but my main thing is running.”



**Ron Hammond**

“I exercise by weight lifting and doing aerobics at the Cherry Creek Athletic Club. I plan to do that once I move here. I also hike and bike. I like the walking at Stapleton. I plan to look for places to do weights around here.”



**Ingrid Crowl**

“I walk three to five miles a day on the bike paths, on the greenways and on 29th Avenue with the kids. I have lived here a little over a year. I moved here for the community mostly but also because you can walk here safely. My daughter Meagan and I were on a walk last night at 8 o’clock and it was nice, and they are going to have yoga here – I’m excited.”



**CALL ME. FROM HOME TO AUTO TO LIFE TO TOYS, I CAN HELP YOU PROTECT THEM.**

BRAD PHILLIPS & ASSOCIATES, LLC  
STAPLETON PLAZA OFFICE BUILDING  
3401 QUEREC STREET #10500  
(303) 377-4767  
[BPhillips3@aallstate.com](mailto:BPhillips3@aallstate.com)

P.S. Stop by my new office in the neighborhood!



**Allstate**  
You're in good hands.

Subject to availability and qualifications. Insurance offered with select companies. Allstate Property and Casualty Insurance Company, Allstate Insurance Company and Allstate Life Insurance Company. Northbrook, Illinois © 2011 Allstate Insurance Company.





**Margie Green**  
“We’ve had a unit here for a year and a half but we’ve been splitting our time between here and Washington DC. We’re moving back here full time. My husband and I walk 29th Avenue and I’ve used the pool a few times. I have a Bladium membership and I like to use the fitness room 2-3 times a week. I do exercises at home every night.”

**Nathan Green**  
“Basically for exercise I run a lot around the neighborhood. I also spend 3-4 days a week working out at the Bladium using their facilities. I use weights and a treadmill. I used to play ice hockey and I’m thinking about getting into roller hockey there. I live in Park Hill.



**Bruce Powell**  
“I like rollerblading. I use the greenway around Stapleton here and it’s fantastic. You can go on it for hours. It loops and dips and goes down the valley. There are some bridges. It’s beautiful prairie scenery. It’s a great place. I’d like to try the Bladium for roller hockey, but I’m getting old you know!”

# Master Community Association News

by Diane Deeter  
Stapleton Community Manager



Of all the questions or comments I receive from Stapleton residents on a daily basis, the following topics arise most frequently:

### Pet Responsibility

Stapleton residents with pets are subject to the City and County of Denver ordinances regarding leash laws, barking, and pet excrement. Being a responsible member of the community includes keeping your pet on a leash, appropriately picking up after your pet, and controlling excessive barking. Additionally, the safety of your pet and those around your pet is paramount. Please keep them ON LEASH unless you are inside the dog park.

### Tree Lawn & Alley Maintenance

It is the responsibility of the homeowner to maintain the tree lawn located in the front of the home between the curb and sidewalk. This includes watering, mowing and controlling the weeds. Any landscape in the section of the alley directly behind a single-family home is also the responsibility of the homeowner.

### Keep Garage doors closed and locked

Just a reminder to all homeowners to keep their garage door closed and locked if they are not working inside. There have been several bicycles taken from open and unattended garages.

### Walking School Bus

Parents: joining the Stapleton Walking School Bus is a great opportunity to exercise for you and your child while you also help them travel to and from school safely. Call 720.249.5110 or visit [www.stapletononline.com](http://www.stapletononline.com) to obtain more information about the program.

### Frequently Requested Numbers

To report off leash animals or excessive barking, please call Animal Control at 303.698.0076.  
To report abandoned vehicles & recreational vehicle parking, please call Neighborhood Inspection Services & Code Enforcement at 720.865.3191. This is Gina Romero’s direct number.  
To report an outage or malfunctioning streetlight, please call Xcel Energy Response Line at 1.800.895.1999. You will need the numbers on the pole itself when you call this in.

