

Front Porch

A publication of Forest City Stapleton, Inc.

STAPLETON

DENVER, COLORADO

MARCH 2005

Scheduled Opening Late November 2005

NorthField Lands Bass Pro

Construction is underway on the Bass Pro Shops Outdoor World superstore in NorthField at Stapleton. NorthField is a 1.2 million square-foot, pedestrian-friendly "Main Street" environment that will combine major anchor stores, specialty shops, restaurants and entertainment in an outdoor setting. The approximately 180,000 square-foot Bass Pro store is scheduled to open in late November of this year.

"All of us at Bass Pro Shops are extremely excited about opening our



An aerial view of the construction site for the NorthField Retail Center, where Bass Pro will open later this year, north of I-70 at Quebec.

first store in the great outdoor state of Colorado," said Bass Pro Shops President Jim Hagale. "Our store will serve the needs of area outdoor enthusiasts, as well as those who travel here to enjoy all the great outdoor opportunities around Denver."

Bass Pro Shops' unique, award-winning, mega-size outdoor stores are known for combining retail with entertainment, conservation and outdoor education. Their 26 destination retail stores across America attract over 75 million people annually.

"This is a reflection of Stapleton's ever

growing success," said Denver Mayor John Hickenlooper. "The retail opportunities presented by Bass Pro Shops and the NorthField Retail Center will be of great benefit to Stapleton residents and the entire Denver metro area."

"Bass Pro is a perfect fit for the Denver market based on the demographics which strongly support a preference for healthy outdoor living, a Bass Pro Shops requirement when locating new stores," said Brian M. Jones, president, Forest City California, developers of NorthField at Stapleton. "We're pleased they selected our property for their first entry into Colorado."

More than just a fishing and hunting store, Bass Pro Shops will also offer equipment and clothing for hiking, backpacking, canoeing, kayaking, wildlife viewing, camping, outdoor cooking and more. A gift

Bass Pro Shops unique, award-winning, mega size outdoor stores are known for combining retail with entertainment, conservation and outdoor education. Bass Pro Shops offer equipment and clothing for backpacking, hiking, canoeing, kayaking, camping, outdoor cooking and more.

Stapleton Small Businesses

Stapleton Artist Serious About His Work

By Kathy Epperson

Raj Chaudhuri left his work in high tech six months ago to devote himself to his lifelong interest in painting. Raj paints oils from his studio at home, creating his own works of city images, people and still life, as well as commissioned portraits.

In addition to being highly talented and passionate about his work, Raj is very disciplined in his work habits and thought processes. Not only does he continue to study art and work at honing his talent, but he spends a lot of time designing each piece and doing studies and color tests. Raj also sets regular full-time hours for his work and even sets deadlines for himself. "That is essential," he says. "There are days when I don't 'feel' like painting - tough luck. I still need to work. It's

not that I get up in the morning and think to myself 'so what am I going to paint today?' I already know - and have done all the research for the material I need to paint."

Although Raj admits there is never an easy time to start a business, he and his wife Christy, a physician at Presbyterian St. Luke's Medical Center, have been planning Raj's career switch for several years now, particularly



Raj Chaudhuri at work in his home studio.

since moving to Stapleton two years ago. "I knew if I didn't take this chance at pursuing my dream and making a career as an artist now, I never would. And I would have a pretty wicked mid-life crisis in 10 years," he laughs. Raj took baby steps initially, at first cutting down to 20 hours a week at his previous job, then soon making a go of it full time when he realized he needed to devote full

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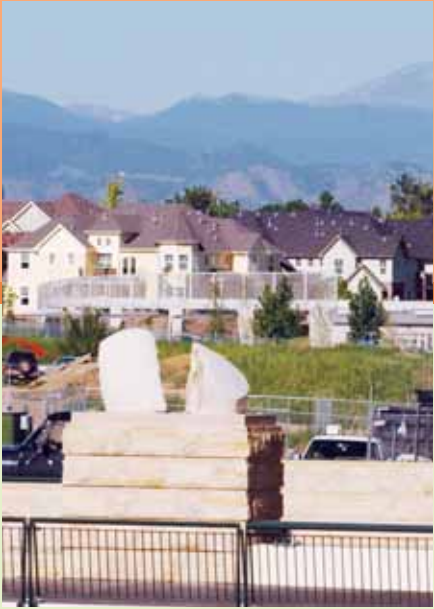
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Then and
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View of Stapleton and the mountains from Central Park Bridge.

Mark Your CALENDAR

2005 STAPLETON EVENTS

EVERY MONTH

First Tuesday of each month

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

First Wednesday of each month

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

First Saturday of each month

Bluff Lake Birders
Bluff Lake Nature Center
7 - 9am

Third Tuesday of each month

Stapleton Business Assoc.
Call 303-393-770 for location
8am

Third Thursday of each month

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

Every Tuesday

Stapleton Strollers
29th and Valentia
9:30am

Every Tuesday

Preschool and Parent Support Group
Westerly Creek Elementary School
1-3:30pm

Every Wednesday

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

Every Friday

Story Time for Tots
Westerly Creek Elementary School
9:30am

Every Sunday

June 5 - September 25

Stapleton Farmers' Market
East 29th Avenue Town Center
8:30am - 12:30pm

MARCH

Wednesday, March 2nd

S.U.N Community Policing
Meeting
7350 E. 29th Ave. (3rd floor)
6:30pm

Saturday, March 5th

Baby/Kid Stuff Sale
Westerly Creek Elementary School
9am - noon



Spring Fling has been a tradition at Stapleton since 2002.

Thursday, March 10th

Family Game Night
to benefit Tsunami Relief
The Odyssey Charter School
RSVP at 303-316-3944
6pm

Thursday, March 10th

Homebuyer Education Class
Stapleton Visitor Center
5:30 - 9pm

Saturday, March 19th

Spring Fling
Founders' Green
10am - noon

APRIL

Wednesday, April 13th

Homebuyer Education Class
Stapleton Visitor Center
5:30 - 9pm

Saturday, April 30th

May Day Preparations
Westerly Creek
Elementary School

MAY

Saturday, May 7th

Aviator Pool Opens

Saturday, May 28th

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

JULY

Monday, July 4th

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

Monday, July 4th

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

Thursday, July 28th

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

AUGUST

Saturday, August 20th

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

Saturday, August 27th

Stapleton Stampede Run

SEPTEMBER

Saturday, September 24th

Wine Festival
Founders' Green



Fall 2004 wine tasting.

OCTOBER

Saturday, October 15th

Fall Festival
Founders' Green
11am - 1pm

*Watch www.StapletonDenver.com
for more information

JUNE

*Stapleton Under the Stars Movies & Concerts begin



2004 Stapleton Under the Stars
Concert.

Saturday, June 11th

Founders' Day

Saturday, June 11th

Stapleton Charity Chase

Friday, June 24th

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

Front Porch

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Stapleton Provides Opportunities for Women and Minorities

MWBE developers, contractors, architects, engineers and others shape one of the nation's most successful new urban communities

By Landri Taylor

The redevelopment of Stapleton has produced a wide range of business opportunities for companies owned by minorities and women who have been involved in the first four years of a nationally renowned development that is anticipated to take 15 more years to be completed.

Under the direction of master developer Forest City Stapleton, Inc., the Park Creek Metropolitan District (PCMD), homebuilders, retail property owners and others involved at Stapleton, companies owned by women and minorities have played active roles in every phase of the development. Forest City's commitment to provide those opportunities for women and minorities to participate at every level of the development is a key component of Forest City's redevelopment of Stapleton.

"The reputation Stapleton is rapidly earning as one

of the most exciting new urban communities in the nation is built on a diverse development effort that has successfully engaged women and minorities in every level of the redevelopment," said Landri Taylor, vice president-community relations for Forest City



Landri Taylor is Vice President – Community Relations for Forest City Stapleton, Inc.

Stapleton, Inc., about the development activity that began in May 2001. "Although we are less than four years into a development that will take at least fifteen more years to complete, millions of dollars in work and new opportunities have already been awarded to companies owned by women and minorities."

A major contributor in the progress involving businesses owned by women and minorities involved at Stapleton has been the Stapleton Workforce and Business Opportunity Committee that Forest City and the Stapleton Foundation established in 2001. The committee is an example of the kind of partnerships that Forest City has nurtured to help Stapleton achieve its goals. The committee is comprised of representatives of Forest City, the Stapleton Foundation, major employers, contractors, city agencies, minority contracting associations and non profits. The committee coordinates and advocates for activities and

efforts to advance participation by women- and minority-owned businesses and further job opportunities for residents of the greater Stapleton area.

"The Workforce and Business Opportunity Committee has helped Stapleton become one of the region's most accessible and supportive opportunities for women- and minority-owned businesses," said Brian Weber, Vice President of the Stapleton Foundation and co-chair of the Workforce and Business Opportunity Committee. "That progress would not have been possible without the strong and active support of all the parties involved and the model Forest City sets with its own contracting practices."

Forest City announced the MWBE information as it closed out its 2004 fiscal year. Among the highlights of the minority and women-owned business development at Stapleton:

- Forest City Stapleton, Inc. direct expenditures with minority firms for professional services and supplies thru December 31, 2004 were \$6.9 million out of a total of \$39 million, or 17.5%.
- Forest City Stapleton, Inc. direct construction dollars spent with minority firms were \$10.8mm out of a budget of \$32.1mm or 34% through December 31, 2004. Forest City Stapleton projects included in this \$10.8mm figure are 29th Avenue Town Center (\$1.1mm), Town Center Apartments (\$5.7mm) and NorthField (\$4.0mm). (continued on page 15)

NorthField Lands Bass Pro (continued from page 1)



NorthField at Stapleton will be a 1.2 million square-foot, pedestrian-friendly, Main Street environment that will combine major anchor stores, specialty shops, restaurants and entertainment in an outdoor setting.

and nature center will also serve up a wide variety of outdoor-related items from lamps and dishes to bird feeders and cabin-style furniture and decor.

An expansive boat showroom will feature Tracker, Nitro and Tahoe boats built by Tracker Marine Group –the world's largest manufacturer of fishing boats.

Bass Pro Shops unique exterior and interior motifs have branded them as visually appealing, high quality

outdoor stores. The outdoor feel is brought indoors through massive log and rock work, large indoor aquariums and water features stocked with native fish species, artistic murals depicting local outdoor scenes, as well as an extensive collection of museum quality fish and wildlife mounts. Historic photos and exhibits will pay tribute to the areas great outdoor heritage.

Known for their great customer service and

associates who love the outdoors, Bass Pro Shops is expected to hire approximately 300 passionate outdoor enthusiasts from the area. Employment information is available in the career opportunity's section of www.basspro.com.

Bass Pro Shops, headquartered in Springfield, Missouri, is also a major catalog and Internet retailer. They were recently ranked as the #1 outdoor retailer in America by Sporting Goods Business Magazine.

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Training for a Marathon

- By David and Julie Manthey

The running boom has taken America by storm and more than ever people are calling themselves “runners,” many of whom are of the distance variety running full and half marathons. You may have noticed many of these “runners” cruising around the Stapleton community along the paths and greenbelts. Maybe those “runners” include you!

If you know anyone who has trained for a marathon, then they are in a select class of people – only the top 1% of Americans has even attempted a marathon (26.2 miles). If running a full or half marathon is on your list of goals for 2005, there are many things to keep in mind. While running alone for short distances is easy (and very refreshing after a stressful day), distance running on your own can be extremely monotonous and difficult. This is the reason why the majority of distance runners are seeking out organized group training programs, be it their first marathon or their 40th. Here’s why you should too:

Social

Runners in general tend to be a social breed. Running increases your body’s natural production of endorphins, which tend to make you happier and more energetic. What better way to meet other upbeat runners just like you than to join a group? And when you get into the swing of it, you can also bring your non-running friends along and show them why you look forward to running those long miles with the group!

Organization

Distance training requires specific mileages that differ from week to week. If you don’t have a GPS system to accurately measure your training routes, a good group program can ensure that you’re running the appropriate distance for your long runs. Also, a program that sets out water and electrolyte replenishment fluids on the route will enhance your performance, and simulate aid stations in a race. Some group programs also run from a variety of locations so you won’t get bored with the same route every weekend. When you don’t have to worry about the route, you can focus on training and having fun!

Mental

The thought of a 20-mile training run can be very daunting. The thought of doing it SOLO is even worse! (If you don’t believe me, go try it!) What you go through mentally towards the end of long runs can be enough to make anyone question their dedication. In the last few miles as soreness sets in most runners have a tendency to focus too much on their watch, and each step that brings them closer to the comfort of their couch. Also, running alone for several hours can be incredibly boring. Having training partners at your side takes your mind off the run and makes those last few miles 1,000 times easier.

Coaching

For first-timers setting milestones with each additional mile, or experienced runners that strive to improve their time, having knowledgeable coaches at every run to answer your questions is a tremendous asset. It is not only important to know what you need to do to prepare for your race, but to understand WHY you need to do it so you can run your best and decrease the chance of injuries. And when an injury occurs, most coaches will have a good network of PT’s, massage therapists, orthopedic doctors, etc. Additionally, a coach that can build a personalized

training schedule for your ability, goals and specific race is much more beneficial than a “one size fits all” model.

Pacing

One of the biggest mistakes runners make is going out too fast both in their training and race. Running alone can exacerbate this problem because of the tendency to “just get the run over with” due to those difficult last few miles. In a group you can settle into a comfortable pace with others who run your speed, which aids your body to warm-up properly so you can run better and enjoy yourself.

Accountability

There isn’t a runner alive who hasn’t questioned themselves at some point during their training. When those days sneak up on you and staying in bed sounds like the greatest thing since sliced bread, knowing you have a group of training partners that are counting on you to be there will give you that extra boost to lace up your trainers and get out the door to meet them.

Support

Running a full or half marathon is no easy task, even when everything goes exactly as planned. Unfortunately injuries may occur and every runner goes through motivational valleys. There’s nothing better than having a group of running friends to support you through the tough miles, and celebrate with you when you finish your race!

Crossing the finish line in a marathon is a life changing experience. However, it’s not the just the act of crossing the finish line, but the journey of preparing your mind and body that can make you a better person. Having a group-training program can make that preparation the best experience of your life culminating with the race itself. Distance running is an individual sport... But nobody said you have to train alone!



David and Julie Manthey

David and Julie Manthey live (and run) in Stapleton and coach “Runner’s Edge of the Rockies”, full and half marathon training programs that meet every Saturday morning throughout the Denver metro area. For more information, visit them at: www.RunnersEdgeOfTheRockies.com or call them at: 720/318-4149.

It’s ok to brag - in fact it could be worth \$500! Stapleton referral program makes bragging a financial gain

By Julie Picha

There are a variety of reasons why residents and employees at Stapleton should refer friends, co-workers and family to live at Stapleton – from shops, parks, and schools to movies, concerts and Farmers’ Markets. And now Stapleton offers a “Pick Your New Neighbor” referral program, which awards \$500 to anyone referring a friend, co-worker or family member to live at Stapleton. Everyone is talking about what a great place Stapleton is to live, why not get paid for it?

Here is how the program works:

- You (the Referrer) refer a friend, relative or business associate (the Referral) to a Stapleton Homebuilder or Stapleton Apartment Leasing Center.
- Your Referral registers your name as the Referrer, on their first visit with the Homebuilder or Leasing Center.
- Your Referral closes on a Stapleton home or signs a Stapleton apartment lease by December 31st, 2005.
- The Homebuilder will pay you \$500 within 45 days of the Referral home purchase (closing), or the Apartment Leasing Center will pay you \$250 within 45 days of the Referral moving into their Stapleton apartment.

The program is simple and easy! So start talking and start getting paid to brag!

Julie Picha is Director of Marketing for Forest City Stapleton, Inc.
She may be reached at jpicha@stapletondenver.com.

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4



Sustainability at Stapleton

by Melissa Knott



Don't plan on a summer free of watering restrictions just yet! We'll keep you posted on what the water supply predictions are for this coming summer. Be sure to read the update from Denver Water on current reservoir levels.

In the meantime, if you are interested in gardening, make sure to check out the article below about the Stapleton Community Garden and design tips on how to make the most of small outdoor spaces!

Update from Denver Water: Is the Drought Really Over?