Diane Deeter may be reached at [communitymanager@stapletondenver.com](mailto:communitymanager@stapletondenver.com)

## A Day Spa

7505 East 35th Ave – Quebec Square  
303-780-9000 – Open Tue - Sun

Not valid with other offers – Must present coupon at time of service

**15% Discount**  
on any one service  
Hair services  
Facials • Waxings  
Body Wraps & Polishes  
Manicures & Pedicures  
Massages

Gift Certificates Available



## Stapleton Home Services

Professional Maid Service

*Owned and Operated by a Fellow Stapleton Resident*

*With us you are more than  
just a customer,  
you're our neighbor!*

303-601-9777 [corbyfelsher@msn.com](mailto:corbyfelsher@msn.com)

# Cook'sMart

Maureen liked having a whisk for every occasion.

We have just about every culinary gadget known to mankind. And thousands of other manuals for your kitchen and table.

**The Annual All-Clad Event is Here!**  
**Enjoy All-Clad Savings**  
**10/23 thru 11/5.**

Cherry Creek North • 3rd and Milwaukee • 303.344.5933 • [cooksmart.com](http://cooksmart.com)

## Cook'sMart

never a dull kitchen



# Forest City Employees Improve Denver Children’s Home

More than 30 employees of Forest City Stapleton gathered at Denver’s Children Home in the early morning hours of September 10th with construction and garden tools in hand to begin a day of landscaping, construction and painting improvements for the non-profit agency as part of Forest City’s 1st Annual Community Day.

The Stapleton employees were among 1,000 employees of parent company Forest City Enterprises who participated in a community work day in 22 cities across the nation, including New York, Brooklyn, Tucson, San Francisco, Cleveland and Detroit, as volunteers in the communities they serve, lending a helping hand to local non-profit groups and agencies. To demonstrate its commitment to community involvement and betterment, Forest City created Community Day, an initiative where all employees are given the opportunity to volunteer their time and skills to local organizations. Projects include painting at schools and children’s agencies, delivering meals to the elderly and cleaning up beaches and waterfronts.

“Forest City believes in building value for the communities where we work and live,” said Charles A. Ratner, president and chief executive officer of Forest City Enterprises. “We strongly encourage all of our associates to become engaged in those communities, and we hope that by volunteering, Forest City is able to make a real difference in the lives of our friends and neighbors.”

At Denver Children’s Home, the Stapleton employees planted new landscape and constructed a garden pergola for outdoor gatherings. Inside the 100-year-old building, which is the first United Way agency in the nation, employees installed a new doorway and painted interior rooms. Companies donating materials or tools included MA Mortenson, DBC Irrigation Supply (neighborhood business), Paradigm Landscaping, Home Depot and Valley Crest Landscape.

“The children and staff were overwhelmed by the hard work and dedication shown by the Forest City volunteers during their community day at Denver Children’s Home,” said Rebecca Hea, senior administrator for Denver Children’s



Forest City Stapleton employees turned out to make landscape improvements at Denver Children’s Home as part of a nationwide “Community Day” held by Forest City in cities across the nation.

Home. “The volunteers helped to make our 103 year-old facility more accessible to our children and families by putting new doors in a



treatment room and building a wonderful pergola for outdoor meetings. We marveled at how much can be accomplished by a group of caring individuals in one day! Working side by side with the volunteers helps our children heal and rediscover a sense of self worth. We hope to continue this wonderful partnership in the future.”

To learn more about helping the Denver Children’s Home, visit [www.denverchildrens-home.org](http://www.denverchildrens-home.org)

## DPS Commission Explores Nutrition and Physical Activity

A commission created by The Board of the Denver Public Schools (DPS) has undertaken a special effort to “examine effective practices in schools and recommend policies and standards which would have a positive impact on students’ nutrition, health, and physical well-being.”

The DPS commission is co-chaired by Board member Elaine Gantz Berman and Reginald “Reggie” Washington, a prominent pediatric cardiologist from Colorado who, among many other regional and national appointments, is co-chair of the American Academy of Pediatrics’ National Task Force on Obesity.