A wet end to the summer and reports of promising snowpack so far this winter have lulled many Denver residents into a false sense of security that the drought may be over. Even if our reservoirs fill this spring, the drought may still not be over. Droughts can run in long cycles, sometimes 20 years or more, and are often interrupted by periods of improved conditions.

The reality is that Denver Water will not be able to predict how much runoff it will get in its mountain reservoirs until spring. Early snowpack readings are not reliable forecasts because we just do not know how much more snow will come over the remaining winter months. Denver Water takes snowpack measurements on April 1 each year to estimate how much snow will melt into reservoirs from April to July. Weather conditions and additional precipitation during that time are also factors in the equation and are equally hard to predict.

For more information on reservoir levels, visit Denver Water at www.denverwater.org.

Stapleton Community Garden

Plans are underway for a Stapleton Community Garden to be built in conjunction with a school garden at Westerly Creek Elementary! The garden will be located at the southeast corner of the school grounds, adjacent to Greenway Park.

The garden was designed by Sarah Christian, Landscape Architect and Stapleton resident, who has designed other children's gardens/play areas for Paddington Station Preschool, Sewell Child Development Center, and the Air Force Academy Child Development Center. The Stapleton Community Garden is sponsored by Denver Urban Gardens (DUG) www.dug.org. DUG assists neighborhoods with the planning, design, coordination and construction of community gardens. Their gardens are maintained by the community and serve to produce food, foster neighborhood activities, and host non-traditional training and education programs for gardeners, schools, and communities. There will be plots available to the school to grow vegetables and plots available for lease to community members who will also help maintain the school plots in the summer when school is not in session.

Currently, the community garden design is complete and ready for the DPS Facilities Review Process. Then, any necessary infrastructure changes will be made and garden preparation will begin through DUG's support and school/community volunteer workdays. Actual planting will likely begin this season. Additional plots and garden elements, such as shade structures, will be installed in later phases.

This project offers many opportunities to complement the Stapleton master plan in the areas of education, parks & open space, and sustainability. It offers the school opportunities for community connections and non-traditional education programs that can support literacy, math, science, and arts programs through a creative hands-on approach. DUG will soon release a school garden curriculum book with many classroom projects.

In addition to the support that has been pledged by Denver Urban Gardens, two Stapleton contractors, Gregg Schulmann of Affordable Home Services and Geoff Seale of Showcase Landscaping, have offered to donate a portion of their profits to the school garden.

If you are interested in being involved in this project, either by volunteering to coordinate a garden committee, working with school children, participating as a gardener, helping with construction activities, or if you or your organization would like to make a donation to the project, please contact Sarah Christian at schristian51@msn.com or (303) 320-0392.



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A good small garden gives the illusion of more space.

Making the Most of Your Small Outdoor Space

By Sarah Christian, ASLA, Landscape Architect

- A good small yard design has qualities of unity, simplicity, variety, balance and scale that combine to give the illusion of more space. Careful planning is essential in a small yard because every detail is seen closely. Small gardens can be incredibly intimate; quality materials are more affordable in smaller quantities; and maintenance time is minimized. Think of your yard as an extension of your home, an outdoor room, if you will, that can be decorated much like the interior.
- A small space can be made to appear more spacious through the use of the following design principles and visual techniques:
- Unity** produces a single, harmonious effect. Unity can be achieved by choosing a style and repeating elements – including materials, plants and colors – that are consistent with the architecture and materials of your home. You should design your entire space at once, even if you phase the work.
 - To achieve **simplicity**, limit your hardscape palette (any non-plant material) to two materials and eliminate all unnecessary details, but don't make it so simple that it is monotonous. Smaller paving materials like brick or cobbles will make the space feel more spacious than large flagstones.
 - Containers add seasonal **variety**, as do plants with multi-seasonal interest.
 - Achieve **balance** by distributing the visual weight equally around a focal point. There should be something interesting to look at from all viewpoints.
 - Finally, **scale** is achieved when plants, structures, and materials are in proper proportion to the house. The smaller the space, the greater should be the proportion of hardscape to planting areas. Scale down planting beds and instead use containers and raised beds that can double as seating. Use some dwarf or small plants to make the rest of the garden look more spacious by comparison but don't make everything small or the house will dominate. Make sure you consider the mature size of plants. Colorado Blue Spruce, for example, can grow to 60' tall and 30' wide.
- Adapted from *Landscaping for Small Spaces: Making the Most of a Limited Area* (Menlo Park, CA: Sunset Books, 1998).
- Sarah Christian runs her Landscape Architect Design & Consulting business from her home, located at 8591 E. 26th Avenue. For more information, call 303-320-0392.

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- Renaissance Denver Hotel**
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- Stapleton Home Services**
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- Tires Plus**
Offer: \$9.99 oil change; 10% off any automotive service; \$25 off a set of four tires; \$30 off your 30, 60 and 90k scheduled maintenance service.

- UPS Store**
Offer: 50% off black and white copies.

- US Bank**
Offer: .25% discount on ANY fixed rate loan.

- WIIRE Group Real Estate Services**
Offer: \$500 towards closing costs.

MISC. RETAIL

- Amore Fiori**
Offer: Saturdays - get two for one on select flowers.
- Cat's Music Together at the Bladium**
Offer: \$5 off tuition for each registered child in your family.
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MISC. RETAIL (continued)

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RESTAURANTS

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- Cold Stone Creamery®**
Offer: \$1.00 off "Love It," or "Got to Have It" creations. \$3.00 off cake order.
- Doubletree Denver Café**
Offer: 10% discount on all food and beverage.
- Kyle's Saloon and Eatery**
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- Noodles and Company**
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- Panera Bread**
Offer: \$1 off Sandwich, Salad or You Pick Two.
- Radisson Hotel, Quebec's Bistro**
Offer: 15% off food menu items.
- Thomas Bros. Coffee & Chai**
Offer: FREE size UPGRADE on ANY beverage
- Wingz ETC!**
Offer: 10% off any combo meal.

Present your Resident Pool ID/ Stapleton Club Card for discounts at these businesses. Visit www.StapletonDenver.com for participating merchants and program information. Offers may change monthly.

The Stapleton Club Card

By Julie Burford
Your family is coming into town and you need a place for them to stay. Your car needs an oil change. You need a bank that is closer to your home. You need an inexpensive place to go for lunch. The Stapleton Club Card can help you meet these and many more needs.

The Stapleton Club Card is a discount program you can use at select Stapleton area businesses. Each month participating retailers offer unique discounts to Stapleton residents, neighbors, and employees. It's great way to show support of your community and save money at the same time!

How do I join the Stapleton Club Card Program? It's EASY!

Stapleton Residents: If you have already updated your Resident Pool Pass - you don't have to do anything - just begin taking advantage of the great savings! If you don't have your Resident Pool Pass yet or need to update it, simply purchase a 2005 Resident I.D. card at the Stapleton Visitor Center. There is a one-time cost of \$10 for the pool pass, but no additional charge for Club Card privileges.

Employees of businesses located in Quebec Square Regional Center, East 29th Avenue Town Center and hotels along Quebec Street at Stapleton and non Stapleton residents can purchase a Stapleton Club Card to take advantage of the discounts offered. Cards are available at the Stapleton Visitor and Homefinding Center located in the East 29th Avenue Town Center. There is a small set-up fee of only \$5 for the card.

Hours of operation:
Monday - Sunday 9 am - 5pm
Location:
East 29th Ave. Town Center
7480 East 29th Ave.

Directions: From Quebec, take East 29th Avenue east to the stop sign. As East 29th Avenue branches, go to the right. The Visitor Center is located in the main level of the south crescent building.

Visit www.StapletonDenver.com or www.StapletonOnline.com for our new coupon specials! Stapleton Club Card updates can also be found in the monthly edition of the Front Porch newsletter.

Julie Burford, is Marketing Coordinator for Forest City Stapleton, Inc. She may be reached at jburford@stapletondenver.com.

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From the Rocky Mountain Arsenal

Prescribed Fire Improves Prairie Habitat at Wildlife Refuge

Fires have occurred on the prairie for centuries. Whether occurring naturally from lightning strikes or being intentionally set by Native Americans, these fires could burn for days and cover thousands of acres. In both situations, the prairie evolved with fire as one type of disturbance that helped maintain diversity and the health of these grasslands.

The land at Rocky Mountain Arsenal National Wildlife Refuge is no different. Prescribed fires have been conducted on the prairie landscape that would become Rocky Mountain

Arsenal National Wildlife Refuge since the early 1900s. Agro-cultural burns were done to clear irrigation ditches, improve pasture, and remove litter from crop fields. In the 1940s through 1996, the U.S. Army used fire for clearing waterways and to reduce hazardous fuel loading in order to prevent larger fires from occurring in the event of lightning strikes or human error.

Since 1997, the U.S. Fish and Wildlife Service has conducted prescribed fires at the site. Over the years, the Service has restored thousands of acres to native grassland through various methods of restoration. Fire is an indispensable tool that helps the Service improve prairie habitat for the wildlife by controlling noxious weeds and promoting native vegetation, both in remnant native sites and in areas that already have been restored.

Photo courtesy of Rocky Mountain Arsenal



A “controlled burn” at the Rocky Mountain Arsenal.

Today, we are challenged to accomplish all burns while enforcing the strict safety culture that exists at the Arsenal and abiding by the many environmental restrictions. The Service’s main prescribed burning is conducted during the spring from March 1 to about May 15, and in the fall from September to November. Summer is considered the wildfire season so burning rarely occurs. The Service conducts all prescribed fire using plans that are carefully written, reviewed and approved. A State of Colorado Smoke Permit also is acquired, and weather conditions must meet pre-selected parameters. The Service makes every effort to burn on days that limit smoke impacts to the surrounding communities, although unexpected wind shifts can occur. Public notification of an intended burn is provided through several media channels a week or two in advance of a burn, as well as on each burn day itself.

So, if you ever notice smoke coming from Rocky Mountain Arsenal National Wildlife Refuge, most likely what you are seeing is a prescribed fire benefiting the Refuge wildlife and prairie habitat.

For more information about our prescribed burns at Rocky Mountain Arsenal National Wildlife Refuge, contact Lorenz Sollmann, Refuge Fire Management Officer at 303-289-0927.

March Nature Programs at the Arsenal

Sat. March 5 – 1-3pm	Tracks & Scat
Sat. March 12 – 10am-noon	Refuge Manger Tour
Sat. March 19 – 9-11am	Friends of a Feather
Sun. March 20 – 10am-noon	Kids in the Wild
Sat. March 26 – 1-3pm	Scouting for Wildlife
Sun. March 27 – 9-11am	Shutterbug Tour

Reservations are required for these **FREE** programs. Space is limited. Enter the Refuge at 56th Ave. & Havana. Call 303.289.0930 to register.

District Two Honors “Top Cop”

By Commander Rhonda Jones

In an attempt to recognize the everyday great police work done by the officers working precinct cars and answering radio calls in District Two, we have instituted the District Two “Top Cop” Award. A committee of business and neighborhood leaders was brought together to meet monthly to pick the “Top Cop.” Nominations for the award may come from an officer’s supervisor, commander, peer, or from a citizen. The selection committee then reviews the nominations made during that month and chooses the recipient(s) for the event they feel most deserving. Nominations can be for heroic acts, in-depth investigations resulting in notable arrests, or for service to the community.

On Monday, February 7, 2005, District Two awarded its first “Top Cop” Award to Officer Aaron Brill. On January 5th of this year around 1 a.m., Officer Brill was among a number of officers searching for a male suspect involved in a sexual assault in a neighborhood just east of Colorado Boulevard. Officer Brill located the suspect in an alley, set up a perimeter by requesting cover cars and then directed their positions. When the suspect

attempted to get away, Officer Brill was involved in a lengthy foot chase before he was able to catch the suspect and take him safely into custody after being forced to use his pepper spray to subdue the suspect.

The selection committee also recognized the actions of Officer Bradley Qualley as the runner-up for the award. Just prior to Christmas of last year, Officer Qualley responded to the scene of a house fire. When he learned that the family who occupied the house had lost their home and their Christmas presents in the fire, he collected money from his fellow officers at District Two to replace the presents and later personally delivered the gifts to the family.



The citizens serving on the District Two “Top Cop” selection committee attended the 10 p.m. roll call at the station on February 7th to present the award to Officer Brill and to recognize Officer Qualley in the presence of their peers and supervisors.

Rhonda S. Jones is the Commander of the Denver Police District II Substation at 3921 Holly Street. She may be reached at jonesrh@ci.denver.co.us.

Photo courtesy of Denver Police Department




Officer Brill receives the January “Top Cop” award.



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Eat Good Food

By Annie Brown

I've often daydreamed about writing the next big diet book and making goo-gobs of money. I already have the title: "Moderation NOW!" But, when I sit down to write I can only get as far as: "Eat less junk; eat more good food. Oh, and exercise more." Somehow I don't see a big New York publisher thinking that this scintillating advice would propel me to the top of the charts. Plus, I'm certain they'd want me to flesh the thing out a bit.

But now the US Government has beaten me to the punch. In late January, they issued their first recommendations in five years. The "Dietary Guidelines for Americans" proclaim that as Americans we should cut back on our added sugars and cholesterol and trans fats. The Guidelines tell people to eat whole foods and to increase their fruits and vegetables, among other things. They are telling people when ordering a sandwich to ask for whole wheat instead of white bread. Can you imagine what the CEO of Wonder Bread might be thinking right now? And, not only that, but they advocated a very shocking recommendation: exercise 30-90 minutes a day!

In celebration of the new food guidelines, I want to share with you one of my favorite weeknight meals. Ok, I know that most of your children will not eat this dish, but if you like garlic and you like broccoli, here is a little twist that should delight your mouth and satisfy your soul. Broccoli Rabe (or Raab or de Rape, as it's also known) is a slightly bitter green that should appeal to anyone who loves broccoli, spinach, kale, mustard greens, etc.

Broccoli Rabe over Whole Wheat Pasta

- 1 lb. of broccoli rabe or if you can't find it, 1 bunch of broccoli (but, do *try* to find it!)
- 2 tablespoons extra virgin olive oil
- 8-10 garlic cloves, finely chopped
- 2-3 teaspoons chili pepper flakes
- 1 lb of whole wheat pasta, preferably linguine or fettuccine
- Lemon wedge
- Fresh Parmesan cheese

Wash broccoli rabe, drain, and cut off the woody hard stems.

Bring at least 5 quarts of water to a rolling boil in a large pot or pasta cooker. Add 2-3 teaspoons salt and the broccoli rabe and cook until tender, about 3-5 minutes. Remove with a slotted spoon and drain. Reserve cooking water to cook pasta.

In a food processor or blender, add broccoli rabe and 1/2 cup cooking water and puree.

Heat 2 tablespoons olive oil in a large saucepan, add the garlic and hot pepper. Cook over low heat for about 5 minutes. Be careful not to burn the garlic!

Add the broccoli rabe puree and cook for 2 minutes, stirring to thoroughly coat the garlic.

Cook the pasta. Reserve one cup of pasta water to thin the sauce.

Add the pasta and a little of the pasta water to the broccoli puree. Coat the pasta completely. Add more pasta water if necessary. Squirt a little fresh lemon juice on top and serve immediately.

Have a nice chunk of Parmesan cheese on the table to freshly grate on top.

Annie Brown is a Stapleton resident and independent food consultant who is often referred to as "the Food Police" by members of her family, although she prefers to think of herself more as "the Hall Monitor." Annie may be reached at anniesbrown@yahoo.com.

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ARTS & CRAFTS

Dental Tips for Tots

By Jesse Witkoff, DDS, A Wild Smile Pediatric Dentistry

Scheduling a First Dental Checkup

One of the most common questions I receive is "When should my child first see the dentist?" The American Dental Association and the American Academy of Pediatric Dentistry recommend "First visit by first birthday." This gives us a chance to assess that your child is developing appropriately and to prevent problems before they even start through education. It is an opportunity to give the parents a prevention background to help them create great dental habits at a point when they are the easiest to instill. *A Wild Smile Pediatric Dentistry is so committed to this prevention education that we are offering all babies/toddlers up to the age of 18 months of age a free well baby visit so that we can circulate the education needed.*



Dr. Witkoff at A Wild Smile, his East 29th Ave. Town Center pediatric dental office.