“Clearly students spend a good part of their day with us ... and we need to make sure students know the difference between good

nutrition and poor nutrition and the importance of physical activity,” said Board member Berman. Denver Public Schools, she added, will lead the nation in exploring how schools can make changes to lower obesity rates, which have doubled in Colorado over the past decade. DPS Superintendent Jerry Wartgow said the work of the commission is intended to directly support district goals – setting high expectations, improving the performance of all students, and closing the gap between better and poorer performing students. “We know that healthy children learn better,” he said.

For more information about the DPS Commission on School Nutrition and Physical Activity, e-mail [board@dpsk12.org](mailto:board@dpsk12.org) or phone 303.764.3210.



Odyssey Charter School students pick up their hot lunches. Denver Public Schools has made a commitment to leading the nation in exploring how schools can help lower obesity rates.

### Create the smile you’ve always wanted!

Call for a free consultation  
(303) 321-4445

Brett H. Kessler, DDS  
*Cosmetic and General Dentistry*

Gina G. Kessler, DDS, MS  
*Orthodontics for Children & Adults*

**TOWNCENTER**  
DENTISTRY AND  
ORTHODONTICS  
*In the Heart of Stapleton*

HEALTH  
FUNCTION  
COSMETICS  
TECHNOLOGY

## POSTNET

CREATE • DUPLICATE • DELIVER

So many services.  
One easy stop.  
That’s PostNet.

copy  
print  
scan  
surf  
sort  
bind  
fax  
ship  
pack

**East 29th Avenue Town Center**  
7476 E. 29th Avenue • Denver, CO 80238  
(303) 321-3646 • Fax: (303) 321-4416

- Digital B/W & Color Copies
- Printing & Finishing Services
- Computer/Internet Services
- Private Mailboxes
- Packaging Services & Supplies
- Worldwide Fax Services
- Passport Photos
- & Much More!

FedEx Authorized ShipCenter

Store Hours: Mon-Fri 8am-6pm • Sat 9am-3pm

**\$3 OFF**  
ANY UPS or  
FedEx SHIPMENT  
Not valid with any other offer.

**49¢**  
COLOR COPIES  
8 1/2 x 11, Single sided.  
Not valid with any other offer.

Each PostNet Center independently owned & operated. Services may vary.



# STAPLETON TODAY



**An update of Stapleton's evolution from a former airport to a new urban community.**

## HOMES

Stapleton has homes for everyone, priced from the low \$100s to over \$1 million. Mansion Homes are priced from the high \$100s. Townhomes are priced from the mid \$200s. Lofts are priced from the low \$300s and apartment monthly rents are from \$700 - \$2,000.

Botanica on the Green apartment homes feature unique one-, two- and three-bedroom homes with separate entrances and some even have their own garage. Monthly rents are from \$950.

John Laing Paired Homes Models are now open. These homes combine two low-maintenance homes built around a variety of outdoor spaces and are priced from the high \$300s.

## SHOPS

Quebec Square will welcome Sally Beauty Supply, Stranz, Ladies Workout Express, Quebec Square Family Dentistry, State Farm Insurance and Instant Imprints in the coming months.

## PARKS

Work is progressing on the 2nd pool at Stapleton, which will open in the summer 2005. The pool will be located at 25th Avenue and Xanthia Street and will feature a fun activity area for children.

Central Park construction is moving along. The first phase of the 80-acre park will open in the summer 2005 and will be located immediately east of the Stapleton Control Tower.

## SCHOOLS

Odyssey Charter School welcomed back their students on August 24th. Odyssey Charter School, a DPS charter school, is modeled after the Outward Bound program where children learn best through personal, direct experience.

## HEALTH AND WELLNESS

The Wellness Center on the community Intranet, [www.StapletonOnline.com](http://www.StapletonOnline.com) has launched. The Wellness Center features a professional directory, resource center and tips and articles on stress management, body work, supportive services, nutrition and fitness

## EVENTS

Colorado Tastings Wine Festival at Stapleton will be October 2nd at Founders' Green from 1-5p.m. Music, food and wines from some of the region's best wineries will be available.