The next question is usually, "Why so early, what dental problems could a baby have?" The most important reason is a practical prevention program. This includes teaching our families how to brush a baby's teeth, what diet to promote, normal chronology of eruption of teeth and emergency care for our rough and tumbling toddlers. Just like taking your child to the pediatrician during their first year for their well baby visits, your child's first year visit to the pediatric dentist insures everything is forming correctly and provides you with a lot of information on what to expect next. The first visit at this age also instills a natural habit of going to the dentist for your child and eliminates unfounded fears they may develop if they wait to a later age to come in for their first visit.

A big concern we want to prevent at this age is early childhood caries ("nursing or baby bottle tooth decay"). Your baby risks severe tooth decay when he or she nurses continuously from the breast or from a bottle of milk, formula or juice during naps or at night. If untreated, this decay can result in pain, premature loss of teeth, and at times extend to their permanent teeth before they even erupt. Water is a *much* better alternative.

Children with healthy teeth chew food easily, learn to speak clearly and smile with confidence. Start your child now on a lifetime of good dental habits!

Dr. Jesse Witkoff is a pediatric dentist located in the East 29th Avenue Town Center. His practice, "A Wild Smile" can easily be reached at 720-945-1234 and by Internet at www.jessewitkoffdds.com for your child's dental needs.

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If you are interested in visiting one of our weekly small-group Bible studies, or in serving the Lord and your neighbors with this community of believers, please contact us for more information. You can email us at contact@northfieldchurch.com, visit us on the web, northfieldchurch.com, or call us at 720-985-6810.

Pastor Matt, Amy, and baby Madison.

8

Home Work

By Kathy Epperson

It's not just babies being born in Stapleton. I've noticed many new businesses being launched and run from home in this neighborhood. There have been brochures at my front door, flyers posted on the mailbox, and news about another neighbor taking the big leap. As a full-time mom, I spend my days wiping little bottoms, watching Teletubbies, and dreaming of a full night's sleep. But I'm also dreaming of running my own small business from home.

The fact is it has never been easier to start and run a home-based business. With the advance of technology and everyone from Oprah to The Donald offering advice and encouragement, it's no wonder so many are going this route. And with so many Stapleton families with young children, this seems an especially attractive option for parents trying to juggle financial and parenting responsibilities. While there are many entrepreneurs who have moved here with businesses already established, I would like to learn more about some of the folks who have just recently started a home-based business.

In this edition of the Stapleton Front Porch, please see my article about Raj Chaudhuri, a Stapleton resident who has begun a new career as a painter. Each column will contain a profile of a different Stapleton resident who has begun a new business.



Kathy Epperson

Kathy Epperson is a Stapleton resident who is now launching her own line of essential oils fragrances under the brand name Thula. If you are currently running a home-based business or about to launch one, please email Kathy at kathyox@yahoo.com to provide a description of your product or service and your contact information. Please include "Home Work" in the title of the email message. Front Porch will periodically include descriptions of these businesses and a new page on businesses may be added to the Stapleton community website.

Stapleton Artist (continued from page 1)

attention to his painting. He has already won national awards and his sales at a local gallery have started to pick up as well, so he says the transition has become easier. While Raj has not yet written a formal business plan, he does set short-term goals for himself. His work is promoted primarily through word-of-mouth, plus he maintains his own website (www.drapedcanvas.com) and email list.

Asked for his advice to those considering starting a business, he says, "I don't think we generally trust in ourselves enough. We get too comfortable with what's familiar. I think hard work counts for more than 90% and talent the other. To start a business of your own, you cannot be half-hearted about it. That is not to say that you can't take baby steps towards it - but when you get the chance - jump!"

Kathy Epperson is a Stapleton resident.



Raj Chaudhuri

Healthy Ideas

Kathleen Sisler, manager of Curves in the East 29th Avenue Town Center, has provided the following information to help us understand metabolism and how it relates to weight loss, as well as a healthy recipe.

What You Need to Know About Metabolism

Sticking to an exercise program may be easier for you if you have a basic understanding of how metabolism works. the following information was found in *Sports and Nutrition Exercise Laboratory*

- Metabolic rate is the amount of energy your body burns on a given day in calories.
- The cells of your body require energy. Fat cells require small amounts of energy and muscle cells require large amounts (a pound of muscle burns 30 to 50 calories per day at rest.)
- Your body burns fuel from the food you eat or takes it in from energy that has been stored as glycogen in the muscles and liver or from fat in the fat cells. A low protein diet and exercise without strength training will cause the body to burn energy stored as muscle.
- An active person, who also strength trains, will maintain muscle and have a higher metabolic rate. They can eat more while maintaining a healthy weight.
- An inactive person who follows a low calorie/low/fat protein diet has a lower metabolic rate. They must eat less to maintain a healthy weight.
- Digestion is a high energy activity. Eating 5 or 6 small meals a day will burn more calories.
- Metabolism increases as people eat more and decreases as people eat less.



Kathleen Sisler

Italian Stuffed Mushrooms

Ingredients:	1/2 teaspoon salt
1/4 pound bulk sausage	3 Rye Krisp Crackers, smashed into fine crumbs (approximately 1 cup)
1/2 cup onion, minced	2 tablespoons shredded Parmesan cheese
2 cloves garlic, minced	2 tablespoons red wine
1/2 cup zucchini, shredded	2 tablespoon water
1/2 teaspoon oregano	18 large button mushrooms, washed
1/4 teaspoon thyme	
1 teaspoon dried parsley flakes	

Spray skillet with cooking spray. Brown sausage, breaking up into small crumbles as it cooks. Add garlic, zucchini and spices and cook well. Turn off heat under skillet. Add crumbs, cheese, wine, water and mix well. Remove stems from mushrooms dish and cover tightly with microwave safe plastic wrap. Microwave on high power 6 to 8 minutes. Let stand 5 to 7 minutes before serving. Preparation time: 30 minutes. Makes 3 servings.

Nutrition per serving Calories 192, Carbohydrates 16gm, Protein 9gm, Fat 9.5gm, Sat Fat 3gm, Fiber 4gm, Cholesterol 24mg, Sodium 734mg.

Healthy Ideas will be a regular column from Curves, a fitness and weight loss facility designed for women specializing in a 30-minute workout to build muscles and burn body fat. Curves is located at 7345 East 29th. For more information about Curves, call 303-333-5959.



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 welcomed their first 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.

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Making Music — Part of Your Life



Parents and tots participate in a Westerly Creek Music Together Program.

By Anna Cox

Music can touch a young child’s soul like nothing else. It can bring warmth on cool gray days, and lift spirits when they are flat and tired. Music can unite children with their loved ones - those with them now and those passed. A simple melody can draw a child in - it can lift emotions, intensify feelings and bring them more into the living moment. Music can help you forget your worries, just for a time, wrapping you in its beauty. By introducing children to music we are giving them a gift that they will have forever.

Music can bring a sense of belonging. It can unite strangers - similar perhaps only in how deeply a tune made them feel. Music can strengthen community: it can bring people out of themselves, creating a sense of equality - that we’re all in this together - experiencing the wonder and enormity of life. Feelings of belonging are fundamental to self-esteem.

Music can help children develop their ability to both experience and express feelings. With emotional awareness, children are able to bare their emotions, and let life into their hearts – always.

By creating and experiencing music with others, children can learn about how other people experience music, and life. They can begin to understand other views of the world and how people differ from themselves. Experiencing music together can strengthen our children’s understanding and acceptance of difference.

Musical involvement should be encouraged from infancy. The benefits of musical experiences in childhood are enormous. Music can be instrumental in bringing to children a sensation of acceptance. Music can provide the arena for developing emotional tolerance and awareness. Musical involvement contributes to child development emotionally, physically and socially, and most powerfully through the growth of self-esteem.

We all have the gift of music. It’s a gift that can create well being and enhance our life experience. So to all you parents out there – here is an opportunity to make music with your children – a wonderful opportunity to make music part of your family life...

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Multi-Age – Wed. 10:30am, starting Mar. 16, 2005, Christie Gosch
Babies – Fri. 9:30am starting Mar. 18, 2005, Laura Barr
Multi-Age – Fri 10:30am, starting Mar. 18, 2005, Christie Gosch
All classes are at Stapleton’s Westerly Creek Elementary School, located at 8800 E. 28th Avenue. To register for Vocal Motion Music Together, please visit www.Vocalmotionmusictogether.com.

Anna Cox is a Stapleton resident and parent.

Yo, Chowhounds! “Pizza Bones” for Your Pooch

Are you worried that your pooch feels “left out” when your family gathers to enjoy “take-out” pizza? Kyle’s Saloon and Eatery, a neighborhood bar at Stapleton, has a solution for you: “Pizza Bones!”

Owners Kyle Jewett and Gary Campbell, confirmed dog lovers, came up with the idea to provide the free doggie treats to customers who order Kyle’s popular pizza to be picked up or delivered from their restaurant at 3989 Ulster Street. Kyle’s is located just across the railroad tracks from the Wal-Mart SuperCenter in Stapleton’s Quebec Square. The treats are actually bite-sized, crispy pieces of Kyle’s famous pizza dough cut in the shape of dog bones and basted with a tasty beef sauce.

“Our ‘Pizza Bones’ have been endorsed by Homer, Ralph, Dog, Huggy Bear and Reilly,” Kyle Jewett said. “Equally important, they have the stamp of approval from Dr. Michele Smith, Stapleton’s 29th Avenue Town Center veterinarian.”


Call 303.316.2818 to order Kyle’s pizza and receive free “Pizza Bones” for take-out or delivery. Delivery is free in the greater Stapleton area bounded by 56th Avenue on the north, Montview Boulevard on the south, and between Colorado Boulevard on the west and Havana on the east.



Gary Campbell, left, and Kyle Jewett, owners of Kyle's Saloon and Eatery, feed a “Pizza Bone” to their dog, Homer.

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4 Paws News

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



Small Talk

By Beth and Bill Letzsch
Primrose School at Stapleton

Teaching Your Child to Avoid Dog Bites

Children seem to love dogs with a passion. They just need to learn to love dogs with some caution.

Each year, about 4.7 million people in the United States are bitten by dogs—80% of them by dogs we know and interact with regularly—and it’s estimated that more than half of those victims are under the age of 13. What’s more, children are at least three times more likely than adults to sustain a serious dog bite. The good news is that most bites can be prevented.

11 Simple Steps for Relating to Dogs

Even the friendliest dogs can be uncomfortable with a child’s quick movements and loud tone of voice. Children tend to get excited around dogs, approaching quickly, talking loudly, and sometimes even hugging. Any one of these actions can easily result in a bite. So what’s a child to do? In a nutshell: Speak quietly and move slowly around dogs, and follow these simple rules:

Before petting someone’s dog, ask the person’s permission. If it’s okay, approach slowly and quietly. Let the dog sniff you first, then pet the dog’s sides or back gently.

Never sneak up on or pet a dog that is eating or sleeping. Animals may bite when they’re startled or frightened.

Never pet a dog that is playing with a toy. Dogs are often protective of toys, and may think a child is trying to take it.

Never try to pet a dog that is in a car. Dogs will often protect that space.

Never pet a dog that is behind a fence. Most dogs naturally protect their property and home.

Although children will most often interact with their family’s and neighbors’ dogs, they need to know what to do should they encounter an unknown dog, off-leash and without a caregiver. Teach children to avoid such dogs, not make direct eye contact with them, and slowly and quietly walk away. If a strange dog approaches, children should follow these tips:

If you are walking, stop and stand still (like a tree) with your hands at your side.

If you are playing on the ground, lie still on the ground (like a log) with your knees tucked into your stomach and your hands over your ears. When you stay still and quiet like this, the dog will most likely just sniff you and go away.

Never, ever try to outrun a dog. Back away slowly from him instead.

Almost one half of all dog bites involve an animal owned by the victim’s family or neighbors. Just as we teach our children to practice safety in other situations, we can teach them to be safe around dogs.

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Choosing Daycare or Preschool for Your Child

Every parent seeking childcare desires an environment that is safe and nurturing for their little ones when they have to make the decision to go out into the busy workforce, or feel it’s time for their child to develop social and/or academic skills. When that day comes, what will you choose for your child, a daycare center, or a preschool?

After the arrival of our twins and owning a quality private preschool, I have come to make some pretty definite determinations as to what parents need to consider when looking for childcare.

In the dictionary, you will find definitions for the words “daycare” and “preschool”:

Daycare- n. -supervision of and care for children and adults that is provided during the day by a person or organization.

Pre-School- adj. a period in a child’s life from infancy to the age of 5 or 6 that prepares children for a successful experience in elementary school.

Regardless of which you choose your decision will have a sizable impact on your child’s life (and yours) for many years to come.

Everyone looks for a place that is kind and nurturing where children are loved and well cared for, but what else should you look for?

When selecting any kind of childcare, look for a facility that has a great reputation and is built on a firm foundation of trust, quality and dependability.

Questions to ask yourself may include:

How does it feel, smell, and look when you enter the building? How are you greeted by teachers and staff? Do the children enrolled look happy, comfortable and well adjusted? Does the facility take the time to tell you what they offer? Does the staff make an attempt to start building a relationship with you and your child from the very beginning? This will give you great insight into the pride and commitment of the staff.

With the ever-changing demands on childcare and busy families, how does the facility bounce back and handle problems when they occur? Please keep in mind that no environment, home or school is immune to problems or challenges. The facility of your choice will be a snapshot of life itself, with its periods of ups and downs, as no place is perfect. The measure of a facility may truly come when you need them the most, in the time of a crisis or mishap. Overall does the facility strive for excellence, building positive relationships and experiences, or do they seem to be just getting through the day?

For traditional ‘daycare’ centers, your primary concern may be the safe care of your child. Most daycare settings offer an open-ended daily schedule with a relaxed atmosphere and large group activities.

For preschool, you should expect everything you would from a daycare center and much more. True preschools offer a structured day, licensed and certified teachers, a structured curriculum and daily routine, and balanced time between individual, small and large group activities.

Quality education is expensive! Expect a difference in the tuition you will pay for preschool vs. daycare. A school that is focused on educating your child as well as providing quality, nurturing childcare, will definitely carry a higher price tag, especially if it is accredited. Keeping that in mind, consider asking the following questions to the school and listening carefully to the answers:

What is the educational philosophy of the school? Is the curriculum based on leading childcare philosophies and concrete studies? What practices are put in place to prepare children (and parents) for the transition into elementary school?

What is the curriculum the school teaches its students? Ask the school to explain their level of accreditation with regard to their curriculum and determine if it meets your expectations.

How would the school look on a resume for admission to a private school? If you are considering the private sector you may need to rethink your child’s preparation. Can you show proven results, benchmarks and, most importantly, recognized assessment and test scores to prove your child is ready for their prestigious institution?

Is there any evidence of a proven track record that supports the school’s philosophy?

How does the school reinforce the values you teach at home? Ask them to explain what they teach children with regard to character development.

Most importantly, go with your instincts. If it “feels” right, that puts you one step closer to having peace of mind, which is absolutely priceless when it comes to getting assistance with caring for your most precious gift, your children, our future.

Beth & Bill Letzsch are owners of Primrose School at Stapleton, which will open at 2501 Syracuse Street in the fall of this year. For more information, visit www.myprimroseschool.com/stapleton or call (303) 322-7200.

Stapleton United Neighbors Editorial

Step Up for the Common Good or Watch your Step

"What is common to the greatest number has the least care bestowed upon it. Everyone thinks chiefly of his own, hardly at all of the common interest."

—Aristotle, *Politics*, Book II.

"Pick up your dog crap." —Stapleton Resident, *"The Grapevine,"* Stapleton's Online Forum



Whether one consults ancient wisdom or on-line discussions, the same truths emerge: taking care of the common good is messy work. Examples of how individuals over-use (and under-protect) the goods we enjoy in common pile up in dog parks, strain our schools, and pollute our skies. Stuck between outrage and impotence, it's hard to do more than mutter a frustrated "someone oughtta do something about that" in the face of these messes, and so we often leave them for others to handle.