The annual Fall Festival will be held Saturday, October 16th from noon - 2pm and will feature games, crafts, a costume parade, a pumpkin patch and hay rides.



**STAPLETON**

the art of urban living



## PEDIATRIC DENTISTRY

*Are your children going to the dentist or on a jungle safari? They can't tell either.*

"Innovative, amazing, quality pediatric dentistry" - Dental Economics



**A WILD SMILE**  
Stapleton Town Center  
7350 E. 29th Ave, #202  
**720-945-1234**



## TO ADVERTISE IN THE FRONT PORCH

call 720.249.5118  
email  
[marketing@StapletonDenver.com](mailto:marketing@StapletonDenver.com)  
or visit  
[www.StapletonDenver.com](http://www.StapletonDenver.com)



**HELPING MORE PEOPLE BUY & SELL HOMES WORLD-WIDE**



**Mark Wilkins**  
24/7  
303-743-9393  
303-750-7070

[www.Mark-wilkins.net](http://www.Mark-wilkins.net)  
[Markwilkins@remax.net](mailto:Markwilkins@remax.net)



# ACTIVE LIVING



The Active Living Partnership of greater Stapleton or ALPS as we like to be known, will be celebrating the completion of our first year at the end of October. We have been funded through a grant from the Robert Wood Johnson Foundation's Active Living by Design program as one of 25 sites across the nation to support active living through the development of programs and policies. In the past year, we have made progress in both areas. It is our hope that ALPS has benefited you in some way during the past year or will be of benefit in the coming months.



Our signature program is the "Passport to Active Living." We have completed the first round in which we featured activities and events in Stapleton and the four surrounding neighborhoods. As you participate in selected activities, you can collect stamps in your Passport to be eligible for prizes. Look for details in future editions of the *Front Porch* for the next phase of the Passport - expected to begin in January.

Other programs promoted by ALPS are:

- Feet First, a program to promote alternative modes of transportation to elementary school children
- Walking School Bus (currently being initiated at Westerly Creek Elementary and Fletcher Elementary)
- Colorado On the Move, a program that promotes small changes in physical activity and diet leading to a healthier lifestyle

ALPS has been working with the Stapleton TMA (Transportation Management Association) and Forest City through the Policy and Community Design Task Force to address issues of concern regarding traffic and pedestrian safety. Issues addressed include a change at 28th and Spruce to make a 4-way stop, painting crosswalks and stop bars at 28th and Ulster, and a delayed signal approach for several of the intersections on Quebec to give pedestrians a several second head start to cross the intersections.

In our second year ALPS plans to expand our program reach and continue to work on policy issues affecting active living. ALPS will continue to include more businesses, organizations and residents as we promote active living that leads to a healthier life.

For more information about how to become involved or learn more about our programs, please contact Tina Pihl, ALPS Coordinator at 303-477-9975 or [ttp@livablecenter.org](mailto:ttp@livablecenter.org).



Top left: Runners stretch in Founders' Green.

Top right: Seniors work out at the Bladium Sports Club.

Above: Neighbors gather at Stapleton.

## amore fiori

Flowers & Gifts



- o Fresh Flowers
- o Bouquets & Arrangements
- o Green & Blooming Plants
- o Gift Baskets
- o Weddings & Special Events
- o Corporate Services



Located in Stapleton's East 29th Ave Town Center  
 Open Mon thru Sat, 9-6  
 (303) 333-3848  
[www.amore-fiori.com](http://www.amore-fiori.com)

## Bladium Sports Club

Your Stapleton Sports and Health Club!

- 3500 Sq Ft Fitness Center
- Spin, Yoga, and Tai Chi Classes
- Locker rooms with showers
- Adult and Youth Hockey Leagues
- Developmental Hockey Clinics
- Basketball and Volleyball
- Sports Bar and Pro Shop



**BLADIUM  
FITNESS**

**No Initiation fees for  
Stapleton Residents!**

**Entrance is located at Syracuse and 23rd!**

**[www.bladium.com](http://www.bladium.com)**

**2400 Central Park Blvd    303-320-3033**