But caring for the common good is not easily outsourced, and the costs are high. Government agencies, especially the police, increasingly provide services that were once provided by neighbors themselves, and are stretched beyond our willingness to pay for them. Stapleton has been blessed by a network of entities working on behalf of the community—the Stapleton Development Corporation, the Citizens Advisory Board, the Stapleton Foundation, and Forest City — but even their collective efforts won't protect us from ourselves if we fail to take responsibility for making our community what we want it to be.

In the end, the fabric of our community life is woven by the daily interactions between neighbors. How we watch out for each other, how we support our schools, and yes, even how we clean up after our pets in the parks will determine our quality of life over the long term. Each of us is the "someone" that all of us are counting on. Ultimately, our community will only be as strong as the connections we establish while working for the good of the whole.

Stapleton United Neighbors (S.U.N.) is trying to help build those connections, and we hope you will join us in at least two important ways. First, we are encouraging a block-by-block organizing effort. Some of the more established blocks already gather for parties, have identified block captains, share phone lists, and have attended Neighborhood Watch trainings. Other blocks are just getting to know each other. We hope to help support that process through "block party starter kits" later in the summer, and by sharing lessons from blocks that have been having a lot of fun while building their sense of connection. Please consider taking the lead in these efforts on your block.

Second, the annual election for SUN board members is on **May 17, 6:30pm at Westerly Creek School**. We hope you will consider serving on the board, or help identify strong candidates that reflect the diverse perspectives of our community. We will need to present a list of candidates to the community in April, so please submit a brief statement of interest and a bio prior to March 15.

To share your interest in either of these efforts, or any others you have in mind, please contact us at stapletonneighbors@msn.com. And thanks for cleaning up after those dogs.

Views on the Street

If you could vacation anywhere, where would you go? And...

Vickie Barnes-Salas

I would love to go to Australia.

My sister's been there and she really loves it. It has a nice mix.

There's the really outdoorsy things you can do, seeing the outback and the ocean and the barrier reef, but then there's also the cities, the opera house and all that. My favorite place

I've been is Tucson Arizona. We've spent a lot of time there.

My husband's family is from there. I like the whole location of it. I like the fact that the mountains are right there and when it's really hot you can go up to the mountains. There are a lot of nice places to eat and nice museums and parks. Just in general I like it.

This summer we will probably go to Hawaii if we can get everything organized. We've never been there before.



Don West

"If I could go anywhere on a trip I'd probably go back to Europe. I think Germany would be my choice because I was stationed there in the Army. I know a lot of the places and still have some friends over there, so I'd like to revisit and see Germany again. The best vacation I've taken was a trip about two years ago in the winter time to the Caribbean. That was great because I could lay on the beaches in the middle of winter and I thought that was a nice thing to be able to do. This year I probably will just visit some Colorado destinations because I just bought a house here at Stapleton and so with the budget I'm probably just going to visit Colorado and save some money."

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what’s the best vacation you ever took? And where are you going this year?

Chelli Seaholm

“If I could go anywhere, I would probably go to Africa — Morocco specifically. We were planning to take a trip there and then we got pregnant and decided not to go, so we’d like to go there sometime. Of the places I’ve been, I would have to say India is my favorite. Varanasi was just an amazing place. Just so incredibly different, very spiritual, lots of interesting people and things to look at. It’s a very holy place for Hindus where they go and have cremations of the dead. This summer we’re probably going to the Dominican Republic or Mexico, something mild for us because we have a baby. Somewhere we can take her and be comfortable. In Mexico we would probably go to Isla Mujeres.



Jann Engelstad

“Anywhere in the world? Probably Australia, I think it would be fun to go there. I’d go to the Great Barrier Reef. Of the places I’ve been my favorite was probably backpacking in Peru, which was a very fun trip. We took the Inca Trail, six days hiking up to Machu Picchu. This summer we’ll probably just go visit family — in beautiful South Dakota — and maybe some weekend trips in the mountains. My husband just started a business so we probably won’t be going too far.



Sandy Sorensen

“I would go to New Zealand. It’s just beautiful and I love New Zealanders... the ones I’ve met. I’d just like to see what it looks like. I would have to say my favorite places I’ve been are Australia and Fiji. I like that part of the world. We went to Sydney and up to Alice Springs and went to Ayers Rock and then up to Darwin and the Cobourg Peninsula. Fiji is wonderful. The Fijians are fabulous people. We went to an island and went swimming and scuba diving and snorkeling. We stay around Colorado in the summer time because it’s too beautiful to go any place else. We do some hiking and camping. We have relatives from the midwest and they like to come to Colorado so we usually have company.”



Master Community Association News

by Diane Deeter
Stapleton Community Manager



Recently, I have received several inquiries about the Westerly Creek Metropolitan District mill levy that Stapleton property owners see on their property tax statements from the City of Denver.

The Westerly Creek District currently imposes an annual tax levy of 54.36 mills to ensure the completion of neighborhood infrastructure (streets, parks, pools etc.) throughout Stapleton that will enhance all property values. That mill levy will be adjusted for changes in the State residential assessment ratio. Of that amount, 52.73 mills are dedicated to retirement of bonds issued to finance the infrastructure. The balance, 1.63 mills, is dedicated to the ongoing operations of the Westerly Creek District. Bonds already issued are not scheduled to mature until 2032, and additional debt is likely to be issued to ensure that Stapleton fully develops as promised.

Another Reminder: The 2005 pool season is here!

I would like to remind everyone once again that it is time to start thinking about getting your pool ID, and registering for swim lessons and a swim team. The Stapleton Stingrays need strong swimmers. If you are interested in joining, be sure to attend either registration date listed below to sign up for the team and be sized for your swimsuit.

To register, please call 720.529.9911.

And.... if you need a 2005 ID or update sticker or to register for summer swim programs and swim team please attend one of the following sessions at the Stapleton Visitor Center:

- Saturday, March 12 (12 - 2pm)
- Monday, March 14 (6 - 8pm)
- Saturday, March 19 (1:30 - 3:30pm)

Additional ID dates are scheduled for April and May. However, program registration is on a “first come, first served” basis so register EARLY! Please check for updates at www.StapletonOnline.com.

Central Park Boulevard Detour

Beginning mid-March there will be a detour of Central Park Boulevard traffic. CPB will be closed between Akron Way and 23rd Avenue.

Construction detour directions for Central Park Boulevard are as follows (follow the detour signage):

Northbound Traffic — From Montview Boulevard, proceed north to Akron Court. Turn right on Akron Court to 23rd Avenue. Turn left on 23rd Avenue to Central Park Boulevard. Turn right on to Central Park Boulevard.

Southbound Traffic — Southbound traffic on Central Park Boulevard will be diverted right on Xanthia Way to Valentia Street (Xanthia Way turns into 22nd Ave. west of Verbena Street). Turn left on Valentia Street to Montview Boulevard.

This work should be completed by early this summer.

Diane Deeter, Stapleton Community Manager, may be reached at communitymanager@StapletonDenver.com.

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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, The Front Porch, Forest City Stapleton, Inc., 7351 E. 29th Avenue, Denver, CO 80238 or email: tgleason@stapletondenver.com

Summer Scholars Program Committed to Education and Community Engagement

By Crystal Potter

Stapleton’s master plan for developing a vibrant sense of community includes an important two-part commitment: 1) to foster a well-educated community of lifelong learners, and 2) to encourage a seamless connection between Stapleton and its surrounding neighborhoods. These two elements – education and community engagement – are met in Summer Scholars, Northeast Denver’s literacy and youth development initiative for struggling elementary school students.

Based near Stapleton (with headquarters located just west of Quebec Square), Summer Scholars partners with 19 DPS elementary schools, including four schools that ring the Stapleton community. Summer Scholars is best known for its six-week summer literacy and recreation program, but also provides high-quality after-school tutoring and family literacy services during the school year. This means year-round assistance for the struggling student who might test a full grade or more below grade level in reading – as is the case



A student in the Summer Scholars program completes an assignment

with more than 50% of Summer Scholars students. Summer Scholars’ after-school program includes one-to-one reading and writing tutoring, computer-based literacy exercises, and enrichment activities. The summer program provides morning academic instruction to prevent the “summer learning slide”, and offers afternoon recreational activities. And the family literacy program links together parent and child education via programs for younger siblings of Summer Scholars students, and adult education and training for parents.

Summer Scholars’ award-winning programs are driven by ongoing program evaluation and feature research-based curricula, family involvement and low student-to-staff ratios. Over its ten-year history, Summer Scholars has served more than 10,000 children.

The four Stapleton “ring schools” served by Summer Scholars – Ashley, Hallett, Philips and Smith Elementary Schools – are also a focus of Stapleton

Foundation’s efforts to enhance the quality of local public education. Shared interest in these four schools has led to a friendly collaboration. Summer Scholars staff participated in the development of Stapleton’s Master Plan for Education, for example, and Stapleton Foundation’s support for Summer Scholars has ranged from free office space for Summer Scholars’ teacher trainings to capacity-building assistance that in 2004 enabled Summer Scholars to secure a state grant for literacy and enrichment programming at each of the ring schools.

As an established nonprofit program, Summer Scholars provides the opportunity for entities like Stapleton Foundation to leverage existing resources and create greater impact in the community. To learn more about Summer Scholars or to become involved with Summer Scholars as a volunteer, donor or corporate supporter, please visit www.summerscholars.org or contact 303-355-0290.

Crystal Potter is Communications and Development Director for Summer Scholars. She may be reached at cpotter@summerscholars.org.

Stapleton Public Art Program Committee Convenes to Select First Project

By Barbara Neal

The Public Art Committee has identified several potential sites for the initial public art projects at Stapleton. High on the list are the ellipse in the median at East 29th Street and Xenia Parkway, and the “squareabout” at the intersection of Martin Luther King Boulevard and Central Park Boulevard.

A Project Selection Committee for the ellipse project on 29th Avenue was convened in February to develop criteria for the artwork to be selected for this location. As stated in the Public Art Master Plan, the Project Selection Committees will be comprised of arts professionals and community representatives who meet the following criteria: (1) interest in community improvement, (2) interest in visual art or design and (3) commitment to the best interests of the Stapleton community. Homeowners in the vicinity of the

ellipse are represented in the selection process.

Residents and businesses at Stapleton and the neighboring communities, and artists who are interested in participating in the selection process for public art at Stapleton should send a brief statement of qualifications and reason for wanting to serve to me at barbneal@mindspring.com. Artists intending to apply for a commission will not be able to serve on the Project Selection Committee for the project of their interest.



Barbara Neal, Stapleton Public Art Consultant

The Stapleton Public Art Master Plan is available in electronic format at www.StapletonDenver.com (see Public Art Master Plan page).

Barbara Neal is the Stapleton Public Art Consultant. She may be reached at barbneal@mindspring.com.

Temple Micah Reaches Out

Temple Micah is a Reform Jewish congregation led by Rabbi Adam Morris. Come to any or all of these learning opportunities, especially for grownups.

“Messiah” will be the topic for adult study at 9:00 a.m. Saturdays, **March 12 and 26** at Temple Micah, 2600 Leyden St., directly preceding Sabbath services at 10:00 a.m. “Israel: History and Reality” is the theme for adult education presentations by Temple Micah at 9:00 a.m. Sundays, **March 20 and 27** at the Denver Campus for Jewish Education, 2450 S. Wabash St.

Hey, kids – and others young at heart. It’s almost time to meet or impersonate Queen Esther, Uncle Mordechai and the infamous villain Haman!... Think costumes, trinkets, activity booths, music, games and food, all at nominal cost. Temple Micah’s annual Purim Carnival, Spiel, Hamantashen Sale and more will beckon fun-lovers and masqueraders to 2600 Leyden St. from 2:30-5:30 p.m. Saturday, **March 19**. This Purim merriment celebrates the foiling of Haman’s plot to harm Jews of Persia, as recounted in the *Megillah* (Scroll of Esther).

For more information about Temple Micha, call (303) 388-4239.

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STAPLETON TODAY

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



Artist's rendering of Wonderland's Artisan Plazas

SHOPS

Sally Beauty Supply and State Farm Insurance are now open at Quebec Square.

Casey's Pub will soon be opening its doors in the East 29th Avenue Town Center.

NorthField at Stapleton, located at I-70 and Quebec Street, will welcome Super Target this fall.

EVENTS

Stapleton residents will gather for the Spring Fling on March 19th. Train rides, arts and crafts and food will highlight this annual event.

Planning is underway for the fourth annual Founders' Day event. This celebration of the Founders of the Stapleton community will be held on Saturday, June 11th at Founders' Green.

HOMES

Stapleton now offers more than 30 home models by 19 different homebuilders to tour, with homes from the low \$100s to over \$1 million. Models are open Tuesday – Sunday 10am - 5pm and Monday noon – 5pm.

Wonderland Artisan Plazas Sales Office is now open at Martin Luther King Jr. Blvd and Clinton Street. These Mediterranean and Spanish Colonial style townhomes offer residents charming interior elements with unique art-filled outdoor courtyards. Plans include one, two and three-bedroom homes ranging from 885 to 1132 square feet and are priced from the high \$100s.

Parkwood Homes is part of the diverse and distinct collection of homes at Stapleton. Parkwood Homes offers three- and four-bedroom homes and are priced from the mid \$300s.



Newly opened
Sally Beauty Supply



Stapleton Spring Fling

STAPLETON

the art of urban living

New S.U.N. Logo Unveiled

A new logo for the Stapleton United Neighbors was unveiled at the association's recent meeting at Westerly Creek Elementary School.

Designed by Ryan Nee, whose graphic skills were donated by Forest City

Stapleton, Inc., the logo captures Stapleton's famous control tower set along side a brilliant sun.

"This approach integrates the circle shape with the tower and the type, allowing the 'Stapleton United Neighbors' name to double as a visual play on sun rays," Ryan said. "Once people know what S.U.N. stands for, the logo can be used without the words for a memorable and instantly recognizable mark," he added.



Opportunities for Women and Minorities *(continued from page 3)*

The NorthField project has a joint-venture construction team of VCC and J.A. Walker (African American). The Town Center project was also a joint-venture construction team of Saunders Contractors and BDI, Inc. (African American).

- Park Creek Metro District (managed by Forest City Stapleton) infrastructure construction dollars spent with minority firms was \$26.5mm out of a budget of \$214mm or 12% through October 31, 2004.
- Non-Forest City Stapleton commercial/retail/residential projects include King Soopers Grocery Store, Syracuse Village (affordable housing), Clyburn Village (senior housing), Mercy Housing (affordable housing), and Denver School of Science & Technology. The combined construction dollars of these projects amounts to \$32.7mm, of which \$9.5mm, or 29% was spent with minority firms.
- Of the twenty retailers located in our East 29th Avenue Town Center, ten of those businesses are minority-owned or woman-owned businesses.
- Stapleton Homebuilders have numbered up to 18 different builders at any one time. Presently, there are 13 homebuilders active. There are approximately 63 minority sub contractors working on-site with these 13 homebuilders.

TP Development, LLC also completed an 80-unit affordable for-sale town home project, Roslyn Court. BMW, Inc. completed a 26-unit affordable town home project, Syracuse Village.

- Equal Opportunity and Workforce Development – Forest City Stapleton continues to work with The Division of Workforce Development of the City of Denver's Economic Development Office in a highly effective partnership that has to date filled more than 600 new jobs at Stapleton.

Comprehensive Policy

Forest City Stapleton, Inc. has developed a comprehensive policy and performance manual to address a process and procedures deigned to provide opportunities for women and minorities. The manual details the company's contracting policy, an "outreach" process, and measures utilized to communicate with "third party" developers at Stapleton, such as retail stores that design and construct their own buildings on land purchased from Forest City Stapleton, Inc. A welcome letter accompanies the contracting policy manual and is sent to all third party developers.

Technical Assistance

Forest City Stapleton, Inc. has recognized that many minority construction contractors needed additional help in the way of technical assistance to help their companies grow. As a result, Forest City Stapleton, Inc. has developed with the Stapleton Workforce and Business Opportunity Committee "The Small Business Development Initiative" to help provide technical assistance to those businesses. This technical assistance is provided through partnerships with existing organizations and programs. Assistance is offered in the areas of project management, scheduling, estimating, cost analysis, and business development.

Landri Taylor is Vice President-Community Relations for Forest City Stapleton, Inc. He may be reached at ltaylor@stapletondenver.com.

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1995



2005



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